

# ZOOMER



**10**  
years

## A NEW ATTITUDE

**YES, AGEISM IS BAD FOR YOUR HEALTH**  
It's time to fight back!

## LIVE LONGER

- 3 simple sleep solutions
- Sun & skin-saving science

**CARP ACTION**  
READY FOR UNIVERSAL PHARMACARE?  
PG. 36

**MOSES' LAST WORD**  
HOW POT COULD SOLVE THE OPIOID CRISIS PG. 98

**I'M ONE!**

## Rick Mercer

HAS A BRAND NEW RANT:  
**"I'M NOT RETIRED!"**

# THE GREAT CANADIAN SUMMER

## GET OUT & PLAY!

Horseback riding in the Yukon, fishing in B.C., antiquing in Ontario & more  
**PLUS** BBQ and the best dockside reads

**HAPPINESS IS ...**  
**A WARM PUPPY IN YOUR 60S**  
One woman's story of love & dog-walking

July-Aug 2018 / \$5.95 / Display until Aug 5  
everythingzoomer.com



# LANCÔME

PARIS



TAILOR-MADE  
FOR 60+ YEARS OLD

## RÉNERGIE MULTI-GLOW

CRÈME ROSE RÉVÉLATRICE D'ÉCLAT  
ROSY SKIN TONE REVIVING CREAM



REVIVE YOUR SKIN'S ENERGY  
*FOR VIBRANT, GLOWING SKIN.*

NEW **RÉNERGIE MULTI-GLOW**

ROSY SKIN TONE REVIVING CREAM  
RADIANCE • PLUMPNESS • LIFTING

THE GREATEST FREEDOM IS TO SAY "THIS IS WHO I AM". ENHANCE YOUR TRUE BEAUTY AND NATURAL GLOW WITH OUR SKIN TONE REVIVING CREAM, INFUSED WITH THE POWER OF SCHIZANDRA RED BERRY EXTRACTS FOR FRESHER, FIRMER AND RADIANT SKIN.

# Contents

“All in all, it was a never-to-be-forgotten summer – one of those summers which come seldom into any life but leave a rich heritage of beautiful memories in their going”

—L.M. Montgomery, Canadian author (1874-1942)

## Cover Stories

### *Rick Mercer*

**42 The Rick Report** Canada's favourite one-man road show has a brand new rant: he's not retired

### *Great Canadian Summer*

**60 Beach, Blanket, Book, Repeat** Our picks for sweet summertime reading

**62 Where There's Smoke** Two champions of the barbecue help you master the grill

**70 A Certain Vintage** The art of antiquing gives new life to all things past

**74 Ticket to Ride** Back in the saddle and back to nature in the Yukon

**78 Reeling in the Years** A West Coast fishing trip brings reflections of family and friends

**82 The Hills Are Alive** Heli-hiking in remote B.C.

### *A New Attitude*

**48 Yes, Ageism is Bad for Your Health** Research reveals a link between ageist attitudes and how you age

### *Live Longer*

**24 3 Simple Sleep Solutions**

**28 Sun & Skin-Saving Science**

### *Happiness Is ...*

**54 It's a Dog's (and Your) Life** How a sweet pooch came to one couple's emotional rescue

### *Moses' Last Word/First Word*

**98 Prophet of Zoom** How pot could solve the opioid crisis

## In Every Issue

**8 From the Editor** Suzanne Boyd

**10 Mailbag**

**34 View** Libby Znaimer

### *Zoom In*

**13 This Way Up** Peaks and valleys in the journey. Plus music, movies and art

**20 Style** Activism, fashion and empowerment at Cannes

**26 Vitality** Wake up to citrus

**30 Money** What's your RRIF risk quotient?

### *Zooming*

**64 You Spin Me Right 'Round** Dust off the turntable - vinyl is back

**68 Game On** With online gaming, the generation divide may be narrower than you think

### *Zoom Out*

**92 Brain Games No. 58** Making waves

**96 Wisdom of the Ages** From *Sofie & Cecilia* author Katherine Ashenburg

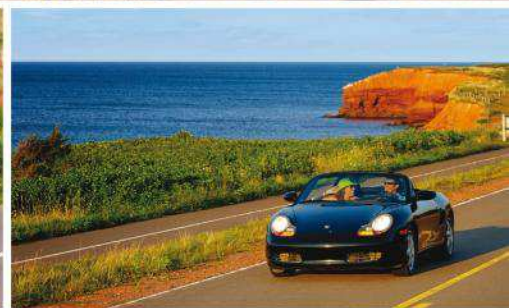
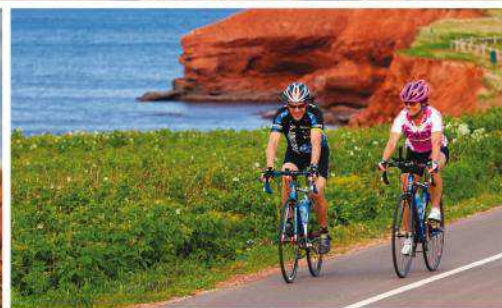
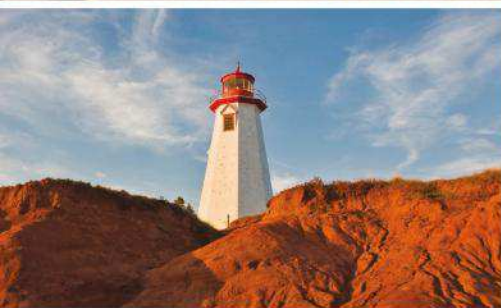
## CARP Action

**36 Ready for Universal Pharmacare?** But at what cost?



**ON THE COVER** Rick Mercer photographed by Paul Alexander

# COME FIND YOUR *Island*



To the Energetic Explorers- the bold, brave and daring. To those who leap at the chance to make each day more invigorating than the last. This is your Island. A breathtaking destination, filled with wandering trails, endless beaches and unique experiences everywhere you look. Pack your gear and your curiosity. Come find Prince Edward Island.

Book your Prince Edward Island vacation today at [ExplorePEI.com](http://ExplorePEI.com)

**RUN. SPLASH. PUTT. DANCE. DINE.**

*Whatever you're searching for, you'll find it here. One amazing Island. Endless possibilities.*

Prince  
Edward  
Island  
CANADA

Air Canada takes you there with the most flights to Charlottetown. Book now at [aircanada.com/PEI](http://aircanada.com/PEI) or contact your travel agent.

 AIR CANADA

VOLUME 34, NUMBER 5

# 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 Paul Alexander, Jeanne Beker, Leanne Delap,  
Laura Grande, Bruce Grierson, Liza Herz, Rebecca Field Jager,  
Dr. Zachary Levine, Bill Macpherson, Rona Maynard, Susan Nerberg,  
Colleen Nicholson, Barbara Olson, Jim Slotek, Wes Tyrell

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

ACCOUNT MANAGER, CONTENT COORDINATOR 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](http://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](http://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: JOSE LUIS PELAEZ INC/GETTY IMAGES

Canada

vividata

CCAB  
SPA WORLDWIDE

Magazines  
Canada

A man with short, graying hair and a beard, wearing black-rimmed glasses and a blue denim shirt, is looking directly at the camera. He is holding a black camera lens in his right hand. The background is a plain, light-colored wall.

*See What You love*  
**LOVE HOW YOU SEE**

At IRIS, we provide you with the finest quality lenses from Nikon, our No-Matter-What Guarantee, interest-free financing, and unparalleled experience from leading eyecare professionals.

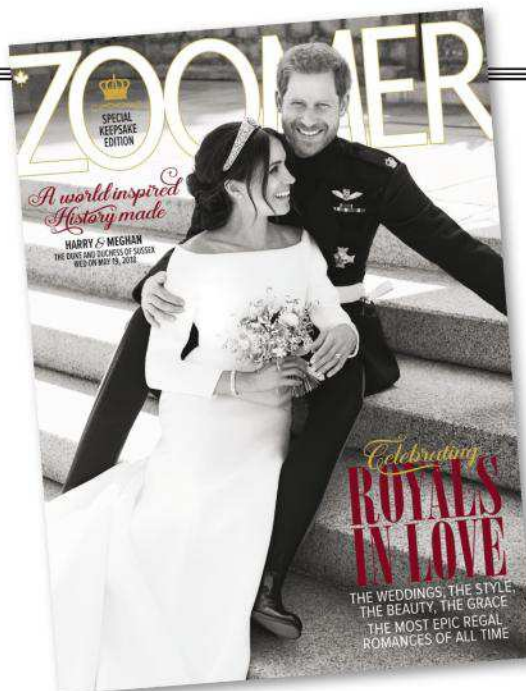


CARP members benefit from IRIS Advantage offers like \$150 towards the purchase of beautiful eyewear and prescription sunglasses.

Register today: [iris.ca/benefits](https://iris.ca/benefits)

**NOT A CARP MEMBER YET? WHY NOT?**





**ROYAL WATCH**

To access our special digital keepsake edition, *Celebrating Royals in Love*, go to everything zoomer.com/royals-in-love

# Love Match

**P**RINCE HARRY, Meghan Markle to honeymoon in world’s most boring place,” blared the headline from the *New York Post’s* notorious Page Six gossip column. It was referring to reports, still unconfirmed at press time, that the newly married and minted Duke and Duchess of Sussex would take their post-wedding hiatus in Alberta, specifically at the Fairmont Jasper Park Lodge. This remote high-end resort situated in Jasper National Park also happens to be an UNESCO World Heritage Site.

What’s not to like? We took particular umbrage here at *Zoomer* at this statement coming as it did just as we were putting this issue, celebrating unforgettable experiences in some of Canada’s most magical spots, to bed. And what’s with the there-they-go-again-ism? Hadn’t America’s self-proclaimed “paper of record,” the *New York Times*, informed its citizens that “With the Rise of Justin Trudeau, Canada is Suddenly ... Hip” back in 2016 – its own infamous headline? Infamous because Canadians have always been hip or let’s call it cool as – say – ice. We have spent more than a century exporting iconic cultural change-makers to the U.S. and beyond, but

have always been too cool to care if we were considered such. And how deep in the concrete jungle does one’s soul have to be lost to contemplate pristine nature and majestic wildlife and end up at boring?

Certainly not Harry’s great-great-uncle Edward, Duke of Windsor, who purchased his 4,000-acre Alberta ranch in 1919 and which he visited with his own American Duchess in the ‘40s and ‘50s. Nor his great-grandparents King George VI and Queen Elizabeth who were hosted at Jasper Park Lodge on their inaugural Royal Tour in 1939.

That tour would have been a daunting one – after all, the abdication of the Duke of Windsor, then Edward VIII, was fresh. The charismatic Edward was the first modern royal with a global celebrity. In his royal tour of Canada, in 1919, when he was the Prince of Wales, unusually for the removed royals, throngs of screaming crowds lined his parade route. Could George VI – with his natural shyness and a speech impediment as recounted in *The King’s Speech* – rise to the occasion and cement the future of the monarchy and its hold on the Commonwealth?

In 2011, another just-married Duke and Duchess, that of Cambridge, made their own inaug-

ural tour of Canada to a rapturous welcome. Before departing, Prince William said, “In 1939, my great-grandmother, Queen Elizabeth the Queen Mother, said of her first tour of Canada with her husband, King George VI: ‘Canada made us.’ Catherine and I now know very well what she meant.” And exactly where was the Prince when said speech was given? You guessed it, Alberta.

The Duke and Duchess of Sussex’s courtship was a transatlantic one flying between London and Toronto, where the California-bred Ms. Markle had lived and worked for seven years. The news of the couple’s relationship broke while the Prince was with his bride-to-be in our city. The pair made their official debut at the Prince’s 2017 Invictus Games, its third edition, held in Toronto and its most successful showing yet.

So, sorry, not sorry, if Canada feels that we helped make Harry and Meghan, too. Not exciting, Page Six, not exciting at all.

*Syanne*

PHOTOGRAPHY, TANA D’AMICO



# EXPERIENCE OUR WORLD

Unique and Enriching Travel Experiences  
Inclusive Escorted Journeys • Diverse Destinations

## Peru, Land of the Incas

November 2, 2018 • 16 Days • 32 Meals  
From \$5,865pp land only double

## Costa Rica's Natural Wonders

February 11 or March 13, 2019  
15 Days • 32 Meals  
From \$4,495pp land only double  
**Save \$200pp\***

## The Passions of Chile and Argentina

February 23, 2019 • 15 Days • 29 Meals  
From \$6,525pp land only double  
**Save \$200pp\***

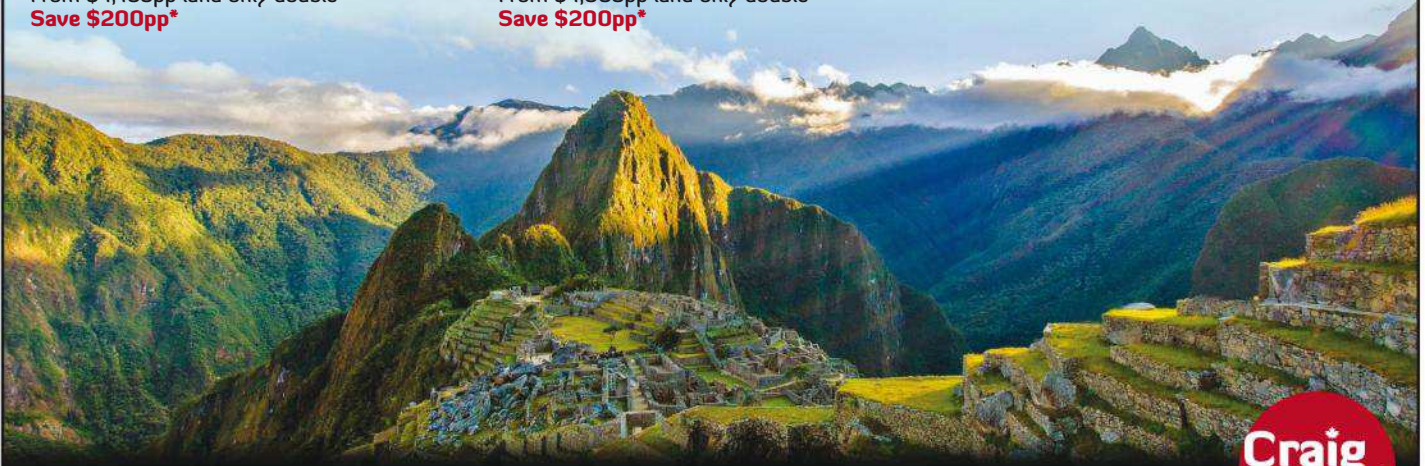
## Colombia, Coffee and Culture

March 4, 2019 • 15 Days • 33 Meals  
From \$4,995pp land only double  
**Save \$200pp\***

## South America Explorer

Holland America • ms Zaandam  
February 20, 2019 • 19 Days • Most Meals  
From \$4,325pp cruise only double,  
Cat K Inside, Various decks  
Includes prepaid gratuities and  
2 nights in Santiago

Book  
early and  
save \$200pp\*



[www.craigtravel.com](http://www.craigtravel.com)

1-800-387-8890 • [journeys@craigtravel.com](mailto:journeys@craigtravel.com)

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

\*Book and deposit by: Colombia Oct 31/18; Costa Rica, Chile and Argentina Sep 28/18. Conditions apply.



ITCO Reg. 1498987

# Oberammergau 2020

Featuring premium theatre tickets and overnight(s) in Oberammergau

## Alpine Adventure

Lucerne, Bern, Zermatt, St. Moritz,  
Oberammergau, Munich  
11 Days • 18 Meals • 5 Departures

## Heart of Germany

Berlin, Leipzig, Prague, Nuremberg,  
Oberammergau, Munich  
13 Days • 22 Meals • 3 Departures

## Heart of Europe

Budapest, Vienna, Salzburg,  
Oberammergau, Prague  
14 Days • 25 Meals • 6 Departures

## Croatian Adventure

Dubrovnik, Split, Zadar, Opatija,  
Abano Terme, Innsbruck,  
Oberammergau, Munich  
14 Days • 25 Meals • 4 Departures

## Wonders of Italy

Rome, Chianciano Terme, Montecatini  
Terme, Abano Terme, Innsbruck,  
Oberammergau, Munich  
13 Days • 23 Meals • 3 Departures

## The Holy Land

Tiberias, Jerusalem, Salzburg,  
Oberammergau, Munich  
16 Days • 30 Meals • 3 Departures

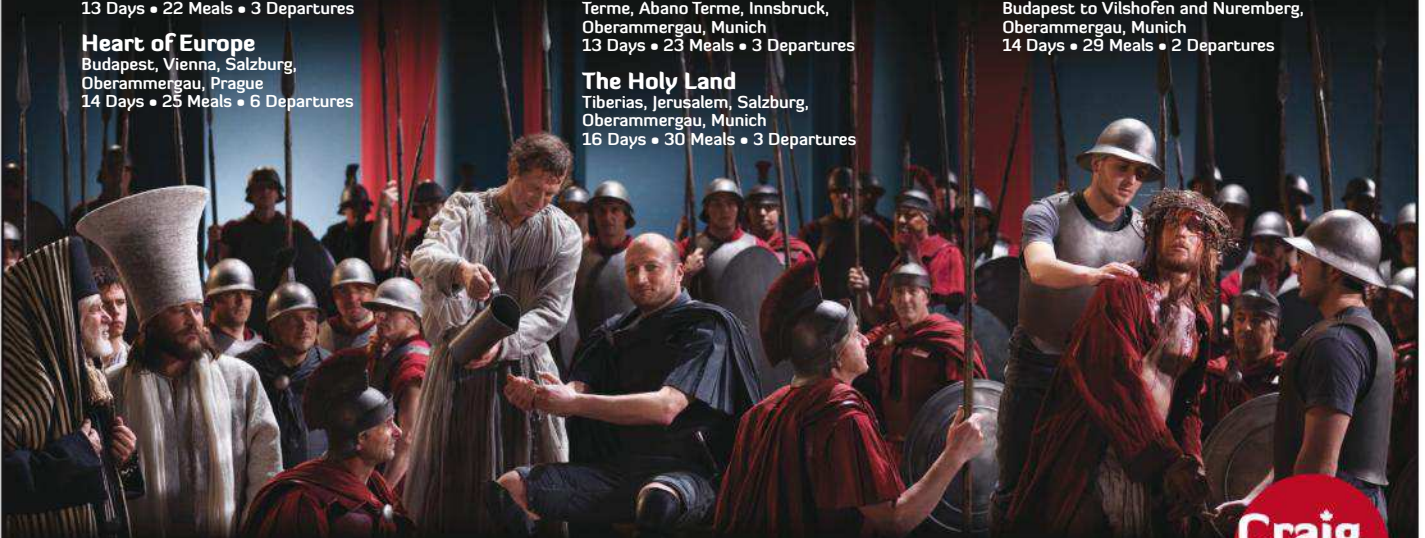
## Enchanting Rhine

AmaWaterways • ms AmaKristina  
Amsterdam to Basel and Konstanz,  
Oberammergau, Munich  
14 Days • 30 Meals • 1 Departure

## Melodies of the Danube

AmaWaterways • ms AmaViola  
Budapest to Vilshofen and Nuremberg,  
Oberammergau, Munich  
14 Days • 29 Meals • 2 Departures

Book  
early and  
Save \$200pp\*



[www.craigtravel.com](http://www.craigtravel.com)

1-800-387-8890 • [journeys@craigtravel.com](mailto:journeys@craigtravel.com)

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

\*Book and deposit by October 31/18. Conditions apply. Contact Craig Travel for full details.  
Photo courtesy of Passion Play 2020 Oberammergau.



ITCO Reg. 1498987

**NOT YOUR DEAR**

Your article on infantilizing older people ["A Zoomer by Any Other Name," June] was right on. It's been a peeve of mine since I became "a senior." I'm in my 70s and addressed as "hon," "dear," "sweetie," "young man," etc. - all suggest that I'm old and safe. This happens at restaurants and retail outlets. Great article. BTW, I often tell people, "How come you don't age?" I'm usually sincere. -*Malcolm Surette, via email*

**GET A LIFE. WHO CARES?**

I am 75 and male and yes I have been referred to as Dear and Honey! You're right, it usually comes from individuals in the Service Industry; often in restaurants across the U.S.A. Why care? -*Mac Stoodley via email*

**GOLDEN GIRLS**

Re: "There Goes the Neighbourhood," [March]: I think that Peter Muggeridge missed a very positive answer at 100 Perry St. in Port Perry, Ont. The four unrelated but I think very smart

"Golden Girls" did have to adhere to planning and zoning regulations but began with an old home closer to the centre of town, which had the advantage of a good-sized lot, some old features which could be incorporated but which definitely needed more than updates. Port Perry prides itself on its unique homes and historical downtown, and from all that I hear when I visit friends who live there, they are very proud of this shared home ownership example in their town. Although I live in Oshawa, as a single woman I can see many advantages of pooling resources to provide for social, family, nutritional, safety, esthetic as well as housing needs. The four women in Port Perry have a beautiful home and well-planned interior and exterior environment, which features an elevator, guest space/living space for future caregiver(s), infinity pool available year round, as

well as very manageable monthly expenses which include food, wine, taxes, insurance, cleaning, lawn and snow as well as general maintenance. To me, it is a much better model for others to follow, and worth sharing photos and researching the process to happily provide a new way of planning for our own future. -*Laurie Ball, via email*

**Zoomerang**



"We can do extensive blood work, take x-rays, check your prostate ... or I could sell you some great weed for \$50."

**SEND COMMENTS TO:** ZOOMER MAGAZINE, 64 JEFFERSON AVE., TORONTO, ONT. M6K 1Y4 OR BY EMAIL TO COMMENT@ZOOMERMAG.COM. LETTERS MAY BE EDITED FOR PUBLICATION.

**Contributors**



**Bruce Grierson** is happiest when he's outside. The Vancouver-based writer specializes in the physiology and psychology of aging. His latest book on the subject, *What Makes Olga Run?*, was published in 2014. His work has also appeared in *New York Times Magazine*, the *Pacific Standard* and on *Psychologytoday.com*. In "Yes, Ageism Is Bad for Your Health" (pg. 48), he explores the impact of ageist attitudes.



Writer and former *Chatelaine* editor-in-chief **Rona Maynard** describes herself as a keen road tripper who once toured 49 art museums in less than six weeks. A mental-health advocate and author, her first memoir and *New York Times* bestseller *My Mother's Daughter* was published in 2008. For her second memoir, she's expanding on "It's a Dog's (and Your) Life" (pg. 54) about later-in-life pet ownership and its benefits.

# 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.

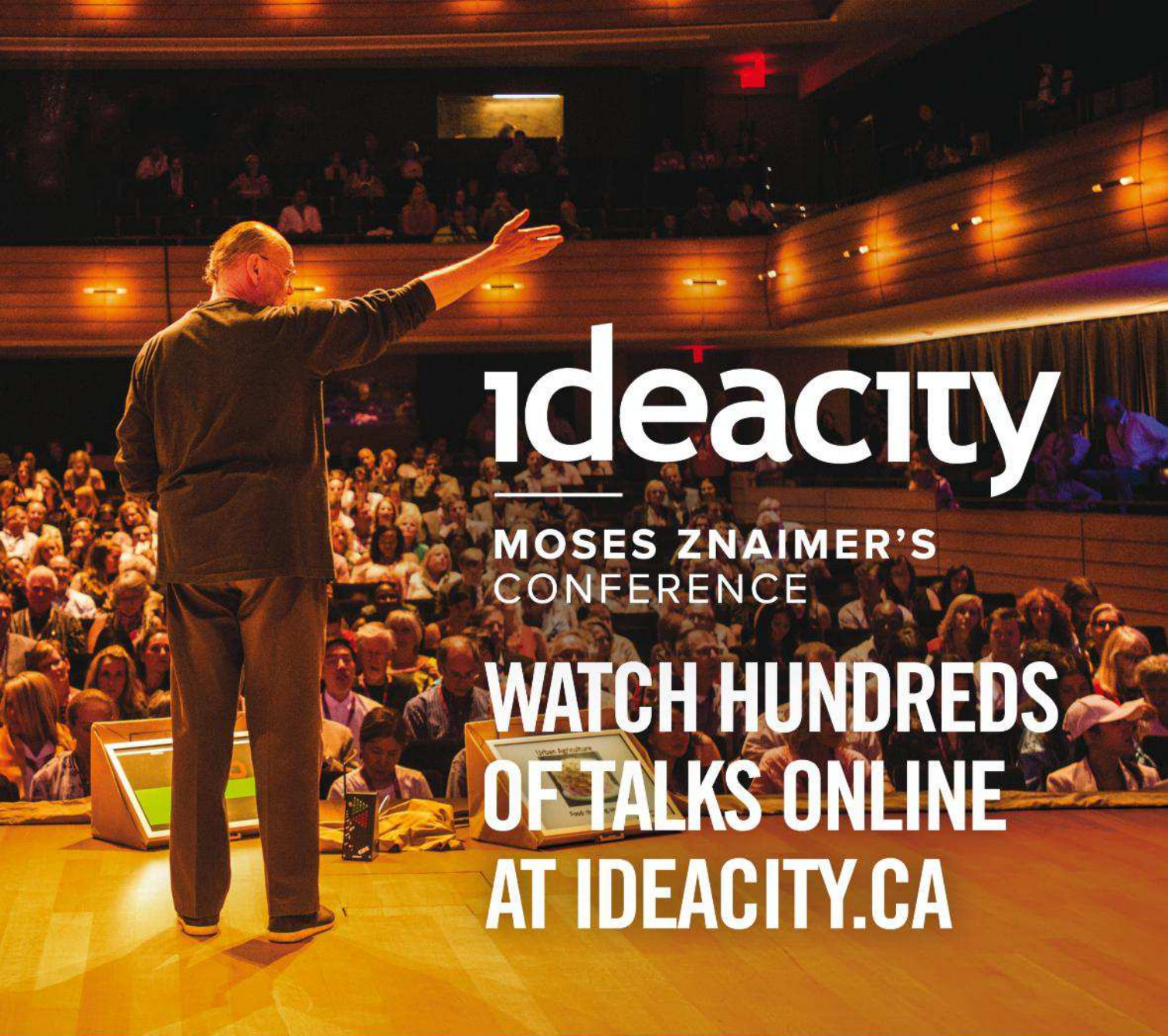
## Book Your Discovery Tour One Free Night

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](http://retireelliotlake.com)





# ideacity

MOSES ZNAIMER'S  
CONFERENCE

WATCH HUNDREDS  
OF TALKS ONLINE  
AT IDEACITY.CA



| HD

CATCH THE TV SERIES ON  
ONETV DAILY AT 11:30 PM ET

BELL 606 / BELL FIBE 1606 / ROGERS 265

**FOR TICKETS GO TO [IDEACITY.CA/TICKETS](http://IDEACITY.CA/TICKETS)**

**“Yes, ma’am, this refrigerator does come with a free ice bin. But for a little extra, you could upgrade to a model that helps offset early cognitive decline”** Best Buy CEO says the big box store is working on a service that uses technologically advanced products and services to help seniors age in place and live healthier lives.

**Now we’re going to have to find Paul Anka a cool rapper nickname. We’re leaning toward “Champagne Grandpapi”** Legendary crooner Paul Anka, 76, announces he’s collaborated on a new music project with fellow Canuck and celebrated rapper, Drake.

**Well, kids, this explains the lace bra hanging from Grandma’s ceiling fan – and the ensuing awkward moment of silence – the last time you popped in unexpectedly to visit** A national poll conducted by the University of Michigan shows that two-thirds of Americans between ages 65 and 80 are interested in sex, while 40 per cent are still getting busy.

**This is why, even when you’re in the back nine of life, you never stop aiming for the green** Ohio man, 93, forced to give up golf after 65 years due to health issues, nails his first-ever hole-in-one in his final game.

**In a development that could prove transferable to humans if successful, a Harvard biologist is working on research that aims to reverse the effects of aging in dogs** “I can’t wait to get back on my feet,” Lassie barked in an interview from her nursing home. “Someone else can fish Timmy out of the well. I’m going to travel!”

