

ZOOMER

ROYAL
WEDDING
ROMANCE
A TOUR OF
WINDSOR

10
years

AGE-PROOF YOUR BODY

14 head-to-toe tips
plus 3 superfoods
to try now

THE NAKED TRUTH

REAL PEOPLE,
REAL BODIES
& REAL TALK

MOSES' LAST WORD

THE ANTI-NOISE
AVENGERS PG. 98

CARP ACTION

PARTY PLATFORMS:
DECISION 2018
PG. 36

I'M ONE!

Bruce Greenwood

BACK IN A NEW MEDICAL
DRAMA, CANADA'S STEALTH
STAR TALKS AGING,
HEALTH CARE & CHESS

GET HAPPY!

EXERCISE: THE NEW
FEEL-GOOD BRAIN FOOD

PAIN FREE

Core strength: the key to resilience

STRESS FREE

Stronger after heart attack

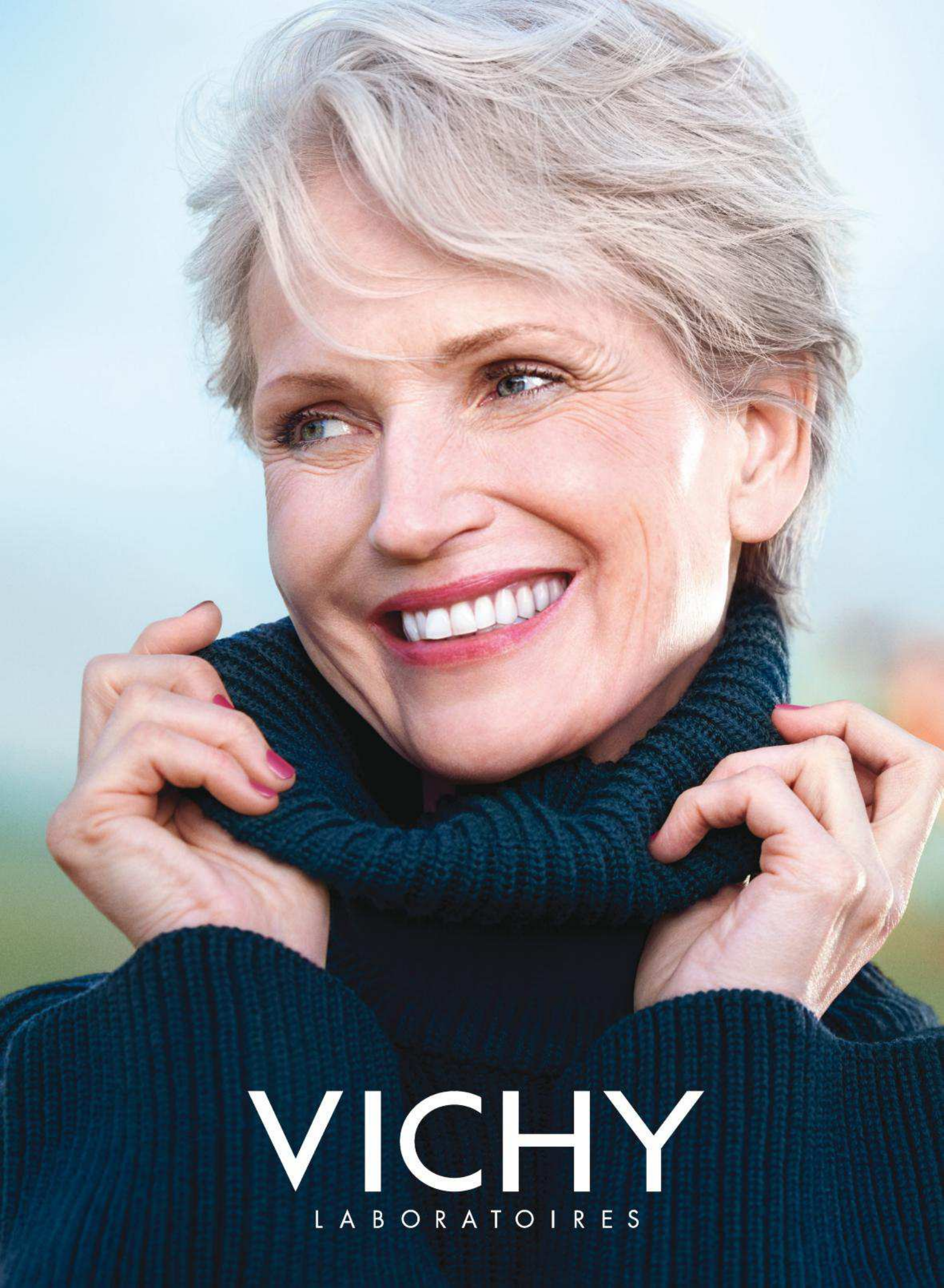
WORRY FREE

Financial peace of mind

June 2018 / \$5.95 / Display until June 24
everythingzoomer.com



PLUS! SUZANNE SOMERS ON EQUAL PAY,
HOLLYWOOD & 40 YEARS OF MARRIAGE



VICHY

LABORATOIRES

A HEALTHY, ROSY GLOW
LET YOUR SKIN
SHOW YOUR VITALITY

INNOVATION

NEOVADIOL ROSE PLATINIUM

FORTIFYING AND REVITALIZING ROSY CREAM



CALCIUM + BEESWAX
VICHY MINERAL-RICH
THERMAL WATER
BEE SWAX
ROSE PERFUME
CALCIUM
VICHY MINERAL RICH WATER

**IMMEDIATELY, SKIN FEELS NOURISHED
AND REVEALS A HEALTHY, ROSY GLOW.
AFTER 1 MONTH, SKIN DENSITY LOOKS IMPROVED.**

Over time, skin gets thinner and loses its natural radiance.
Formulated in an ultra-comfortable texture, **Neovadiol Rose Platinum**
revitalizes skin for a healthy-looking, rosy glow.

HYPOALLERGENIC • PARABEN-FREE
TESTED UNDER DERMATOLOGICAL CONTROL

Contents

“It’s not how old you are, it’s how you are old”

—*Jules Renard (1864-1910), French author*

Cover Stories

Bruce Greenwood

46 The I.V. League
Back in a new medical drama, we go behind the stealth stardom of Canada’s most prolific leading man

Age-Proof Your Body

26 Who Are the Real OGs? The three new superfoods to try now

74 The Annotated Body
Get healthy and stay healthy with these head-to-toe tips

80 The Naked Truth
Less is more: real people reveal all

Get Happy!

22 House Call: Exercise
The new feel-good brain food

30 Worry Free: Wallet-Friendly How to achieve financial peace of mind

68 Stress Free: Tick-Tock
Surviving and thriving after a heart attack at 42

76 Pain Free New ways to strengthen your core

The Royal Wedding

59 The Romance of Windsor A tour of the bucolic town where Harry and Meghan are set to marry

Plus ...

52 Somers Lovin’ *Three’s Company* star Suzanne Somers on equal pay, Hollywood and 40 years of marriage to a Canuck

Moses’ Last Word/First Word

98 Prophet of Zoom
Silence is golden: enter the anti-noise avengers

CARP Action

36 Decision Time As Ontario heads to the polls, CARP examines the parties’ platforms on key seniors’ issues. Plus, how the other provinces stack up

In Every Issue

8 From the Editor
Suzanne Boyd

34 View Libby Znaimer

Zoom In

11 This Way Up
Peaks and valleys in the journey. Plus books, fashion and film

16 Home: Flip the Switch
Lighting Milano-style

18 Grooming: Manscaping
Up your hair and skin game

20 Beauty: Downsizing
How to simplify your skin-care routine

24 Nutrition: Dropping Acid The hidden benefits of vinegar

28 Travel: Toronto the Good (Food) Plus a global gourmet guide

Zooming

56 Crowning Glories
The art of stylish chapeaux

66 Let’s Get Physical
Like fashion, fitness fads come and go

72 Body of Work
Walking a mile in an “old” simulation suit

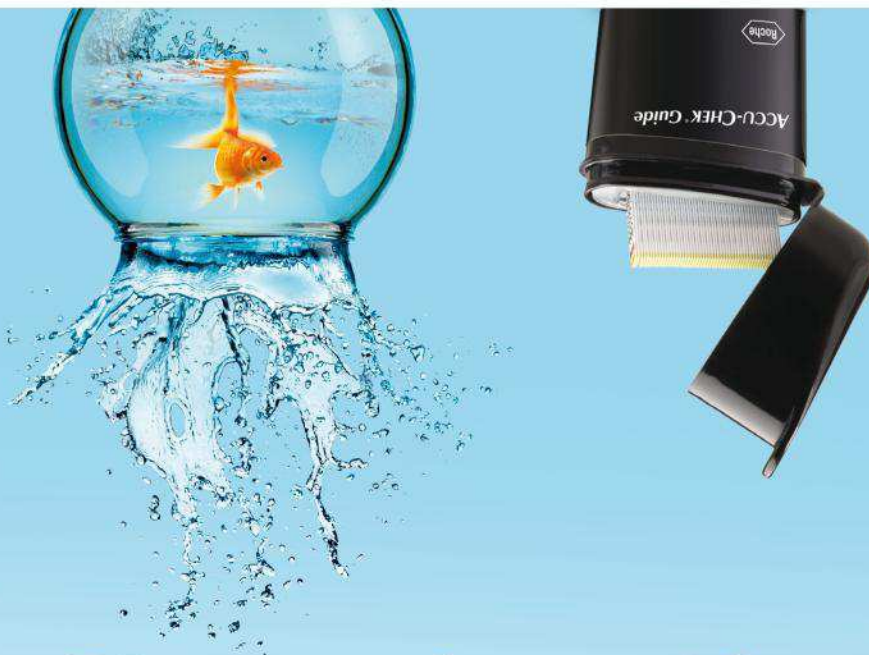
Zoom Out

92 Brain Games No. 57
The Name of the Game

96 Wisdom of the Ages: An Author’s Take
From *Love and Ruin’s* author Paula McLain



ON THE COVER
Bruce Greenwood photographed by Brian Vander Brug/ Los Angeles Times/ Contour by Getty Images.



Discover the upside of the new spill-resistant SmartPack™



Introducing the **simply smart Accu-Chek Guide** system with a new strip design featuring the widest dosing area on the market† and the new spill-resistant SmartPack™ vial.

Learn more about the new **Accu-Chek Guide** system at
DiscoverTheUpside.ca



†Among industry-leading manufacturers. Data on file.
ACCU-CHEK, ACCU-CHEK GUIDE and SMARTPACK are trademarks of Roche.
© 2018 Roche Diabetes Care. All rights reserved.

ACCU-CHEK®



Bring this **COUPON**
to your local pharmacist
to get your

FREE*

Accu-Chek Guide meter
so you can experience the new
simply smart system for yourself.

*With the purchase of Accu-Chek® Guide test strips.

To the pharmacist or dealer: this offer is only valid in Canada.

This coupon entitles the bearer to 1 **FREE Accu-Chek® Guide meter with the purchase of Accu-Chek Guide test strips**. Limit of one (1) coupon per household. Valid for end-user use only. Institutions and resellers are not eligible. This offer cannot be combined with any other on-pack offer or special promotion. Application for reimbursement on any other basis may constitute fraud, and we reserve the right to void this coupon.

Submit through the redemption method
approved by Roche Diabetes Care or
speak to your representative.

OR
Mail this coupon to the following address:
FREE Accu-Chek Guide Offer
PO Box 31000
Scarborough, ON M1R 0E7

Application for reimbursement accepted from principals only.
If you have further questions, please call Accu-Chek Customer Care at **1 800 363-7949**.

Cashier: Please fill in selling price:

PLU#:

\$



Expiry: 03/31/2019

Mag_Zoomer_Spring 2018

4 600 3313

ZOOMER

everythingzoomer.com

FOUNDER MOSES ZNAIMER

EDITOR-IN-CHIEF Suzanne Boyd

EXECUTIVE EDITOR Vivian Vassos

ART DIRECTOR Jeff Hannaford

DEPUTY EDITOR, PRINT & DIGITAL, & BEAUTY DIRECTOR Kim Izzo

MANAGING EDITOR, PRINT & DIGITAL Arlene Stacey

FASHION DIRECTOR AT LARGE Derick Chetty

SENIOR EDITOR Peter Muggeridge

ARTS & ENTERTAINMENT EDITOR Mike Crisolago

ASSISTANT MANAGING EDITOR Tara Losinski

DIGITAL & ASSISTANT ART DIRECTOR, PRODUCTION MANAGER Stephanie Beard

CONTRIBUTING EDITORS Charmaine Gooden, Jay Teitel

SPECIAL CORRESPONDENTS Gordon Pape, Libby Znaimer

CARTOON & JOKES EDITOR Moses Znaimer

EDITOR AT LARGE Bryan Adams

CONTRIBUTORS Nathalie Atkinson, Lisa Bendall, Chris Chapman, Cynthia Cravit, Leanne Delap, Liza Herz, Rebecca Field Jager, Dr. Zachary Levine, Barbara Olson, Rosie Schwartz, Jim Slotek, Wes Tyrell, Andrew Wright

CONTRIBUTING DEPUTY ART DIRECTOR Colleen Nicholson

PUBLIC RELATIONS & SOCIAL MEDIA EDITOR Hazel Picco

EVERYTHINGZOOMER.COM

DIGITAL CONTENT DIRECTOR Cynthia Ross Cravit

DIGITAL CONTENT EDITOR Laura Grande

VIDEO & MULTI-MEDIA PRODUCER Gina Bucci

CONTRIBUTING CONTENT COORDINATOR Andrew Wright

PUBLISHER Lori Fitzgerald, 416-607-7730

ACCOUNT DIRECTORS, PRINT & DIGITAL Beth Agro 416-607-7738;

Donna Herscovitch 416-607-7729;

Angie Perri 416-607-7737

CONTENT COORDINATOR, PRINT & DIGITAL Taylor Fowler 416-363-7063 Ext. 371

PARTNERSHIP COORDINATOR Julia Torneiro

NEWSSTAND CONSULTANT Craig Sweetman

PRODUCTION production@zoomermag.com

ZOOMERMEDIA DIGITAL

NATIONAL INTERACTIVE ACCOUNT DIRECTOR Lisa Turney 416-607-7705

COORDINATOR, EMAIL CAMPAIGN AND ADVERTISING CONTENT Prab Shah

ZOOMER MAGAZINE IS PUBLISHED BY

ZoomerMedia Limited, 64 Jefferson Ave., Toronto, Ont. M6K 1Y4
416-363-5562 BUSINESS FAX 416-363-7394 EDITORIAL COMMENTS 416-607-7724
EMAIL support@zoomermag.com

PRESIDENT & CEO Moses Znaimer

CHIEF REVENUE OFFICER Daniel Hamilton CHIEF FINANCIAL OFFICER David Vickers

CHIEF AUDIENCE OFFICER Laas Turnbull CHIEF DIGITAL OFFICER Omri Tintpulver

SUBSCRIPTIONS, RENEWALS, BENEFITS & CUSTOMER SERVICE
1-833-211-2277

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.



SUBSCRIBER SERVICES

Simply go to my.zoomer.ca to easily manage your account online 24-7.

- Subscribe or give a gift
- Renew your subscription
- Change your contact information
- Change your mailing address
- Check account status

EMAIL
support@zoomermag.com

PHONE
1-833-211-2277
Monday to Friday 9 a.m. - 5 p.m. ET

WEB
my.zoomer.ca

MAIL
Zoomer magazine
8799 Highway 89, Alliston, ON L9R 1V1

Mail Preference: From time to time, Zoomer makes its list available to like-minded organizations. If you do not want your contact information made available, contact us in any of the ways listed above.

my.
ZOOMER.ca

PHOTOGRAPHY: MILANWIRJEWICZ/GETTY IMAGES



Afford to Retire in Elliot Lake

With one of the most affordable and attractive retirement lifestyles in Ontario, Elliot Lake offers breathtaking scenery, sunlit beaches, golf, hiking, canoeing and an abundance of arts and cultural pursuits. All of this in a safe, clean, friendly community where you have plenty of choices when it comes to where you want to live.

COMPARE AND SAVE

- 1 bedroom apartment from \$517/month
- 2 bedroom apartment from \$571/month
- 3 bedroom townhouse from \$662/month
- 2 bedroom houses from \$733/month
- 3 bedroom houses from \$840/month

Ask about our special discounts and offers.

Book Your Discovery Tour One Free Night

at the Hampton Inn Elliot Lake
and enjoy a tour of the city
and our properties.

(Second night \$50.00 + taxes)

1.800.461.4663
retireelliotlake.com





Shameless

UNCIVIL DISCOURSE, public bullying and virulent trolling are the default setting for tone in this moment of cultural divides. And it gets personal with body shaming, a rich source of ammunition on the battlefield – too thin, too fit, too fat, not fat enough and, yes, too old. “No one wants to see that” is the attitude when it comes to the aging body, but what if that older person wants to be seen – in the fullest sense of the word?

In “Less Is More” (pg. 80), photographer Alkan Emin takes that fashion shoot trope – the classic

white shirt story – and tweaks it in the most elemental sense with the white shirt becoming a foil to the self-aware nudity of his 14 subjects. The diverse group tells writer Leanne Delap exactly why they chose to be photographed nude at this precise time in their lives. The reasons are affecting, relatable and as individual as the subjects and the mood of the photos – which

range from pensive to joyous – themselves. But the overarching message I take and I hope you do, too, from the portfolio is a powerful one. “Here I am, this is me and I like me just the way I am.” Words to grow old by indeed.

A handwritten signature in black ink that reads "Syanne".



Contributors



Leanne Delap has been a fashion reporter at the *Globe and Mail*, a lifestyle columnist for the *Toronto Star* and editor-in-chief of *Fashion* magazine. Having accidentally ended up on a long-term fashion beat, as she puts it, the journalist also loves to hold forth on food, travel, love, sex and religion – as well as why people take their clothes off for art in “Less Is More” (pg. 80).



Having experienced a heart attack himself, **Jim Slotek**, a regular contributor to *everythingzoomer.com* who also profiled Russell Peters for our June 2017 issue, gets to the heart of the matter, if you will, on cardiac critical care and rehab for “Tick-Tock” (pg. 68). The award-winning former *Toronto Sun* columnist is an entertainment critic and reporter and creator of the movie review site *original-cin.ca*.



TULLY LUXURY TRAVEL

TULLY LUXURY CRUISE REPORT

Fall-Winter exotic adventures awaits you! Sail on the luxurious, **All-Inclusive**, intimate, ships of Regent Seven Seas Cruises. Book by June 30 for Canadian at par pricing on select voyages including: **FREE Shore Excursions plus Business Class Airfare from Vancouver, Toronto & Montreal on intercontinental flights!** Flying on points? Ask about their air credits available for cruise only pricing.

HIGHLIGHTED SAILINGS:

CRUISE SPOTLIGHT ON BRIDGE

SHIP:
Seven Seas Voyager

Barcelona to Miami

14 Nights | Nov 12, 2018

GRAND AUSSIE ADVENTURE

SHIP:
Seven Seas Mariner

Sydney to Bali

16 Nights | Dec 15, 2018

SAFARI TO SAMBA

SHIP:
Seven Seas Explorer

Capetown to Rio de Janeiro

14 Nights | Jan 6, 2019

CELESTIAL SOUTH PACIFIC

SHIP:
Seven Seas Mariner

Papeete to Auckland

15 Nights | Nov 15, 2018

PACIFIC HOLIDAY

SHIP:
Seven Seas Mariner

Bali to Sydney

19 Nights | Jan 1, 2019

GREAT BARRIER REEF & CORAL SEA

SHIP:
Seven Seas Navigator

Sydney to Hong Kong

24 Nights | Feb 12, 2019



THE MOST INCLUSIVE LUXURY EXPERIENCE™

*Additional Sailing Dates Available

*Restrictions apply. Contact the Cruise Professionals by Tully Luxury Travel for more details.



Mary Jean Tully
Founder & CEO
Tully Luxury Travel

Whether you are planning a quick getaway close to home or an exotic escape, Regent Seven Seas Cruises' allows you to explore the world's greatest destinations without limits.

Enjoy every day, exactly as you wish while exploring the world's most beautiful places with everything included, from flights to excursions and from fine wines and premium spirits to gourmet restaurants.

ABOUT TULLY LUXURY TRAVEL

Since 1987, Tully Luxury Travel has been designing life-enriching travel experiences for a discerning clientele, curated with the utmost attention to detail. We offer world-class customer service through our three divisions: **Cruise Professionals**, **African Dreams** and **Private Travel Designers**.

WHY BOOK WITH THE CRUISE PROFESSIONALS?

- Exclusive amenities offered on **ALL** sailings
- VIP access to sites often closed to the general public
- **Condé Nast Traveler "World's Top Travel Specialist"** since 1999
- Top producing agency for the finest hotels such as **Aman, Four Seasons, Peninsula** and **The Ritz-Carlton**
- Named **"The Best Luxury Travel Provider In The World"** by **Forbes**
- **Top producing agency for Regent Seven Seas Cruises since 1999.**

CALL TULLY LUXURY TRAVEL AND RECEIVE UP TO \$1000 ADDITIONAL ONBOARD SPENDING CREDIT

1.855.291.0665
tullyluxurytravel.com



AMAZING!

Who would have thought that a classical music radio station could reach #2 anywhere, let alone in Canada's largest market?!* That means, thanks to you, our discerning listeners, The New Classical FM is the 2nd most listened to English language commercial radio station in the country!



BEAUTIFUL MUSIC FOR A CRAZY WORLD

TAKE A SEC 'N' LISTEN! OR ONLINE AT **CLASSICALFM.CA**



DOWNLOAD THE FREE APP

Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Android, Google Play and the Google Play logo are trademarks of Google Inc.



*The latest quarter audience release places Toronto's only all-classical radio station as the second-most listened to commercial radio station in the GTA. Numeris, Q2/R1 (November 27, 2017 to February 25, 2018), Toronto Cntl, Mon to Sun 5a-1a, Average Minute Audience, Adults 12+ Ranking on Toronto English, commercial radio stations.

If this trend continues we're going to need a Tinder-like app for seniors. May we suggest "Older"?

A survey by Match.com finds that both men and women say the best sex of their lives occurs in their mid-60s.

Japan's Masazo Nonaka, the world's oldest living man, says his love of sweets helped him live to 112 Of course, he said this through a translator named Mr. Cook E. Monster, so medical professionals remain skeptical.

Then the future King of England stepped back to the mic and asked, "And what's the deal with airplane food?" Sky News reports that on a tour of Australia, Prince Charles, 69, says aging prevents him from fitting into certain clothes before quipping, "They keep telling me, 'You have brilliant genes.' But the trouble is I can't get into them either."

The American Academy of Anti-Aging Medicine showcases products including an anti-aging face cream made with human placenta blood cells Which begs the question, how badly do you really want to get rid of those wrinkles?

Yes, but have you tried the human placenta face cream? Actress and model Isabella Rossellini, 65, who was rehired as the face of Lancôme's Rénergie line of products after being let go by the company at age 42 because she was considered too old for the role, tells *Glamour* that, "We can't anti-age. It's against nature!"

U.S. researchers say that a man's brain can age by about a third of a year faster following a traumatic life event Though we should specify, for any concerned men reading this, that scientists don't consider watching your team lose in the Stanley Cup playoffs a "traumatic" event.

THIS WAY UP

RECENT PEAKS AND VALLEYS IN THE JOURNEY

By Mike Crisolago

(AND DOWN)

ZOOM IN

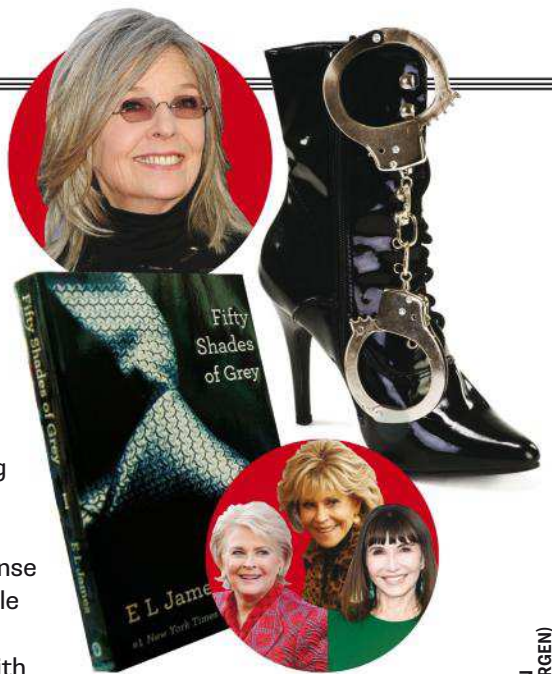


“SILVER” SCREEN

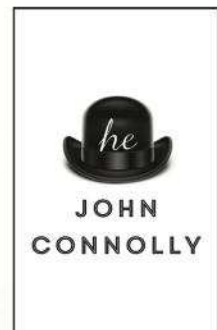
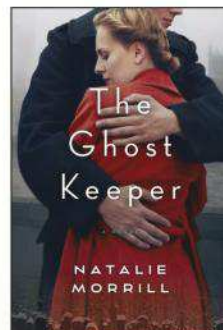
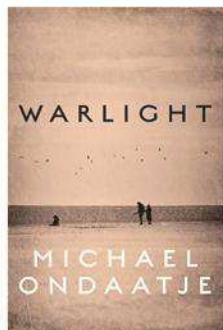
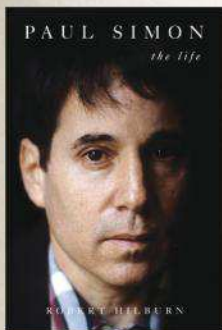
IN HER 2014 BOOK *Let's Just Say It Wasn't Pretty*, Diane Keaton, now 72, gives a shout-out to “women who make us see beauty where we never saw it; women who turn wrong into right.” It’s a declaration that could also serve as the tag line for her new film **Book Club** (May 18) in which she stars alongside Candice Bergen, 71, Jane Fonda, 80, and Mary Steenburgen, 65, as four friends who jump-start their love lives after reading the sexually charged *50 Shades of Grey* (conveniently, *Fifty Shades Freed*, the final instalment of the film franchise based on the book, arrives on DVD just days before *Book Club*’s release). Portrayed as healthy, vigorous and ready to frolic under the sheets, the movie doesn’t play the actresses’ ages against them.

Instead, they’re objects of desire, curiosity and passion with a capital A appetite for life. The same can be said for another recent flick, *Finding Your Feet*, wherein 62-year-old Imelda Staunton’s character rebounds from marital infidelity by joining a community dance class.

In *Book Club*, the enlivened libidos represent a renewed sense of purpose and vigour. And while the popularity of movies about older characters has surged with the aging population, from comedies like *The Best Exotic Marigold Hotel* films to *The Expendables* franchise to dramas like *Away From Her* and *Amour*, rarely do they spotlight strong older women as objects of (non-fetishized) sexual desire. Perhaps *Book Club* and its all-star cast can



bolster the demand for such movies in the way *Moonlight*, *Get Out* and *Black Panther* have for unexploitative films about people of colour. And maybe, to paraphrase Keaton, these four *Book Club* women can make Tinseltown finally see beauty where it rarely saw it before. —Mike Crisolago



BOOKS

The sound of silence – both a classic Paul Simon tune and the response would-be biographers received when pitching their services to pen the 76-year-old soon-to-be-retired troubadour’s life story. That is, until celebrated rock journalist and author Robert Hilburn came along, inter-

viewing Simon’s confidants and peers – as well as the artist himself – for **Paul Simon: The Life**. Meanwhile, famed humorist David Sedaris, 61, channels his feelings about aging in chapter headings like “Still Standing” and “And While You’re Up There, Check on My Prostate” for his latest essay collection **Calypso**, which

expounds on life, loss and growing older. Award-winning *The English Patient* novelist Michael Ondaatje returns to the shadow of the Second World War in **Warlight**, about two siblings uncovering their parents’ secrets in post-war London. Natalie Morrill’s celebrated debut, **The Ghost Keeper**, ex-

plores how one Austrian man’s life is uprooted by the rise of the Nazi party, while John Connolly’s novel **He** transports readers back to Hollywood’s Golden Age, recreating the lives and bond shared by two gifted performers who, once united, made cinema history as the duo known as Laurel and Hardy. —MC

PHOTOGRAPHY, MJO007/GETTY IMAGES (BOOT); SAUL LOEB/STAFF/GETTY IMAGES (BOOK); JASON LAVERIS/CONTRIBUTOR/GETTY IMAGES (KEATON); JASON LAVERIS/CONTRIBUTOR/GETTY IMAGES (FONDA); FRAZER HARRISON/STAFF/GETTY IMAGES (STEENBURGEN)



2 for 1
CRUISE FARES and
FREE INTERNET



Includes Roundtrip Airfare*
plus choose one:
FREE - Shore Excursions
FREE - Beverage Package
FREE - Shipboard Credit

10% CANADIAN RESIDENT SAVINGS PLUS FREE GRATUITIES

Exclusive Offer until June 29, 2018



Sparkling South Pacific Papeete to Papeete MARINA | Jan 21, 2019 | 10 Days

Featuring overnights in Papeete, Bora Bora and Raiatea and visits to Moorea, Fakarava, Rangiroa, and Huahine

Veranda fares from \$6,265pp



Radiant Rhythms Buenos Aires to Rio de Janeiro SIRENA | Apr 6, 2019 | 12 Days

Featuring overnights in Buenos Aires and Rio de Janeiro and visits to Montevideo, Punta del Este, Rio Grande, Porto Belo, São Paulo, Parati, Ilha Grande and Buzios

Veranda fares from \$6,200pp

Contact a Craig Travel Cruise Specialist Today! 1-800-387-8890 | journeys@craigtravel.com

*Offers and fares are subject to change on 7/1/18. 10% Canadian Resident Savings promotion is capacity controlled, available for Veranda staterooms and above, and proof of Canada residency required at time of booking. Ask for Promotion Code: CANADA. Contact Craig Travel for current pricing. All fares are per person in Canadian dollars, valid for residents of Canada, based on double occupancy (unless otherwise noted), for new bookings only and may be withdrawn at any time. Free Internet amenity is one per stateroom; Owners, Vista & Oceania Suites receive access for two devices per suite. Visit OceaniaCruises.com/Internet for more details. OLife Choice amenities are in U.S. dollars, per stateroom, based on double occupancy and subject to change. OLife Choice free shore excursions vary by voyage and exclude Oceania Choice, Oceania Exclusive, Executive Collection, Food & Wine Trails, Wellness and Culinary Discovery Tours. Voyages up to 9 days receive 4 free shore excursions; 10-13 days receive 6 free shore excursions; 14+ days receive 8 free shore excursions. If shore excursion amenity is selected, all excursions must be chosen at least 14 days prior to sailing. OLife Choice beverage package amenity is House Select. Guests in the same stateroom must choose the same OLife Choice amenity, and amenity must be chosen by final payment. Not all promotions are combinable. 2 for 1, Canadian Resident Special and Special Offer Fares are based on published Full Brochure Fares; such fares may not have resulted in actual sales in all suite and stateroom categories and do not include Optional charges as detailed in the Guest Ticket Contract, which may be viewed, along with additional terms, at OceaniaCruises.com. All Fares include government fees & taxes. *Airfare does not include ground transfers, and offer applies to coach, roundtrip flights only from the following airports: ATL, BOS, CLT, DCA, DEN, DFW, DTW, EWR, IAH, IAD, JFK, LAX, LGA, MCO, MDW, MIA, ORD, PHL, PHX, SAN, SAV, SEA, SFO, TPA, YOW, YUL, YVR, YYZ. Oceania Cruises reserves the right to assign gateways based on availability for JFK, LGA and MIA. Gateways are subject to change at any time. Airfare is available from all other U.S. and Canadian gateways for an additional charge. *Airfare includes all airline fees, surcharges and government taxes. Airline-imposed personal charges such as baggage fees may apply. Oceania Cruises voyages calling on Cuba fully comply with the existing U.S. Federal Regulations and the most recent pronouncements from the Office of Foreign Assets Control ("OFAC") of the U.S. Department of the Treasury. Please see our website for additional visa and documentation requirements. Oceania Cruises reserves the right to correct errors or omissions and to change any and all fares, fees, promotions and surcharges at any time. Ships' Registry: Marshall Islands. JAN183570 CAD_Update 3.18

EXPERIENCE OUR WORLD

Unique and Enriching Travel Experiences
Inclusive Escorted Journeys • Diverse Destinations

Romanian Heritage

September 18, 2018 • 16 Days • 29 Meals
From \$3,445pp land only double

Heart of Europe

Budapest, Vienna, Salzburg and Prague
September 28, 2018 • 14 Days • 24 Meals
From \$4,495pp land only double

Alpine Beauty

Hiking the Austro - German Alps
October 6, 2018 • 14 Days • 24 Meals
From \$3,875pp land only double

Rajasthan's Deserts, Castles and Palaces

November 6, 2018 • 22 Days • 57 Meals
From \$5,145pp land only double

Indochina's Hidden Charms

Pandaw Cruises • rv Mekong Pandaw
November 6, 2018 • 16 Days • 42 Meals
From \$6,395pp land/cruise only double

Treasures of Israel and Jordan

November 9, 2018 • 19 Days • 35 Meals
From \$4,495pp land only double

Book by
May 31, 2018
and Save \$200pp*

www.craigtravel.com

1-800-387-8890 • journeys@craigtravel.com

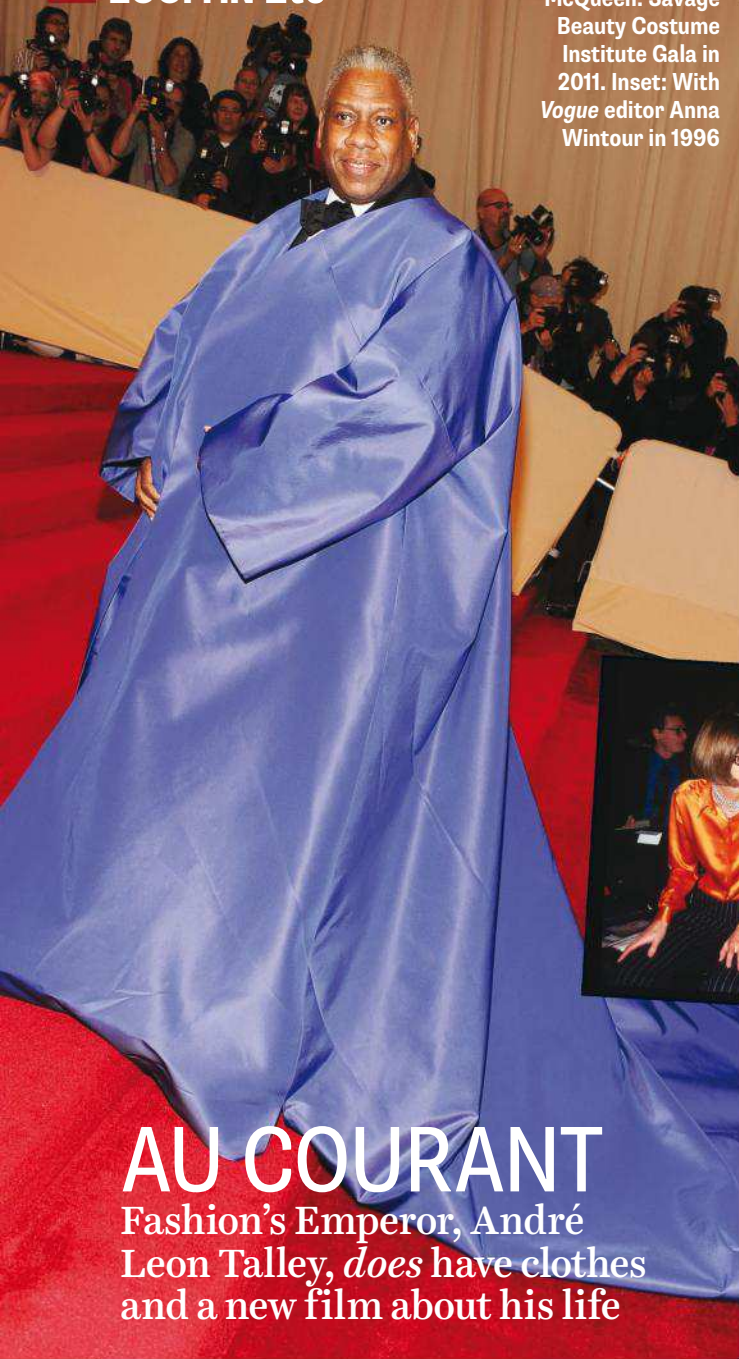
1092 Mt. Pleasant Road, Toronto, ON M4P 2M6

*Book and deposit by May 31/18. Conditions apply. Contact Craig Travel for full details



Reg. 1498987

At the MET's
Alexander
McQueen: Savage
Beauty Costume
Institute Gala in
2011. Inset: With
Vogue editor Anna
Wintour in 1996



AU COURANT

Fashion's Emperor, André Leon Talley, *does* have clothes and a new film about his life

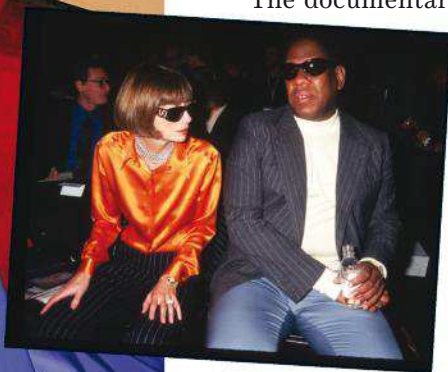
THANKS TO DECADES as a fixture at American *Vogue*, André Leon Talley is among the industry's most recognizable personalities, whether he's appearing as himself in an episode of *Empire*, greeting arrivals at the annual Costume Institute Met Gala, or penning *recherché* pronouncements on clothes and astute cultural commentary.

