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## **THIS ISSUE IS DELICIOUS!**

**MOSES'  
LAST  
WORD**  
Feed your  
solo soul  
**PG. 98**

**7**  
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REDEFINING CANADIAN CUISINE  
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**PLUS EATING CLEAN & PLANT POWER  
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**CARP ACTION**  
Craving justice,  
pensioners push  
back **PG. 26**

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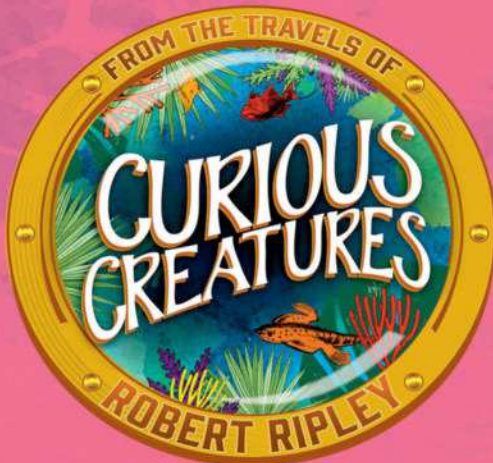


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“First we eat—  
then we do everything else”

—M.F.K. Fisher (1908-1992), American food writer

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Todd Perrin's Lobster Supper photographed by John Cullen at Mallard Cottage, Quidi Vivi, NL. For the menu, go to page 8. For the full story and more photography, go to "Fire & Ice" (page 78).

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ZOOMER MAGAZINE IS PUBLISHED BY

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Zoomer magazine is published nine times a year by ZoomerMedia Limited. It is distributed by publications mail agreement number 40050499. ISSN2293-8583. All rights reserved. No part of this publication may be reproduced without the written permission of the publisher. Copyright 2018. We acknowledge the financial support of the Government of Canada through the Canada Periodical Fund (CPF) for our publishing activities. Zoomer magazine is an independent publication and, unless otherwise clearly stated, its contents imply no endorsement of any product or service. Opinions expressed are those of the writers. In Canada, a one-year subscription to Zoomer magazine plus a one-year membership in CARP is \$29.95; three-year charges total \$74.95. Return undeliverable Canadian addresses to: 64 Jefferson Ave., Toronto, ON M6K 1Y4.



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## From the Editor



# Serving It Up!

**THINK YOU WILL** indeed find our inaugural food issue delicious. It's a feast for the senses – body, mind and spirit – starting with the delectable dish featured on our cover, photographed by John Cullen. It was created and served up by the Canadian celebrity chef Todd Perrin, co-founder of Mallard Cottage, in Quidi Vidi, NL (*mallardcottage.ca*).

You can read about how this dinner came to be at the end of an epic journey from Canada's coast to coast to coast, including our North. Read all about it in Alyssa Schwartz's story, "Fire & Ice" (page 78). Was it a heritage moment? For shining a light on what Canadian cuisine is and means today, we say yes. Celebrate our country's acclaimed and diverse culinary culture and what food means to your health and your life with us. That includes enjoying Perrin's elevated take on the quintessential lobster supper, cooked with true patriot love on the Rock.

Thanks for the recipes, Chef.

*Suzanne*



## TODD PERRIN'S LOBSTER SUPPER MENU

- Steamed Newfoundland Lobster (served chilled)
- Chickpea and Pea Shoot Salad
- Roasted Red Potato Salad
- Beet and Barley Salad

### Chickpea and Pea Shoot Salad

- 4 cups cooked chickpeas
- 2 cups pea shoots, roughly chopped
- 1 bunch green onions, chopped
- 1/3 cup canola oil
- 1/3 cup red wine vinegar
- 1/3 cup lime juice
- Salt and freshly ground pepper
- 1 bunch cilantro, chopped

Combine chickpeas, pea shoots and green onions.

Mix together oil, vinegar and lime juice; season with salt and pepper to taste. Toss with chickpea mixture and garnish with cilantro.

### Roasted Red Potato Salad

- 2 lb red potatoes, large diced
- Canola oil
- 2 carrots, julienned or grated
- 1/4 head green cabbage, julienned or grated
- 1 bunch kale, chopped and wilted
- 1/2 cup mayonnaise
- 1/4 cup cider vinegar
- Tabasco, salt and freshly ground pepper
- Chopped chives

Toss diced potatoes with oil and roast until tender. Let cool and combine with carrots, cabbage and kale.

Mix together mayonnaise, vinegar, and Tabasco, salt and pepper to taste. Toss with potato mixture, chill for 2 hours and garnish with chives.





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## Remembering Arthur Black (1943-2018)

Humorist, broadcaster, three-time winner of the Stephen Leacock Medal for Humour and beloved *Zoomer* magazine columnist, Arthur

Black passed away from pancreatic cancer on Feb. 21 at the age of 74. In typical Arthur fashion and wit, he was blogging about his final “journey as it unfolds,” debating about calling it “Last Writes.” Here, we honour the contribution Arthur made to this magazine by reprinting one of his many columns, this one about the romance of the restaurant, from June 2009, a fitting amuse-bouche to our first-ever food issue.

## A LOAF OF BREAD, A GLASS OF WINE AND ... OOPS!

**I**T WAS A TINY, PERFECT MOMENT in time and place. Late spring twilight, a shady bistro in a back street of Montparnasse. He was young, robust and handsome; she was shy and gorgeous, with eyes you could bellyflop in and the awkward grace of a gambolling filly. The Beaujolais was emboldening, the gypsy violinist was a healthy three tables away. The waiter was wise enough to leave the couple in peace. The young man touched the back of her hand and murmured, “You are beautiful. Like a May fly.”

Well, sure – he was Ernest Hemingway. He could carry off a line like that. If I ever tried it, I’d be met with a gasp and a hiss: “Look like an insect, do I? You creep!” I’d be wearing the Beaujolais bottle. I’ve never had much luck in the honey-tongued murmuration-of-sweet-nothings department. Love – or the intimation of it – ties my tongue in a clove hitch and turns my brain to gumbo. I still remember the first time a girl looked in my eyes and whispered, “I love you.”

“Oh. Thanks,” I said.

It got worse. When I finally met the Love of My Life, I was smitten by – well, all of her, actually – her wit, her grace. I fell for the way she walked across a room and the way she examined a head of lettuce so intently. I loved her smile, her laugh; I loved the way she tucked in her chin when she did the Hully Gully.

But mostly I loved her nose. I am a Nose Man, and I like them strong and forthright. Not for me the perky turned-up pugs so beloved of Hollywood nymphettes and rhinoplastic surgeons. Hers was magnificent – fearless and prow-like. It bespoke a flourish of trumpets and the presence of a fierce Roman goddess.


It was twilight in another restaurant in another place – Thunder Bay, Ont. There were no gypsy violins, but the wine – a Niagara Cabernet – was emboldening enough. I took her hands in mine across the table. “Your nose is beautiful,” I murmured. “Like a tomahawk.”

“Hey!” I yelled at her receding back, “I love tomahawks!”

Ah, well. Simone de Beauvoir, a very wise lady – with, come to think of it, a fairly imposing rostrum of her own – once said: “The word ‘love’ has by no means the same sense for both sexes, and this is one of the serious misunderstandings that divide them.”

True. But somehow we work it out. Just as we figure out what to do with our noses when we kiss. Inuit, the stereotype goes, rub noses. The rest of us, when going full frontal, veer to port or starboard by some unspoken mutual consent. We manage somehow. Even with Roman noses. In life and in love, compromise is everything.

As a certain Mr. Youngman once said: “The secret of our successful marriage is that we take time to go out to a restaurant two times a week. A little candlelight, wine, music, dancing ...

“She goes Tuesdays, I go Fridays.” Hmm. Wonder if I can sweet-talk Old Hatchetbeak into going out for a bite to eat – a little candlelight, wine ... 



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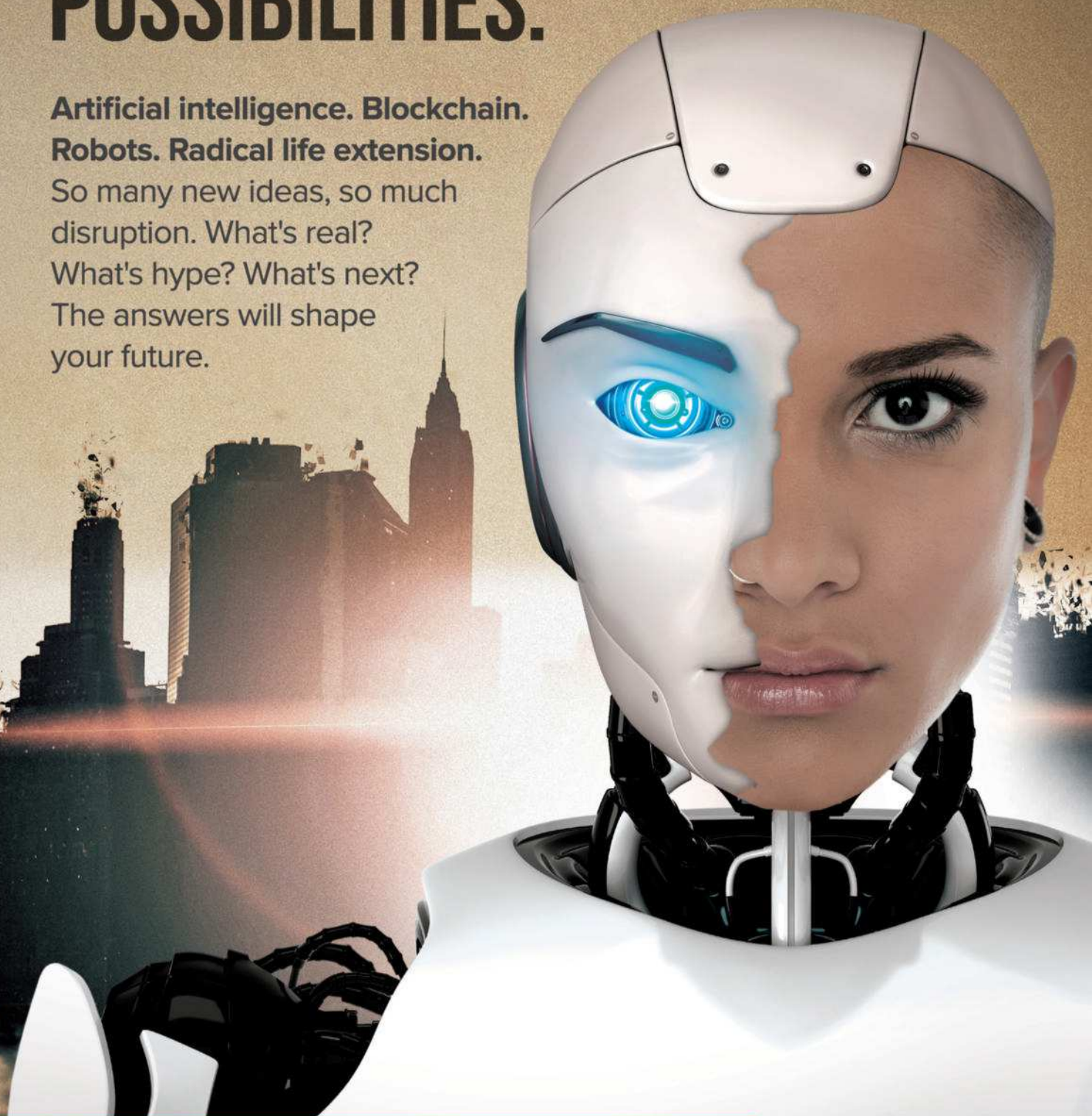


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**We can already hear the commercial jingle now - "I want to lay you down on a bed of rosé"** Rocker Jon Bon Jovi, 56, gets into the wine game with his own rosé.

**And you thought your days of peeing on a stick and waiting for the results were behind you** Chinese scientists say they can isolate a marker in urine to tell a person's true biological age, as opposed to their chronological one.

**70-year-old Florida woman wins a conch shell-blowing contest and then receives a marriage proposal from a fellow competitor, 73, before both celebrate with a conch duet** Their loved ones are thrilled for them while simultaneously dreading the music at the wedding.

**Two Russian women, age 64 and 60, go viral with a twerking video in protest of poor living conditions for seniors as well as the country's political leadership** Russian President Vladimir Putin, furious about the video, shouted at his computer before galloping out of the room, shirtless, atop a grizzly bear.

**Dave, the aging Bronx Zoo kangaroo featured on the Animal Planet series *The Zoo*, receives complimentary cryotherapy to alleviate arthritis** The story charmed online readers, except for one anonymous commenter who asked, bitterly, "Oh sure, how much twerking did he have to do to get *that* sweet deal?"

**A nursing home in Montreal honours the 20 centenarians who live there with a massive birthday bash** Guests loved the cake, though it took a while to untangle the centenarians after that spontaneous game of Twister broke out.

**"I was mean, sure," Simon Cowell said, "but I never drove anyone to *this*"** An 89-year-old nun who opposed the sale of her convent's property to pop star and *American Idol* judge Katy Perry collapses and dies while arguing the case in court.

# THIS WAY UP

RECENT PEAKS AND VALLEYS IN THE JOURNEY  
By Mike Crisolago

(AND DOWN)



PHOTOGRAPHY, PAVLINEC (ROSÉ); KOH HASEBE/SHINKO MUSIC/GETTY IMAGES (BON JOVI)

FOOD FOR LAUGHS

**L**EGEND HAS it that “Sliding” Billy Watson, a turn of the century vaudeville star, saw a person slip on a banana peel and incorporated it as a gag into his act, forever altering the course of comedy.

Slipping on a banana peel is, of course, the epitome of timeless comedy. Its inherently funny, so the humour only elevates as the foil flounders before tumbling, and the gag transcends generations and cultures, requiring no dialogue or context while appealing to audiences from age four to 104. It is the great comedic unifier.

The gag also stands as a pioneering pop culture marriage of food and farce – a pairing as natural as Abbott and Costello. After all, a hearty laugh is as satisfying as a hearty meal and, like great cuisine, comedic food gags evolve over time. A quarter century after Watson’s banana peel slip, Charlie Chaplin made dinner rolls dance on the ends of his forks in the legendary scene from *The Gold Rush*. Decades

later Lucy and Ethel gobbled chocolates from a factory conveyor belt on *I Love Lucy* in one of the most beloved, and funniest, moments in television history. Meanwhile, the 1965 film *The Great Race* took the pie-in-the-face gag to a whole new level in what’s dubbed “the greatest pie fight of all time” – a four-minute sequence that reportedly took five days to film and employed a record 4,000 pies. Paul Newman downed 50 hard-boiled eggs for laughs in 1967’s *Cool Hand Luke*, while ensuing decades brought classic food follies from *Annie Hall*’s loose lobsters on the kitchen floor to Monty Python’s gluttonous exploding diner in *The Meaning of Life* to the classic “I’ll have what she’s having” quip from *When Harry Met Sally*.

Given you could fill a horn of plenty with all the food gags throughout stage, film and television history, it’s no wonder that “Sliding” Billy Watson once admitted, “I never go past a banana peel on the sidewalk now without feeling inclined to take off my hat and bow to it in a spirit of reverence.” —Mike Crisolago

We’ve all heard of dinner and a movie, but sometimes dinner *is* the movie

■ **Big Night** Two Italian brothers – and restaurant owners – prepare the most important feast of their lives in this award-winning 1950s-set dramedy.

■ **Jiro Dreams of Sushi** A heartwarming documentary about 85-year-old sushi master Jiro Ono, his family and his modest Michelin-starred restaurant tucked away inside the Tokyo subway.



■ **Super Size Me**

The only film listed that may have you rethinking dinner, Morgan Spurlock’s acclaimed doc probes the fast food industry while he eats only McDonald’s for a month.

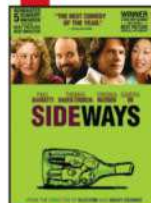
■ **Babette’s Feast**



In Denmark’s first Oscar winner (Best Foreign Language Film), *Babette*, a housekeeper to a rural French religious order, cooks the congregation a near-divine banquet.

■ **The Trip** This British TV series turned feature film about a British food tour cooked up rave reviews and two delicious sequels, *The Trip to Italy* and *The Trip to Spain*.

■ **My Dinner with Andre**



Dubbed “food for thought,” this comedy-drama contrasts opposing life views and intellectual insights in a New York City cafe.

■ **Sideways** Foodie movies can celebrate drink as well, as audiences proved when they raised a glass to this Oscar-winning flick based around a middle-age escape to wine country. —MC

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# ENDORSE THIS!

Vintage Hollywood booze and eats

Clockwise from top left: Lucille Ball for Schaefer beer; Ella Fitzgerald for Jim Beam; Humphrey Bogart for Whitman's Sampler; Groucho Marx for Frosted Flakes; Bob Hope for Quaker Puffed Wheat Sparkies; George Burns and Gracie Allen for Spam; Rita Hayworth for Royal Crown Cola; Betty White for Luzianne coffee; Elizabeth Taylor for Whitman's Chocolates; Sammy Davis Jr. for Alka-Seltzer



## APPETIZER PART 1

Writer Alex Prud'homme helped his great aunt, Julia Child, write her 2006 memoir, *My Life in France*, and, later, penned *The French Chef in America: Julia Child's Second Act*. So I had to know – did Julia Child ever make a meal for him that wasn't quite to his tastes?

**ALEX PRUD'HOMME:** Oh, yeah, sure. One thing about Julia was she would throw together these dinner parties in Cambridge, and you'd never know who was going to be there. So the first time I brought my then-girlfriend, now-wife [Sarah], she had this dinner party, which must've been at least 15 people, and to my right was a famous chef and to my left was a woman

who Julia had literally just met in the gas station! That night she had kind of a bizarre menu because she was experimenting with recipes. We had a Smithfield ham, which is a very salty, preserved ham, with some brioche or something. It just wasn't a natural fit. And then asparagus that had been burnt a little bit. And she insisted that we all eat the asparagus with our fingers. And it was kind of a hilarious meal. We stayed up eating and talking and drinking and went to bed at two in the morning. At six o'clock, we hear this thump, thump, thump coming from downstairs and went down to see what it was. It was Julia on her cross-country exercise trainer after only four hours of sleep. And I said to Sarah, "Welcome to Julia. This is what it's all about." —MC

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**EATS AND BEATS**

“Is it worth the waiting for?/If we live till eighty-four/ All we ever get is gruel!” – so sing the workhouse orphans in “Food, Glorious Food,” which kicks off the hit Broadway musical *Oliver!* Of course, eats and beats go hand in hand, from dinner party music to food-themed rock classics. But how well do you know your foodie tunes? Take our quiz (right) and see if you’re ready to feast or if you’re left begging, “Please, sir, I want some more.” —MC

ANSWERS: 1C, 2E, 3A, 4G, 5F, 6D, 7B



**APPETIZER PART 2**

Screen legend Paul Sorvino is best known for playing mobster Paulie Cicero, who preps a pasta dinner in prison in the film classic *Goodfellas*. I spoke with Sorvino, 78, and, given our shared Italian heritage (my family is Sicilian), I

asked his advice for making tomato sauce.

**PAUL SORVINO:** Sicily? Well, then, you make the ragu with meat, raisins, sugar, every f\*\*\*ing thing you can find. [Laughs] That was all started by The Godfather – “The trick is, put a little sugar.” Well, we Neapolitans

don't do that. My suggestion is the simpler, the better. Marinara is very easy to make. It's just tomatoes, olive oil – not extra virgin – and garlic. All you have to do is put some regular olive oil in a pan and then throw some onions in it and caramelize it a little bit, then throw a couple of cans of tomatoes or 10 or 12 Roma tomatoes – you blanch them and take off the skins – and throw in salt, pepper, basil and cook it for half an hour and you're done. And a pinch of oregano. Then you have a most delicious tomato sauce. Or you can do it with garlic, or you can do it with the onions.

For the record, I've never had raisins in my tomato sauce. —MC

PHOTOGRAPHY, DUTCHSCENERY/GETTY IMAGES (JUKEBOX)

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After taking up swimming in her 40s, Liliane Cardinal, now 68, swims competitively at the Canadian and world levels with Masters Swimming Canada. Always up for a challenge, she recently added cycling and running to her routine and completed her first triathlon last year. "Embrace life with energy, and you will discover new possibilities."

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# Cheque, Please

SERVER	TABLE	GUESTS	NUMBER
Mike Crisolago	45	ZOOMER BOOK CLUB	052018

**How to Read a French Fry and Other Stories of Intriguing Kitchen Science** Award-winning former *Los Angeles Times* food critic Russ Parsons ups your kitchen game by explaining the simple science behind common cooking techniques.

**Heat** *New Yorker* alum Bill Buford chronicles training as a chef under Mario Batali before travelling across Italy to learn the kitchen secrets of the old country.

**The Art of Eating** Celebrated food writer M.F.K. Fisher offers essays and anecdotes ranging from cooking prep to her experiences learning the culinary arts in France.

**Delights and Prejudices** James Beard takes readers on a foodie cruise around the world, proving why the *New York Times* dubbed him the “dean of American cookery.”

**The Man Who Ate Everything** *Vogue* food critic Jeffrey Steingarten travels the world to try every food imaginable while overcoming his own personal distastes in this hilarious and personal memoir.

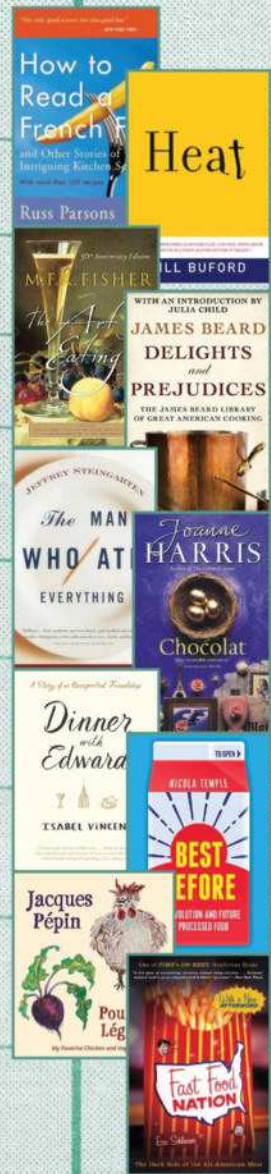
**Chocolat** Joanne Harris’s delicious novel chronicles the tension between the church and a chocolatier during Lent - the season of sacrifice - in a small French village.