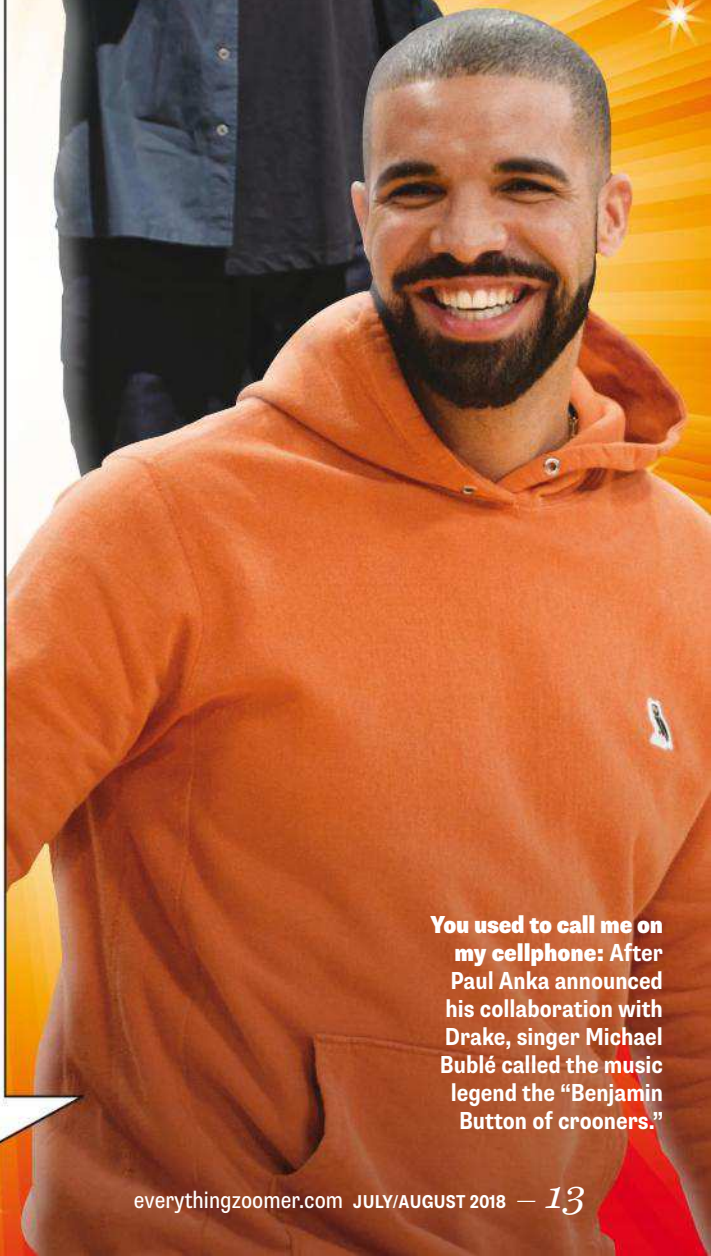
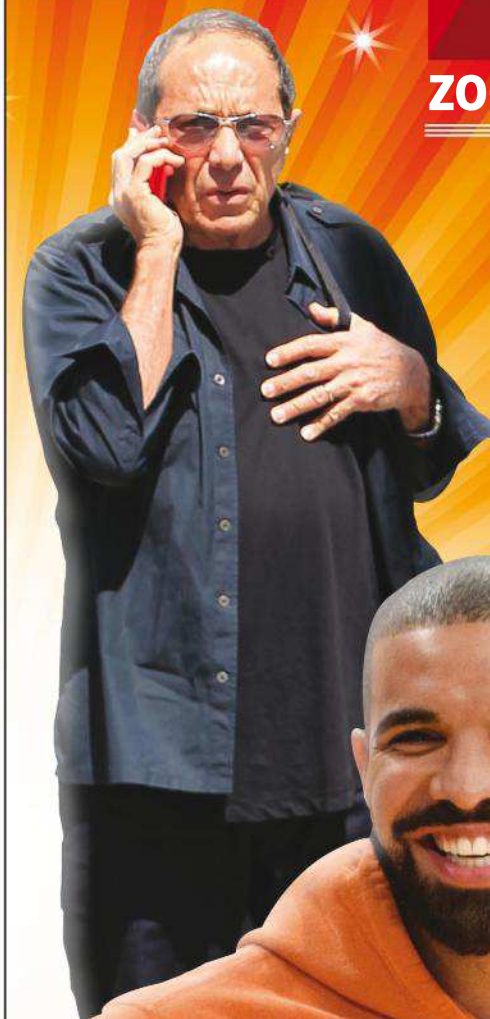
**A Russian woman, who claims to be turning 129 this month, says her longevity is a “punishment”** Which really put a damper on the surprise birthday party she had just walked into.

# THIS WAY UP

**RECENT PEAKS AND VALLEYS IN THE JOURNEY**  
By Mike Crisolago

**(AND DOWN)**

**ZOOM IN**

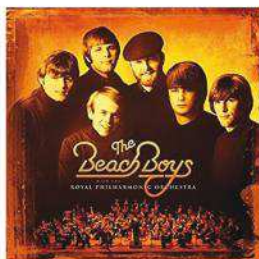


**You used to call me on my cellphone:** After Paul Anka announced his collaboration with Drake, singer Michael Bublé called the music legend the “Benjamin Button of crooners.”



## GOOD (STRING) VIBRATIONS

Surf, sand and entire orchestral sections



**A** RUBA, JAMAICA, oh I want to take ya to ... the symphony? Yes, The Beach Boys, long the heralds of carefree summer fun, kick off the season this year by teaming with some of London's finest musicians for **The Beach Boys With the Royal Philharmonic Orchestra**, pairing the vocals from their classic tunes with a full orchestral arrangement.

On the surface, the addition of orchestral accompaniments to light, summery tunes like "California Girls" and "Fun, Fun, Fun" might seem counterintuitive. But The Beach Boys are, of course, famed for their vocal harmonies and multi-

layered musical compositions – elements that album producer Nick Patrick says only enhanced the musical pairing. "What we found, making this record, is when you dig down into the arrangements, they're extraordinary," he notes in a promotional video. "They're fresh, they're new, they're complex, they're beautiful and constructed in a completely original way." Beach Boy co-founder Brian Wilson concurs, noting he "always knew the vocal arrangements I did back ... would lend themselves perfectly for a symphony." –Mike Crisolago

**SO EMOTIONAL ...** "You have three places to sing from: heart, mind, guts. She learned them all." –Grammy-winner Cissy Houston speaking about her daughter, Whitney Houston, in the much-anticipated new documentary *Whitney*, which explores everything from the singer's career to her sexuality, drug addiction, troubled marriage to Bobby Brown and explosive new allegations of sexual abuse against her cousin, singer Dee Dee Warwick, the sister of Dionne Warwick. The film opens across Canada in July.



PHOTOGRAPHY, MICHAEL OCHS ARCHIVES/HANDOUT/GETTY IMAGES (BEACH BOYS), 20TH CENTURY FOX/HANDOUT/GETTY IMAGES (HOUSTON)



# YOUR HOME FOR GREAT MOVIES

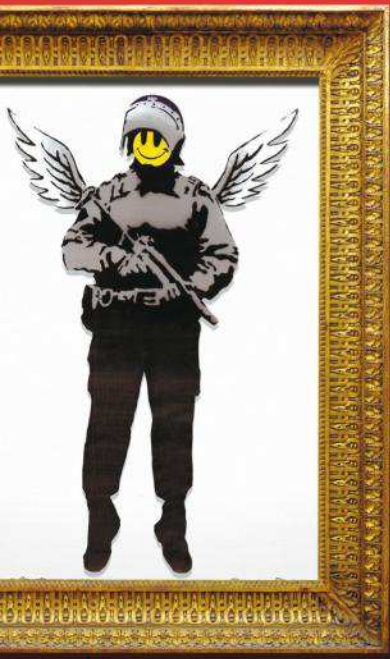


**sunday blockbusters**

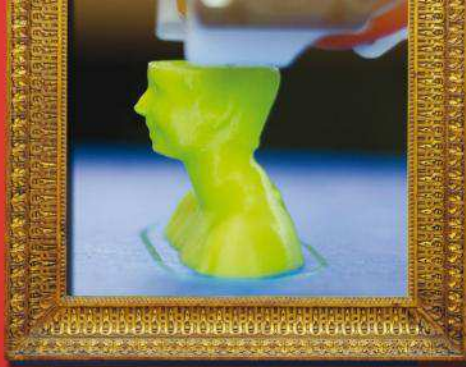
**Sundays 8pm**

Complete movie lineup at [chch.com](http://chch.com)





1



2



3

**1** A Banksy smiley face soldier with wings **2** Printing a 3-D bust ahead of Douglas Coupland's *The National Portrait* **3** Eleanor Bond's *IV* *Converting the Powell River Mill to a Recreation and Retirement Centre*, part of *Awakening*

## GRAFFITI GURU

Fresh off the hugely popular Art Gallery of Ontario Yayoi Kusama: *Infinity Mirrors* exhibit, Toronto lands another artistic coup this summer with the North American première of **The Art of Banksy**. The show boasts more than 80 works by the enigmatic (and anonymous) Britain-based street artist, whose pieces tend toward politically charged and subversive graffiti images that pop up in public spaces around the world. *The Art of Banksy* features photographs of street artworks as well as original sculptures and other works staged at a mixed-use industrial building. As Steve Lazarides, Banksy's former manager and curator of the exhibit, noted, "We wanted to get the work and bring it out to the people ... otherwise, there's not a chance in hell that they're ever going to see this number of Banksy artworks together in one place." (*The Art of Banksy*, 213 Sterling Rd., June 13-July 11. [banksyexhibit.com](http://banksyexhibit.com))

## CANADIAN CONTEMPORARY

**T**HEY CALL Canada the Great White North for our snowy landscapes, but who's to say the moniker doesn't represent a blank canvas upon which artists might produce their next masterpiece? This summer, two art exhibits highlight both homegrown Canuck creativity and the allure of our nation as a hub of artistic inspiration.

B.C. author and multimedia artist Douglas Coupland has interpreted Canadiana-as-art for years, but the 56-year-old takes the premise a step further with **The National Portrait**. Created in partnership with Quebec retailer Simons, the exhibit is the result of a two-year trek during which Coupland's team scanned the heads of 1,700 Canadians and printed them as three-dimensional busts. "For the first time in history," he said, "we can be carefree with human busts in the same way photography allowed us to be carefree with flat portraiture." The show features 1,000 of the busts in various sizes with some using anamorphosis, which distorts the bust so that the viewer's perception changes when they view it from

different angles. (*The National Portrait*, *Ottawa Art Gallery*, June 29-Aug. 19. [oag.gao.ca](http://oag.gao.ca))

Meanwhile, the Lieutenant-Governor's Suite at Queen's Park in Toronto hosts a collection of Canadian artwork and photography that serves as a call to action for environmentalism and UN sustainability goals in Canada. **Awakening**, an ongoing exhibit curated by renowned Canadian architect and designer Bruce Mau on behalf of the provincial lieutenant-governor, Elizabeth Dowdeswell (who has a long history as an environmental champion), evokes ideas of how we interact with, and shape, our nation's landscapes and how we can preserve them. And while Her Honour hopes the exhibit inspires all visitors, the 73-year-old suggests the boomer generation can play a crucial role in the sustainability cause.

"If you could harness the wisdom, the intelligence, the lived experience that that generation has," she told *Zoomer*, "it would be wonderful." (*Awakening*, [arts.lg.ontario.ca/awakening-eveil](http://arts.lg.ontario.ca/awakening-eveil)) —MC



# DRY SEASON

The *Zoomer Radio Morning Show* takes the Hill Street Challenge



Zoomer Radio Morning Show's Sam, Neil and Jane.



**MINIMIZING ALCOHOL INTAKE IS NEVER A BAD IDEA**, so from June 18 to July 20, Jane Brown, Sam Houston and Neil Hedley of the *Zoomer Radio Morning Show* are taking the **Hill Street Challenge** to go completely alcohol-free.

When you enjoy the taste of beer and wine, choosing to go alcohol-free for a month can certainly be a challenge. Sparkling water, soda, and other alternative beverages aren't nearly as satisfying, and most alcohol-free beverages force you to compromise on taste.

Fortunately, there's the **Hill Street Beverage Company**, which stands head and shoulders above its competition by producing alcohol-free wine and beer that actually tastes great. (And they have the awards to prove it!) With their *Hill Street Craft* and *Designated Draft* beers, their full line-up of *VinZero* and *Vintense* wines, and a beverage portfolio that continues to expand, Hill Street gives drinkers a way to consume adult beverages with 0% of the alcohol and 100% of the taste.

**JANE'S REASONS TO SWITCH TO ALCOHOL-FREE DRINKS** focuses on the health factors. "I'm excited about taking in fewer calories and having a clear head," she says. "Maybe I'll even lose a pound or two!" Chances are good—Hill Street alcohol-free beverages contain fewer calories than your typical beer or wine; they're even endorsed by Weight Watchers™.



**"I'M EXCITED ABOUT TAKING IN FEWER CALORIES AND HAVING A CLEAR HEAD"**

— JANE BROWN

Sam likes the social aspects of alcohol-free wine. "(I like) having an alternative beverage choice while others are having alcoholic drinks." You no longer

have to feel like an outsider nursing a fluorescent green carrot-kale-celery smoothie while everyone else has a glass of vino. "It's a choice that has me blending in rather than standing out."

Neil's reasons for going alcohol-free are profound. "Alcohol has had an interesting place in my psyche because, growing up, plenty of people around me had issues with it. So I avoided alcohol, to avoid going down the same road they did." In a country with long, cold winters and impassioned, hard-core sports fans, it's likely we all know those people; roughly 5.8 million Canadians are classified as "heavy drinkers." Alcohol-free beverages can help to

**"IT'S A CHOICE THAT HAS ME BLENDING IN RATHER THAN STANDING OUT"**

— SAM HOUSTON



diminish this statistic, while also introducing non-drinkers the deliciousness of mashed barley and smashed grapes. "It's like someone opened a door to a ridiculously fun world," says Neil.

**AT THIS AGE, THE HANGOVERS AREN'T WORTH IT ANYMORE.** "I savour each sip, and I seldom drink too much or I have a hangover the next day. It wasn't always like this!" Jane laughs.

"I'm into my 50s and I've never been drunk," says Neil, clearly exposing himself as an alien from a distant planet. Though his reasons makes sense: "Everything in my life depends on me being at the top of my game. And that gets tougher as I get more 'seasoned.'" Neil's wife is also due to give birth this summer, and non-alcoholic wine is something they can enjoy together, in solidarity.

While we may no longer desire to "shotgun beer"



**"THIS IS LIFE-CHANGING, LIFE-ENRICHING STUFF"**

— NEIL HEDLEY

while dancing on a bar with a lampshade on our heads, wine and beer still have a place in our lives. Alcohol-free beverages can still enrich our meals—burgers pair well with hoppy beers, and the tannins of red wine break down the protein in your lamb chop—but without the detriments of alcohol. "I appreciate the way a glass of wine enhances the taste of food or how a frothy beer quenches my thirst," says Sam.

Wine and beer are no longer categories of alcohol, but culinary ingredients to be carefully considered when preparing and consuming meals. Alcohol-free versions offer an alternative with all of the flavour and none of the downside — much like decaffeinated coffee. As Neil says, "This is life-changing, life-enriching stuff!"

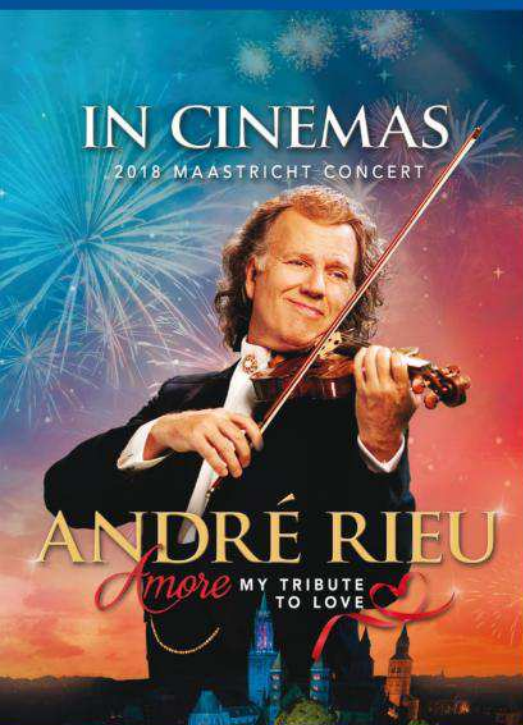
Listen live on *Zoomer Radio Morning Show* for the month.

Go to [HillStreetBeverages.com/HillStreetChallenge](http://HillStreetBeverages.com/HillStreetChallenge) to learn how you can have these great-tasting, award-winning alcohol-free beverages shipped right to your door! CARP members get a special discount. Check your membership guide for details.



WORLD'S BEST TASTING  
**ALCOHOL-FREE**  
BEER & WINE

IN THEATRES  
FROM JULY 28



Tickets  
on sale now

Visit  
[Cineplex.com/Events](http://Cineplex.com/Events)

  
**CINEPLEX**  
EVENTS

™/© Cineplex Entertainment LP or used under license

ZOOM IN Etc



## GRANNY DEAREST

**I**'VE DECIDED to commit to being a grandmother" - it's a phrase that seems as unlikely to come from Cher's lips as "Let's remove some of the feathers and rhinestones from that outfit."

And yet there she is, in **Mamma Mia! Here We Go Again** (July 20), crashing her granddaughter's island party and admitting her personal growth in the sequel to the hit 2008 romantic comedy *Mamma Mia!*.

Of course, the music legend, 72, admitted to *Entertainment Tonight* in 2017 that not only does she want grandkids, but she's decided what she wants them to call her: Fairy Grandmother. So perhaps this role isn't so out of character, though the idea that the septuagenarian plays the *mother* of 69-year-old Meryl Streep's character Donna Sheridan remains a generous suspension of disbelief.

To be fair, though, it seems the pair never actually share the screen in the film, negating the issue of their ages. In fact, all the previews only show Streep in the context of flashback scenes, raising some alarm among fans that her character was killed off.

This latest ABBA-fuelled musical romp does, however, reunite the hilarious duo of Christine Baranski, 66, and Julie Walters, 68, who are among the crowd that descends on the island of Kalokairi where Donna's daughter Sophie (played by Amanda Seyfried) attempts to uncover whether Colin Firth, 57, Pierce Brosnan, 65, or Stellan Skarsgård, 67, is her real father while hiding the news that she herself is pregnant (that would be Cher's great-grandchild).

Of course, as tends to happen during turbulent familial confrontations, someone cranks "Dancing Queen" and choreographed joviality ensues, during which Cher even belts out a few tunes. Talk about a great grandmother. —MC

PHOTOGRAPHY, MICHAEL OCHS ARCHIVES/GETTY IMAGES (CHER)

# ZOOMER® 10 years

At 55, Bob Davis is living his retirement dream: sailing and teaching the sport. Through sailing, he has met lifelong friends, travel partners and his wife, Sharon, 63. Their next adventure? Leading a flotilla of six boats in the Adriatic Sea. How does Bob reinvent aging?

“You gotta keep learning. Learn, get out and then do it!”

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



**SUBSCRIBE NOW!**

**ZOOMER.CA/TEN  
1-833-211-2277**



Sail Canada promotes, develops, and supports sailors and boaters aged

6-96, representing more than 300 sailing and boating clubs and schools across Canada, with members of all levels and abilities. [www.sailing.ca](http://www.sailing.ca)



Jury members (left to right): Kristen Stewart, Ava DuVernay, Cate Blanchett, Léa Seydoux and Khadja Nin

## WOMEN WEAR THE PANTS

Activism and high fashion signal empowerment at Cannes  
By Leanne Delap

**O**N THE CROISSETTE red carpet, there is still an outdated dress code rule that women shall not wear flat shoes. Chanel-approved actor Kristen Stewart very deliberately removed her sky-high pumps and walked barefoot in silent protest.

The world's leading women at the Cannes film festival were united in pushing the boundaries of what is beautiful and what is sexy – the traditional rules of glamour – for all ages. In fact, the fashion shift that real-

ly spoke volumes was the number of women wearing pantsuits as formalwear this year, a chic and loaded statement.

The president of the majority-female jury this year was 49-year-old fashion icon Cate Blanchett. She busted out a flurry of pantsuit looks for the flashbulbs, including a pale pink suit by Stella McCartney. Earlier in the week, she also wore a sporty lemon-coloured Calvin Klein suit with athletic stripes down the leg.

She was flanked by fellow jury



Kristen Stewart removes her shoes on the red carpet as she arrives for the screening of the film *BlackKkKlansman* in silent protest of the high-heels rule.



Jane Fonda arriving in Cannes



PHOTOGRAPHY: ANDREAS RENTZ/STAFF/GETTY IMAGES (JURY); MARC PIASECKI/CONTRIBUTOR/GETTY IMAGES (FONDA); VALERY HAGHE/CONTRIBUTOR/GETTY IMAGES (STEWART INSET); TRISTAN FEWINGS/STRINGER/GETTY IMAGES (STEWART WALKING)

members Stewart (in a cropped blue Chanel nubby tweed pantsuit) and French star Léa Seydoux in a sharp green trouser suit by Louis Vuitton. Another standout pantsuit look on the Riviera was the Armani black one worn by Bollywood royal Aishwarya Rai Bachchan, who is 44.

Fashion has become a statement-making tool for Hollywood women and female actors the world over to declare Time's Up and Me Too. From the female stars who near-unanimously wore all black at the Golden Globes to the single white rose carried by female Grammy stars, fashion has made a powerful statement.

Of course, Hillary Clinton wore a symbolic white pantsuit to accept her groundbreaking Democratic nomination. And later, Melania Trump wore a version of the same

at her husband's State of the Union address, amid the first stirrings of the porn star affair scandal. White, in both cases, was seen to signal the white fabric of the early 20th-century international suffragette movement. And the pantsuit, Clinton's career-long signature, always evokes the heady empowerment of the Women's Libbers of the '70s.

Fittingly, the last word on liberat-ed fashion at Cannes comes from a

woman who literally embodied protest in 1970s: Jane Fonda, who recently turned 80. The actress had a very glitzy week at the movie competition on the Riviera this year, with her clothes, her words and her actions. As *Vanity Fair* put it, Fonda is having "an exceptionally fashionable Cannes." She rocked a long beaded Valentino with a duster coat one night and then did a quick change to flash a diamond-belt- ➤

**Below: directors, actresses and industry representatives on the red carpet in protest of the lack of female filmmakers honoured throughout the history of the festival. Right: authors of *Noire n'est pas mon métier* (*Black Is Not My Job*) attend the screening of *Burning*.**



ed custom Alberta Ferretti suit – in that symbolic white – for a Trophée Chopard event.

She was clear about her loyalties and priorities as she arrived in the French city wearing jeans and a Times Up T-shirt. The forthright celebrity also recently made waves on the promo tour for her new gal-pal rom-com *Book Club*, which is about the importance of friendship and sex in mature women’s lives. She candidly declared that while to each her own, she herself no longer has sex, with the no-bones statement: “I’ve closed up shop down there.”

Helen Mirren, another thespian noted for her timeless beauty and fashion sense, as well as her no-bullshit attitude, also made a splash on

the Mediterranean. She lost a shoe (the theme continues) when she fell – as she put it “ass over tits” – to faceplant on the red carpet. She went on to make fun of both herself and the hoopla and to praise stunt actors. She also revealed that once when “very drunk” she got a tattoo, which itself has a lovely back story, applicable to the theme at play at Cannes. The intertwined VVs on her hand, done with a safety pin, to symbolize “equal and opposite,” or the idea that people can be very different from you but have the same value as yourself. The racy-but-poignant admission took place at a L’Oréal Worth It event: like Fonda, the 72-year-old is one of the beauty megabrand’s ambassadors; L’Oréal is also an official

sponsor of the Cannes Film Festival.

But the most powerful moments were silent ones. Such as the red-carpet protest by 16 international black female actors, which highlighted the lack of diversity in French film. It was led by 43-year-old Senegalese actress Aïssa Maïga and 58-year-old Burundian singer Khadja Nin, who is a judge on this year’s jury. Another was a march by a diverse group of 82 actresses, including Fonda, Salma Hayek and Marion Cotillard, who linked arms on the red carpet and walked in silence, pausing midway up the steps of the Palais des Festivals to signify the challenges women face in the industry. The number was deliberate, as only 82 female directors have been invited to show their films over the festival’s 71 years. That compares to 1,645 male directors. After the demonstration, Blanchett and Agnès Varda, the diminutive, witty 90-year-old Belgian director read a message calling for inclusion, better working conditions and equal pay for women around the world.

In response, the festival executive did sign a diversity commitment specifying transparency around film selection and improved representation of women on the Cannes board.

It seems the mature female stars of Hollywood have learned to use the power of their voices and unique platforms, both on and off the screen. And their acts of protest – small and large, loud and silent – are fuelling a larger movement by women and for women the world over. **Z**

PHOTOGRAPHY, LOIC VENANCE/CONTRIBUTOR/GETTY IMAGES (LEFT), JOHN PHILLIPS/STRINGER/GETTY IMAGES (AUTHORS)

# 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 December 18, 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.



**HOUSE CALL** By Dr. Zachary Levine

## SLEEP BETTER, LIVE LONGER

**M**ELATONIN, also known as N-acetyl-5-methoxytryptamine, is a hormone produced by the pineal gland. It is involved in the regulation of circadian rhythm, including sleep-wake timing, blood pressure, seasonal reproduction and more. Irregular circadian rhythms and poor sleep quality are associated with increased risks of cardiovascular, metabolic and cognitive diseases, as well poor quality of life and increased risk of premature death. As a medicine, it is used for the treatment of insomnia, but in recent years, it's gained popularity as a supplement for helping to fight sleep deprivation and jet lag.

But can melatonin treatments also help improve the restorative value of sleep to promote healthy physical and mental aging? A review article in the *British Journal of Pharmacology* seems to suggest that, indeed, it may. For example, melatonin has shown promise in treating problems related to the sleep-wake cycle, such as sleep disorders, shift work, blood pressure regulation (it usually decreases during the night) and Alzheimer's disease. In fact, there is evidence that poor-quality sleep increases the build-up of beta-

amyloid protein in the brain, one of the findings in Alzheimer's.

The theory is that improved circadian rhythm and sleep-wake cycles lead to:


**1** Better blood pressure control and decreased cardiovascular risk (heart attack and stroke)

**2** Decreased inflammation, now considered to be associated with numerous diseases including certain cancers, rheumatoid arthritis and atherosclerosis

**3** Decreased periodontitis, shown to be associated with bacterial infections and other diseases, including heart disease, cancer, respiratory disease, osteoporosis and diabetes

**4** Decreased seasonal allergies

**5** Decreased production of beta-amyloid plaques, resulting in decreased risk of Alzheimer's

Circadian rhythms is a whole new area of research that may hold promise in improving our quality of life, decreasing our risk of dementia and even increasing how long we live. Stay tuned. 

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

### THE LIGHTER SIDE

Light therapy is understood to affect brain chemicals linked to mood and sleep. Mimicking daylight, it's commonly used by people with seasonal affective disorder (SAD) but has also been used to treat dementia, depression and even cancer-related fatigue (CRF). Patients undergoing chemotherapy can experience disrupted circadian rhythm, and recent research showed that correcting their sleep-wake cycle with light therapy could decrease CRF.

Correcting circadian rhythm can also help jet lag. Although it's unclear why, studies have shown that recovery from it is worse for women and for older people in general. In addition to feeling tired at the wrong time, crossing time zones can cause dizziness, headache, irritability, indigestion and even memory loss. To help right your rhythm, use light therapy the morning of departure - if you're going east - or in the evening - if you're going west - for 30 to 60 minutes the day of travel and 15 to 30 minutes the day after. Medicine Hat-based The Litebook Company offers two light therapy boxes including **The Edge**, a portable smartphone-sized model ideal for travel. \$180, [litebook.com](http://litebook.com) -Tara Losinski





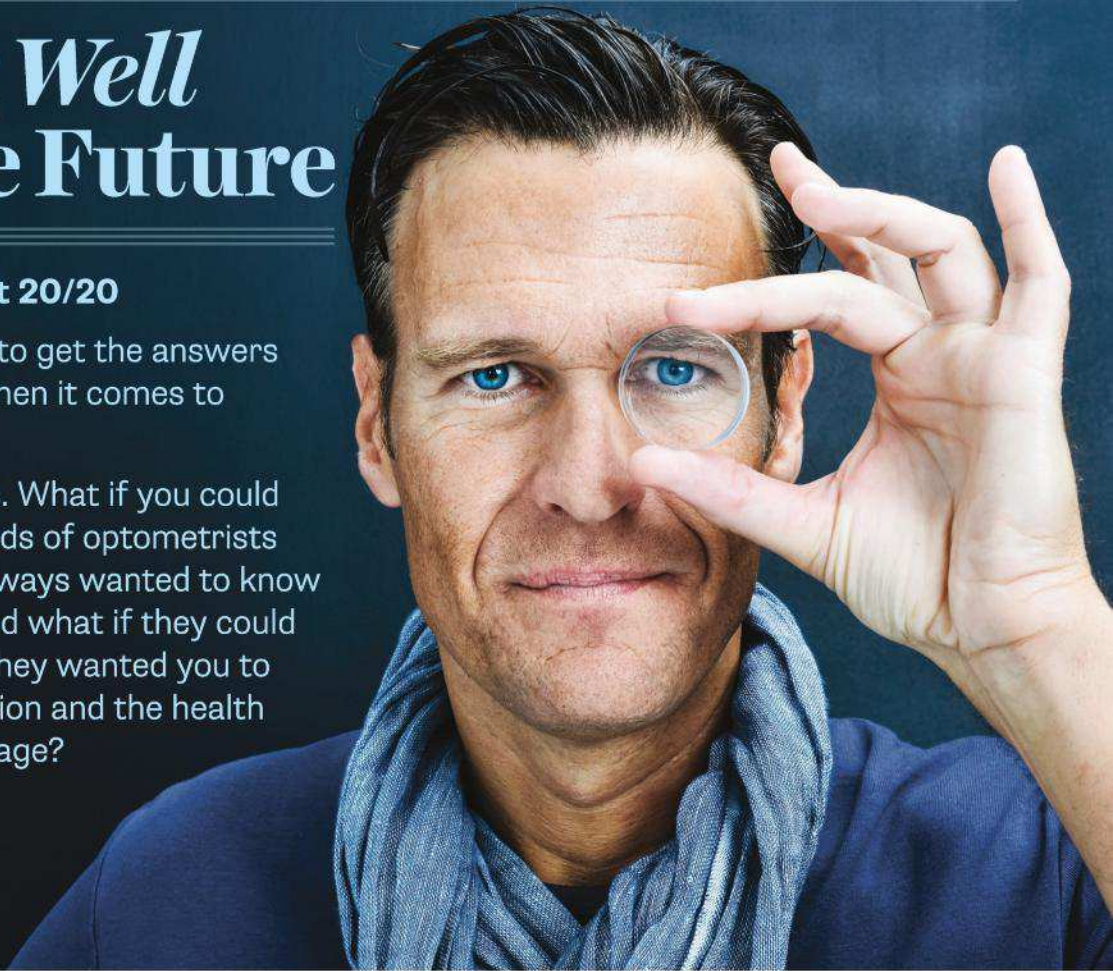
# Seeing Well into the Future

## Introducing Insight 20/20

It's not always easy to get the answers you're looking for when it comes to health matters.