The intimate new documentary *The Gospel According to André* (opening across Canada in late May) brings us into the private world of the fashion icon. It starts at his White Plains, N. Y., home and journeys from the front row of fashion weeks back to the North Carolina

hometown where he was raised by his grandmother. Past and present personal history mingles with opinions from Anna Wintour and Fran Lebowitz and a who's who of designers from Tom Ford and Diane von Furstenberg to Valentino.

"Things just happened instinctively," the style maven, now 68, recalls. "I was so excited to be in the world and to embrace that world. And I was very lucky to have that world of people embrace me." Mentored by Diana Vreeland, he rose from WWD reporter to Paris bureau chief at a time when Karl Lagerfeld, Halston and Yves Saint Laurent reigned supreme and soon he was at *Vogue*; he's since written books on Oscar de la Renta, the little black dress and his own affecting memoir *A.L.T.*

As friend Whoopi Goldberg observes, Talley is larger-than-life in every possible way – a tremendous education, a voluble personality and not inconsiderable stature as a towering 6 foot 6 gay black man.



The documentary digs further to offer if not a completely raw portrait, then at least many glimpses behind the persona. We follow him to his Durham, N.C., hometown, to a health resort where he struggles with weight and to the archives of his career memorabilia.

After years of rebuffing other offers and documentary project requests, *The Gospel According to André* director Kate Novack was successful where others failed because of her previous foray *The First Monday in May* about the making of the Costume Institute's annual exhibition and gala (Novack co-wrote and her husband Andrew Rossi directed). Talley not only appears in that documentary (which he loved) but became its ambassador, attending screenings and film festivals on behalf of *Vogue*. "Kate would sit in the back of those Q&As and see how people responded," he says, and her unobtrusive presence won him over as much as her research and preparation did.

Besides *The First Monday in May*, Novack and Rossi are known for documentaries about famed restaurant *Le Cirque*, and *Page One: Inside the New York Times*. If they have one thing in common, it's that they're all about the inner workings of storied institutions. Does Talley see himself as an institution?

"I see myself not as an institution, I see myself as a brand," he says. "But more than that I see myself as a gatekeeper of the historical moments of great style in the golden days of fashion, high fashion, haute couture. That is what I consider myself now – a curator of those moments." —*Nathalie Atkinson*



YOUR HOME FOR GREAT MOVIES

sunday blockbusters

Sundays 8pm

Complete movie lineup at chch.com



FLIP THE SWITCH



Architect Carlotta de Bevilacqua on lighting design, ethos and the aging eye By Tara Losinski

LIGHT IS LIFE,” says Carlotta de Bevilacqua in her Italian-accented English. “Light feeds our brains. And so it feeds our physiological behaviours.” To her point, who can deny more pep in their step as we move in to summer?

Of course, de Bevilacqua’s realm is artificial illumination. She is a celebrated lighting designer known for innovating as with her early adoption of LED technology. Also a successful entrepreneur, the 61-year-old runs her own architectural, design, and graphic studio alongside duties as vice-president of Milan-based brand Artemide.

“I think it’s important to stay within the idea of values,” she says about the future of lighting, using the example of advances to Artemide’s famous task lamp Tolomeo (pictured right). In production since 1986, it was converted to energy-saving LED in 2006. And in 2010, the company added tuneable technology. “So you could have a

Tolomeo and if you need to read, you could tune it to the colder [brighter white] setting and if you need only to have ambience lighting, you can go warmer,” she explains. This is helpful as we age, she notes, as muscles that control our pupils weaken, impairing pupil response to widen in dim or dark settings. To compensate, we need to brighten our surroundings – especially for fine tasks. “We become the author of our light.”

In the future, she predicts, “We will discover how to provide the best light, lower energy, [better] inter-

action and so on.” This holistic approach is evident with *Algoritmo* (above), launched last year. She designed the fixture to be easily customizable with patented high-efficiency lights.

An international speaker and a lecturer at Polytechnic University of Milan, de Bevilacqua is passing on her ideals. “I say to the students, ‘It’s very important [that] the first part [of design] is giving value. It’s also very important to deliver for the planet.’” *Tolomeo* from \$210. *Algoritmo* from \$400, artemide.ca



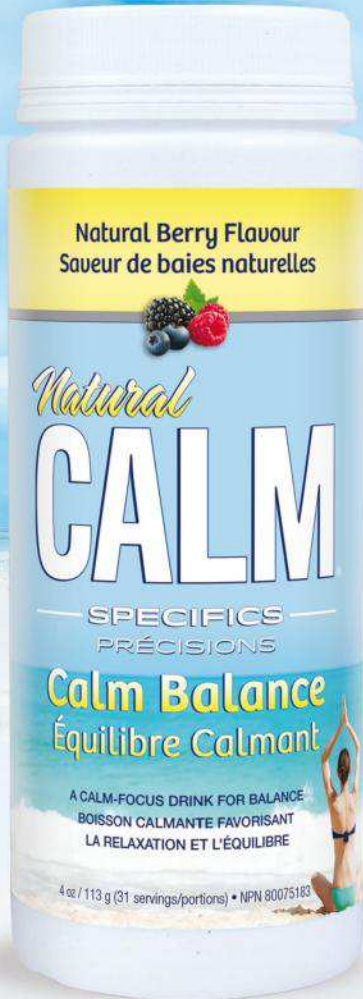
Natural
CALM
CANADA

NATURAL CALM

SPECIFICS

CALM BALANCE

A **CALM-FOCUS** DRINK



New **Calm Balance** is the Calm + Focus drink with nutrients for peak mental and physical performance. Featuring multi-award winning, relaxing **Natural Calm** magnesium, Calm Balance also includes:

- ✓ Magnesium glycinate, for added mental calm
- ✓ Suntheanine®, a premium form of L-theanine
- ✓ Choline for brain development
- ✓ B12 for healthy energy
- ✓ B6 to enhance mood
- ✓ D3 for mood, cognition, healthy skin, bones and teeth
- ✓ Antioxidant vitamin C

Deliciously and naturally berry-flavoured, the whole family will look forward to taking Calm Balance every day.

COMING
SOON!



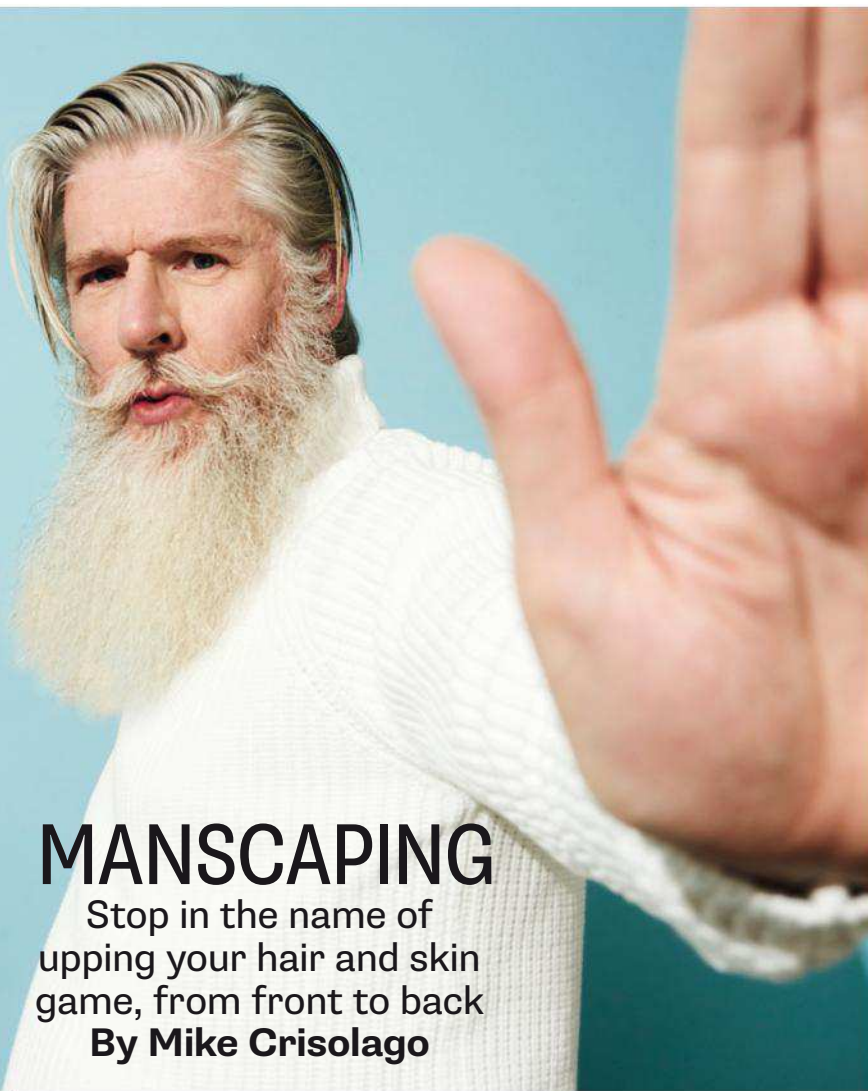
GUMMIES

BETTER-TASTING.
BETTER-ABSORBING.
BEST LOVED.
TRY **NATURAL CALM BALANCE** TODAY.

naturalcalm.ca

Linda Bolton
Founder & CEO
Natural Calm Canada





MANSCAPING

Stop in the name of upping your hair and skin game, from front to back
By Mike Crisolago

MY FIRST thought when handed the palm-sized bottle was, “Why do I need beard moisturizer?” True, I’ve never actually grown out my beard until now, but aren’t they *supposed* to be a little scratchy and messy? *That’s* the manly part about growing a beard. I mean, Grizzly Adams didn’t stop to moisturize while schlepping through the forest with Ben. Then again, ZZ Top’s Billy Gibbons and Dusty Hill boast two of the most famous beards in the world, and they sang that “Every girl crazy ’bout a sharp dressed man,” which I can only assume in-

cludes one’s, ahem, face sweater.

So with some scepticism, I slathered **L’Oréal’s Men Expert BarberClub** line of beard, face and hair wash, beard moisturizer and beard cream on my face. To start, they all share a spicy, woody fragrance touted by the brand as a “manly scent,” which I suppose means that this is what John Wayne must have smelled like. And, admittedly, the scent *has* proven popular with those who’ve sniffed my face after applying it. The beard, face and hair wash offers a solid scrub and conditioning in the shower, while the moisturizer actually does soothe facial itching. The beard and hair cream is a nice final touch, allowing you to

shape and set it without any grease or stickiness left behind. And for those looking to emulate ZZ Top’s look, there’s also conditioning oil for long beards. (*All BarberClub products \$13, available at major retailers and at amazon.ca*)

Of course, if I’m going to fuss this much over my beard, I figured I should give equal treatment to the rest of my face. **Bulldog Skincare’s Men’s Age Defense Line** includes a moisturizer said to reduce wrinkles and fine lines within a month – good for ensuring that my budding crow’s feet don’t expand to the point that it looks like Big Bird stomped on my face. There’s no spicy wood scent here, but it does boast “an antioxidant complex of rosemary, echinacea and vitamin E,” which is sort of “manly,” I suppose. They don’t test on animals and the moisturizer does its job without leaving your face feeling like an oil slick. (*\$15, available at Shoppers Drug Mart*)

And for men whose grooming needs extend over their shoulders, the **BAKblade 2.0 Men’s Back Hair Shaver** looks like a back scratcher armed with duel blades and a pivoting handle. Grab a hold, reach over and drag the blades across your back to rid yourself of unwanted hair. No shaving cream or gel necessary, and you can also use the shaver on your arms, neck, chest and, yes, abs. Hey, shave ’em if you got ’em! (*US\$30, bakblade.com*)



PHOTOGRAPHY, FLASHPOP/GETTY IMAGES (M)

PROMOTION

ZOOMER[®] 10 years

MAGAZINE

For more than 30 years, Martin Hunter, 59, has enjoyed the thrill and challenge of bridge and started competing nationally when he retired from teaching Math and Computer Science four years ago. Since then, he has normalized his blood sugar levels from diabetic levels by losing 80 pounds. He has also met his life partner. "Keep your mind and your body sharp."

**This is one way to reinvent aging.
Let Zoomer show you more.**

SUBSCRIBE NOW!

**GETZOOMER.COM
1-833-211-2277**



The Canadian
Bridge Federation
(CBF) promotes
bridge within

Canada and protects and
advances the national interests
of Canadian bridge, including
the selection and support of
Canadian bridge teams for
international competition.

www.cbf.ca

DOWNSIZING

Multi-purpose products make it easy to simplify your skin-care routine **By Liza Herz**

IF YOU'RE OLDER, it's easy to feel left behind by the beauty industry. Trends like heavy Instagram makeup and Korean skin care require multiple products and lengthy routines. Who, beyond a cheerfully self-absorbed teen or 20-something, has the time or inclination for complicated facial contouring or 10-step skin-care regimens?

Even some peel-off masks are now social media bait, loaded with glitter and tiny stars for sparkly Instagram

selfies. (Am I churlish for wondering if wiping foil stars across your skin could tear it?)

Glittery self-portraits notwithstanding, there is an upside for more, ahem, mature customers. The popularity of Korean skin care "continues to influence the Canadian market as hydration products aimed at creating dewy, luminous skin continue to grow in popularity," observes consumer research company The NPDI Group. As a result, there is a blurring of lines between categories as brands are adding beneficial skin-care

ingredients to items like foundation while skin care now offers makeup-like results.

This dovetails nicely with the urge to declutter homes that are full to bursting. (I don't collect potato peelers as a hobby, so why do I own three?) Bathroom cabinets can be dire, but it's easier than ever to find beauty products that earn their keep by performing more than one function.

Better products, glowing skin and tidier homes. Who could argue with that?

Makeup That's Also Skin

Care "As we get older, our skin sees less oil production," says Toronto-based dermatologist Dr. Lisa Kellett. "And because you don't repair as quickly, there's more trans-epidermal water loss, making skin drier." Look for foundations or tinted moisturizers containing fruit oils and hyaluronic acid that boost skin's water content to help slow moisture loss. Try: Nude by Nature Sheer Glow BB Cream, \$30; Charlotte Tilbury Unisex Healthy Glow hydrating tinted moisturizer, \$50



Skin Care That's Also Makeup

The decrease in blood vessels close to the surface of older skin may make us look washed out, no matter our skin colour. Moisturizers with rosy pigments bring luminosity and a hint of colour to complexions. Try: L'Oréal Age Perfect Cell Renewal Rosy Tone Moisturizer, \$36; Physicians Formula Rosé All Day Serum, \$20; Sisley Instant Correct-Color Correcting Primer in Just Rosy, \$90



Chanel's new Rouge Coco Lip Blush, \$37, in Burned Berry looks dark in the tube but gives a sheer flush to lips and cheeks.



Out, Damned Spot

Fight dark spots while moisturizing. Aveeno Positively Radiant Targeted Dark Spot Corrector Body Cream, \$9-\$14, is for all-over use, but with soy to tackle dark spots and SPF 15 for protection, it's worth carrying around as your hand cream. Ole Henriksen Banana Bright Eye Crème, \$48, hydrates delicate skin, brightens with vitamin C and minimizes discoloration with added pigments. ☑



Beauty Sleep Do more than just moisturize while you sleep. Hydrate and speed skin turnover with products containing hyaluronic acid for plumping and alpha hydroxy acids that tackle dullness. Try: Omorovicza Acid Fix, \$140; Reversa Resurfacing Smoothing Cream, \$40



Gentle Cleansing and Exfoliation

With time, "cells take longer to turn over, but skin is more sensitive," explains Kellett. "With decreased sebaceous gland activity, don't use anything too stripping." A gentle cleanser that speeds skin cell turnover solves both issues. Dermalogica Age Smart Skin Resurfacing Cleanser, \$62, exfoliates with gentle lactic acid. For sensitive skin, Kellett recommends exfoliating beads over chemical exfoliants for anyone who "developed rosacea as they aged." Try: Olay's Micropolishing Cleansing Infusion Hydrating Glow Facial Cleanser, \$13





HOUSE CALL By Dr. Zachary Levine

GET HAPPY!

Exercise is the new feel-good brain food

THERE'S INCREASING scientific evidence that exercise is not only good for our physical health but also our mental health. How does it work? Of course, we know that exercise helps protect against heart disease and diabetes, improves sleep and lowers blood pressure. But high-intensity exercise is also associated with the release of chemicals called endorphins, which make us *feel* well. There is also evidence that certain brain chemicals associated with depression when they are at low levels increase with exercise (serotonin, dopamine and norepinephrine – the very chemicals that antidepressant medications act upon). But you don't need to be a superstar athlete. Over time, low-intensity exercise spurs the growth of new nerve cell connections in the brain, which is also con-

nected to that feel-good feeling.


In addition, there is social benefit of getting out and about and interacting with others. There are several other possible ways that exercise makes us feel better, including distracting us from trivial worries and by giving people a sense of effectiveness and confidence.

Here, a roundup of the latest scientific proof of the positivity of exercise that will motivate you to get moving – and be happier.

1 It only takes an hour A recent study showed that one hour of exercise each week may protect against depression, regardless of intensity, and that **yoga** can significantly lower symptoms of the condition. People who reported never exercising had a 44 per cent increased risk of developing depression compared with those who worked out one to two hours a week.

Researchers reported that just one hour of physical activity per week could have prevented 12 per cent of depression diagnoses over the study period.

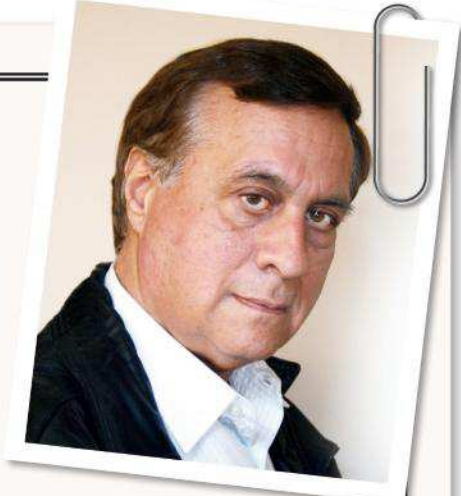
2 Walking for 20 to 40 minutes three times a week for six weeks decreased overall symptoms of depression in moderately depressed older adults more effectively than a social support group or no treatment. Another study showed that 30 minutes of walking on a treadmill for 10 days in a row significantly decreased depression symptoms.

3 Cycling 30 minutes a day four times a week showed a clear decrease in depression. 

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).

CELEBRATION OF LIFE

Dignity Memorial will help you plan your last hurrah just the way you want it.



NAME: David Cravit

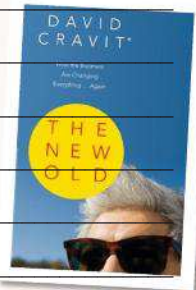
AGE: Old enough for this to be a topic; young enough to believe I've got plenty of time before it will happen.

HOW ZOOMERS KNOW YOU: I've written two books on the reinvention of aging [The New Old and Beyond Age Rage]. I work at ZoomerMedia and am on the Board of Directors of CARP.

HAD YOU EVER CONSIDERED PRE-PLANNING YOUR FUNERAL? Not until now.

WHO DID YOU MEET WITH? Marc Stipani from Delmoro Funeral Home

TELL US ABOUT YOUR EXPERIENCE: Fascinating and inspiring. Working with Marc opened up lots of new questions, and also made me realize that "celebrating" rather than "mourning" is an increasingly frequent and powerful reality as more people live longer.



WHAT KIND OF EVENT DID YOU PLAN? It will be very family-centered, and for that reason I didn't lay out a lot of details... just yet, because I'm convinced that a good number of people who may want to "celebrate" my life aren't even born yet!*

** I hope my grandchildren will read my books and not laugh!*

DID YOU LEARN SOMETHING NEW ABOUT YOURSELF? I think it confirmed that I'm an optimist. I seriously intend to blow past the age of 100 and it's interesting to think about today's events and experiences in the context of what will be remembered and celebrated then.

WHAT STRUCK YOU MOST ABOUT THE EXPERIENCE? The instant attitude difference in the thought process. Suddenly, I see my loved ones attending a celebration of a life, rather than a "funeral." Funeral is, by definition, narrow and technical; it's a procedure. A celebration of a life lived is not only for that moment but is something that can continue on.



** I continue to add to my plan as time goes on.*

WOULD YOU RECOMMEND PRE-PLANNING YOUR FUNERAL? Absolutely. Planning the procedural part is a kindness to your loved ones; it relieves them of having to cope with all those details unexpectedly. Planning the celebration part can be a wonderfully creative and life-affirming.



** My celebration will be focused on family.*

Dignity[®] MEMORIAL

LIFE WELL CELEBRATED[®]



DROPPING ACID

Vinegar: The everyday item with a health punch
By Rosie Schwartz

SOME SAY consuming vinegar will either provide you with miraculous benefits, like making you svelte in a flash or even promoting hair growth, while others downplay the buzz as nothing more than a cooking ingredient. The folklore itself surrounding vinegar goes back thousands of years with its use first as a natural preservative. Its medicinal roles can be traced back to the days of Hippocrates while Cleopatra was said to have incorporated it into a love potion for Marc Antony. In the here and now, scientific research shows that consuming vinegar is linked to a number of key health perks.

■ **Vinegar can add healthy flavour – not empty calories – to your food**

Since it's the acetic acid in vinegar that's responsible for almost all

the health benefits, there's a whole range of tasty acetic acid offerings including balsamic, rice, red and white wine and even champagne vinegar. While salad dressing is a typical way for many to include vinegar, there are numerous other simple methods to add vinegar to your meal. Vinegar can perk up the taste of all kinds of soups such as lentil or minestrone, as well as vegetable dishes or meat stews – even a shot stirred into low-sodium tomato or vegetable juice can do the trick. A generous splash of



wine vinegar in ratatouille or beef stew or tossing roasted vegetables in a balsamic-extra virgin olive oil combo would be tempting even if it weren't good for you.

■ **Vinegar may aid in blood sugar regulation and help fight heart disease and diabetes**

If you're over the age of 45 and one of the estimated 3.1 million Canadians with diabetes or one of the estimated 5.7 million with prediabetes (according to Diabetes Canada figures), take note: considering poor blood sugar regulation and heart disease can partner together, including vinegar on your menu may very well be heart-smart. Elevated blood sugar levels can go hand in hand with higher readings of artery-clogging triglycerides, a type of fat in the blood, boosting the risk for heart disease.

In a recent review, published in the journal *Diabetes Research and Clinical Practice*, scientists analyzed vinegar's effect on blood sugar readings and insulin action in several different studies. (Insulin is the hormone responsible for blood sugar regulation but several factors, such as increasing age and excess abdominal fat, can negatively impact your body's insulin sensitivity, upping your risk for prediabetes and ultimately, diabetes.) In order to assess the big picture, the scientists includ-

ed investigations of different types of vinegars with healthy subjects in addition to those with prediabetes and diabetes. Not only was the vinegar associated with lower blood sugar readings following meals, but also with reduced insulin levels.

■ **Vinegar may help with digestion, appetite management and weight control**

It seems like vinegar may also have an impact on the hormones that contribute to appetite control by delaying their effects in the gastrointestinal tract. These appetite hormones, such as ghrelin, are a hot topic of research, as scientists investigate ways to halt our expanding waistlines. Dr. Sumanto Haldar of the Singapore Institute for Clinical Sciences says, "Vinegar's effectiveness is greater when consumed as part of a solid mixed meal, due to the longer length of time of exposure of its active ingredient, acetic acid, within the intestine." Vinegar slows down the rate at which a meal is digested, potentially leading to a greater sense of satiety and fewer calories being consumed. ■

.....
Rosie Schwartz is a Toronto-based consulting dietitian in private practice and author of *The Enlightened Eater's Whole Foods Guide* (Viking Canada). Go to rosieschwartz.com for more.



"I've cut back on sugar, trans fats —"

SHINGLES DOESN'T CARE

No matter how healthy you feel, as you age, your risk of getting shingles increases.

Help protect yourself against shingles with



SHINGRIX is a new vaccine that **was shown to be over 90% effective*** at preventing shingles for people 50 years of age and older.

SHINGRIX maintained protection for four years. The duration of protection beyond four years is currently under investigation. As with all vaccines, SHINGRIX may not fully protect all people who are vaccinated.

* In clinical trials.

Ask your doctor or pharmacist to find out if SHINGRIX is right for you.

SHINGRIX is a vaccine that helps protect adults 50 years of age and older against shingles (herpes zoster). SHINGRIX may not fully protect all people who are vaccinated. Very common adverse events (>10% of doses) reported in clinical trials were pain, redness, and swelling at the injection site, headache, stomach and digestive complaints, muscle pain,

tiredness, chills, and fever. Most side effects were mild or moderate, lasting no more than 3 days. Allergic reactions may also occur. Ask your healthcare professional if SHINGRIX is right for you. Full product information can be found at <http://gsk.ca/shingrix/en>. To report an adverse event, please call 1-800-387-7374.

SHINGRIX HELPS PROTECT AGAINST SHINGLES.

Visit SHINGRIX.ca

Trademarks are owned by or licensed to the GSK group of companies.
©2018 GSK group of companies or its licensor.



WHO ARE THE REAL OGS?

Goji, guava, grasshoppers ... wait. Grasshoppers? Meet the next generation of super foods **By Lisa Bendall**

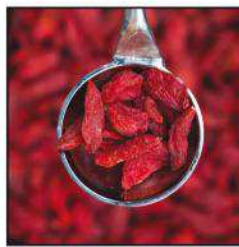
IF YOU'RE working your way through the ABCs of superfoods, spend some time on the letter G. First, there's guava leaf tea, from the tree that grows a "super" in its own right, the vitamin-packed guava fruit. The tea shares the benefits of other teas – it's soothing and hydrating and contains antioxidants that may help fight cancer – but may also contain a few extra goodies for the over-45 group. These were discussed in a research review published last year. For example, guava leaf tea extract shows promise for glucose control, welcome news for anyone facing



down Type 2 diabetes, and may help with high blood pressure and cholesterol. Bonus for world travellers: It could fend off the gastrointestinal bacteria blamed for Montezuma's revenge.

Davidstea (davidstea.com) carries Gaba Guava tea, or you can find other brands on Amazon.ca.

Another G is goji berry, the red fruit of the woody shrub *Lycium barbarum*. It's been eaten for centuries in China for its purported health properties. In a 2,000-year-old reference book on medicinal herbs – the ancient equivalent



of WebMD – goji berry was said to promote longevity, among other benefits. Today, goji fruit is credited for slowing macular degeneration, lowering blood sugar, fighting cancer and inflammation, lifting mood and preserving brain cells. Evidence thus far is limited, but it doesn't mean goji isn't good; it just means the health claims aren't yet supported by a large enough body of science. We do know the fruit is high in antioxidants and vitamins, though, so there's nothing to stop you from throwing a few goji berries into your granola.

One more G superfood worth sampling is the grasshopper, along with other edible bugs like beetles and crickets. You may assume we use the word "edible" loosely, but the fact is many people find grasshoppers to be quite tasty – even a delicacy. According to the Food and Agriculture Organization of the United Nations, more than a quarter of the world's population eats insects as part of their traditional diet. Grasshoppers contain, by weight, as much protein as



a piece of fish or steak. Insects are also high in fat, fibre, vitamins and minerals. Plus, raising bugs for food is eco-friendly – they require a lot less land and water than livestock like cows and produce less pollution and greenhouse gas.

Maybe you can't count on finding fresh grasshoppers at your local butcher's, but you can search websites like bugsfeed.com to find Canadian stores that do stock edible insects. Depending where you live, you may also be able to sample bugs at avant-garde restaurants. The Caifan restaurant in Montreal serves roasted grasshoppers with guacamole, cheese and tomato jam over a crispy tortilla. Eat up!

PHOTOGRAPHY: ERSINKISCIK/GETTY IMAGES (PLATE), SUWATWONGKHAM/GETTY IMAGES (LEAF), WESTEND61/GETTY IMAGES (GOJI), KWANCHAICHAUDOM / GETTY IMAGES (GRASSHOPPER)



#1
THE MOST RECOMMENDED FIBRE BRAND
LA MARQUE LA PLUS RECOMMANDÉE
PAR LES MÉDECINS

SUGAR-FREE / SANS SUCRE

Meta
MUCIL[®]
FIBRE THERAPY
THÉRAPIE PAR LES FIBRES

FIBRE!



**TRY SUGAR-FREE
PROMOTES DIGESTIVE HEALTH***

For more details, see DIRECTIONS
on container for more information.
Pour plus de détails, voir le
conteneur pour plus d'informations.

PSYLLIUM FIBER CAPSULES
CAPSULES DE FIBRES DE PSYLLIUM

To ensure this product is right for you, always read and follow the label.
* By relieving irregularity.