**Dinner with Edward: A Story of an Unexpected Friendship** Author Isabel Vincent chronicles her unlikely bond with a grieving widower, Edward, with whom she ponders love and loss over the exquisite dinners he prepares for her.

**Best Before: The Evolution and Future of Processed Food** Canadian-raised biologist and writer Nicola Temple explores the nature of processed food, how far it has come and its wide-ranging impact on our society in this new release.

**Jacques Pépin Poulets & Legumes: My Favorite Chicken & Vegetable Recipes** Legendary French chef Jacques Pépin, 82, returns with recipes mined from five decades of travels. Bonus - he even illustrated the book with his own paintings.

**Fast Food Nation: The Dark Side of the All-American Meal** Eric Schlosser’s blockbuster inside look at the U.S. fast food industry is brilliantly researched and more delicious than anything you’ll grab at the drive-through window.



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TELECEIVER - THE RAREST  
TV ON THE PLANET (1939)

PORTABLE SPEAKER'S CORNER  
- USER-GENERATED CONTENT  
BEFORE YOUTUBE, FACEBOOK  
OR TWITTER (1990)



KUBA KOMET - TV, RADIO &  
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# FEEDING FRENZY

U.S.-style sexual allegations and behind-the-scenes shenanigans boil over in Ontario politics, defining the PCs **By Libby Znaimer**

**N**O WONDER people are increasingly cynical about politics. There is a never-ending stream of allegations against people in power, running the gamut from sexual misconduct, corruption, financial impropriety, rigged elections and collusion with foreign powers. Since the election of Donald Trump, U.S. politics have most resembled a hit reality show, and we've been watching smugly from across the border. But now the circus has come to town.

The saga of former Ontario Progressive Conservative leader Patrick Brown had it all. For those without any skin in the game, myself included, it was riveting, unlike anything ever seen in Ontario politics. I came away feeling as though I'd been holed up for days watching Netflix – in other words, mild guilt instead of the satisfaction that comes after covering a story intensively. As to the

facts: with so much dirt thrown in every direction, it is difficult to know what to believe, frankly, difficult to believe anything. And I fear that is the way public discourse is going.

Patrick Brown was undone by anonymous accusers who told CTV News he pushed them into unwanted sexual contact when they were very young and very drunk, and he was a sober MP, at least a decade older. Brown was given a few hours to respond before the story was broadcast. He held a disastrous news conference 15 minutes to air, where he denied the allegations and vowed to stay on. His staff deserted him en masse – resigning via Twitter – while he was alone at the podium. No one supported him during a caucus conference call in the wee hours, and Brown resigned by morning.

He hid out for the first couple of weeks until he went to the hospital for a previously scheduled procedure. He says everyone in the waiting

room came up to show support and shake his hand, and that's when he decided to fight back. The sentiment is understandable – it's easy to sympathize with such a career-destroying takedown with no due process and no way to confront the accusers. Brown insisted it was a political hit.

**H**E HIRED lawyers, crisis communications and a private investigator. When I interviewed Brown on my radio show (Fight Back, on Zoomer Radio AM740), he wouldn't tell me how much such an effort costs or how he was paying for it. They found key details of the allegations were wrong – most notably, one of the alleged victims was not underage and in high school when the incident supposedly took place, as CTV had reported. Brown presented this as “monumental” proof of his innocence. But both CTV and the accuser stood by the story. She ►

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Doug Ford in studio for a live interview on Fight Back with Libby Znaimer on Feb. 12 shortly after he entered the leadership race

said through her lawyer that “collateral details,” such as the timeline difference from what she first recalled, “are not important.” Brown then took two lie detector tests, passed, and then declared his name cleared. The PC’s interim leader Vic Fedeli disagreed, and kicked him out of the caucus, saying the party was full of “rot,” which had to be cleared.

Brown’s scrappy response: he entered the race to replace himself. That led to a slew of other allegations about his financial affairs. Brown blamed his political enemies and said former staffers stole his personal information and leaked it selectively. He deflected every criticism, including the one that came from those who sympathized with his plight – that his run was a selfish move that hurt his party.

Brown’s bid seemed to be gaining traction – he had support, especially in his hometown. The internal polling from his camp found he was neck and neck for the lead. So why did he step down again 10 days after plunking down a \$100,000 deposit to start his campaign? He said he realized that he could not fight the allegations and the Liberals at the same time. He acknowledged that his candidacy was sucking all the oxygen out of the race. He also cited the toll on his family: “It has been gut-wrenching to see my own family in tears, pushed to the edge, even suffering anxiety and panic attacks that required medical intervention.” A senior campaign staffer told me he and his family had

received death threats. That, shockingly, also seems to be *de rigueur* in politics these days.

The race was marred by complaints that thousands of members were unable to register their votes through the online system. An injunction to stop the March 10 convention was dismissed at the eleventh hour. The event was allowed to go ahead, but it was likened to a “dumpster fire.” Party members who paid \$50 to attend were finally ordered to go home four hours after the results were supposed to be out. Lawyers and scrutineers reviewed disputed ballots for another three hours before declaring populist Doug Ford, brother to the infamous late Rob, the narrow winner. Second place finisher Christine Elliott alleged serious irregularities until she conceded 24 hours later.

You would think all of this has caused irreparable harm to the PCs. But as of this writing, the polls show they are still poised to beat the unpopular Liberals in the upcoming election. Insiders applauded Brown’s withdrawal. No question the mayhem around him stole the spotlight. But it is a much brighter light than the party would have otherwise received. We binge-watched the tumultuous debacle. Having captured our eyeballs gives the PCs an advantage. They just have to keep them for the sequel. **Z**

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



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# Craving Justice

As seniors suffer, CARP looks to add pension reform to its menu of victories **By Wanda Morris**

**W**HEN I WAS recruited to join CARP two years ago, some people warned me off. They said CARP was just a benefits organization and that our members weren't actively engaged in advocacy. Of course, that's disproven by the impressive list of recent victories, such as an enhanced Canada Pension Plan, \$5 billion for improved home care and rollback of OAS eligibility to age 65. But most recently, it's our CARP members' reaction to the plight of Sears' pensioners that puts that myth to rest.

Our members were horrified to learn that our current laws are broken; that current pension and insolvency legislation was used to exploit pensioners instead of protecting them. Sears Canada was stripped of assets in order to pay out \$1.5 billion in dividends and executive bonuses, while underfunding its pension obligations by \$267 million – entirely legally.

In response, CARP circulated a petition that received more than 28,000 signatures and held a lobby day on Parliament Hill, targeting critical policy-makers. But with no resulting promise of action from the government, we knew we needed to do more.

On Feb. 21, CARP and our coalition partners held a National Day of Action to Protect Pensions. We organized 92 meetings and events

across the country that day and in the days that followed. We met directly with more than 60 MPs. Where face-to-face meetings were not possible, we presented our case for change as well as our petition to office staff.

Well, we certainly got the government's attention! Parliament Hill was buzzing with talk of all the constituents who visited local offices. Then, the federal budget included an acknowledgement of pension security problems – clearly, a late addition that points to the impact of our activism – and we know that MPs are continuing to bring up this issue in caucus.


In the budget, the government committed to seek feedback. We have convened a panel of experts to provide the evidence-based information they need and are urging the

government to report to Cabinet by June 30.

People who spent careers contributing money and effort to build pension funds should no longer lose retirement security through legal exploitation. They need government action now before the next Sears-type bankruptcy comes along. We won't let up the pressure until that action is delivered.

Of course, pension protection isn't the only issue we are tackling at CARP. We are also working for RRIF reform and on seniors' homelessness and the safety of residents in long-term care, to name but a few.

None of this would be possible without your support. Together, we can continue to fight for a Canada where everyone has appropriate health care and financial security and is treated with dignity and respect, regardless of their age, their health or their finances.

Help CARP keep the pressure on, go to [carp.ca/pensioners](http://carp.ca/pensioners) to learn more and get involved. 

**Wanda Morris** is VP of Advocacy at CARP and writes a weekly Post Media column "Grey Matters." You can find them at [CARP.ca/blogs](http://CARP.ca/blogs).

**Protesters across Canada joined CARP's National Day of Action for Pensioners. Here, members gather outside the office of MP Karina Gould in Burlington, Ont.**



**CARP is a national not-for-profit, non-partisan association committed to advancing the quality of life for Canadians as they age. To become a member, call 1-833-211-2277 or go to [www.CARP.ca](http://www.CARP.ca).**

PHOTOGRAPHY, JEFF HIGGINS (MORRIS); ARTHUR MOLA (PROTESTERS)

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**HAD YOU EVER CONSIDERED PRE-PLANNING YOUR FUNERAL?** Never for a second, beyond the paragraph in Seven Habits where it talks about what people will say about me.

**WHO DID YOU MEET WITH?** Michelle Methven from Rosar-Morrison Funeral Home

**HOW DID YOU FEEL ABOUT THE EXPERIENCE?** It took me about ten seconds with Michelle to realize that this is the last party I get to throw - after that, we spent most of the time giggling and saying, "How cool would it be if we could do THIS" about idea after idea.\*

**WHAT KIND OF EVENT DID YOU PLAN?** Honestly, we planned a terrific party that I wish I'd be able to go to myself. My whole life has been about great music, great fun and great food. So some kind of sullen, maudlin entombment would have gone against everything I've always represented. Michelle picked up on that immediately.



\*Who doesn't love a Karaoke Party!!

**DID YOU LEARN SOMETHING NEW ABOUT YOURSELF?** That there are plenty of ways for me to be connected to happy memories that don't have to lead to tears once I'm gone.

**WHAT STRUCK YOU MOST ABOUT THE EXPERIENCE?** Most of the funerals I've been to - which were planned unexpectedly and hastily by grief-stricken relatives - made me sad. Instead, thanks to Michelle, people will be able to walk out of my funeral thinking about what a great time they had.

\*Everybody gets a plate of my favourite lasagna!



**WOULD YOU RECOMMEND PRE-PLANNING YOUR FUNERAL?** I can't imagine anything worse to do to my wife than for someone to go to her in the middle of her grief and say, "Okay, let's plan an event." We have trouble deciding what to have for dinner most nights - and now she's going to sort out a million details for my final farewell?

I love her too much to do that to her.

\* Shhhh! I'm working on an album & the only way to receive it is on the way home from this fun night out!



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# Stirring the Pot

CARP's new legal expert looks to battle ageism by challenging discriminatory laws and policies

**I**N ORDER TO ENSURE that CARP continues to fulfill its mandate – to foster a new vision of aging in Canada – the organization recognized a need to ramp up its expertise in the fields of legal research and policy development.

And when Laura Tambllyn Watts expressed interest in taking on that highly challenging assignment, CARP jumped at the opportunity to hire someone who virtually pioneered this field.

An energetic, passionate and whip-smart lawyer, author, teacher, facilitator, media commentator, hockey-and-swimming mother of three, Tambllyn Watts brings with

her a vast wealth of contacts, knowledge and experience to her new role as CARP's first national director of law, policy and research.

Peter Muggeridge interviewed Tambllyn Watts on her second day on the job, asking her to explain why elder law has become such an important field and how she'll be reaching out to hear the stories of CARP members from across Canada.

**Peter Muggeridge** You were an early adopter of elder law, a field that barely existed when you graduated from law school. How did you end up there?

**Laura Tambllyn Watts** I've always

been interested in issues of rights and causes. As a young lawyer, I also did some estate work and medical law work. Plus, I was very close to my grandfather. And from my high school and undergraduate years, I volunteered with the Alzheimer's Society – that was very important to me. My interest in rights, discrimination, financial, estate law and my connection with older people – it all suddenly clicked together.

**PM** Was there a "eureka" moment?

**LTW** Yes, I was at a conference on elder law and, as I heard an older person discuss their experiences, I was struck by lighting – this is what I wanted to do.

**PM** How do you define elder law?

**LTW** There are entire books written on the subject. Some people say it's about wills, estates, trusts, health, etc. I think of elder law as a lens that I put over my eyes. When look at any legal issue through this lens, I ask: "How does this impact older people?" Some advocates look at law and policy through a women's lens or an indigenous lens. I look at it through an aging lens.

**PM** Are law schools paying enough attention to the legal issues of aging?

**LTW** I teach a class in law and aging at the University of Toronto, but it's an area that's been shockingly under-taught. Police officers, doctors, nurses, social workers all need to know more in this area. But as society ages, we're getting desperate for expertise in this space. It's the same with medicine – few doctors want to be geriatricians. But we need more geriatricians.

**PM** Describe your experience in the field?

**LTW** I helped found the Canadian Centre for Elder Law in B.C. and served as national director ►

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for many years. When I moved to Toronto to be with my fiancé (Michael Tamblyn, one of the founders and current CEO of Kobo) I continued to work with CCEL on a number of major law reform projects that led to the development of recommendations that eventually got adopted into law.

**PM** Give us an example of how you changed a law to benefit older Canadians.

**LTW** One of our big successes (which we accomplished with CARP's input) was developing policies to help investment advisers better serve their older clients. First, we wanted advisers to be able to recognize elder financial abuse and, second, to help them understand how cognitive impairment can negatively affect older people's investment decisions. Our recommendations were eventually approved by older investors, security regulators, government policy-makers, the investment industry and financial institutions – it was a big win across the board.

**PM** A quick Google search on you reveals hundreds of articles that quote you on a myriad of different elder-law subjects. How do you stay current with this rapidly evolving and complex sphere?

**LTW** I'm a voracious reader – every day I go home and spend hours reading peer-reviewed articles, journals and social media. (I've used my digital reader in the bathtub so much that I think it led to my husband developing a waterproof Kobo.) Secondly, I lean on other experts in the field who are always eager to help. And lastly, I'm constantly challenging myself to learn more in new areas.

**CARP** Why did you make the move to CARP?

**LTW** I was inspired by the potential

## “Every day I go home and spend hours reading peer-reviewed articles, journals and social media”

of CARP. With 300,000 members in every community across Canada, I was deeply compelled by the opportunity to reach into that and build new relationships. I've already had several research organizations reach out to me and say we're so excited about the opportunity to engage with CARP members.

**PM** You're CARP's first national director of law, policy and research. What's your vision for this role?

**LTW** I'm hoping to be a bridge and connector with organizations, researchers, government policy developers and businesses that want to consult with our members, who want to make sure they can get into the community to hear the experiences. I look forward to travelling across the country to make those relationships because the experience of an older person in Sandy Cove, N.S., will be different from somebody in Sudbury, Ont., and different from someone in downtown Vancouver.

**PM** CARP members are extremely interested in advocacy and policy

issues. How will you tap into this engagement?

**LTW** I look forward to hearing their stories. Many of the major law reform projects I've worked on have been initiated by having a cup of coffee with someone and listening to his or her specific issue. My No. 1 role will be figuring out how do we use these stories to drive change.


**PM** Any immediate priorities?

**LTW** There are so many issues to get to, but some of my immediate policy goals would be: (a) ensure that older people have greater access to vaccines and boosters that have been tested on older people; (b) that long-term care facilities are safe and supportive of residents' individual rights; (c) changing legislation and creating services to reduce physical and financial elder abuse; (d) creating a dialogue with financial institutions about awareness of issues of aging.

**PM** How will you measure success?

**LTW** I will consider it a success if I can initiate good practice, good policy and good law to the degree in which it advances CARP's platforms. In the next few years, as CARP matures and expands, I hope we'll become the destination government, business and research organizations come to for our internal and external expertise.

**PM** What societal change would you like to see happen during your time at CARP?

**LTW** Right now, society puts so much time, effort, resources and money into the issues of youth. I think it's time we spent more on aging because that's what we spend most of our lives doing. I'd like to change society so that people have a great experience during their entire lifespan. 

**CARP is a national not-for-profit, non-partisan association committed to advancing the quality of life for Canadians as they age. To become a member, call 1-833-211-2277 or go to [www.CARP.ca](http://www.CARP.ca).**

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*Vive la différence!* Out with can-opener casseroles, in with French cuisine, inspired by First Lady Jacqueline Kennedy's impeccable style and fondness for all things French, along with the arrival of celebrity chef Julia Child.

Similar to the French filet de bœuf en croûte, Beef Wellington, an extravagant dish of beef smothered in foie gras or duxelles and baked in puff pastry, was standard upscale fare. Drinks were *Mad Men* cocktail bashes featuring Alexanders, Old Fashioneds and Stingers. And last but not least: Tim Horton doughnuts hit the scene. Need we say more?

### DISH OF THE DECADE

**Coq au Vin**, the classic Burgundian dish of chicken braised in red wine, was one of the defining dinner party foods of the era and is still popular (as any one who watched the 2009 film starring Amy Adams and Meryl Streep, *Julie and Julia*, on repeat can attest).

As Canadians, we'll always have poutine (created in the '50s) but looking back on retro repasts, we discover that international cuisine also had a seat at the table  
**By Cynthia Ross Cravit**

## The 1970s

Culinary cravings leaned toward country bistro fare, quiches, escargot, specialty pastas and Swedish meatballs. And sure, the invention of the crockpot made beef stew a weekday dinner staple. But it was the flambés and fondues that defined the era. As the flambé trend took hold at upscale restaurants, home cooks flung open their liquor cabinets and began igniting their own meats, omelettes, side dishes and even cocktails with rum, cognac, brandy and whisky. Needless to say, after people began setting fire to their hair, clothes and tablecloths, the trend fizzled. Not so the fondue.

### DISH OF THE DECADE

Mainly because the classic **fondue** combines three indisputably great things: Emmenthal and Gruyère cheeses melted with wine and served with crusty bread from a flame-lit communal pot. Meat, seafood, poultry and veggies were also cooked up in hot oil or broth tableside and served with a variety of sauces. For dessert, fresh strawberries were dipped in rich bubbling chocolate.



*Chocolate Fondue*





*Sushi*

## The 1980s

Foodies shifted their gastronomic gaze toward Italy and began cooking up hearty dishes like risotto Milanese, vodka penne and pasta primavera salads, while spooning pesto on just about everything - all washed down with the drink of the moment: a wine spritzer, a breezy concoction of white wine, club soda and a twist of lemon. Spinach dip in a pumpernickel bread bowl was the appetizer of choice and, for dessert, the delicious decadence of chocolate truffles and crème brûlée. But in terms of a true gastronomic invasion, we look to the East.

### DISH OF THE DECADE

**Sushi**, a street food sold in Japan since the eighth century, came into its own thanks, in part due to the creation of the California roll after chefs realized the tamer crab and avocado combo was more palatable than raw fish to uninitiated North American palates.

PHOTOGRAPHY, FOKUSGOOD/GETTY IMAGES (SUSHI), DRAGONCELLO/GETTY IMAGES (PASTA)



*Sun-Dried Tomatoes*

## The 1990s

The decade that ushered in Starbucks and gourmet flavoured vinegars saw more health-conscious gourmets turn toward organic produce and locally sourced foods. The Mediterranean diet was on the menu.

During an era of elevated cocktail culture, *Sex and the City's*

Carrie Bradshaw made the Cosmopolitan (a blend of citrus-flavoured vodka, cranberry juice, triple sec or Cointreau and lime juice) the quintessential drink to wash down your pizza or panini filled with ...

### **DISH OF THE DECADE**

**Sun-dried tomatoes**, which were virtually everywhere and on everything including fan and family favourite, bowtie pasta.



*Green Smoothie*

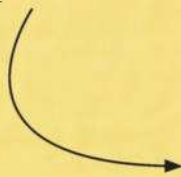
## 2000s

Japan continued to tempt our tastebuds with ramen, thanks to New York super chef David Chang. No longer that humble, highly processed staple of university dorms, instead, Chang's Momofuku Noodle Bar (named for the inventor of ramen) served a gourmet version, with steaming bowls of fresh artisan noodles in a flavourful ingredient-rich broth. Ironically, low-carb weight-loss diets like Atkins also took off, and people began ditching carbs and piling their plates with high-protein full-fat fare like bacon, red meat, butter, eggs and cheese.

### DISH OF THE DECADE

Hello, breakfast **smoothies**, and bye-bye, toast! People bought blenders in droves and started to drink their way to health - minus the alcohol content - with liquid mash ups of spinach, kale, raw egg, banana, yogurt, strawberries, wheatgrass and anything else on trend or in their fridge. Warning: that's not a recipe, so don't try it at home.

## Cupcakes



### 2010s

With growing interest in veganism and plant-based eating, foodies stir up superfoods like kale, coconuts, broccoli, blueberries and quinoa but with a seemingly all-embracing infatuation with the nutrient-dense avocado - with avocado toast jumping the shark to become a millennial menu and Instagram cliché. Spicy foods, hummus, tapas, tacos, poke bowls, fermented and pickled veggies, meatless burgers, chicken waffle cones and all manner of food truck eats offer near endless variety to adventurous palates.

#### DISH OF THE DECADE

The once humble **cupcake** was transformed from school bake sale staple to chic treat, thanks to Carrie Bradshaw's (yet again) obsession with Magnolia Bakery. Nearly 15 years later, cupcakes have been elevated to edible designs worthy of even weddings, all artfully presented, of course, for Instagram. [Z](#)





# Let's Do *Lunch*

When hosting dinner seems too complicated, and brunch isn't quite what you had in mind, go old-school with a classic Sunday roast

**B**Y THE TIME I was a teenager," writes the Canadian cookbook author Laura Calder in her new book, *The Inviting Life: An Inspirational Guide to Homemaking, Hosting and Opening the Door to Happiness*, "I'd grown into a proper little tyrant when it came to table settings and etiquette (I'd discovered Emily Post and Amy Vanderbilt, to the despair of my two brothers)." But it was that etiquette and the family dynamic that informed the Food Network Canada host's culinary-driven career and her love of hosting at home. "I was aware even then that there was power in feeding people, that on the occasions I took over from my mother to cook for fun, I was somehow helping to keep our household together and make everyone happy. That gave me purpose and satisfaction." Here, her thoughts on being a host with the most.

**Vivian Vassos:** "Homemaking" is a word we haven't heard in a while! Is nostalgia key to hosting now?

**Laura Calder:** If there's anything that never goes out of style, it's hosting and homemaking. Without those foundations, civilization quickly starts to unravel as, unfortunately, I think we've seen over the past decade. That's probably why the pendulum is starting to swing the other way. People are finally sensing that these pursuits are not frivolous, they're vital. I wrote this book to underline their importance – to highlight why they matter so much.

**VV:** Is there a difference between en-

tertaining and hosting?