But imagine if it was. What if you could ask a pool of hundreds of optometrists everything you've always wanted to know about your eyes? And what if they could tell you everything they wanted you to know about your vision and the health of your eyes as you age?

That's exactly what **Insight 20/20** is all about.



When it comes to being proactive about your health, there's nothing more important than being truly heard and completely understood. That's why ZoomerMedia and the Ontario Association of Optometrists (OAO) have launched **Insight 20/20** designed to help Ontarians 45+ learn more about vision care, eye health, and the incredibly important role optometrists play as a member of your overall healthcare team - particularly as you age.

Over the past several weeks, ZoomerMedia asked optometrists across Ontario to share key eye-health related issues that they felt were essential for older adults to know about and to understand more fully. To begin with, they've given us this important advice:

Adults between the ages of 45 and 64 should be seen by one of OAO's 1600-plus members once every one to two years, unless the patient has an eye disease or is at risk for developing one. Those 65 and over should be seen annually.

If you are experiencing eye pain, blurry vision, double vision, distortion in vision, flashing lights, floaters, fluctuating vision, eyestrain, eye watering, headaches, or any burning or irritation, you should visit your optometrist for a complete exam to rule out a serious condition, and to receive any necessary treatment.

We'll be sharing even more information from OAO and its members in the coming weeks on [everythingzoomer.com](http://everythingzoomer.com), **ClassicalFM** and **Zoomer Radio**, so make sure to keep reading and listening!

But of course, this isn't all one-sided. Insight 20/20 is a dialogue, so we want to give you a chance to speak up and be heard in a way you may never have been before:

- Tell optometrists what concerns you most about the condition and health of your eyes, along with your vision.
- Identify the type of eye health and vision care information that you want your optometrist to be sharing with you.
- Ask about the best ways to take care of your eyes and help prevent disease.
- Even ask a specific question about age-related vision changes, digital eye strain or seasonal allergies.

Whatever happens to be on your mind, this is your chance to share it with optometrists across the province.

Visit [everythingzoomer.com/insight2020](http://everythingzoomer.com/insight2020) to have your say. Thanks to Insight 20/20, listening will help us all see things a little more clearly.

Find your local optometrist  
at [findaneyedoctor.ca](http://findaneyedoctor.ca)



ONTARIO  
ASSOCIATION OF  
OPTOMETRISTS

# WAKE UP AND SMELL ... THE CITRUS



AromaTime Ultrasonic Diffuser

**T**HERE ARE TIMES we all could use a bit of a jump-start in the morning, or even when we've hit that 3 o'clock wall. Most of us reach for caffeine. But if you're trying to cut back or if you're not a coffee drinker, there's another remedy found in nature – a remedy that's been in use for more than 6,000 years, beginning with the ancient Chinese, Indians, Greeks and Romans.

Essential oils, a key ingredient used in aromatherapy, contain concentrated extracts from leaves, seeds, roots or blossoms with various therapeutic purposes. And science seems to back this up. It's shown that certain scents have the ability to perk us up.

Yes, it does seem counterintuitive – aromatherapy, for most of us, is used to soothe emotions or lull us into a more restful sleep; lavender pillow spray, anyone? – but it can also invigorate, and help to cheer us up.

**Citrus** (lemon, orange and grapefruit) helps boost the happiness hormone serotonin. **Peppermint** and **rosemary** both contribute to alertness. Add a little spice with **cinnamon** and **ginger**, both of which can also positively impact emotional well-being and productivity, helping make the daily grind more of a breeze.

But what if you don't have, say, a sprig of rosemary or a cinnamon stick on hand? Many health food and drug stores as well as spas carry essential oils for personal use. You can directly inhale a blend straight from the bottle (some wellness manufacturers also offer roll-on options designed for safe contact with the skin) or by putting a few drops of oil into a diffuser.

For round-the-clock aromatherapy, try the **AromaTime Ultrasonic Diffuser** (\$190) from Canada's Saje Wellness, which works on a timer. Fill one reservoir with an energizing blend, like Liquid Sunshine, with its zingy notes of grapefruit, lime and bergamot orange, to help gently wake up. Fill the other with a relaxing blend, like Tranquility, with lavender and ylang-ylang, to help you drift off to sleep. –*Laura Grande*

## PILL POPPER TO DROPPER

Having trouble swallowing that multivitamin? You're not alone. It's estimated that 20 per cent of people over the age of 50 have difficulty swallowing (dysphagia). It can be a side-effect of conditions including stroke, chronic nervous system diseases and surgery to the head and neck. Changes related to aging can also be a factor. They include reduced strength of the throat muscles and tongue as well as a decrease in the size of the esophagus opening, which in particular makes swallowing solids and pills more difficult. Supplements in the form of liquids can be a good alternative.

Ottawa-based company **Coffee**

**Booster** offers Antioxidant, Collagen, Immunity, Mind and Multivitamin – just stir directly into your cup of joe. And no matter how you take it – hot, cold, frothed or not – you'll detect nothing from the flavour-, sugar-, gluten-, dairy- and calorie-free formulations. \$34, [coffeebooster.com](http://coffeebooster.com) –TL

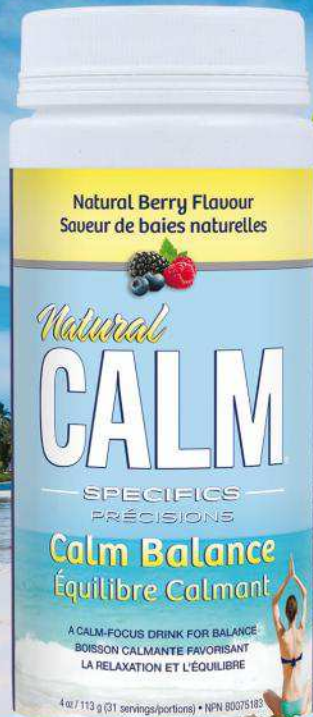


Natural  
**CALM**  
CANADA

COMING  
SOON!

The **better-tasting, better-absorbing, best-loved magnesium**, now in a delicious, chewable **gummy**.

Vegan, gluten-free & less than 1 gram of sugar per serving.  
**Perfect for the whole family, from ages 4 and up!**



NEW!

# NATURAL CALM

SPECIFICS

## CALM BALANCE

A CALM-FOCUS DRINK

Featuring magnesium, l-theanine and vitamins B6 and B12 for a calm, focused state of mind.

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

[naturalcalm.ca](http://naturalcalm.ca)

**Linda Bolton**  
Founder & CEO  
Natural Calm Canada



# TO SUN & PROTECT

**C**ALL IT MAGICAL THINKING summer edition, believing that you only need sunscreen when you're outdoors in a bathing suit.

"People underestimate the incidental UV exposure they get every day," says Dr. Frauke Neuser, principal scientist at Procter & Gamble. "They apply sunscreen on holidays but not in their daily lives."

In fact, we get approximately 18 hours a week of incidental UV exposure both outdoors and in (yes, UVA rays penetrate glass), making us more susceptible to melanoma, which is increasing two per cent annually as we spend more time in the sun. Unlike UVB's burning rays, which cause sunburn and play a key role in the development of skin cancer, UVA have always been considered merely "aging" rays, but there is now evidence that UVA can also contribute to melanoma.

Unlike carcinoma from chronic sun exposure that affects people who work outdoors or even garden, "Melanoma is linked to extreme sunburn, affecting people who work inside and go outside and burn," says Montreal-based oncological dermatologist Dr. Joël Claveau. "It's very deadly and can metastasize to the brain."

"Melanoma occurs more frequently with age," says Neuser. "DNA damage and mutations accumulate over time as the skin's repair mechanism slows down," making sunscreen arguably more important now than in your youth.

Claveau recommends avoiding the sun between 10 a.m. and 4 p.m. and to wear sunglasses "to protect against UV and cataracts," a brimmed hat, and broad-spectrum sunscreen.

## All This Goes Doubly for Men

For men, the risk of melanoma doubles at age 50, doubling again at 60. (For women, it doubles at age 40, then remains relatively flat.) According to Statistics Canada, melanoma affects more men than women, with 3,500 cases reported for men in 2014 versus 3,000 for women. But men tend to be sunscreen-averse and "difficult to convince," says Claveau, noting that melanoma is most often found on men's backs (on women, it's arms and legs).

For them, a dry-touch formula (**Vichy Idéal Soleil SPF 60, \$29** [1]; **La Roche-Posay Anthelios Dry Touch SPF 60, \$29**) is nearly imperceptible while a spray (**Coppertone ClearlySheer SPF 50 spray, \$10**) is speedy to apply. Or try a clear swivel-up stick, **Shiseido Clear Stick UV Protector 50+ Wet Force, \$37** [2], which is water-resistant and easy to swipe on.

## SPF in Makeup and Skin Care

Using skin care with added SPF means you won't forget your sunscreen. **Olay Regenerist Luminous Brightening & Protecting Lotion, SPF 30, \$42** [3], tackles dark spots; **Neutrogena Hydro Boost Water Gel Sunscreen SPF 50, \$20** [4], provides non-oily hydration with added hyaluronic acid.

For sun protection with coverage, try **IT Cosmetics Your Skin But Better CC+ Cream SPF 50, \$49**, or **Elizabeth Arden Prevage City Smart Broad Spectrum SPF 50 sunscreen, \$85**.

## Darker Complexions Need SPF, Too

*A Journal of the American Academy of Dermatology* study found that while melanoma is less common in

Black people, it still poses a threat and those with "intermediate pigmentation" (Hispanics and Asians) are susceptible to basal cell carcinoma, the most common form of skin cancer, caused by UV exposure. Tinted sunscreens in deeper shades blend seamlessly into dark skin without leaving the white cast.

Try **CliniqueFit Workout Makeup SPF 40 in Deep, \$39**; **Sisley-Paris Tinted Sunscreen Cream SPF 30, in Deep Amber, \$190**; **Avène Complexion Correcting Shield Mineral Sunscreen, SPF 50+ in Dark, \$35**.

## Vanishing Act

Mineral sunscreens are a fave for those who don't want chemicals, but they used to leave a ghostly pallor. New improved formulas blend easily into skin, providing moisture while still giving full protection.

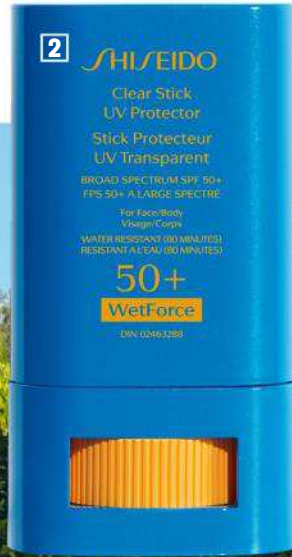
Try **Institut Esthederm UV Protect SPF 50 Daily Sun Fluid Broad Spectrum Face Sunscreen, \$39** [5]; or **Garnier Ombrelle 100% mineral sunscreen SPF 50+, \$18**.

## Hair Care

The sun's UV rays can "dry out and open the cuticle (hair's outer layer), making it dry or damaged," explains Marilisa Sears, artistic director of Marc Anthony Haircare. **Phytoplage Protective Sun Veil, \$29**, guards against UV damage while **Marc Anthony Grow Long Super Fast Miracle Treatment, \$4** [6], repels water or chlorine that can fade or alter hair colour.

## Fake Bake

Convincing a generation raised on Bain de Soleil ads that even a light tan is a sign of DNA damage is not easy. Go faux with pigment mixed into your moisturizer like **Dr. Hauschka Translucent Bronzing Tint, \$49** [7], or for bronzed limbs, try easy-to-apply foam like **Jergens Natural Glow Instant Sun Sunless Tanning Mousse, \$14**. —Liza Herz



## WHAT'S YOUR RISK QUOTIENT?



Ask this question before planning where to invest your RRIFs, says **Gordon Pape**

**I** RECENTLY RECEIVED an email from a reader who asked a question that seems to confound a lot of us.

“I have to convert my RRSP to a RRIF by the end of this year,” she wrote. “What are the best investments to put into my new plan?”

I get this type of question a lot. Unfortunately, it’s the wrong one to ask. Choosing the best investments should be the last stage in the RRIF conversion process. Making it the first priority is putting the cart before the horse.

But before I get to that, some background. According to the latest census, almost two-thirds of Canadians are actively saving for retirement in ways other than the Canada

Pension Plan. Among older people, Registered Retirement Savings Plans (RRSPs) are the preferred option; younger people prefer Tax-Free Savings Accounts (TFSA).

A TFSA is for life; it never needs to be spent or converted. RRSPs are different. Under current law (one which should be reviewed, in my opinion) you must cash in your RRSP by Dec. 31 of the year in which you turn 71. You have three options:

**1** Withdraw all the cash and be taxed at a usurious rate on it.

**2** Purchase a life annuity.

**3** Convert to a Registered Retirement Income Fund (RRIF). This is what most people do, hence the question about the best investments for such a plan.

RRIFs differ from RRSPs in two

ways: you cannot make any further contributions once you have converted and you are required by law to withdraw, and pay taxes on, a minimum amount each year. What it boils down to is that a RRIF is not a savings plan. It’s an income plan.

So the first question you should be asking is not what to invest in. It should be how much risk are you willing to take with your retirement savings? By the time you’re in your 70s, you don’t want to be hit with an economic calamity that endangers your standard of living.

That’s exactly what happened when the stock market crashed in the fall of 2008. Before the carnage ended in March 2009, the S&P/TSX Composite Index had lost about half its value. The drop in New York was even worse. It can happen again.

With that in mind, your first priority in converting to a RRIF should be protecting your capital. That requires a U-turn in your thinking. During the RRSP years, growth at a reasonable risk should be the No. 1 goal. Now the focus is on generating income from your investments in the safest possible way.

That starts with asset allocation. How much money are you going to commit to equities, fixed income and cash in your RRIF? Never lose sight of the reality that any money invested in the stock market is at risk, no matter how safe the security may seem. When the markets went over the waterfall in 2008, it wasn’t only the high-risk stocks that got swamped. Banks, utilities, telecommunications companies and real estate investment trusts – all usually considered to be low-risk – were swept away as well.

With interest rates still very low (but rising), the temptation is to overweight a RRIF to dividend-paying stocks. That may pay off in the short term, but it’s a risky approach. My suggestion is to start by calculating how much cash you’ll be required to withdraw in the first ➤

# That Constant Ringing in Your Ears Explained



Often referred to as 'ringing in the ears', tinnitus can be many different types of sound such as hissing, chirping, or whooshing.

What these sounds all have in common is that they are only audible to the person who is suffering from tinnitus. This is because tinnitus is a symptom of damage or dysfunction inside the hearing system. There are many possible causes, one of which is exposure to loud noise.

More than 80% of people with tinnitus also experience some degree of hearing loss. However, many tinnitus sufferers are not aware that they have hearing loss. Fortunately, experts are able to treat both conditions using hearing aids that can play soothing relief sounds.

## Why do we 'invent' noises that aren't there?

Experts don't know exactly what causes us to hear sound that is not there. Many suspect that it happens when the auditory system reacts to damage by trying to compensate

for missing signals. In fact, the most common cause of tinnitus is damage to the sensory cells in the cochlea. This is the snail shell-like organ in the inner ear where sounds are converted into electrical signals. Damage to the hair cells here can cause tinnitus and hearing loss.

However, some people who experience tinnitus don't have hearing loss; this means that there is more than one cause. Tinnitus can also be caused by a middle ear infection, earwax build-up, inflamed blood vessels around the ear, medications and other drugs, anxiety and stress. Recent research suggests that the condition of having tinnitus in both ears may also have a genetic basis, especially in men.

## How can we prevent tinnitus?

Even if you do not have tinnitus, you may have experienced a temporary ringing in your ear after exposure to one or multiple loud sounds. As with hearing loss, the best way to prevent tinnitus is by wearing hearing

protection whenever you are in a situation where noise could be dangerous. In addition, it's important to move away from the noise as often as you can or for as long as you can. Noise levels exceeding 85dB pose a risk to your hearing health. In general, if you are in an environment that requires you to raise your voice to maintain a conversation, that environment is probably too loud.

## If you suspect you have tinnitus...

The best first step is to visit a hearing care expert. It may not be easy to describe what your hearing to your hearing professional, but be prepared to explain when you started hearing the ringing, whether hearing problems followed, whether the sound is high or low pitched, loud or soft, whether the sound changes throughout the day and whether the ringing is in one or both ears.

**Finally, book a free, no obligation appointment with a hearing expert to begin the process of treating what may be tinnitus.**

## Sound Options Therapy Can Help. Try It Today!

- ✓ Developed and clinically tested at McMaster University
- ✓ 90% of participants saw a reduction in their tinnitus
- ✓ Provides lasting and effective relief
- ✓ Hassle-free treatment – only a CD, MP3 player or iPod needed
- ✓ Pleasantly manage your tinnitus through music therapy

**Our experts  
can determine  
if you have  
Tinnitus.**

Call now to book your FREE Hearing Test!  
**1-866-510-6758**

 **HearingLife**



Hearing tests are provided free of charge for adults ages 18 and older. Some conditions may apply. Please see clinic for details.  
[1] CampaignForBetterHearing.org/Research. Offer not valid in Quebec.

Promo Code: **MAG-TINN2-ZOOM**

# New Tech Changing the Lives of Seniors Living with Diabetes

Technological advancements in the management of diabetes is changing at an exponential rate<sup>1</sup>, which is great news for the up to 45 per cent of Canadian seniors affected by diabetes<sup>2</sup>. A key goal for people to manage their diabetes can potentially be achieved with new technology to comfortably and continuously view and manage glucose levels.

## A Technology that Empowers

Self-monitoring has always been considered an integral component of proper diabetes management. For the past few decades<sup>3</sup>, blood glucose test strips have been the most common method of glucose monitoring, yet many struggle to meet the recommended target of testing more than three times a day<sup>4</sup>.

A 2018 CARP member survey<sup>5</sup> revealed that the majority of respondents (65%) who are living with diabetes or caring for someone with diabetes check their glucose levels as little as one to three times a day. The survey showed the unaffordability of test strips and the pain of testing as two of the major barriers to regular glucose monitoring.

Thankfully, new technology may help to manage and monitor glucose levels, without a painful routine\* finger prick. Flash glucose monitoring is a new innovation for those living with diabetes.

## A New Method of Self-Managing

Those who are able to afford the new flash glucose monitoring FreeStyle Libre system understand its impact. At 61-years old, Danny was diagnosed with diabetes just six years ago. Once diagnosed, he never went on insulin. He is taking pills to manage his disease.

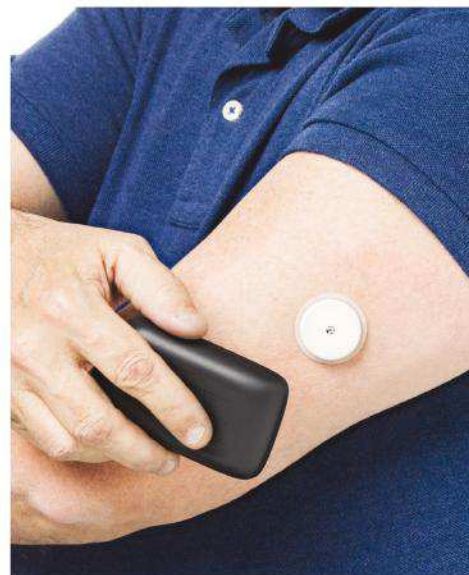
### Did you know?

**The 2018 Diabetes Canada Clinical Practice Guidelines<sup>6</sup>, released in April of this year, added an innovative new category in self-monitoring for people with type 1 and type 2 diabetes.**

**Flash glucose monitoring automatically measures, captures and stores glucose level data continuously so that patients and their doctors can see patterns over time and make adjustments to lifestyle, diet or treatment, when needed... and reduces the need for routine finger pricks<sup>7</sup>.**

*"I've been pricking my fingers for six years,"* Danny explains—so when FreeStyle Libre system became an option, Danny's endocrinologist told him to *"go for it"*.

The FreeStyle Libre system offers him a full eight hours' worth of data on his glucose levels—a constant aid for managing his diabetes.



FreeStyle Libre system sensor and reader.

*"I don't have to poke myself and I can monitor myself as many times a day as I want,"* says Danny. *"I can tell you exactly when I'm good and when I'm not good."*

Danny's FreeStyle Libre system isn't covered by insurance. Instead he covers the costs himself. It's a tough pill to swallow. But, diabetes is costly—and Danny is willing to make the investment.

*"This is my health,"* he says.

The 2018 CARP member survey revealed that 94% of Canadian seniors living with diabetes or caring for someone with diabetes believe the government should ensure that people living with diabetes do not have to pay out-of-pocket for an innovative flash glucose monitoring system.

<sup>1</sup> Canadian Journal of Diabetes. (June, 2015). Diabetes Technology and Devices Transform the Lives of People with Diabetes. Retrieved from: [https://www.canadianjournalofdiabetes.com/article/S1499-2671\(15\)00393-7/fulltext](https://www.canadianjournalofdiabetes.com/article/S1499-2671(15)00393-7/fulltext). Accessed May 2018.

<sup>2</sup> Public Health Agency of Canada. (March 3, 2014). Your Guide to Diabetes. Retrieved from:

<https://www.canada.ca/en/public-health/services/chronic-diseases/reports-publications/diabetes/your-guide-diabetes.html>. Accessed May 2018.

<sup>3</sup> Diabetes Canada. History of Diabetes. Retrieved From: <http://www.diabetes.ca/about-diabetes/history-of-diabetes>. Accessed May 2018.

<sup>4</sup> Berard LD, et al. 2018 Clinical Practice Guidelines. Monitoring Glycemic Control. Can J Diabetes 2018;42:S47-S53.

<sup>5</sup> Canadian Association of Retired Persons. CARP Diabetes Member Survey. May 2018. Survey results on file.

<sup>6</sup> Diabetes Canada Clinical Practice Guidelines Expert Committee. Monitoring Glycemic Control. 2018. Can. J. Diabetes. 42: S47-S53. Accessed May 2018.

<sup>7</sup> Canada News Wire. (May 3, 2018). Revolutionary New Category of Diabetes Self-Monitoring Systems Recognized in 2018 Diabetes Canada Clinical Practice Guidelines. Retrieved from: <https://www.newswire.ca/news-releases/revolutionary-new-category-of-diabetes-self-monitoring-systems-recognized-in-2018-diabetes-canada-clinical-practice-guidelines-681650411.html>. Accessed May 2018.

<sup>8</sup> Canadian Association of Retired Persons. CARP Diabetes Member Survey. May 2018. Survey results on file.



For the near future, it comes down to the accessibility of the new technology. For many Canadians, this innovative technology for people with diabetes may remain unattainable<sup>8</sup> until it is covered under provincial healthcare plans. **If you believe it should be covered, talk to your MPP.**

\*A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings.

The FreeStyle Libre flash glucose monitoring system is indicated for measuring interstitial fluid glucose levels in adults aged 18 years and older who have at least 2 years of experience in self-managing their diabetes. For In Vitro Diagnostic Use Only. Always read and follow the label/insert for detailed instructions and indication of use.



This article was paid for by Abbott Diabetes Care, a manufacturer of diabetes care products in Canada. This is an actual testimonial of a FreeStyle Libre system user and Abbott has consent to use their story. Consent is on file with Abbott.

ADC-08276

two years and put that into a high-interest savings account. That way you won't be forced to raise money by selling in a falling market.

Assuming you're starting at age 71, that would mean holding a little more than 10 per cent of the plan's value in cash. For the rest, I suggest putting 60 per cent into fixed income and 30 per cent into stocks or the funds that invest in them.

I recommend a large fixed-income allocation even though rising interest rates are hurting bond prices, and you may suffer some small losses in the short run. But believe me, a temporary decline in the bond market will be nowhere near as damaging to your savings as a stock market crash.

Now we can address the question of the best investments. Ideally, you should be dealing with a qualified financial adviser who is knowledgeable about RRIFs. Here are two suggestions you can ask about.

On the fixed-income side, consider the PIMCO Monthly Income Fund or its equivalent exchange-traded fund (TSX: PMIF). It invests internationally, and the California-based management firm is considered to be one of the top fixed-income specialists in the world.

The ETF is new, but the returns from the mutual fund's F units, which have the same management fee, have done well. The mutual fund's F units gained 4.24 per cent in the year to April 30. The three-year average annual compounded rate of return was 5.04 per cent, and the five-year figure was 5.56 per cent. Distributions are paid monthly.

The equity side of the equation is more problematic. As I said, there is no such thing as a totally safe stock investment. A falling tide lowers all boats. What you are looking for are securities that have a record of superior performance in down markets and that generate good cash flow.

The best solution in this case is a

## RRIF CONVERSION What You Need to Know

- Must be done by Dec. 31 of the year you turn 71.
- Main priorities are safety of capital and income.
- Decide how much risk you can tolerate before making investment decisions.
- Keep at least 10 per cent of the assets in a high-interest savings account.
- Hold the majority of the plan in fixed-income securities.
- Use balanced funds instead of pure equity funds for added safety.

balanced fund – one that invests in a combination of stocks and bonds. When stock markets are strong, they will underperform. But when they tank, your loss will be limited.

The CIBC Monthly Income Fund is a good example. In the Great Recession, when the TSX lost half its value, this fund dropped only 17.36 per cent over the year to Feb. 28, 2009. That was the worst 12-month performance in its history. The fund pays monthly distributions of \$0.06 a unit (\$0.72 a year) to yield almost six per cent as of the time of writing (A units). So it scores on both counts – limited downside risk and steady income.

In calculating your overall asset allocation, include the fund's bond holdings in your fixed-income calculation and the stocks with your equities.

Of course, you will need to own more than two securities in your RRIF. But these will give you a starting point when the time comes to make the switch. **Z**

.....  
**Gordon Pape** is the editor and publisher of the *Internet Wealth Builder* and *Income Investor* newsletters. Visit his website at [www.buildingwealth.ca](http://www.buildingwealth.ca).



# To a Certain (Honorary) Degree

**I**T WAS SUCH A BOLT out of the blue that my first reaction was to make sure it was for real. The request came to my producer Michelle, and I wondered if it was a prank. After all, why would a Catholic university in the United States want to honour me with a Doctorate of Humane Letters? I doubted they would know about me, let alone choose a Jewish woman from Toronto.

It turns out Niagara University in Niagara Falls, N.Y., has a strong bi-national presence. And there is a long list of illustrious Canadians who received this honour before me, including jazz great Oscar Peterson, astronaut and Canada's current governor-general Julie Payette, news anchor Lloyd Robertson, even the reno guy Mike Holmes.

So, yes, I was flattered and that just raised my suspicions more because that is something of which I have always been wary. I even had a Groucho Marx moment, wondering whether I wanted to be part of a club that would have me as a member, before saying yes.