TORONTO
THE GOOD
(food!)

AT TORONTO'S Assembly Chef's Hall, culinary creations from 17 top chefs can be tasted at a fraction of the price in a food-court-meets-beer-hall-meets-coffee-shop. "This gives independent chefs access to the core," says managing partner Andreas Antoniou (Volos, Little Anthony's) on his new vehicle for local chefs who may not have the big bucks for their own place in the city's financial district.

Bar Reyna founder Nicki Laborie thinks it will also introduce the Bay Street crowd who may not venture up to Yorkville (to Bar Reyna) and beyond to the variety of chefs and cuisines that make Toronto's food scene, no reservations necessary. 111 Richmond St. W. assemblychefshall.com

Just down the street at Yonge and Wellington, chef Antonio Park and Nessel (Chubbs) Beezer (who is also Drake's head of security) have launched Pick 6IX. Park, who

made his mark in Montreal with his eponymous dining hot spot and in Toronto at Kasa Moto, says his vision of Pick 6IX reflects the diversity of Toronto, along with his Japanese, South American and Korean roots and Beezer's east-end Scarborough upbringing.

"I wanted to create a sustainable, healthy and elevated menu to complement Pick 6IX's unique atmosphere," he says. Of course, with Drake as a patron, there's no shortage of music (and yes, more than Drake plays over the speakers) or sports on the screens dotted throughout, considering the resto's proximity to the arena where both the Raptors and the Maple Leafs play. The bar is curved, creating a convivial atmosphere, along with an open kitchen for foodie voyeurs. Speaking of voyeurs, you're as likely to spot high-flying finance types as you are sports stars. I'll have what LeBron is having, thank you very much. 33 Yonge St. pick6ixto.com —Vivian Vassos

GLOBAL GOURMET

In this doorstop of a tome, *Where Chefs Eat: A Guide to Chefs' Favorite Restaurants*, there are more than 4,500 places to eat with more than 650 chefs from across the globe weighing in. Canada has a chapter, but we want to know the spots worth leaving home for.

Start your gastro-tour bucket list with some of my favourite chefs – and their favourites. Swiss-born Daniel Humm's **Eleven Madison Park** in New York City – but for French cuisine, Humm picks **Alléno Paris au Pavillon Ledoyen** in the City of Light's 8th Arrondissement.

For a late-night nosh, **Golden Century** in Sydney, Australia, scores among more than a dozen chefs, including Momofuku Noodle Bar's David Chang (but don't miss his fare in Toronto and New York).

And we all like to eat well on the cheap. Tom Aikens, the Robuchon-trained wiz of **Tom's Kitchen** in London, England, and now Istanbul, and Yotam Ottolenghi, the London-based Israeli super chef, both head to **Bao** in London's Soho neighbourhood. "This is fast food, but not as the term would suggest," says Ottolenghi in *Where Chefs Eat*. "The buns are what pull people in, but it's the sides I go back for – the aubergine mapo is incredible." –VV

PHOTOGRAPHY: @EATASSEMBLY INSTAGRAM (MAIN IMAGE); DANIEL KHILER/EYEEM/GETTY IMAGES (PARIS); @YANNICKALLENO INSTAGRAM (DESSERT)



Tell your friends!



Share the benefits of a CARP membership.

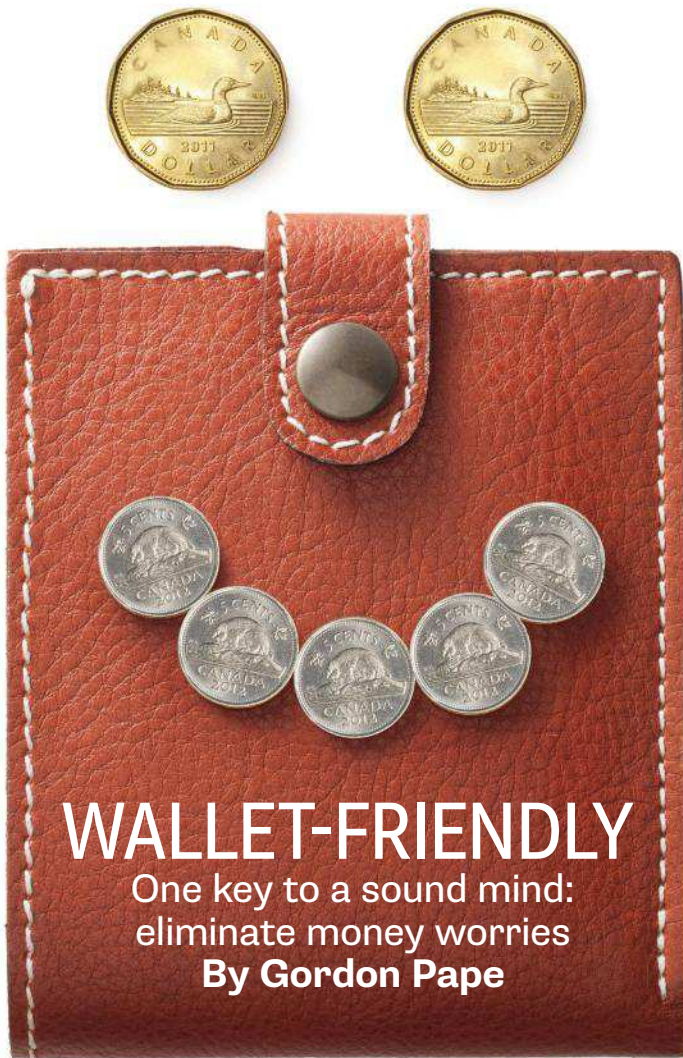
CARP memberships are always better when shared with a friend, so spread the word! All they have to do is call to request an Auto & Home Insurance for CARP Members no-obligation quote. They'll receive a **complimentary one-year CARP membership** along with a **complimentary one-year subscription to *Zoomer Magazine***, courtesy of The McLennan Group Insurance Inc., CARP's recommended provider for 24 years.

Call toll-free: **1.888.222.3175**

For more information visit us online:
carp.ca • carpinsurance.ca



*NOTE: This offer is not available for current CARP members or persons who have been a member of CARP in the previous 36 months. To be eligible for the complimentary membership offer, you must be 50 or over and a resident of Ontario. Quotations must be obtained by telephone before November 8, 2018. The Auto & Home Insurance Program for CARP Members is offered by The McLennan Group Insurance Inc. and is underwritten by Northbridge Personal Insurance Corporation, Northbridge General Insurance Corporation, Traders General Insurance Company or Zenith Insurance Company, depending on your province of residence. Premiums and eligibility for the group program will vary for specific drivers depending upon individual factors. Group rates and certain products may not be available in all jurisdictions. Terms, conditions and exclusions apply, see policy for details.



WALLET-FRIENDLY
 One key to a sound mind:
 eliminate money worries
 By Gordon Pape

The sound body is the product of the sound mind. —George Bernard Shaw

THE GUIDELINES for a sound body are common knowledge: a balanced diet, proper weight maintenance, exercise, restful sleep and regular medical checkups.

The recipes for a sound mind are more complex and intensely personal. Mental health is influenced by a range of factors including family situations, work pressures, sexual relationships and living standards. I don't pretend to be a psychiatrist, but it's clear to me after almost 40 years of writing

about finances that one of the major causes of mental stress is money – or the lack of it.

I believe I can offer some help in achieving the sound mind that George Bernard Shaw believed is so important to a sound body.

Here are three tips I have learned over the years about how to reduce or eliminate anxiety over money.

SAVE A portion of your income should be devoted to saving. You'll need to decide how much, based on your family situation, but 10 per cent of after-tax dollars is a good target to shoot for. Set up an automatic withdrawal plan at your financial institution so that the money is contributed regularly. After a short

time, you won't even miss it.

Savings represent wealth, which, in turn, translates into financial security and peace of mind. Invest the money in tax-sheltered plans – we are fortunate to have two excellent choices, Registered Retirement Savings Plans (RRSPs) and Tax-Free Savings Accounts (TFSA). If you expect to need the money in the short term, use a TFSA. For long-term retirement savings, the RRSP is the best choice in most cases.

PAY OFF DEBT I have met many people, including some members of my own family, who are so uptight about their debt load that they have trouble sleeping at night. They wake up at 2 a.m. and spend the next few hours tossing and turning as they try to figure out how to meet the monthly bills. Sound like anyone you know?

Of course, the logical solution is not to get into debt in the first place. But that's easier said than done in today's consumer-driven society. Remember, the baby boom generation, which is now approaching or at retirement, were the masters of debt creation. Under their watch, credit cards became a financial force, home equity lines of credit were created and car loans became commonplace. You didn't need a lot of money to live well, only a credit card that required a minimum monthly payment.

So, it's not surprising that so many baby boomers ran up huge amounts of household debt, especially when mortgages were added on top of all the rest. Statistics Canada reported that in the fourth quarter of 2017, the average Canadian debt to household disposable income was 170.4 per cent. That means that for every dollar of disposable income earned, we owed more than \$1.70. The Bank of Canada calls it a significant risk to the Canadian economy. Anyone who is in this situation probably calls it a nightmare. ►

PHOTOGRAPHY, MALERAPASO/GETTY IMAGES (WALLET); PETERSPIRO/GETTY IMAGES (LOONIE); HASAFTA/GETTY IMAGES (NICKEL)



Introducing more sizes for outstanding protection.



S

M

L

XL

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.

GET YOUR FREE TRIAL KIT AT DEPEND.COM



[†]vs Previous

[†]Purchase by 2/26/19. Mail in by 3/12/19. Online access required. Limit 1 per household. Original receipt/UPC required. Restrictions apply. See www.depend.com/yourbestfitguarantee for details and form.

The solution is discipline and, I admit, that can be tough. It means tighter budgeting, sacrificing some of your small pleasures, perhaps taking a second job to generate more income.

Focus on paying off the higher-interest debt first – the interest rate on credit cards is especially onerous, usually in the 20 per cent per annum range. If you're carrying card debt, switch to one with a lower rate – you can find a list at ratehub.ca.

Once the high-interest debt has been paid off, switch your attention to low-interest loans like mortgages and student loans. Your goal is to be debt-free by the time you retire although, sadly, fewer people than ever are achieving that. According to a survey released by Sun Life Financial earlier this year, 25 per cent of retirees are dealing with a non-mortgage debt burden.

Shockingly, two-thirds of those are still paying off credit cards. Don't go down that road if you can possibly avoid it.

KEEP SOME CASH In March, the bull market in stocks reached its ninth anniversary. That means it's now been more than nine years since we have seen a 20 per cent correction in share prices. A lot of people have profited along the way, to the extent that some seem to believe this is the way of the world: stock markets always go up.

They don't. Think back to the panic in the fall of 2008, when it appeared the world's entire financial structure was on the verge of collapse. Or remember the tech wreck of early 2000 when the internet bubble burst and markets plummeted. The NASDAQ Composite, which was heavily weighted to technology, lost 78 per cent of its value

before the carnage was over. It took almost 13 years for the index to regain its 2000 high.

There is another crash coming. I can't predict when, but history says it is inevitable. So, for your own peace of mind, keep some of your money in cash – enough to get you through at least a year of tough times, two if you have the resources. Stock market drops and recessions are never pleasant, but you'll rest a lot easier and worry less if you have cash available to carry you through.

If you achieve these three goals, you should eliminate finances as one of the impediments to the sound mind your body needs. I'll have to leave it to others to deal with your other concerns. ☐

.....
Gordon Pape is the editor and publisher of the *Internet Wealth Builder* and *Income Investor* newsletters. Go to his website at www.buildingwealth.ca.

EVERYTHING YOU WANT. AND THEN SOME.



On the shores of one of the world's greatest wonders, you'll find Niagara's most spectacular destination. Enjoy 4-Diamond luxury in our newly updated rooms & suites, tax-free dining and shopping, a more indulgent spa & salon, endless nightlife and world-class gaming with all the winning you can handle.

NOTHING ELSE COMES CLOSE




**SENECA
NIAGARA**
RESORT & CASINO



WORLDS IN COLLISION

THE GREAT DEBATE

Digital Technology: Promise or Peril?

PRO

“Technology will help define and actualize human freedoms.”



Peter Diamandis
Digital visionary,
co-founder of Singularity
University, world authority
on the digital future.



CON

“I trust the technology, but not the humans.”



Diane Francis
Award-winning
journalist, broadcaster
and commentator.

**Robots. Artificial Intelligence. Big Data.
It seems the digital revolution is unstoppable.**

But is it all good? Should we be more skeptical?
After all, look what just happened with Facebook.
Watch the sparks fly when two world-class experts
debate the future of digital technology.

WATCH IT LIVE ONLINE – FREE
Wednesday, June 20, 12:00 noon (EDT) – ideacity.ca

IDEACITY 2018: WORLDS IN COLLISION
June 20, 21, 22, 2018 – Koerner Hall, Toronto

ideacity

MOSES ZNAIMER'S
CONFERENCE



A Zoomer by Any Other Name

IT INFURIATES ME every time it happens. I'll be out shopping, and a salesperson, 20 or 30 years my junior, will start calling me "Dear" or "Honey." I tell myself it's because they are uneducated, and it's sexist – they would never talk that way to a man. But the slight is more likely about my age. At least no one is calling me "Young lady" – not yet.

These days, it's unthinkable to use some words that were commonplace when we were growing up to describe ethnic and racial minorities or people with disabilities. It's been years since I heard men referring to women as "chicks" or "birds." But age seems to be the last frontier for socially acceptable insults. Back in the day, everyone knew when they were being derogatory. Now, many people who patronize and infantilize older people think they are actually being complimentary.

It's astonishing how often this comes from the service industry – from people who rely on tips for their living. A quick search reveals dozens of complaints from older women about the way they are treated in restaurants – usually by younger male waiters. "How are you young ladies doing?" is a common opening gambit or "What are we having today?" There are even posts with suggested retorts and responses. They range from "I didn't know you were joining us" to adopting a blank look with a straight face and asking, "What do you mean?"

My most annoying experience happened at a day spa at an upscale hotel. It was a gift from my husband intended to be a real treat.

No sooner was I lying on a bed in a robe and head wrap, when the esthetician started: "So how old are you now, hon?" I felt trapped. A sharp response did not seem like a good idea given that she was about to give me a facial. She persisted with talk of anti-aging products and my beauty regimen. It took a lot of doing to get her to keep quiet. Clearly, she was hoping to upsell me by making me feel insecure. That's a whole other story.

In an article for an AARP publication, writers Amanda Duarte and Mike Albo came up with a glossary of words they consider Cool, Not Cool and Just Plain Mean. The words "older," "seasoned" and "ageless" are Cool in their view. "Geezer," "fogy" and "little old lady" are Just Plain Mean, while "over the hill" and "blue hairs" are Not Cool.

And of the phrase, "of a certain age," Duarte says, "It's like the number of your age is some kind of shameful thing if it's high, so people are speaking in code about it." But to me, the worst word on the list is "young" when it is used ironically by a younger person – for example, describing someone aged 90 as "90 years young."

The term "senior citizen" is also on the Not Cool list. In Japan, a recent survey found 90 per cent of people in their 60s reject the label. I wish I could stop using it – I have actually tried. But it is so entrenched in government and social programs that it would be difficult to report the news without it. I guess it will have to wait until our elected officials get the memo.

The list also got me thinking about the stories we tell. Pushing

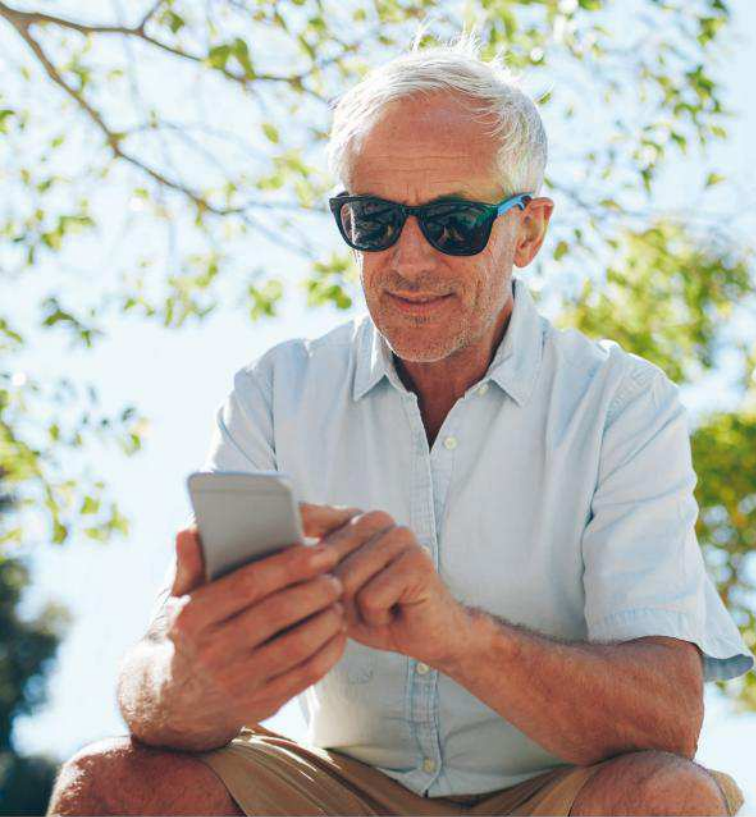
the boundaries of age should be celebrated, but I am increasingly seeing headlines that seem more patronizing than positive. Sometimes I've been guilty of reporting them myself. There's no question that centenarians who run marathons are newsworthy, but a 70-something woman who takes a ballet class or someone in their 80s who plays ping-pong once a week? Maybe that recognition is the equivalent of a pat on the head for a child or a pet.

I remember getting really annoyed when a former producer, who was 30-something, pitched a story about a 66-year-old running marathons. "There's nothing unusual about that," I huffed before curtly informing him that I know

"So let's stop making a fuss when our elders do the ordinary"

quite a few 66-year-olds who would leave him in the dust. The prospect of being that age or 76 or 80-something seems a lot more daunting from a distance of 30 years. For those who are closer, not so much. So let's stop making a fuss when our elders do the ordinary. And make sure you really know who you're calling "Dear!" ☑

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



ZOOMER[®] WIRELESS



- ✓ Plans starting at **\$16.20/month**¹
- ✓ **Travel Packs** and **Canada/U.S. plans**
- ✓ Phones starting at **\$0**
- ✓ Reliable **national LTE** network coverage
- ✓ **Dedicated Canadian** customer service 🇨🇦
- ✓ **Lifetime Rewards Bundle**¹

Smartphone Plan

~~\$40~~ **\$36**/month¹

Includes
1 GB data
bonus

- **500 MB** **2 GB** data usage^{2,3}
- **200** **400** **Canada-wide** minutes²
- **Unlimited** evening from 6PM to 7AM and weekend minutes
- **Unlimited** text, picture and video messages (Canada and international)
- **Includes:** Voicemail, call display and name display

Samsung Galaxy J3 Prime



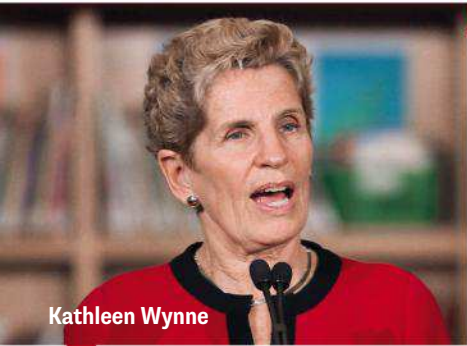
\$0

- 2-year term**
\$250 no term
- 5" touch screen
- 5 MP camera
- Easy Mode

Other **plans** and **phones** available

1.888.632.1533 | **ZOOMERWIRELESS.CA**

Offers shown expire June 30, 2018 and are subject to change without notice. **1** Lifetime Rewards Bundle includes 10% off plan fees, the annual cost of CARP membership dues, Zoomer Magazine subscription and CARP Chapter donation are provided for as long as you are a Zoomer Wireless customer. For customers who currently have a CARP membership and/or subscription, renewal will start upon expiration of existing CARP membership. For customers who do not have a CARP membership, membership and subscription will start immediately upon signup with the Zoomer Wireless program. 10% OFF plan fees cannot be combined with Bring Your Own Phone discount. **2** Double minutes, texts and data bonus applies with a 2-yr term on Individual plans from \$18/mo to \$60/mo and on all Couples and Family plans; bonus not eligible with Canada/U.S. plans. **3** 1 GB promotional bonus applies with a 2-yr term on in-market Individual wireless plans from \$40/mo to \$95/mo and \$80/mo Family Data Share Plan. 1 GB promotional bonus included and not eligible for Double minutes, texts and data bonus. Other offers cannot be combined. Early cancellation fees apply with a 2-yr term. Some conditions apply, call 1.888.632.1533 or visit www.zoomerwireless.ca for details.



Kathleen Wynne

OUTRAGE OVER WYNNE'S AGEIST REMARKS

SPEAKING BEFORE an audience of Humber College students in Toronto in early March, Ontario Premier Kathleen Wynne issued this bleak scenario of what might happen if young people don't vote in the June 2018 provincial election.

"If you don't vote," the premier warned the youthful crowd, "then someone who looks like me is going to vote. Some senior person, older than me, some white person ... the reality is that that's the demographic that's going to get out and vote."

Not only did Wynne scapegoat senior voters but she doubled down by suggesting that all seniors are white. And why is turning up at the ballot box a bad thing? Seniors vote not only from self-interest but also for the good of society.

Instead of bashing seniors for voting, Wynne should have praised them for exercising their democratic privilege. Because if Ontario voting numbers mirror those of the 2015 federal election - where 78.8 per cent of Canadians between 65 and 74 went to the ballot box, compared to only 45 per cent of voters between the ages of 25 to 34 - she'll have to hope her gaffe hasn't turned off the province's largest voting bloc. —Peter Muggerridge

DECISION TIME

Before Ontario goes to the polls, Marissa Semkiw, CARP's director of policy, surveyed the major parties to find out where they stand on the key seniors' issues

What will you do to combat seniors' homelessness?

Liberal The vision of the Community Homelessness Prevention Initiative (CHPI) is to ... prevent, reduce and end homelessness in communities all across Ontario. In 2016-17, CHPI helped around 32,300 households experiencing homelessness to obtain housing. To achieve our goal of ending chronic homelessness by 2025, we have increased CHPI funding by \$15 million this year. Last March, we also announced the Home for Good program, which will invest up to \$200 million in supportive housing and services to help up to 6,000 families and individuals over three years. Ontario is also leading the way as the first jurisdiction in Canada to require homeless counts in our cities and towns. These enumerations will measure the scope of homelessness so we can take targeted steps to bring Ontario's most vulnerable residents home for good.

Progressive Conservative First and foremost, Kathleen Wynne has made life in Ontario more expensive. She has raised taxes, increased fees and tripled hydro bills. All of these costs hit seniors the hardest since most seniors are retired and live on a fixed income. We will make life more affordable for seniors by

bringing down hydro rates and cutting taxes. We will take action to increase the supply of housing to bring down the costs of rent and housing.

New Democratic Party There are now more families *waiting* for affordable housing than living in affordable housing, with seniors accounting for 32 per cent of the waiting lists, up 10 per cent from a decade ago. An NDP government will step up with increased public investments in new affordable housing, based on annual targets, working with partners that include the municipal, co-op and not-for-profit sectors. At the same time, we must save the affordable housing we already have ... the Wynne government has repeatedly refused to provide provincial funding to repair municipal social housing. An Ontario NDP government will ensure these homes are saved by committing to fund at least one-third of the costs of social housing capital repairs.

What will you do to further reduce hydro costs in this province?

Liberal Through Ontario's Fair Hydro Plan (as of July 1, 2017), we have lowered electricity bills by 25 per cent on average for residential customers ... small businesses and farms are also receiving a benefit.

Rate increases over four years will be held to the rate of inflation. While rates will rise gradually over time, the government remains committed to avoiding sharp increases. We are also committed to supporting people with low incomes and those living in eligible rural or remote communities by providing significant reductions – up to 40 or 50 per cent – on residential electricity bills. As part of Ontario’s Fair Hydro Plan, the Affordability Fund was launched ... to help Ontarians not eligible for low-income conservation programs and who need support to improve the energy efficiency of their homes. Eligible applicants are receiving benefits that could include, for example, LED light bulbs, power bars, energy-efficient appliances and better insulation.

Progressive Conservative Under the Liberals, hydro rates have tripled, with bills going up by more than \$1,000 a year. This is all because of failed green energy act experiments, overpaying salaries for hydro CEOs and an overall mismanagement of our energy system.

We’ll take immediate action to deliver real hydro relief for families and seniors.

New Democratic Party Our plan will lower hydro costs *for all rate-payers* by up to 30 per cent and *keep them down*. By bringing Hydro One back into public ownership ... we will get private profits off your hydro bill and make Ontario’s hydro system work for Ontarians. The NDP will permanently exempt hydro from the provincial HST and pressure the federal government to do the same. We will end mandatory time-of-use premiums that hurt Ontario families who have no control over when they need to use power. The NDP will get rid of unfair rural hydro delivery rates that are the highest in Canada. The NDP will expand hydro rate relief for low-income Ontarians.

What will you do improve resident safety in long-term care? In particular, will you commit to introducing mandatory staffing levels? If so, what will those staffing levels be?

Liberal We are partnering with the Michener Institute on a Personal Support Worker Registry that will improve transparency for patients and families and give them the peace of mind that the people who are delivering their essential care have the necessary training to care for them and their loved ones. With the passing of the Strengthening Quality and Accountability for Patients Act, new enforcement tools, including financial penalties and new offences for operators who repeatedly do not comply, are now available to ensure the trust we place in home operators to care for our loved ones is upheld. In November 2017, we announced that 5,000 new long-term care beds would be created by 2022 and over 30,000 over the next decade. The province will also prioritize reducing wait times for those in hospitals or in the community who would benefit most by long-term care. The needs of long-term care residents are becoming more complex. That is why we are investing \$300 million over three years in new funding, starting with \$50 million in 2018–19 to hire a registered nurse for every home, and setting a goal of increasing the provincial average to four hours of daily care per resident by 2022. This will provide residents with more direct, one-on-one patient care, including nursing, personal support and therapeutic care. It will also ensure that every home will have staff with specialized training in behavioural supports and in palliative and end-of-life care.

Progressive Conservative We’ll make sure that seniors feel safe and protected in their long-term care facilities. We’ll continue regular inspections and ensure that every operator running a long-term care home is abiding by the terms of their contract, which includes – first and foremost – the safety of their residents. In addition, we’ll build more long-term care facilities. ►





Andrea Horwath

New Democratic Party Andrea Horwath is the only leader who will launch a full public inquiry into long-term care within 100 days of being elected as Ontario's next premier. We will find and fix the problems in long-term care in order to make every home safer for residents – and to give every senior the comfort and dignity they deserve. Andrea will restore this legislated minimum standard of care for all long-term care homes. Every resident must get the care that they need, every day. Only the NDP will ensure that long-term care homes are funded and mandated to provide a daily minimum of four hours of hands-on care on average for each long-term care resident. We will also make it a right of spouses not to be separated against their will in long-term care. Couples who

have spent their entire lives together should never be separated by a system that doesn't work for them.

What will you do to better protect pension security for retirees in this province? The Liberal government has said it would relax solvency rules for defined benefit pension plans and increase the Pension Benefit Guarantee Fund (PBGF) by \$500 monthly. CARP believes that the PBGF should be indexed to the year's maximum pensionable earnings (YMPE)

as defined under CPP. The YMPE for 2018 is \$55,900. Will you commit to enhancing the PBGF beyond \$1,500 monthly?

Liberal The government has introduced certain amendments to the Pension Benefits Act in the spring [Budget] bill. One such measure is intended to extend the recent increase of the Pension Benefits Guarantee Fund (PBGF) guarantee retroactively to members of the Sears pension plan. This would ensure that Ontario members with a monthly benefit of up to \$1,500 would receive their full entitlement. Another measure, the introduction of a disclosable events regime, would strengthen the protection of pensioners by introducing mandatory disclosure of certain employer-related or plan-related events. ►

PROVINCIAL ROUNDUP

While Ontarians prepared to go to the polls to elect a new government, CARP was also monitoring the rest of Canada to see how provincial governments are doing on the key seniors' issues



British Columbia

The NDP 2018 provincial budget included a welcome infusion of \$548 million to help bring care levels for seniors up to recommended levels. The government had little choice but to invest in the long-term care sector after a groundbreaking study from the Office of the Seniors Advocate that found serious problems in the B.C. long-term care sector. Of 22,000 residents surveyed in the report:

- 62 per cent said they do not get to bathe or shower as often as they want
- One in four said they sometimes, rarely or never get help to the toilet when needed

■ More than one-third reported they aren't consistently getting the help they need at mealtimes

■ Four out of 10 said they do not want to be there

The budget money will help bring care levels for seniors up to recommended levels. That means 1,500 new jobs – about 900 care aides, 300 licenced practical nurses, 165 registered nurses and other health workers.



Alberta

In a move that should give beleaguered families more say over the quality of life their loved ones receive in long-term care homes, the Alberta government has passed the Resident and Family Councils Act. The NDP's new legis-

lation, which came into effect this April, guarantees residents and families the rights to establish self-governing councils in long-term care facilities. That means if a home is providing substandard food, services or activities, the law requires them to work with family council to resolve any concerns. The councils are seen as a way residents and their families can feel more involved and in control of their lives. "As government, we completely agree that Albertans should have a voice in these matters," said Sarah Hoffman, Alberta's minister of health. CARP members interested in setting up a family or resident council can download a toolkit at open.alberta.ca.



Saskatchewan

While a surprisingly high number of long-term care residents in Saskatchewan say they are generally satisfied with their home, many expressed concern with specific issues like understaffed homes, access to alternative levels of care, lack of menu choices and aging infrastructure. NDP health critic Danielle Chartier blamed the governing Saskatchewan Party, saying that their "cuts have made it impossible to properly staff long-term care facilities, and both residents and health-care workers are left paying the price."



Manitoba

While the Progressive Conservative government's 2018 budget focused heavily on tax and spending ►

Hello, June!

June is Parks and Recreation month
and a great time for all Canadians to get active
and involved in their communities.



See what's out there at [CARP.ca/getmoving](https://www.carp.ca/getmoving)

HIGH ★ FIVE
Healthy Aging



This will alert the pension regulator to potential issues, such as significant asset stripping or the issuance of extraordinary dividends when a plan is significantly underfunded. Another measure is creating an advisory committee within the new pension regulator, the Financial Services Regulatory Authority (FSRA). This would help plan members by having a subcommittee dedicated to overseeing issues related to pension plans with distressed sponsors, allowing the regulator to respond quickly to the challenges that threaten pension security. The government will also develop a distressed pension plan workout scheme, which would assist in situations where an employer is showing signs of financial difficulty and may be unable to meet its pension plan obligations in the future.



Doug Ford

Progressive Conservative If you work day in day out for a pension and then retire, you expect that pension to be there. It should be there. It's what you were promised then it's what you deserve. Unfortunately, Kathleen Wynne and the Liberals have created an Ontario that businesses just can't compete in. Suffocating red tape, skyrocketing hydro rates and environmental cash grabs are driving jobs out of the province and forcing businesses to close. When those businesses close, their pensioners suffer. Enough is enough.

We'll make Ontario prosperous once more so that workers can rest assured that their pensions will be strong and protected. That is the way forward, to let private sector businesses flourish and take care of their own workers.

New Democratic Party An NDP government is committed to enhancing the Pension Benefits Guarantee Fund (PBGF) to \$3,000 monthly and to ensure future benefits grow with inflation. This is in line with the recommendations from the 2008 Expert Commission on Pensions, which consecutive Liberal governments failed to act on until the recent modest increase to the Fund. While the \$500 increase is welcome, it is far from sufficient to compensate for the PBGF being frozen for over 30 years. **Z**

cuts, one bright spot for the elderly or infirm was the reduction in ambulance fees, from \$425 to \$340.



Quebec

The Liberal government's 2018 budget contained several positive changes for informal caregivers (unpaid family members or friends who care for a loved one). The changes include:

- reducing the number of hours of services that caregivers must provide in order to qualify for a tax credit
- expanding the refundable tax credit for those who renovate their homes so they can age in place and live independently



New Brunswick

The Liberal government of New Brunswick used its 2018 budget to invest \$100 million to renovate the prov-

ince's care facilities. This will include the building of 10 new homes around the province as well as developing an additional 407 beds for people living with Alzheimer's disease and other forms of dementia.



Prince Edward Island

The province's 2018 Liberal budget announced measures that should help the 1,000 seniors and families who are on the waiting list for affordable housing. The government announced it will create 1,000 new units over the next two years and will also cover renovations to existing units and rent supports.



Nova Scotia

Nova Scotia continues to lag behind provinces like B.C. and Ontario when it comes to investing money into long-term care. In 2016, the province chopped one per cent of its

long-term care budget forcing homes to reduce food purchases and staffing levels. This prompted Barbara Adams, a CARP Nova Scotia board member, to accuse the government of "attempting to balance the budget on the backs of frail seniors in long-term care." In 2017, the Liberal government promised a new long-term care strategy but, as of the March 2018 budget, has still not increased funding. "How can [Premier Stephen McNeil] justify not opening a single nursing home bed in this budget when his failure to invest in long-term care has cost our province over this period just short of \$1 billion?" asked Gary Burrill, N.S. NDP leader. McNeil's Liberals are coming under further fire after CBC had to file a freedom of information request to force the government to re-

lease its own reports into the widespread physical, emotional and sexual abuse that takes place in provincial homes. In most other provinces, these types of reports are released automatically.