**LC:** In a way, they're the same, but there is a nuance of difference. I find the word "entertaining" problematic because it sounds like some sort of top hat routine, mere diversion. "Hosting," on the other hand, is more gracious-sounding and suggests taking charge of something that has meaning and consequences, hopefully good ones. Hosting is a true leadership role.

**VV:** Do good cooks automatically make good hosts? Do cookbook authors make good entertainers?

**LC:** Good hosting isn't really about the food, so even if you're the best cook, if you don't know how to make people feel good, you're unlikely to excel at hosting. As for authors, a lot of great writers tend to be quite introverted, so hosting can make them uncomfortable. And there are different types of hosts. Some people are fabulous at big bashes. I'm not; I like smaller gatherings. There again, though, it's the diversity that keeps things interesting.

**VV:** But we can just get Uber Eats.



Why bother cooking? Is this where the happiness factor comes in?

**LC:** There is something about being cooked for by someone that is immediately a deeper experience than just sharing takeout. It's more intimate and more bonding because there's vulnerability involved, both on the part of the host and the guests. It's certainly more powerful when it comes to relationship-building than meeting in a restaurant. There's no comparison. As for happiness, I think that comes from true connection, and you get that much faster between people when you're not being fed on neutral turf by a middleman.

In that spirit, take these tips, recipes and a few pages out of Calder's book, excerpted here, and throw your own mid-day fete.

## LUNCH

If dinner feels too much like jumping in at the deep end, a great way to wade into entertaining at home is to invite people for lunch. The food can be simpler and lighter, there tends to be less of it and there's no need to offer a full-blown dessert (which, even for a proper dinner, can always be replaced by a bit of fruit and cheese, a plate of cookies or a smattering of chocolates, candied ginger, licorice and the like).

Noontime entertaining is ideal for guests with children, as well as for old people (ahem, like me) who don't want a late night out. It's also a useful time for getting together with one or two friends or colleagues for a private, clear-headed chat. (I know brunch is popular these days too, but I personally keep my distance ►

because I find the food weird – one friend typifies brunch as “the pork chop waffle par-fait” – and because eating at neither-here-nor-there hours of the day throws my body out of whack. *Chez nous*, therefore, mid-day eating means lunch proper.)

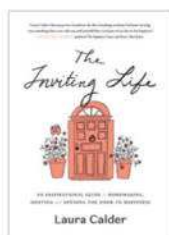
Lunch can be exactly the same as what we’d serve in the evening, albeit in smaller portions, but I think unless it’s meant to be the main meal of the day, it’s nice if it has its own flair and unique stamp.

## THE SUNDAY ROAST

There is one so-called lunch that is not so easy – the infamous Sunday roast – but it’s definitely worth mastering because it’s basically smaller-scale practice for all the grand-scale family celebrations that come dotted throughout the year to terrify us all. I was inspired to resurrect the tradition in our house after I’d spent a small fortune on a big white linen tablecloth. (Where more appropriate to use it than at Sunday roast?) The stroke of genius with our Sunday lunches is that we roped a particular group of friends into the game and turned ourselves into somewhat of a club. Sunday roast happens roughly once a month (summer months excluded), and we rotate houses, which lightens the workload for everyone and spreads expenses out evenly (meat isn’t – and shouldn’t be – cheap).

A Sunday roast is essentially the dreary old meat/starch/two veg formula of dining, only at its most glorious. Christmas dinner is a Sunday roast, with a few special fixings; Easter lunch is a Sunday roast; Thanksgiving is a Sunday roast. Because these feasts are so substantial, no first course is required; the main spread just goes on platters on a buffet or straight on the table where chaos ensues as people pass dishes around and around and around in circles like so many minds gone

mad. This is how such family-style celebrations should be: total chaos, with shouting children, barking dogs, wine glasses knocked flying in the heat of a good tale ... There is no reason not to stray from the traditional menus (I do it all the time), but it’s also worth being familiar with the tried-and-true because they’re comforting and familiar, always appropriate and never go out of style.



## HOST'S FIRST ROAST

**Makes 6 servings**

If you’re new to Sunday roast, take the easy route and serve cold roast beef with an array of enticing sauces: grainy Dijon mustard and horseradish cream, both of which you can buy, along with walnut mayonnaise and green sauce, both of which you can make in a wink.

**3 lb** sirloin roast  
Salt and pepper  
Olive oil

Heat the oven to 425 F. Season the roast and rub it lightly with oil all over. On the stovetop, heat an oven-friendly skillet that will accommodate the roast and brown the meat on all sides until you get a nice dark crust, about three minutes per side. Transfer to the oven and roast until a meat thermometer reaches 120 F, about 40 minutes. (If the meat is not quite to temperature, return it to the oven, but check every few minutes because things can go overboard very fast from this point on.)

When it’s ready, remove the roast from the oven and set aside to rest for at least 15 minutes. If you’re making the roast early in the day, wrap and refrigerate once cool, then remove from the fridge an hour before slicing ultra-thinly and arranging on a platter. Serve with the four sauces, each in its own bowl.

## Walnut Mayonnaise

Depending on the strength of your walnut oil, you may want to use half walnut and half grapeseed oil.

**1** egg yolk  
**1 tsp** Dijon mustard  
**1 tsp** sherry vinegar  
**½ tsp** salt  
**1 cup** walnut oil  
Lemon juice to taste

Whisk together the yolk, mustard, vinegar and salt. Whisk in the oil, adding it only drop by drop so the mixture emulsifies. Taste and add lemon juice and more salt, if needed, to taste. Refrigerate until serving.

**Makes about 1 cup**

## Green Sauce

**1 cup** parsley leaves  
**½ cup** mint leaves  
**½ cup** basil leaves  
**2** anchovies, rinsed (optional)  
**1 heaping tsp** capers  
**1 heaping tsp** Dijon mustard  
**1** garlic clove, grated  
**½ cup** olive oil, more if needed  
Salt and pepper  
Lemon juice

Put the herbs, anchovies (if using), capers, mustard and garlic in a food processor and pulse fine. With the motor running, add the oil in a stream to sauce consistency, thinning with more oil if necessary. Taste and season to your liking with the salt.

**Makes about 1 cup**

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the butter fat left behind can then rise even higher in temperature – past the boiling point of water – into the browning, flavouring zone. Take it as far as you dare – the deeper the colour, the deeper the flavour – but be ready. The line between deliciously brown and burnt black is brief, and turning off the heat to stop the cooking isn't enough. You have to stop the butter in its tracks – that's what the water's for. Turn off the heat, pour the water in and stand back until the hissing dies down." *From Chef Michael Smith's recipe Brown Butter Fiddleheads*



■ "My dad's steak is famous. His secret? The marinade. It combines saltiness, sweetness, tanginess

and some heat, and it tastes phenomenal. I also use it to marinate the mushrooms, which act as fantastic sponges and, when served alongside the steak, really showcase the marinade's wonderful flavours." –*Chef Lynn Crawford*

## TOP CHEFING

Insider tips from the best



■ "You want to bruise the cilantro so it gives off those beautiful juices and the flavours. Always [bruise your

herbs]. That's why when you eat pho [a Vietnamese rice noodle soup], they always give you that basil whole. The idea is when you put the basil in and you break it, it releases its juices. You don't cook with it." *From a conversation with Vikram Vij about one of his dishes*

*created for Hopscotch, Toronto*

■ "Brown the butter. Begin by simply melting it over medium heat, swirling gently until it's a pool of evenly melted goodness. Don't stop though! Keep on cooking and swirling gently until eventually the



water with-in the butter heats, steams, foams and evaporates away. Once that moisture is gone

### MY DAD'S STEAK MARINADE

**Makes about 1-1/3 cups (325 ml)**

1/2 cup	soy sauce
1/3 cup	olive oil
1/4 cup	balsamic vinegar
2 tbsp	Dijon mustard
2 tbsp	Worcestershire sauce
1	large clove garlic, grated

Stir all ingredients together. Pour into an airtight container, refrigerate and use within 2 weeks. –*LC*

PHOTOGRAPHY, JOHN CAREY/GETTY IMAGES (CHEFS HAND); CHRIS SO/GETTY IMAGES (V.U.); ANDREW FRANCIS WALLACE/GETTY IMAGES (SMITH); GEORGE PIMENTEL/GETTY IMAGES (CRAWFORD AND TIZZARD); RANDY RISLING/TORONTO STAR VIA GETTY IMAGES (DUGUID); COURTESY MONOGRAM CANADA (KITCHEN); BRANDON BARRÉ (RICHARDSON), MONOGRAM, (30" SINGLE EUROPEAN WALL OVEN, 30" INDUCTION COOKTOP); AYA KITCHENS (CABINETRY); CAESARSTONE (COUNTERTOPS)



■ “Roast beets so that the peel slips off more easily. To roast beets, place washed, trimmed, unpeeled beets in a double-layer foil package with 1 tbsp (15 ml) olive oil drizzled overtop. Seal the package and roast at 425 F (220 C) for 45 minutes to an hour, until fork tender. For more flavour, add a few garlic cloves, sprigs of fresh rosemary or thyme to the package. When the beets are cool, their peels will slip off easily.” —*From Honest to Goodness: Everyday Recipes for the Home Cook by Christine Tizzard*

■ “Roasting the vegetables beforehand caramelizes them and adds a depth of flavour.” —*Voula Halliday on her Roast Vegetable and Orzo Soup from her latest cookbook, Eat at Home*



■ “You can use [saffron threads] whole, but you get better colour and aroma if you grind them to a powder. Just take a pinch and place it in a small mortar or bowl. Add a few grains of salt or sugar and use a pestle or the back of a spoon to grind the threads into a fine powder.” —*Naomi Duguid, cookbook author, food writer. Her latest book is Taste of Persia: A Cook’s Travels Through Armenia, Azerbaijan, Georgia, Iran and Kurdistan*

## LIGHTENING UP

**I** **THINK LIGHTING** is one of the most undervalued elements in a home,” said interior designer and TV personality Sarah Richardson when we met in a kitchen she designed at Toronto’s Monogram appliance showroom.

“I tend to cook more by atmospheric lighting and less by the overall ambient lighting,” she says. “I couldn’t have a kitchen that didn’t have beautiful pendant lights.”

For countertop tasks, the designer favours LED strip lighting mounted under cabinets. They’re sold in myriad options – hardwire to wire-

less – so an easy upgrade.

There are no less than five light sources in the showroom kitchen, I note. “We have different needs at different times of the day,” she says. “Scrubbing my kitchen at night – that’s different than having a glass of wine and chatting with a friend.”

In addition to layered lighting, dimmer switches help you to create a different mood and character, Richardson notes. “An electrician will ask, ‘Where?’ And I’ll say, ‘Everywhere!’”

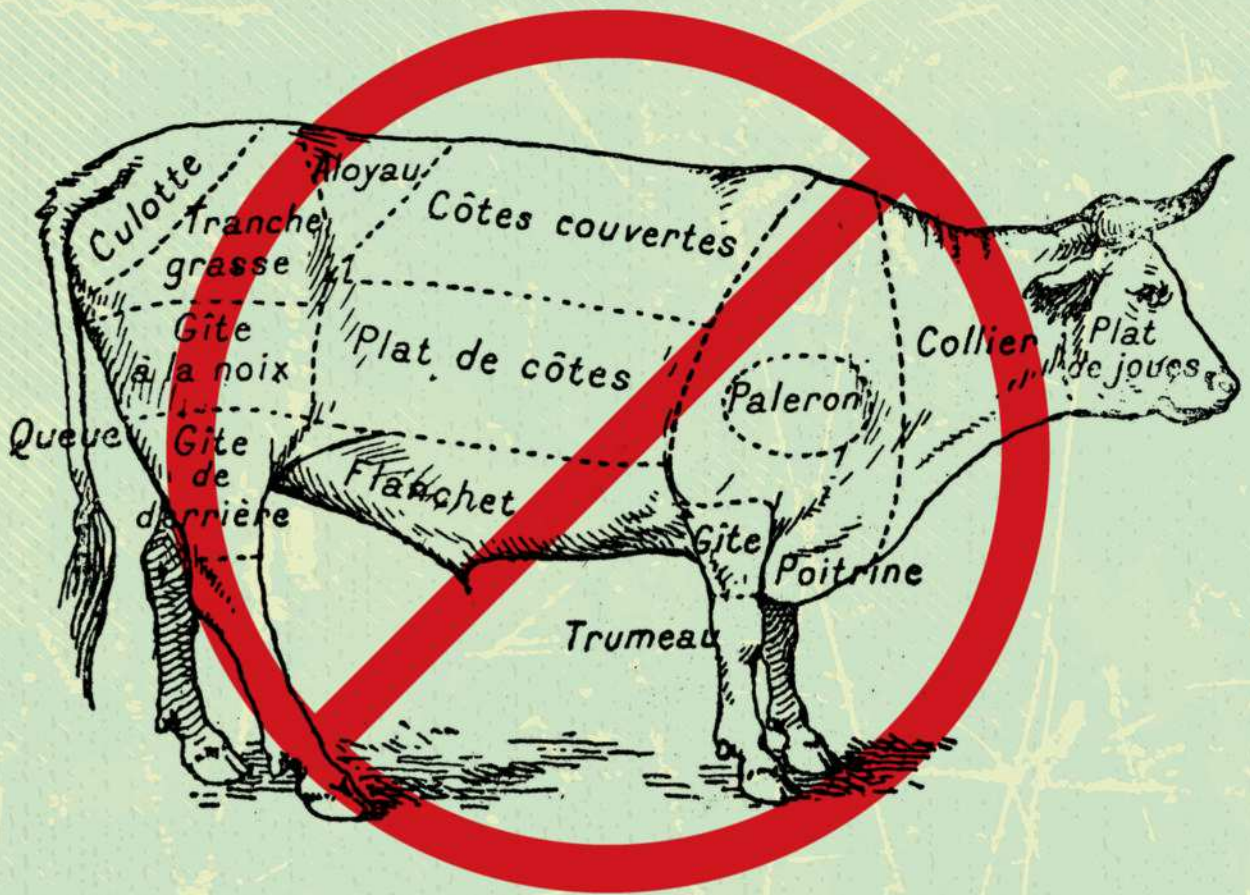
Lighting can also celebrate design features. “If you’ve invested in the marble backsplash, illuminate it!” Show off. Sarah says so. —*Tara Losinski*



A nod to nautical, brass sconces are a functional style element that also highlight a luxe marble backsplash.



Interior designer Sarah Richardson



# MAN'S DOMINION

The benefits of veganism have made the practice a part of our wider culture, not to mention daily menu plans. **Bert Archer** examines the ethics, emotion and logic behind this lifestyle choice

**V**EGANS WERE ONCE seen as the extreme arm of vegetarianism, yippies to its hippies, Valerie Solanas to its Gloria Steinem. The practice of not only not eating meat (which is vegetarianism and also includes eating dairy and eggs), but not eating or wearing anything that caused harm to a living creature, including not only eggs, butter and milk but leather, wool, pearls, honey and, according to some, figs (which consume wasps when in flower form before developing into fruit) seemed, for a long time, a little extra.

Then President Clinton went

vegan, which prompted a flurry of stories pointing out that, actually, so was Ellen DeGeneres and James Cromwell, Bryan Adams and “Weird Al” Yankovic, at least 10 NBA players and a whole passel of notable millennials. Even Beyoncé announced she’s going vegan for 44 days before her Coachella performance this year, the third time she’s gone temporarily vegan as a sort of cleanse. She even sells a 22-day vegan meal plan that boasts “life-changing health benefits.”

Something’s happening here. Is this a fad, like gluten-free food? A lifestyle choice, like being a goth? Or is it a moral movement? When

your kid asks for meat-free meals and starts buying vinyl shoes, do you tell her to smarten up and eat her *kofte* or respect her decision the way you would if she were boycotting Chavez’s grapes or P.W. Botha’s lemons?

The truth is, of course, it can be any of these things. There are people who become vegans to lose weight, because lambs are cute or for less well-thought-out reasons. RZA of the Wu Tang Clan, for instance, seems to think it doesn’t make sense to “put dead flesh” into a “live body.”

But whether or not it’s a fad, it is most definitely a trend. In 2015, Ipsos found that millennials are

twice as likely to be vegans as the general population, and that 18- to 24-year-olds are as much as 50 per cent more likely still.

It's usually easy enough to trace the roots of fads and lifestyles (the gluten thing to a diet-book industry built on the back of a poorly done and quickly refuted study, goth to the chance intersection of post-punk rock and Bela Lugosi's ghost). Veganism is not nearly so straightforward but, given the rapid increase in adoption rate and the potential effects on agribusiness, the environment, the culinary arts and our relationship to the animal kingdom, it's worth a look.

Though veganism has a long history (Syrian philosopher/poet Abu al-Ala al-Maarri was advocating it as early as 1000 AD), the term "vegan" was only coined in 1944 by Englishman Donald Watson, who made it up out of the first three and last two letters of "vegetarian," saying "veganism starts with vegetarianism and carries it through to its logical conclusion."

Watson traced his own dietary decisions back to hearing a pig scream while being slaughtered on his uncle's farm when he was a child, though later in life he seemed at least as interested in the health benefits – boasting at one point that he'd never taken medicine – as he was in the animal morality of it. But these remain the two biggest reasons people turn to veganism and, while both have a good deal of substance to them, they both have some problems as well.

**T**HE RISE OF VEGANISM has roughly tracked with the fall of the family farm and the replacement of local and domestic supply chains with the algorithmic sophistication of today's trade routes. Though he reacted poorly to it, Watson's having a relative with a farm was far more common

in 1944. As late as my own childhood 40 years later, I had a farming aunt and uncle who sent me out in the mornings into moist, pillow-smelling chicken coops to reach under roosting hens for the warm eggs and I learned early to equate an empty nest with that evening's chicken dinner. Watson's reaction was, I'm sure, not unique: in order to stave it off among my cousins, my Aunt Alison insisted that if the kids wanted to name the livestock, as they always did, they had to pick from a list of approved names that included Hamburger, Bacon and Lamb Chop. But it was far more common to see it as how the world went. If you were Christian, the Bible told you God had given you dominion over the animals and when those animals were tasty, well, it only stood to reason you'd eat them.

Even if you didn't have a direct farm hookup, the grocery stores until recently had working butchers, often with carcasses hanging behind glass. Though some higher-end ones still do, for the past couple of decades, as those millennials were growing up, the Metros and Safeways and No Frills have outsourced the butchering or at least keep it behind closed doors, showing shoppers only the tidy, bloodless portions pressed between Styrofoam and plastic wrap. The age of the tidy portion was preceded and complemented by the age of the nugget, traced by food writer Michael Pollan in his book *The Omnivore's Dilemma* to Tyson Foods' work for McDonald's in 1983. Both the nugget – which has roughly the same relationship to a clucking chicken as an Easter Creme Egg sundae – and the tidy portion give kids the sense that meat is like potatoes or bok choy, setting them up for the dietary equivalent of Freud's neurosis-inducing primal scene when they first learn that beef comes from a cow and pork from a pig.

The trend has been mirrored in cities themselves, where the

majority of the North American population now lives, with slaughterhouses, once in the urban industrial cores, moved out to transportation hubs well away from the general populace, like the Maple Lodge chicken slaughterhouse in Brampton, Ont. The odd throwback, like the Toronto Abatoir and Quality Meat Packer on Tecumseth Street in Toronto (which closed in 2014), has tended to produce disgust, outrage and anti-abortion-style protests, albeit from the opposite end of the political spectrum.

But it's not just the killing and the carcasses we're removed from these days, it's the very concept that things not only die but are killed. The ambivalence to death that humanity has always felt is starting to harden into something very much like denial. Even as the internet has theoretically made not only the fact but actual images of death more accessible than ever, mainstream media – which, by now, has to include Google, YouTube and Instagram – are erasing them, at least from North American screens. In 1978, when Karl Wallenda, *paterfamilias* of the famous Flying Wallendas circus family, died doing a promo stunt in San Juan, Puerto Rico, the network evening news ran the full clip of him slipping, hanging on to the wire, losing his grip and smacking into the pavement. The footage wasn't anomalous. Today we'd call that gratuitous, the same word we used to use for nudity before *Game of Thrones* and *Altered Carbon*. According to some etymologists, the word "obscene" derives from the ancient Greek *skene*, or stage, and was used for things that were kept off-stage for dramatic or technical reasons. We used to think nudity and sex were obscene and so we kept them out of frame. Now, we think death is.

Death is, of course, part of life in the most fundamental way possible, as is killing. And though it's basic to say that killing is part of nature – ►

birds do it, bees do it – it’s possibly even more simplistic to suggest that something so elemental could somehow be wrong. And this is where the animal-centred motivations behind veganism get fuzzy. The videos Pamela Anderson presents of horrifying treatment of battery chickens, the stories of people being arrested for trying to give pigs sweltering in the back of a truck on the way to slaughter a last sip of water are not about killing but cruelty, and less directly, bad management, cheap food, and excess. We tend to think we need to eat whatever we want whenever we want to in whatever quantities we feel like at prices that are not only the lowest possible but slightly lower than possible. If we can get our act together, grow up, and ramp up our impulse control, the revolting scale of industrial farming, which adds ecologically disastrous methane and deforestation to the cruelty, would not be necessary.

But veganism, importantly, is not about eating cruelty-free food. If it were, vegans would presumably be in favour of hunting, which requires no animal to be bred, imprisoned or have any interaction with humans at all until the moment of its death. And if killed by a skilled hunter, that death would, moreover, involve a good deal less pain and suffering than the most probable ways the animal would otherwise die: starvation, dehydration or being consumed alive by predators.

When I phoned up vegan Dominika Piasecka to talk about hunting, she was no shades of grey.

“Veganism is a lifestyle choice that avoids harming animals in all aspects of life, such as food, clothing, entertainment and any other purpose,” she responded by email. “Vegans are thus naturally opposed to all forms of hunting.” Killing, she said later by phone, is inherently cruel, and animals that kill “don’t have the morality that we do.” I tried to stick to hunting. It’s

a vital part of many cultures, including many indigenous to North America, and the moral opprobrium is unsettling. But Piasecka kept going back to industrial farming, the vegan sweet spot, saying they “reject the idea of animals being seen as products” and pointing out that “free-range, grass-fed, organic, humanely killed – those are all tricks.” One argues cruelty in discussions of veganism; one simply states an opposition to killing. Perhaps it’s simply rhetorical experience. When Morrissey, another famous vegan, early on with the Smiths sang, “Death for no reason is murder,” he sounded more than a little fatuous. Food, even when we have other choices, is actually a pretty compelling reason.