I didn't think much more about it until it was time to write the speech, which turned out to be a great opportunity to take stock. What could I say to inspire new graduates starting out? I'm usually focused on people at the other end of the generational divide. When young people come to me for career advice, I caution them to proceed only if they are passionate about this industry, only if they are prepared for constant change and uncertainty. We are now called – somewhat presumptuously – “legacy media.” We are not dead yet! But we are being “disrupted,” to

use the current terminology. That means I am not sure what to do to keep my own job or those of my employees for the long term, let alone give advice.

So I told some old war stories, like how I came to be the first female reporter in the Tel Aviv bureau of the Associated Press. My boss actually told me he got the guys together and asked if it would be okay to hire a woman. They said yes with a caveat: they decided to give me cab fare to get home from the night shift! It was the perfect first job with a wonderful bunch of guys. But every time I made a mistake, someone would invariably say, “I knew we shouldn't have hired a woman!” To which I would say, “Don't vilify my entire sex because I screwed up!” I stood up for myself instead of feeling like a victim but I also took responsibility for my mistakes. One of the most common themes I have seen lately in everything from commencement speeches to self-help books is “embrace your failures.” But I believe acknowledging errors as soon as possible will help ensure a mistake does not turn into a failure.

Niagara University was probably more interested in my journey with cancer and my advocacy. It is an institution based on the ideas of St. Vincent de Paul, and they take service very seriously. I don't like to take credit for being one of a very few long-term survivors of pancreatic cancer – my doctors deserve that. The citation for my degree commends me for “leveraging God's grace to inform and inspire others.” That I'll take – with thanks!


As a survivor with a media platform, I was in a position to raise

awareness, help raise money and, most of all, raise hope. I connected with the tiny organization dedicated to this disease in Canada. It has since grown into a modern professional charity that is central to advancing the cause. Nothing I have ever been involved with has given me a greater sense of accomplishment. I told the grads their volunteer jobs could be the most meaningful work they do.

The ceremony was magical, all the more because it was so unexpected. After dinner, an undergraduate named Maham helped me get “robed,” arranging the cap just so, with the tassel on the left. I was mov-



With Niagara University's Father James Maher (left) and Dr. John Stranges

ing in my excitement and it kept hitting me in the eye. As I watched the graduates accept their degrees amid cheers from their families, I wondered why I had skipped my own graduation. This was a magnificent do-over. I didn't realize until later that it coincided with another milestone: the 10th anniversary of my diagnosis – a perfect time to reflect on the past and start thinking about what comes next. 

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

# JOIN US.

Get a membership for yourself or for someone you care about.

**ADVOCACY** Join CARP and add your voice to represent the interests of aging Canadians.

**BENEFITS** Show your card and save on travel, health, lifestyle, insurance, and much more.

**COMMUNITY** Get involved in your community by joining a local chapter or starting one in your area.

Together, we can shape the future.



Visit [CARP.ca/join](https://www.carp.ca/join)





# Cost Conscience

The ethics of providing universal pharmacare **By Wanda Morris**

**M**Y SON, who has taken a few philosophy courses at university, recently shared a classic ethics problem with me. In the Trolley Problem, a runaway trolley carriage speeds down a track toward five people tied to its rails. You can throw a switch to divert the trolley to another track. But if you do, one person on the other track will be struck and killed.

For simplicity's sake, there are only two choices:

**1** Do nothing, and the runaway trolley kills the five people on the main track.

**2** Flip the switch and divert the trolley onto the side track, where it will kill one person.

I'm grateful I can leave this decision to students of ethics. But the reality is that we or at least our governments make thorny ethical decisions like this every day.

Take the example of Strensiq, a drug that treats hypophosphatasia (HPP), a rare genetic disorder involving abnormal bone development that is severely debilitating in children or adults and fatal in infants.

A drug trial of 11 children with HPP delivered miraculous-sounding results. As children's bones hardened, they began crawling, taking tentative steps or walking.

So how does a feel-good story become a trolley problem? It comes down to costs. An annual prescription for Strensiq can cost \$500,000 and reach \$1 million, and it must be taken indefinitely to prevent symptoms from returning.

Earlier this year, the alliance that negotiates drug prices for Ottawa and the provinces agreed to fund

Strensiq for those who begin taking the drug before they reach 18, noting that evidence is not strong enough to support paying for treatment starting later in life.

As fewer than 100 people in Canada have HPP, approval of this drug won't break the bank. But the decision opens the door to funding other high-cost medications. And that means tough decisions will have to be made.

It is possible for governments to get elected by promising more services in exchange for higher taxes, but it's not an easy sell. Instead, money spent on certain programs, whether improved transit or more long-term care beds means fewer dollars available to spend elsewhere.

There's no question that investing in high-cost drugs saves lives and improves quality of living, but the ethical question remains: is this the best use of these funds?

The difficulty in making these decisions is likely one reason Canada, alone among all countries with universal health care, lacks universal pharmacare. As of March 31, 2016, there were 10,946 unique drugs approved for sale by Health Canada; no one is suggesting that even the most robust of pharmacare programs would cover all of them.

But failing to introduce pharmacare is causing real harm now. According to a July 2017 survey of our members, eight per cent have considerable or extreme difficulty financing their medications, while 25 per cent have some difficulty. In all, six per cent of CARP members


reported not filling a prescription in the past two years due to cost. Implementing pharmacare means no one has to choose between food, shelter and medication. It also means policy setters have to say no to drugs where they believe benefits do not justify costs.

Pharmacare appears to be on the agenda once again. At the time of writing, Ontario is in election mode: the NDP have committed to pharmacare for all ages while the Liberal party would extend their current program (which provides free medications to those under 18) to those who are 65 and older. The Ontario Progressive Conservatives have so far been silent as to whether they would retain, expand or eliminate current drug coverage programs.

In its recent budget, the federal government committed to a national dialogue on implementing pharmacare, and the House of Commons Health Committee recently issued a report recommending the creation of a single-payer, publicly funded prescription drug coverage program

**In a July poll of CARP members, 86 per cent agree or strongly agree that the same drugs should be covered by provincial drug plans across Canada**

for all Canadians.

If we want our government to introduce universal pharmacare and ensure medication is accessible, affordable and appropriate for all Canadians, we must have the government's back when they analyze drug costs and benefits and make the tough decisions that will make pharmacare work. 

*For more information, go to [carp.ca/pharmacare](http://carp.ca/pharmacare).*

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

# On a scale of 1 to unexpected, how prepared will you be in the event of a health crisis?

## Jana's Story

"My mom is what's known as *medically complex*. I was amazed that she could keep track of her prescriptions, vitamins, and pain relievers. I urged her to write everything down so I could help her if anything ever happened, but she never did. And then during a stress test for her heart, Mom suffered a massive stroke. We were not at all prepared for something like this."

Be prepared with  
CARP Health 360.

[CARP.CA/HEALTH360](https://CARP.CA/HEALTH360)



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

SPECIAL TRAVEL FEATURE

THE  
**Manitoba**

GUIDE TO

**DELIGHTFUL  
SURPRISES**

HERE'S OUR LIST OF THE  
**TOP 5 UNEXPECTED MANITOBA GEMS**



STAY AT AN OTENTIK IN RIDING MOUNTAIN NATIONAL PARK

# EXPECT THE UNEXPECTED IN MANITOBA, FROM WINNIPEG'S UNPRETENTIOUS BUT ADVENTUROUS FOOD SCENE TO THE RUSTIC-LUXE HOSPITALITY OF NORTHERN FLY-IN FISHING LODGES.

## 1 RIDING MOUNTAIN GLAMPING

Hikers, kayakers and mountain bikers will find lots to explore in Riding Mountain National Park, where complex ecosystems—including prairie grasslands, deep aspen forests, wetlands and the shores of Clear Lake—are home to elk, moose, bison, bears and lynx.

If you want this kind of immersive wilderness experience with some of the rough edges smoothed off, consider glamping. The park's "oTENTik" are roomy A-frame structures that blend the under-the-stars feel of a tent with the comforts of a cabin.

The amenities continue in the townsite of Wasagaming. Here you can pick up legendary cinnamon buns at the White House Bakery. Or take in a film at the Park Theatre, built in 1937 and still the largest log-cabin movie-house in North America.

## 2 ASSINIBOINE PARK

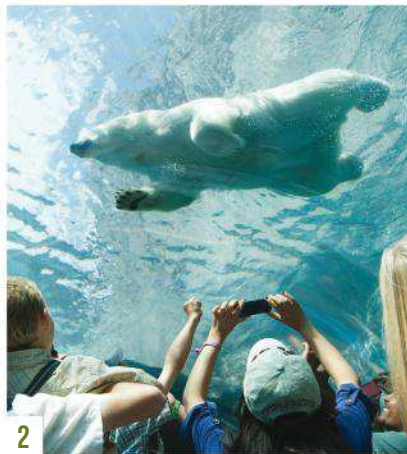
At Winnipeg's Assiniboine Park Zoo, the irresistible polar bears of The Journey to Churchill exhibit and their innovative, award-winning environment get a lot of (well-deserved) attention.

In addition, the park offers an expansive urban retreat, its 450 hectares combining quiet natural beauty with recreation. You can stroll through the English Garden, feed the birds at the duck pond, or take in a leisurely cricket match. Summer outdoor entertainment events include jazz in the Leo Mol Sculpture Garden, movies at the Lyric Theatre bandshell and unforgettable open-air performances by the Royal Winnipeg Ballet.

## 3 WINNIPEG EATS

With super-trendy Segovia and deer + almond recently making the 100 Best Restaurants list, Canadians are starting to find out about Winnipeg's under-the-radar food scene.

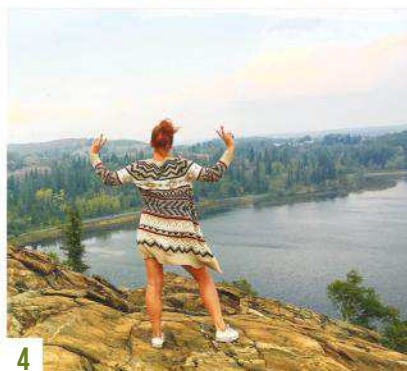
The Common, located in the city's popular Forks Market, sets a new standard for food halls, with a cool design that references the building's industrial roots and an edgy,



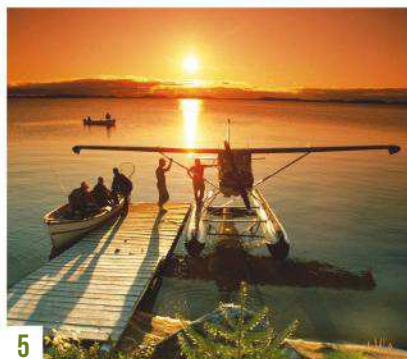
2



3



4



5

ambitious wine and beer list overseen by internationally lauded sommelier Véronique Rivest.

For cheap-and-cheerful options, Winnipeg's thriving food culture also includes hole-in-the-wall ethnic joints, classic drive-ins serving up messy hamburgers and old favourites like the BDI, an ice cream stand that's had fans happily lining up for over 60 summers.

## 4 FLIN FLON

Founded in 1927 as a mining centre, the northern Manitoba city of Flin Flon has an unexpected back story. Legend has it that prospector Tom Creighton came across a copy of a 1905 dime-store sci-fi novel on the trail. He later named the town after its central character, Josiah Flintabattery Flonatin, an adventurer who stumbles onto a city where all the usual norms are upside-down.

With its rich mix of history, culture and nature, Flin Flon still takes you by surprise. Head to the Northern Visual Arts Centre, where you can take in an exhibition or find your inner artist with a sunset paint party. Or follow a wooden boardwalk to view the city's spectacular setting of volcanic rocks, boreal forest and clear, deep waters.

## 5 FLY-IN FISHING

Whether you're a master angler or a keen novice, Manitoba's vast northern region has an exclusive fly-in fishing adventure crafted just for you.

Forget the GPS. You'll get a guide whose deep-down knowledge of these remote lakes will help you land some impressive trophy fish, from combative pike to elusive trout.

These lodges specialize in personalized service, combining rustic atmosphere and modern comforts, which might include a massage, Finnish saunas or just reliable Internet. You'll enjoy delicious dawn breakfasts and elegant three-course dinners.

Even better, though, is the simple satisfaction of a shore lunch, with fish just pulled from the lake fried up in a cast-iron pan.



DISCOVER THE  
**Wonders**  
OF THE NORTH IN THE  
HEART OF THE CONTINENT

**Located minutes from downtown Winnipeg in beautiful Assiniboine Park**, the Assiniboine Park Zoo is a great destination for year-round exploration. Experience the majestic beauty of Manitoba's north in the award-winning Journey to Churchill exhibit. Come nose to nose with polar bears and seals while learning about biodiversity, climate change, and conservation.

Traveling with a group? Book your own private Canadian Signature Experience Tour and go behind the scenes in Journey to Churchill.

**Experience Winnipeg's wildest attraction. Start planning your visit today!**

assiniboineparkzoo.ca  
WINNIPEG | MANITOBA | CANADA



Manitoba's Parkland  
**SEE IT FOR  
YOURSELF**



Discover activities, events and more at [parklandtourism.com](http://parklandtourism.com)



THE  
**GREAT  
CANADIAN  
SUMMER**  
**2018**

Places, pastimes and pleasures that will inspire you to jump-start your sense of play, whether inside or out. From fishing and antiquing to the best cottage reads, we've got you covered

PHOTOGRAPHY, PAUL ALEXANDER



# THE RICK REPORT

Canada's favourite one-man road show talks not retiring, his early years and all those stunts – he really tried his best!  
**By Jim Slotek Photography by Paul Alexander**

**S**O, THERE'S RICK MERCER, the big phony. Cultivating a straight-off-the-Rock accent so thick they practically offered him an oil rig job seconds after he landed in Fort McMurray, travelling around, greasing the Rest of Canada with flattery and self-effacement.

Meanwhile, he lives in Toronto and drinks Pinot Grigio with his elite friends in the centre of the freaking universe!

And there ends my attempt at a rant. Rule No. 1 of Rick's Rants is that there should never be "faux outrage." And I'll disclose that I like Rick Mercer and the show he and his long-time partner Gerald Lunz created – which puts me of like mind with the 1.6 million people who tuned in the series finale of CBC's *Rick Mercer Report* in April after 15 seasons.

But beyond that, even if I felt it, the hardest thing would be maintaining the outrage. "The most important thing about the rants is how succinct they are," Mercer says over a glass of, yes, Pinot Grigio and chowder at an East End Toronto restaurant patio (I would be the Toronto "elite" lunchmate in this scenario, which devalues the word somewhat).

"My very first one-man show was complete folly because I didn't understand that. I just basically stood on the stage and literally vented for 70 minutes. A lot of vitriol. You couldn't sustain that. Nor would I want to. I think I got away with a lot because of my age, and people thought I had a refreshing point of view. But I knew nothing. I had no voice."

As Mercer talks about his career, one that put him in the national spotlight while still in his teens, a couple from Newfoundland politely ask if he'd mind posing for a photo. They mention that they'd seen him a few nights previously at the city's Roy Thomson Hall hosting a Q&A with Steve Martin.

They leave, thrilled. Mercer is happy. For one thing, they didn't ask him how he's liking retirement.

"Everyone on the street keeps saying I'm retired. I'm not retired," says Mercer, 48. "When I left [*This Hour Has*] *22 Minutes*, it was a huge story because I left the best job in show business," he says of the news parody series he started in the '90s with a bunch of fellow Newfoundlanders with names like Mary Walsh and Cathy Jones.

"Not one person ever said, 'How's

retirement?' They were like, 'What show do you have?' Now everyone's saying, 'Happy retirement!' Not 'What do you have up your sleeve?'

"Not that I have anything up my sleeve," he adds.

Of course, when he left *22 Minutes*, Mercer had barely turned 30. It's expected being a famous Canadian TV star, he's squirrelled away enough money to call it a career. Call it Freedom 48.

"I know for a fact, there's a lot Rick could be doing right now if he wanted to. It's not for lack of opportunities," says long-time CBC exec George Anthony, who has attended every taping of the *Rick Mercer Report* and whose familiarity with Mercer goes back to a hit one-man show he performed at Ottawa's National Arts Centre at age 20.

Back then, Mercer admits, he was an angry young man. There was nothing apparently dysfunctional about his upbringing in St. John's-adjacent Logy Bay-Middle Cove-Outer Cove, Newfoundland, to explain it. He is still close to his father, now in his 80s, who took early retirement from a job in the provincial fisheries ministry and remains busy in a dozen different ways, from writing a children's book to act- ➤



ing and volunteer work.

“I had no idea that my father didn’t particularly like his job or was unsatisfied with it. He’s just an incredibly decent guy who left the house every day and came back and never once said, ‘I had a terrible day.’

“There’s not a lot to say about my early life,” Mercer says. “I didn’t finish school. And when I was a younger, cockier man, I would say, if someone asked me, ‘Yeah, I didn’t finish high school!’

“And then I realized that was a bad example. There was a thing in elementary school called a Living Wax Museum, where kids had to learn about someone, like, say, Wayne Gretzky. And they’d have to stand up and give a little speech like, ‘I’m Wayne Gretzky and I played for the Edmonton Oilers.’

“And during *22 Minutes*, this mother sent me a note saying, ‘My son is having a really hard time at school, and he did you as his Living Wax Museum, and he wrote, ‘I’m Rick Mercer. I thought school was dumb. So, I got a TV show, and now I’m famous.’” (Mercer sent a note urging him to finish school because “You can’t just get a TV show.”)

But his limited time in high school did offer Mercer the chance to run for student council president simply for the opportunity to cut up onstage with a microphone. A drama teacher saw potential in him and pointed him to a one-act theatre festival where he could write and perform his own jokes with others. “We were a very rebellious group,” says Mercer, who soon made his comedy extracurricular, forming a troupe called Corey & Wade’s Playhouse (whose players included Andrew Youngusband, who went on to become the host of *Canada’s Worst Driver*).

Still having a lot to say, Mercer

also performed one-man shows in St. John’s, an activity that brought him to the attention of some personal heroes – the collection of comic actors on national TV who first performed in The Wonderful Grand Band and later formed Codco. They included blazing talents like Greg Malone and Tommy Sexton (always mentioned as a duo), Jones, Walsh and Andy Jones.

Lunz, a former actor who associate produced Codco, made it his business to know who was funny on the Rock. Says Anthony: “I recall being on the set of Codco one



Mercer and partner Gerald Lunz backstage circa 1990 when he was performing his one-man shows

day, and Gerald mentioned Rick to me, this young guy who was making quite a splash on the Rock. So, I said to Gerald, ‘Is there any footage of him?’ And Gerald got me something Rick had done on camera. It was him sitting in a chair with a steering wheel. I can’t remember if he was driving a cab or a bus, but he was doing this monologue that was very funny and very impressive.

“The next time I saw him was in Ottawa, I think when he was doing *Charles Lynch Must Die*.”

The full title was *Show Me the Button, I’ll Push It (or Charles*

*Lynch Must Die*), and it was definitely born of outrage.

“Gerald Lunz was working with Codco, and the NAC was under the impression that everyone in Newfoundland had a one-man show,” Mercer recalls. “So, they asked Gerald to bring in a show, he asked a number of people, and they all passed for one reason or another. And then he asked me.”

“And I had just started doing these screeds about Meech Lake and how Canada was treating Newfoundland. And [the late newsman] Charles Lynch had written a column that said, ‘If it comes down to Newfoundland being the sole voice of dissent in the Meech Lake Accord and Newfoundland is the reason why Quebec separates, then we should throw Newfoundland out of confederation. They’re just a drain anyway.’

“So, I went and did this show and called it *Charles Lynch Must Die*. And of course, Charles Lynch came to the show, sat in the front row and then we went on [CBC’s] *Midday* together and got into an argument. I was, like, 20 years old, and there I was yelling at this old guy, who was the former head of Southam News, who was very

respected and a war correspondent.

“But he loved it. He called himself the Salman Rushdie of Newfoundland. And as the show became bigger, everywhere I would tour, he would do media with me. I came to Toronto and he did the CBC morning show with me. He would do any show I was booked on.”

Former *Toronto Sun* theatre critic John Coulbourn recalls, “If he hadn’t heeded the siren song of TV, I think Rick Mercer would have become an internationally acclaimed monologist. He was that good. His stage shows had all the energy and passion

of his very best rants, but he managed to keep a firm rein on things, so his audience never felt hectored. “The thing I remember best was that, after a really pleasant interview with him, I showed up for opening night. And when I opened my press kit, there was a five-dollar bill and a note, saying ‘Enjoy the show,’ which was, I remember thinking, perfectly in tune with the bratty bad-boy image he was cultivating.

“I turned the note over, reattached the five spot and wrote: ‘Think you should donate this to the Factory Theatre [where he was playing]. Hope I enjoy the show!’”

When Codco finished its run, Mary Walsh and Michael Donovan pitched Anthony on what would become *This Hour Has 22 Minutes*. “It was a news-desk comedy idea, and Mary was very keen on Rick taking part. I obviously knew who he was at that point and thought it was a great idea.”

But Mercer was the odd-man out in a cast full of character-comics. “The other three (Jones, Walsh and Greg Thomey) really embraced the notion that the news anchors would be characters. I was supposedly ‘J.B. Dixon.’ They raised that, and I hated it. And eventually I just stopped saying J.B. Dixon.

“But the fundamental thing was that *22 Minutes* had no money – literally no money. So, my idea was I leave and come back with a two-minute rant. And I don’t need a costume, I don’t need makeup, I just need me and the cameraman. Essentially, it’s free content. So, of course they went for it. It was the most affordable two minutes on television.”

Mercer admits he was hedging his bets on a show he felt was doomed. “It [*22 Minutes*] was such a creative whirlwind, with so many different visions, going so many dif-

ferent places, that for a long time I thought, ‘This show is going to hit the rocks. Six episodes, and it’s going to hit the rocks.’ And when the dust settles and it’s all over, I wanted to be able to point to something and say, ‘This is what I do.’”

Of course, *22 Minutes* is still on the air, with a cast that’s changed multiple times. But in the sixth season, Mercer took on another job as the star of *Made in Canada*, a very funny, Maritime-produced spoof of the Canadian TV industry. Mercer played Richard Strong, a crass and ambitious producer at a company

[Klymkiw, CBC’s then head of programming] needed the Monday back because he had these mini-series CBC had done. And they were playing those on Sundays and Mondays. So, Rick got pushed to Tuesdays. Rick and Gerald just called it the *Rick Mercer Report* because who knew if they’d end up on Wednesdays next?”

A lot of RMR features came and went. There was the Celebrity Tip, with the likes of the late Pierre Berton demonstrating how to roll a joint or Rush’s Geddy Lee giving to-boggan lessons.

And there were the political cameos, skinny-dipping with Bob Rae, a sleepover at 24 Sussex with Stephen Harper. The latter, Mercer admits, had him re-thinking being a critic of politics while cosying up to politicians.

“I always called it a mutually parasitic relationship between me and politicians. And then as time went on, I reached a point where I wasn’t as comfortable with them anymore. So, decided to continue talking *about* them but not *to* them.”

And when did he make that decision? “Probably about five minutes after the sleepover at Stephen Harper’s house,” he says with a laugh.

But the programming shift that turned Mercer from a merely famous comedian into a beloved national figure was his decision to do remote bits in every corner of the country and volunteer to do (invariably badly) the things ordinary Canadians did in the course of their work or play.

Riding a bucking bronco, demolition derbies, wheelchair bungee jumping, jumping out of airplanes ... there seemed nothing he wouldn’t do and nowhere he wouldn’t go to do it.

“Very early on, we went to Nunavut,” he says. “And it was ➤



Mercer with the original cast of *This Hour Has 22 Minutes*

that made I-think-I-know-what-they’re-spoofing shows like *The Sword of Damocles* and *Beaver Creek*.

For the first few seasons, Mercer split his time, shooting *Made in Canada* in the summer and *22 Minutes* in the fall. “The funny thing is before *22 Minutes*, I never had a job for more than three or four weeks,” Mercer says. “And since then, I’ve never not had a job.”

The *Rick Mercer Report* began in 2004 as *Rick Mercer’s Monday Report* – “and pretty much was a hit out of the gate,” Anthony recalls. “But what happened was Slawko

suggested to us, ‘These are the early days of your show. The GTA has millions and millions of people. You should focus on the GTA.’

“And I thought, ‘No one in the GTA wants to see me gallivanting around the GTA. But they want to see me in Nunavut because who goes to Nunavut?’ It was a gamble, but I think it set the tone that I was going off the beaten path. It’s kind of a vicarious experience for viewers because Canadians don’t see their country enough. If you live in Halifax, it’s cheaper to go to Paris than Calgary.”

It would be easier to list places the show didn’t go to in 15 seasons. And things he didn’t do.

“I always wondered if we would kill him before we got to Season 7,” Anthony says with a laugh. “We got to Season 10 and the numbers were so good, and he was still game to jump out of a plane and do the crazy things he was doing. He had an unusual physically strong constitution.”

Says Mercer: “I always tried. I remember when I did whatever it is you call it when you’re on skis and there’s a giant sail. I went sailing on ice. And it was really difficult conditions, and I remember a kid wrote on my Facebook, ‘Wow, you were really bad, even by Rick Mercer standards.’”

“I never faked my inability to do something. I always gave it a shot. I remember paragliding and I just naturally somehow got the hang of it. I remember thinking, ‘Wow, if this guy has a heart attack, I could land this thing.’ I was quite pleased with myself.”

But back to the rants. As it became a family show, Mercer realized: “I’m less angry now. There’s lots of reasons for that. But as time went on the rants evolved. I realized

they didn’t always have to be angry. They could be just ironic, they could be silly, they could be serious, they could be lots of different things. They were just called rants.”

Even so, Anthony says the ratings showed a peculiar spike during the rants, similar to the one that happens on *Hockey Night in Canada* during “Coach’s Corner With Don Cherry.”

When Mercer was looking back on bits for his best-of finale, he ran across one of his all-time favourites. “It was about the traditional definition of marriage [Canada legal-

**“I’M LESS ANGRY NOW ... I REALIZED THEY [THE RANTS] DIDN’T ALWAYS HAVE TO BE ANGRY. THEY COULD BE IRONIC, SILLY OR SERIOUS. THEY WERE JUST RANTS”**

ized gay marriage in 2005]. I hadn’t looked at it in a long time, but it was my No. 1 choice. And it just didn’t play anymore. It was interesting.

“I could just see someone who’s 21 or 25 watching that and going, ‘What’s that about, exactly?’”

Being gay was not something Mercer ever hid, nor did he talk about it much. “At one point, I was in that quasi-out place, where everyone in my family and all my friends and everyone I worked with knew I was gay. So, by any normal person’s standards, I was certainly out. But by someone-who-had-a-public-life

standards, I wasn’t out.

“Since then, I have come out in interviews two dozen times. And people still say, ‘Really? I had no idea.’ The vast vast majority of people who’ve come out these days, any of the fears they ever had, I would say were irrational.”


As for his non-retirement, Mercer says, “I am back on the road [on-stage]. I did two shows this week, in North Bay and Barrie. And I’m going away but I’m bringing my laptop and my printer because Penguin Doubleday’s publishing the complete selection of rants. And I’m going to write a series of essays about my experiences on the show. So, there hasn’t really been any downtime yet.

“One of the exciting things about stepping away from the show is that for the last 15 years, any time an opportunity to do something else came along, I’d have to say ‘Sorry, I have this show I’m doing.’”

“But last week, when I got to interview Steve Martin onstage, I knew I couldn’t pass it up. My interviews on the show have never been more than three or four minutes. And just like that, somebody says, ‘Would you like to interview Steve Martin onstage for 70 minutes in front of people?’”

By experience, I know Martin can be a reticent interview. It could have been the greatest moment of Mercer’s life, I suggest, or a disaster. “I’d heard that too. I’m happy to say it worked out really well. I want to work on those skills more, now that I have the opportunity.”

Well, one door closes and another opens, I tell him, one out-of-work older dude to another. I pass on my personal motto from when I quit my own full-time job – my laptop is open for business.

“My laptop is open for business,” he repeats, with a laugh. “I will be using that.” 



# Yes, Ageism Is Bad for Your Health

As recent CARP polls show that ageism is rampant in the workplace, new research reveals a clear link between the way people feel about aging and how they actually age **By Bruce Grierson**

**O**NE OF FACEBOOK'S core values, according to its founder Mark Zuckerberg, is to promote "better understanding of the lives and perspectives of others."

Not long ago, a group of psychologists from four American universities decided to test this lofty adage. They conducted the first-ever study of age stereotypes in social networks.

The psychologists looked for Facebook groups about older people — the kind of lily pads that seniors might land on as they surf social media. But the researchers were interested in a particular kind of group: *about* older people but not *by* older people. They found 84. These sites were created and managed by people mostly in their 20s. They presented a young person's-eye view of what it's like to be old. A fairly jaundiced eye.