Newfoundland and Labrador

The province's Liberals used their 2018 budget to focus on home and palliative care. This will see more support for people with dementia, the creation of a province-wide palliative care program with training for clinicians, service providers and caregivers and the Home First Integrated Network, with wraparound services for seniors, and an extension of nursing and other professional services in the community beyond traditional work hours. —PM

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.

CARP Health 360 just might prove to be your new best friend.

Your parents (and Ralph) are road tripping for a couple of weeks when your father gets a sudden abdominal pain. Before they left, you set up their CARP Health 360 profiles and requested their records. Your father's medical history plays a key part in his treatment, which begins immediately. They're on the road again before you know it.

**Don't wait! Request
Your Records Now.**

CARP.CA/HEALTH360



FREE ACCESS FOR CARP MEMBERS
Concierge service available - full set-up and record retrieval

THE Manitoba

GUIDE TO

DELIGHTFUL SURPRISES

The gateway to Canada's west. Nature reigns supreme, as does history. Here's our Top 5 list of unexpected Manitoba gems.



MANITOBA OFFERS NATURAL WONDERS – BOREAL FOREST, NORTHERN TUNDRA, 100,000 LAKES – AND CULTURAL TREASURES – INNOVATIVE ART INSTITUTIONS, A PACKED FESTIVAL CALENDAR AND A RICH MULTICULTURAL TRADITION

1 SECRET SYMBOLISM, ESOTERIC CLUES, OCCULT meanings! The Hermetic Code may sound like Dan Brown's latest best-seller, but this one-of-a-kind architectural tour is a real-life investigation into the mysteries of the Manitoba Legislative building, a Winnipeg landmark since 1920.

In this riveting 90-minute exploration – designated a Signature Experience by Destination Canada – architectural historian Dr. Frank Albo unlocks the messages hidden within the stately neoclassical structure, connecting the building's design to mythology, numerology, Freemasonry and some scandalous civic history. By the time you're done, you'll see the iconic Golden Boy – a five-metre statue that looks out over the city – in a whole new light.

2 THE CANADIAN MUSEUM FOR HUMAN RIGHTS, the only museum in the world solely dedicated to human rights awareness, stands in downtown Winnipeg at the fork of the Red and Assiniboine Rivers, for millennia a traditional gathering place for Indigenous peoples.

The Mikinak-Keya Spirit tour, developed and gifted by seven Elders of the Anishinaabe, Cree and Dakota nations, is a guided cultural experience that links the museum's historic setting, innovative architecture and far-reaching mandate to Indigenous worldviews. Through ceremony, singing and storytelling, this contemplative journey explores the Seven Sacred Teachings, in which human rights and responsibilities are grounded in spiritual bonds connecting us to each other and to the land.

3 POLAR BEARS MAY GRAB THE MOST ATTENTION, but there's another big white mammal making waves – literally! – in Manitoba's north. The Hudson Bay is home to the largest beluga whale population on Earth, and summer is the best time to meet them, as they venture by the thousands into the warmer estuarial



1



2



3



5

waters of the Churchill River.

You can observe these gentle, playful creatures from a boat, using hydrophones to listen in on their chatty, chirping underwater conversations. Sea North Tours and Lazy Bear Expeditions also supply low-tech kayaking, paddle-boarding and snorkelling excursions: once you're in the water, you might find that curious belugas want to check *you* out.

4 WATCH CURTAINS OF COLOURED LIGHT SHIMMER and stream across the night sky in Churchill, rated one of the top three locations worldwide for viewing the aurora borealis.

Science can explain the northern lights as charged particles hitting the Earth's atmosphere. Inuit legends can speak of torches guiding spirits to the afterworld. But nothing can quite prepare you for the ethereal beauty of nature's own light show. Whether you're watching from the comfort of a domed viewing lounge or camped out on the tundra near a blazing bonfire, witnessing this astronomic event unfold across pitch-black subarctic skies is a transformative experience.

5 MANITOBA MAY BE AT THE HEART OF THE CONTINENT, but Lake Winnipeg – breathtakingly vast and beautiful – feels like an inland sea. With limestone beaches, rocky cliffs, lowland marshes and deep swathes of boreal forest, the complex ecosystems surrounding the lake are home to moose, deer, bears and teeming birdlife.

The Lakeview Hecla Resort offers rugged hiking and biking trails, along with a luxury Nordic-themed spa and an 18-hole lakeside golf course. The town of Gimli, founded on the lake's southwestern shore as a haven for Icelandic immigrants in the early 20th century, is packed with cultural amenities, including a fourth-generation family-run general store, restaurants serving pickerel pulled from the lake, and even an annual summer film festival.



Your Adventure Starts Here.

Discover Manitoba's Big Five on a wildlife safari like no other.

Join us on an adventure that takes you from the bold boreal forests of Riding Mountain National Park in central Manitoba to the vast tundra of the North in search of moose, black bears, bison, beluga whales and polar bears.

Find your true north on an authentic experience with Frontiers North Adventures.



**FRONTIERS
NORTH**
ADVENTURES

1 800 663 9832
frontiersnorth.com

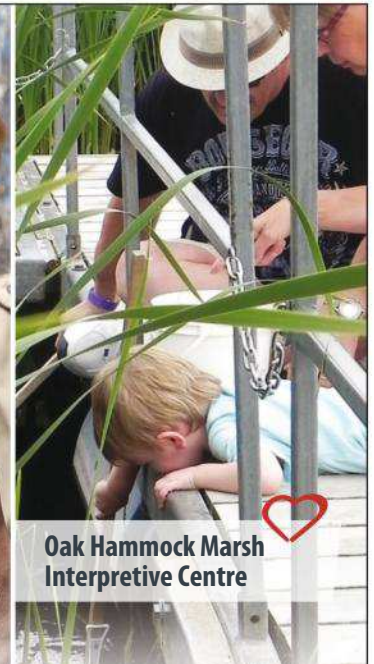
Lower Fort Garry
National Heritage Site



Steep Rock
Limestone Cliffs



Narcisse Snake Dens



Oak Hammock Marsh
Interpretive Centre



Get your copy of the
Interlake Travel Guide & Map!

interlakeadventures.com
1-877-468-3752

Manitoba's Interlake...

your Heart Beats here!



“The stronger the body, the more it obeys;
the weaker the body, the more it commands”

—Jean-Jacques Rousseau, Swiss philosopher (1712-1778)



THE I.V. LEAGUE

You've watched him on screens big and small and, as Bruce Greenwood returns in a new medical drama, **Nathalie Atkinson** goes behind the stealth stardom of Canada's most prolific leading man

IT'S BEEN MORE than 30 years since Bruce Greenwood first swept through the hospital corridors of *St. Elsewhere* as a cocky young resident. Now he's back on rounds starring in *The Resident* (Citytv), a new medical drama that explores the personal and professional lives of doctors working in a system corrupted by ego and money. This time, however, Greenwood plays the arrogant head of surgery and chief antagonist to idealistic young resident Matt Czuchry (*The Good Wife*, *Gilmore Girls*) and nurse Emily VanCamp (*Revenge*).

As Greenwood joked, "If there is a big star in the movie, chances are I am going to play the villain." Although it's true he's often the charming rogue we love to hate (think *Knots Landing* or Ashley Judd's treacherous husband in *Double Jeopardy*), Greenwood has also portrayed American presidents both fictional (*Kingsman: The Golden Circle*) and real (John F. Kennedy in *Thirteen Days*), beloved cult characters like Capt. Christopher Pike in J.J. Abrams's acclaimed *Star Trek* reboot, prestige TV regulars in *American Crime Story* and *Mad Men* and more than held his own as former Kennedy-

era U.S. defense secretary Robert McNamara opposite Meryl Streep in *The Post*.

If his rugged good looks seem familiar, it's that the Canadian actor has graced these countless television and cinema screens since his first credit on *The Beachcombers*. Yet to the extent that there is a Canadian star system, our top thespian talent has always defied typecasting – even matinee idols who have leading-man charisma are chameleon character actors, often easily recognized but difficult to place. Throughout his career that has allowed Greenwood to move effortlessly between a range of distinct juicy parts, from the appealing hero on the run in cult conspiracy series *Nowhere Man* to singular supporting roles (acting alongside fellow *St. Elsewhere* alum Denzel Washington in several movies, for example, including *Flight*) to amiable or, more often, duplicitous.

Like other noted character actors who disappear into their roles – Michael Shannon, Ben Mendelsohn, J.K. Simmons, Don Cheadle and Brian Cranston come to mind – it's the unforgettable work defined by skill and versatility that shines. Now, thanks in large part to the explosion of prestige TV, memorable character work is having a breakout moment and finally minting the actors themselves as a

new kind of leading man.

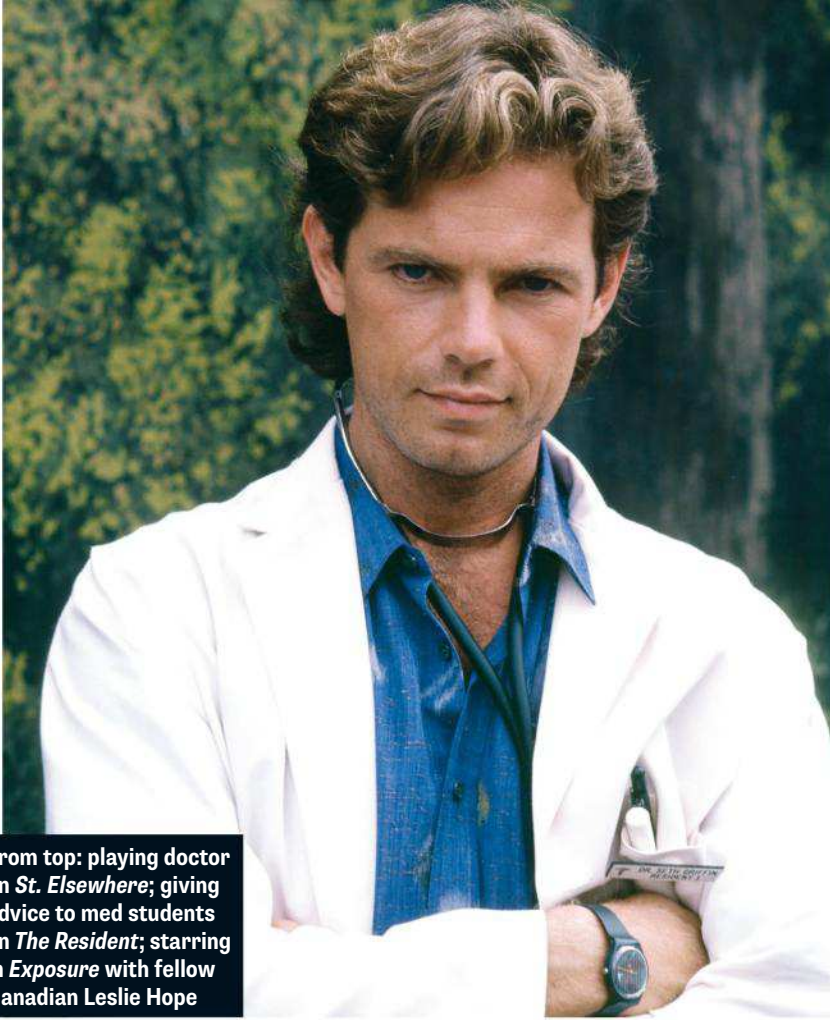
Born in Quebec, raised in British Columbia and for the last 30 years based in Los Angeles, the Canadian actor is never far from home – he's made many films with long-time friend and director Atom Egoyan and almost always has a homegrown indie project on the go, like Collin Friesen's upcoming *Sorry for Your Loss* and *Exposure*, produced by fellow Canadian and co-star Leslie Hope. He sat down for a conversation in Toronto while on a press tour for *The Resident*.

Before we get to *The Resident's* Chastain Park Memorial Hospital, rewinding back to *St. Eligius* – That's a major rewind!

It is. Because *St. Elsewhere* and its sibling cop show *Hill Street Blues* changed the shape of television drama. Were you aware of their influence at the time?

Oh, I was completely unaware of it. I was a rube from Vancouver with shoulder-length hair and all I wanted to do was go hang at the beach and play guitar. And I was barely aware when I went in for the audition that it was a hospital show. Barely! But the scripts were great, in spite of the fact that they let me have a mullet, which now seems like a terrible idea. ▶





We've seen those YouTube clips. Yep, yeah – sorry.

I'm only three episodes into *The Resident*, but it seems deeply cynical, about capitalism affecting patient care for example. A show about the American health-care system yet a couple of Canadians star in it – Emily VanCamp [as Nic] and one of your co-stars is married to a Canadian.

Wait, Manish [Dayal]'s wife is Canadian? I didn't realize that!

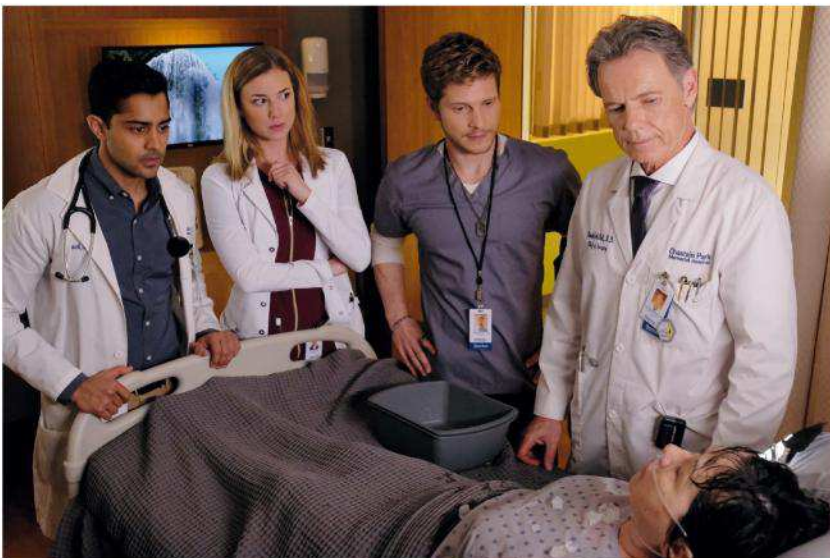
Have you experienced any of that cynicism yourself with the American system?

I'm not uncynical about the Canadian health-care system either, having had lots of friends wait months and months and months to get issues addressed. It ain't perfect by any stretch – we've thrown that baby out with the bath-water to a large degree. And in terms of the show being somewhat cynical about the contest between money and medicine, between care and commerce, that's one of the windmills it really wants to tilt at. And sometimes does it successfully, often does it very broadly because there isn't a lot of time to tell those stories in a detailed way with four or five concurrent stories happening in an episode. But we're trying to do that.

It's not the most – shall we say – reassuring show.

No, but that part of it that is not reassuring, that makes you worry about the fact that as a patient you're going to be overlooked because they want to save money here or there, they're trying to balance that with the altruism of the Conrad [Matt Czuchry] and Nic [Emily VanCamp] characters. Everybody I've ever met in health care has been somebody who I've felt sincerely wants to help me. But not

From top: playing doctor on *St. Elsewhere*; giving advice to med students on *The Resident*; starring in *Exposure* with fellow Canadian Leslie Hope



every time have I been in the hospital for an operation on my knee or whatever have they said they can do it right away.

Another of the things *The Resident* tackles is how social media has changed medicine. The show opens with selfies in the operating room. The doctors manipulate Rate Your Doctor apps, which seem like the worst possible twist on a profession already rife with hubris. To what extent has that same social media dimension altered Hollywood since you started?

Oh, in innumerable and profound ways. Now, if you don't have a Twitter following, you're less hire-able. And I don't – because I just can't imagine being saddled every day with coming up with five different points of view on whatever is happening at the moment. I just don't want to put myself through it. And self-promotion is a very ... everybody seems to be really aware on a deep level of self-promotion and how best to effect it. And it's just not something I know how to do, particularly.

What do you do in your precious downtime then?

Play guitar. And travel. As soon as this next project is over, I'm going to Peru and Ecuador and Machu Picchu and the Galapagos.

And you play chess I hear?

I do. I bring a chessboard everywhere.

Who's the best chess player on set you've ever played?

[answers without hesitation]

Will Smith. [his *I, Robot* co-star]

He beat you?

Oh, he slapped me, just swatted me from one end of the board to the other. Although there was another guy, on a movie I did with Annette Bening [*Being Julia*, 2004]. We were in Budapest in this great big

square, and everybody in Hungary plays chess, so I was playing with an extra. I had my board and he beat me. And he beat me again. He didn't speak any English. And there's a crowd that had gathered around watching this old guy play this actor – and he excused himself and walked through this crowd and went right to the director István Szabó and said something, then came back and sat down and we played again and he beat me. Again. And then again. Then it was time for me to go to work. I asked István the next day, 'What did that guy say to you?' [switches to Hungarian accent] "Oh, he was just ask if was okay continue to beat you." So, I've met a lot of good chess players, but Will Smith is the most highly visible best one. I think Guy Ritchie beat me, too. [*Swept Away*, 2002]

This could be a web series. Like Jerry Seinfeld's *Comedians in Cars Getting Coffee*.

Yeah: *Name-Dropping Chess Players I've Being Beaten By*. Most people have beaten me, actually, come to think about it.

I'm not sure if you're still following the Star Trek timeline, but the season of the new *Star Trek: Discovery* TV series ended with *Discovery* intersecting with the USS Enterprise at a point in the continuity when your Capt. Pike would still be captain. Is there a chance we might see you for a third outing as Pike in that context?

This is the new television show that's filming here? [He pauses] I don't know. That's interesting. That's a good question. Not something I can answer. [He teases with peals of laughter] No, I really can't.

You really can't — it's not a *Mad Men* secret thing where you "can't answer."

No – although I've been in that place. I've been in the Matthew

Weiner place where you can't answer, and it's *very* scary. Oh, you'll be sued. They have very serious conversations with you about what you can't say.

Looking at your varied career credits, even just recent ones like *Rehearsal*, *Sorry for Your Loss* and the upcoming *Strike!* and your support of the Telefilm Canada's Talent Fund, you pay more than lip service to working with our industry and talent. Why is that important to you?

Well, it's nice to come home. It's nice – and fun – to tell Canadian stories. *Strike!* particularly [about the unprecedented General Strike that shut Winnipeg down in 1919] I'm *really* looking forward to. And this little movie I'm doing with Jerry Ciccoritti and Leslie Hope next week called *Exposure* is really interesting. I mean, no money, our own wardrobe, no dressing rooms, no nuthin'.

That must take you back.

In fact, a lot of the wardrobe I have personally is taken from sets, it's hard to tell what's my own wardrobe and what came first, you know – the chicken or the wardrobe!

Like what? Did you keep any of Robert McNamara's 1970 clothes or the *Mad Men* polyester leisure suits?

No, I didn't keep that – or the wig.

Well, you have played three major historical figures from a certain continuum in American history — McNamara, John F. Kennedy himself [*Thirteen Days*, about the Cuban Missile Crisis] and Sandy Smith [the Watergate reporter at *Time* magazine, in thriller *Mark Felt*]. Can you talk a bit about the research and if playing one character perhaps informed another? First, I should tell you that my aim is to play everybody in Kennedy's ►

cabinet at one point or another. Let's just get that out of the way for prospective other movies that might be being made about that period. [Greenwood chuckles.] For JFK, of course I did voluminous amounts of research and the same thing for McNamara. For Sandy Smith not as much because a lot of that research was overlapping.

Did doing McNamara in *The Post* almost 20 years after the Kennedy movie change the way you understood Kennedy?

I would play Kennedy differently now, having read more. But the funny thing is when you're doing historical dramas the more you read, the more you realize that any given account is a point of view. And is going to be different from another iteration or articulation of what that event was. The more you read, the more you realize there's not going to be a definitive account.

In terms of your attitude to aging on screen, the role I think about most specifically is *Gerald's Game* [an intimate chamber piece based on the psychological thriller by Stephen King about a wife (Carla Gugino) whose husband dies while she is handcuffed to a bed during sex games], which has you both in lingerie. You really can't shy away from the camera. How did you approach that, and did it give you an appreciation for the image pressures women face in Hollywood?

It was like "Okay, you're going to be in your underwear for a month. And what are you gonna do about it?" There were a couple of choices. I could just let myself hang out and be as I am now or – I know what I'll do [he laughs] – I'll decide he's a narcissist! And I'll really work out! And it worked for that character, that he was narcissistic to the nth degree. So I gave myself the permission to do 150 crunches a day and try and get in as good shape as I possibly

could in six weeks. That pressure, I put on myself but men, we don't face the kind of pressure that women face in terms of looking presentable in a negligée – we're always dressed up and concealing our age.

Do you think that's changing at all, given what's been going on in Hollywood these past months?

It's kind of a weird thing. There's an interesting thing happening also where as a culture we're being asked to just accept our bodies, right? And accept *however* we look. And at the same time, well, if we're really really out of shape, then we're really out of shape. And it's not good for us to be out of personal health on a certain level because 30 years from now when you're getting diabetes and your knees are sore, it might not be so great!

Do you have any advice for your 25-year-old self on that?

Oh God, yeah! Well, first of all, do a whole lot less of *everything* you were doing. [laughs] Except for skiing. That might not be the answer you're looking for in terms of body shaming and everything, but I think it's kind of tricky, right? Being okay with everything ... maybe I should just leave it at that. What's your next question!

All right then. Well-written good guy or well-written bad guy? Is likability overrated? You often play morally ambiguous yet likeable people. That seems a draw for you. You can't really get away with being a bad guy if you appear to be a bad guy all the time.

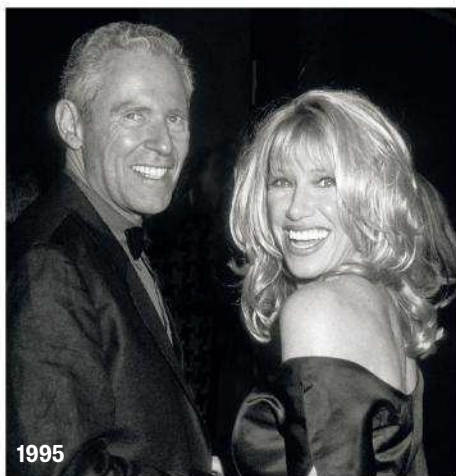
You try and find a way to make somebody who's got nefarious agendas to make them appear balanced enough that you can believe that they're doing what they're doing. And they're getting away with it. **■**

This interview has been edited and condensed.



PHOTOGRAPHY, BRIAN VANDER BRUG/LOS ANGELES TIMES/CONTOUR BY GETTY IMAGES





Somers *Lovin'*

Three's Company star Suzanne Somers and her Canuck hubby, Alan Hamel, open up about five decades of romance, health and her own Hollywood Time's Up history **By Mike Crisolago**



T TENDS TO BE NEAR THE END of a long work day when the television announcer's voice booms through the intercom in Suzanne Somers' home office, the actress explains – apropos, I think to myself, given the 71-year-old forged her fame in the small screen spotlight. She goes on, dreamily reminiscing about these “come on down” calls of a different sort, delivered by her husband, Alan Hamel, 81, Toronto-born game show host and namesake of Big Al's Bar, the couple's home watering hole. He buzzes to invite his beloved to indulge in a pre-dinner tippie, to which Somers glides on a fresh coat of lipstick and hurries to join him.

“It's outdoor, and we watch the dusk turn to dark and put on that cocktail bar music: ‘You must remember this, a kiss is just a kiss,’” Somers muses, recalling the line from “As Time Goes By,” the tune made famous in *Casablanca*. “Pretty soon we're dancing.”

It's a routine that recurs four or five times a week, she adds, swooning through the details with the airy contentment of a youth struck by first love. Except, of course, they've been together for 50 years and married for 41 of them – a rarity in Hollywood, where celebrity unions often jump the shark faster than the *Three's Company* spinoff, *The Ropers*.

The pair is all smiles when they arrive at this magazine's Toronto headquarters, the Zoomerplex, to discuss their book *Two's Company*, which reveals how they've navigated the highs and lows of their relationship. Somers breezes in, her blond locks popping against her black dress as she snuggles onto the couch next to Hamel, with his grey curls and leather jacket, who declares, “We haven't spent one night apart in over 37 years. We're together 24 hours a day. Most people couldn't handle that. We love it.” Somers adds, “It's a very romantic time in life.”

They aren't shy about sharing the intimate details of that romance either – TMI be damned – from how they knock boots at least once a day to how Somers injects Hamel with testosterone each week on “Testosterone Tuesday” to boost his energy and sex drive. He smiles and quips, “So don't call us Wednesday.”

“When I was younger, they used to call these ages the Golden Years,” Somers recalls, “and it had a negative connotation of two little old people sitting in a rocking chair. [Today] Golden Years has a whole new definition.”

The grandparents of six – Somers reveals they're soon to be great-grandparents – they still work at least eight hours a day on upcoming projects. He brings her a morning coffee in bed and she cooks him organic meals. They hike regularly through California's San Jacinto Mountains, indulge in tequila and maintain a bioidentical hormone replacement regimen, which they believe keeps them far younger than their birth certificates suggest. “I thought I would be old at 70,” Somers says. “I'm 71 now. I'm not old.”

And that's when it becomes clear, somewhere between talk of tequila and testosterone, that the secret to this couple's vitality is deceptively simple – they're a genuine team. It's

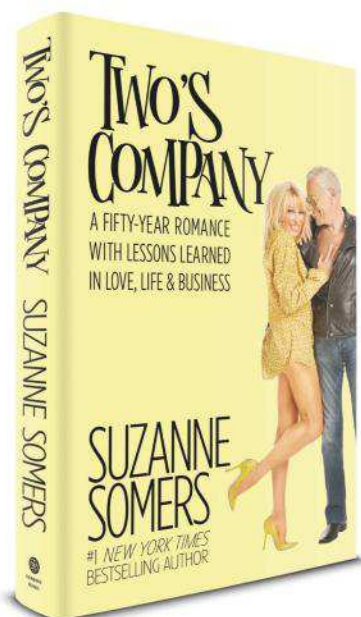
been that way almost from the day they met back in 1968, on the San Francisco set of *Anniversary Game*.

Somers, 22 at the time and a single mom to a young son, tried out for a job as a prize model on the game show. The producers cut her after one day. Still, Hamel, the host, 32 and a father of two children on the cusp of a divorce, was immediately taken with the blond bombshell. “It was lust at first sight, but it was a lot more,” he writes in *Two's Company*. He phoned her at home and asked her to his hotel suite, where they enjoyed pot brownies, Dungeness crab and their first intimate encounter.

The couple never looked back. The years that followed involved efforts ranging from blending their families to Somers attempting to carve out her big break. The latter arrived in 1973, when she appeared as the mysterious beauty in the white Thunderbird in *American Graffiti*. The part caught the eye of Johnny Carson, who invited her to make her national television debut on *The Tonight Show*, opening doors for guest stints on various TV series. Then, in 1977 – the year she and Hamel married – opportunity, ahem, came and knocked on her door. Somers landed her career-defining role of ditzy Chrissy Snow on the ABC sitcom *Three's Company*.

The hit farce, about a man (John Ritter) pretending to be gay so he can room with two women (Somers and Joyce DeWitt), shot the 30-year-old to instant sex symbol status. As the series progressed she became, arguably, its most bankable star, a notion Somers tested in 1980, at the outset of the show's fifth season, when she, with Hamel's help negotiating, demanded equal pay to leading male TV stars of the day. The network refused, dropping her from the show.

“You were fabulous, and I never thought they'd let you go,” DeWitt said in 2012, on an episode of ▶



PHOTOGRAPHY, GINDY GOLD (2018); RON GALELLA/WIREIMAGE/GETTY IMAGES (1978-COLOUR, 1979, 1982, 1984, 1985); ROBIN PLATZER/IMAGES/GETTY IMAGES (1978-BLACK AND WHITE); HARRY LANGDON/GETTY IMAGES (1980-COLOUR); DAVID STRICK/HULTON ARCHIVE/GETTY IMAGES (1980-BLACK AND WHITE)

Somers' internet talk show *Suzanne Somers Breaking Through*. "They could not respect the feminine contribution. You went up against ruthlessness, and it came down."

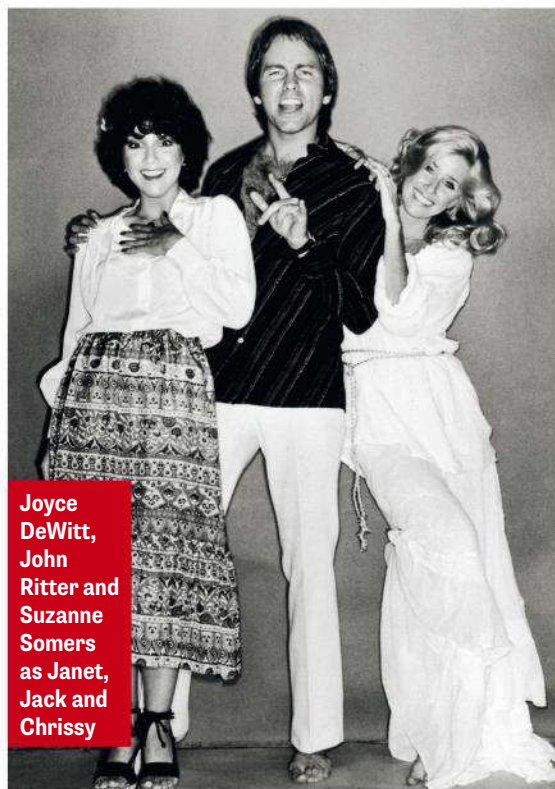
In hindsight, Somers believes that the network brass viewed the situation, in part, as, "Here's Chrissy Snow thinking she could be paid what men are being paid."

"I believe that Suzanne Somers is right. Many people can't get beyond the character an actor plays to see the real person," Lynn Spangler, professor and author of *Television Women from Lucy to Friends: Fifty Years of Sitcoms and Feminism*, says. "However, their treatment of her could simply reflect how they saw all women."

Today, revelations about female talents, like actress Michelle Williams, who was paid 1,500 times less than co-star Mark Wahlberg to reshoot scenes in the 2017 film *All the Money in the World*, and Jennifer Lawrence, who the 2014 Sony Pictures email hack showed made less than her male *American Hustle* co-stars, put gender pay disparity in Hollywood under increased scrutiny. Forty years ago, there were no email hacks or social media crusades triggering calls for equality.

"In [1980], when you have a system that is overwhelmingly run by men, the executives are men, the agents are men, the lawyers are men, there is no one to advocate for you," Joanne Lipman, media executive and author of *That's What She Said: What Men Need to Know (and Women Need to Tell Them) About Working Together*, says. "It's a little frustrating that things haven't changed since Suzanne Somers asked for equal pay decades ago."

"It makes me laugh to think that



Joyce DeWitt, John Ritter and Suzanne Somers as Janet, Jack and Chrissy

Chrissy Snow from *Three's Company* was an early pay parity feminist," Somers adds. "I got hurt, but we didn't get mad. It was Alan who said to me, when he came back from that non-negotiation [with ABC], that we're going to make this work for us."

And they did. Post-*Three's Company* the couple doubled down, like outlaws blazing their own trail through show biz's Wild West.

"My dear Al, who grew up shooting pool at Spadina and College in Toronto, has incredible street smarts, which he has applied to our businesses," Somers says.

Hamel arranged for her to perform a stage show at the MGM Grand in Las Vegas for two years, a gig that led to a decade of playing Sin City while earning a 1987 Las Vegas Female Entertainer of the Year honour. Meanwhile, her endorsement of the bestselling exercise device the Thighmaster, a campy and ubiquitous presence on commercial TV in the 1990s, kept the actress in the public eye and allowed her to launch everything from jewelry lines to cleaning products and organic cosmetics.

"The Home Shopping Network

- I did not share Alan's vision on this, so I reluctantly agreed," Somers admits. She was eventually inducted into the Direct Response (Infomercial) Hall of Fame in 2014.

She also travelled overseas to entertain American troops, returned to sitcoms in the late 1980s through the 1990s with starring roles on *She's the Sheriff* and *Step By Step* as well as a *Candid Camera* reboot and competed on *Dancing with the Stars* in 2015, at age 68, among other projects. In addition she became a best-selling author, penning 26 books ranging in genres from self-help to cooking to

health and wellness guides.

"If you think of all the women of the '70s, I'm one of the few still standing because I consciously chose to continuously reinvent myself," notes Somers.

The couple's life, however, wasn't all sitcoms and Thighmasters. In 2001, Somers underwent a lumpectomy for breast cancer, declining chemotherapy and, instead, using a drug derived from mistletoe extract. She went on to champion various alternative medicines for battling cancer - high-profile promotion that drew criticism from the medical establishment. Her 2005 one-woman Broadway show, *The Blonde in the Thunderbird*, closed early after poor reviews and, in 2007, wildfires claimed the couple's Malibu home. They moved into a temporary residence, which was contaminated with black mould, causing myriad health problems and, a year later, while staying at a hotel that was hosting a pharmaceutical conference, Somers fell critically ill. After medical professionals stumbled over a diagnosis, she had her hair analyzed by an alternative doctor who told her she'd been poisoned

IT TAKES TWO

They say you shouldn't mix business with pleasure, but Suzanne Somers and Alan Hamel proved that axiom wrong – one of the rare couples who've established a successful brand, and an ever-lasting bond in the glare of Tinseltown.