Veganism requires death itself to be absent, but in arguing that, the organizations that represent it al-

**“LONGEVITY  
WITHOUT  
HEALTH  
IS EVERY  
MIDDLE-AGED  
PERSON’S  
NIGHTMARE”**

ways take an extra step that conflates two related but different concepts – cruelty and death – in a way that appeals to *ethos* and *pathos* in order to do an end-run around *logos*, to use the ancient terms for ethics, emotion, and logic, the three best ways of persuading people. It’s a common strategy and an effective one; the NRA uses the same device with freedom and assault rifles.

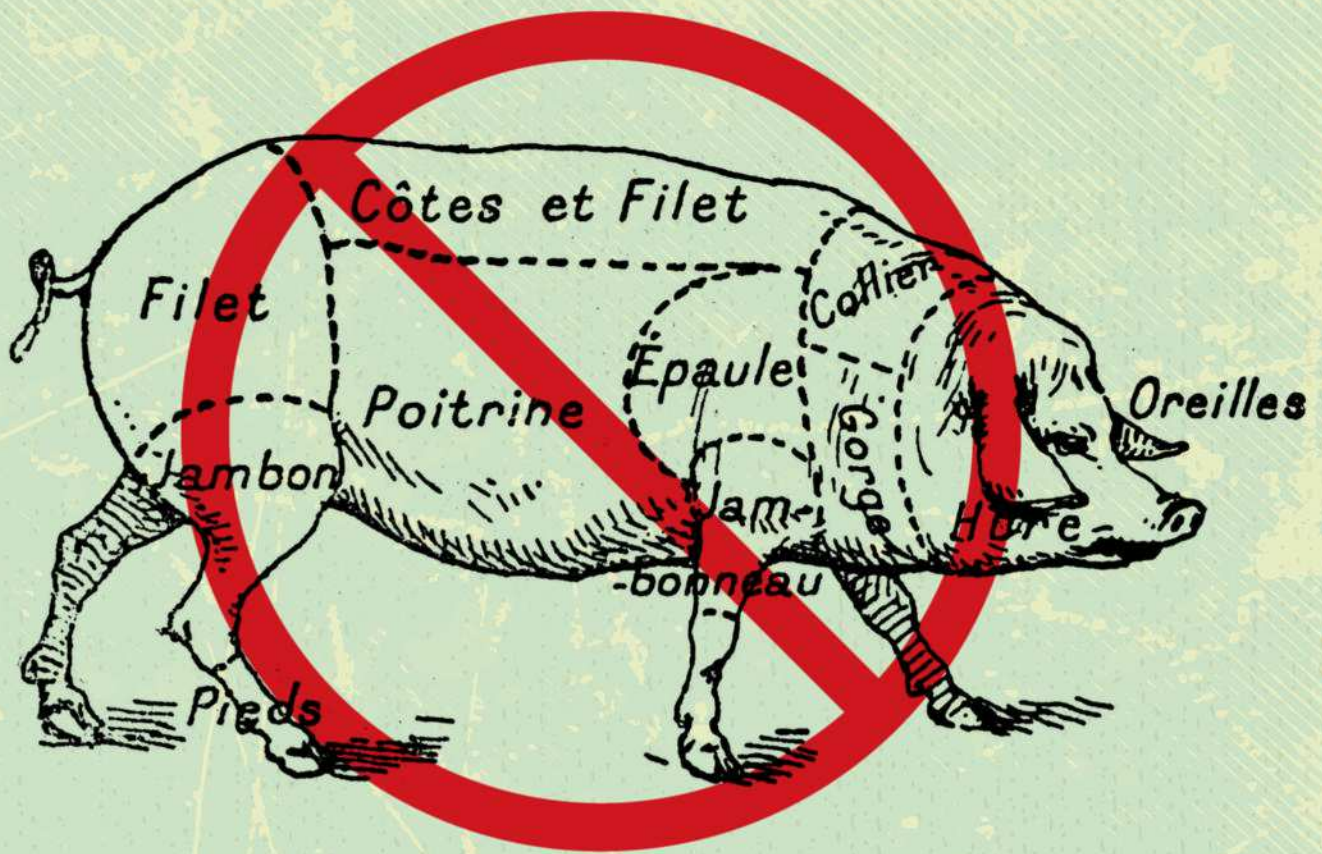
But what if animals are not your main concern here? What if it’s your own health? Broad and long-term studies have been done, by Loma Linda University in Southern

California among others, that have shown a direct relationship between veganism and good health. According to Vesanto Melina, a vegan dietician in Vancouver and co-author of *Becoming Vegan*, these studies have found reductions in cardiovascular disease (32 per cent), hypertension (75 per cent), Type 2 diabetes (62 per cent), cancer (16 to 19 per cent) and even cataracts (40 per cent), and that all these figures are higher among vegans than vegetarians, often significantly. And for anyone who might think veganism keeps you healthy but a little friable, she points to Olympic figure skater Meagan Duhamel, weightlifter Patrik Baboumian and those NBA players as evidence that veganism is no barrier to physical fitness at the highest levels.

One possible caveat with the Loma Linda findings, and it’s the biggest and most quoted of these studies, following tens of thousands of people over half a decade, is that all the people studied are Seventh Day Adventists. Loma Linda is a major Adventist centre, and the university is part of the church organization. There is much good to be said for their faith-based, socially networked diet that includes both vegetarianism and veganism but does not require it, and diet books are trying to capture its essence for non-believers.

However, many in the scientific community prefer what are called population-based studies that focus on people from the general population. The biggest of these was recently conducted by scientists at the University of Sydney in Australia. It followed 267,180 women and men over the age of 44 for an average of six years and found “no evidence that following a vegetarian diet, semi-vegetarian diet or a pesco-vegetarian diet has an independent protective effect on all-cause mortality.” Though the figures refer to vegetarianism rather than veganism, a 2009





ILLUSTRATION, ILBUSCA (ANIMAL); ALEKSANDAR VELASEVIC (TEXTURE)

Oxford University meta-study or review – an overview of scientific consensus at the time – that did include vegans came to a similar conclusion.

But even if you decide you feel better on a vegan diet, there’s the issue of our mortality. When it comes to health, we tend to prefer it with a side of longevity. We don’t want to be like Jim Fixx, popularizer of running, who was extremely healthy right up until he died of a heart attack at 52. And longevity without health is every middle-aged person’s nursing home nightmare. We want to live to be 100 and be healthy right up until the moment we drift gently off, tapping our still agile feet to some tune that was popular 84 years earlier.

According to Prof. Michel Poulain, who studies longevity at the University of Louvain in Belgium, though the secret to long life is still elusive, he is sure about the role of veganism and vegetarianism in living into extreme old age. “There is no relationship,” he says.

One of the two originators, along with writer Dan Buettner, of the con-


cept of blue zones – which is what they’ve called five spots they discovered around the globe where people live a lot longer and a lot healthier than they do anywhere else – he says that only in one, Loma Linda as it happens, are there any people who don’t eat meat. In the others, people actually eat a little more meat than average for their respective regions.

Poulain says it’s far more likely that the eventual key to longevity will be epigenetic, genes that get activated by certain behaviours and contexts, like lifelong moderate physical activity, continual social engagement and sustained calorie restriction (i.e., eating less of everything).

Ultimately, the problem with veganism is not fuzzy thinking on animal rights. Our treatment of livestock in factory farms is very likely to be one of those things generations in the not-so-distant future see as so obviously evil that they can’t understand how their great-grandparents could have turned a blind eye. And it’s not overstated health claims, either. The fact that what health benefits there are, are as likely to be

due to caloric restriction as choice of food is of little consequence.

The real trouble with veganism, at least as practised by European-descended North Americans, is that it is less philosophy than faith but won’t admit it. Philosophy is discursive, not only allowing but inviting dissent and even ambivalence. If veganism were an admitted faith, like Jainism, appealing to ultimately unprovable higher powers or deeper truths, then fine; there’s a special place in secular discourse for the faithful. But veganism, with its rhetorical elisions and in the face of contrary evidence, insists on an absolute line; its proscriptions, were they formulated in an earlier era, are perfectly suited to exclamations beginning with the words “Thou shalt not.”

So far, secular study tends to support a less emotionally and rhetorically satisfying but possibly more helpful way forward. Eat less – of everything; avoid supporting cruelty to the extent your bank account allows and come to terms with death, and killing. 

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# POWER PLANTS

Just like diet and exercise, every once in a while it's good to break from routine, even in your garden. This spring, sow a few new seeds

**T**HE GARDEN. Our backyard oasis, our retreat, our place in the (sometimes) sun. Even a few containers scattered on a balcony can make us happy. Why not add to this feeling of well-being by mixing it

up a bit? Sure, we all love our little cherry tomato plant, but how about a watermelon radish? Its cheery fuchsia centre matches its vitamin-packed flavour.

"Like most North American gardeners, my vegetable plots had always been planted with 'normal' crops like tomatoes, potatoes,

carrots, peas and beans," writes Halifax-based gardener and author Nikki Jabbour in her new book, *Veggie Garden Remix: 224 New Plants to Shake Up Your Garden and Add Variety, Flavor and Fun*, "and although I played around with different varieties, I certainly didn't venture too far from the traditional

veggies.” Enter Jabbour’s Lebanese mother-in-law, who recognized what Jabbour thought to be ornamental gourds as edible summer squash – quite common in Lebanon. This got Jabbour thinking, and the idea of a “remix” of what we can grow in our gardens came to be.

Here, Jabbour shares three easy-to-grow vegetables that will add an additional healthy dose of colour and flavour to your garden and your table.

**Cucamelons** “What’s the most popular vegetable in my garden? It’s cucamelons! These cucumber relatives are seeded indoors in spring and moved to the garden after the risk of frost has passed. The plants form slender vines that spread in every direction but can be planted in a pot and allowed to climb trellises or balcony railings. They produce grape-sized fruits that look like tiny watermelons but taste like cucumbers with a hint of citrus. Delicious!”

**Broccoli leaf** “Also called *Spigariello Liscia*, broccoli leaf is an Italian vegetable that yields large quantities of tender, nutrient-rich leaves that have a mild broccoli flavour. It’s easy to grow in containers or garden beds and should be started indoors in early spring or direct seeded outdoors in mid-spring ... Use the leaves raw in salads, sautéed with garlic or chopped in soup, lasagna and other pasta dishes.”

**Watermelon radish** “Almost too pretty to eat, watermelon radishes are a type of daikon radish but have rounded beige-green roots that hide an electric pink interior. Slice one of these open and wait for the ‘oohs and ahhs.’ Sow seeds early in spring and again in late summer for a fall harvest. The roots grow up to four inches across and can be thinly sliced in salads, pickled, stir-fried or roasted in the oven for a tasty treat.” –*Vivian Vassos*

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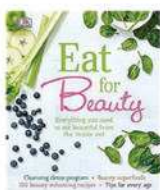
## INSIDE OUT

If you are what you eat, the following titles promise it can be beautiful – with the right foods, a healthy gut and mindful living.



### 1 In *The Beauty Chef: Delicious Food for Radiant Skin, Gut Health and Wellbeing*

(Raincoast), best-selling author Carla Oates promotes good gut health for “a clearer, more radiant complexion and general well-being.” In addition to fermented foods, pre- and probiotics, Oates includes beauty nutrients in the book’s 150-plus recipes. They include pantothenic acid (vitamin B<sub>5</sub>) – protects against wrinkles; vitamin K<sub>2</sub> – helps prevent premature aging; and silica, essential in forming skin-firming collagen. For a recipe featuring asparagus, a source of the mineral silica, turn the page.



### 2 From fine lines and cellulite to thinning hair, *Eat for Beauty* (DK) has food fixers for the

face, body, hair, hands, feet and even oral health. Meal plans include the best foods to banish baggy eyes, as an example, for which celery is suggested: it’s a fluid regulator that

can help reduce puffiness. Nutrition needs by age is also addressed: shrinking oil glands can result in dryer, more brittle hair starting in our 50s. To counter these effects, sources of omega-3 fats and protein, such as flaxseed and oily fish, are recommended.

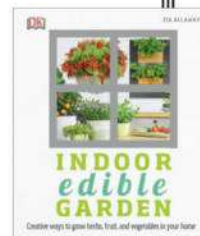


### 3 With a holistic perspective is *The Thirlyby: A Field Guide to a Vibrant Mind, Body and Soul*

(Prestel). Author Almila Kaking-Dodd is also an integrative medicine practitioner and tackles everything from taming anxiety to zero-waste living. As a part of mindful nutrition, she encourages eating organic, local and seasonal, as much as possible. Her Beauty Bites include recipes with broad health merits. Bone Broth, for example, is extolled for “an arsenal of properties to support longevity.” As she points out, the gelatin released from boiling bones is gut healing and inflammation calming as well as a source of collagen. –*Tara Losinski*

## INSIDE IN

**Indoor Edible Garden by Zia Allaway** If your outdoor space is limited, this one’s for you. The book’s tagline – creative ways to grow herbs, fruit, and vegetables in your home – just about says it all, and Allaway, a horticulturalist, also suggests edible flowers due to their low maintenance (read less watering and feeding). “Guaranteed to reduce stress, calm your nerves, and rest your eyes from an ever-present screen,” she writes, “growing your own food is one of the best therapies for a modern lifestyle.” Amen to that. –*VV*





## ROASTED ASPARAGUS, TOMATO, OLIVE, GARLIC AND LEMON

**Serves 4 to 6**

These flavours blend so beautifully, as do the nutrients, with the oil-soluble antioxidants in the tomato and asparagus made more available for the body to use by the olive oil. Garlic contains around 200 health-giving compounds including quercetin and allium, which is antibiotic and antiviral, making it excellent for both problem skin and when you are ailing.

3 bunches asparagus  
250 g mini Roma (plum) or cherry tomatoes,

1/3 cup

2

4

1

halved lengthwise  
pitted Kalamata olives, coarsely chopped  
cloves garlic, thinly sliced  
anchovy fillets, cut lengthwise into thin strips  
Extra-virgin olive oil, for drizzling  
Himalayan salt  
Freshly ground black pepper  
unwaxed lemon

Preheat the oven to 200 C (400 F).

Snap off and discard the woody ends of the asparagus. Lay the asparagus in a large baking sheet.

Scatter the tomatoes, olives, garlic and anchovies over the asparagus. Generously drizzle with olive oil. Season with salt and pepper.

Roast in oven for 15 to 20 minutes or until the asparagus is tender and tomatoes softened.

To serve, transfer onto a large serving plate. Finely grate lemon zest over the top.

.....  
Excerpted from *The Beauty Chef* by Carla Oates. Copyright 2017. Excerpted with permission from the publisher Hardie Grant Books. All rights reserved. No part of this excerpt may be reproduced or reprinted without permission in writing from the publisher. For more recipes, go to [everythingzoomer.com/the-beauty-chef](http://everythingzoomer.com/the-beauty-chef).

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**HOUSE CALL** *By Dr. Zachary Levine*

## ALL UP IN KNOTS

Food full of saturated fat is the usual suspect, but could clogged arteries be due to bacteria?

**H**EART ATTACKS and strokes are caused by blocked arteries, which are the blood vessels – essentially pipes – that deliver oxygen- and nutrient-rich blood throughout the body, including to the heart and brain. Atherosclerosis is the term used to describe the process whereby fatty substances (lipids) stick to blood vessel walls and narrow them. The vessel walls become inflamed, and this leads to progression. An atheroma is an accumulation of degenerative ma-

terial in the inner layer of an artery wall, consisting mostly of cells, debris, lipids, calcium and fibrous connective tissue.


It was assumed until recently that the lipids that contribute to atherosclerosis come from eating foods high in fat and cholesterol, such as butter, eggs, meat and fried foods. There is new evidence, however, that shows that the lipids in the plaque that clogs up our arteries are actually made from bacteria that live in most humans' mouths and guts, not only from what we eat. That said, regardless of these findings, trans fats

are just bad for us, period. And consuming a large amount of saturated fat, such as those from the list above, can drive up bad cholesterol, so moderation or replacing saturated fat with polyunsaturated fats – nuts, fish, seeds, etc. – is still best for decreasing the risk of heart disease.

Researchers at the University of Connecticut found that the lipids found in atheromas are made by a specific family of bacteria called Bacteroidetes. These bacteria, which colonize the mouth and gut, do not usually cause harm. The lipids they secrete, however, can get through cell walls and into the bloodstream.

The team suggests that perhaps the immune system triggers inflammation because, when it encounters the fatty deposits in the artery walls, it recognizes that the lipids are foreign. The researchers also found that there is an enzyme that breaks down the bacterial lipids into starting materials for making molecules that promote inflammation.

The presence of bacterial lipids may cause harm in two ways: first, the immune system spots them and sets off alarm signals, and secondly, the enzyme breaks them down into materials that assist inflammation. All this would lead to worse atherosclerosis and increase the risk of heart attack and stroke. Researchers are investigating what affects the relative amount of the bacteria we have and if lowering the counts will decrease heart disease risk. The next step is to confirm that these bacteria are indeed involved in the development of atherosclerosis and to find treatments that will target the bacteria and thereby decrease the risk of heart attack and stroke.

Stay tuned! 

**Dr. Zachary Levine** is an assistant professor in the faculty of medicine at McGill University Health Centre and medical correspondent for AM740 (a ZoomerMedia property).



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# THE SKINNY ON STAYING SLIM

Work these tips and tricks into your daily routine to fend off the pounds or kick-start a healthy regime **By Viia Beaumanis**

**1 MAXIMIZE YOUR MICROBIOME** The dynamic enzymes and bacterial proteins contained within the gastrointestinal tract, collectively known as the microbiome, control a vast array of body functions – including weight. Leaner people have more diverse gut bacteria. Google a microbiome-enhancing diet. In brief, antibiotic-saturated, factory-farmed meat (and egg and dairy products) is a perfect storm for bad gut bacteria. Buy local organic animal products only. Avoid processed foods, full of preservatives and nitrates. Now that farmers markets are common, Whole Foods has slashed its prices by a third and chain supermarkets carry organic brands, it's easier and cost-effective to make the right choices. Do some online brand research: Ontario-based Organic Meadow, widely available and antibiotic-free, is an excellent choice for eggs, yogurt and butter. Switch from yogurt to kefir, which contains a bazillion more probiotics, which are good for the tummy.

**2 MINI-FASTING** Not everyone has the self-control to do a complete fast for a week or more. Intermittent fasting, such as the 5:2 Diet (on two out of seven days, calories are limited to about 600), is more manageable. And if you choose to juice for the two days, those juices should be vegetable, not fruit (see Sweeteners, below). Or keep your eating to four hours a day, giving your body the other 20

hours to burn fat – not food. Fasting or not, *fermented* beverages – miso soup, apple cider vinegar, kombucha – boost your microbiome enzymes, so have lots.

**3 SUN** The old maxim If You Can't Tone It, Tan It turns out to be true! A new University of Alberta study found that fat cells just beneath our skin actually *shrink* when exposed to the sun. A blue light in sunshine penetrates the dermis, causing lipids to reduce in size and be released from the cell. So, low sunlight exposure as well as a less active lifestyle impacts the weight we gain over winter. Good reason to get outside year-round.

**4 SWEETENERS** No white or brown sugar – ever. Watch *The Truth About Sugar* (a BBC doc you can find on YouTube), and you'll be converted. Outside of obvious culprits – candy and pas-

tries – sugar is loaded into processed foods and liquor. Check the ingredients list, even on savoury products; anything ending in *-ose* (glucose, sucrose, fructose, lactose, maltose) is sugar. Beware of sugar-free labels: they often contain aspartame or other artificial sweeteners. Avoid pop and fruit juice. Sugar is addictive as it triggers the release of dopamine, followed by a slump that produces more sugar cravings. High cholesterol, metabolic syndrome, heart disease and diabetes are a few of sugar's side effects, as is fatty liver, a disease that leads to cirrhosis. Swap in quality raw organic honey. Though similar in calories to sugar, honey is an antioxidant powerhouse, rich in nutrients. Buy *locally* produced honey, which contains enzymes that enrich the microbiome. Pass on agave syrup, which is akin to high-fructose corn syrup. For a zero-calorie option, pick up plant-based stevia.

**5 FISH- AND PLANT-BASED DIET** Vegetables are extremely low in calories, roasted or steamed, so you can eat mounds of them if portion control is your issue. Fish, particularly mackerel, sardines and salmon, is high in protein and omega-3s, low in fat, calories and mercury levels. Five servings a week – which could also include other low-mercury seafood such as shrimp, scallops and squid – as part of a low-calorie diet enhance weight loss compared to a diet with the same amount of calories but no fish. ▶



PHOTOGRAPHY, 2015 MAGDALENA NIEMCZYK-ELANART/GETTY IMAGES (JUICE); ARXONT/GETTY IMAGES (FISH)



### **GONE FISHING**

■ Check with your fishmonger for the source of the fish: farmed or wild (wild is often better).

■ Flash frozen is often fresher

■ Defrost frozen fish in ice water, a Norwegian trick that helps maintain the texture of the fish.

■ A six-ounce serving of salmon contains about four micrograms of mercury versus 60 micrograms for the same portion of canned albacore tuna - and about 170 micrograms for swordfish.

Good-fat  
avocado



**6 FAT BURNS FAT** Your body requires three macronutrients – protein, carbohydrates, and fat – to create the energy it needs. But fat contains more than *double* the energy of the other two. Even better, research has found that dietary fat breaks down subcutaneous fat you store around belly, thighs and bum by activating fat-burning pathways in the liver. Of course, we are taking about unsaturated fats here – avocados, olive oil, nuts, fatty fish. Always buy full-fat (organic, antibiotic-free) dairy. Low-fat dairy products are laden with carbs and sugar to give it taste and texture, which renders it as calorific as the high-fat option with none of the fat-burning benefits. Full fat *tastes* better and *is* better.

**7 LOW CARB** Replace rice and pasta with wild rice, which is not actually rice but a wetland grass that grows wild. Significantly lower in calories and carbs than white or brown, a cup of wild rice,

cooked, has 166 calories and 35 grams of carbs, compared with 248 calories and 52 grams of carbs for brown rice. Beans offer a carb-y feel to low-cal meals. Buy them dry and soak: the liquid in canned beans can have added sugar, fat and sodium. If you're really pulling back, black, white and kidney beans and chickpeas run 19-plus grams of carbs per 1/2 cup, whereas edamame beans have just seven to eight.