Three-quarters of the individual posts "excoriated" older individuals. One-quarter "infantilized" them. Nearly 40 per cent of the young posters thought older people should be banned from public activities like shopping.

Some thought older folks should just hurry up and die already. Of unnatural causes if necessary: "Anyone over the age of 69 should immediately face a firing squad."

Lead researcher Becca Levy, a professor of epidemiology and psychology at Yale, had readied herself for some vitriol on these sites. "But I didn't expect it to be this bad."

Facebook says it does not toler-

ate hate speech. "It is a serious violation of our terms to single out individuals based on race, ethnicity, national origin, religion, sex, gender, sexual orientation, disability or disease," reads its Community Standards policy.

Levy noticed age wasn't on the list. Ageism didn't make the cut on a social platform used by two billion people. Even after the Yale study was published, Facebook didn't bother to correct the oversight. Last time Levy checked, eight of the most offensive sites were still up and running.

So this was appalling but illuminating. The internet is the great magnifier of the human id. Ugly truths waft out under cover of anonymity. This study revealed a few: ageism is everywhere. And social media is a convenient platform for young people to denigrate older people. Some young people don't like old people very much — or maybe they just don't like the idea of *growing* old.

But there is a bomb in the results. Prejudice, Levy has found, tends to boomerang back on the prejudiced.

Studies show most people's views of aging are a mix of positive and negative and neutral. But people who are too negative — or have assimilated more negative age stereotypes from their culture — pay for that bias *on a physical level*. Whether we consider aging an opportunity for growth or a ticket to frailty and incompetence — our bodies register that impression and deliver it as a wish, return-to-sender.

In an irony worthy of Oscar Wilde's Dorian Gray, ageism makes people age more quickly.

Levy has built a distinguished career proving it.

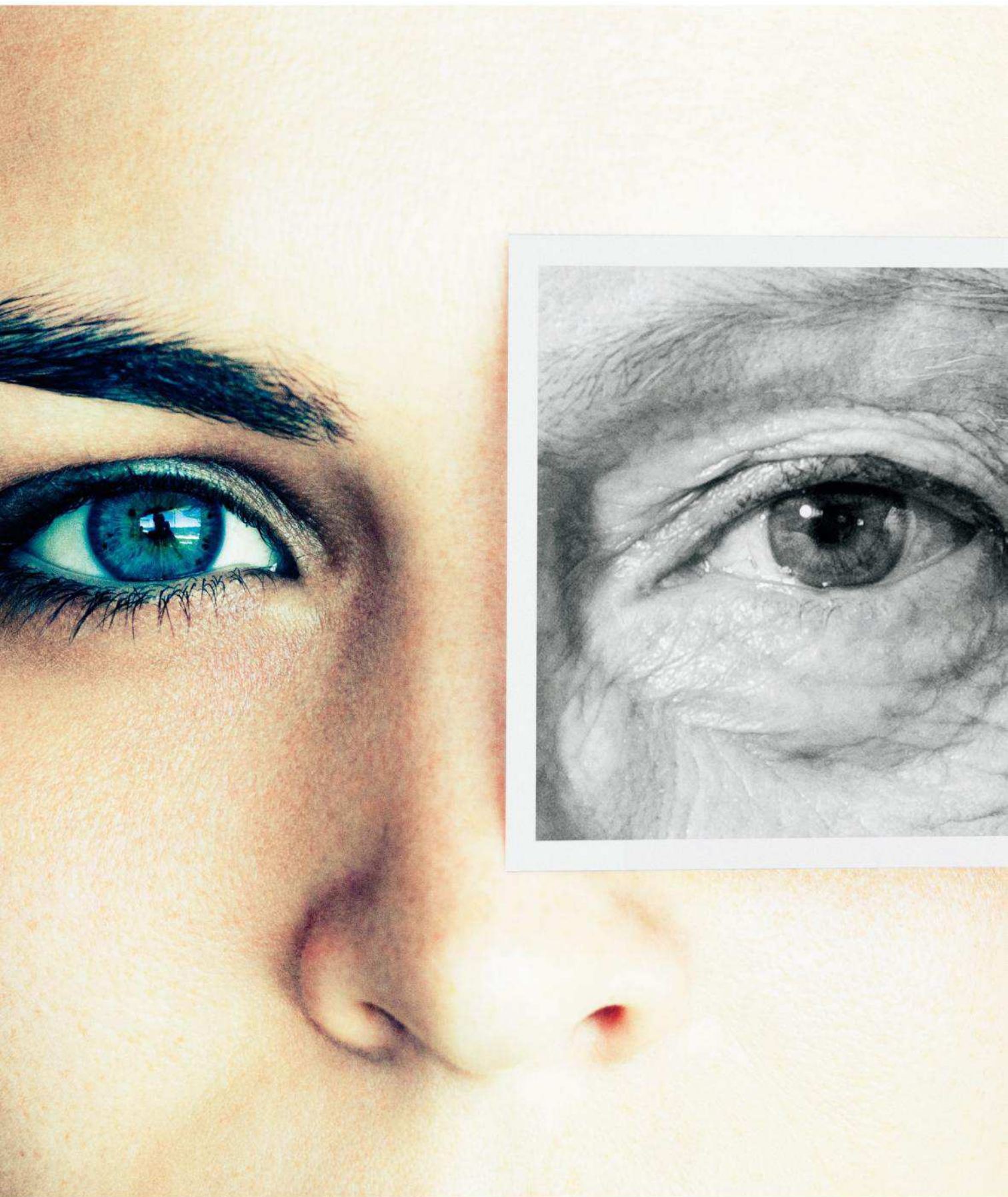
Her most famous study leveraged data collected in the mid-'70s from the town of Oxford, Ohio. Residents over age 50 were asked yes-or-no questions about their thoughts on aging. For example: "As you get older, you are less useful" or "As I get older, things are (better, worse, or the same) as I thought they would be."

Twenty-three years later, Levy entered the picture. First she checked to see how many of those participants were still alive. Then she matched the mortality data with the survey answers. She made a startling discovery. The subjects with the most negative views of aging died, on average, 7.6 years sooner than those with the most positive views. Being ageist influenced lifespan more than gender. Or socioeconomic status. Or loneliness. Or exercise.

Because it was a correlational study, there was no obvious explanation for the huge effect. But Levy knew the No. 1 killer of people over 50 is cardiovascular disease. She wondered: what if ageism stresses the heart? She decided to test that theory with a double-barrelled technique that has become her trademark.

Levy is both an experimental social psychologist and an epidemiologist, which makes her uniquely qualified to see both the fine ►





grain and the big picture of social science. She goes back and forth. “I like to observe things in a controlled setting, and then see if that applies in a real world setting over time.”

In her lab at Yale, Levy had a number of test subjects, all over 65, take math and verbal tests under tight time pressure. But before they did, the subjects were “primed” with either positive or negative aging stereotypes. Essentially, a rosy or gloomy view of aging was planted in the test-takers’ minds before the starting gun sounded.

The negative-stereotype-primed group tightened right up. Their heart rate and blood pressure soared. The test – which involved talking about a stressful experience – was hairy for both groups. But the negative stereotypes stressed participants out more, while the positive stereotypes calmed them down.

“So then we wondered how that might operate in the community over time,” Levy says.

The Baltimore Longitudinal Study of Aging, started in 1958, tracked health data of around 1,500 volunteer subjects in total aged 17 to 49 over the course of six decades. Handily, the researchers also asked those subjects what they thought about aging and older people.

It turned out, subjects who had bought into the negative stereotypes of aging suffered twice as many heart events – from mini-strokes to congestive heart failure – as those who had absorbed more positive stereotypes. Levy had controlled for every factor she could think of, from diet to smoking to family history to depression. The only difference was the subjects’ thoughts about aging.

“Young healthy people who hold ageist attitudes may put themselves at risk of heart disease up to 40 years later,” Levy concluded in the study, published in *Psychological Science* in March of 2009.

Ageism is a utility knife of wicked versatility. It affects even things



## “Young, healthy people who hold ageist attitudes may put themselves at risk of heart disease down the road”

you wouldn’t expect to have a psychological dimension. Things such as balance, handwriting, memory. Even hearing loss.

In one study, Levy asked septuagenarian test subjects to think of words that described older people. Those who came up with words like “frail” more than words like “wise” saw their hearing degrade more quickly – three years later, this group’s hearing was significantly worse than the group that had held more positive views of aging.

Just a few weeks ago, Levy, in collaboration with the scientific director of the National Institute on Aging, published perhaps her most audacious study yet – and her most personal. Levy had a beloved grandfather who suffered from Alzheimer’s. Could the course of that kind of affliction, too, be steered by our thoughts?

Levy had already produced one blockbuster study suggesting the answer is yes. In 2016, she and col-

leagues compared the ageism scores from that Baltimore Longitudinal study to the autopsied brains of the study subjects who had died. The brains of subjects who had held the most negative age stereotypes bloomed with plaques of amyloid and showed significant hippocampal shrinkage.

In the new study, within a different data set of older subjects, Levy zeroed in on a particular type of dementia candidate. People who carry the  $\epsilon_4$  variant on the APOE gene are more likely to develop early-onset Alzheimer’s and other dementias. The chance is around 50 per cent.

“So half of this is environmental,” says Levy. “We thought the positive beliefs might be one of the environmental factors that explain why some people with APOE $\epsilon_4$  develop dementia and others do not.”

Around a quarter of the subjects carried APOE $\epsilon_4$  – as revealed by genetic testing at the beginning of the study. All the subjects were dementia-free at that point. Levy compared the attitude data to the health outcomes. Turned out, the APOE $\epsilon_4$  carriers who held rosier views of aging were less than half as likely to show signs of dementia four years later.

So what is actually going on here? What might explain the dramatic physiological effects of something as ineffable as mere “thoughts”?

For one thing, our attitudes, conscious or not, drive our behaviour. This was likely a factor in Levy’s studies of stereotypes and long-term heart health. “If people hold more negative views of aging, they may be less likely to walk the extra block or engage in healthy behaviours as they get older,” Levy said. “Because they tend to think of poor health as inevitable later in life.”

But a more potent factor – in some ways the elephant in the room in all aging stereotype studies – is this: there’s often a disconnect between young people and their future selves. ►



**ZOOMER<sup>®</sup>**  
**WIRELESS**



# DOUBLE YOUR MINUTES, TEXTS AND DATA<sup>2</sup>

also get **1 GB bonus data<sup>3</sup>** on select wireless plans

## Smartphone Plan

Includes 1 GB data bonus

~~\$40~~ \$ **36**/month<sup>1</sup>

- ~~500 MB~~ **2 GB** data usage<sup>2,3</sup>
- ~~200~~ **400** Canada-wide minutes<sup>2</sup>
- **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
- Easy Mode
- Android 7.0 (Nougat)

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

**1.855.632.1082** | **ZOOMERWIRELESS.CA**

Offers shown expire August 31, 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. **4** Restricted to Zoomer Wireless mobile to Zoomer Wireless mobile calls, originating and terminating on the Zoomer Wireless network across Canada. Early cancellation fees apply with a 2-yr term. Some conditions apply, call 1.855.632.1082 or visit [www.zoomerwireless.ca](http://www.zoomerwireless.ca) for details.

“People under 40 don’t think of themselves as eventually getting older,” says the Harvard psychologist Ellen Langer, whose pioneering work on age primed the way for Levy’s. That disconnect is a problem. It prevents young people from, for instance, developing habits that would profit their older selves down the line. (Like saving for retirement, as the behavioural economist Dan Ariely has shown.) Just thinking about growing old is heart-constrictingly stressful – if, that is, you expect older age to be a time of pain and loneliness and confinement, rather than a time of leisure and discount travel and free play with adorable grandkids.

Ageism, at root, is about fear.

Robert Butler, the psychiatrist who coined the term “ageism,” thought ageism and elder abuse stem from “deeply human concerns and fears about the vulnerability inherent in the later years of life.” The idea of shuffling inexorably toward the grave scares the hell out of us. So we hold the shufflers at a contemptible distance – even as we ourselves, bit by invisible bit, become them.

“One time I picked up my father at the airport,” recalls Langer, “and I said, ‘Dad, how was the flight?’ He said, ‘It was fine, but there were all these old people on the plane.’ My father was in his 80s. Ageism is rampant among older people.”

This curious, common phenomenon of *prejudice against one’s own group* makes ageism different from the other -isms that Facebook actually cares about, like sexism and racism. People don’t typically diss their own gender or race. If others diss our gender or race, well, we can develop antibodies against those attacks from an early age, and ward off those poisonous judgments. Age is different. To the young, “old people” can seem almost like a different species – crotchety and frail and out to lunch. Until one day the young actually are old and find

**A** **GEISM CAN TAKE many forms - tasteless jokes, negative stereotypes or mocking portrayals on TV or social media are all too common and largely accepted in society. Those affected by the scorn have little recourse but to grin and bear it.**

**But ageism can have more damaging implications, especially when it occurs in the workforce.**

**A recent CARP Poll found that:**

**70%** of respondents feel it’s harder for an older worker to obtain employment than for a younger worker

**20%** of respondents say they’ve experienced some form of ageism in their most recent employment situation

**16%** of respondents say their employer either explicitly told them they had to retire or made comments and took actions to make them feel they were no longer wanted in the workplace

themselves undefended against the very stereotypes they so deeply absorbed. And they sink to their low estimation of themselves.

This is all bad news for those ageist 20-something Facebook posters. They don’t know what flight plan they just filed.

But here’s the rub. Levy believes it’s possible to change that flight plan.

In fact, almost all her studies can be flipped to reveal not the destructive effects of negative aging stereotypes but the healthful effects of positive ones. Her whole body of work, in a way, is a call for a public-health campaign against ageism.

“We know that children as young as three or four have taken in those negative stereotypes of our culture, and we know that those stereotypes

are reinforced in young adulthood and middle age,” she says. “So by the time individuals reach older age the stereotypes can be pretty engrained.

“But we also have research that suggests that thoughts are malleable. If you prompt them, most people can come up with positive images. Some of those strategies we can learn. People can be taught to question negative beliefs.

“Because we know this starts at a young age, the earlier the interventions happen, the better. For example, you can make curriculum changes” in schools. “There are programs where older individuals come into classrooms and become resources.”

Langer’s work carries a similar message.

Many of her age-priming studies are about tricking the old to remember what it was like to be young – the better to tap the youthfulness that is still in them. (In her famous Counterclockwise study from 1979, older subjects were dropped into an elaborate recreation of the ’50s and emerged one week later measurably more spry. It has inspired the redesign of some seniors facilities and the rethinking of elder care.)

But the rest of them are about nudging the young to think about what it’ll be like to be old.

“Let me tell you something I wanted to do years ago but couldn’t get funding,” Langer says. “I wanted to create a building that simulated life at age 70. As you get older, your body changes. You feel temperatures more intensely. Your field of vision narrows. By having a 40-year-old live in such a place – and I don’t think it’d take more than about three weeks – they’d probably develop the skill to be able to overcome or at least adapt to these deficits.”

For the internet hate-mongers, it would be a powerful intervention. It might just keep them alive. **■**

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



# Introducing more sizes for outstanding protection.



## New tailored sizes for a better fit<sup>†</sup>.

There's no one-size-fits-all solution for bladder leakage. That's why Depend<sup>®</sup> FIT-FLEX<sup>®</sup> 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](http://DEPEND.COM)**

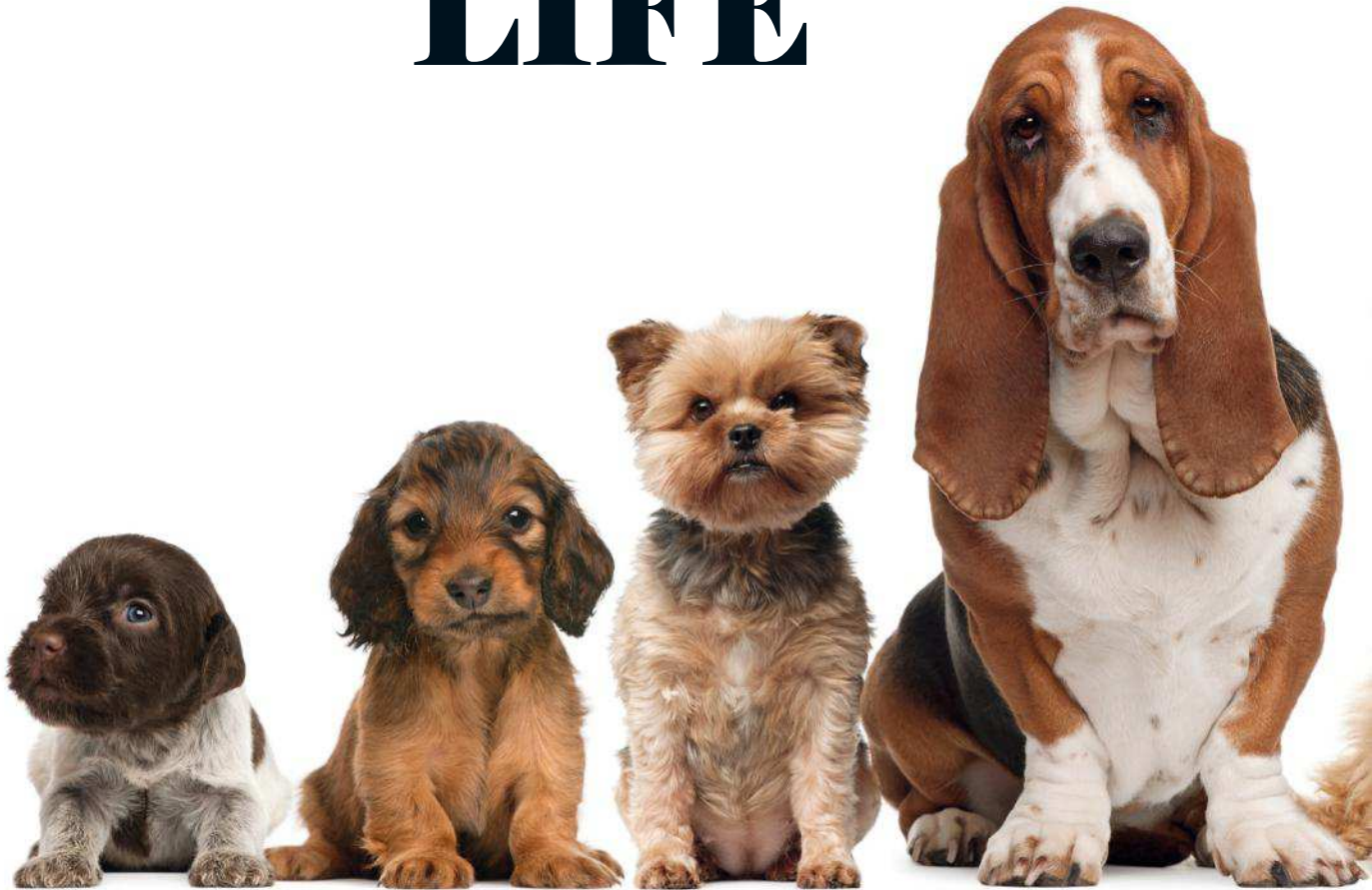


<sup>†</sup>vs Previous

<sup>†</sup>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](http://www.depend.com/yourbestfitguarantee) for details and form.

Starter pup at 65? How a sweet rescue pooch actually came to one couple's emotional rescue **By Rona Maynard**

# IT'S A DOG'S (AND YOUR) LIFE



**I**'D JUST SET OUT MY MAT for Pilates when I felt the instructor's eyes on me. "Rona, your skin looks beautiful!" she exclaimed. "Are you in love?"

The last time this woman remarked on my appearance, she was urging me to tighten my tush. But something had brightened me, and it wasn't a facial. I'd fallen hard for a ragged-eared rescue mutt named

Casey, whose frolicksome presence cast a glow on the world. My step felt lighter, my outlook more playful. After more than 60 years of could-have-beens and should-bes, I was loving my life as it was right now. And all because of a dog I hadn't even thought I wanted.

When my husband and I met Casey, under the eager gaze of a fast-talking yenta who called herself his foster mom, nothing about him said, "I'm yours." His legs looked

too short for his barrel chest; a pointy snout gave him a woebegone air. But within minutes he'd parked his rump on my right foot as if staking his claim. "He likes you!" crowed Foster Mom. My right toe hasn't bent since Brad Pitt married Jennifer Aniston, and I rather liked having it warmed by a dog, although I still wasn't sure about the beast himself. My husband clearly had no such doubts. His tender smile told me we'd found our starter dog.



PHOTOGRAPHY, GLOBAL P / GETTY IMAGES

This whole project was Paul's idea. When he said, "Let's get a dog," I nearly retorted, "Let's not!" In more than 40 years together, we'd managed just fine without a dog. First we had too many commitments, between our son and our careers; then we came to like having no commitments at all. I reminded Paul that we loved to see the world; a dog would slow us down. We loved the soothingly empty nest where no one but ourselves ever repositioned a book;

a dog would slobber and shed.

And what about walking this dog? Within recent memory, Paul's knees had been so bad that he could barely make it to the bank two blocks away. The cane he no longer used still hung on our coat stand, just in case, and he'd become increasingly sedentary. I couldn't coax him out to the park on balmy days; a dog needs to walk no matter the weather. I could picture myself nagging, "Dear, you haven't walked the dog"

before eventually taking the dog out myself with gritted teeth and operatic sighs. We'd been down that road as 20-somethings arguing about the dishes. Damned if I was going back for a dog.

There sat my husband with his hand on mine and a bring-it-on look in his eyes. Yes, he was up for all the walking. This was no whim. "Okay, then," I said. "But there's one condition: the dog stays off our bed. I don't want paw prints on the sheets." I ►

thought I was making one of those compromises that a healthy marriage requires. I couldn't foresee how loving Casey would change me.

We set the bar high for our starter dog. Smallish but not itchy-bitsy. Yapping, shedding and chewing not allowed. Grandchild-friendliness essential. As condo dwellers not up for potty runs, we'd need a house-trained dog, which ruled out buying a puppy from a breeder. Of the rescue dogs who met our criteria, we found just one with all four limbs, no daunting medical or behavioural problems and years of life ahead – Casey, then known as Tucker and before that as Shotgun. The first thing he did in our condo – and, thankfully, never did again – was lift his leg against a dining room chair and drench its taffeta skirt with dandelion-yellow pee. A designer and I had spent hours on the choice of that silk. To my surprise, I didn't care. Love had already softened me.

With humans, I've been slow to fall in love. On early coffee dates with my husband, I kept asking myself, "Can I trust him?" When my infant son screamed at night, I asked, "Am I a bad mother?" Casey made loving easy. He whimpered all the way from Foster Mom's place to ours, struggling for balance on the back seat while I stroked his neck and murmured, "It's okay, Casey." By the time we got home, he knew his name and my touch.

I don't wonder Casey was nervous. The last time he was driven anywhere, in the van that brought him to Toronto from a shelter in rural Ohio, he got the worst of a fight with another dog who ripped his ear and scarred his legs. Like most res-

cue dogs, he'd knocked around a lot. Born unwanted, he spent his first year in a prison program that matches dogs with convicts who school them in the basics. Someone must have loved him there but didn't get to keep him. Next stop: Death Row, the overcrowded shelter where he had the good fortune to be spirited away by Canadians who've made it their mission to give endangered dogs a second chance. In downtown Toronto, he started over with us – two sexagenarians ready for a fresh start of their own.

**“I’ve sometimes wished I could be more like Helen Mirren or Gloria Steinem. Lately I’ve realized I should try to be more like Casey”**

We'd allowed things to get too quiet around our place. Casey introduced joyful noises: clinking of tags when he shook himself, thump of his tail against furniture, squeaking of his ball as he chased it all over the living room. The cheerful tumult recalled our son's toddler days, minus tantrums and pep talks about big-boy pants. With Ben, we looked for signs of intelligence; with Casey, we could revel in his goofiness. He'd perk up at the mention of his name – but he did the same for Kevin Spacey,

Count Basie and John Wayne Gacy. So what? We weren't prepping him for Harvard. All we wanted was to love him now.

On Day 1, Casey chose Paul as his best pal. I stepped out; Casey didn't lift his head. Paul went for coffee; Casey kept vigil at the door, bleating. He sauntered to me but galloped to Paul, ears flying: *How can I serve you, Adored One?* I didn't mind being his second-favourite human. The only thing better than receiving canine devotion is watching it lavished on someone you love

but don't always like – the not-liking parts being all but guaranteed in a long marriage. When I catch myself wishing I could change a thing or two about my husband, I look at him from Casey's perspective. I see my two guys roughhousing together, a no-holds-barred display of licking and bellowing. I wonder why that couples counsellor never asked, "Have you thought of getting a dog?"

The open-hearted spirit Casey brought to our home extended to our morning walks. Walking had once been my mental and physical workout, pursued with an assertive stride and a don't-bother-me expression. Wherever

I thought I was going, the real destination was my private world. In Casey's company, I had to slow down so he could choose just the right peeing spot, a process that involves much sniffing, several reversals of position and at least one aborted hoist of the leg. Stillness opened my eyes to the neighbourhood's small delights – tucked-away gardens, redwing blackbirds in flight. It made me receptive to strangers who asked, "Can I pet him?"

One day I waited with Casey ►



# INTRODUCING THE ZAAP APP

— YOUR ZOOMER ALL-ACCESS PASS —

## All of Zoomer All in One Place

### LISTEN!

THE NEW CLASSICAL FM &  
ZOOMER RADIO

### WATCH!

VISIONTV ORIGINAL  
SERIES & DOCUMENTARIES

### LEARN!

HUNDREDS OF  
IDEACITY TALKS

### GET FIT!

ONETV FITNESS &  
WELLNESS PROGRAMS

### ALL ON DEMAND



Visit The iPhone App Store and Download Today

SEARCH



ZAAP



POWERED BY



at an ATM, gritting my teeth as an elderly woman laboured to complete her transaction and stuff the bills, one by one, into a faded wallet. Didn't she realize her walker, slung with overstuffed bags full of oddments, was blocking my approach to the machine? The woman turned, saw Casey, held out her arms. He leaped into her embrace. It might have been the highlight of her day. Lucky me, I got to share the pleasure.

Walking Casey presented one challenge: his blood lust. Squirrels abound in downtown Toronto, and Casey's a hound mix, designed by nature to hunt. His baying, back-flipping, leash-yanking gyrations nearly knocked me off my feet. Thanks to our trainer, he now sits when I curb his antics, ears back in a sign of submission. He yawns, as dogs do when stressed. "I'm trying," he seems to say, "but I'll always be a hound. Bear with me."

I've sometimes wished I could be more like Helen Mirren or Gloria Steinem. Lately I've realized I should try to be more like Casey. If he could talk, he'd never ask, "Why did I fail to catch that squirrel?" or "Does this harness make me look fat?" He thinks his day is fine the way it is. Every rattle in the kitchen, every waft of bacon from the stove is to him a promise of happiness. When no tasty scraps come his way, he just waits for next time. He reminds me to hope for the best instead of bracing myself for the worst the way I did when Paul said, "Let's get a dog."

Despite my fears, we've never fought over walking Casey, nor have I done a minute more than my share. Between us, we give him two hours a day, except on weekly trips to doggie

day care for a high-energy romp with his own kind. I'm an early-bird walker, out the door with school kids and office workers; Paul's been known to walk in the middle of the night, when he and Casey have the streets to themselves. I find this perplexing but whatever works for Casey works for me – and is doing great things for Paul. A few months after Casey joined us, my husband's cardiologist noticed a significant improvement in his blood pressure and blood work. Had he lost weight? "I wish," said Paul. "I've been walking a dog."

The author,  
with Casey



People with dogs exercise more, worry less and enjoy a stronger sense of purpose, studies have shown. Dog owners over 60 make fewer visits to the doctor. But while these findings ring true for me, they're not the main reason I'm glad we finally have a dog. Casey's greatest gift is the sense of comfort he radiates, wherever he happens to be.

On Casey's first road trip, we discovered the truth about dog-friendly hotels. The ones without ruinous pet fees often have drab rooms reminis-

cent of college dorms. Yet with our dog curled up on the bed, every one of these rooms felt like home. All the sheets came to smell like Casey instead of laundry products. The gentle sound of his breath lulled us in the night. I told myself that with his patience in the car, he'd earned his place with us in hotel beds. Our own bed, meanwhile, remained a dog-free zone. Months went by, and quite a few hotel stays, before I realized what should have been obvious: Casey's "special treat" had also been a treat for us humans. Why deny ourselves any longer?

Our sheets have paw prints now, but I can't see them in the dark. And I've found Casey a first-rate sleeping coach. When I'm wakeful, I rest my hand on whichever part of his torso feels right. His breath travels the length of his body, all the way to his thigh. My hand rises and falls as he breathes me to the edge of sleep.