Mary Pickford and Douglas Fairbanks

Canadian-born “America’s Sweetheart” Mary Pickford, along with Fairbanks, became Hollywood’s first “it” couple. They enjoyed on-screen success, but their partnership arguably made a greater impact off-screen, co-founding Pickford-Fairbanks Studio and United Artists and helping to create the Academy of Motion Picture Arts and Sciences. Fairbanks even hosted the first Oscars while Pickford won the second-ever Best Actress prize. They divorced in 1936 after 16 years of marriage and failing to transition from silent films to talkies.



George Burns and Gracie Allen

The couple met in 1923, when he was 27 and she was 28 and forged both a decades-long marriage and a career together. Their legendary Burns and Allen comedy pairing became one of the few acts rooted in vaudeville to transcend radio, television and film, and Burns never stopped honouring Allen publicly after her death in 1964. The city of Los Angeles even named a street after each of them, meaning you can actually stand at the intersection of Gracie Allen Drive and George Burns Road.



Lucille Ball and Desi Arnaz Not only did Lucy

and Desi, who were married for 20 years, create and star in one of the best-loved sitcoms of all time, *I Love Lucy*, but they also founded one of America’s most successful production companies, Desilu Productions. After their divorce in 1960, Lucy took over Desilu, a groundbreaking move that made her the first female stu-

dio head in television history. She later sold Desilu to Paramount Pictures for \$17 million and started a second production company, Lucille Ball Productions.



Ossie Davis and Ruby Dee Davis and Dee’s

relationship dates back to the Civil Rights movement, where their activism included marching on Washington alongside Martin Luther King Jr., lending vocal support at rallies and working alongside the movement’s leaders. They carried that passion to the stage and screen, performing together numerous times while using their careers – Davis an accomplished director and Dee an award-winning actress – to help shatter barriers for African-Americans in Hollywood.



Brad Pitt and Jennifer Aniston

One of Hollywood’s most buzzed-about couples in the early 2000s, Brad and Jen’s five-year marriage

spawned a production company, Plan B Entertainment, co-founded with producer Brad Grey. Their 2005 marital split became tabloid fodder due to a love-triangle involving Angelina Jolie, with whom Pitt starred in *Mr. & Mrs. Smith* that year. The divorce settlement gave the actor full control of Plan B, which has turned out three Best Picture Oscar winners to date – *The Departed*, *12 Years a Slave* and *Moonlight*.



Tom Hanks and Rita Wilson Beyond

establishing a 30-year marriage that is the envy of most Hollywood couples as well as acting together in multiple films, Wilson has proved integral in helping to establish her husband’s production company and record label, Playtone. She serves as its CFO and has steered Playtone toward creative success, including tipping off Tom about a Canadian play called *My Big Fat Greek Wedding*, which they adapted into one of the most popular and financially successful romantic comedies ever. —MC

with a drug called succinylcholine. “This was hardball,” she writes in *Two’s Company* of the suspected poisoning. “I could never prove it. Nor could I talk about it, lest I come off as a nutcase.” She fell into a deep depression.

“[Alan] never gave up on me, and we’ve never given up on each other,” Somers says. “So you learn a lot. You can choose to say, ‘Poor me,’ or ‘How can I use this to make myself grow?’”

As she’s prone to do, Somers par-

layed negatives into positives, writing books about her setbacks in the hope of helping others navigate difficult situations. “I sell my problems. What other people might see as negatives, I see as opportunities,” she says. “The older I get, the more credence I get with my message.”

The actress notes that she has at least three more books in the works while hinting at a new fitness product that could arrive this year and, perhaps, in this age of television

reboots, from *Murphy Brown* to *Roseanne*, even the reprisal of her most famous character. “All these years later, I feel that Chrissy Snow never finished expanding her character and someday, I may bring her back in another form.”

Whatever the future holds, personally or professionally – and judging by their track record, it won’t go exactly as planned – the only certainty is that Somers and Hamel will face it together. **2**

CROWNING GLORIES

With a royal wedding all the rage, it's hats off to milliner Karyn Ruiz and the art of stylish chapeaus
By Derick Chetty Photography by Chris Chapman

IT IS SAID A HAT should perform one of three basic functions: giving protection, being stylish or marking a profession. But sometimes a hat transcends such perfunctory work and becomes symbolic of a momentous occasion and yes, a meme. Cue the image of Aretha Franklin singing in her grey woollen hat at the inauguration of President Barack Obama. And who can forget Princess Beatrice in her beige curlicue bow fascinator by Philip Treacy at the nuptials of Prince William and Kate Middleton? This being a year of major royal matrimonies – Prince Harry tying the knot with Meghan Markle, followed by Princess Eugenie to James Brooksbank – the tradition of posh toppers and fancy fascinators will no doubt continue.


For Karyn Ruiz, who celebrates her 30th anniversary as a milliner and has operated Lilliput Hats, a Toronto boutique for two decades, this is prime time, pointing to the influence that royal weddings have on hat sales. “For that person who might have been unsure in the past, it gives them confidence and shows the widespread acceptance, interest and fun in wearing hats.” She notes, “Even bridal showers and tea parties, I’ve noticed now the invitations will say, ‘Please wear a hat.’” Her creations have sat atop the heads of Canadian royalty, that is, Céline Dion on her wedding day, and among other notables, a select few Canucks who were guests at Wills and Kate’s wedding. And she has created at least two hats for guests attending Harry and Meghan’s wedding.

In the early days of her milliner career – a “start-cute” endeavour after the tap-dancing class she originally meant to attend was too full and she went to the millinery one next door – Ruiz relied on creating strong architecturally shaped hats without the adornment of expensive silk embellishments. “For years, I viewed myself as

a tradesperson like a plumber,” she said. “I was building something, working with a material.” For her 30th anniversary collection, she revisited this kind of esthetic – hats that took their cues from shape and form. “There’s a lot of respect for something handmade, and there is a growing interest in things locally made and things made by hand in a shop that’s been around a long time.”

One of her most meaningful commissions came from the late Gord Downie, the frontman of the Tragically Hip, for the hats he would wear during the band’s seminal 2016 Man Machine Poem farewell tour. “The task was very daunting because he was one of the most beloved Canadians – for good reason – so to be able to take that task on, I had to get it 100 per cent right.”

For inspiration, the performer sent Ruiz a photo of Bob Dylan from the 1970s wearing a hat with a tall crown and rolled-up brim. She created a total of six hats for him, styled with a high crown – to suit his 6 foot 2 frame – and richly embellished with feathers, metallic ribbons, studs, porcupine quills and tiny bird bones.

Downie knew his glittering metallic suits designed by Izzy Camilleri and the extravagant hats would in some small way take people’s minds off his illness. But the hat also became symbolic of the man and his legacy. Downie had made bringing awareness to the wrongs inflicted upon Canada’s Indigenous peoples his final mission. His rallying cry, the story of Chanie Wenjack, an Ojibwa boy who ran away from a residential school and died while trying to walk the 600 kilometres home. An illustration of Ruiz’s design has been incorporated into the logo of the ongoing Gord Downie & Chanie Wenjack Fund. Which proves that sometimes a hat, like music, can become a cultural touchstone and a footnote to history. 



Gord Downie on July 22, 2016 in Victoria, BC



STIHL®**HOMESCAPER SERIES™****BATTERY-CHARGER INCLUDED**
Lithium-Ion**\$259.95**
MSRP \$279.95**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

**LIGHTWEIGHT AND EFFICIENT BATTERY-POWERED TRIMMER.**

Whether you're a homeowner or a gardening enthusiast, you can appreciate the power and convenience of a STIHL battery-powered trimmer.

It is lightweight, quiet and starts instantly. There's also zero exhaust emissions and zero engine maintenance. The STIHL lithium-ion grass trimmer is great for noise-sensitive areas.

**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

**\$259.95**
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

**\$329.95**
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 1/8" PM3 saw chain
- Easy maintenance with STIHL's tool-less Quick Chain Tensioning and transparent oil tank viewing window

**\$449.95**
MSRP \$469.95

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

Pricing will remain in effect until July 31, 2018.



STIHLCanada



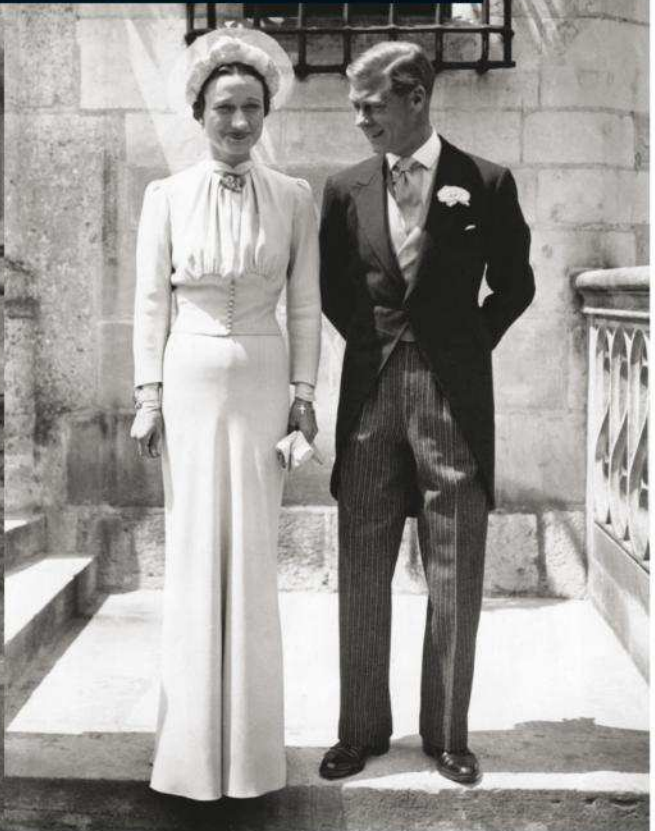
Just an hour's train ride from London, the picturesque town of Windsor is eons away from the hustle and bustle. It's also where many a royal love match has played out. **Vivian Vassos** explores the bucolic escape where the couple-du-jour, Prince Harry and Meghan Markle, will sparkle

THE ROMANCE OF WINDSOR



TYING THE WINDSOR KNOT

Clockwise from top left: Prince Charles and the Duchess of Cornwall leave St George's Chapel on their wedding day; King George VI and Queen Elizabeth; the Duke and Duchess of Windsor; Queen Victoria and Prince Albert



PHOTOGRAPHY, ODD ANDERSEN/STAFF/GETTY IMAGES (PRINCE CHARLES); HULTON ARCHIVE/STRINGER/GETTY IMAGES (KING GEORGE VI); PRINT COLLECTOR/CONTRIBUTOR/GETTY IMAGES (QUEEN VICTORIA); KEYSTONE-FRANCE/CONTRIBUTOR/GETTY IMAGES (DUKE OF WINDSOR); ANWAR HUSSEIN COLLECTION/ROTA/GETTY IMAGES (PETER PHILLIPS)

IN A QUIET glade behind a thickly forested wood off the Long Walk – the paved path that cuts a three-mile-long swath through Windsor Great Park from the back-door George IV gates of Windsor Castle to the imposing bronze statue of King George III – sits Frogmore House. Named for the number of frogs that reside in this marshy area of the park, the house has also played host to royals from Charles II to Henry VIII to Queen Victoria.

Prince Albert, the love of Victoria's life, was most comfortable at Windsor, far from the madding crowds of London and royal commitments and with the healthier country air. The Widow of Windsor, as Victoria became known after Albert's passing, built a Royal Mausoleum for her beloved near Frogmore, in the Great Park, where she knew he was happiest, and she, too, eschewed the traditional final resting place at St George's Chapel at the Castle to be with her husband at Frogmore for eternity. (The notorious Duke of Windsor, who abdicated the throne for love, is also here alongside his duchess, Wallis Simpson.)

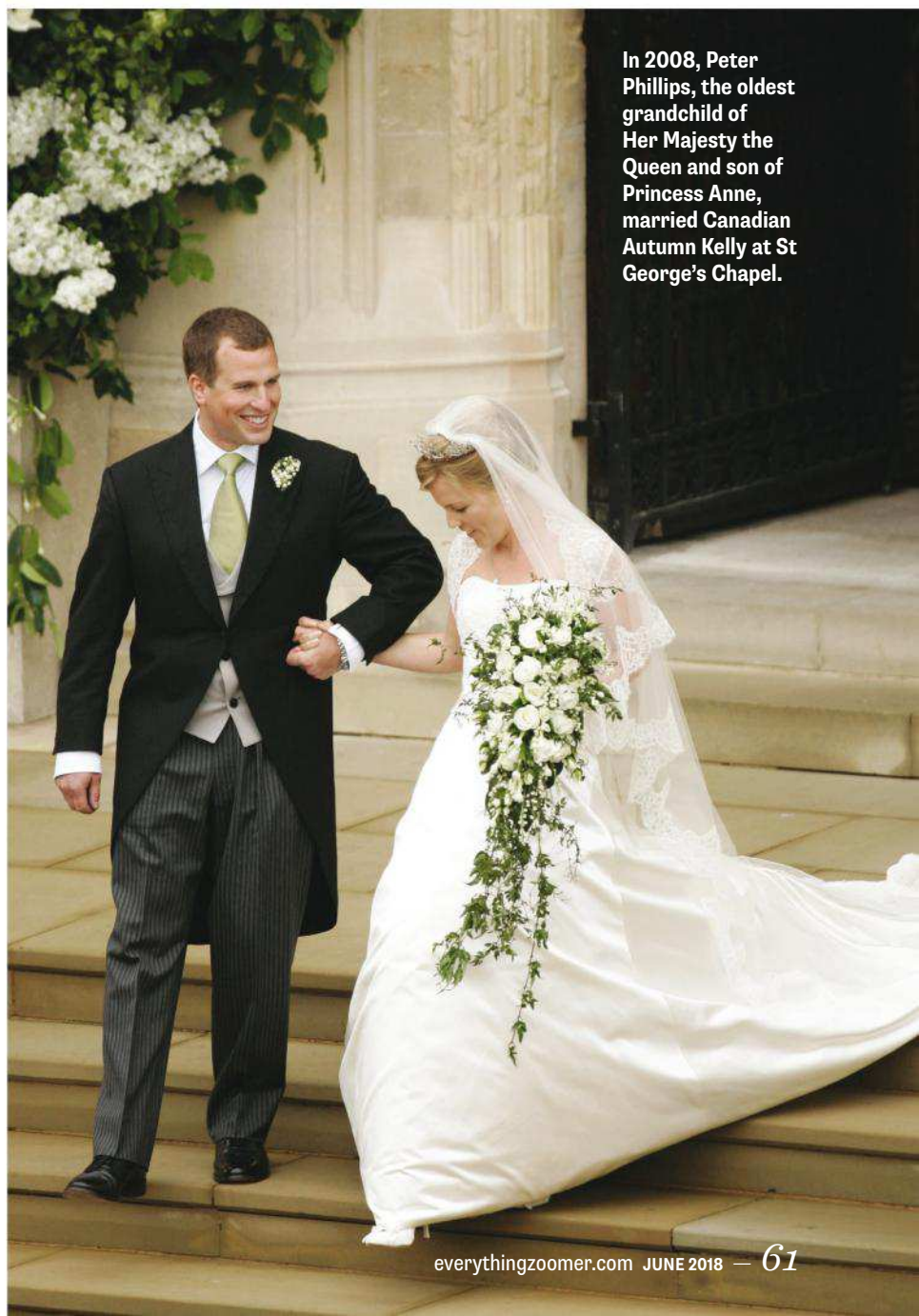
The Queen Mother and King George VI spent part of their honeymoon at Frogmore, and our current Queen's consort, HRH the Duke of Edinburgh (Prince Philip to you and me), holds the title of Park Ranger, a position charged with the care of the red deer herds that meander through the grounds. Philip is also a staunch Royal Navy man and, when the Royal Yacht *Britannia* was decommissioned in 1997, he had some of the interiors, which he had a hand in designing, recreated at Frogmore, including the dining room, now the home's *Britannia* room.

And then there's Prince Harry.

It was at Frogmore House that he and his fiancée, the American-born actress and philanthropist Ms. Meghan Markle, had their official engagement photos taken. By spending time together in private and in public in this bucolic England, attending polo matches at nearby Coworth Park in Ascot – the Dorchester Hotel Collection country estate formerly owned by the Canadian retail magnate Galen Weston, who brought the polo pon-

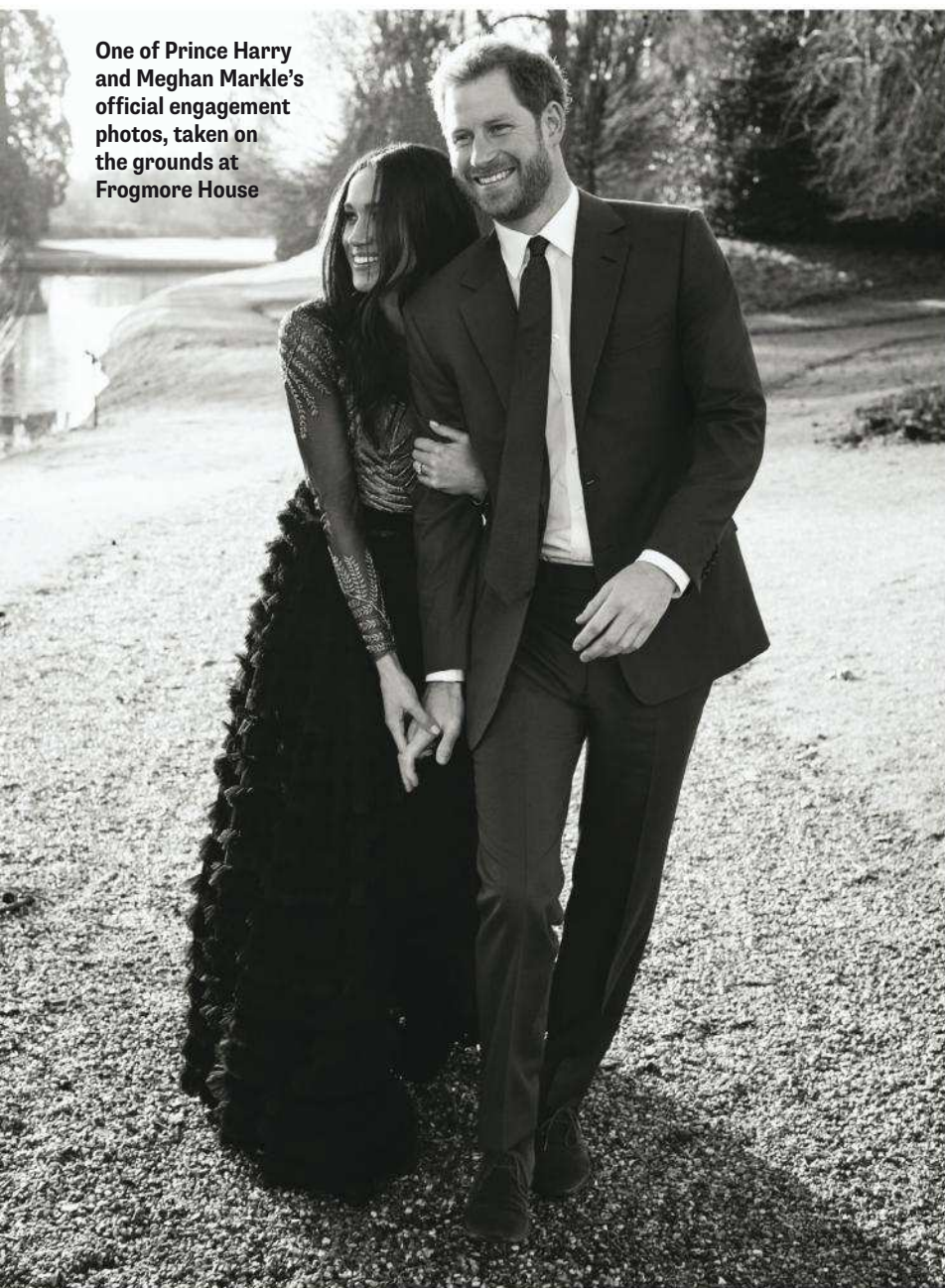
ies here in the first place – they'd grown an attachment to the house.

Fortunately for Ms. Markle, this prince is no frog. As I made my way across parts of Great Britain, from Edinburgh to London to Ascot to Windsor, the excitement for Harry was palpable. As Windsorians like to point out, "Frogmore's where Harry and Meghan did all their romancing," a nod to the locals' approval of the match. Torontonians may beg to differ; Markle was an honorary ►



In 2008, Peter Phillips, the oldest grandchild of Her Majesty the Queen and son of Princess Anne, married Canadian Autumn Kelly at St George's Chapel.

One of Prince Harry and Meghan Markle's official engagement photos, taken on the grounds at Frogmore House



Canadian while she was working on the Toronto-filmed television show *Suits* from which she resigned for love; the romance blossomed, as Harry regularly crossed the pond, and the two were out and about in her Toronto neighbourhood. Their official reveal to the world came during the most successful iteration yet of the Prince's Invictus Games, held in the city in 2017.

True North sentiment aside, rumour has it the couple had hoped

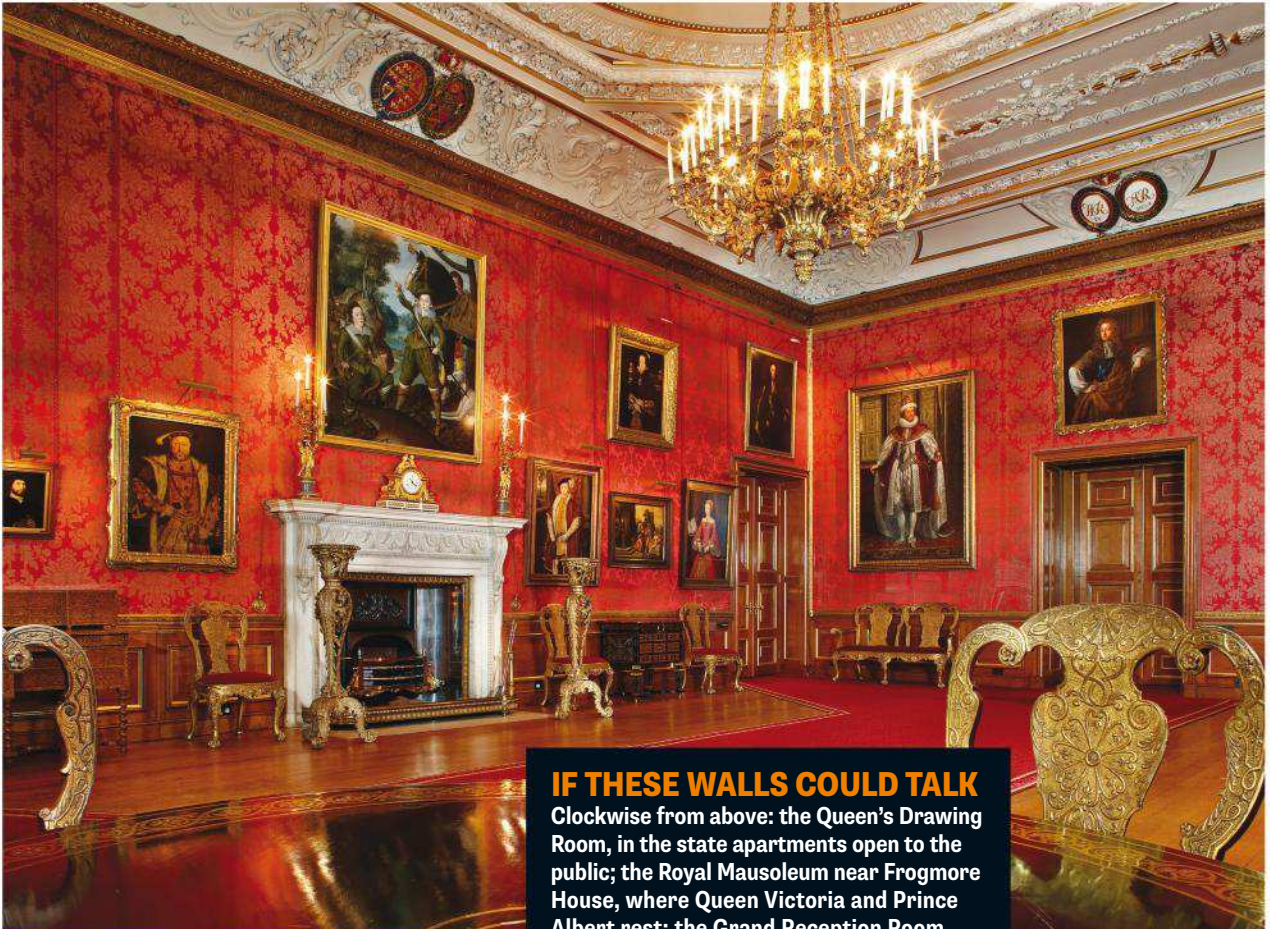
to buck tradition and hold the wedding ceremony at Frogmore House but, in the end, St George's Chapel at Windsor Castle won out. The chapel has its own romantic history. Within these hallowed walls, the vibes of eternal love and romance still echo: Henry VIII laid to rest here Jane Seymour, his third of six wives. As I stood over his tomb, I noted that when his own time came, the known wife-killer softened his hardened heart, and chose to be in-

terred with his Lady Jane, his most favourite of many wives. The Queen Mum, her darling Bertie and their second daughter, Princess Margaret, Countess of Snowdon, are all here, too. Again, tradition was broken, as a princess was rarely allowed to rest next to a king or queen but, because Margaret chose cremation, her ashes are settled with her parents' remains in the King George VI Memorial Chapel in the church.

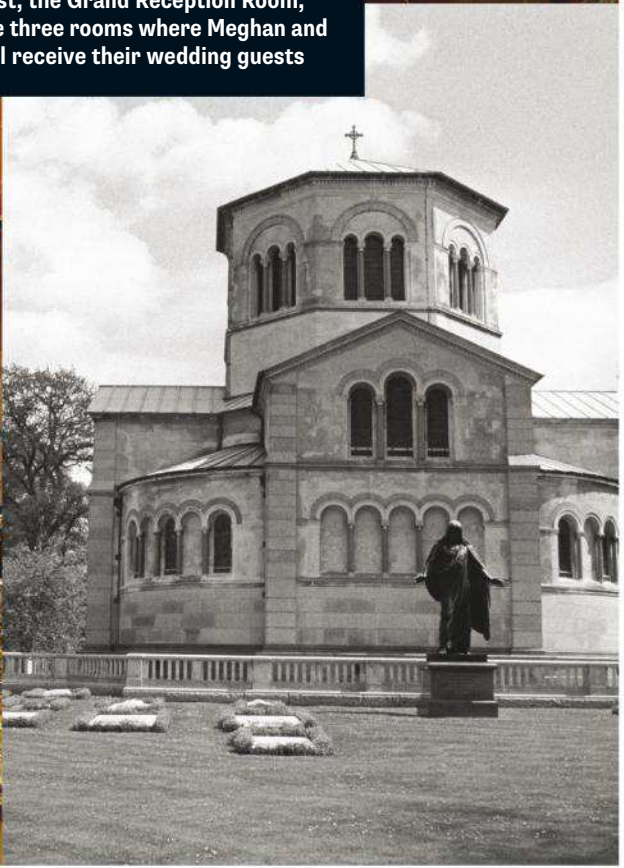
I stand at the foot of the chapel stairs, thinking of Markle climbing them to meet to her awaiting prince, making her own history as an older biracial divorcée marrying the sixth in line to the British throne, in view of 800 witnesses – and millions around the world. It's the same church her husband-to-be was christened in at three months old. Harry's first cousin, Princess Eugenie, will follow in Markle's footsteps for her wedding at Windsor to Jack Brooksbank later this year.

The last Windsor wedding at St George's was that of Peter Phillips, the oldest grandchild of Her Majesty the Queen and son of Princess Anne, to Canadian Autumn Kelly in 2008. Ten years on, the couple have two daughters and show all the signs of a happy marriage. Harry's father, Prince Charles, had his union to Camilla Parker Bowles blessed at the chapel in 2005, after a civil ceremony down the road at the town's Windsor Guildhall. If the sheer number of people, estimated to be 100,000, who plan on lining the Long Walk path hours, maybe even days, in advance of the couple's post-wedding processional route back to Windsor Castle from St George's – where Harry and Meghan have already invited more than 1,000 friends and co-workers of their charities inside the walls – prove anything, the couple will be buoyed by good will.

Yet, just because you're a Royal doesn't mean you can simply "book" the chapel. Even Harry had to ask his dear grandmama for ►



IF THESE WALLS COULD TALK
Clockwise from above: the Queen's Drawing Room, in the state apartments open to the public; the Royal Mausoleum near Frogmore House, where Queen Victoria and Prince Albert rest; the Grand Reception Room, where Queen Victoria and Prince Albert rest; the Grand Reception Room, one of the three rooms where Meghan and Harry will receive their wedding guests



permission to wed at St George's (he also had to ask her permission to marry Meghan, so his track record of getting what he wanted was already well and good). The Queen obliged and also offered to foot the bill for the nuptials, taking the brunt off the public purse – a savvy PR move, no doubt.

HM Elizabeth II, for her part, has described Windsor as her family home. Yet, for the Queen and her subjects, the meaning of Windsor goes much deeper. In the years lead-

ing up to the First World War, anti-monarchy and anti-German sentiment was sparking. The British-born King George V (Elizabeth's grandfather) and his family were, at that time, harnessed by a (not-so-British) German name: Saxe-Coburg & Gotha. In a stroke of genius, the King's private secretary drew inspiration from the town and the fortress keep where so many monarchs had called home. Through yet another savvy PR move and by royal decree, the Windsor dynasty was born.

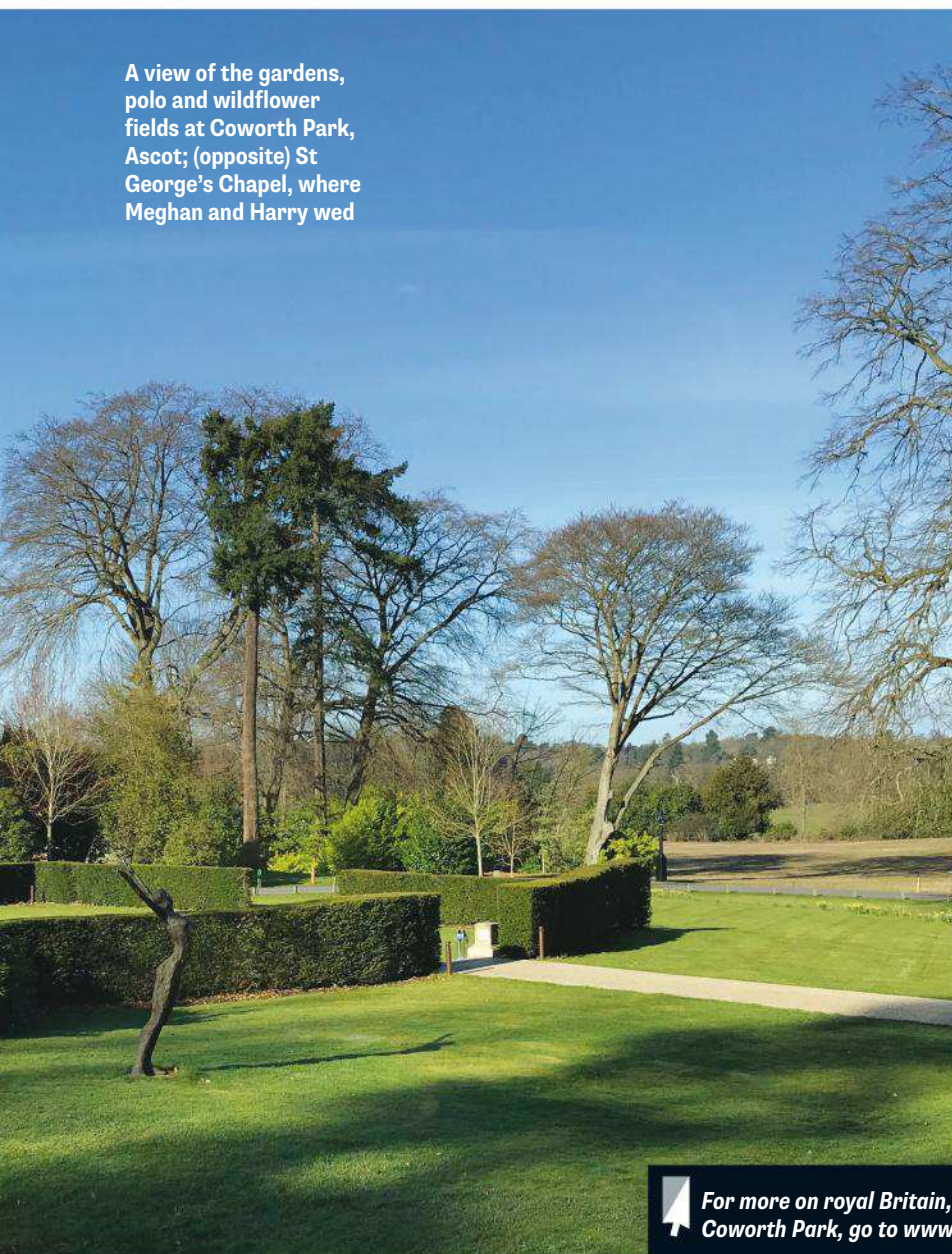
On the day I was at Windsor Castle, Her Majesty had arrived just 24 hours before for her Easter break (some break, as the famed red boxes were said to have already been stacked on her desk – the head of the Commonwealth is allowed only two days off: Christmas Day and her birthday). Her Majesty had just come in from her daily horse ride, her green Land Rover parked under the portcullis below her bay-windowed offices, far down the long corridor from where a dreaded fire had ravaged a portion of the public rooms in 1992 – her *annus horribilis*.