**8 ALCOHOL** The first thing to ditch if you're really on a weight-loss tear. If you must, spirits are sugar- and carb-free, and gin, rum, vodka, whiskey and tequila clock in lowest at about 64 calories an ounce. Serve on ice or with fizzy water. Though it contains far less sugar, tonic water is akin to pop. At 125 calories a can, it's comparable to 7-Up or Coke (140). Drinking wine? Select a dry, low-sugar red – Pinot Noir over Cabernet – which, unlike white, is rich in antioxidant resveratrol and, as a fermented bev-

verage, offers benefits to the microbiome. The hitch, even when drinking wisely, is that the body burns alcohol *preferentially*. Your metabolism stops burning calories from your last meal to concentrate on processing the booze.

**9 COUNT CALORIES** Set up an online food diary on *myfitnesspal.com*. It takes 3,500 calories to gain one pound. Set a daily calorie goal and stick to it but aim at a *weekly* total. This allows you to balance “bad” days with “good.” If you overdo it on Saturday, you know how much to cut back on the next few days with an eye on arriving at a “good” tally for the full week.

**10 INDULGENCE** I'm a firm believer that total deprivation leads to food freak-outs. For a salt kick, it's popcorn. Air-popped ideally, dressed with olive oil and sea salt, it's leagues better than a bag of chips. Unprocessed all-natural popcorn is a whole grain that contains tons of healthy fibre and more antioxidant polyphenols than fruit and veg. For a sweet tooth, Halo Top ice cream – just 280 to 300 calories a pint! – has *finally* arrived in Canada. It swiftly became America's best-selling brand and was named among *Time's* Best Inventions of 2017. We have to agree! 



PHOTOGRAPHY, SONJA DAHLGREN/GETTY IMAGES (AVOCADO TOAST); THE PICTURE PANTRY/GETTY IMAGES (RICE)



**Did you know that diabetes impacts 1 in 3 Canadians?**

## **April is Diabetes Awareness Month**

Keeping your blood pressure and blood glucose in target range will help you avoid complications such as heart attack, stroke, and damage to your eyes, nerves and kidneys. This month at Rexall, learn everything you need to know about managing and living with diabetes.

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# EATING CLEAN

**AVOIDING PROCESSED**, chemical- and drug-laced food is vital to wellness and longevity and, thanks to consumer demand, healthy food is easy to find and less expensive. But modern food phraseology can be confusing, so here's your New Nutrition Glossary **BY VIIA BEAUMANIS**

**ALKALINE** Clean-eating advocates link inflammation in the body - caused by refined sugars, processed foods and meats - to premature aging and chronic illness, arthritis, heart disease, Alzheimer's, Parkinson's, even cancer. An alkaline diet includes organic whole foods.

**BPA** An industrial chemical (Bisphenol A) used to make plastics and resins that line cans to prevent a metallic taste from seeping into food and drink. Research has linked BPA exposure to increased risk for high blood pressure, diabetes, asthma, ADHD, cancers, infertility and obesity. Purchase soup in glass or cardboard packaging.

**BULLETPROOF** MCT-infused coffee, a huge trend, stabilizes blood sugar, boosts energy and mental clarity and staves off cravings. Blended in your morning java, it comes out frothy as a latte. Perfect for breakfast skippers.

**CAGE-FREE & FREE RANGE** Cage-free means the chickens are kept in a building with no access to the outdoors. Free-range means they're allowed out, the building has a door, but no assurance they use it. Look for pasture-raised and organic eggs if the treatment of animals and top-quality eggs is a priority.

**CARCINOGENS** Alcohol as well as processed and red meats are the ingestibles with the greatest links to cancer. Also, charred meat and very hot drinks (above 65 C). Alcohol and processed meat are classified as Group 1 carcinogens - with alcohol a greater risk for women as it raises estrogen levels, which are associated with breast cancer. (Lean red meat can be an important source

of iron, zinc, vitamin B12 and protein, so less risky than the other two.)

**EFA**s Essential fatty acids are sourced from foods like fish, nuts, seeds, avocados and oils. Omega-3 and omega-6 fatty acids are critical to cell regeneration, stimulating repair, decreasing inflammation and cholesterol, boosting brain development and blocking infection.

**FACTORY FARMED** Corporate agriculture livestock treated with growth hormones, steroids and antibiotics and raised on a chemical-, pesticide- and fertilizer-rich diet. Instead, purchase meat from a trusted local source and ask if the animals are grass-fed and how they deal with sickness. Cows that are grass-fed are naturally leaner, have fewer calories and contain higher levels of omega-3s. For poultry, the gold standard is raised on "rotated green pastures" and organic feed.

**GMO** Genetically Modified Organisms. While the National Academy of Sciences has concluded that GMOs don't pose any health risk, products labeled Non-GMO or GMO-Free mean they do not include any organisms that have been genetically manipulated or lab-altered.

**MCT**s Medium-chain triglycerides support the immune system, thyroid, nervous system and skin, increase metabolism and - unlike long-chain fatty acids - are immediately absorbed by the gastrointestinal tract. You can buy MCT oil and use it in recipes. Coconut oil is also a good source.

**NATURAL SALTS** Iodized table salt is stripped of its natural nutrients, then bleached white. Choose a pure, healthy option. Himalayan Pink


Salt, for example, contains more than 84 minerals like calcium, magnesium, potassium, copper and iron.

**NITRATES** A harmless essential nutrient that plants and grains absorb from soil, nitrates are used, at elevated levels, as a preservative for cured meats. When cooked, nitrates convert in the digestive system to form nitrosamines, which are associated with cancer. Cut back on cured meats but if you need the salami, bacon or hot dog, down it with some fresh antioxidant citrus.

**PESTICIDES** The toxic chemicals used in agriculture to kill crop-damaging pests. Fruit and veg are porous, so washing is not 100 per cent effective. It's best to buy organic. In lieu of that, the Centre for Science and Environment advises cleaning produce in a two per cent salt solution of cold water to remove most of the surface.

**SUPERFOODS** High phytonutrients - natural bioactive compounds found in plant foods that offer a megadose of nutrients - the best sources include blueberries, goji berries, avocados, kale, coconuts, maca, spirulina, salmon, sweet potatoes and bee products.

**WHOLE FOODS** Those that are entirely or almost entirely unprocessed and unrefined and do not contain sugar, salt, fat or chemical additives.

**WHOLE GRAINS** Including the entire grain seed - the bran, endosperm and germ - whole grain products are an excellent source of fibre and nutrients. Processed for a finer texture and longer shelf life, the outer layers are removed for refined grains (white flour) and don't include any fibre, iron and B vitamins. 



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# To Market, To Market

Where is your money really going? From high-tech drones to low-tech saving tips, here are the checks and balances

## Is that really organic? Heather Beaumont on food fraud

**W**ITH FOOD FRAUD in the news, Canadians are becoming more aware of the importance of learning about the produ-

cers, manufacturers and suppliers we rely upon to put safe, quality food on our tables.

Food fraud is the misrepresentation of a product's composition or the adulteration (substitution or dilution) of ingredients for economic gain. With reports of scams and increasing agricultural and food imports, the risk of food fraud has be-

come a global concern.

"Consumers need to be more savvy. We need to understand how food is produced, where it comes from and be more aware when it comes to product labelling," says Aline Dimitri from the Canadian Food Inspection Agency (CFIA).

Established in 1997, the government agency monitors and regu-



lates the safety of our food supply, including animal and plant health and enforces packaging and labeling laws. The CFIA encourages Canadians to contact them about suspected food fraud. From 2012 to early March of 2018, the CFIA undertook 705 investigations.

An unsuspecting consumer could buy fruits and vegetables that are not certified but sold as organic for a higher price. Tilapia fish filets can be labelled as red snapper. Food fraud also includes the mislabeling of information on a package, including product weight. So a potato chip bag might consist of only 210 grams of chips when the label indicates 220 grams.

Food fraud impacts everyone within a supply chain from the grower and fisher to the manufacturer, supplier and retailer. “Industry is working toward end-to-end traceability. Tracing a product from the moment it’s grown to the moment it’s purchased. They see the value-add for consumers and for themselves,” explains Dimitri, the CFIA’s deputy chief food safety officer.

Verification from an industry body can also offer reassurance that food products meet strict guidelines. Farmers who sell produce they’ve grown at farmers markets are encouraged to distinguish themselves through the Farmers’ Markets Ontario verification program, launched in 2008. “Farms are inspected,” explains executive director Catherine Clark. “Farmers are happy to have this because they’re competing with resellers.” The reseller also sells at farmers markets, but the produce is from a supplier.

Canadians visit markets to chat with farmers and buy direct from the field. But those perfect tomatoes or cucumbers may have been mass-produced in a greenhouse. They may even be from the food terminal. Clark suggests we ask the vendors how they grow their produce and question why the produce is so uni-

form, large or perfect in appearance.

We can also check the Canadian Produce Marketing Association’s availability guide and buy fruits and vegetables in season.

Read packaging labels. Canadian legislation requires that product labels enable accessibility so consumers can connect with the importer or manufacturer.

Be sure to check the best-before date on foods like meat and dairy. The best-before date indicates the freshness, flavour and shelf life of an unopened product. Best-before date and expiration date are often confused. If the expiration date has passed, it indicates that the nutrient content or the food’s composition may have changed from what’s listed on the product label. According to the CFIA, if the expiration date has passed, toss it out.

Buy locally. It’s important to know our food supplier, our grocer, butcher or fishmonger. Ask where the product comes from. Ask how the vendor can be sure the product label is accurate. Ask if fish or meat was actually cut in-store or if it was already cut when it arrived.

As food technology has evolved and supply chains have become more complex, the risks to our food supply have also changed. The CFIA has recently published proposed regulations on safe food for Canadians based on consultations with consumers and the food industry.

The proposed regulations will modernize food safety legislation and bring into effect new prohibitions to food tampering, deceptive practices and hoaxes; strengthen food traceability; and improve import controls.

Asking questions about the foods we buy, reporting concerns to government and letting industry suppliers know we’re watching them, is the way safety-conscious Canadians can combat food fraud and protect our families. **2**

## How Silicon Valley is transforming the way we shop for food

### By Marc Saltzman

**W**HILE THE DEVICES we rely on today may seem commonplace, it would have been considered science fiction just a few years ago – be it taking calls on a smartwatch, asking a speaker in your home to play one of 30 million songs or robotic lawnmowers that quietly cut our grass.

And so, when you hear about how we’ll be performing one of our most common tasks in the near future – shopping for groceries – don’t write it off as fantasy because it’ll be here before you know it.

Here’s a look at a few likely scenarios.



### **1 STORES WITH NO CHECKOUT**

As we saw in January with the launch of the first Amazon Go store in Seattle, you might not need to wait in line to pay for items in the near future.

Thanks to hundreds of cameras and sensors and smart artificial intelligence (AI) behind the scenes, you can grab items off the shelf and simply walk out when you’re done – and your account will be automatically billed (followed by an emailed receipt). Even if you place **▶**



items back on the shelf, the technology will keep track and adjust your order accordingly.

## 2 VIRTUAL SHOPPING

Say you don't want to fight the crowds to visit a supermarket or shopping mall, or if you're physically unable to do so, you may be donning a virtual reality (VR) headset at home and simulating a shopping experience. As demonstrated in a Tesco concept video out of the U.K., you'll walk the virtual aisles from a first-person perspective and can even virtually touch and manipulate items with your hands, such as taking an item off the shelf to inspect it closer, before placing it in a virtual cart. The items you've selected will then be delivered to your door.

## 3 AUGMENTED REALITY GLASSES

While virtual reality transports you to a completely digital world - seen in 360 degrees and tied to head tracking - augmented reality (AR), on the other hand, layers digital information on top of the real world you're looking at, as seen through a smartphone camera lens. Soon, we may be wearing AR glasses that can superimpose

info on top of items in a supermarket, be it a star rating by customers, if the price is competitive compared to nearby stores or a floating green checkmark if the caloric or sugar content is acceptable based on your specific criteria.

## 4 VOICE-CONTROLLED ASSISTANTS


High-tech personal assistants in the home will increasingly be used to purchase online items. With smart speakers like Google Home and Amazon Echo, you can verbally add items to your grocery list whenever they pop into your head and then officially place an order when your list is full - just by asking for it. You'll be given an option to have items shipped to you or readied for pick-up at your favourite nearby store. You can also set up recurring items on a weekly or bi-weekly basis, based on what you use regularly, so that you don't

need to manually add these products you consume often.

## 5 DELIVERY DRONES

Speaking of Google and Amazon, both tech juggernauts are testing drones that can deliver you a parcel in 30 minutes or less - or, at least, that's the end goal. In fact, Amazon is testing its Prime Air quadcopter delivery service in rural B.C., among other places. You'll order a product using an app, your voice or a website and, so long as it's somewhat small and light, it'll message you when it has arrived on your doorstep, scan your face when you come out to confirm it's you and then email you a receipt after it drops it down. Seriously.

## 6 AUTONOMOUS CARS

Instead of the Detroit Auto Show, which took place a week later, Toyota chose the Consumer Electronics Show (CES) in Las Vegas to unveil e-Palette, a concept for the future of autonomous ("self-driving") vehicles. Perhaps one day in the not-too-distant future, your vehicle can not only drive you around from point A to point B, but Toyota envisions autonomous cars used for ride-sharing services, delivering you food on demand and even serving as a mobile storefront that brings products to you instead of the other way around. Toyota is teaming up with Uber, Pizza Hut and Amazon, to start, but the first live demonstration of Toyota e-Palette won't be until the Tokyo Olympics in 2020. 



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The good news is that you may be more prepared than you realize. If you partially or completely own your home, then you have already made a valuable investment that's literally right under your nose! Over the years, as you've been building equity in your home, you've also been empowering your future.

A reverse mortgage is a loan that allows Canadian homeowners 55-plus to use the equity in their home without giving up ownership. For many people, a reverse mortgage provides them with the freedom to enjoy the retirement lifestyle

they've always dreamed of. The loan can be used for whatever you wish, whether it's to renovate your home to make it easier to stay in, pay off higher-interest debt or migrate south every winter. For some, it's a way to finally jumpstart the retirement that keeps getting put off.

*Reverse mortgages are increasingly a viable and attractive first choice for many Canadians*

You aren't required to pay income tax on the funds you receive from a reverse mortgage, and there is no impact on your old-age benefits. There are also no mandatory monthly mortgage payments. And as long as you keep your home in good condition and pay for house insurance and your property taxes, you're never at risk of losing ownership of the home that has meant so much to you. You can

live there as long as you like – which, as we know, is what many 55-plus homeowners hope to do!

In fact, more Canadians than ever are considering reverse mortgages as an integral part of their retirement plans. HomEquity Bank, which has been reliably providing the CHIP Reverse Mortgage to Canadians for over 30 years, has observed this trend firsthand. The bank reported record 32.5 per cent year-over-year growth in 2017. It also fielded twice the customer inquiries compared to the year before. These are indicators that reverse mortgages, far from being a last resort, are increasingly a viable and attractive first choice for many Canadians.

HomEquity Bank is a federally regulated, schedule 1 Canadian bank. Unlike other banks, it's one-hundred-percent focused on and committed to serving homeowners 55-plus, no matter what Canadian province they live in. You've worked hard to own your home. Find out how you can use this investment in your retirement financial planning.

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## Food fright: Why the scary prices? By Ian MacNeill

**I**T'S NOT YOUR imagination. The price of food is going up – and up and up and up. According to the most recent edition of *Canada's Food Price Report* from the universities of Dalhousie and Guelph, Canadians can expect to pay between one and three per cent more for grub in 2018. The biggest hit will be on vegetables where prices are expected to jump four to six per cent. Crunch the numbers, and the annual food bill for a family of four is expected to increase \$348 to just under \$12,000.

This will come as a blow to those living on fixed and limited incomes. According to a 2017 report published by Healthcare of Ontario Pension Plan ominously entitled *Seniors and Poverty – Canada's Next Crisis?*, the average Canadian spends less than 10 per cent of their income on food. However, people living in poverty

spend more – way more, as much as 50 to 75 per cent. When prices go up, these people are forced to get by on less, and it is women who suffer more because, according to the Broadbent Institute, 28 per cent of single female seniors and 24 per cent of males are living in poverty.

It's even worse if you live in remote communities, which you already know if you live in one. Consider Nunavut where the average price of a four-litre jug of milk was more than \$10 in 2017 versus half that in Vancouver. According to the Nunavut Bureau of Statistics, territory residents pay on average two to three times more for their victuals than us border-huggers. High transportation costs usually get the blame, but lack of competition in small towns anywhere is also a factor.

So what drives food prices? All

kinds of things in our complicated global-village, itchy-trigger-finger, trade-war world. According to Oxfam Canada, there are five primaries.

**1** The high price of oil used for transportation and to run farm machinery.

**2** The diversion of food crops into the “biofuel” industry; about 40 per cent of the North American corn crop now goes into motor vehicles instead of humans.

**3** Climate change. Example: shifting rains are turning once-fruitful food-production regions of New South Wales in Australia into a dustbowl following a five-year drought. Climate scientists say more fires, floods and dry spells are coming all over.

**4** Some suggest the financial crisis of 2008 caused many to invest in the rising price of food, further commoditizing it.

**5** The expansion of food autarky, which essentially describes government measures to ensure the country becomes self-sufficient in food production. This is done by: (a) reducing reliance on foreign food production so people don't go hungry in a trade war (thank you, Donald Trump); and (b) shielding local producers from international competition, i.e., support your local farmers, even when they're charging more for the same thing.

To this could be added human greed – the recent bread price-fixing scandal where senior officials at Canada's two largest bread makers (Canada Bread and Weston Bakeries) allegedly agreed to increase their wholesale prices in lockstep over more than 15 years. Despicable. Is it likely this kind of thing doesn't happen elsewhere in the food industry?

According to the food report, there's another segment of the population that's going to be particularly hard hit, and that's those of you who like to dine out; prices are ►



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expected to go up four to six per cent. No surprises there. Restaurants also have to pay higher prices for food, not to mention energy, wages and rent. Another driver here – and an irritating one – is the ongoing pressure by the industry to ratchet up tip rates beyond the traditional 15 per cent; this to shift more of the burden of paying wait staff onto the backs of diners instead of compensating them fairly to start with and building the cost into menu prices, a kind of full disclosure many of us would

dearly appreciate. (Can we please have a European model for tipping?)

Of course, to those of us who eschew dining out as a luxury retained for special occasions, this is a frivolous hit to the balance sheet; most of us could dine in – we choose not to.

There are ways to reduce the pain of rising food prices. Besides the obvious, my favourite is eating what you already have. I recently looked in the fridge to see what I might have to serve my wife and son for dinner. There was one forlorn-looking egg-

plant, left over from last weekend's eggplant parmigiana. Ordinarily I would let nature take its course and throw it out when mould started to show. Not anymore. When I Googled eggplant recipes, I found Japanese Miso-Glazed Eggplant Burgers with Fresh Pickles. Guess what we had for dinner that night? You can do this with anything. Punch whatever ingredients you have into Google, and I guarantee you somebody has figured out a way to make them work together. *Bon appétit!*  

## SAVE DOUGH BY MAKING DOUGH

Want to eat the best bread and get back at those greedy price-fixing bread cartels? Make your own. No, wait; don't run away, it's easy, I'll walk you through it. First, get a bread maker. Second, don't bake the bread in it! Add ingredients in order listed and then push start on the regular/normal/whatever cycle. Do not use the dough cycle (at least for this recipe). Set the timer on your phone for two hours and forty minutes. When the phone rings, unplug the bread maker and turn the oven on to 400 F. When the oven is hot, let the dough ooze out of the pan onto a piece of parchment paper in a baking pan with ridges, or if you prefer, lightly oiled bread pans. Bake for 25 to 30 minutes (depends on your oven). Let cool on a rack. Don't worry about forgetting to make the transfer; the worst that can happen is it cooks in the bread maker. This is my go-to, but there are infinite variations, different flours, etc. Experiment, explore, but most of all, enjoy. *—JM*

### Ingredients

1 ½ cups	water
1 tbsp	white sugar
1 tsp	salt
3 cups	white flour
1 tsp	yeast

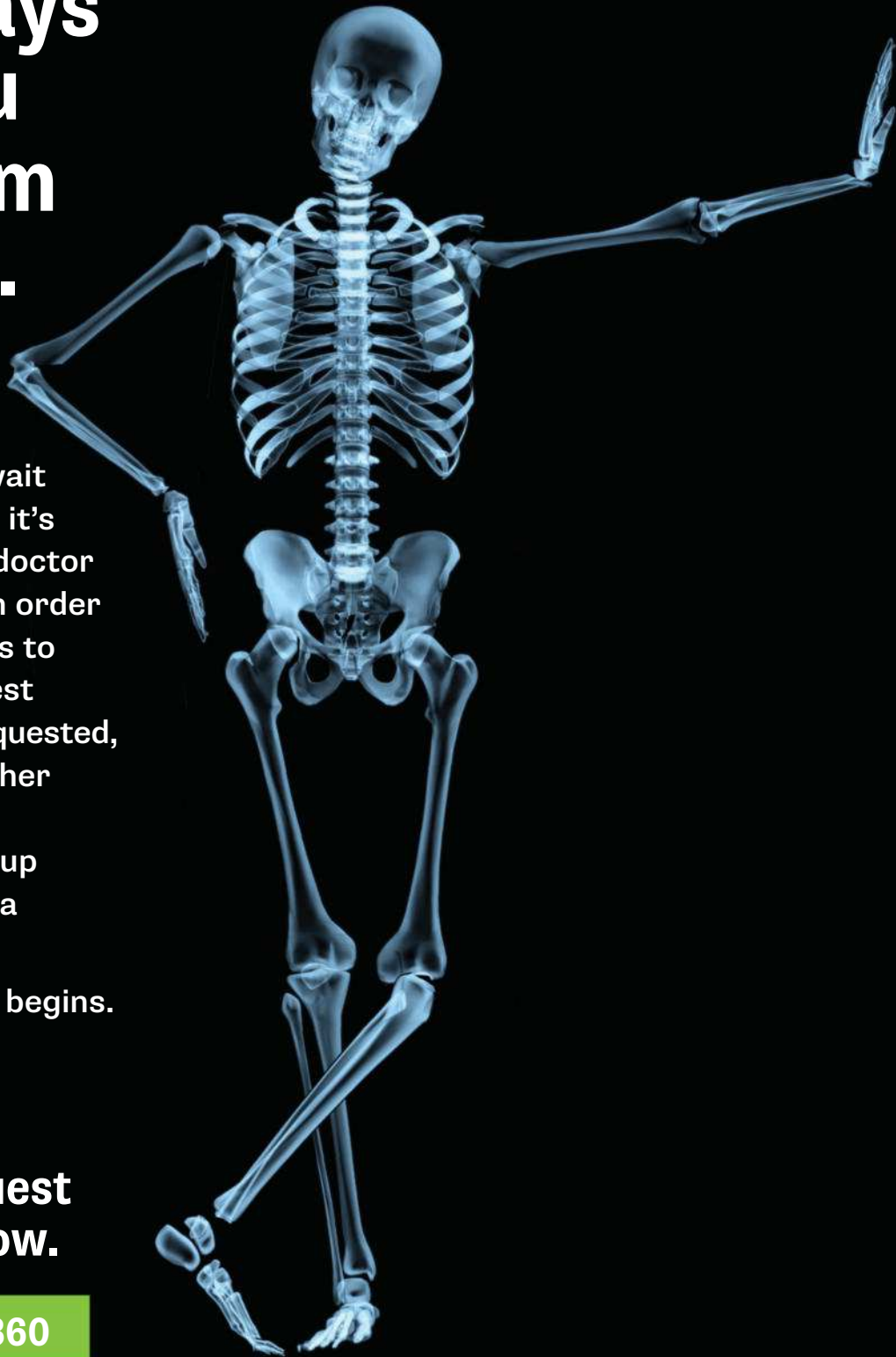
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## 7 food hacks to make the most of those groceries

By Laura Grande

**Y**OU THOUGHT YOU HAD IT all figured out. You've baked more cookies and roasted more chickens over the years than you can count – so what else could you *possibly* learn when it comes to easy meal prep? *A lot*, as it turns out.