Sometimes I marvel that the three of us became a family. If Casey had gotten any breaks as a puppy in NRA country, he wouldn't have landed with us. He'd be riding around in a pick-up truck with a gun-toting hunter who praised him for leaping at squirrels. As for us, we might have waited for a different dog if we'd known the truth about Casey. Foster Mom told us he was only 30 pounds; in fact he's 40 pounds of muscle. She said our grandson would love him; they keep a wary distance from each other. She assured us he "hardly sheds at all;" his fur turns up in the strangest places (kitchen counter, bathroom vanity). Her sales pitch built to a ringing conclusion: "He's the perfect dog for you." She nailed that part, the only part that matters. **■**

# WE ALL HAVE A ROLE IN REDUCING VIOLENCE IN HEALTHCARE

**HENRIETTA VAN HULLE**

Executive Director,  
Health & Community Services  
Public Services Health & Safety Association



**T**hroughout the country, violent incidents against healthcare workers are escalating in frequency and severity. Frontline healthcare workers provide essential services in hospitals, rehabilitation facilities, long term care and home and community care settings, and include nurses, doctors, personal support workers, administrative staff and dietary aides. Increasingly, these workers are reporting being punched, kicked, stabbed and threatened on the job.

The rise in incidents can be attributed to an aging population and increasing rates of dementia, among other reasons.

Oftentimes, victims describe violent events as daily occurrences, some so serious in nature that they result in time off work and can cause physical or psychological issues, including anxiety and post-traumatic stress disorder.

Healthcare and social services represent approximately 13% of Canada's total labour

market. In 2015, healthcare received 19% of the total national injury claims – more than any other industry in Canada. In Ontario alone, violent-related incidents made up 10% of all lost-time injury claims in hospitals in 2015. In one Saskatchewan region, violent incidents almost doubled from 224 in the first two quarters of 2015-16 up to 416 over the same period just one year later. In New Brunswick, 66% of nurses reported experiencing physical or verbal abuse over a one-year period in 2016.

As alarming as these figures are, the reality is likely even more shocking as violent incidents have been found to be severely underreported, attributed to the belief within the sector that it's "simply part of the job".

The Ontario Ministry of Labour reports that violent-related incidents cost Ontario healthcare institutions over \$23 million in 2015; a significant sum which can likely be invested elsewhere to improve patient treatment and care.

Safer healthcare workers mean better care.

As patients and family members, we all have a role to play. Our healthcare system's greatest asset are the committed, skilled and compassionate

individuals that dedicate their careers to the care of others. Our ongoing collaboration and mutual respect is necessary in order to keep them safe at work and doing what they do best.

## DID YOU KNOW?

### 34%

of nurses reported physical assault from a patient over the past year in their workplace.

(Statistics Canada Health Reports Volume 20)

Safe healthcare workers mean better care. Together we can reduce violence in healthcare.

[pshsa.ca/workplace-violence](http://pshsa.ca/workplace-violence)

 Public Services Health  
& Safety Association™

Your Health. Your Safety. Our Commitment.

<sup>1</sup><http://www5.statcan.gc.ca/cansim/a47>

<sup>2</sup>[http://awcbc.org/?page\\_id=14](http://awcbc.org/?page_id=14)

<sup>3</sup><https://news.ontario.ca/mol/en/2015/08/ontario-taking-action-to-better-protect-health-care-workers.html>

<sup>4</sup><http://leaderpost.com/news/local-news/violent-incidents-nearly-double-in-the-rqhr>

<sup>5</sup><https://www.nbnu.ca/blog/nurses-face-abuse-job-daily-gleaner/>

<sup>6</sup><https://news.ontario.ca/mol/en/2015/08/ontario-taking-action-to-better-protect-health-care-workers.html>



# BEACH, BLANKET, BOOK, REPEAT

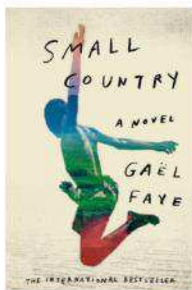
By Mike Crisolago



**S**UMMER'S ARRIVED which, for bibliophiles, means it's time to stock up on both sun-screen and the season's hottest books. From murder mysteries to uplifting memoirs, we've got your dock and beach reads covered.

**The Good Son by You-Jeong Jeong**

The rest of the world already seems to know and love You-Jeong Jeong, dubbed “the Stephen King of Korea,” and now you can find out why. The first of her novels translated into English, is about a young man with memory loss and deep family secrets who must determine whether or not he killed his own mother.



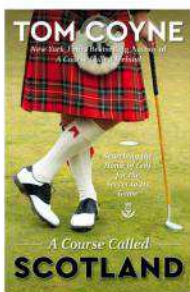
**Small Country by Gaël Faye**

A powerful coming-of-age story about a half-French, half-Rwandan boy trapped amid civil war

in East Africa in the 1990s, Gaël Faye's award-winning novel – already a hit both in his native France and internationally – is finally available in English.

**The Other Woman by Daniel Silva** Love, treason, espionage and an international manhunt that begins in the historic mountainous region of Andalusia? Sounds like a job for Silva's famed art-restoring spy Gabriel Allon.

**A Noise Downstairs by Linwood Barclay** The Canuck master of suspense returns with a paranormal tale of murder in Milford, in which the ghostly victims of a serial killer attempt to make contact with one of the survivors via an old typewriter.



**A Course Called Scotland by Tom Coyne**

As the rest of the sports world embraces soccer fever with

the 2018 World Cup, celebrated sportswriter Coyne putts his way across the country that invented golf, teeing off on more than 100 courses while exploring the roots of the sport and what truly drives one's passion for it.

**Old in Art School: A Memoir of Starting Over by Nell Painter**

This memoir of a famed historian who went back to school to study art in her 60s and faced everything from ageism to questions about the value of art is an inspiring tale for anyone who's ever felt past their due date and dreams of exploring a new path.

**The President Is Missing by Bill Clinton and James Patterson** Yes, *that* Bill Clinton teamed with James Patterson, putting his real-world presidential knowledge to use in a tense tale of global chaos heightened by an AWOL commander-in-chief that's already being developed for TV.

**Invitation to a Bonfire by Adrienne Celt** A followup to her award-winning novel *The Daughters*, Celt's 1930's-set psychological thriller sees a young Russian refugee enter a sexually charged and manipulative relationship with a famed Soviet author and his wife – whose characters were reportedly inspired in part by *Lolita* author Vladimir Nabokov and his wife Vera.

**Florida by Lauren Groff** Topping multiple 2018 summer “must-

read” lists, Groff – whose 2015 novel *Fates and Furies* earned praise from everyone from book critics to U.S. President Barack Obama – returns with a collection of riveting short stories and a cast of characters that cross time and wide-open spaces, all within the sunshine state.

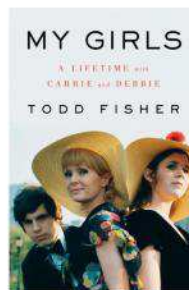


**Little Fish by Casey Plett**

The author's 2015 short story collection earned her laurels as a voice for LGBT writing

in Canada. Now, Plett's debut novel, set in her home province of Manitoba, follows in a similar vein, centering on a struggling transgender woman attempting to discover whether or not her deeply traditional grandfather was also transgender.

**The Word Is Murder by Anthony Horowitz** The famed mystery scribe and BAFTA-winning screenwriter sets his latest work in London, where a woman plans her own funeral and is then promptly killed. A controversial detective sets out to solve the crime with the help of a sidekick – the author Horowitz himself.



**My Girls by Todd Fisher**

Fans still reeling from the 2016 deaths of Debbie Reynolds and daughter Carrie Fisher will welcome

this heartwarming memoir by their respective son and brother, offering insight and a personal glimpse into the life and love he shared with these two remarkable women. ☑



# Where There's Smoke

... there's fire. Two champions of flame and food face off with new books that push the boundaries of the barbecue. With a little help, you, too, can be master of the grill **By Vivian Vassos**

**S**O, YOU'VE BEEN INVITED to a backyard barbecue bash, and here's the menu:

**Cocktails** Grilled Sangria

**The starters** Ember-Roasted Beet Salad; Hay-Grilled Mussels with Charcoal Butter

**The mains** Lemon-Rosemary Cauliflower Steaks with Manchego; From-Scratch Baked Beans

**The finish** Watermelon Steaks

This is barbecue food? Steaks, I get that, but Watermelon Steaks? And how does one “grill” Sangria? If you ask grill guru, television host and bestselling cookbook author Steven Raichlen, it's as easily done as it is said. In his latest book, *Project Fire: Cutting-Edge Techniques and*

*Sizzling Recipes, from the Caveman Porterhouse to Salt Slab Brownie S'Mores*, Raichlen spends the first 40-plus pages on “The Seven Steps to Grilling Nirvana.” All the basics are covered, from charcoal versus wood versus gas to the shape, size and type of grill you use, along with Raichlen's tips and tricks for maximizing flavour and technique, selected from his over 30 books and as many years of playing with fire. It's almost as if he's come full circle. Raichlen's first book? *How to Grill*.

Funny then, that Mark Bittman's latest cookbook is entitled *How to Grill Everything: Simple Recipes for Great Flame-Cooked Food*, an extension of his *How to Cook Everything*

series. He's a contributing food writer to the *New York Times* and a TV star in his own right – Bittman's series *Years of Living Dangerously* garnered an Emmy award. Yet, you could almost swap these two foodies' CVs, with one caveat: Raichlen has been the king of the grill since he started out; Bittman has more recently added it to his oeuvre.

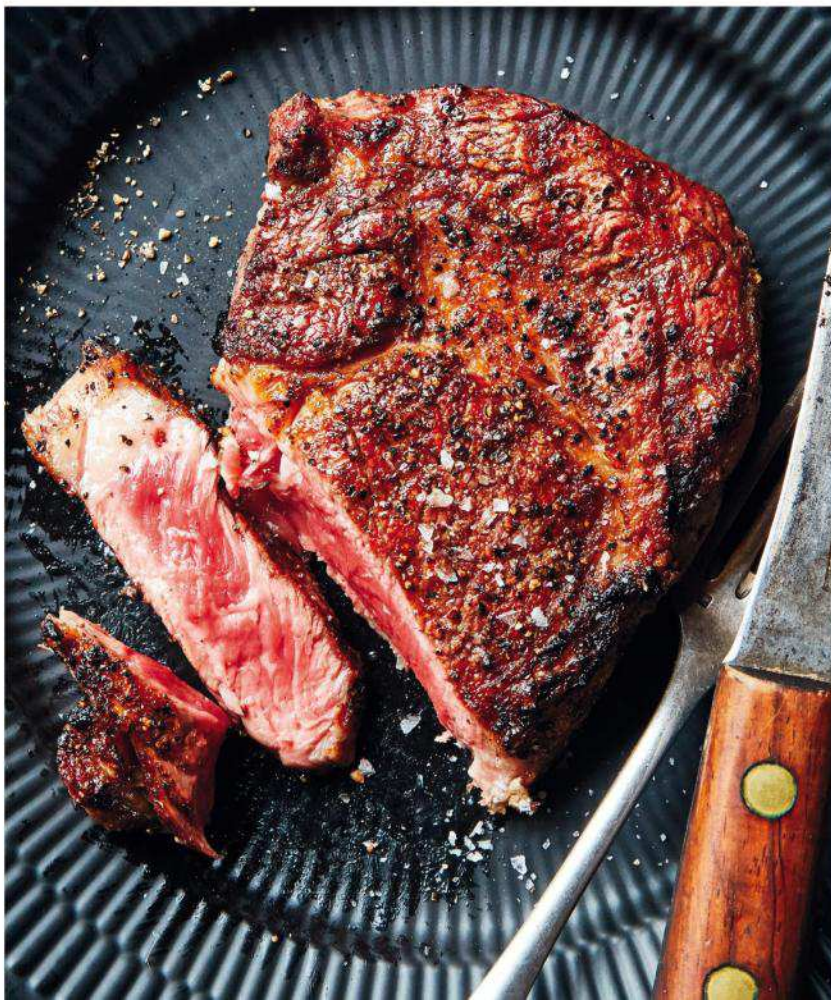
Both, however, recognize our changing attitudes toward what we eat. While both feature new and innovative ways of sourcing, shopping for and cooking meat and poultry – yes, you *can* teach an old hot dog new tricks! – there's also a generous helping of foods and techniques suited to plant-based-leaning diets, including suggestions as to which of these foods grill best. Thai Grilled Kale (Raichlen) will sidle up quite nicely to Whole Fish with Basil-Orange Oil (Bittman) as it would to Sweet Potato-Eggplant Stacks with Lime Ricotta (Bittman) or Dry-Brined Peppered Filets Mignons (Raichlen).

Which brings us back to steak. The classic. The *ne plus ultra* gold-standard barbecue fare. We may not all agree on the direction of our diets but, for carnivores, there is one thing on which they all agree: they want the secret to grilling the perfect steak.

Luckily for us, both Raichlen and Bittman are happy to share.

So, c'mon, baby, light up the fires. It's summer. Oh, and by the way, you still get to sip the Sangria – hint, it's all in the caramelized fruit. **▣**

**▶** For your chance to win these books plus great barbecue recipes and more, go to [www.everythingzoo.com/best-barbecue](http://www.everythingzoo.com/best-barbecue).







*you  
spin me  
right  
'round*

Time to dust off the turntable. Vinyl is back and, as **Rebecca Field Jager** discovers, it's about more than just nostalgia



**a** **SANYONE WHO CAME OF AGE** in the '60s or '70s knows, coolness was defined in large part by the size and scope of your album collection. Sadly, I was never part of the cool club, but with vinyl sales continuing to soar in recent years, it looks like I may have a second chance.

From the get-go, I've always been vinylly challenged, my collection forever too sparse, too pop or too yesterday.

Flashback to the summer of '75: I've just turned 13, and my family is visiting relatives. My cousins, all of whom are older and most of whom are male, are pretty much stuck with me, and so I actually get to hang out and listen to music with them. We're all draped over the furniture with dozens of albums scattered across the floor. For the most part, no one says anything, but once in a while someone grunts out a comment about some band or musician I've never heard of and so, wanting to add my own two cents, I scan the sea of records for something familiar hoping to find at least one of the few LPs I own.

There's nary a Beach Boys album in sight.

Rather than just sitting there staring into space, which, frankly, to be part of this glassy-eyed gang is exactly what I should have done, I pick up the empty jacket of the LP that's playing and feign interest in its image of nude children climbing a pile of rocks. "What's your favourite Zeppelin song, Becky?" one of the boys asks out of the blue. Is he challenging me? Can he see through my ruse?

All I have to do is flip the cover over and pick a song title at random but, instead, I say, "Uh ... this one," and then, as if to prove it, stand up and actually start bopping about, trying to sing along. Thank God the lyrics weren't rocket science. *Oh, oh, oh, oh, oh, oh, you don't have to*

*go, oh, oh, oh, oh, oh ...*

Canadian Music Industry Hall of Famer Ralph James tells a much different story from mine. When he talks about hanging out in Winnipeg record stores back in the '60s, his voice takes on a warmth and authenticity as nostalgic as the sound of vinyl itself.

"They had play copies so you could listen to the stuff and you couldn't wait for those copies to come out," the former bass guitarist for Harlequin and executive vice-president, director for the newly launched Canadian offices of Agency of Performing Arts (APA), a worldwide talent agency, which reps the likes of Nickelback and Billy Talent, enthuses. "Some of them were full double albums with pictures, lyric sheets, credits and everything. It's part of the reason a whole bunch of people I know got hooked on music – it wasn't just the music, it was the artwork, the album covers and everything."

Wow, I coo, but of course I can't really relate. I'm even more lost when he talks about the 100 or so albums he saved from his collection, which, back in the day, numbered close to 5,000. "I have the Rolling Stones *12 X 5* on Decca, *mono*. It's about an eighth of an inch thick."

More empty cooing from me, and I find myself wishing that coolness were contagious and I could reach through the phone line and touch him – surely then, some of it would rub off on me. But, no, I need to look into this vinyl thing further.

Vinyl, experts say, is not only making a comeback but is a format that is here to stay. But is it? I mean, I can't go through another format fiasco like when all those now-grown-up cool kids were kicking their album collections to the curb, and I was smugly patting my shoebox of cassettes. And then my shoebox of CDs. And then ... do MP3s fit in a shoebox?

In her recently released book, *Why Vinyl Matters: A Manifesto*

From *Musicians and Fans*, Jennifer Otter Bickerdike tracks the rise, fall and resurgence of vinyl. She cites the early 2000s with the introduction of MP3s as a lamentable time in history when the album cover, already shrunk to CD size, was further reduced on tiny mobile screens. "Music had become completely untethered from a physical commodity, lacking the emotional ties and cultural symbolism formerly provided by the comprehensive package," she writes.

Early in 2017, Sunrise Records announced plans to take over 70 former HMV stores across Canada, most with around 25 per cent of vinyl inventory. And also early in 2017, Gerry McGhee, president of Isotope, a music distributor, opened Precision Record Pressing, a 20,000-square-foot record-pressing plant in Burlington, Ont., that, once running at full capacity, is set to become the second largest vinyl plant in North America. McGhee, like James, is a former rocker (lead singer of Brighton Rock) who even sitting behind a corporate desk at his head office drips cool. The more he reminisces about his vinyl voyage, the more I realize I missed the boat. "My older brother owned a record store in Hamilton in 1977, so I went to work there when I was 14. All we had back then was music and movie theatres." Gawd, I think, all I had was books and babysitting.

But what's driving vinyl's comeback?

Theories abound. The rise of vinyl coincides with Record Store Day, an international phenomenon, which launched in 2008. To hipsters, it helped introduce a brand new shopping experience and to boomers one that is nostalgic and tried-and-true.

That same year also saw the launch of Spotify, a streaming service that recently announced it has more than 60 million subscribers and 30 million songs. Hot on its heels is Apple Music with more than 28 million ►

*“The sensory experience of vinyl can help to evoke fond memories”*



subscribers but more than 40 million tunes. But what do streaming services have to do with vinyl? Some experts contend that streaming supports vinyl sales by allowing users to sample countless tunes and then go out and purchase the physical versions of their favourites.

Of course, the growing selection of LPs helps – in fact, according to James, practically every band or musician wants to release on vinyl. “It’s the artwork alone. They see other bands doing it, and they want to do it, it’s just so cool,” he says.

Online or in a record store, then, today vinyl fans can purchase everything from indies to giants, from younger artists like Bieber to the back catalogues of The Doors. Globally, sales have reached a reported 25-year high and, here in Canada, according to Nielsen Entertainment, sales have shown double-digit percentage increases every year since 2012 and were up 29 per cent in 2016 over 2015.

The top-10 selling vinyl albums in Canada in 2016 included a mix of the present and past from The Lumineers *Cleopatra* (2016) to The

Beatles *Abbey Road* (1969). Among the top sellers, too, were Adele and Amy Whitehouse contemporary yet old-school crooners who, to me, perfectly reflect vinyl with all its beautifully scarred pops and scratches as opposed to the loss of soul found in the clinical perfection of the newer formats. Sandwiched between Bob Marley and The Wailers’ *Legend* and The Tragically Hip’s *Man Machine Poem* is the No. 2 bestseller, *Blackstar*, the late great David Bowie’s final album. Not surprisingly, the recent deaths of legends such as Bowie and Prince are also credited with fuelling vinyl demand as sentimental consumers seek to experience the music on the format on which it was originally released.

During a recent Skype interview, Bickerdike raved to me about the sheer beauty of vinyl’s tangibility. “Vinyl is a physical manifestation of music, something you can touch and feel and interact with using senses beyond just your ears. There is a simplistic joy in the ritual of putting on a record that, no, you can’t walk around with. You have to be in

the same room, stop and listen. You have to *sit* and listen to a record.”

The sensory experience of vinyl can help to evoke fond memories of days gone by, says Eva Fisher, a clinical psychologist based in Ottawa. The simple act of pulling a beloved album out of the cover and placing it on your record player can call up a string of other happy memories. “Happy recollections unexpectedly experienced is a big dopamine enhancer,” says Fisher, suggesting that if the song and the way it sounds on vinyl takes you back to your first dance, your first kiss, your first *time*, the emotions will be even stronger and easier to relive.

This brings me back to a few years ago when my mom was selling the family home, and I was helping to clear things out. Next to the big old console, for years the household’s sole sound system and long since relegated to the basement, was a pile of LPs, mostly my late dad’s. But there amid Andy Williams and Doris Day were my paltry few and, I’m proud to say, Meatloaf’s *Bat Out of Hell* was among them.

Just picking it up, I experienced a rush of pleasure as I flashed back to the summer of ’78 and slow dancing with my boyfriend. We must have changed the words slightly – *I want you, I need you, But there ain’t no way I’m ever gonna love you* – for we were each other’s first love. Sweet, I know, but let me rip the needle off of that memory. Just picking up that album, I remembered the question-mark ridden lyrics of that other hit and was awash with anxiety.

*Do you love me? Will you love me forever? Do you need me? Will you never leave me?*

Never mind the album, my head spins just thinking about it. Still, methinks I’m going to go out and buy a turntable. And although I won’t plaster my bedroom with posters or have milk crates lining the floor, this time I’m going to get the vinyl thing right. Rebecca remastered.



*“Today, Gordon and his wife feel more secure. Financial stresses are no longer front-and-centre in their lives.”*

## KEEP PACE WITH RISING COSTS

### The Security of a Reverse Mortgage

**M**any people over 55 own their homes, but that doesn't mean they don't struggle with expenses. A recent Equifax report revealed that Canadians age 56 to 65 hold more non-mortgage debt than average, and even those over 65 are sinking deeper into debt. For many Canadians, a reverse mortgage may be the answer. It's a loan that allows you to continue owning your home, make no monthly loan payments, and pay no taxes on the funds you receive.

Some Canadians turn to a reverse mortgage because they want to travel the globe in their retirement years, or purchase a winter home in a warmer climate without having to move or sell the home they love. Some homeowners are simply trying to keep up with the cost of living. A pension doesn't always keep step with mounting electricity bills, property taxes and other expenses.

Dr. Gordon Atherley and his wife, Audrey, didn't have luxury vacations in

mind when they contacted HomEquity Bank, a federally regulated, schedule 1 Canadian bank that has been serving homeowners for over 30 years. The Atherleys just wanted a solution specifically designed for Canadians aged 55 plus, that would help them make ends meet, and allow them to stay in the condo they've owned in Oakville, Ontario, since the 1980s.

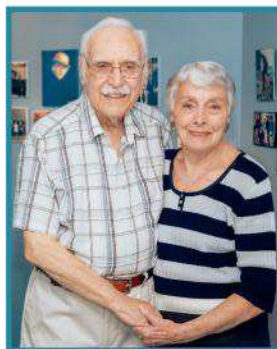
“We like our condo,” says Gordon, 85. “We can sit on the patio and get the sun, and we can walk down the centre of Oakville and have a coffee or something to eat. It's very convenient.” Best of all, they have a spare bedroom, a cherished space that Gordon has converted into a broadcasting studio. Gordon earned a medical degree in Britain and a doctorate in epidemiology and bio-

statistics. He also served as president and CEO of the Canadian Centre for Occupational Health and Safety (CCOHS). But one of his greatest passions is broadcasting. For several years, Gordon hosted Family Caregivers Unite, a live Internet radio show. He isn't ready to stop now. “Retirement isn't for me,” he says. When he left CCOHS, “it was as though somebody had snipped the cable between me and outside life. That's why I decided to broadcast.” With a CHIP Reverse Mortgage he was able to keep his broadcast studio, and continue working and living in the home and neighbourhood he cherished.

Gordon can't see himself living anywhere else. Yet he knows his day-to-day expenses are only going to increase as time goes on. “This condo we live in is 50 years old,” he notes. “It's inevitable that the monthly fee we pay is going to rise.”

Before Gordon reached out to HomEquity Bank, he didn't know much about reverse mortgages. “I was dimly aware of them, but I hadn't pursued them,” he says. It was Gordon and Audrey's daughter who suggested they consider this option. “I looked at the information and saw it could be very much what we wanted,” Gordon recalls.

Today, he says, he and his wife feel more secure. Financial stresses are no longer front-and-centre in their lives. Says Gordon: “The reverse mortgage solved our problem.”



### STAY IN THE HOME YOU LOVE

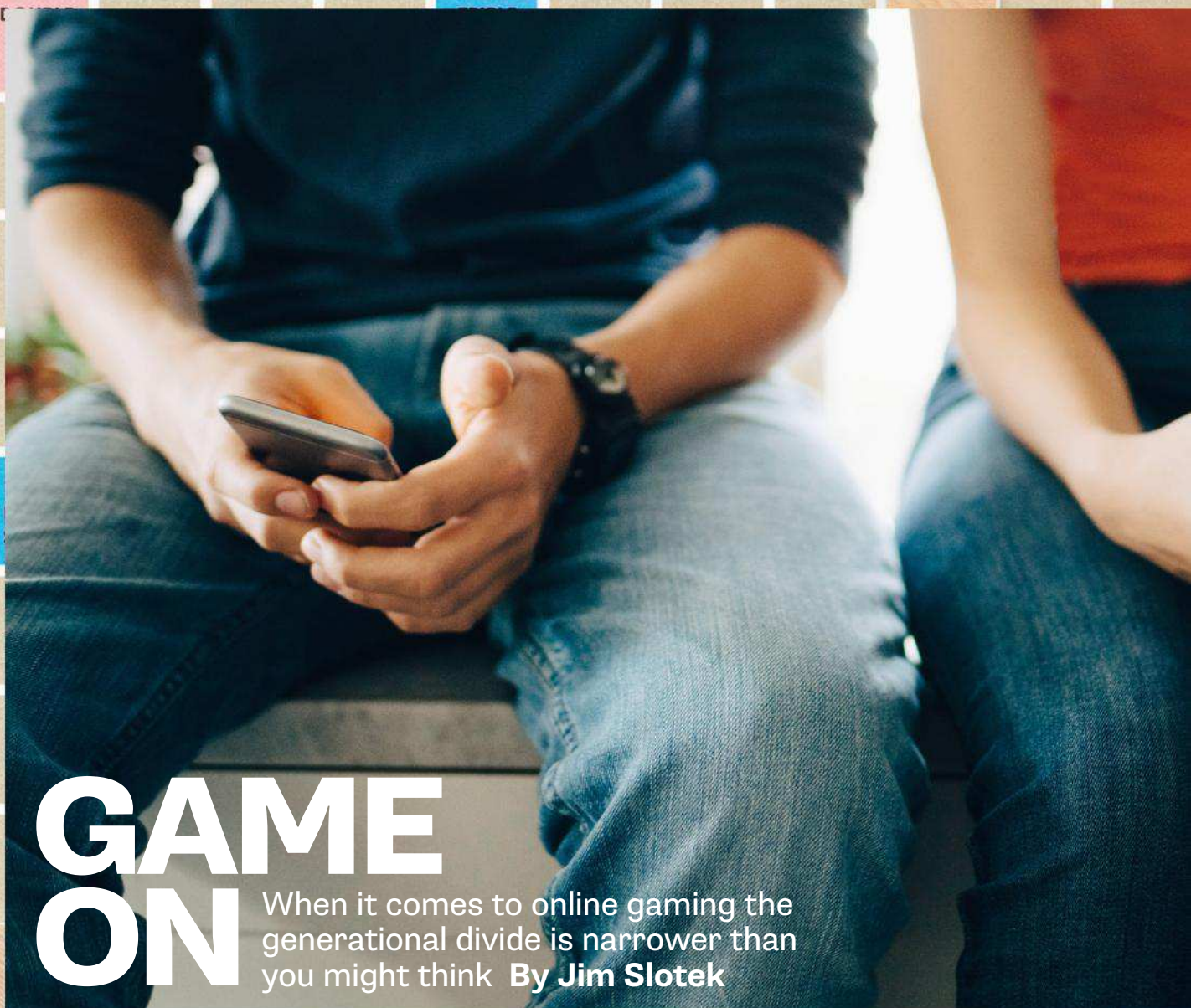
Many Canadians believe they will have to downsize for retirement income.\* What if there is another solution? With a CHIP Reverse Mortgage:

- You stay in your home
- Receive tax-free cash\*\*
- Maintain ownership and control
- No monthly mortgage payments

**Find out how much money you can get today!**  
**Call Toll-Free 1-866-597-2447 or visit [www.chipmoney.ca/carp](http://www.chipmoney.ca/carp)**



**Find out how much your house is worth.** HomEquity Bank is offering CARP members a cash rebate of up to \$250 toward a home appraisal. **For details visit [www.chip.ca/carp](http://www.chip.ca/carp) today.**



# GAME ON

When it comes to online gaming the generational divide is narrower than you might think **By Jim Slotek**



**HATE TO** break it to you, dad, but you're a gamer."

Given my occasional criticisms of his time spent killing enemy soldiers and medieval creatures in fantasy realms on-screen, there was a tone of smugness in my 20-something son's voice as he made his case.