Her racks of garment-bagged clothes were being unloaded, counted and checked and rolled in through a side door by white-gloved staff. At that moment, I was walking through a part of the castle that's open to the public, the Grand Reception Room (one of the rooms, along with the Waterloo chamber and St George's Hall, where the newlyweds will receive their guests). From my vantage point, I was lucky enough to spy Her Majesty through the windows across the castle quadrangle, a vision dressed in a hue to match her gloriously coiffed snow-white hair, pattering around the room, moving things here and there. The grand old girl's ever so slightly stooped but moved about spryly; I imagined she was just trying to find the best places to hide the Easter eggs for her great-grandchildren to hunt. Long live the Queen. 🇬🇧

IF YOU GO

- **Visit: Windsor Castle**, book tickets via www.royalcollection.org.uk/windsorcastle. Visitwindsor.com; windsorgreatpark.co.uk
- **Visit: Frogmore House** Royal.uk/frogmore-house-and-gardens; Visitbritain.com
- **Sleep: Coworth Park** Dorchestercollection.com/en/ascot/coworth-park

A view of the gardens, polo and wildflower fields at Coworth Park, Ascot; (opposite) St George's Chapel, where Meghan and Harry wed



For more on royal Britain, including Edinburgh, Windsor and Coworth Park, go to www.everythingzooomer.com/royal-britain.



Let's Get Physical

Like fashion, fitness fads come and go
By Cynthia Cravit



1950s

VIBRATE YOUR FAT AWAY

It seemed a dieter's dream come true: just strap in and let the blessed machine work its magic. When – surprise, surprise – people noticed their extra pounds weren't being jiggled into oblivion, the vibrating belt soon fell out of favour. Interestingly, though, there may still be hope for this too-good-to-be-true gizmo. A recent study with mice showed whole-body vibration may indeed mimic the muscle and bone health benefits of exercise, a finding that could lead to less strenuous fitness programs for older people and those with mobility problems. Modern-day versions of the vibrating belt include whole-body vibration machines (that shake the body from the ankle up, either while standing or lying down) as well as more targeted electronic abdomen stimulators.

1960s

WHAT'S WITH THE HOOPLA?

It conjures up images of wholesome, fresh-faced kids twirling toy plastic rings around their hips, legs, arms, necks and even fingers, but the iconic **Hula Hoop** actually harks back to the ancient Greeks and Egyptians, who used a metal hoop to boost fitness and agility.

Today, more grown-ups are going back to their carefree, hip-swirling younger days and using weighted fitness hoops to burn calories and trim the tummy. And let's not forget the benefit of endless gluteus-firming squats necessary for retrieving the hoop when it falls to the floor. (Trust me, Hula Hooping isn't as easy as it used to be.)



Jane Fonda

1970s

DITCH THE WORKOUT AND JOIN THE DANCE PARTY!

The idea was to make exercise less tedious and maybe even disguise it as something that's actually fun. Enter Jazzercise, pioneer of the dance-as-fitness fad, a high-energy mash-up of jazz dance, strength training, kickboxing and ballet, all choreographed to a heart-pumping playlist. No passing whim, it led the way for the coming aerobic craze, with Jane Fonda's bestselling workout tapes – and who can forget Richard Simmons inviting us to “party off the pounds”? The trend continues with classes like the Latin-inspired dance workout, Zumba, but thankfully, at least so far, sans the unfortunate aerobics attire of yesteryear – you know, those shiny spandex leotards with matching belts, headbands and chunky legwarmers.



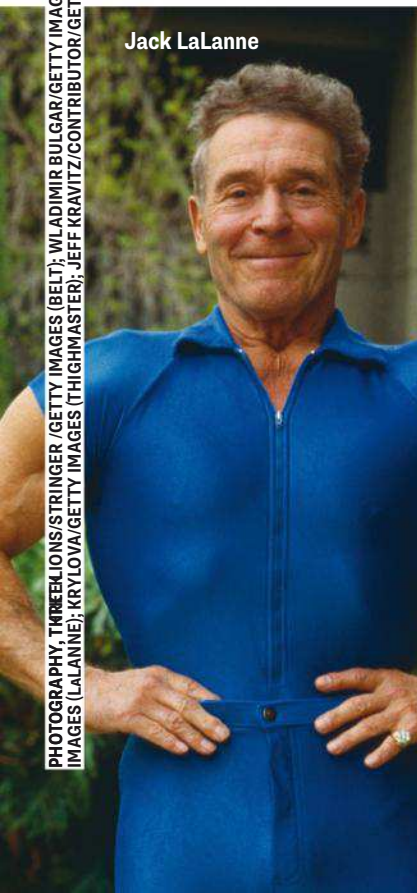
PHOTOGRAPHY: TIKTAK

PHOTOGRAPHY, TIKREKLIONS/STRINGER /GETTY IMAGES (BELT); WLADIMIR BULGAR/GETTY IMAGES (HULA HOOPS); RON GALLELLA/CONTRIBUTOR/GETTY IMAGES (FONDA); GEORGE ROSE/CONTRIBUTOR/GETTY IMAGES (LALANNE); KRYLOVA/GETTY IMAGES (HIGHMASTER); JEFF KRAVITZ/CONTRIBUTOR/GETTY IMAGES (MADONNA); GEARSTUDIO/GETTY IMAGES (YOGA MAT); ALEXEY_BOLDIN/GETTY IMAGES (APPLE WATCH)

1980s

FIVE-STAR FITNESS

A far cry from TV exercise guru Jack LaLanne's Physical Culture Studio in the 1930s (back when people were appalled at the thought of paying money just to exercise) and Joe Gold's basic bodybuilding gyms that launched in the '60s, a new breed of fitness clubs began to flourish, offering tony, top-notch facilities and cushy extras like eucalyptus-infused towels, personal fitness coaches, full-service spas, baby-sitting "camps" for the kids, post-workout gourmet dining and designer-filled boutiques and food markets.



Jack LaLanne



1990s

HOMEBODIES

From Suzanne Somers' iconic "Put it between your knees and squeeze" **ThighMaster** to the Bowflex (who can forget the shirtless Bowflex guy?) to Nordic Track exercise machines and the obligatory StairMaster or treadmill, fitness buffs were attracted – usually by late night infomercials – to the convenience of working out in their basements, spare bedrooms and rec rooms. And who can blame them? The handiness of home exercising makes it (just a bit) easier to keep those New Year's resolutions.



Madonna

2000s

HIT THE MATS

With the new millennium came the stresses of terrorism, war and economic uncertainty, so it is little surprise the ancient Indian philosophical practice of yoga enjoyed an unprecedented popularity in the West. Formerly the domain of hippies and New-Agers, celebs like Madonna and Gwyneth Paltrow jumped on the yoga bandwagon, making it ultra-fashionable for fitness, flexibility and spiritual healing. Along with other more introspective workouts like tai chi, Pilates, ballet-inspired barre and, for outdoor enthusiasts, nature hiking, yoga helped to balance popular cardio workouts like kickboxing, spinning, Tae Bo and military-style boot camps offering everything from exercise stacking and core training to mud-racing and martial arts.

2010s

SHINY NEW GADGETS

Another high-energy workout, CrossFit HIIT (high-intensity interval training), hit its stride in a big way and continues to enjoy a cult following. Invented a decade earlier by former gymnast Greg Glassman, CrossFit blurs the line between cardio and strength training with basic, full-bodied workouts (think barbells, sprints, chin-ups and other old-fashioned calisthenics that are way tougher than they look). To measure all this hard work and sweat, the clunky clip-on pedometer got an upgrade with any number of free apps for your smartphone (Fitness Blender, RunKeeper) and wearable devices like Fitbit, **Apple Watch Sport** and the Samsung Gear Fit2 that not only track your steps but also monitor heart rate, calories burned and even the quality (or lack thereof) of your sleep. If only they could do the actual exercising for you as well. ☑



TICK-TOCK

Never too young? How I survived a heart attack
at 42 and lived to write about it

By Jim Slotek





PHOTOGRAPHY, PM IMAGES/GETTY IMAGES

I T OBVIOUSLY SHOCKED his fans when 47-year-old film director Kevin Smith was stricken by a major heart attack in February while performing onstage for a comedy special. But it shook other people more.

It shook people who know what it's like to have a coronary episode in their 40s. People like me.

(For one thing, I can pretty much guarantee Smith's friends are asking him questions like, "Were there any symptoms beforehand, and were they at all like the ones I've been having?")

I was 42 when I had mine on Nov. 25, 2000. I was playing squash. And I vividly remember I was winning. But a pain that began in my arm had spread (textbook) to my chest. I called the game, showered and started walking, as I'd planned, toward the office.

Things got worse, and the pain verged toward excruciating. I cancelled the office plan and decided to go home, driving while having a heart attack. Once there, I figured I would get my wife to drive me to the hospital. She wasn't there.

I called 911, then noticed I'd parked the car partway up the curb. So, in a daze as I waited, I went out to straighten it. The paramedics arrived as I was getting out of the car, hollered at me and fairly threw me into the ambulance. I remember one of them on the radio saying, "Direct to needle!"

I didn't know it at the time, but I'd suffered what had euphemistically come to be known as a Hockey Heart Attack – wherein people in their 40s and 50s, with no regular exercise routine, go all out once a week (with, maybe, chicken wings and beer after). At Toronto Rehab's storied Rumsey Centre (more on that in a bit), I met two guys my age who'd both had their myocardial infarctions as they skated, ashen, to the bench.

Coincidentally, a few months later,

the actress Sharon Stone, who is four months older than me, would suffer a stroke while training for a 5K race.

My angiogram did not show excessive blockage – 30 per cent in one artery, 40 per cent in another – "about average for a 40-something North American male," a cardiologist told me. This sounds like a lot, but Kevin Smith had a 100 per cent blockage of his LAD artery. Typically, when you hear about blockages and heart attacks, they're above 90 per cent. Doctors became aware of the progression in the general public during the Vietnam War when, tragically, they had an unusual surfeit of young adult cadavers on which to perform autopsies. They discovered evidence of atherosclerosis already in young adult males barely out of their teens. Plaque may not be natural, but we all have it, in North America at least (and in places with a North American diet) and in children as young as three. In my case, the likeliest scenario was that a piece of plaque had broken off, clogged an artery, but was subsequently dissolved by the clot-busters I received immediately upon admittance.

"Of course exercise isn't a bad thing," says Dr. Paul Oh, director of the Rumsey Centre. "But people can develop vulnerable plaque spots in their arteries, and then some kind of stress can tip it over. Fatty streaks grow up over time, and stress can make that plaque rupture.

"It's kind of like a volcano that erupts. It's quiet, and everything looks okay until a point where something happens. In geology, it's when that tectonic plate shifts. For humans, it could be an acute stressor, like that shift in a hockey game, that squash game. It might be shovelling snow. It might be smoking a cigarette or it might be mental stress.

"If you've increased your lung capacity, say, improved your fitness and lowered your blood pressure and heart rate, the plaque can be more stable, even if it's the same size."

Oh works at the place that saved my life, the Rumsey Centre, a revolutionary facility in Toronto's Leaside neighbourhood that shocked the medical world when it began in 1968, by getting heart patients walking and then running. After completing its program, I would end up jogging 10,000 miles over the next 10 years, with a lower body mass index and nearly a litre more lung capacity.

But it started at that 50-year-old centre that is so unchanged my revisit felt like I was having a flashback. On the indoor track, about a dozen people were walking purposefully, some wearing chest monitors, while staff watched from the sidelines. Same as it ever was.

For decades from 1973 onward, the founder Dr. Terry Kavanagh, a runner himself, took teams of patients to marathons – a venture that reached its apex in 1985, when he put a heart transplant patient in the Boston Marathon. Brian Price was 44 when he received his transplant and ran the marathon 15 months later. Price died in his native Wales this year on Jan. 14 at age 77, two weeks short of the 34th anniversary of his heart transplant.

The Rumsey Centre was like heart school. And the most important thing I learned was that everything we used to know was wrong. I also learned that, in cardiac treatment, there is no such thing as the good old days. The "needle" that awaited me at the end of the ambulance ride was a dose of clot-busters – thrombolytic therapy – that serves to dissolve blockage (a treatment so effective, they didn't let me shave for a few days, lest I bleed out).

Widely introduced in the late '80s, it raised the survival rate from 50 per cent to more than 90 per cent almost overnight. "Basically, in the old days," one doctor told me by way of praising thrombolytics, "the way we treated a heart attack was to give you morphine and wait for you to finish having a heart attack." ►



“EVERYTHING WE USED TO KNOW WAS WRONG”

In the 17-plus years since my experience, there’ve been other refinements. “In the past 15 years, it’s become common to go right to the angioplasty room and open the artery up right away with a stent, which was very revolutionary,” Oh says.

But it was the “lie-in-bed-recovering” mindset that really had to be overturned. “What Dr. Kavanagh did was quite provocative,” Oh says. “There’s this article I quote from 1965, a journal called *Circulation*, one of the preeminent cardiac journals. It’s about the management of the dilated heart – and in it, it says, ‘You should rest in bed for several months.’ That’s the quote.”

Several months after my heart episode, I’d already run a 10K.

God knows how many people were killed by that well-intentioned advice to stay in bed. But the reverse prescription clearly saved many. The Cardiac Health Foundation of Canada, the charity that originally funded the Rumsey Centre, works with 30 other cardiac programs in Kavanagh’s model to sponsor Walk of Life fundraisers across Canada.

It’s simple and relatively cheap, which doesn’t save it from health-system cutbacks. John Sawdon,

public education director of the Cardiac Health Foundation, tells us that similar cardiac rehab programs have closed recently – including those at North York General Hospital’s Branson Hospital and at the London Health Sciences Centre.

Hey, people can exercise at home, right? Why waste taxpayers’ money on life-saving advice and supervision?

For Oh, a youthful-looking 53 and a middle-distance runner himself, the program has been something of a spiritual uplift.

“It’s been very rewarding working with the teams and patients here. I spent the first 12 years of my life in internal medicine at an acute care hospital, helping people with really acute medical events like heart attack, stroke, infection, kind of just patching people up.

“Here, I found myself working with people over the course of months or years, working on lifestyle things, seeing people regain their health. That’s very exciting.”

Irrespective of exercise, the activity activists have a new target – sedentary workplaces. As you’re probably aware, sitting is the new smoking. And it’s only taken 65 years

for that message to spread.

In 1953, a study was published in the medical journal *The Lancet* of British double-decker bus drivers and conductors. The conductors spent all day on their feet, taking tickets up and down the bus. The drivers sat and drove. They had three times the rate of heart attacks. “It was a very nicely controlled experiment,” Oh says, “because they were guys from the same neighbourhood and jobs, you can assume they all had the same lifestyle, ate the same things, drank in pubs, smoked. The main difference affecting health was the non-sedentary behaviour.”

As for me, my worldwide run (I’d found running trails all over the U.S., in London, Paris, Thailand and Turkey) ended after three knee surgeries, to be replaced by a home elliptical machine. I’m no angel, diet-wise, my blood pressure and cholesterol need monitoring, but I have kept off the weight. (Granted, the once obese Smith had dropped 65 pounds. Apparently, you can be overweight or underweight and still be at risk).

And as a freelancer these days, I’m no longer tied to a desk, which means I can break up my work by getting up and walking the dog or doing a bit of laundry. (For those still going to the office, I have one friend who just had his first day at a “standing desk.” Apparently, it will take some getting used to.)

“I guess I’m in the Zoomer vintage,” Oh says. “And I’ve taken up the healthy living challenge. There’s a cardiologist, Dr. Lloyd Jones, who talks about what happens to you after age 50. At that age, your risk of a heart attack or stroke could be as high as 50 or 60 per cent – or as low as five per cent – depending on what you choose to do in terms of your health behaviours. Eat well, don’t smoke, be active, moderate your alcohol intake. “My message is you can choose your destiny.”

And mine is: keep moving. 

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.

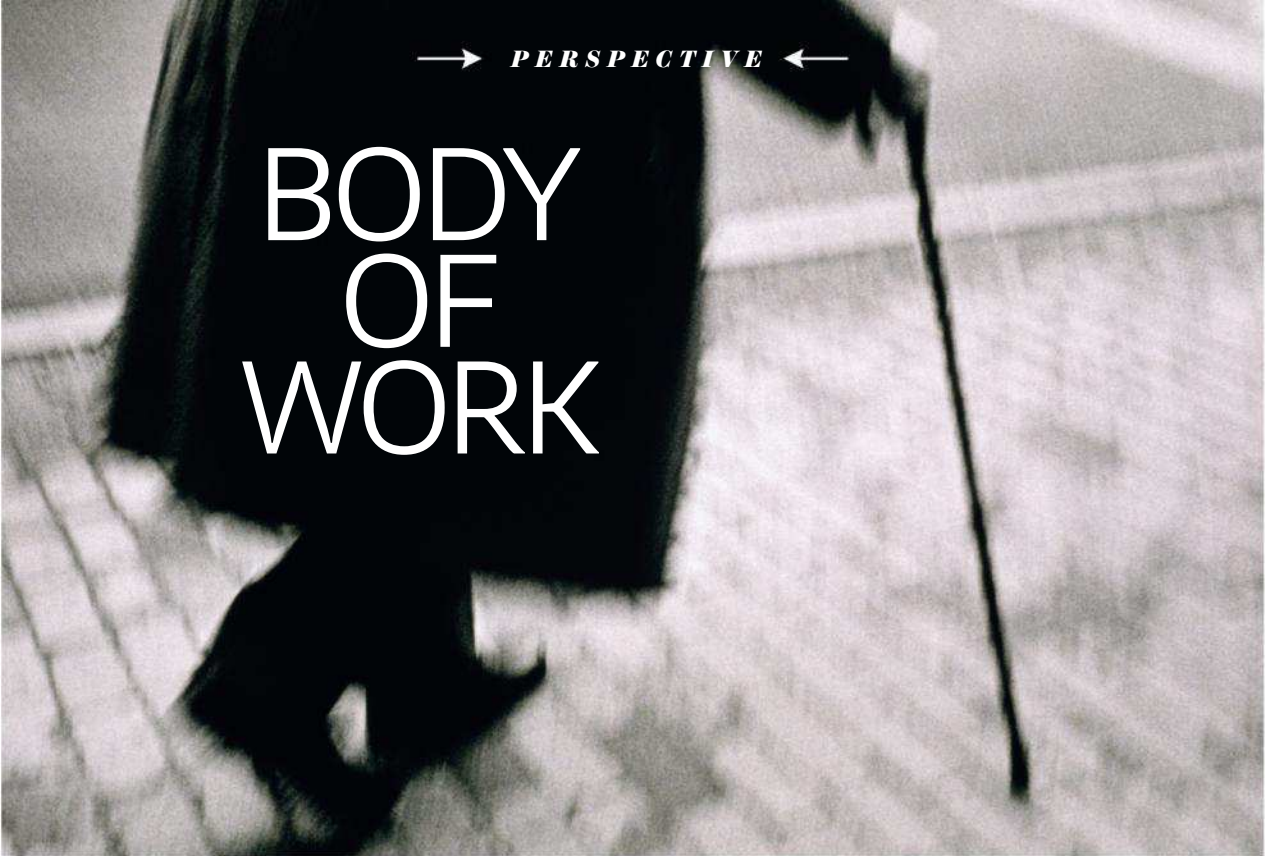
Stannah can help by sharing everything you need to know about stairlifts and helping you stay in the home you love.

Call today for a free no obligation quote

1-888-283-3327
www.stannah.ca

CARP
APPROVED





BODY OF WORK

There are plenty of days where we think, “Man, I’m getting old,” but what does the aging body really feel like when it actually is older?
Rebecca Field Jager suits up in a simulator to find out

MY LIMBS ARE HEAVY as I struggle to get out of bed.

When I swing my legs over the side of the mattress, my feet hit the floor with a plunk as though I am wearing army boots and not socks. I stare down at my footwear not because there’s anything interesting about my plain white anklets but because my body is stooped and I can neither sit straight or fully look up. Within this limited field of vision, I manage to find my shoes and put them on, but the laces befuddle me. I get them tied, and slowly stand. *Pitter-patter, let’s get at ‘er*, I think. Only then do I realize that my world is yellow.

Getting old is for the birds, my mother likes to say and, while on most days these words fly out of her mouth with grace, sometimes like reluctant starlings forced from the nest, they falter and fall to the ground. On these latter occasions, I try to commiserate with a lit-

any of my personal aging laments – Wrinkles! Weight! Sweet geezus, not batwings! Mom feigns sympathy but, of course, her sentiments ring as hollow as mine would if my own daughter ever *dared* to complain about being 30.

Like many boomers, I sometimes wonder what getting old will feel like but quickly push such thoughts from my head. And so when I recently had the opportunity to don an aging simulation suit (indeed, there is such a thing), I said yes with a mixture of curiosity and dread.

The pre-enactment, if you will, took place at Terraces of Baycrest, the retirement residence at Baycrest Health Sciences, a research and teaching hospital in Toronto. Lisa Sokoloff, the manager of training and simulation at its education centre, helped me get into the jumpsuit-style apparel and explained that she’d set up a “day-in-the-life” type scenario of the average elder. For 30 minutes, I would age about 30 years,

she warned me, which would put me at 85. My birthday falls just before Mom’s, and for two days every year we are 30 years apart, so the number resonated.

The aging simulation suit is a training tool designed to help staff at facilities such as Baycrest develop empathy for the seniors in their care. And the same sort of suit is used by manufacturers such as Ford of Canada to help design vehicles with a better understanding of an older person’s challenges and needs. According to Stacey Haywood, a spokesperson for Spectrum Nasco, a provider of health-care simulation products, the suits Baycrest uses cost approximately \$3,000 each. They are used in most colleges across Canada that offer Personal Support Worker (PSW) programs to help students understand the limitations of their future patients. As such, the suit comes with adjustable accessories – belts, buckles, braces and weights – that work together to

simulate the physical and sensory changes associated with aging. For example, weights, fastened to the wrists and ankles, create the effects of decreased muscle strength and atrophy. Belts extending from the shoulders and buckled at the waist hunch the torso over replicating kyphosis, the curvature of the spine often caused by osteoporosis and arthritis. Braces restrict the range of motion of the elbows, knees and neck, mimicking the stiffening of joints that comes with decades of wear and tear.

And that's the good part.

Once I had the suit on and it was all rigged up, Sokoloff handed me goggles, earplugs and gloves. It was the impairment of my senses of sight, sound and touch caused by these additions that got to me.

First off, the tinted goggles, which limited my peripheral vision, a consequence of aging, also made everything around me appear yellowish. Yellowing of the eye lens is an age-related condition that makes it tough to discriminate between shades of blue, green and violet. It makes it more difficult to distinguish colours – picking out clothes can be a problem – and often it's harder to figure out where an object ends and its background begins. Curbs and steps then can be a hazard, and although my simulation took place indoors, I moved about cautiously so I wouldn't trip over anything. When Sokoloff instructed me to sign a document, the words were fuzzy so I couldn't read them. Play-acting to emulate someone with authority but little patience, she was insistent so, like many a senior in that position I'm sure, I signed it anyway.

Thanks to the earplugs, many of Sokoloff's orders were muffled. Anyone who has ever had water in their ears will recognize that type of hearing loss but I was surprised to learn that as we age, hearing high-pitched sounds becomes more dif-

ficult. Aysha Bandali, a nurse practitioner at Baycrest, explained that because of this, often the elderly don't recognize when your voice goes up and may not realize you're asking them a question. If you say, for example, *Okay, so we're all set and ready to go?* a senior may think you're making a statement and have no clue you're expecting an answer.

But the worst part for me was the gloves designed to reduce sensory input and the ability to grip, again, conditions of getting older. Think about all the things we do everyday that require dexterity and rely on our sense of feeling like buttoning up a sweater (you don't have to look down). As we age, the nerves may conduct signals more slowly and restrict our ability to discriminate objects by touch alone. Bandali offers the example of a younger woman being able to find a key in her purse by simply fiddling around in there and "seeing" it with her fingers.

"An older person may have to empty the contents of her purse on the table so she can actually see the key," Bandali explains.

And so it was that everything from getting dressed to getting out the door became a challenge. In addition, to simulate the decline in cognitive abilities some seniors experience, Sokoloff had set up a series



The author being fitted into the aged simulation suit

of scenerios such as telling me to take my medication but with the location not disclosed to simulate memory loss. Flinging open kitchen drawers and searching in hard-to-reach cupboards was exasperating and I almost wept when I finally found the little bottle in the fridge. When I was directed to leave the apartment, I hadn't been advised that the lock was tricky. Although obviously in my own mind I knew everything was fine, the fumbling and frustration left me panicky.

Of course, in real life, aging doesn't happen overnight, and mercifully we get decades to adapt so I was anxious to share the experience with my mother and compare notes.

"It was really hard, Mom. Is that how you feel about being old?" I asked (I know, I know, I'm a real treat).

Off the bat, Mom pointed out that she felt lucky to have managed so far to escape some of the aging conditions I'd experienced – her hearing and eyesight are good; she uses a cane and sometimes a walker, but her posture is fine. But then, her voice grew wistful.

"I know I'm 86 but I don't feel like *a little old lady*. I don't think about the number. Instead, I try to keep busy with things like you kids and some of the stuff going on around here," she said, referring to the senior residence in North Bay at which she lives. "And, you know, I always try to look nice because that makes me *feel* better. Even if I just go downstairs to get the mail, I get dolled up."

I laugh when I hear this because it fills me with happiness to know that some things don't change – I've never known my mother to leave the house without lipstick. I just have to remind myself the next time I'm impatiently holding her apartment door open as if a hallway gust might help to whisk us out, that the process of finding and applying her beloved Romantic Rose takes a little longer. **■**

The Annotated

BRAIN Walking for one hour three times a week improved cognitive performance in seniors with vascular cognitive disorder - the second most common cause of dementia. And an international review found that one in three cases of dementia could be prevented by addressing nine factors, including lack of physical activity.

EYES Eating three or more servings of fruit a day may lower risk of age-related macular degeneration - the primary cause of vision loss in older adults - by 36 per cent compared with eating 1.5 servings a day.

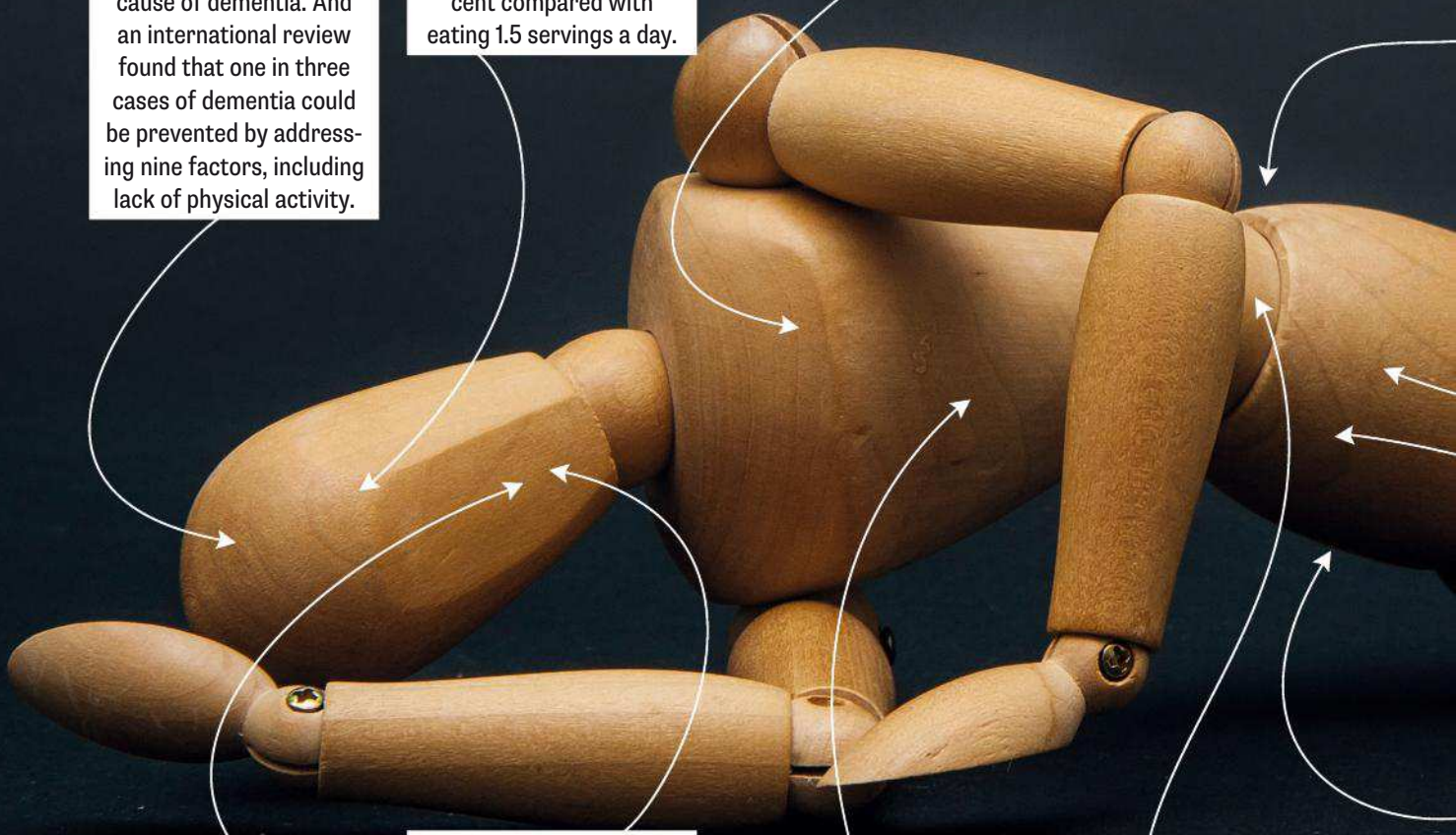
HEART According to a study by Public Health Ontario and the Institute for Clinical Evaluative Sciences in Toronto, you are six times more likely to have a heart attack during the week after being diagnosed with influenza (and three-quarters of people who do are over 65). By reducing the risk of influenza, the flu shot can also help reduce heart attack risk.

GUMS An extract from wild blueberries has been shown to improve oral health by helping prevent plaque, the buildup of which can cause inflammation and gum disease. Eating wild blueberries is also linked to a reduced risk of cardiovascular disease - a condition associated with gum disease.

SMILE It's free and has whole-body benefits, releasing neuropeptides that help fight stress, for one. It also releases endorphins (a natural pain reliever), serotonin (an antidepressant) and dopamine (signalling pleasure in the brain). Plus, people perceive others as more attractive when they make eye contact and - you guessed it - smile.

CORE Tai chi moves, which involve gradual shifts of weight from one foot to another combined with rotating the trunk and extending the limbs, offer challenges that increase balance. Go to www.taoist.org/find-a-class.

WEIGHT LOSS A recent study showed that intermittent fasting - participants ate between 8 a.m. and 2 p.m. only - helped control daily hunger swings and stimulated the body to burn fat reserves at night.



Body

Stay healthy and keep going with these head-to-toe tips **By Tara Losinski**

LOWER BACK PAIN Although it's prescribed less than 50 per cent of the time, recent studies show that exercise is an essential treatment for lower back pain. The Bird Dog, as mentioned on pg. 78, is one recommended exercise. Wall sits are another: stand 10 to 12 inches from the wall, then lean back until you're flat against it. Slowly slide down until your knees are slightly bent, pressing your lower back into the wall. Hold for a count of 10 and then carefully slide back up the wall. Repeat eight to 12 times. Swimming also offers a low-impact option that naturally supports the body; just avoid strokes that twist the torso.

BLADDER We've heard all about Kegels - squeezing and releasing the muscles you use to hold in urine - to help with incontinence, of which there are three types: stress, overflow and urge. People with the latter, overactive bladders, can also try bladder guarding. It teaches you to cope with triggers, such as washing dishes or hearing water run. Squeeze muscles to hold in urine before a trigger, sending a message to the brain that this is not the time to go.