These simple food hacks are game changers.

**1 This hack is B-A-N-A-N-A-S!** Tired of watching your bananas turn brown simultaneously? Keep this yellow fruit fresh longer by separating the bunch and placing plastic wrap around each stem. The wrap locks in the ethylene gases emitted from the stem that lead to rapid ripening.

**2 No-tears onion chopping** Chopping onions can be a

much less “emotional” experience if you stick the offending vegetable in the freezer for 15 minutes before slicing it up. Don't have time to wait for that deep freeze? Put a slice of bread in your mouth, partially sticking out of your mouth, to absorb the irritant gas before it reaches your peepers. You'll look ridiculous, but it works!


**3 Check if eggs are still edible** The (much appreciated) best-before date on the carton has come and gone – but does that *really* mean your eggs are no longer edible? To find out, simply place the raw eggs in a bowl of cold water. If the eggs sink to the bottom, then they are good to go. If they float, then they have seen better days.

**4 Butter me up!** Think it's impossible to keep cheese fresh? Saran wrap and plastic containers just don't cut it – but butter certainly will! The next time you slice off a piece of cheese, put a thin layer of butter or margarine on the cut side. It keeps the refrigerator air

from oxidizing cheese and discourages mould growth thanks to its fat composition.

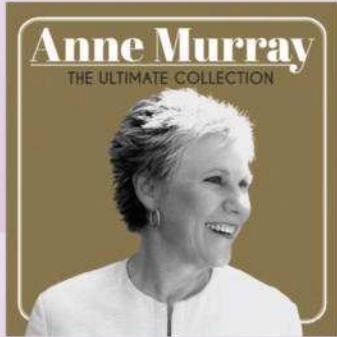
**5 Wooden spoon** You probably grew up watching your grandmother resort to this simple hack – placing a wooden spoon across a pot prevents the water from boiling over. How does this magic happen? A wooden spoon weakens the foaming bubbles when they come in contact with it.

**6 Prevent brown sugar from hardening** Keep brown sugar soft by tossing an orange peel or apple slice into an airtight container with the sugar. If your sugar is already hard, simply microwave the brown sugar next to a glass of water and *voila!* The moisture in the microwave will break up that block of sweetener in no time.

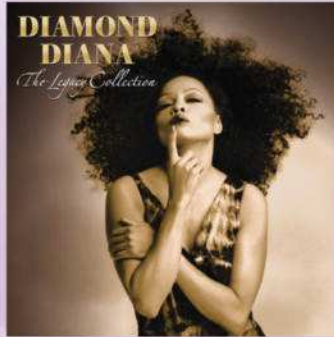
**7 Minty fresh** Keep your herbs fresh by placing them in an ice cube tray or muffin tin to freeze them in water, olive oil or vegetable stock to use for seasoning at a later date. 



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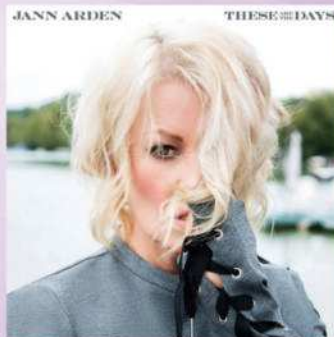
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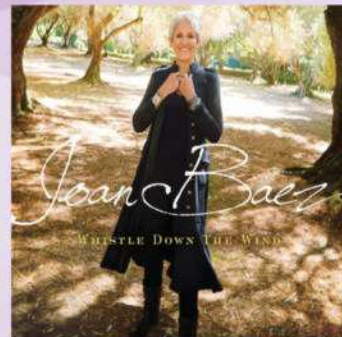
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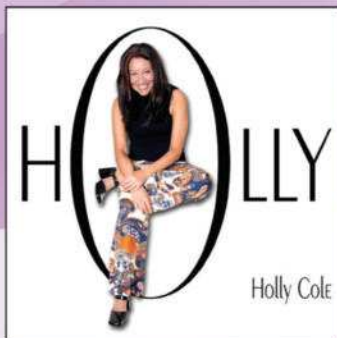
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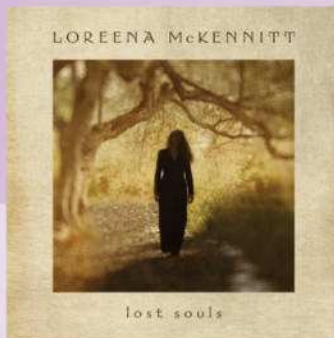
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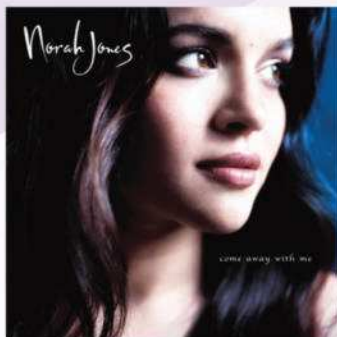
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# Noshing on the Main

A whirlwind visit to Montreal gives **Arlene Stacey** a taste for its Jewish history – and memories of Leonard

**G**ROWING UP outside of Toronto in the '50s and '60s, the closest I came to smoked meat was a soggy Wonder bread sandwich filled with chewy Coorsh smoked meat boil-in-a-bag. A special treat, we thought at the time. Fifty years later, I've learned that was blasphemy: real Montreal smoked meat has bite, flavour and leaves memories that not all smoked meat is created equal.

I'm in Montreal for a food tour: a taste of Jewish Montreal. And as a Leonard Cohen fan since I first read *Beautiful Losers* in the late '60s (his second and last novel before he began a rather successful career as a singer-songwriter), I can't believe I'm in his hometown on the first anniversary of his death – unfortunately, a few days too late for the star-studded tribute concert, *Tower of Song*, which featured artists such as Sting, k.d. lang and Elvis Costello paying homage to Cohen's work, but everyone here is still talking about it. And fans like me still visit Parc du Portugal across from his home off Saint-Laurent, where I'm looking at his house as I read the words to "Titles" from his *Book of Longing*: "From a third-storey window/above the Parc du Portugal/I've watched the snow/come down all day/As usual there's no one here/There never is." But there were people holding vigils in that very park for several days after his passing. Even now, a year later, the words to "Hallelujah" are stencilled on the sidewalk around Parc du Portugal. Someone has altered the sign on the north-east corner where rue Marie-Anne crosses Saint-Dominique, posting "So Long"

above Marie-Anne and another below reading "And Leonard" – a reference to the passing of Marianne Ihlen, Leonard's muse and inspiration for his famous song, who passed away in 2016. Two blocks south is Kevin Ledo's nine-storey-high mural of the man, a centrepiece of the fifth annual Mural International Public Art Festival – Leonard keeping a benevolent eye on his neighbourhood.

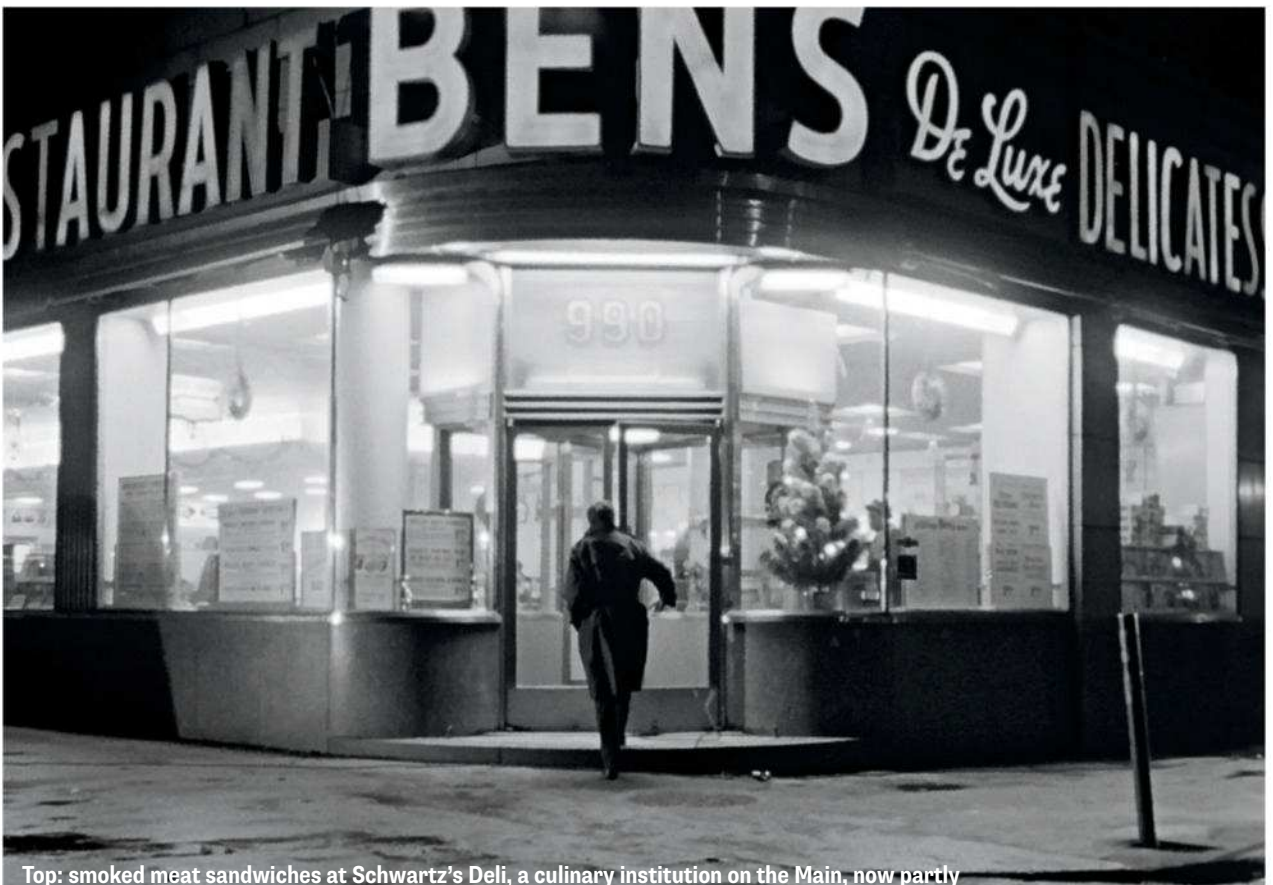
Cohen's deli of choice – the old-school Main Deli on Saint-Laurent just blocks from his home – satisfied some of his cravings, and it's our first stop for smoked meat. But it isn't the smoked meat that blows me away: it's the latkes. The biggest, fattest potato "pancakes" I've ever tasted. I expect a good latke to be crispy, crunchy – but thick and almost fluffy? Latkes are simply grated potatoes and onions, seasoned with salt and pepper, bound with egg before being fried in oil. But here, the latkes are truly over the top. Is it because the recipe and the woman who makes them have not changed in more than 30 years? Or perhaps – the only hint I find in the recipe I requested – the latkes are finished over a charcoal fire. Something I can't do at home.

The smoked meat at the Main is delectable. But I had read Mordecai Richler's take on the offerings at Schwartz's across the street: a "maddening aphrodisiac." So what's the truth about Montreal's smoked meat? And what is more Jewish – or more Montreal – than smoked meat, bagels and dill pickles?

Let's start with the pickles. Zev Moses, executive director of the Museum of Jewish Montreal in the heart of the Plateau, takes us

on a walking tour down the Main, the spine of the city, which symbolically divides the city – English Protestants to the west, French Catholics to the east and immigrants in between: Eastern European Jews, Chinese, Italians, Arabs, Greeks and so many more, for more than a century. Along the way, he points out a 1920s building with tiles along the facade emblazoned with a fleur-de-lis, a Scotch thistle, a maple leaf, the Star of David – the pedigree of the city – and past the 1880s vaudeville Yiddish Globe Theatre, now Cinéma L'Amour, a porn house. We turn right and right again and into an alley, where Moses hands each of us a plastic-wrapped dill pickle. With Moses describing how immigrants struggled upon their arrival in overcrowded conditions in these cold-water flats surrounding us, we munch on his pickle offering. He points to a six-foot-high fence bordering the alley, behind which Esther Witenoff started Mrs. Whyte's pickle-making business in 1892 – the original brine kosher dill, the very pickle we're crunching down on as Moses continues his story. I usually pass on soggy dill pickles, but the crispness of this one – brined, not pickled in vinegar – sends tingles down my tongue and my salivary glands into overtime. Probably why brined pickles are a perfect match with Montreal's spicy smoked meat.

We're back at the Museum of Jewish Montreal, a small storefront space on the Main, which Moses started in 2010 to share the Jewish experiences in the community. The museum offers exhibits, workshops and cooking classes serving modern takes on Jewish flavours: ►



Top: smoked meat sandwiches at Schwartz's Deli, a culinary institution on the Main, now partly owned by Céline Dion; bottom: Leonard Cohen enters the legendary Bens De Luxe Deli in the 1965 NFB documentary *Ladies and Gentlemen ... Mr. Leonard Cohen*. He was a frequent customer, calling the deli, which was open 22 hours a day until it closed in 2006, one of the city's after-hours hot spots.



influences from North African Jewish immigrants with almond flour; Moroccan cookies with cardamom and rosewater – prepared by The Wandering Chew (brainchild of Kat Romanov, Jewish food historian and director of food programming at the museum). Taste the samples on the counter, then vote on your favourite: gefilte fish club sandwich versus gefilte fish tacos. This is a museum like no other.

Mélissa Simard, our city guide the next day, from Round Table Food Tours, has set the challenge: define what perfection means in a city that knows its smoked meat and its bagels. She proposes a throwdown of two of the city’s famous smoked meat delis – Lester’s versus Schwartz’s – and two of the best bagel bakeries – St-Viateur versus Fairmount. The challenge is on.

But first, let’s explain: while New York City tries to battle it out with Montreal on smoked meat, there’s not much of a fight. NYC’s pastrami, a heavily fat-marbled cut from the navel end of the brisket, is dry-cured with sugar and salt, then seasoned, smoked and steamed. Montreal’s variable-fat brisket is brined and cured with more pepper and more savoury flavourings than its New York cousin – stuff like coriander and mustard seeds – and a lot less sugar (and never pickled), then hot smoked and steamed to perfection. But even in the city of Montreal, there are showdowns among the delis.

Lester’s Deli is our meeting place, and no one wants to leave. This 60-year-old institution could be a movie set: photos of the Beatles among other celebrities, all of whom we have fun trying to identify. It’s charming and friendly, the kind of place you want to settle in and spend a few hours. Sybil Lester, who runs the deli, is the daughter of the original Lester, and we’re told that Leonard Cohen was a regular. The smoked meat at Lester’s is juicy with

a sharp bite, piled high on light seedless rye and mouth-watering.


The challenger: the famous Schwartz’s, the Montreal Hebrew Delicatessen, still serving the recipe from 1928: 10-day curing and the effect of its 80-year-old brick smoke house. But the more-than-an-hour lineup to get inside is daunting, so we hit the take-out side. The choices are the same as the restaurant: lean, medium, medium-fat or fat. I choose medium but then I stay classic and include a half-sour pickle (not as crunchy as Mrs. Whyte’s) and a black cherry soda. Schwartz cuts its smoked meat against the grain, so it’s more crumbly than others, and the fizz of the soda against the bite of the smoked meat is delectable.

As with the smoked meat, Montreal and NYC battle it out like gladiators over bagels, ever since they were first popularized by Polish immigrants (Ashkenazi Jews) in the early 20th century. As the website *thrillist.com* so eloquently puts it: “Montreal bagels, on the whole, are slightly smaller than their American brethren, and thinner where the New York bagels are fat (kinda like the difference between Canadian and American people).” But for Americans, “Accoutrements are king – and there’s just more room for them on a New York-style,” which are soft, chewy and doughy. While New York likes to smear on the schmear, crispy Montreal bagels, with eggs and honey in the dough, then boiled in honey water before being baked in a wood-fired oven, can be eaten out of hand as you walk the streets. No need of a schmear.

We hit the original St-Viateur Bagel Shop, a Montreal tradition since the 1950s. This small operation – the first location – stays open 24 hours a day, seven days a week, ever since

one of its employees offered to stay until the last of the day’s bagels were sold. The enticing aroma of bagels baking in a wood oven has you salivating from the street, and inside it’s packed as you watch the bakers cut, form and boil the delectables before sliding them into the wood ovens.

Bagels in hand, we head out again to test St-Viateur against Fairmount, another hand-rolled honey-water boiled bagel. Before we even get to the bakery, the aroma of wood fire fills the air. As the first bagel bakery in Montreal, the Fairmount opened in 1919 and, although it has changed locations, it is still small – like, really small. Isadore Shlafman ran the business on the ground floor, and he and his family lived upstairs. Today, I’m so full and the shop so crowded with customers, I wait outside while my friends venture in. The warm bagel they bring me is good – very, very good. Mélissa’s throwdown on bagels and smoked meat in Montreal is hugely challenging – we couldn’t reach a consensus on either.

I’m embarrassed to admit that first night in Montreal, I sat in Leonard Cohen’s usual spot at the Main Deli (second booth against the wall – just ask Anastasia Xemos, a server there for 23 years) and took my first selfie. But, worse than that, I would hate to explain to him in the hereafter why I brought home a pound of Lester’s in a vacuum-sealed bag and cooked it up for my partner. Served warm and slathered with yellow mustard on seedless rye bread, I could almost convince him we were in Montreal. 

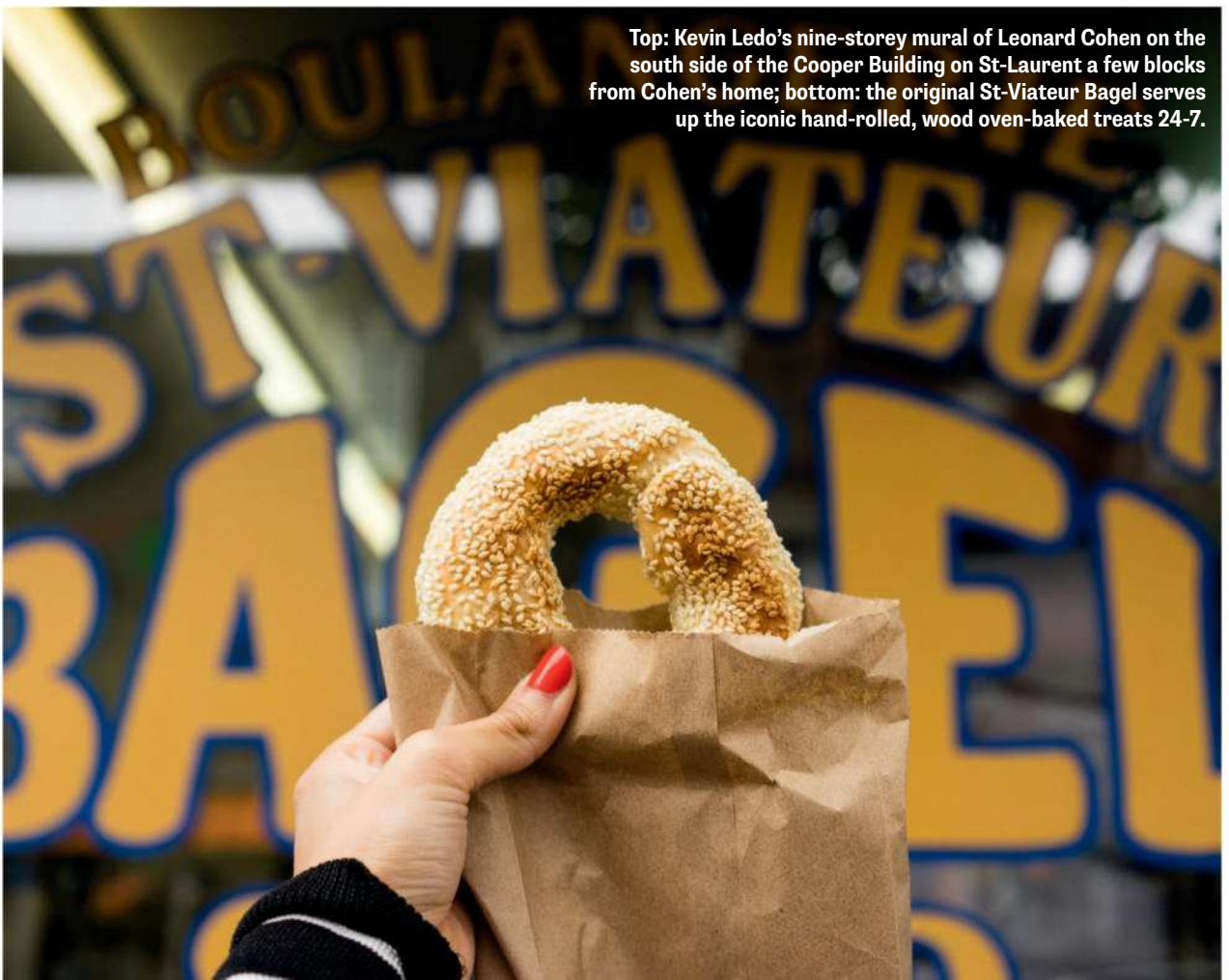
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- **Museum of Jewish Montreal**, 4040 Saint-Laurent, [mimj.ca](http://mimj.ca)
- **Round Table Tours**, [roundtablefoodtours.com/tours](http://roundtablefoodtours.com/tours)
- **Lester’s**, 1057 Bernard, [lestersdeli.com](http://lestersdeli.com)
- **Schwartz’s**, 3895 Saint-Laurent, [schwartzsdeli.com](http://schwartzsdeli.com)
- **St-Viateur Bagel Shop**, 263 St-Viateur, [stviaueurbagel.com](http://stviaueurbagel.com)
- **Fairmount Bagel**, 74 Fairmount West, [fairmountbagel.com](http://fairmountbagel.com)

PHOTOGRAPHY: ARLENE STACEY (ROAD SIGN); THE CANADIAN PRESS IMAGES/ GRAHAM HUGHES (MURAL); © TOURISME MONTREAL (ST-VIAEUR BAGEL)



Top: Kevin Ledo's nine-storey mural of Leonard Cohen on the south side of the Cooper Building on St-Laurent a few blocks from Cohen's home; bottom: the original St-Viateur Bagel serves up the iconic hand-rolled, wood oven-baked treats 24-7.