"You play online Scrabble at all different times of the day against people you don't know. You are always aware of your ELO score and you get upset when it drops."

I have to admit that he had me

there. I've played the board game since I was eight, and it was a family affair. But several years ago, I discovered an endless supply of challenging real-life opponents. I play a turn of Scrabble to shake up my thoughts when I'm writing, I play in the morning with my coffee, I play a last few turns at night before I go to bed. I play while standing in lines and in theatres when I'm waiting for the movie to start. I've been in Calcutta, Paris and Tokyo making time for Scrabble with folks back home.

And yes, I am bummed when there's a drop in my ELO score (an

algorithm of wins, losses, points scored and my success against different levels of opponents).

In fact, according to the academic journal *Computers in Human Behavior*, 27 per cent of active gamers are age 50 or older.

However, there is a distinct difference in how older "gamers" engage with the medium. Those same over-50s are least fond of shooter games (five per cent), action-adventure games (five per cent) and racing games (three per cent). They are most likely to play "card and tile games" (46 per cent), puzzle and logic games (44 per cent) and trivia,



word and traditional board video games (19 per cent). So no Call of Duty, Game of Empires or World of Warcraft for most.

That divide came alive a while back when the same son tried to teach his mom to play Grand Theft Auto. When she “killed” a pedestrian, he couldn’t resist the urge to needle her. “You just killed a man. He had a wife and a family.”

“No-o-o-o!” she said, her brain temporarily unable to process the fiction. Let’s just say she didn’t reach the next level.

Not content to take the word of an academic journal, I decided to

take a straw poll of my Facebook friends. I have, after all, more than a thousand of them, all near my age, many of them writers like me, but also musicians, comedians, filmmakers, computer programmers and actuaries.

I discovered that my wordsmith friends were almost evenly divided between online Scrabble players and Words with Friends players. (Words with Friends, you may recall was the cause of an “air rage” incident in 2011 involving Alec Baldwin, who refused to turn off his phone mid-game as the plane was readying to take off.) One of my Words with Friends-playing pals, Laurie Gelman, is nominated for a Stephen Leacock Award for humour writing for her first novel, *Class Mom*. So, there’s a video game that may have started something.



**A**mong my female Facebook friends, Candy Crush Saga is a whopping favourite. The apparently addictive game – which involves swapping coloured candy pieces on a board in order to match three at a time, which then disappear making way for more (or something) – has been downloaded as an app almost three billion times worldwide. Friends’ moms have sent me invitations to play Candy Crush. You might as well offer me crack. No thanks.

But funnily enough, one of the most avid Candy Crush players I know is a guy, comedian and motorcycle enthusiast Jay Brown, who has an ELO in the 1,250 range on the latest version, Candy Crush Soda. “I have 40 or more PS3 (PlayStation 3) games that I never play anymore. I can’t be bothered.

“Bottom line, it’s the ease of access. Stimulate me NOW!” he says. “I still love my PS3, but it has become like my grandmother’s china

cabinet – strictly for when guests come over.”

Other video games my friends play, mainly on their smartphones and tablets, include Song Pop (a music trivia game), Bejeweled Blitz (a sparkly puzzle game), the “hexapuzzle” game Make 7, Two Dots (um, a connect-the-dots puzzle game), Tetris, Yahtzee, Mahjong, Boggle (four oldies but goodies), Online Jeopardy, Lexulous (another Scrabble-based word game) and a sliding tiles game called Fifteen.

A few of my friends, like Brian Koop, an actuary who plays on my pub trivia team, play good old-fashioned chess. Like me, Brian keeps track of his ELO, will often stop what he’s doing to make a chess move on his phone and becomes annoyed with people who take too long to play a turn (like, more than a day).


Very few “serious” gamers in my lot, but one of them is Paul Chato, who readers may remember from the CBC Radio/TV comedy troupe The Frantics in the ’80s (they still reunite occasionally onstage).

Now a web designer, Chato admits to playing FPS (First Person Shooter) and RPGs (Role-playing Games) like Uncharted and Skyrim. A gamer in his youth, he says he recently got back into it, so he’d “have something to talk about with The Boy,” he says of his own millennial son.

“It’s good bonding, though we never play games together because he was embarrassed to be whipping my a—.”

Kids today can be so patronizing.

The good news, according to that *Computers in Human Behavior* study, is that older gamers were less likely to suffer from depression than their non-gaming counterparts, and they scored higher for feelings of well-being and social functioning.

Which is news I would celebrate, except I have a couple of Scrabble turns to play. 



# A Certain Vintage

In search of heirlooms to call her own, **Jeanne Beker** falls in love with the art of antiquing and gives new life to all things past

**B**LAME IT ON the romantic in me, but I've always had a penchant for precious old objects with their own stories to tell. Perhaps it's because, growing up, we never had any heirlooms in my family: as survivors of the Holocaust, which claimed both sets of my grandparents and most of my aunts and uncles, my parents immigrated to this country in 1948 with nothing more than a wooden chest packed with a couple of eiderdown quilts, some fine German china, a Czech crystal fruit bowl, and a silver Sabbath candelabra – all acquired while they were living in an Austrian displaced persons camp. While these treasures now rank among my most prized possessions, I yearned for a sense of material legacy when I first set up my own home. And so, when my husband and I bought our cottage – a charming, rustic place built in the '30s – we were determined to fill it with interesting old items that harkened back to a more innocent time. We became particularly obsessed with royal collectibles, for both their kitschiness and the way they exemplified tradition. With my husband's British-Irish background, monarchy memorabilia

felt appropriate, and when the kids were small, we turned the “thrill of the hunt” into a fun family pastime. Our Muskoka weekends were filled with trips to local antique stores and flea markets, with our two girls excited to explore the shops and stalls in the hope of finding a “royalty” treasure. From Queen Victoria mugs to Edward VII plates and Queen Elizabeth cups and saucers, our vintage china stash grew and grew, and once shelf space disappeared, we began hanging our treasures on the walls. Our collection soon expanded to include a plethora of coronation and royal visit ephemera, from flags and biscuit tins to buttons, matchbooks and other obscure paraphernalia. We'd never spend too much on any of these finds of course, always asking sellers for their “best price.” Most dealers are pretty negotiable anyway, and since haggling wasn't ever something we subscribed to, if the price was too high, we'd just walk away. Eventually, we outgrew our passion for royalty fare, but the collection itself is still intact and serves as a loving testament to old family times, spent together, on a singular mission.

When my marriage broke up in the late '90s, I was determined to get a country place of my own

where the girls and I could start collecting new curios. Happily, I found the perfect 1842 stone house on a farm in Roseneath, Ont. One of my first furniture shopping sprees was a trip to nearby Port Hope in search of the perfect old pine harvest table. My friend Bruce Bailey, a seasoned art dealer who also resided in the area, told me that Smith's Creek Antiques had some of the best Canadian antique furniture for miles. Sure enough, I found the Quebec harvest table of my dreams there, and now, 18 years later, it continues to grace the farmhouse dining room. That classic table has brought us great joy over the years, having shared countless meals around it with friends and family. I always think of all the other families that once sat at that gorgeous table – a kind of touchstone of togetherness and quality times.

These days, my eldest daughter and her husband call the farmhouse home, and my partner, Iain, and I spend about half our time at the 1850s country house we bought a couple of years ago in Warkworth, a tiny idyllic village nestled in the rolling hills of Northumberland County. We delight in our weekend outings, exploring neighbouring towns and villages and checking out the antique shops along ►



PHOTOGRAPHY: IAIN MACINNIS



The author treasure hunting in rural Ontario

the way. Iain, whose heritage is Scottish, shares my love of interesting old pieces, and we've already collected many for our Warkworth home. Our first trip to **Smith's Creek Antiques** together resulted in a beautifully carved Nova Scotia pine vanity for our guest room. And subsequently, we found a delightful folk art hooked rug there in impeccable shape that hangs in our front hall. Though we can't be sure of its exact vintage, we estimate it to be from the 1940s and, at \$125, it was a steal.

**A** **NOTHER** great spot for furniture, especially Quebec pine, is **Marions Antiques** in nearby Brighton. Chatting with the shop's engaging Irish proprietor, Jack, is worth the trip alone. When we were furnishing our dining room, we found the most fabulous Welsh cupboard there – perfect for displaying many of the vintage dishes I've collected over the years. Jack's prices are good, but don't be shy to ask him what his "best price" is. I can almost guarantee he'll give you a deal. That's the case with most dealers, especially if you're paying with cash or a cheque.

There are some amazing bargains to be had at **Collection Co.**, in Northumberland County's Campbellford. Located in an 1850s stone house in the centre of town – which also serves as a wee hair salon – the stash here is extremely eclectic and always changing. Poke around the small rooms on two floors, as you're sure to unearth some little gem at a very reasonable price. One of our most quirky finds came from Collection Co: an old copper zoetrope featuring a waterfall scene entitled "Nature's Splendor" with a babbling brook that appears to move when lit up. Talk about a conversation piece!

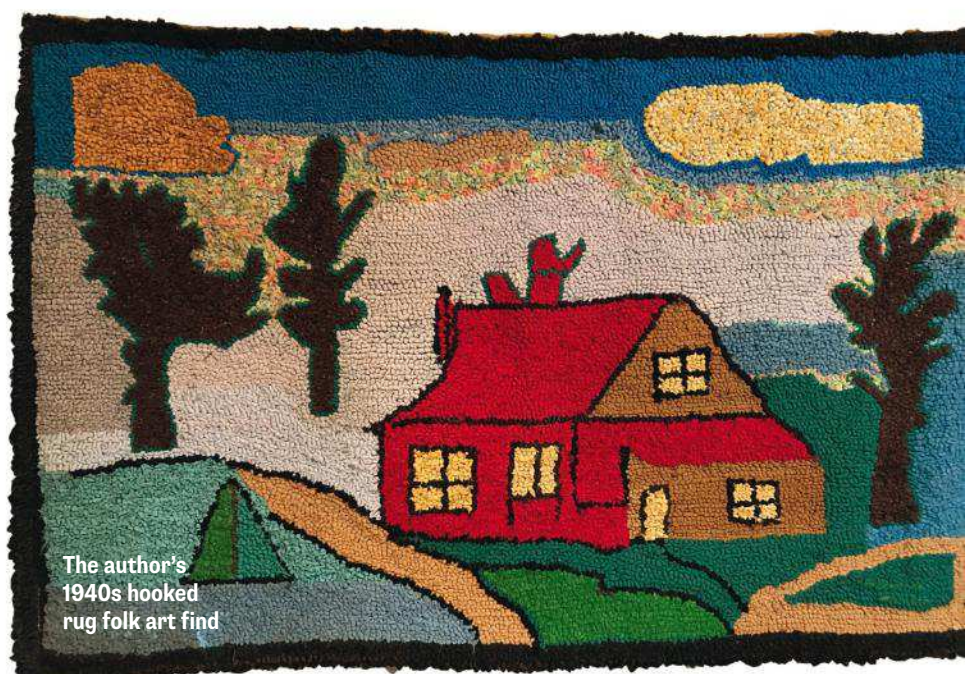
We often drive to Peterborough, and along the way, on Hwy. 7, is a fantastic 6,000-square-foot multi-vendor antique mart that's provided us with hours of entertainment. Strolling through the various "stalls" is a total trip down memory lane, with loads of vintage kitchen wares from the '30s and '40s, and enough old books, toys and board games from the '50s and '60s to take you right back to your childhood.

A lazy Saturday or Sunday often includes a visit to **Meysburg Flea Market and Antiques** on Country Road 30. It's another multi-vendor operation, situated in a huge barn, with a crazy mixed bag of stuff, always worth investigating. The Eastern European Deli on the ground floor is the *pièce de résistance* though: from homemade pepperoni sticks to baked poppy seed rolls, there's nothing like a tasty treat when you're on an intriguing treasure hunt.

Of course, there really is no place like home, and our sweet Warkworth features two gorgeous antique stores on Main Street named **Winker's Nook** and **The Nook Gallery**, which we never tire of popping into. Owner Lana Taylor

has an exquisite eye, and her stores are packed with a well-edited assortment of fine pieces. I bought a beautifully preserved basket-pattern quilt there last year, and this past Christmas, scored a rare 1867 hand-coloured Currier & Ives print entitled "The Pasture in Summer: The Drinking Trough."

While many of us may be at an age where we're trying to divest our lives of "stuff," there's still something to be said about the comfort of surrounding ourselves with those unique pieces that speak of simpler times, have an air of familiarity and don't break the bank. The sheer fun of scouring these enchanting little emporiums, just waiting for something from our past to pop into view or discovering some fabulous find at a bargain price can be a most satisfying, even thrilling, country pastime. I don't think Iain and I – or my daughters and I – will ever tire of it. But beyond the mere fun factor, the sport of antiquing also feels ecologically correct: recycling these romantic vintage pieces that so deserve to be appreciated and cherished anew is good for the planet and a definite sign of the times. ☐



The author's 1940s hooked rug folk art find





No matter how, where or when you plan to travel,  
buy the insurance plan **CARP** members trust.



## Proper insurance coverage makes a world of difference!

An out-of-country medical emergency could be financially crippling, as there may be limited government health plan coverage. CARP members: we've got you covered! Our licensed brokers help with medical declarations and recommend coverage based on your health and travel plans. Everything you need to make an informed decision is online; rates, applications, policy wordings, and exclusive member benefits\*. Your protection is our priority.

**Travel Insurance for CARP Members**  
Pre-season savings 'til September 30, 2018.

1.866.943.6017  
[carpinsurance.ca](http://carpinsurance.ca)

\*Certain conditions, limitations and exclusions apply. Refer to the policy for details. Product may not be available in all provinces. Program offered by The McLennan Group Life Insurance Inc. Visit [carpinsurance.ca](http://carpinsurance.ca) for our privacy commitment.



Underwritten by **The Manufacturers Life Insurance Company** and **First North American Insurance Company**, a wholly owned subsidiary of Manulife, P.O. Box 670, Stn. Waterloo, Waterloo, Ontario, Canada N2J 4B8 • 05/25/2018



# TICKET TO RIDE

One woman gets back in the saddle and back to nature  
Words and photographs by Colleen Nicholson



**S**HE LIKES TO EAT,” the ranchhand said with a French-Canadian accent, “and she’s pretty fond of shortcuts,” she warned, handing me the reins.

Picturesque as it was there in the hills, there was nothing charming about the way I mounted Feline. The stirrups were set for my aspirational leg length, which made the last bit — the part where you swing your leg over the horse’s blanket-padded back — particularly gymnastic. It was a schedule-more-yoga moment for me and probably eye-opening for the horse, too.

Within minutes, I could corroborate the ranch hand’s observations: Feline caught stink eye from a gelding when she tried to jump the queue, and she treated the path leaving the stables as an all-you-can-eat buffet. (It didn’t help that my ride correctly identified me as a pushover from the moment I attempted to scale the side of her saddle.)

I came here from Toronto on a week’s getaway from concrete skyscrapers, and my cosy — yes, that’s realtor code for small — downtown loft. I wanted fresh air, big skies and trees that weren’t swinging from the rear-view mirror of a taxi. Today’s horseback ride was merely an introduction, a literal back-in-the-saddle experience to get a feel for the land. Whitehorse, the closest city to Sky High Wilderness Ranch and surrounding Fish Lake Valley, had grown since the last time I was here six years ago; it now clocked in around 28,000 souls and was home to the most people you’ll find in one place in the Yukon. A bylaw limits buildings to four or five storeys, the core of the city is walkable and a few of the restaurants, coffee bars and shops popping up could be labelled almost hipsterish at a glance. Granted, beards and plaid here seem less ironic simply by default. Overall, there’s a feeling in Whitehorse, a city tucked among mountains

and lakes, that it’s a place to rest and get a proper cup of coffee or pint before heading back out into the wild. (If that’s your plan, too, try Baked Café and Bakery for a jolt of caffeine and an artisan scone or stop in at Dirty Northern Public House — it’s north but far from dirty — for a frosty glass of Yukon Gold beer.)

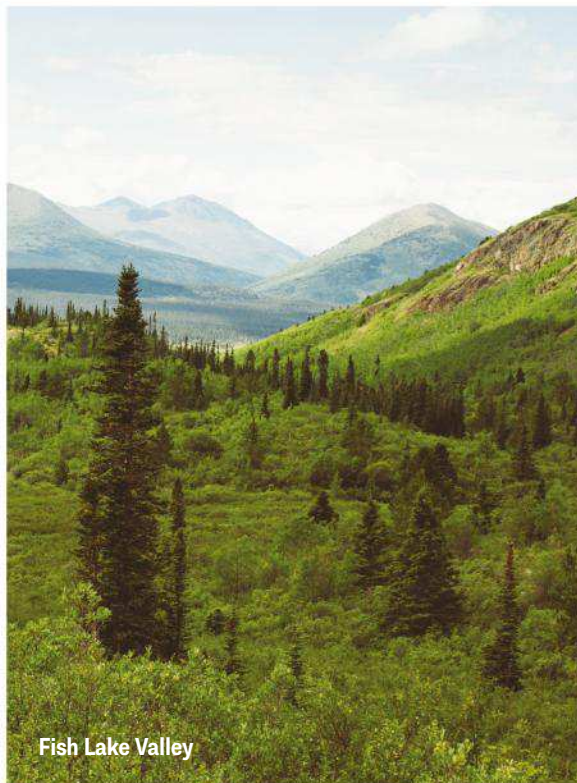
It took some time before Feline and I came to an accord about the en route snacking. Ultimately, I agreed to stop sleeping at the wheel — a.k.a. nearly dropping the reins as I took jostled photos — and Feline conceded that she would give her remarkably talented lawnmower impersonation a rest for the time being. It’s anyone’s guess whether we came to this arrangement because of my improved horsemanship or because my mount was finally full. Either way, it wasn’t a perfect pact. The horse gave me her thoughts on the new let’s-go-up-this-mountain plan by aiming directly for trees (*don’t think I didn’t notice, Feline ... eyes on the side of your head is no excuse for that “invisible pine tree” bullshit*).

But as spruce branches exfoliated my jeans and my lens cap permanently decamped for life among the fireweed (Yukon 1, Canon 0), Feline was energetically sure-footed, too. I took it as a sign of affection that she cared about our combined safety. Jocelyne, the 43-year-old partner at the ranch, had paired us together based on my limited experience — the last time I’d ridden a horse I was a preteen — and while she warned me she’d enjoy some liberties as a result, she also said Feline knew the route if we fell behind and wasn’t the sort to run off.

So far, so good.

It rained as we climbed. It cleared. It rained a little more. Then fluffy, cloud-

ed skies. Then a view over Fish Lake appeared that made my heart beat stronger in my chest. We paused on a hilltop to take it in. My fellow riders and I might as well have been painted figurines in a diorama titled *The Great North*; the sky appeared cartoonishly vast; the air, despite billions of years of photosynthesis in its making, as fresh as if we were the first to breath it, and the lake in the distance, ethereal and sparkling like a thin pane of glass. All of this and, of course, limited ►



Fish Lake Valley


cellphone service. Nature at its finest.

With views like these, it's easy to understand why visitors frequently become residents in the Yukon. Time and time again, travellers who venture to see this unique part of Canada return home only to pack their things for a permanent stay. I'd been here only a few hours and had already had a conversation with Air Canada about moving my return flight back a few days.

Changing weather patterns mean that Feline and her friends will enjoy an all-inclusive stay at the ranch this

winter. In the past, the horses were let loose to roam in the valley, where the summer's waist-deep grass had naturally converted to hay and provided plenty of sustenance for, presumably, their chillier but perhaps no less wild version of spring break. "What about coyotes?" I asked, convinced of Feline's forging skills but wary that her honed ability to look disappointed in you would be enough to fend off a determined attacker. "They prefer to snack on joggers," my guide quips. Occasionally gullible but often prudent, I make a note to cross quick movements in the woods off my to-do list.

Along with day and hourly rides, Sky High offers three-, five-, seven- and 10-day wilderness tours on horseback; perfect for riders who crave immersive experiences with experienced guides. Come winter, the ranch is a local go-to for dogsledding. Happily, one of the camp's huskies bounded ahead of Feline on our daylong trek, and I enjoyed some frenetic puppy-cuddling at the stables after a hot chili lunch.

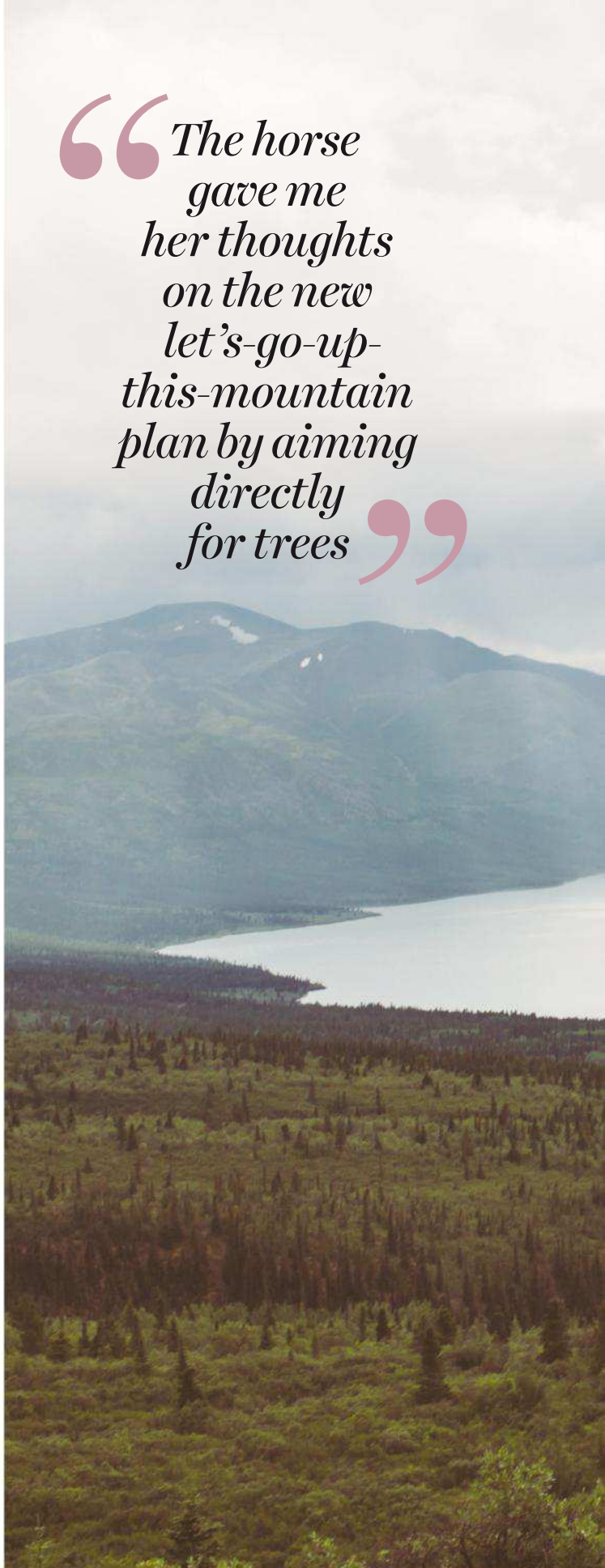
On the way back down the hills, I spent less time looking at the root-covered ground in front of us and more time looking at the breathtaking view across the valley toward the distant mountains. The heat of the July day had cooled a little with the rain and our altitude, but in the Yukon you don't need perfect blue skies to enjoy the majesty of the landscape. I didn't fuss about shortcuts or speed — *and I wouldn't have complained about snacking, either, buddy* — while my steed deftly made her way down the well-trampled path toward home. Her four hoofs were far more co-ordinated than my two feet ever would have been. It wasn't her first rodeo. Hopefully, it won't be my last, either. 

**IF YOU GO** [www.skyhighwilderness.com](http://www.skyhighwilderness.com); [www.travelyukon.com](http://www.travelyukon.com)

“The horse gave me her thoughts on the new let's-go-up-this-mountain plan by aiming directly for trees”



**Feline, the author's reluctant but sure-footed companion**







# REELING IN THE YEARS

Celebrating a buddy's milestone birthday on a fishing trip to the West Coast, **Bill Macpherson** reflects on family, friends and the meaning of time

**e** **VISION ENDLESS** sky and ocean. Imagine, feel within you the vast expanse of blue-grey shades as they blend and melt together on the distant horizon. Then relish the quiet; long slashes of deserted driftwood-strewn beach that stretch infinitely below the encompassing sky and sea. Serenity descends in slow cascades of bliss. Tranquility and contentment washes over as the magnificence of solitude is amplified by space and distance.

This is Haida Gwaii. To the north of this B.C. archipelago are the desolate fiords and islands of the Alaskan panhandle. Due west is only ocean, the mighty northern Pacific roiling 3,000 miles to Russia's Kamchatka Peninsula. At the very top end of the archipelago is little Langara Island. It is a magical place that just happens to be the epicentre of the best salmon fishing in the world.

An understated spasm of excitement pulses through the passengers gathering in the south terminal of Vancouver's airport. It's hardly busy, early morning: 6:30 a.m. Anglers dribble in slowly in groups of twos and threes. Feigned nonchalance is evident as everyone waits. It's apparent in the newspaper reading, the strolls outside in the misty light rain for a smoke, the coffees purchased and prepared, then consumed as casually as possible.

A charter jet waits on the tarmac. Excitement builds. By boarding time, it is palpable. Everyone is anxious and over-ready. Released finally, there is a disorderly strident march toward the waiting jet. Seated with my three mates, I take a deep breath as the plane roars skyward. Off to a place I read and dreamed of as a boy in a small town library. Now I am about to experience it in person.

This trip is all thanks to my friend. His generosity in celebrating a milestone birthday has made this happen. I'm incredibly grateful, too.

The flight is pleasant. We drink coffee laced with Baileys as we descend into Masset, then onto a fleet of helicopters. They lift off one at a time with a baker's dozen anglers in each. It's a short but spectacular ride to the lodge tucked into a south-west lee. The helicopter drops onto a floating landing pad – we're here. It's a very special place, and everyone knows it. Big grins all around as we disembark the helicopter. Returning regulars are greeted with hugs and a heartfelt "Welcome back!"

For many, it's an annual pilgrimage. Langara Lodge is renowned for its attention to detail, its superb cuisine, comfortable accommodations,



number to him. The flashing herring bits spiral down into clear cold water with 13, 23, 43 and 53 pulls of the various lines.

He knows his stuff. I've got a beautiful Coho – all glittering scales and flashes of silver dancing across the wave tops – in the boat within five minutes of playing out my line. I claim first fish honours, accept congratulations from all and have our traditional swig of brandy as reward.

It burns, clarifying and sharpening thoughts and emotions. I relish in the spectacular setting, my good fortune to be bobbing off Haida Gwaii enjoying the camaraderie of special friends. A flood of memory washes over me in the stillness, waves slapping the boat the only sound. I pull up my line and move to the bow.

Fishing gives you lots of time to think, to ponder. Two memories are foremost in my mind as the lazy rocking of the boat rolling through swells soothes and comforts. The

**The author with his catch; with his father, Norman (NJ) Macpherson, in Yellowknife after a canoe trip on the Cameron River**

quiet vastness of the surroundings – similar to growing up in a small northern frontier town – leads me to reflect.

Like me, my dad wasn't much of a fisherman. Like me again, he enjoyed the social bonds of

shared lounges (found arrayed throughout the two floating structures) and creature comforts. Soup and sandwiches as you fish, a steam room and sauna to soak weary bones once off the ocean.

Most of all, it is about the fishing. The walls of the lodge are filled with photos and mounts of behemoth salmon. It is an angler's paradise, and we're jazzed to get out on the ocean.

Four rods – each reel a different colour – are baited with herring and dropped to varying depths. Like many guide-anglers, ours has his superstitions, and three is a lucky



angling more than actually catching fish. He worked a high-pressure, stressful job and travelled the far north throughout my childhood, away for weeks at a time in the Arctic. So weekends when he was home tended to be relaxing with a good book and the pleasure of his family around him.

I picture him clearly on a rare weekend outing. We're on Prosperous Lake 25 kilometres outside of our hometown, Yellowknife. The lake is a grey chop; the clouds scud ►



The fishing mates



low and menacingly. Rain is on its way. We're trolling in a little aluminum 12-foot skiff on a big lake, our destination a rustic cabin on a small island in the middle of it. I'm 10 or 11, frightened but trying not to show it.

The Canada-USSR hockey series starts that night in Montreal, and I'm hoping we can listen to it on the tinny portable radio in the cabin that I know – despair surfacing in a flash – is our lifeline to the outside world. If we make it off the lake, that is. My dad senses my worry, smiles from the stern.