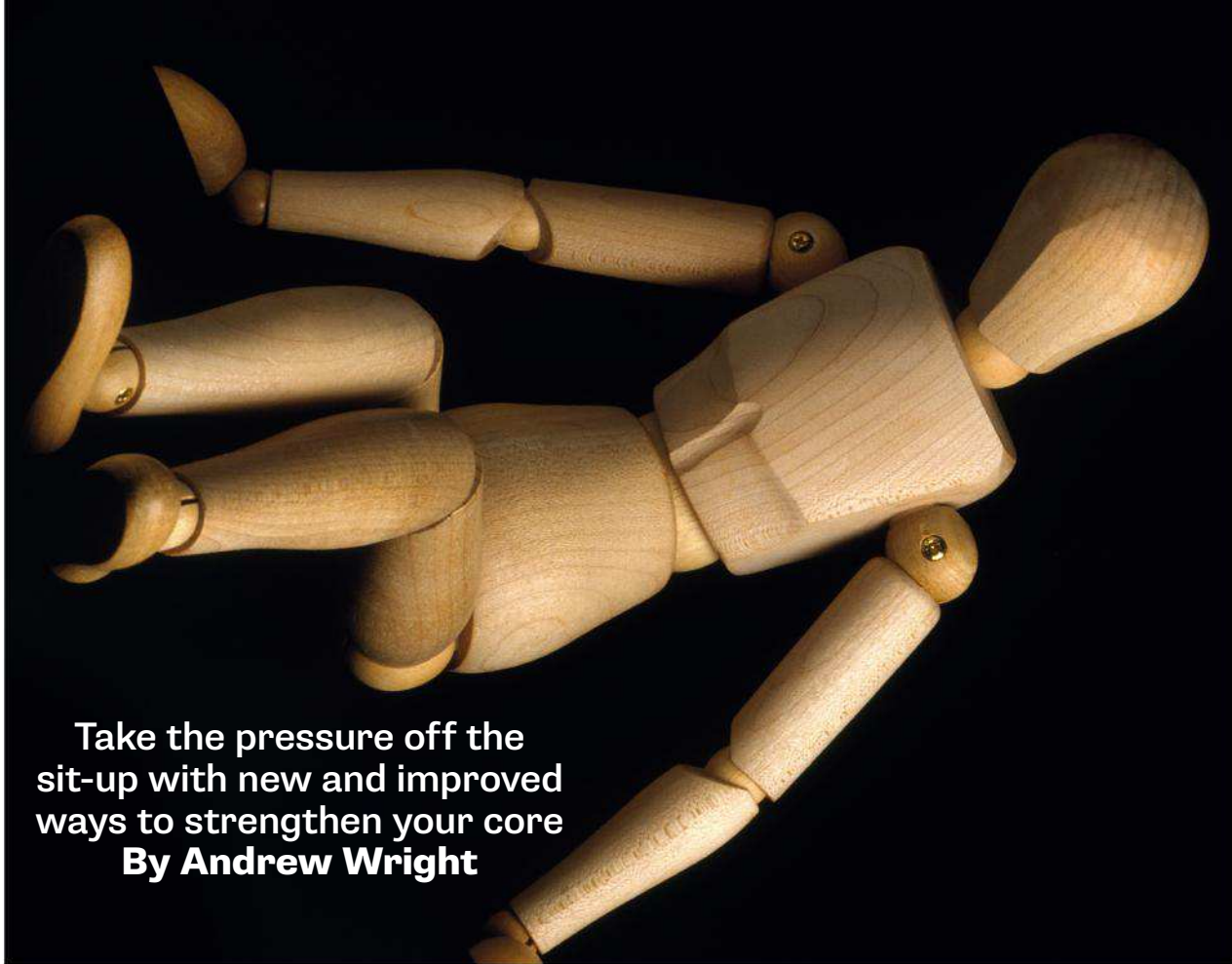
BONES In addition to a healthy diet including plenty of calcium and vitamin D, bestselling wellness author Liz Earle recommends weight-bearing exercise to keep bones strong. As she describes it in her new book, *The Good Menopause Guide*, "Stress in the form of a load (or weight-bearing) stimulates calcium uptake and new bone formation." This includes any type of upright movement such as walking, dancing, tennis and golf whereby pressure flows through the spine, pelvis and legs.

HIPS Keeping hip muscles loose helps stabilize the pelvis as you walk, which can help prevent falls. Here's a simple stretch you can do seated in a chair: cross your right ankle onto your left knee. Gently press down on your knee until a stretch is felt. Hold for 10 to 20 seconds. Repeat with your left leg. If you are unable to bring your leg onto your knee, simply cross your feet at the ankles while pressing the knee down and to the side.

IBS British researchers suggest that people with Irritable Bowel Syndrome have their vitamin D levels checked. Supplementation was found to decrease symptoms.

KNEES & JOINTS Avocado is a source of omega-3 fatty acids, which help lubricate joints and reduce arthritic symptoms. And fats unique to this fruit, including phytosterol and stigmasterol, as well as polyhydroxylated fatty acids are shown to help reduce inflammation.

FEET Here's a high-tech solution to foot damage that can be otherwise missed by people with loss of sensation from diabetic neuropathy. Siren socks have sensors woven in to monitor temperature and alert wearers via app of inflammation - a potential sign of infection or injury. The socks are also seamless, moisture-wicking and machine-washable. *US\$20 monthly subscription, siren.care* ▶



Take the pressure off the sit-up with new and improved ways to strengthen your core By Andrew Wright

AS WE MOVE through life, our fitness regimens change. The dreaded mile run from gym class turned into an occasional pick-up hockey game in our 20s, which morphed into coaching peewee soccer in our 30s (walking and shouting at kids is exercise, isn't it?). Then middle age came and continues and, well, many of us just got tired. And that's a lame excuse. Anything we can do to limber up will only help as we grow older. But just how to begin?

The old standby for many is the traditional sit-up, that go-to for abdominal muscles. But studies have shown it may not be your best fitness friend after all.

Dr. Stuart McGill, professor emeritus of spine biomechanics at the University of Waterloo and author of *Back Mechanic*, who studied the sit-up's effect on the spine, says choosing an appropriate exercise comes down to its risks and rewards.

In his extensive study of the exercise, he determined that the average person generated more than 300 kilograms of compressive load on their flexed spine with a sit-up. That's equal to the exposure limit for low-back compression set by the National Institute for Occupational Safety and Health. The combination of the repeated bending motion, together with the compressive load from the muscle activity, can lead to disc bulging and herniation.

That potential for injury is greater for those performing the exercise with extreme repetition. Such was the case for the Canadian Armed Forces, who – after consulting with McGill and other experts – dropped the sit-up from their fitness testing in favour of safer and more effective exercises that better simulated real-world tasks.

While the average Canadian doesn't exercise with the same vigour as Canada's military hopefuls, the sit-up can exacerbate pre-existing back pain caused by conditions like

arthritis. "When you keep bending an arthritic spine, it becomes sensitized and painful," McGill says.

As for the rewards, people have traditionally believed the sit-up targets the abdominal wall, which appears as the coveted six-pack when it's strengthened and layers of fat are shed from the abdomen. But it's also a crucial part of our core musculature, which serves a far more important function.

"Having a fitter core always makes sure you have that resilience in your spine to execute when you need it – whether it's arresting a fall, getting out of the way of a car if you stepped off the curb, carrying your groceries or your grandchild."

Hinging up over the hips during a sit-up also strengthens the hip flexors, muscles that help us get our foot out in front of us when we stumble.

Fortunately, McGill has identified a way to replicate these benefits while minimizing the risk. After putting a variety of core exercises through the same stringent



The greatest breakthrough in senior care? Mom's cozy cottage.

We help aging parents stay at home, whether they're dealing with Alzheimer's, arthritis or anything in between.



**Home
Instead**
SENIOR CARE®
To us, it's personal.

888.890.8135

HomeInstead.ca/Zoomer

PERSONAL CARE | 24-HOUR CARE | MEMORY CARE | HOSPICE SUPPORT | MEALS AND NUTRITION

Each Home Instead Senior Care franchise is independently owned and operated. © 2018 Home Instead, Inc.

analysis as the sit-up, he identified the big three: a trio of core exercises that he says are “the very best in sparing the spine, ensuring sufficient spine stability and creating sufficient athleticism.”

“You’re not training to be a Navy Seal anymore,” McGill says of switching from the sit-up to the big three. “You’re training to be the most pain-free and able-bodied person for the longest period of time.”

THE BIG THREE

Each exercise is performed in repetitions of 10-second holds with 30 seconds of rest between each set.

Try five repetitions for your first set, three for your second and one for your final set.

When you feel like you’re ready for more of a challenge, add one repetition to each set with every exercise.

You can also increase the holding times once you start to build endurance, as long as you don’t experience back pain.

**Those who suffer from chronic back pain or have a pre-existing back condition should have approval from their physician before performing the following exercises.*

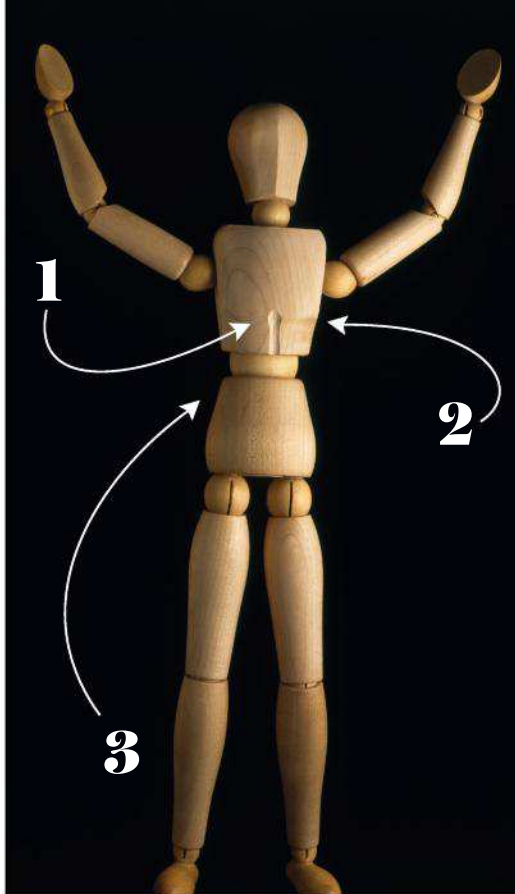
1 The Curl-Up

Target: Abdominal Muscles a.k.a. Rectus Abdominis and the Obliques

While lying down face up, slide your hands under your lower back with your palms facing down to support the lumbar spine. This position maintains the natural curve of your spine during the exercise, minimizing the stress on your back.

Keeping one leg extended, bring the other into a bent position so that your planted foot lines up with the knee of your extended leg.

Before you begin the hold, stiffen the abdominal muscles and elevate your elbows off the floor with



your hands still underneath your lower back. Keeping your torso and neck as immobile as possible, raise your head and shoulders about one centimetre off the floor and hold the position for 10 seconds.

McGill says to imagine your head and shoulders resting on a bathroom scale and that the lift is just enough to make the scale read zero.

To avoid neck pain, be sure to raise your shoulders, neck and head as a unit.

2 The Side Plank

Target: Spine-Stabilizing Muscles, including Quadratus Lumborum, the Abdominal Wall and Latissimus Dorsi

For beginners, start by lying on your side, supporting yourself with your forearm and with knees bent about 90 degrees. Rest your upper hand on the top of the thigh or hip. Raise your hips, keeping your body straight. Hold this position for 10 seconds.

For a more challenging version, straighten your legs, slide the top foot ahead of the bottom one and use only your forearm and feet as

contact points.

This exercise can also be moved to the wall if you’re unable to do the floor variations – try leaning sideways against a wall with the forearm perpendicular to your straight body. The farther the feet are away from the wall, the tougher the exercise. Again, hold for 10 seconds.

Don’t forget: do the exercises on both left and right sides!

3 The Bird Dog

Target: The Back and Hip Extensors

Kneel down on all fours with your hands directly under your shoulders and knees under your hips.

Stiffen your abdominal muscles and raise the opposite

arm and leg simultaneously. The hold begins when both limbs are parallel to the floor. Don’t raise the arm higher than the shoulder or the leg higher than the hips.

To improve the benefits of the exercise, sweep the upraised hand and knee along the floor in between the holds.


Remember to keep the spine locked. Only the shoulders and hip joints should move during the exercise.

Bonus: The Dead Bug

Target: Hip Flexors

Lie on your back. Place your left hand palm down under your lower back. Bend your right knee and keep the foot on the floor. Your right arm should be on the floor over your head.

Stiffen your abdominal muscles. Moving only about the hip and shoulder, raise your left leg and right arm up to about 45 degrees, then lower them back to the floor.

Repeat using the five, three and one rep set pattern. After completing your 10-second holds, alternate to the opposite arm and leg. 

Rexall™



We want your old and unused meds!

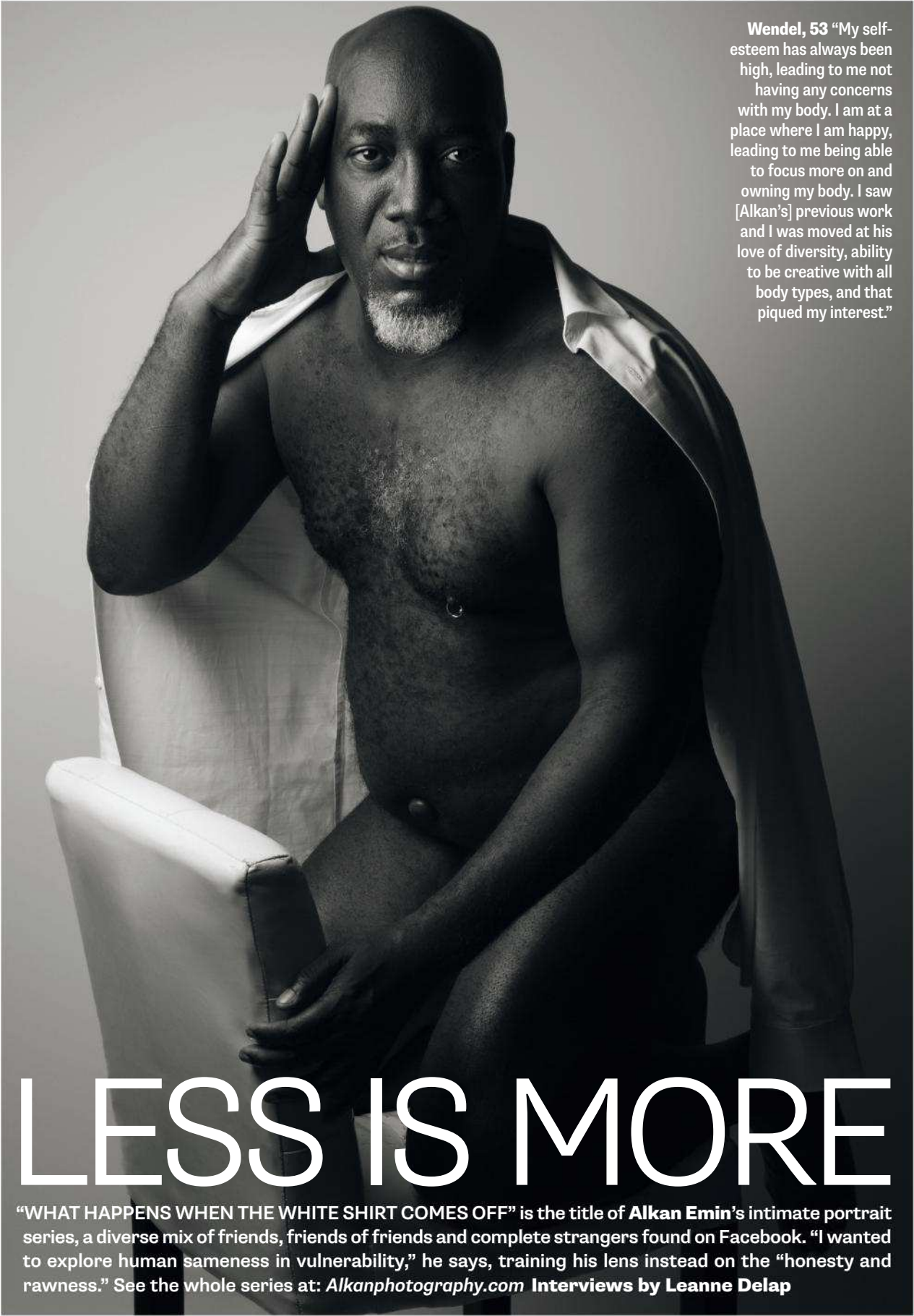
Expired medication can be a safety risk to you and your family. Bring them to Rexall, and we'll dispose of them safely.



We're here for your health

Rexall.ca   





Wendel, 53 “My self-esteem has always been high, leading to me not having any concerns with my body. I am at a place where I am happy, leading to me being able to focus more on and owning my body. I saw [Alkan’s] previous work and I was moved at his love of diversity, ability to be creative with all body types, and that piqued my interest.”

LESS IS MORE

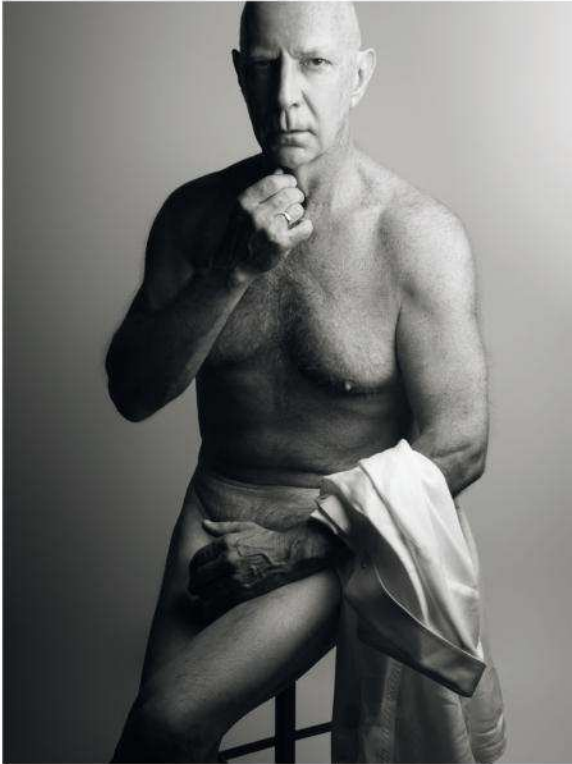
“WHAT HAPPENS WHEN THE WHITE SHIRT COMES OFF” is the title of **Alkan Emin’s** intimate portrait series, a diverse mix of friends, friends of friends and complete strangers found on Facebook. “I wanted to explore human sameness in vulnerability,” he says, training his lens instead on the “honesty and rawness.” See the whole series at: Alkanphotography.com Interviews by **Leanne Delap**



Jennifer, 57 “Just thinking about my body wells up many emotions. It’s not perfect. I used to think I loved my body when I was younger, but deep down I didn’t.” Of this project, she says, “I felt very proud of myself. This is something I would never have done or even thought about ever. I felt ‘Wow, I actually did it.’”



Andri, 42 "My feelings about my body change. Even though I know I can always improve [in terms of health], I'm proud of my body. It's my roadmap: the extra weight from four children, stretch marks, scars, beauty marks, certain decisions I've made. Posing nude for art has always been on my bucket list."



David, 67 "I tested positive for HIV in 1993. I was losing a lot of weight, particularly muscle mass. I decided to get serious about resistance training. I love how I've been able to transform my body and build and sustain muscle. I'm in the best shape of my life."



Lana, 40 "I was drawn to this project immediately. It sounds silly, but it stemmed from *Sex and the City*. Not that I am as confident with myself being naked to strike some risqué poses, but I loved the idea of being able to look back at my younger self and say, 'That was me when I was 40. Look how great I looked!'"



Isabella, 45 "I'm grateful for my body. Grateful that I still have mobility and function (I have MS). Grateful for its flexibility and resilience. I am more comfortable with myself now than ever before, while at the same time watching [my body] age and trying to embrace that. It's an interesting paradox."



Lee, 39 "I have battled weight my whole life. At 26, I lost a lot of weight. It lasted eight years. A complication meant I gained the weight back. I'm going for a gastric bypass later this year. I am comfortable enough in my own skin now. I want to get healthier for me. I'm not doing it for anyone else."



Kevin, 60 "I've always had body issues. I'm a small-framed man, 130 pounds, slightly built. In the gay world, you are supposed to be 6 foot 6, full of ripped muscles. It bothered me in my youth. As I get older, who gives a shit? People are going to be seeing [this], which is really weird."



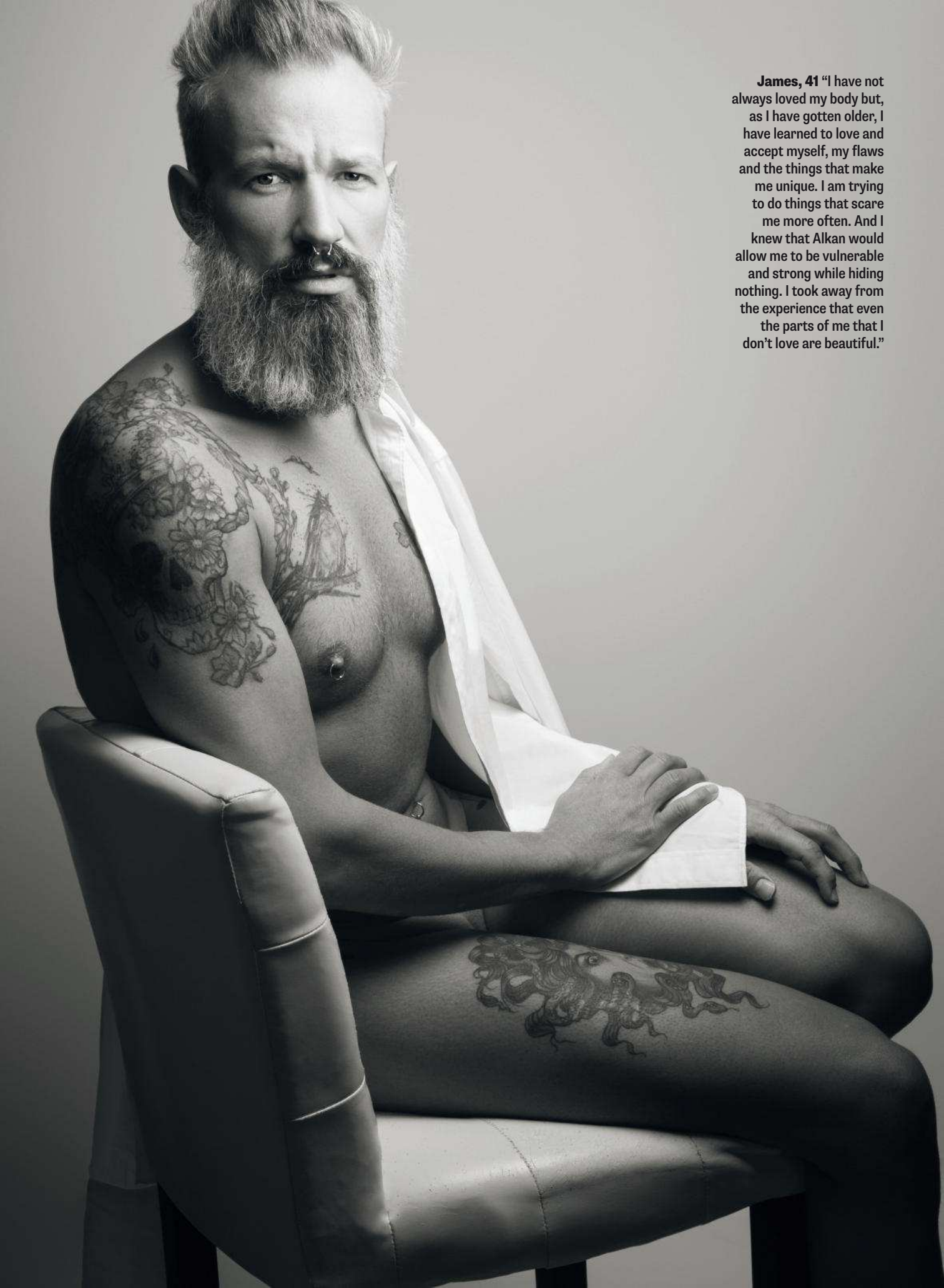
Irene, 55 "I've become more secure about my body with age and I am happy with my curves. So many people are body shamed. I hope that presenting myself in this way will inspire others to share in the self-love, self-acceptance and self-confidence I feel."



Patricia, 63 "When you wake up in the morning and look in the mirror, you have to like what you see. That wasn't always the case for me but, as I have grown into myself and the world around me, I can say I am happy with what I see in the mirror. This shoot has helped me perceive myself more clearly."




Hélène, 57 "I sometimes feel more comfortable singing topless than I am when I'm fully clothed. There is no worry or barrier, weight or distraction that sometimes can come with the whole 'Diva Drag' thing. It's just the voice and the audience. Everyone has a unique gift to offer. It doesn't matter what we look like."



James, 41 "I have not always loved my body but, as I have gotten older, I have learned to love and accept myself, my flaws and the things that make me unique. I am trying to do things that scare me more often. And I knew that Alkan would allow me to be vulnerable and strong while hiding nothing. I took away from the experience that even the parts of me that I don't love are beautiful."



Armando, 49 "I am pretty happy with how I look. I am a 49-year-old gay Latino male who runs 30 to 40 kilometres each week. Whatever the standard might be, I'm happy to fall outside of it. This gave me the chance to do something I never expected: to confront and defeat my insecurities and imperfections."

Penelope, 69 “This project is a reclaiming. I feel like it was a total rebirth for me. Warriors are winners. I’m not a cancer survivor - don’t call me that. I didn’t run away from the burning building. I ran toward the fire. I’m a real Amazon. I love my wrinkles.” After chemo, she says, “God gave me my hair back, big time, all the different colours. It is now down to my waist.” 



5 Great Reasons to be a **CARP** Member

Plus Membership is *free* for your spouse or partner!

SHOP, TRAVEL AND ENJOY UP TO \$125 IN CASH REBATES WITH EXCLUSIVE CIBC PACKAGE

- Global Money Transfer - \$0 transfer fee.
- CIBC Air Canada® AC conversion™ Visa* Prepaid Card - load up to 10 currencies.
- Foreign Cash - free home delivery option.

For details visit: carp.ca/member-benefits/cibc



HELP PROTECT YOURSELF FROM THE HIGH COST OF HEALTH CARE

Health & Dental Insurance for CARP Members offers protection from the expenses that may not be fully covered by existing health plans; dental and vision care, prescription drugs and more. With five plans, it's easy to find the benefits and coverage that meet your needs, at members-only rates.

Call **1-877-551-5566** for details, or visit carpinsurance.ca.

Underwritten by The Manufacturers Life Insurance Company



SPECIAL ON NORDIC WALKING POLES FOR CARP MEMBERS ONLY!

Get a full body workout with Urban Poles, voted the best by Global Health Partners. Urban Poles offer benefits of increased caloric burn, core activation and reduced impact off painful hip and knee joints.

CARP members save 15% and receive a bonus carry bag (\$19.99 value) on pole orders from urbanpoling.com with coupon code CARP. Free shipping in Canada.

RELOCATE WITH CARP!

Get CASH back and SAVE money! Receive CASH BACK from your real estate transactions. Plus, save money and receive guaranteed pricing on moving. Complimentary bill auditing to ensure no overpayment. A professionally coordinated "whole move" experience.

Call **1-866-865-5504** or visit relocationservicesgroup.com/carp.



CANADA'S LARGEST SELECTION OF HOME HEALTH CARE & WELLNESS PRODUCTS DELIVERED RIGHT TO YOUR DOOR!

Shop over 5,000 home health care & wellness products with FREE shipping on all orders over \$50. CARP members save 10%* OFF on every order. Plus, get their paper catalogue delivered free to your home.

Call **1-800-520-3259** or visit agecomfort.com.



Join CARP for only \$29.95 get these great deals and nine issues of Zoomer Magazine! Call **1-800-363-9736**
More Benefits available online
CARP.ca/member-benefits

CARP EXECUTIVE

President

Moses Znaimer

Chief Operating Officer

Laas Turnbull

Vice-President, Benefits & Partnerships

David Sersta

Vice-President, Advocacy

Wanda Morris

CARP BOARD

OF DIRECTORS

Maura Ruth Cohen

David Cravit

Ramona Kaptyn

Bill VanGorder

Moses Znaimer

CARP NATIONAL OFFICE

70 Jefferson Ave.,

Toronto M6K 1Y4

416-363-8748 or

1-800-363-9736

A NEW HOPE FOR MEN WHO EXPERIENCE ERECTILE DYSFUNCTION

INTRODUCING A REVOLUTIONARY,
NON-INVASIVE TREATMENT FOR
MEN WITH ERECTILE DYSFUNCTION

ED1000

Long term effects

Treats the underlying cause of ED, not the symptoms, providing sustained results for several years following the treatment

Proven clinical results

ED1000 is the only acoustic sound wave device for the treatment of ED, with clinical trial data supporting its efficacy claims, and 5+ years treating tens of thousands of patients in over 30 countries

Demonstrated patient benefit

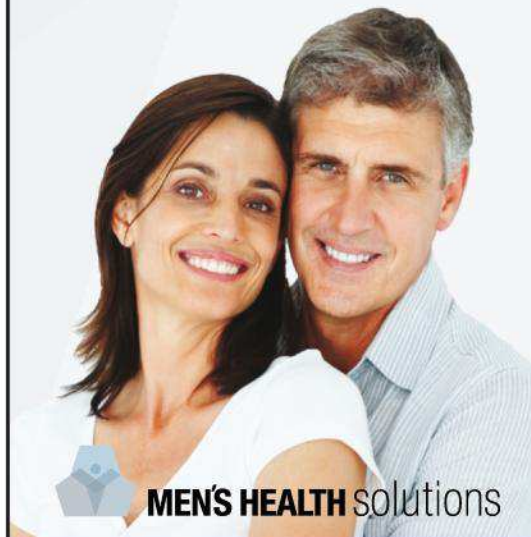
For both responders to oral medications as well as those who do not respond to oral medications

Non-invasive & pain free

Treatments are administered over a series of short visits to a clinic near you.

15-20
minutes

Visit ed1000.ca
for a list of clinics near you.



MEN'S HEALTH solutions

www.ed1000.ca

Showcase



What we offer: A Cup of Coffee and a Second Opinion

When your security and livelihood depend on a sound investment plan, even the most patient investors may come to question the wisdom of the investment plan that they've been following.

At **Riverdale Wealth Management**, we've seen a lot of investment trends and difficult markets come and go. And we can certainly empathize with people who find the current environment confusing. We'd like to help, if we can, and to that end, here's what we offer:

A cup of coffee and a second opinion.

By appointment, you're welcome to come in and sit with us for a while. We'll ask you to outline your financial goals – what your investment portfolio is intended to do for you. Then we'll review the portfolio for, and with, you.

If we think your investments continue to be well-suited to your long-term goals – in spite of the current market environment – we'll gladly tell you so, and send you on your way. If, on the other hand, we think some of your investments no longer fit with your goals, we'll explain why, in plain English. And, if you like, we'll recommend some alternatives.

Either way, the coffee is on us.

Please call our office at **416-461-8181** to arrange a convenient time for an appointment.

We look forward to meeting with you.

Riverdale Wealth Management
IPC Securities Corporation

WEALTH MANAGEMENT

Will you have enough? Are you paying high Investment Fees? OAS Clawback? Concerned about your investment plan? Don't have a plan?

At **Riverdale Wealth Management** we've been providing trusted advice and personal wealth management services to professionals, seniors and affluent families for over 20 years.

For a no obligation second opinion review of your investment plan, please call our office at **416-461-8181** or email jjmc@ipcsecurities.com.

Visit our website at
www.riverdalewealth.com

Canal Cruises Trent-Severn Waterway and Rideau Canal



Cruise Ontario's magnificent heritage canals along 568 km of scenic lakes, rivers and locks in the comfort of the 45 passenger **Kawartha Voyageur** riverboat with dining room, lounge and twin lower berth cabins with private facilities.

– **5 DAY VOYAGES** –

Free Brochure **1-800-561-5767**

www.cruiseontario.ca

Ontario Waterway Cruises

Box 6, Orillia ON L3V 6H9

Would your friends like to come?

FEATURING
MORE OF THE
STORIES, RECIPES
AND EXCLUSIVE
VIDEOS YOU LOVE.

IT'S EVERYTHING
NEW AT ...

everything
ZOOMER
.com

Breathtaking Niagara Falls



We're as close as it gets...

**One-Night Enchanted
Package from \$109*** PP/DB

includes a beautifully appointed room, a romantic Fallsview **dinner for 2** high atop the **Skylon Tower Revolving Dining Room**, breakfast for 2 in Coco's Restaurant at Holiday Inn, a Niagara wine tasting at Inniskillin Estate, full use of Nordic Spa and more!

Two-Night Breakation from \$195* PP/DB

includes 2 nights luxury accommodation, **dinner for 2** high atop the **Skylon Tower Revolving Dining Room**, breakfast for 2 each morning, dinner for 2 at Coco's Steakhouse, a Niagara wine tasting at Inniskillin Estate, full use of Nordic Spa and more!

Ask about our super **Niagara
Attractions Package \$199***

 **Holiday Inn**
BY THE FALLS, Niagara Falls, Canada

1-800-263-9393
holidayinnniagarafalls.com

* Rates per person double occupancy. Rates higher after June 9, 2018. Sun to Thurs. Holidays & weekends higher. Taxes, fees extra. Free parking. Also available, child add-ons, whirlpool suites and gift certificates.

Gun Issues?

GTA

GUN AUCTIONS

Want to sell?

Top dollar paid for guns & merchandise at our auctions

Need to store?

We offer safe, secure short and long term storage

What's it worth?