# FIRE & ICE

On a culinary journey like no other, **Alyssa Schwartz** discovers a true north spirit and, along with the adventure, meets the chefs, the foodies and the tastemakers that are redefining the flavour landscape of Canadian cuisine **Photography by John Cullen**

**T**HE MOST CANADIAN MOMENT of my life came on the eve of the summer solstice, also nearly the eve of Canada's 150th birthday. Though the world typecasts our citizens as hardy northerners, on the cusp of summer, my Facebook feed was full of friends marking the start of the season in shorts and T-shirts. I, meanwhile, was fulfilling every Canadian stereotype, standing in the middle

of a snow flurry on the bank of the Sylvia Grinnell River, just outside of Iqaluit, swathed in layer on top of layer: a heavy cashmere turtle-neck sweater over insulating merino wool, a Canada Goose jacket and toga dress fashioned out of a Bay blanket yet on top of those. On my head, I wore a knit toque, my red Olympic mittened-hands wrapped around a tin mug filled with steaming apple cider.

And I still couldn't get warm.

The Inuit calendar has six sea-

sons; with uneven mounds of snow still splotched across the scrubby tundra, ice floes bobbing in the grey, flat water alongside us and a wide, white sky that was just as bright at 9 p.m. as it was in the middle of the afternoon, this evening felt firmly of both *upirngaaq*, Inuktitut for the season of moving ice, and *aujaq*, when the sun never leaves the sky.

It's not unusual for these Inuit-language names to be translated into the more simplistic Spring ►

This page: seared duck breast on duck pâté by chef Stéphane Modat.  
Opposite (clockwise from far left): executive chef Jeremy Charles in Marsh Lake, Yukon; on the Iqaluit ice walk; Rum Runner cocktail garnished with spruce tips by master mixologist Grant Sceney; Newfoundland scallops crudo, Acadian sturgeon caviar, fermented chili granita, sturgeon tendon chip and elderberry capers by chef Wayne Morris



and Summer. But this Spring-meets-Summer night didn't resemble a season that I knew, nor did the wind-whipped air – with its tang of dust and mineral, absent the familiar musk and green scents of soil and vegetation – carry a smell recognizable to my nose. In a similar fashion, the North, as it revealed itself to me during a weeklong journey that touched upon three Canadian coasts, turned out to be both intimately familiar and strikingly unlike the place I've called home all my life.

Called *Across the Top of Canada* and organized by Edible Canada, a restaurant, food shop and culinary touring company based in Vancouver, my trip was conceived as a foodie journey, bringing together chefs from Toronto, Vancouver, St. John's and Quebec and guests from across the country. In the span of eight days, we flew by a private charter plane from Vancouver to Whitehorse and on to Yellowknife; we touched down in Rankin Inlet before continuing north to Iqaluit and then east to St. John's, stopping in Churchill, Man., for an afternoon of beluga spotting as we crossed the country a second time on the way back to Vancouver.

**W**ELCOME TO WHAT I LIKE TO CALL the largest grocery store in the world," Rosanna Strong, the owner of Strong Interpretation, a Yellowknife-based touring company says, as we stroll along a boardwalk that runs from the Northwest Territories Legislative Assembly along the shore of Frame Lake, through short, spindly birch and poplar trees and low-lying shrubs, gesturing at the boreal forest which surrounds us.

Wearing a white nylon windbreaker, scarf wound around her neck

and orange expedition-style hat on her head, Strong appears outfitted more for a serious trek than a shopping trip. But she's dressed for the mosquitos rather than the weather: on this sunny June Sunday morning – the third day of our journey across the North – the temperature is already above 20 degrees Celsius, and we only have to walk a few steps before Strong spots the first item on her shopping list: a vivid pink wild rose. "I'm sure you pay big bucks for rosehip tea, but I just harvest mine out here," she says, noting that the blooms are full of calcium, iron, magnesium, vitamins A, E and C, and other nutrients.

"This is a perfect time of year because everything is just going pop, pop, pop, pop," Strong says, walking further into the forest. In a moment perfectly timed to demonstrate this point, she stops seconds later and crouches at a low bush covered in small, waxy blue berries. Juniper she says, motioning that I should have a taste. I pop a berry into my mouth – it starts sweet and then evolves into something gently spicy and evocative of a cedar closet.

Though foraging might seem like an obvious activity for a culinary-themed tour, Northern Canada isn't the most obvious destination for such a trip. At this latitude of 62.45 degrees, we've yet to hit the northernmost point in our journey; taking off the next day, we're airborne for just a few seconds before Yellowknife's relative lushness yields to barren rock and tundra. "It's tough to grow here and tough to live here," Strong said during our foraging walk, words that come back to me as I look out at the bleak landscape from my window seat thousands of metres above. "It's easy to get overwhelmed by the vastness, but what's interesting is the details. There's a lot [of food]. It's just a matter of what you know."

More complex is that while the landscape looks like a desert, when

it comes to food, the reference is more societal than literal – for thousands of years, Inuit populations were able to reap significant nutrition from this land (Strong, who holds a zoology degree with a minor in botany, learned most of what she knows about northern flora uses from local Dene elders and other foragers). But factors such as climate change and hunting regulations have made traditional means of food gathering less reliable than for generations past; meanwhile, Statistics Canada data shows that grocery store prices in Nunavut can be up to three times higher than nationwide averages.

Yes, the North is a surprising destination for a food tour. But if understanding the food of a place is one key to a better understanding of it overall, then it's also a great lens through which to explore. On a bus tour around Rankin Inlet, a town in Nunavut where as many as eight out of 10 children may go to school hungry, our guide took us to a local grocery store and pleaded that we tell everyone we knew back home about the \$15-plus bags of sugar and packages of no-brand cheddar on its shelves; while Inuit are allowed to hunt – as they have in the Arctic for thousands of years – another man we met told us his licence only allowed him to do so on a site two days' travel away, which, he said, is as good as no licence at all.

And yet they are eager to share with us: at a reception for our group at Rankin Inlet's community centre, a functional but dilapidated building that feels like a monument to Jordin Tootoo, a locally born and raised NHL player whose middle name means Thunder in Inuktitut and who is seen as a role model for a community of kids lacking in icons, we're greeted by the mayor and other local representatives. They're waiting for us with a freshly prepared lunch of Arctic char chowder, caribou, muskox sliders and, for ►





**Clockwise from top left:**  
roasted elk rack, local greens, Ontario goat cheese, blanquette and foraged edibles from Inn on the Lake by chef Morris; St. John's Harbour; the Mushroom Manhattan cocktail with rye-infused candy cap mushrooms by Sceney; wild sorrel in Iqaluit; Eric Pateman of Edible Canada with trip concierge Allyson Donahue in Miles Canyon, near Whitehorse



dessert, cake studded with precious blueberries harvested off the tundra during last summer's all-too-brief growing season.

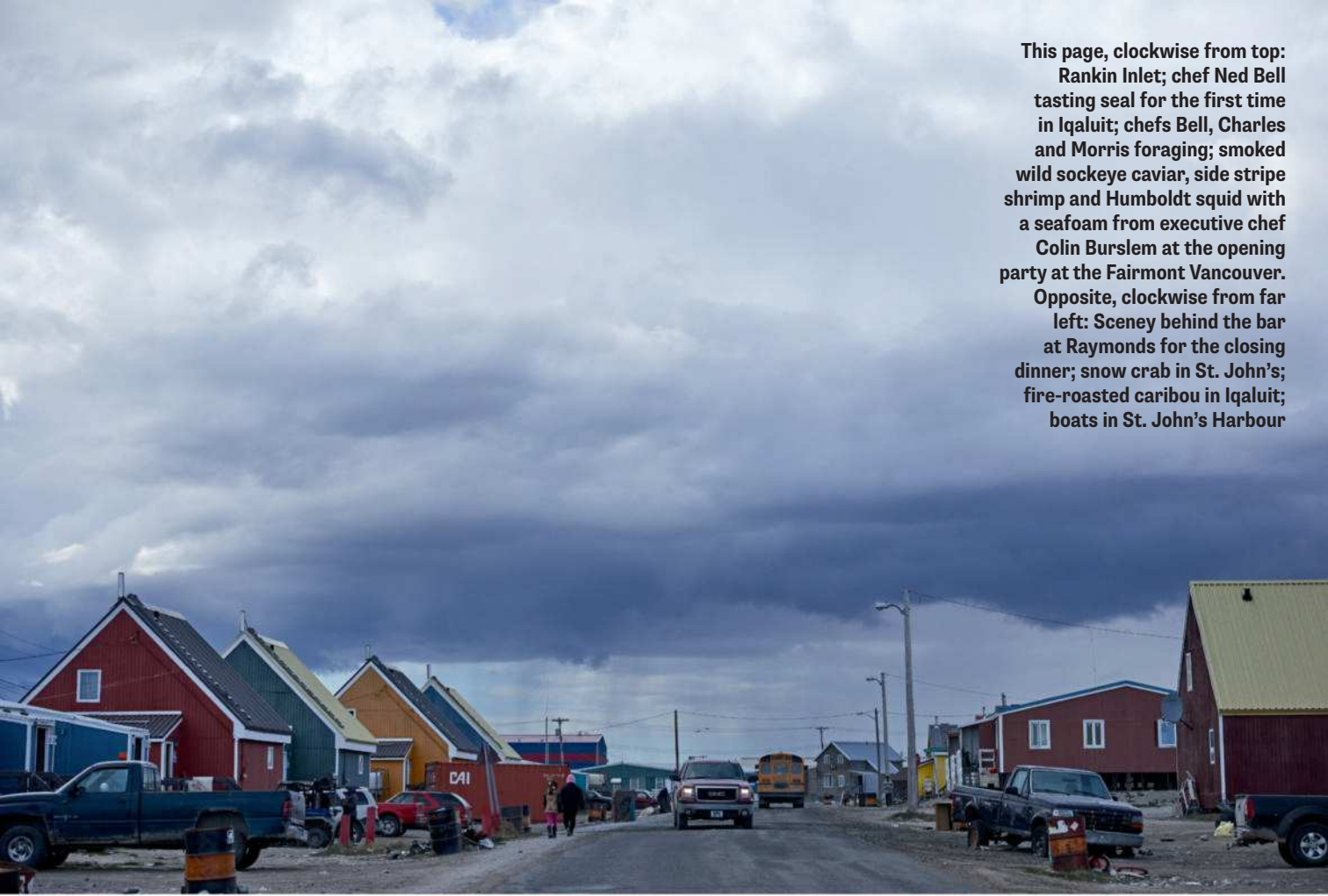
Part of the draw of the Edible Canada journey is that it's accompanied by some of the country's most respected chefs: Jeremy Charles, the co-owner and executive chef of Raymonds, a St. John's restaurant that is frequently touted as the best in the country; Wayne Morris of Toronto's acclaimed Boralia, whose menus are inspired by the historical cuisines of Canada's native peoples and early settlers; Ned Bell, a Vancouver-based champion of sustainable seafood; and Stephane Modat, chef at Fairmont le Chateau Frontenac in Quebec; along with Grant Sceney, World Class Canada's former Bartender of the Year and the head of the cocktail program at Fairmont

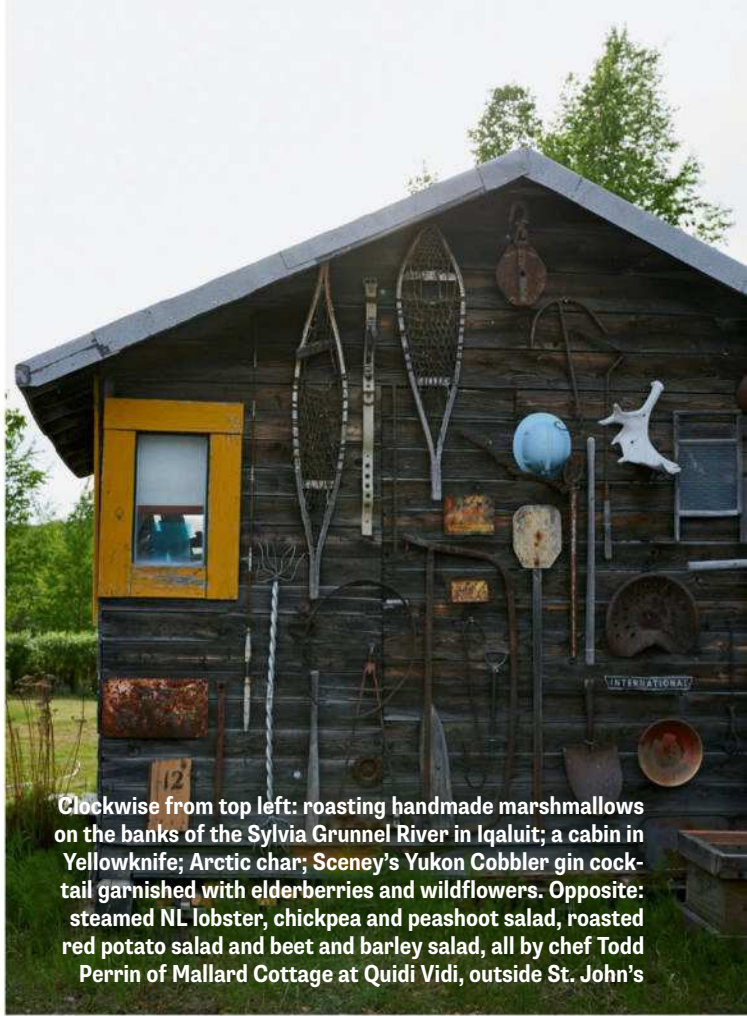
Pacific Rim, who strolled with me during Strong's foraging tour, collecting spruce tips and fireweed, an ingredient which later appears in a cocktail made with whisky and cranberries, chilled with ice freshly carved off an iceberg. While guests spend days touring, the chefs hunt, fish and forage, meet local food producers and collaborate with regional culinary talent on semi-nightly culinary feasts.

While Yellowknife is exploding with the first fruits of summer, when we touch down in Iqaluit a day after our foraging tour with Strong, there's still ice bobbing in Frobisher Bay and lingering mounds of white snow dotting the land like the irregular speckles of a cow's hide. With a stiff wind whipping up dust around town, its effect is driving the temperature down near freezing.

My grade school social studies teachings come alive for me up here: on a tour of Apex, a town adjacent to Iqaluit, I touch my hand to the weather-worn wood of a boarded-up Hudson's Bay lodge on the edge of the bay and marvel. And childhood stories of how Inuit cultures express affection come back to me in a most unexpected and delightful way: after being led across the scrubby banks of the Sylvia Grinnell River on a plant tour by Aalasi Joamie, a community elder who speaks just a handful of English words – she pantomimes the traditional uses of the ankle-high shrubs and brush and somehow language barriers fall away – I touch my hand to my heart in gratitude of her time. When she tilts her face to mine in response, I'm confused for an instant. But then I remember a long-forgotten lesson ►

This page, clockwise from top:  
Rankin Inlet; chef Ned Bell  
tasting seal for the first time  
in Iqaluit; chefs Bell, Charles  
and Morris foraging; smoked  
wild sockeye caviar, side stripe  
shrimp and Humboldt squid with  
a seafoam from executive chef  
Colin Burslem at the opening  
party at the Fairmont Vancouver.  
Opposite, clockwise from far  
left: Sceney behind the bar  
at Raymonds for the closing  
dinner; snow crab in St. John's;  
fire-roasted caribou in Iqaluit;  
boats in St. John's Harbour





**Clockwise from top left: roasting handmade marshmallows on the banks of the Sylvia Grunnel River in Iqaluit; a cabin in Yellowknife; Arctic char; Sceney's Yukon Cobbler gin cocktail garnished with elderberries and wildflowers. Opposite: steamed NL lobster, chickpea and peashoot salad, roasted red potato salad and beet and barley salad, all by chef Todd Perrin of Mallard Cottage at Quidi Vidi, outside St. John's**

son about Inuit kisses – *kunik*, the greeting is called – and I lean in. As we gently rub noses my eyes fill with tears.

Our group gathers back on the same site as this enchanting exchange later that day for the solstice party that went down as one of the most meaningful – and Canadian – moments I can recall. It's not fancy – just our group and some locals standing around a bonfire on the riverbank (so far are we above the tree line that the firewood had to be brought with us on our chartered Air North plane, a line of local volunteers standing on the runway helping to offload it onto a truck) – oh, also, it's snowing. It's as perfect a Canadian stereotype as my outfit – but also just perfect.

Dinner is a feast of country foods: foraged greens and marshmallows made with tundra berries, tur-

bot and char, fried goose eggs and local foie gras, even seared seal meat, served over a triticale grains which had been brought up from Whitehorse.

Later, I strike up a conversation with Ned Bell, who is executive chef for the sustainable seafood program Ocean Wise. As we stand around the fire toasting ravenberry (an Arctic red berry) marshmallows made by one of the local chefs, we discuss Bell's experiences that afternoon gathering ingredients for dinner, cooking in this unusual setting, and that seal, which is tender and meaty with a whiff of sea brine that feels unexpected but shouldn't. It's Bell's first time cooking with the controversial meat, a primary form of sustenance for people of the north for so many generations, and we chat about some of the many aspects of

it, from the humanity of the hunt to bounty of the stock, that would surprise southern Canadians.

"Isn't that why we're here?" Bell asks. "To try foods we haven't tried before and to think of them in different ways and ask questions about them that we may not have even thought to ask if we were somewhere else?" He's right, of course. But it strikes me this trip is about so much more than food. It's a meeting of east, west, north and south, old and new, past and present, familiar and strange; for this brief, magical moment, all of these feel knitted together into one magnificent and utterly Canadian fabric. **☑**

**IF YOU GO**

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## Spring Sweet Spring

Time to  
Adopt-A-Manatee.



[savethemanatee.org](http://savethemanatee.org)

Photo © David Schrichte

# HOMESCAPER SERIES™

Powered by an AK series battery



Lithium-Ion

**\$599<sup>95</sup>\***  
MSRP



## RMA 460

Battery Lawn Mower†



- Offers great freedom when caring for medium-sized properties, since it is cordless
- Brushless electric motor with ECO Mode – the engine power adopts itself to the required performance level during mowing
- Equipped with an 18" deck width and flow optimized blades that allow for full battery energy when cutting the grass
- Features single action, central cutting height adjustment to quickly and simply adjust to seven different cutting heights to best suit user's needs
- Grass catcher can hold up to 70 litres, allowing users to cut more grass without stopping
- Comes standard with a rear bagger, side discharge chute, mulch blade and plug

**NEW**



## FSA 56

Battery Trimmer



- Lightweight with excellent cutting performance
- Low vibrations and loop handle is adjustable without tools
- Shaft length is easy to adjust with the press of a button
- AutoCut® head feeds out new line with just a tap on the ground



**\$259<sup>95</sup>**  
MSRP \$279.95

## BGA 56

Battery Blower



- Powerful motor that delivers quick clean-up of driveways, sidewalks and yards
- Lightweight for easy portability and manoeuvrability
- Adjustable blower tube length to suit the user's height for enhanced comfort
- Onboard hanging slot allows for easy storage



**\$259<sup>95</sup>**  
MSRP \$279.95



## HSA 56

Battery Hedge Trimmer



- Superb performance on trimming overgrown hedges and bushes
- Lightweight with minimal vibrations
- Easy-to-use, simply press the trigger
- Double-sided blade design with blade tip protector



**\$329<sup>95</sup>**  
MSRP \$349.95

**NEW**

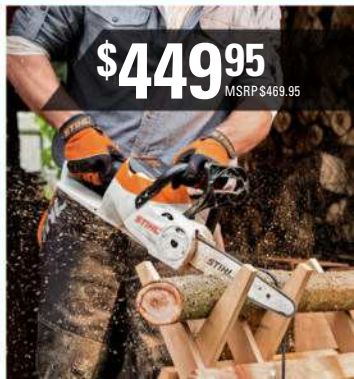


## MSA 140 C-BQ

Battery Chain Saw



- Lightweight and easy-to-use for yard clean-up and small trimming tasks
- Makes approximately 180 cuts through a 4" log on a single charge
- Equipped with a STIHL ROLLOMATIC® E 12" guide bar and a 1/4" PM3 saw chain
- Easy maintenance with STIHL's tool-less Quick Chain Tensioning and transparent oil tank viewing window



**\$449<sup>95</sup>**  
MSRP \$469.95

## PUSH MOWERS WITH PUSH-BUTTON SIMPLICITY.

**STIHL**

STIHL is leading the way in new technologies, and lawn mowers is just another example of how we're doing it. The RMA 370, RMA 460 and RMA 510 battery-powered, walk-behind lawn mowers expand the versatility of the STIHL battery line, which allows the user to power multiple tools with one easily interchangeable 36-volt lithium-ion battery. All with instant starts, zero-exhaust emissions and overall low-maintenance lawn care.

### RMA 370 Battery Lawn Mower<sup>1</sup>



- Ideal for small urban lots and homes with limited storage space
- High manoeuvrability and great for tight spaces
- Lightweight 14.5" cutting width walk-behind mower with folding handles – makes it easy to transport
- Built with a steel deck
- Instant start-ups – just push the button and pull the switch lever
- Single-handle height adjustment – cuts at lengths ranging from 1" to 3"
- Features a fill indicator for grass catcher to allow users to know when to empty
- Powered by an AP series battery



**\$599<sup>95\*</sup>**  
MSRP



### RMA 510 Battery Lawn Mower<sup>1</sup>



- 21" deck width and 7-level height adjustment – great option for medium to large suburban yards
- Equipped with a steel deck
- Handlebar adjusts to three different height positions for optimal user comfort
- 10" rear, 8" front ball bearing wheels allow for easy pushing over rough terrain
- Quickly and easily set the suitable height with the single-handle adjustment
- Storage slot to hold a second battery
- Comes standard with a rear bagger, side discharge chute, mulch blade and plug
- Powered by an AP series battery



**\$699<sup>95\*</sup>**  
MSRP

**SAVE \$20**

**OR**

**SAVE \$10**

on a 2nd STIHL battery tool at the time of purchase with any STIHL Lawn Mower.

on a 2nd STIHL battery at the time of purchase with any STIHL Lawn Mower.



+

a 2nd STIHL battery tool



+



STIHL invented the electric chain saw in 1926; now see how we're reinventing battery power. STIHL products are only available at independent STIHL Dealers who provide personal advice and expert service. Locate your STIHL Dealer at

[www.stihl.ca](http://www.stihl.ca)

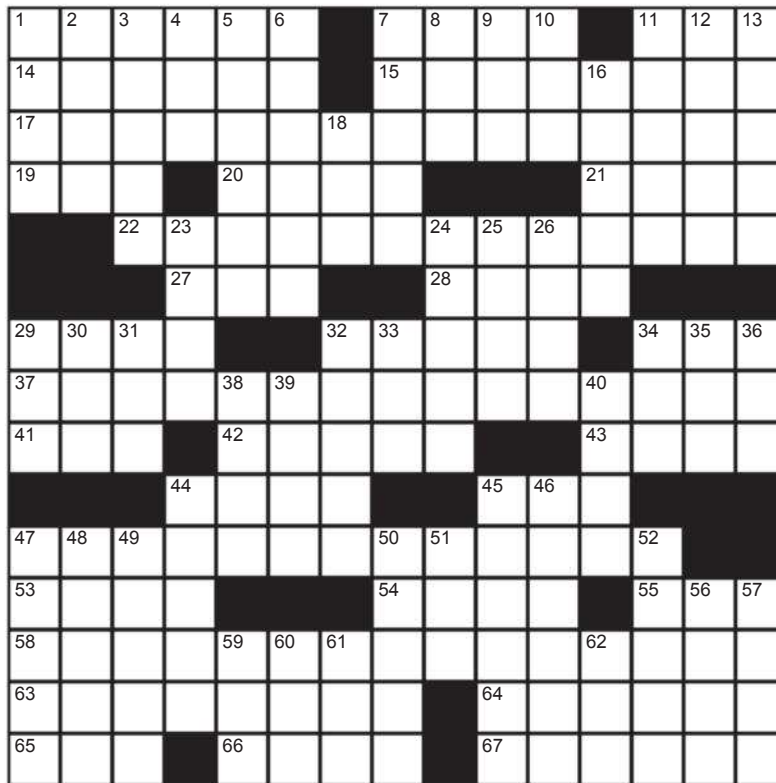
Pricing will remain in effect until July 31, 2018.

<sup>\*</sup>Prices with battery and charger. <sup>1</sup>Battery options from the AK Series. Batteries and chargers are sold separately. <sup>2</sup>Battery options from the AP Series. Batteries and chargers are sold separately.



STIHLCanada





**BRAIN GAMES #56**  
*Letter Perfect*  
 BY BARBARA OLSON

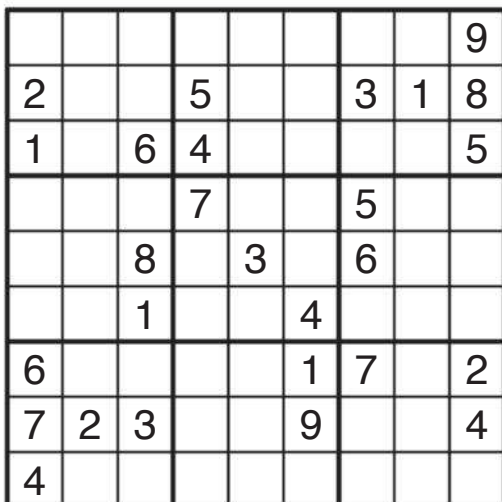
**ACROSS**

- 1 Arctic marshland
- 7 Ticked off
- 11 "Platoon" setting, for short
- 14 As it happens (unlike CBC's "As It Happens")
- 15 What Naloxone can prevent
- 17 Bound for the Maritimes
- 19 U.S. worker's datum
- 20 It's a stretch, usually
- 21 Bank opener?
- 22 Hallmark offerings
- 27 "\_\_\_ gratia artis" (MGM's motto)
- 28 Egg from a French hen?
- 29 Island campus in a prov. capital
- 32 A good ear, for a musician, e.g.
- 34 Holy city of Iran
- 37 37°C is a normal one
- 41 Some freight trains
- 42 Prayer beginning, perhaps
- 43 Prefix with -pedia or -media
- 44 Privy to the prank
- 45 "Let It Roll" rockers
- 47 Packing it in, business-wise
- 53 Longest Swiss waterway
- 54 8 on the Peace Tower
- 55 "Life \_\_\_ Highway" (Tom Cochrane)
- 58 Made-for-the-occasion cocktails
- 63 Much despised thing
- 64 High regard
- 65 Ottawa NHLer, for short
- 66 Like a bikini of song
- 67 Stuffily old-school

**DOWN**

- 1 \_\_\_ scale (hardness gauge)
- 2 Feminine ones, in Québec
- 3 Teen talk, often
- 4 A little butter?
- 5 More wicked
- 6 Canadian film awards, pre-2012
- 7 "Me too"
- 8 Prefix meaning "egg"
- 9 Back button
- 10 on a remote West end?
- 11 Cause of suffocation
- 12 Varied, as chocolates: Abbr.
- 13 Theoren Fleury's heritage
- 16 Afternoon coffee choice, maybe
- 18 Intl. clock standard
- 23 Not fit for a prude
- 24 Snooped (around)
- 25 Grandpa Walton actor Will
- 26 \_\_\_ deal (bargain with)
- 29 Van. campus with a branch in Kelowna
- 30 \_\_\_ Trapp family
- 31 Fingers, or fingerprints
- 32 In the company of Stanley Cup Playoff seas.
- 34 Part of a Québec who's who?
- 35 "Nanu nanu" sayer's origin
- 36 "Don't ask \_\_\_ haven't the foggiest"
- 38 Singer Tennille
- 39 Forward-thinking Musk
- 40 \_\_\_ 'clock (1400 hours)
- 44 "Did you get the email \_\_\_?"
- 45 Flipped-over LPs
- 46 Problem for a nondrinker
- 47 Dominican dwellings
- 48 "Hey, Good Lookin'" singer Frankie
- 49 Church keys?
- 50 It's blocked by sunblock
- 51 Amelia Bedelia specialty
- 52 Yearned (for)
- 56 Surfboard fin
- 57 "With God \_\_\_ witness"
- 59 Pacific tuna
- 60 New Year, in Hanoi
- 61 Sounds from a Toastmasters newbie specialty
- 62 Judge Lance or skater Midori

**SUDOKU**



**FOR ANSWERS, TURN TO PAGE 94**



Introducing more sizes for outstanding protection.



### New tailored sizes for a better fit†.

There's no one-size-fits-all solution for bladder leakage. That's why Depend® FIT-FLEX® underwear now offers more sizes to fit all body types. A new closer fit combined with the security of an improved waistband and new rise mean even better protection against leaks and odour.

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

1	M	2	U	3	S	4	K	5	E	6	G		7	S	8	O	9	R	10	E		11	N	12	A	13	M
14	O	N	L	I	V	E							15	O	V	E	R	D	O	S	E						
17	H	E	A	D	I	N	G	18	D	O	W	N	E	A	S	T											
19	S	S	N			20	L	I	M	O											21	C	I	T	I		
				22	G	23	R	E	E	T	I	N	24	G	25	C	A	R	D	S							
						27	A	R	S				28	O	E	U	F										
29	U	30	V	31	I	C						32	A	33	S	S	E	T			34	Q	35	O	36	M	
37	B	O	D	Y	38	T	E	M	P	E	R	A	40	T	U	R	E										
41	C	N	S			42	O	L	O	R	D										43	W	I	K	I		
						44	I	N	O	N					45	B	46	T	O								
47	C	48	L	49	O	S	I	N	G	50	U	51	P	S	H	O	52	P									
53	A	A	R	E									54	V	I	I	I				55	I	56	S	57	A	
58	S	I	G	N	59	A	T	U	R	E	D	R	I	N	K	S											
63	A	N	A	T	H	E	M	A												64	E	S	T	E	E	M	
65	S	E	N																		67	S	T	O	D	G	Y

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

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

**Zoomerang**



*"Is the hamburger innovative?"*

# Stannah

*Stay in the home you love*



If the first time you left home seemed adventurous, exciting, and a little bit scary, leaving your family home later in life might just be plain daunting. But if you are struggling with your stairs, relocating may be a step you are considering.

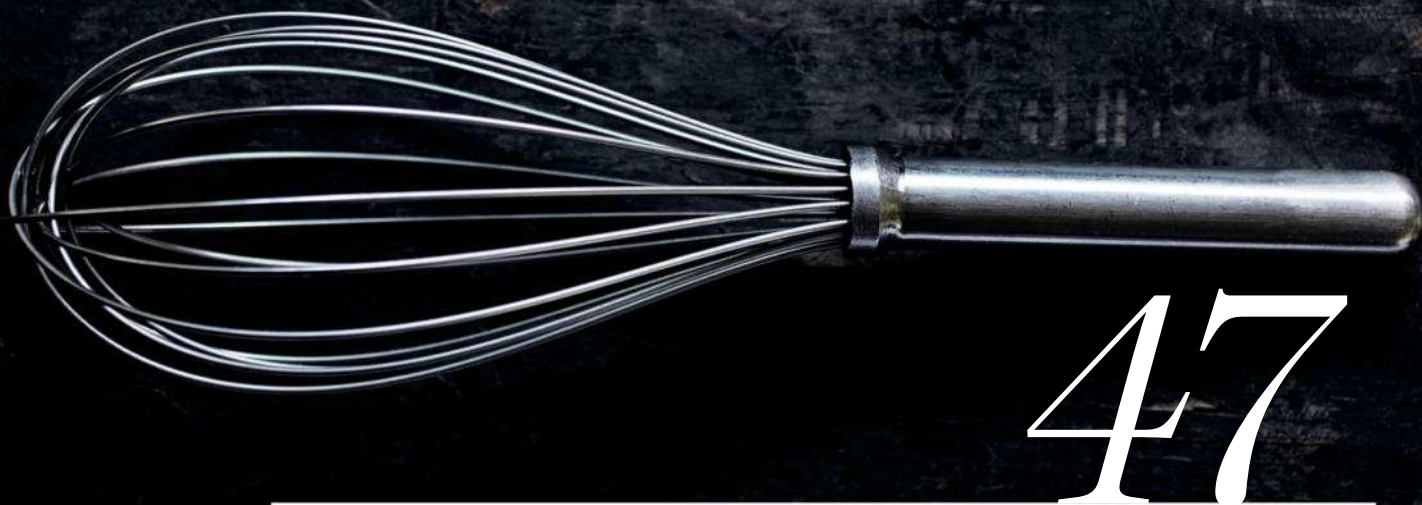
**Stannah** can help by sharing everything you need to know about stairlifts and helping you stay in the home you love.

**Call today for a free no obligation quote**

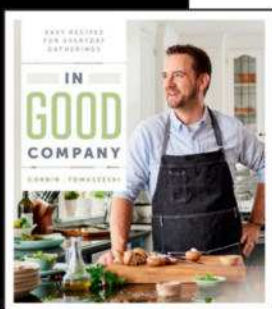
**1-888-283-3327**  
**[www.stannah.ca](http://www.stannah.ca)**

**CARP**  
APPROVED





For foodies and fans of the Food Network Canada, chef **Corbin Tomaszeski**, 47, is as familiar as apple pie. The Toronto-based chef has hosted such popular FNC series as *Dinner Party Wars*, *Restaurant Makeover* and *Restaurant Takeover*. Raised on a farm outside of Edmonton, one of his earliest memories is the smell of baking bread in his grandmother's kitchen. This spring, Tomaszeski shares his tastes and skills in his first cookbook, *In Good Company: Easy Recipes for Everyday Gatherings*. Taking traditional family dishes rooted in his Polish-Canadian upbringing such as Baba's pierogis, borscht and fennel-and-pistachio-crust rack of lamb and adding his special twist, he hopes the recipes will show readers how to celebrate the joy of sharing meals with loved ones. "The recipes are intended to be used by everyone and anyone, novice or not," says Tomaszeski. "I want this book to live on people's kitchen counters, get stained, used and worn."



**What advice do you wish you'd given your 25-year-old self?** Take the opportunities that are presented to you and stay true to yourself.

**What advice would you give your 80-year-old self?** Continue to enjoy food, family, friends and drink (not necessarily in that order, ha ha!) and share the stories and experiences you have had the pleasure of having. Live everyday like it is your last!

**What do you know for sure?** I love what I do. I have been fortunate to find my life's passion – everything to do with food and what happens as a result of sharing food with those around me.

**What have you learned?** Perseverance, hard work and dedication do pay off. I have learned that confidence and thinking outside the box creates opportunity.

**What will you never learn?** I will never learn when to give up and when to stop believing in myself.

**Best piece of advice?** You get what you put out there, both the good and the bad. Never complain!

**Did it work?** It is working, and I look forward to the challenges and the opportunities that my future holds.

**What inspires you?** The fact that I can change the mood of someone or make a difference with

somebody through food is a pretty incredible and moving experience.

**The moment that changed everything?** When I met my wife, Charlene, and becoming the father of our three beautiful boys. They have made me more aware of not how well-known or famous you are but how you treat those around you and are respected.

**Happiness is ...** Creating a difference with food! ☑



PHOTOGRAPHY, SORENDLS/GETTY IMAGES (WHISK)



“THE SERIES  
HAS SENT  
**PULSES  
RACING**  
ALL OVER  
THE WORLD!”

— METRO.CO.UK

# POLDARK

STARRING AIDAN TURNER AS  
CAPTAIN ROSS POLDARK

As Ross and Demelza fight to rebuild their marriage, the French Revolution is in full swing. Facing battles both at home and abroad, will Ross lose everything he holds dear?

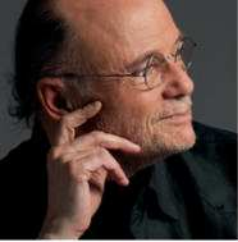
The epic saga returns

**WED MAY 9/9** <sup>PM</sup> <sub>ET</sub>

Rogers 60 + 237 | BellTV 261 | Shaw Direct 394  
or check your local listings. [visiontv.ca/poldark](http://visiontv.ca/poldark)  



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# Moses' Last Word/First Word

## Prophet of Zoom™

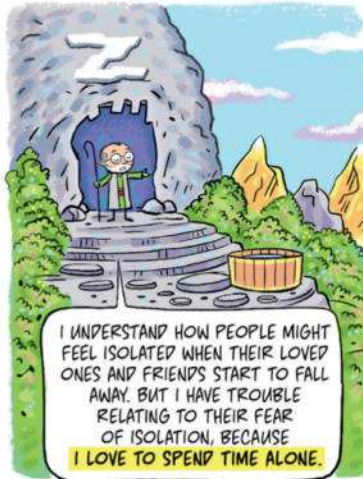


### Loneliness



WOW!

IN JANUARY, THE BRITISH GOVERNMENT MADE HISTORY BY CREATING THE FIRST MINISTRY OF LONELINESS ON THE PLANET. STUDIES IN THE U.K. HAD REVEALED THAT SERIOUS LONELINESS, ESPECIALLY AMONG OLDER PEOPLE, HAD REACHED EPIDEMIC PROPORTIONS. IN A SURVEY OF PEOPLE OVER 60, HALF A MILLION RESPONDED THAT THEY ONLY TALKED TO ANOTHER PERSON ONCE A WEEK OR LESS; 200,000 SAID THEY HADN'T SPOKEN TO ANOTHER HUMAN BEING IN MORE THAN A MONTH.




I UNDERSTAND HOW PEOPLE MIGHT FEEL ISOLATED WHEN THEIR LOVED ONES AND FRIENDS START TO FALL AWAY. BUT I HAVE TROUBLE RELATING TO THEIR FEAR OF ISOLATION, BECAUSE I LOVE TO SPEND TIME ALONE.

"IN MODERN SOCIETY, WHERE ALL OUR DEVICES AND CONNECTIONS CREATE A CONSTANT DIGITAL NOISE, I USUALLY CAN'T WAIT TO ESCAPE LIKE SUPERMAN\* TO A FORTRESS OF SOLITUDE. MY SOLITUDE (AND SUPERMAN'S) ARE NOT THE SAME AS THE PEOPLE IN THE U.K. STUDY. I LIKE ESCAPING FROM THE CONNECTIONS OF THE WORLD BECAUSE I HAVE CONNECTIONS TO ESCAPE FROM. IF YOU HAVEN'T SPOKEN TO SOMEONE IN A MONTH, ESCAPE IS A BAD JOKE. SO I GIVE YOU A REVISED DEFINITION: LONELINESS IS INVOLUNTARY SOLITUDE."




AND TOO MUCH OF THAT INVOLUNTARY SOLITUDE CAN KILL YOU. LITERALLY. STUDIES SHOW THAT LONELY PEOPLE ARE MORE LIKELY TO SUFFER FROM DECREASED MOBILITY, DEMENTIA, HEART DISEASE AND EARLY DEATH.



"BUT HERE'S A TWIST. SCIENCE ALSO SHOWS THAT TOO MUCH DIGITAL CONNECTION - FACEBOOK OR TWITTER-STYLE - CAN HAVE A SIMILAR EFFECT. A UNIVERSITY OF PITTSBURGH SURVEY SHOWED THAT PEOPLE WHO SPEND OVER TWO HOURS A DAY ON SOCIAL NETWORKS ARE TWICE AS LIKELY TO FEEL SOCIALLY ISOLATED AS PEOPLE WHO DON'T. SURPRISED? HERE'S A TYPICAL FAMILY EATING AT A RESTAURANT, EVERY ONE OF THEM ON THEIR OWN DEVICE. THEY LOOK LIKE THEY'RE TOGETHER, BUT THEY'RE ACTUALLY ALONE TOGETHER."



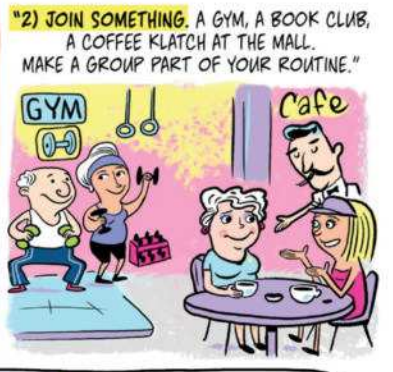
SO, TOO MUCH INVOLUNTARY ISOLATION CAN MAKE YOU LONELY. AND TOO MUCH DIGITAL CONNECTION CAN MAKE YOU LONELY. AND THE ANTIPODES TO BOTH HAPPEN TO BE EXACTLY THE SAME.




1) GET OUT OF THE HOUSE. THIS IS PARAMOUNT. IF YOU CAN'T GET OUTSIDE, INVITE THE WORLD INSIDE TO SEE YOU.



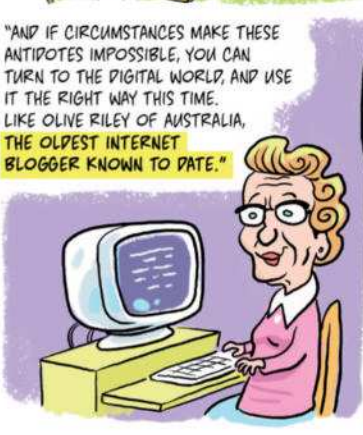
"2) JOIN SOMETHING. A GYM, A BOOK CLUB, A COFFEE KLATCH AT THE MALL. MAKE A GROUP PART OF YOUR ROUTINE."



3) COMMUNE WITH NATURE. BIRDWATCH, HIKE IN THE WOODS, SIT ON A PARK BENCH AND CLOSE YOUR EYES. SOLITUDE IN NATURE ISN'T LONELINESS, IT'S THERAPEUTIC.



"AND IF CIRCUMSTANCES MAKE THESE ANTIPODES IMPOSSIBLE, YOU CAN TURN TO THE DIGITAL WORLD, AND USE IT THE RIGHT WAY THIS TIME. LIKE OLIVE RILEY OF AUSTRALIA, THE OLDEST INTERNET BLOGGER KNOWN TO DATE."



AT 108, THE LAST YEAR OF HER LIFE, OLIVE POSTED MORE THAN 70 BLOG ENTRIES DESCRIBING HER WORLD. THE THOUSANDS OF LOVING MESSAGES SHE RECEIVED FROM AROUND THE GLOBE HELPED KEEP HER ALIVE AND ENGAGED. OLIVE USED THE NEWEST TECHNOLOGY TO REDISCOVER THE OLDEST CURE FOR LONELINESS: OTHER PEOPLE.



ART BY WES WORDS BY MOSES  
\*SUPERMAN IS A TRADEMARK OF DC COMICS



*Do not go where the path may lead,  
go instead where there is no path and leave a trail.*

– Ralph Waldo Emerson




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Contact Cynthia Collantes

416.864.5879 [collantesc@smh.ca](mailto:collantesc@smh.ca)

A person with blonde hair is holding a large white plate over their face, completely obscuring it. They are wearing a blue and white horizontally striped long-sleeved shirt. In the foreground, a wine glass filled with red wine is visible on the left, and a glass of water is on the right. The background is a plain, light-colored wall.

# **THIS ISSUE WAS DELICIOUS!**

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