We appraise firearms of all types

We legally pay for amnesty guns

Call Now!!!

(844)482-4644

www.gtguns.com



Classifieds

EMPLOYMENT

DREAMING OF A FASHION BUSINESS?

Nygaard Style Direct is a Canadian home-based business opportunity for women who love looking stylish at any age. If you would like to fuel your passion for fashion while having fun and earning extra income contact annecraig@rogers.com.

GUIDED TOURS

GUIDED BATTLEFIELD TOURS IN EUROPE

Unique. Customized. Intimate. Small groups. Follow in their footsteps with someone who knows the way. Includes keepsake booklet. www.canadianwarhistorytours.com 403-689-3990

MOBILITY

THE EZ-RISER MOBILITY TOOL If you have backache, joint pain or arthritis, this simple tool will extend your active life in the home and garden more comfortably. 'CARP' member discount. easyrisertools.com, 604-465-0913

REAL ESTATE

ACCREDITED SENIOR REAL ESTATE

SPECIALIST. Specialising in assisting mature clients with their Real Estate needs. Lidia Ristic, SRES. Sales Representative. 416-606-1778. Century21 Heritage Group Ltd. Brokerage. www.lidiaristic.com

BOUTIQUE WATERFRONT CONDOS

on historical Yates Valley downtown St. Catharines. 1260-2600 SQ. FT. \$640,000 - 1.3M. 10FT ceilings - Open terraces - individual HVAC - Roof top amenities. Possession late 2019. RESERVE NOW. Sally@McGarrRealty.com, 77Yates.com, 905-687-9229

PICTURESQUE PARADISE YOURS TO

OWN! \$499,500. 1.25 acres, 2 fully equipped cottages, 8 bedrooms, 7 bathrooms, approx. 5200sft living space. Ideal for large family/groups. Potential rental income. <http://Comfree.com/792802>, bodoe2018@gmail.com.

REVERSE MORTGAGES

OVER 55? ACCESS TAX FREE CASH FROM

YOUR HOME EQUITY. Offering expertise and personalized service. NO BROKER FEES. Servicing western GTA, Hamilton and Niagara Region. Glynis Van Steen, Mortgage Broker. Centum Total Mortgage Services Inc. Lic # 10646. 455 Kerr St. Oakville. Certified Reverse Mortgage Specialist, HomEquity Bank. Direct: 647-296-0011, Email: glynis_vansteen@centum.ca, Website: www.centum.ca/glynis_vansteen

SERVICES

ARE YOU TIRED OF PEOPLE ASKING

"WHY ARE YOU STILL SINGLE?" Misty river introductions can help you find that special someone to spend your life with. www.mistyriverintros.com 1-877-334-9041

THE MATCHMAKER - Hearts is a traditional matchmaking company with over 30 years experience that prides itself on personal and confidential service. Contact us today for a complimentary in-home consultation with Ruth Claramunt. 416-785-4416, 1-800-266-4416 hearts@idirect.com www.heartsCanada.com

SOCIAL GROUPS

SINGLES AHOY! The singles' social group UK CONNEXION offers FREE MEMBERSHIP and a free newsletter to unattached singles, widows and widowers, in the Greater Toronto Area, WHEREVER BORN. Call 416-201-0363 anytime. www.ukconnexion.net

TRAVEL

AUSTRALIA AND NEW ZEALAND TRAVEL SPECIALISTS ...

GoWalkabout Travel Ltd. Located in Canada. Australian operated with over 28 years experience. Heading Down Under? Contact us and say G'day! www.gowalkabouttravel.com Phone: 1-877-328-3798 Email: info@gowalkabouttravel.com

INFLATABLE TRAVEL PILLOWS MADE

IN CANADA for discerning travellers demanding ultimate comfort and great sleeps. Packable, practical and luxurious, top pick of travel editors. Many testimonials! www.pillowpackers.com

ADVERTISE FOR LESS!

To place your classified ad, please call Taylor Fowler at (416) 363-7063 x 371 or email t.fowler@zoomermedia.ca

O CANADA! Explore your own backyard with these awe-inspiring tours—Newfoundland (July 2018) & the Yukon (August 2018). For full itineraries, visit tierratours.com. Contact us today! 1-855-295-8687 - info@tierratours.com

SOUTH PACIFIC JOURNEYS - Seeking Luxury Lodges, Authentic Indigenous Experiences, Unique Wildlife, Stunning Coastlines, Vibrant Cities? Contact Canada's leading creators of bespoke holidays to Australia & New Zealand. Phone: 1-855-607-2869 Email: enquiries@southpacificjourneys.com, www.SouthPacificJourneys.com

VACATION RENTALS

MAHONE BAY, NOVA SCOTIA

2 - Beautifully maintained newly renovated, peaceful, cozy & fully equipped, 2-bdrm, centrally located vacation homes. Enjoy direct ocean-frontage, gardens, docks, shopping, restaurants, beaches....weekly rentals. 902-543-7193, 902-277-1013

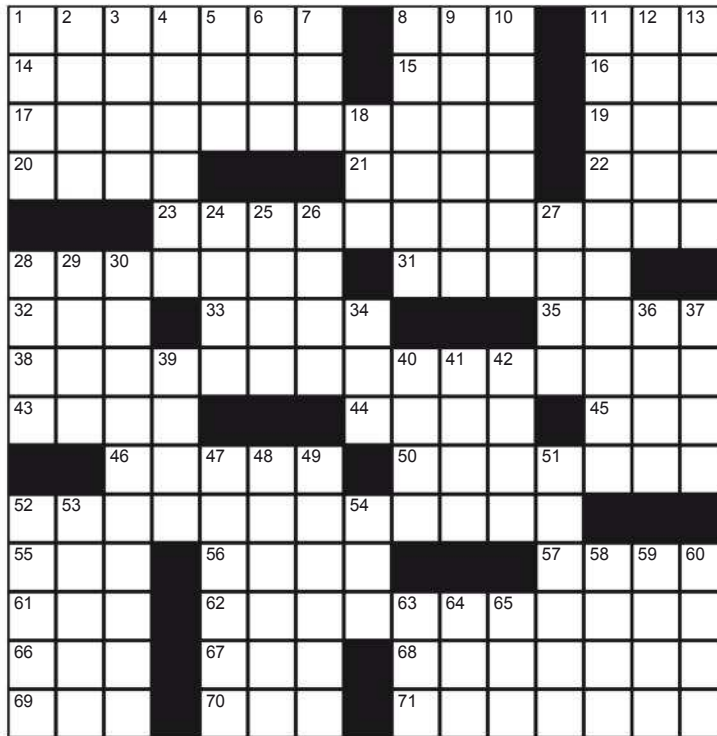
WANTED

OLD TOY TRAINS etc. and toys. Info: Ivan tel; 514-918-1501 i.dow@videotron.ca. Visit the Montreal Model Train Exposition on Sept. 29 & 30, 2018. 4251 St. Urbain Montreal. MontrealModelTrainExposition.com

Spring Sweet Spring

Time to Adopt-A-Manatee.





BRAIN GAMES #57
The Name of the Game
 BY BARBARA OLSON

ACROSS

- 1** Hotel named for a sleep fairy
- 8** "Sweet!" in the '90s
- 11** Chicken-king link
- 14** "In all of us command" anthem

- 15** "Strange Magic" band, for short
- 16** Eastern philosopher's dark side
- 17** Morneau and Murray waiting for their cheques?
- 19** What the Cree call *wapiti*, meaning "white rump"
- 20** Old film spool
- 21** "I ___ bad moon a-rising, ..." (CCR lyric)
- 22** Diet food datum: Abbr.
- 23** Awe-inspiring actress-turned-princess Kelly?
- 28** Speaker's platform and a newspaper name
- 31** Prepare to hit with a club
- 32** Get an ___ a test (do great)
- 33** ___-European
- 35** Deer sir?
- 38** Stapleton and Smart, on receiving troubling news?
- 43** A prov. with two NHL teams
- 44** Felipe, Matty or Jesús
- 45** "Am ___ the right address?"
- 46** Stand-up comic Lange
- 50** Baseball's nine
- 52** Layton and Lemmon at a trampoline park?
- 55** "Give ___ rest!"
- 56** Mech. or tech. professional
- 57** Diana's friend Al-Fayed
- 61** Say one can
- 62** Very, very embarrassed comedian Williams?
- 66** Three, at first?
- 67** Singer Lana Del ___
- 68** Family get-together
- 69** Part of S.P.C.A.: Abbr.
- 70** Suffix with stock or block
- 71** Cineplex surfaces

- 5** Month to honour "la mère"
- 6** Do sum math?
- 7** Catch, as a thief
- 8** Back off on the demands
- 9** State without proof
- 10** Three pills twice a day, say
- 11** Bosun's "Sure, boss"
- 12** Purplish plant and hue
- 13** Low-down joint?
- 18** "It ___" (formal reply to "Who's there?")
- 24** U.S. naturalist John ___
- 25** Murray with the most Junos ever
- 26** Central parts of pizzas?
- 27** Devious play
- 28** "Look what I did!"
- 29** Churn up
- 30** Old-timey Kodak camera
- 34** Female bear: Sp.
- 36** "Cater" for "react," e.g.: Abbr.
- 37** Fed. levies in most of Canada
- 39** Makeshift tent, maybe
- 40** Lamb's pen name
- 41** Hence, to Henri
- 42** Bargain bin items, often
- 47** ___ del Fuego (island group)
- 48** Like a friend indeed, in a saying
- 49** Colouring need at Easter
- 51** Needs no further work
- 52** Stands up at the altar, maybe
- 53** Gestating, with "in"
- 54** Tolkien beginning?
- 58** Award for *Rent* or *Hamilton*
- 59** Céline or Stéphane
- 60** Road-tripper's lodgings
- 63** Busy hosp. areas
- 64** Mo. to trim trees
- 65** Play which first used the word "robot"

SUDOKU



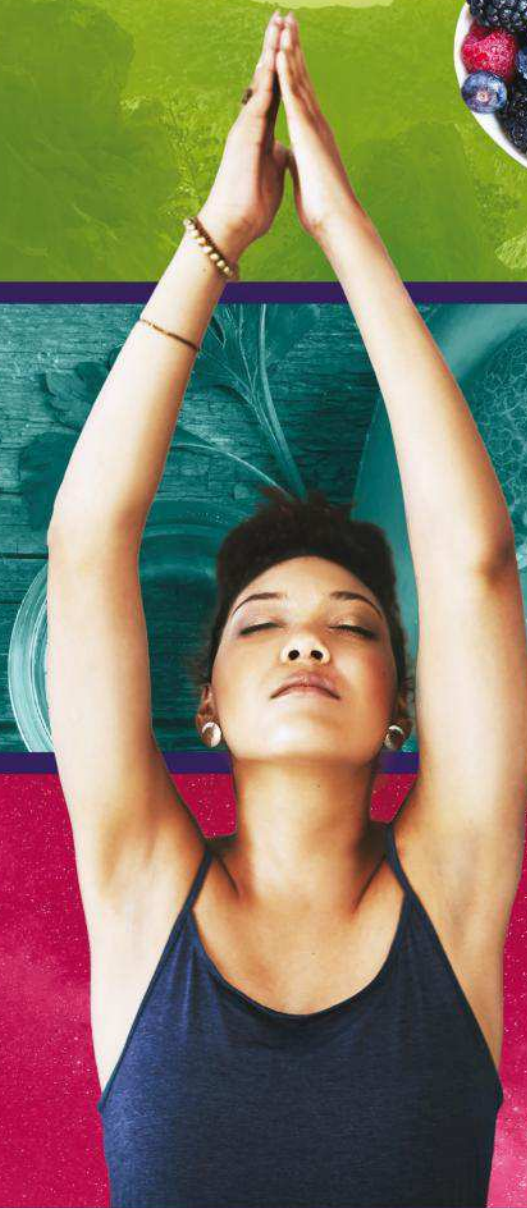
FOR ANSWERS, TURN TO PAGE 94

**CHANGE
THE
CHANNEL**



**TO
THE
CHANNEL**

**THAT
CHANGES
YOU**



GET FIT WITH THE BEST FITNESS SHOWS YOU CAN DO FROM THE COMFORT OF YOUR OWN HOME. YOGA, PILATES, DANCE WORKOUTS & STRENGTH TRAINING PLUS FOOD & WELLNESS PROGRAMS FOR A HEALTHY YOU.

**FULL SCHEDULE AT
ONETV.CA**

**CALL YOUR CABLE PROVIDER TO ADD
"ONETV" TO YOUR VIEWING PACKAGE.**

Bell 606 Bell Fibe 1606 Rogers 265 Shaw Direct 575 or check your local listings.

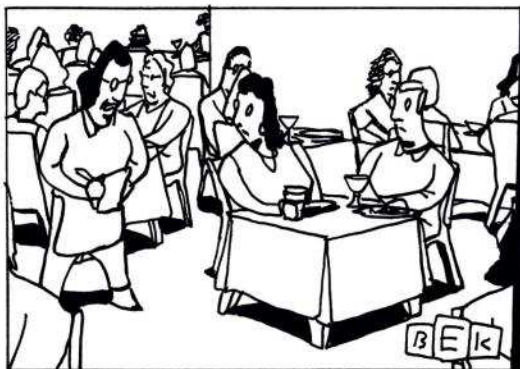
ANSWERS TO CROSSWORD (PG. 92)

1	S	A	N	D	M	A	N		8	R	A	D		11	A	L	A		
14	O	C	A	N	A	D	A		15	E	L	O		16	Y	I	N		
17	U	N	P	A	I	D	B		18	I	L	L	S		19	E	L	K	
20	R	E	E	L					21	S	E	E	A		22	C	A	L	
				23	A	M	A	26	Z	I	N	G	G	27	R	A	C	E	
28	T	R	I	B	U	N	E		31	T	E	E	U	P					
32	A	O	N			33	I	N	D	O				35	S	T	A	G	
38	D	I	S	T	R	E	S	S	40	E	D	J	E	A	N	S			
43	A	L	T	A					44	A	L	O	U		45	I	A	T	
				46	A	R	T	48	I	E		50	I	N	N	I	N	G	S
52	J	U	M	P	I	N	G		54	J	A	C	K	S					
55	I	T	A			56	E	N	G	R				57	D	O	D	I	
61	L	E	T			62	R	E	D	R	63	E	D	R	O	B	I	N	
66	T	R	I			67	R	E	Y		68	R	E	U	N	I	O	N	
69	S	O	C			70	A	D	E		71	S	C	R	E	E	N	S	

ANSWERS TO SUDOKU (PG. 92)

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

Zoomerang



"Can I get you any more deafening loudness?"



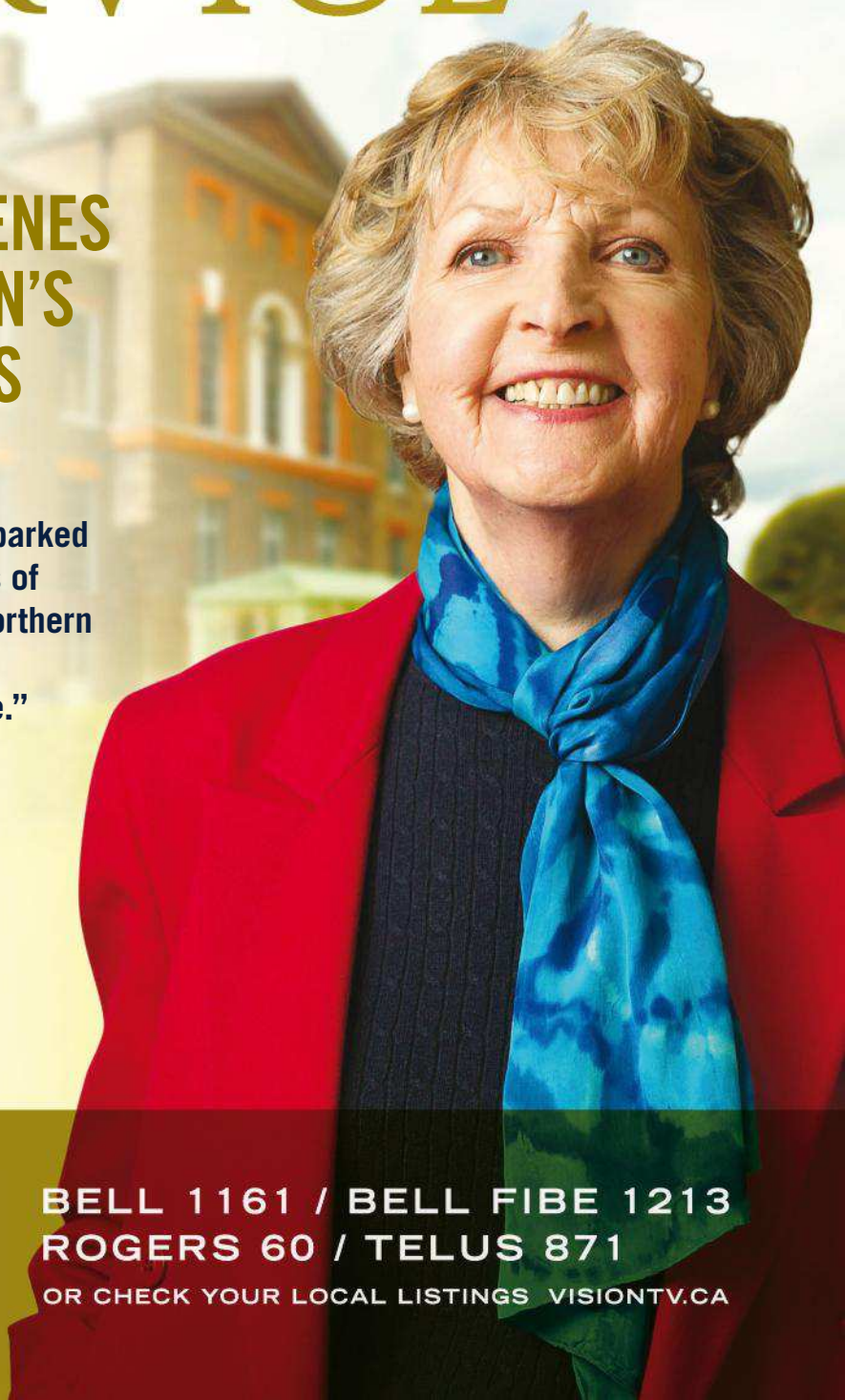
AT HER MAJESTY'S SERVICE

**A BEHIND-THE-SCENES
LOOK AT THE QUEEN'S
ROYAL RESIDENCES**

In celebration of the Queen's 90th birthday, host Penelope Keith embarked on a royal tour of the four corners of the Union – England, Scotland, Northern Ireland, and Wales – to meet the workers “at Her Majesty's service.”

Catch the 4-Part Series

**MONDAYS AT
8PM^{ET} / 5PM^{PT}
Starting June 4**



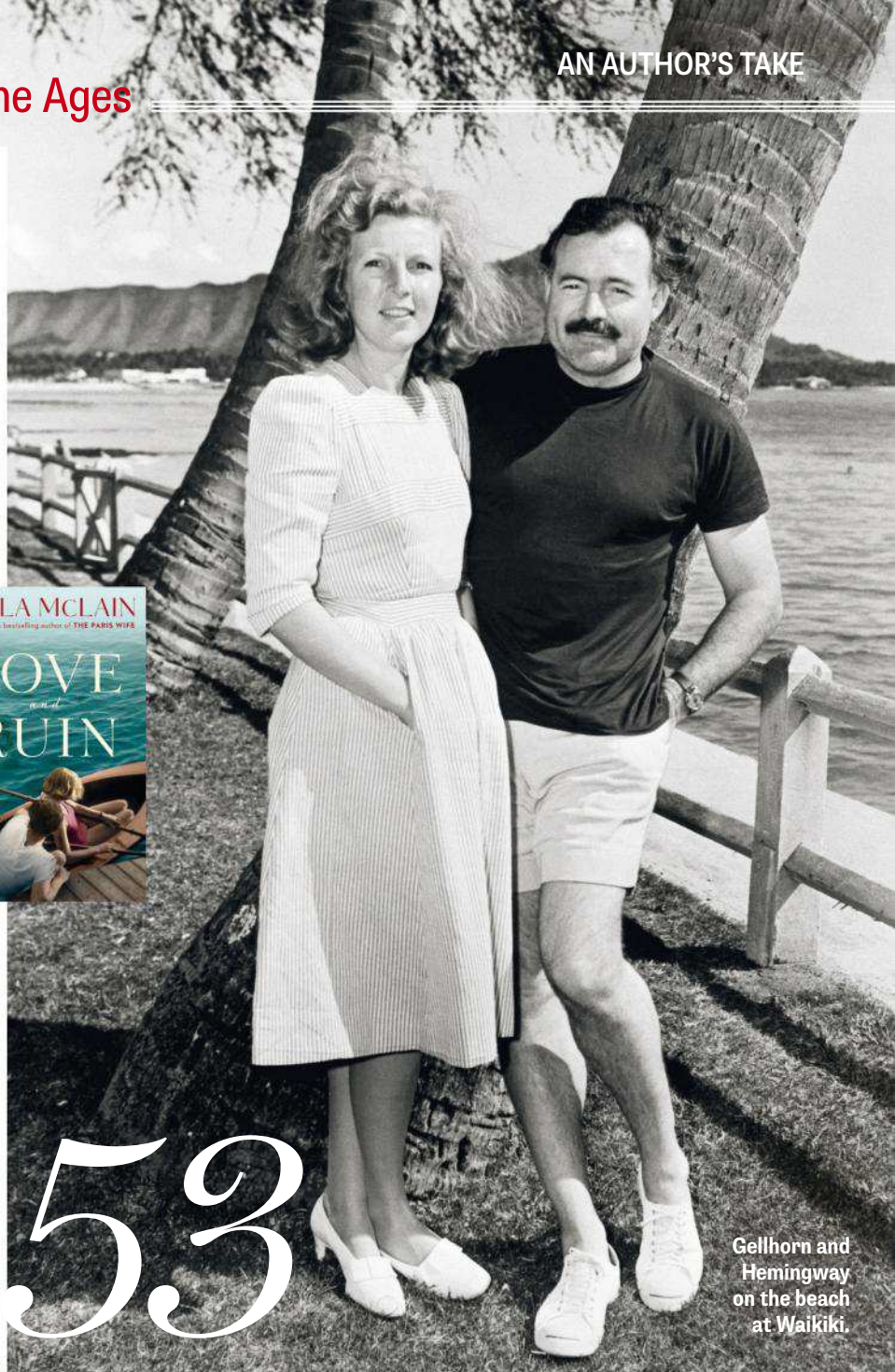
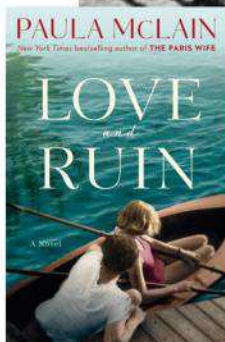
HD

BELL 1161 / BELL FIBE 1213
ROGERS 60 / TELUS 871
OR CHECK YOUR LOCAL LISTINGS VISIONTV.CA

ZOOM OUT Wisdom of the Ages

Paula McLain, 53, the internationally bestselling author of *The Paris Wife*, returns to the subject of Ernest Hemingway in her latest novel, *Love and Ruin*, which dives into his passionate, volatile third marriage to Martha Gellhorn. The legendary author was married a total of four times, but it was Gellhorn who captured the public's imagination most. Their marriage, from 1940 to 1945, was the subject of the 2012 film *Hemingway & Gellhorn*, which saw the couple played by Clive Owen and Nicole Kidman. Like *The Paris Wife*, which told the story of Hadley Hemingway, Ernest's first wife, *Love and Ruin* is historically accurate and extensively researched. Adding to the book's buzz is that this is the *first* novel ever written about Gellhorn, the legendary war correspondent who published more than a dozen books in her lifetime.

What motivated McLain to continue to explore Hemingway's personal life? "I was inspired to write *Love and Ruin* when I had a crazily vivid dream of fishing with Hemingway and his third wife, Martha Gellhorn. The next morning, I Googled her, and that was that," says McLain. "Not only was she one of the most important journalists and war correspondents of the 20th century but also one of the bravest and most original women I've ever encountered."



Gellhorn and Hemingway on the beach at Waikiki.

53

What advice do you wish you'd given your 25-year-old self?

Keep the faith. You're not as much of a wreck as you think you are.

What advice would you give your 80-year-old self? Listen to your own voice first.

What do you know for sure? Change is gonna come!

What have you learned? You

can't make everyone happy. Scratch that. You can't make anyone happy.

What will you never learn? How to pilot a plane.

Best piece of advice? In fiction, there are no absolute villains and no absolute heroes, either. That's true in life as well.

Did it work? It did.

What inspires you? Unlikely hope in others.

The moment that changed everything? My first creative writing class, at the age of 24.

Happiness is ... Fleeting and constant and nearer than you think. ☑



Get your Zoomer

little life box

with FRESH PRODUCTS FOR SUMMER

Get glowing this summer with a special assortment of natural supplements, skincare, healthy snacks and more in your **Limited-Edition Zoomer Box**. Plus, enjoy a free one-year subscription (nine issues) to *Zoomer Magazine*!



ORDER NOW!

LittleLifeBox.com/zoomer

Quantities are limited, so order today.

What's in the box?

Thirteen choice products for a naturally healthy summer! Visit LittleLifeBox.com/zoomer to view additional items not shown here. Includes a subscription (or renewal) to *Zoomer Magazine*.

1

Sweetsmith Candy Co. Coconut Brittle made with ribbons of organic coconut that will take you on an instant vacation! (56 g)



2

Purely Great Cream Deodorant is naturally safe and great-smelling (50 g)



3

LARITZY Lip Stain

formulated to give you an effortless high-gloss, editorial look. Keep shining! (3.1 g)



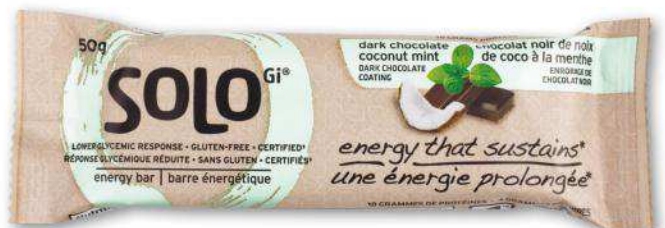
5

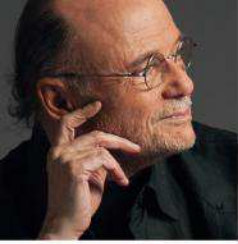
Black Oxygen Natural Mud Bath for those who like to get a little dirty (100 mL)



4

Solo Energy Bar in Dark Chocolate Coconut Mint is so deliciously refreshing your taste buds will thank you! (50 g)





Moses' Last Word/First Word

Prophet of Zoom™



Silence is golden!
(AND SO ARE WE!)

"A WHILE AGO, I WENT TO DINNER WITH A GROUP OF YOUNG PROPHETS TO GET A SENSE OF THEIR THINKING ABOUT HEALTH, NUTRITION, EXERCISE, ETC. THE RESTAURANT WAS NEW WITH A TRENDY CHEF, BUT IT WAS ALSO...



...**INCREDIBLY NOISY!** THE BACKGROUND MUSIC WAS SO LOUD, EVERYONE HAD TO SHOUT TO BE HEARD - WHICH JUST MADE EVERYTHING LOUDER STILL. WHEN PEOPLE SAY 'LET'S HAVE BREAKFAST, LUNCH OR DINNER,' DON'T THEY MEAN 'LET'S VISIT, LET'S MEET, LET'S TALK'? SO, I ASKED THE WAITER TO TURN IT DOWN. HE SHRUGGED AND SAID THE VOLUME WAS COMPUTER CONTROLLED BY AN AMBIENT MUSIC FIRM SOMEWHERE. BUT MY YOUNG FRIENDS DIDN'T SEEM PERTURBED. SO WE ATE WITHOUT REALLY TALKING AND I WENT HOME WITHOUT KNOWING WHAT WAS ON THEIR MINDS."



"THAT NIGHT IN BED, I WONDERED: WAS IT ME? WAS I JUST ANOTHER OLD CRANK? NOT SO FAST. IT'S TRUE THAT PEOPLE OVER 50 ARE PRONE TO HEARING LOSS AND SO HAVE A LOWER TOLERANCE FOR LOUD SOUND. BUT THE ZAGAT SURVEY RECENTLY REPORTED THAT LOUD NOISE IS THE SECOND MOST COMMON THING DINERS COMPLAIN ABOUT - REGARDLESS OF AGE!"



MEASURED IN DECIBELS, A LIBRARY READS 40, A VACUUM CLEANER 70, A JACK HAMMER 90, AND MANY RESTAURANTS READ OVER 100 - THE EQUIVALENT OF A JET TAKING OFF! NORMAL CONVERSATION REGISTERS AT ABOUT 60, WHILE 130 IS NEAR THE THRESHOLD OF PAIN.



THE PSYCHOLOGICAL AND PHYSICAL IMPACT IS PROFOUND, RANGING FROM ANNOYANCE TO SEVERE ANXIETY DISORDERS, PTSD, SLEEP DISTURBANCE, TINNITUS AND HEART ATTACKS. STUDIES HAVE EVEN SHOWN THAT STEADY LOUD NOISE BREAKS DOWN THE DNA IN ADRENAL HORMONES, WHICH PROTECT US FROM STRESS! SO WHY ISN'T ANYONE DOING ANYTHING ABOUT IT?!



"WELL, ACTUALLY, SOMEONE IS! ON AN IMPULSE, I CALLED UP AN OLD ACQUAINTANCE AT ZOOMERMEDIA, WHO IS ALSO LEADER OF CARP, A KIND OF SPIRITUAL DOPPELGÄNGER WITHOUT THE ROBES. I EXPLAINED THE PROBLEM. HE LAUGHED."



WE'RE WITH YOU, MR. PROPHET, BECAUSE, FOR YEARS NOW, WE'VE BEEN SAYING THAT THE NEXT GREAT ENVIRONMENTAL ISSUE SHOULD BE NOISE POLLUTION! THAT'S WHY WE CREATED THE NEW CLASSICAL FM'S **ANTI-NOISE POLLUTION LEAGUE ("ANPL"*)** TO PROMOTE CIVILIZED DRINKING AND DINING! JOIN THE ANPL TODAY AND CHECK OUT THE GROWING LIST OF RECOMMENDED - AND UN-RECOMMENDED! - RESTOS, BARS AND LOUNGES.



SO, I'M ADDING MY VOICE TO THEIR NOBLE CAUSE. AND, BECAUSE SILENCE IS LIKE A BALM TO THE SOUL, IF YOU KNOW OF A RESTAURANT OR BAR WORTHY OF THE ANPL DECAL, DON'T FORGET TO SUBMIT IT TO THE ANPL SITE*. ALTERNATIVELY, YOU CAN POST WARNINGS TOO.



NOW LISTEN, MY GOOD MAN, WE HAVE HAD IT WITH YOUR BOOM BOOM BOOM!



*classicalfm.ca/anpl or email anpl@classicalfm.ca

ART BY WES... WORDS BY MOSES

PHOTOGRAPHY, DON DIXON; ILLUSTRATION, WES TYRELL

HEAR BETTER, FEEL BETTER, LIVE BETTER.



WE'RE WITH YOU EVERY STEP OF THE WAY.

At Miracle-Ear Canada, we provide **FREE** comprehensive hearing testing from best in class hearing healthcare providers. Our knowledge and experience ensures a hearing solution as individual as you are. We provide the latest innovative technology which allows you to hear all the important moments in life while still remaining discreet and comfortable.

WHY CHOOSE MIRACLE-EAR?

- 3 Year Warranty*
- 75 Day Money Back Guarantee**
- Lifetime of Free Aftercare
- Personalized Solutions



SERVICE

Providing superior service to go beyond your expectations.



EXPERIENCE

Proudly serving Canadians for 25 years.



PROFESSIONALISM

Best in class hearing healthcare providers.

Call us toll-free at **855.980.4993** to book a **FREE** Hearing Test Today!



Over 50 locations across Canada to serve you!
www.miracle-ear.ca

2018 **LEGACY**

WELL-EQUIPPED FROM
\$24,995*



SUBARU

Confidence in Motion



IT'S AN SUV. BUT WITH A TRUNK.

The 2018 Subaru Legacy.
The Sport Utility Sedan.

The versatility of All-Wheel Drive,
impressive cargo space, but built lower
to the ground for improved handling.
Some would call it impossible.
We call it the Sport Utility Sedan.
Learn more at subaru.ca/sus

2018 IIHS TOP SAFETY PICK+
MODELS EQUIPPED WITH OPTIONAL EYESIGHT®
AND SPECIFIC HEADLIGHTS

**SYMMETRICAL
AWD**



*MSRP of \$24,995 on 2018 Legacy 4dr Sdn 2.5i CVT (JA2 25). MSRP excludes Freight & PDI of \$1,650. Taxes, license, registration and insurance are extra. \$0 security deposit. Model shown is 2018 Legacy 4dr Sdn 2.5i Limited w/ Eyesight CVT (JA2 LPE) with an MSRP of \$33,795. Dealers may sell for less or may have to order or trade. Prices may vary in Quebec. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See Owner's Manual for complete details on system operation and limitations. See your local Subaru dealer for details. Legacy and Subaru are registered trademarks.