We putt-putt slowly across the grey lake, throwing back abundant pike as they hit every lure. He hooks a stunningly big lake trout just as the sun peers through the stacked grey cloud, illuminating him as he stands, rod bent and feet splayed, the motor idling. The moment is seared in my mind – his calm, his compassion as he releases the 25-pound trout because we've already got a six-pounder in the boat. Only take what you need, he tells me.

He died very suddenly about the age I am now, 35 years ago. I miss him fiercely.

A triumphant shout from the back of the boat jolts me from my reverie. A monstrous Chinook has been landed. I give thumbs up, looking at my friends holding it up for photos. Goatees are laced with grey. Bald spots glisten; crow's feet shroud the eyes on wind-burnt faces. We're older and thicker, wiser perhaps and more affluent. It makes me smile, instantly remembering a fishing jaunt

taken while in university.

The four of us, 30-plus years ago. We're youthful and exuberantly boisterous, carelessly crammed into a tin car topper on a lake in eastern Ontario. It's sunny and hot, and the world lies at our feet. We are unstoppable, untroubled by anything. We drink beer as the sun slowly sinks into the lake, a fading half circle of fiery orange. We joke, bullshit, tell outrageous tales of conquests, sporty exploits, excessive imbibing.


I look at these guys and I know – in an instant – we will be lifelong friends. I feel crazy emotions bubbling inside me along with seven or eight beers. Strongest of all is genuine love: of them, of the moment, of our unquestioned invincibility.

You don't know very much at 22, but I knew with certainty what I felt then would be forever.

And here we are. Older, on a bigger boat, in a spectacular place hauling in fish. Nothing is really changed though. Moves across the nation and

to other countries haven't diminished our friendship and never will. Another fish is bending one of the back rods double. I wrestle the gaff from the bow rail, feel my dad's presence all around and clamber back to my longtime friends, grinning like a fool with unspoken happiness and contentment.

Later, we enjoy a final glass of wine before bed. It's 9 p.m. but the lodge is quiet already. We're going to forgo getting up at dawn to fish – we've already caught our limits.

Glasses clink in unison with toasts: to our friend who made it happen, to the lodge and especially to the unforgettable experience of it all. This trip will stay in my memory forever, adding to those so vividly invoked by it – my friends and me so very long ago, my father ever-present. 

**IF YOU GO** Langara Fishing Lodge is on Langara Island, the smallest and northernmost of the 150-island archipelago that is Haida Gwaii.



# *Get in the know, on the go.*

Keep up with the Windsors, the Superfoods, the Fashions, the Weddings, the Savings, the Destinations, the Fitness, the Books, the Recipes, the Health, the Points-of-View, the *everything*.

Choose the *Zoomer* newsletters you're interested in and we'll send them to your inbox — so no matter where you are, what you're up to, or which device you're on — you'll be connected.



**ZOOMER**  
every  
thing **newsletters**

Sign up today at [everythingzoomer.com/sign-up](https://everythingzoomer.com/sign-up)





# THE HILLS ARE ALIVE

In a remote corner of B.C., there's no one on the Cariboo Mountains except heli-hikers – if you don't count the odd mountain goat **By Susan Nerberg**

**J**OHN MELLIS barely hops out of the helicopter when he unleashes a loud yodel. The falsetto tones bounce off the roaring rotor blades and, carried by the wind, skip heather and moss campion, sedimentary boulder and snow patch before fading somewhere above the white-blue realm of the Zillmer Glacier. Mellis looks around at our group of hikers and grins. His sound of music must be mountain-guide speak for “Welcome to my backyard.”

The Zillmer Glacier, in British Columbia's Cariboo Mountains (a straight line west of Jasper, Alta., to give you an idea), is practically hovering at arm's length. Brooding peaks poke through its mass, and crevasses trace lines into a void that separates us from the 15,000-year-old ice patch. Rough-hewn rock monuments, eons older than the glacier, offer shelter from the high-altitude wind. The best thing is there's no one else here: it turns out a heli-hiking trip with Canadian Mountain Holidays (CMH) means mind-bending scenery with zero crowds.

As we're waiting for the helicopter to take us to our next adventure, Mellis traces the jagged horizon with one arm. “I've been waiting for a decade to show you this,” he says, inhaling the scenery. You can tell he's in his element. The manager and lead mountain guide at CMH's Cariboos Lodge, he's been taking skiers into these mountains every winter for 25 years. But this is the first time since the 2008 market downturn, when heli-hiking was struck from vacationers' bucket lists, that Mellis is showing off the same terrain to hikers. Fittingly, the relaunch of heli-hiking this summer marks the 40th anniversary of CMH pioneering the “heli” concept – it started heli-skiing in 1965. Again, lodge guests plant their boots at uncrowded vantage points on landscapes even more spectacular than those along the Icefields Parkway, all from a comfy basecamp that pours craft beers and serves food you'd find at an award-winning city restaurant. ▶

Flight mode. A CMH helicopter over the Cariboos



**A**FTER DROPPING OFF another gang of hikers (guests are divided into groups, each with one or two guides), the pilot flies over the toe of the glacier and into a valley with a waterfall. He hovers long enough for people to get a good view, then sets the machine down on a flat spot that's hardly bigger than a conference-room table. Mellis, who gets out first, unloads our daypacks from the chopper's cargo basket before taking us to the precipice of Zillmer Canyon. Far below, the meltwater from the glacier has carved a racetrack through geological history. The smooth rock is streaked with colours that bring to mind burnt-sugar almonds, rose nougat and maple taffy. Or maybe I'm just getting hungry.

Over cod with tomatillo sauce and brown rice (I wish I hadn't made such a dent in the afternoon "tea goody" of cheeses and breads, fruits and nuts), Mellis talks ►



John Mellis

# YOU WILL BE HACKED!

HOW TO PROTECT YOURSELF AGAINST CYBERCRIME

# OPIOIDS ARE RAVAGING CANADA!

EXPERTS DISCUSS SOLUTIONS TO THE OPIOID CRISIS

# EXERCISE IS NOT OPTIONAL!

WHY INERTIA WILL KILL YOU

# MILLENNIALS VS. ZOOMERS!

HOW CARP IS BRIDGING THE GENERATIONAL DIVIDE

## THE ZOOMER

TELEVISION FOR BOOMERS WITH ZIP

EXECUTIVE PRODUCER MOSES ZNAIMER

**MONDAYS AT 10 PM ET**



WITH ROUND TABLE HOSTS

**LIBBY ZNAIMER**

AND

**MARISSA SEMKIW**




# HD

BELL 1161 / BELL FIBE 1213  
ROGERS 60 / TELUS 871


CATCH ALL EPISODES AT [THEZOOMERTV.COM](http://THEZOOMERTV.COM)

about our home away from home. Built in 1974 as the second base camp for CMH, the Cariboo Lodge was a smaller affair back then. “There were bunk beds and shared baths,” he says, “and no heli-hiking until 1978.” A far cry from today’s rustic-chic vibe.

**A**T DAYBREAK, a thick fog swaddles basecamp. It’s a no-fly morning, but, then, after the daily stretching session (a tradition adopted from the heli-skiing trips), one of the staff rings a bell; the pilot has found a path through the clouds. No sooner have we landed at Ninth Hole – a boulder-strewn ledge near the imposing North Canoe, South Canoe and Penny glaciers – when the fog comes back. Someone jokes the heli won’t be able to land, and we’ll have to walk to the lodge, an endeavour that could take two days. But the sun conquers the mist, and our reward for keeping on trekking higher up the rockscape is a succession of mojito-green pools hugged by boulders that seem to dangle on the blue fray of shifting ice and sky.

I ask Mellis if the trail we’re on is an animal path. “No,” he says. “The plants take so long to regenerate in the alpine that the trails we hiked until 2008 still haven’t grown over.” Look beneath the fuzzy leaves and stunted branches, and you’ll see a layer that shimmers in the sun. These mountains – the dirt, the rocks, even the creek beds – are awash with a golden sheen. “The glittery stuff,” says Mellis and picks up a handful of gravel, “is mica.... [Sometimes] used in cosmetics.” Not that this corner of the Cariboo needs any embellishment. It’s as good as gold. 

**IF YOU GO** [www.canadianmountainholidays.com](http://www.canadianmountainholidays.com). Each two-, three- or five-day hiking trip takes guests to different mountains and glaciers every day. On property, the Cariboo Yacht Club spa also offers a gym, a hot tub and a bouldering wall.

 For a guide to great gear, go to [www.everythingzoomer.com/hiking-gear](http://www.everythingzoomer.com/hiking-gear).



A group heli-hiking in the Bugaboo mountain range

PHOTOGRAPHY, LYLE GRISEDALE



# 5 Great Reasons to be a CARP Member Plus Membership is *free* for your spouse or partner!

## HEAD SOUTH WITH THE RIGHT ACCOUNT

Discover all the advantages of a U.S.-based bank account over a Canadian-based US\$ account. With the RBC Snowbird Package®, get online cross-border money transfers between your RBC Royal Bank® (Cdn) and RBC Bank™ (U.S.) accounts anytime, access to cash at U.S. ATMs, and much more.

Visit [rbc.com/carp](http://rbc.com/carp) for more information.



RBC Bank



the cottages  
ON SALT SPRING ISLAND

## A CAPTIVATING RESORT COMMUNITY IN A UNIQUE LAKESIDE SETTING

The secret is out! Welcome to The Cottages on Salt Spring Island, BC. Residing on Bullock Lake with mountain vistas, many pleasures to discover located within the jewels of the southern Gulf Islands. CARP members **save 15% on their cottage booking.**

For more details, visit [www.cottagesonsaltspring.com](http://www.cottagesonsaltspring.com)



**AVIS**®

## PLAN YOUR GETAWAY AND SAVE UP TO 25% OFF BASE RATES

CARP members receive special savings and superior service. Always enjoy up to **25% off base rates\*** plus other great benefits. Aeroplan® members can earn Aeroplan Miles at participating Avis locations, worldwide.

For details and to book now, visit [avis.com/carp](http://avis.com/carp)

\*Terms apply.



## THERE'S NO RETIREMENT LIKE HOME

91% of Canadians believe staying in their home throughout retirement years is very important.\*  
With a CHIP Reverse Mortgage:

- You stay in your home
- Maintain ownership
- Receive tax-free cash\*\*
- No monthly mortgage payments are required until you choose to move or sell

Find out how much money you can get today! Call **Toll-Free 1-866-680-2447**



\*Navigator-HomEquity Bank survey results, October 2016.

\*\*Some conditions apply.

## STAY IN YOUR HOME LONGER!

Stannah provides superior engineered stairlifts allowing our customers to safely overcome the difficult challenges posed by the stairs in their home. **Save up to \$500 off** your new Stannah Stairlift, plus receive **two FREE scheduled annual maintenance calls** (outside of any warranty) and one additional year over manufacturer's warranty including all labour.

A Stannah Stairlift will fit any staircase, wide, narrow, curved or straight  
- built to fit you and your home.

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



# Stannah



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](http://CARP.ca/member-benefits)

### CARP EXECUTIVE

#### President

Moses Znaimer

#### Chief Operating Officer

Laas Turnbull

#### Senior Director, Business Development & 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



# Joy is a wonder drug

Happiness heals. Every smile, every moment of joy can raise the spirit - and strength - of a seriously ill child.

It's a wonder we see every day at Children's Wish. With the support of caring people like you, we ease the pain of three children every single day by making their special wishes come true. But there are so many wishes waiting to be granted, and so many children who just can't wait.



Wishes work wonders!  
Donate and see why today at  
[www.childrenswish.ca](http://www.childrenswish.ca)  
1 800-267-9474

# 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](mailto:jjmc@ipcsecurities.com).

Visit our website at  
[www.riverdalewealth.com](http://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](http://www.cruiseontario.ca)

**Ontario Waterway Cruises**

Box 6, Orillia ON L3V 6H9

*Would your friends like to come?*

## Breathtaking Niagara Falls



### Book Now! Niagara's Best One-Night Package Rates

#### One-Night Enchanted Package

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!**

**Two-Night Breakation** 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!**

Ask about our super **Niagara Attractions Package**



BY THE FALLS, Niagara Falls, Canada

**1-800-263-9393**  
[holidayinnniagarafalls.com](http://holidayinnniagarafalls.com)



## CANADIAN ESTATE PLANNING *Made Easy*

TERRANCE HAMILTON HALL  
Certified Financial Planner  
B.Comm., LL.B., LL.L., LL.M., M.A.

## CANADIAN ESTATE PLANNING *Made Easy*

TERRANCE HAMILTON HALL  
Certified Financial Planner  
B.Comm., LL.B., LL.L., LL.M., M.A.

Softcover \$18.99, ebook \$6.99 available at  
[www.friesenpress.com/bookstore](http://www.friesenpress.com/bookstore)

or send \$25 to author at:  
802-421 Dalhousie St.,  
Amherstburg ON N9V 3L2

or call **519-551-3871** to order



## Are Your Guns A Liability?

They could get stolen, into the wrong hands or create estate taxes.

**Why not sell them now?**

Use or give the money away now.

**Have them safely stored?**

We can safely store them while you decide what to do.

**Want an appraisal?**

Find out what they are worth.

**Fix the problem. Call us today!!!**

Website: [gtaguns.com](http://gtaguns.com)

Email: [gord@gtaguns.com](mailto:gord@gtaguns.com)

Phone: (844) 482-4644



### FOR SALE

**LEONARD WISE**, award-winning author of the best-selling biography, "Charles Pachter", is available to help you write YOUR OWN MEMOIR. Please contact him at [leonardwise@yahoo.com](mailto:leonardwise@yahoo.com) or 416-570-9596

### 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](http://www.canadianwarhistorytours.com) 403-689-3990

### MISCELLANEOUS

**BOY SCOUT ITEMS WANTED:** Badges, medals, pins, jamboree items, etc., collections or single items from Canada, UK, US, etc. are of interest. Contact Doug. 503-399-9872, [dbearce@comcast.net](mailto:dbearce@comcast.net)

### 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](http://easyrisertools.com), 604-465-0913

### MONEY MATTERS

**WISH ("WHAT IF SOMETHING HAPPENS") WORKBOOK:** Because your family must have a record of your most important, personal info: Financial, medical, insurance, passwords, wishes = peace of mind! Printed or PDF, with personalized password. [www.whatifsomethinghappens.ca](http://www.whatifsomethinghappens.ca)

### 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](http://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. NOW under construction. Occupancy April 2020. [Sally@McGarrRealty.com](mailto:Sally@McGarrRealty.com), 77Yates.com, 905-687-9229

**PRINCE EDWARD ISLAND REAL ESTATE -** Dreamed of owning a cottage, 4 season retreat or residential home? Then come to P.E.I. where affordability, beauty and tranquility are in abundance! Michael Gilbert - Realtor, Royal LePage, Charlottetown P.E.I. [Email:mwgilbert.realtor@gmail.com](mailto:Email:mwgilbert.realtor@gmail.com) Call 1-902-628-0588, [www.michaelgilbert.ca](http://www.michaelgilbert.ca)

**SELLING THE FAMILY HOME** and moving your parents to a retirement community? Our 10 Point Transitional Care Plan can help solve many of the issues you'll be addressing. Find out more at [SeniorsHomeTransitions.com](http://SeniorsHomeTransitions.com), the caring and highly personalized real estate service for elderly homeowners.

### RENTALS

**COBOURG:** 2 bedroom 3 bathroom bungalow/townhouse condo. Finished basement, garage, private patio, steps to shopping. \$2200 plus utilities. Available August 1st. [ms.lily.lis@gmail.com](mailto:ms.lily.lis@gmail.com)

**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

### 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](mailto:Email:glynis_vansteen@centum.ca), Website: [www.centum.ca/glynis\\_vansteen](http://www.centum.ca/glynis_vansteen)

### SERVICES

**ANOTHER SUMMER ALONE?** Just think how much better summer evenings on a patio would be with someone you love. Misty River Introductions can help you find that special person. [www.mistyriverintros.com](http://www.mistyriverintros.com), 1-877-334-9041

### 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](http://www.gowalkabouttravel.com) Phone: 1-877-328-3798 Email: [info@gowalkabouttravel.com](mailto:info@gowalkabouttravel.com)

**ENTICING DOURO** AmaWaterways Portugal River Cruise hosted by Jeff Hutcheson. April 16 to 27, 2019. Experience Europe's most unspoiled regions & the world's oldest demarcated wine region. Book today! 1-855-295-8687, [pat.fewkes@visiontravel.ca](mailto:pat.fewkes@visiontravel.ca)

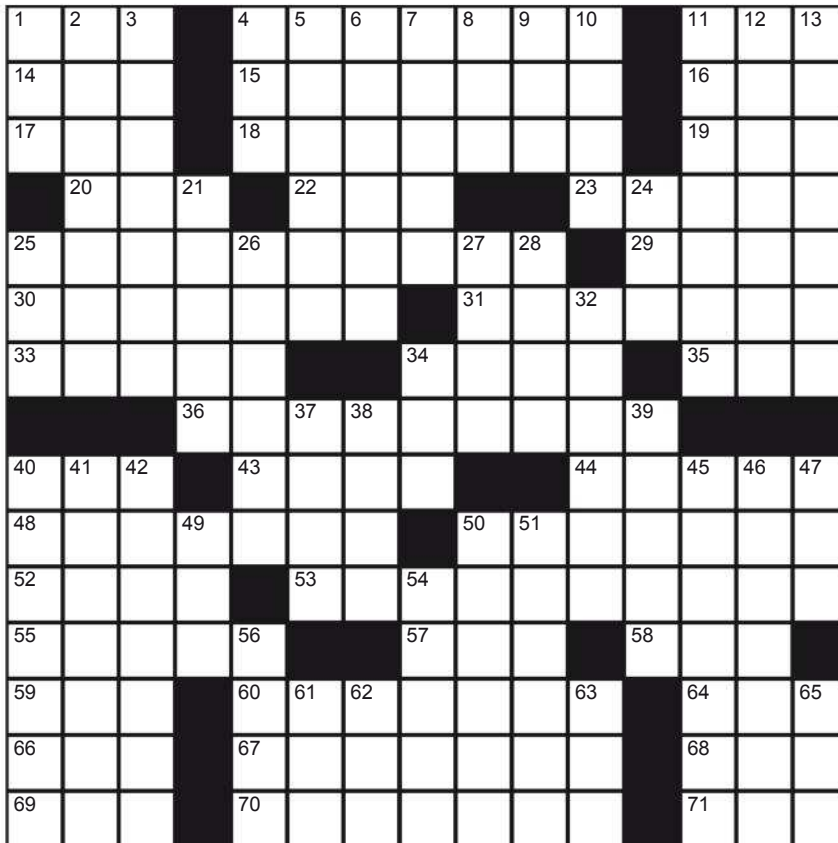
**FOR 15 YEARS,** Downunder Travel has been a premier choice for Canadians to niche travel destinations: Australia, New Zealand, South Pacific Islands, Asia and African Safaris. 1-866-470-4414, [info@downunder-travel.com](mailto:info@downunder-travel.com)

**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](mailto:enquiries@southpacificjourneys.com), [www.SouthPacificJourneys.com](http://www.SouthPacificJourneys.com)

**TRAVEL BY DESIGN WITH DACUNHA VOYAGES.** Over 30 years experience in customizing travel experiences. Focus on personalized individual travel and small intimate groups. Check us out at [www.dacunhavoyages.com](http://www.dacunhavoyages.com). Phone: 905-896-3636. Email: [maria@dacunhavoyages.com](mailto:maria@dacunhavoyages.com). TICO#50022871

### WANTED

**ART COLLECTOR** interested in artwork by Gerald Trotter, James Boyd, John Topelko, Jennifer Dickson, Bruce Le Dain. Send information to PO Box 38019, Meadowlands PO, Ottawa, Ontario K2C 3Y7.



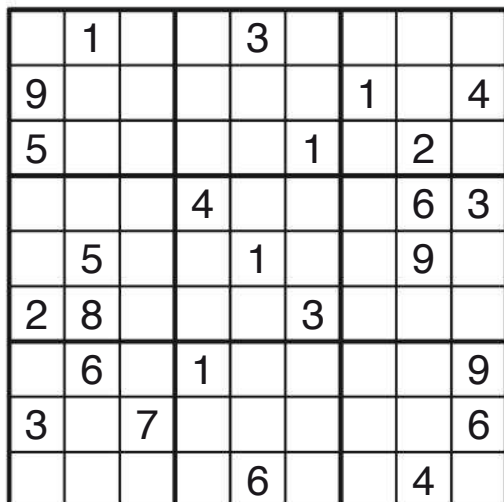
- 4** Blood typing letters
- 5** CARP member, say
- 6** Type of show, like *Cross Country Checkup*
- 7** "I remember now!"
- 8** Amount after taxes
- 9** "Buncha baloney!"
- 10** River of Hesse, Germany
- 11** Masculine-looking
- 12** Tough to untie, maybe
- 13** Maidens "in distress"
- 21** Spinning, as a fan
- 24** Bachelor's last words
- 25** "Gloomy" guy
- 26** Judge's title, with "your"
- 27** Da \_\_\_ (port north of Ho Chi Minh City)
- 28** Provider of a user's fix, often
- 32** Entertain with a storybook
- 34** Lennon's adopted middle name
- 37** Gain an edge on?
- 38** Letters on a crucifix
- 39** "En garde!" sayer's need
- 40** Taken for a ride
- 41** Its postal code begins with T
- 42** Scottish-sounding Boston team
- 45** Gretzky after the trade, e.g.
- 46** Parental talking-to, to a teen
- 47** Tut's cousin?
- 49** Three of a vowel family
- 50** Totally lacking, with "of"
- 51** U.S. cyber stock firm
- 54** "I blew it!"
- 56** Violas, cellos, etc.: abbr.
- 61** Water, in its molecular form
- 62** Spanish letter after ka
- 63** Dungeons & Dragons co., once
- 65** Soc. or assn.

**BRAIN GAMES #58**  
***Making Waves***  
 BY BARBARA OLSON

- ACROSS**
- 1** JVC competitor
  - 4** Idiom meaning "to the fullest extent"
  - 11** Start to "day"

- or "night"
  - 14** Ages and ages
  - 15** Have the lead
  - 16** Good buy from Sajak for the word "Canada"
  - 17** GP's org.
  - 18** Quote from Jean-Paul Sartre, Part 1
  - 19** *Apocalypse Now* setting, for short
  - 20** Prov. riding electee (CCR lyric)
  - 22** Land in *l'eau*
  - 23** Hockey mom's hangouts
  - 25** Part 2 of the quote
  - 29** Tuck in in a tux, maybe
  - 30** Like a still-woolly lamb
  - 31** Pam can, for example
  - 33** \_\_\_ one's ways (rigid)
  - 34** Fairy tale beginning
  - 35** Lengths you will grow to?: Abbr.
  - 36** Part 3 of the quote
  - 40** Bagotville bag
  - 43** Denial with mock hesitation
  - 44** Was fixated (on)
  - 48** Less cloudy
  - 50** Comes clean, in a way
  - 52** Ready and willing partner?
  - 53** Part 4 of the quote
  - 55** Riel's descendents, e.g.
  - 57** B.C. airport hub
  - 58** Say in French?
  - 59** X-ray alternative
  - 60** End of the quote
  - 64** Carry with effort
  - 66** Abbreviated "and so on"
  - 67** Heartburn relief
  - 68** \_\_\_ on the side of caution
  - 69** *L.A. Law* figs.
  - 70** Fur dropper
  - 71** Sales agent, for short
- DOWN**
- 1** \_\_\_ room (kids' den)
  - 2** Hippie habitat
  - 3** One who breaks down the data

**SUDOKU**



**FOR ANSWERS, TURN TO PAGE 94**

# New Pill Targets Weak Bladder Muscles, Preventing Accidents and Leaks

With UriVarx®—a new patented, clinically proven pill solution now available nationwide—participants in a clinical trial experienced dramatic improvement in 24-hour bladder control, without the usual negative side effects of drugs

Robert Ward,  
Associated Health Press

AHP— Adult diaper sales are expected to plummet as results from a clinical trial on a new, patented bladder control pill have finally been released.

Sold under the brand name *UriVarx*®, the new pill contains key ingredients that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx*® user in clinical trials experiences a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

## New Discovery In Bladder Control

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with the non-prescription *UriVarx*® pill.

“As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate” explains Dr. Bassam Damaj of Innovus Pharmaceuticals.

“*UriVarx*® targets the bladder muscles and help restores vital kidney health, reducing urgency and frequency. It also helps you “hold it” for hours so you never have to worry about embarrassing accidents ever again!”

## Freedom From Sudden Urges And Leaks

Since hitting the market, sales for the patented *UriVarx*® pill have soared and there are some very good reasons why.

To begin with, the results from its recent double blind clinical trial were truly remarkable. Out of the 150 test subjects, participants taking *UriVarx*® saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a **dramatic decrease** in incontinence episodes, such as leaking and bed wetting.

The active ingredients in *UriVarx*® comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use.

Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become loose. This is what causes the bladder to be over active and the resulting urine accidents and why *UriVarx*® seems to be so effective in the published clinical trials.

## Exciting Results From Urvax® Users

Many *UriVarx*® users say their bladders have never been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

“After my third child, I couldn’t control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day” explained one user.

“I was embarrassed so before going to my doctor I decided to try *UriVarx*® and I’m so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also “hold it” when I need to so I’m no longer living in constant fear of finding a bathroom.”

## Now Approved For Overactive Bladder & Incontinence

In the highly anticipated clinical trial on *UriVarx*®, researchers found that one pill daily can strengthen your bladder fast, significantly reducing the urinary urgency and leaks.

The double blind, placebo control study took place in two primary care centers where 150 male and female participants with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx*®.

**The results were incredible.** The participants who received *UriVarx*® saw major improvements in leaking, pressure, and the urgency to go – all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Overall, the *UriVarx*® group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips
- 475% Decrease in Diaper/Pad Use

Additionally, at the end of clinical trial and after seeing the results, **84% of the participants taking *UriVarx*® said it significantly improved their quality of life. All together, the study earned *UriVarx*® the Health Canada approval for overactive bladder and incontinence.**

“The clinical findings are incredible, but people still wonder if it will really work” explains Dr.



Bassam Damaj. “It’s normal to be skeptical, but we’ve seen thousands of *UriVarx*® users get results exactly like the participants in the study. It’s an amazing product.”

## How It Works

*UriVarx*® is a pill that’s taken just once daily. It does not require a prescription. However, is approved by Health Canada.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

*UriVarx*’s active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx*® support kidney function and overall urinary health.

## Bladder Problems Gone

With daily use, *UriVarx*® can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

## How To Get Urvax® In Canada

This is the official release of *UriVarx*® in Canada. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canada residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-951-3327 and will only be open for the next 48 hours. Only a limited discounted supply of *UriVarx*® is currently available in your region.

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

1	R	2	C	3	A		4	A	5	S	6	C	7	A	8	N	9	B	10	E		11	M	12	I	13	D
14	E	O	N				15	B	E	A	H	E	A	D								16	A	N	A		
17	C	M	A				18	O	N	L	Y	T	H	E								19	N	A	M		
		20	M	L	21	A		22	I	L	E							23	R	24	I	N	K	S			
25	G	U	Y	W	26	H	O	I	S	27	N	T						29	D	I	N	E					
30	U	N	S	H	O	R	N						31	A	E	R	O	S	O	L							
33	S	E	T	I	N								34	O	N	C	E					35	H	T	S		
						36	R	O	W	37	I	N	G	H	A	S											
40	S	41	A	42	C			43	U	H	N	O						44	D	W	45	E	46	L	47	T	
48	C	L	E	49	A	R	E	R					50	D	E	T	O	X	E	S							
52	A	B	L	E				53	T	I	M	E	T	O	R	O	C	K									
55	M	E	T	I	56	S						57	Y	V	R						58	D	I	T			
59	M	R	I				60	T	H	E	B	O	A	T							64	L	U	65	G		
66	E	T	C				67	R	O	L	A	I	D	S							68	E	R	R			
69	D	A	S				70	S	H	E	D	D	E	R							71	R	E	P			

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

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

**Zoomerang**



# New Arthritis Painkiller Works on Contact and Numbs Pain in Minutes

New cream works faster and is more targeted than oral medications. Key ingredients penetrate the skin within minutes to relieve arthritis pain, joint stiffness, and muscle soreness. Users report significant and immediate relief.

By Robert Ward  
Associated Health Press

**TORONTO** – Innovus Pharmaceuticals has introduced a new arthritis pain relief treatment that works in minutes.

Sold under the brand name *Apeaz™*, the new pain relief cream numbs the nerves right below the skin.

When applied to an arthritic joint, or a painful area on the body, it delivers immediate relief that lasts for hours and hours.

The powerful painkilling effect is created by the cream's active ingredients, three special medical compounds.

Anesthetics are used in hospitals during surgery. They block nerve signals from the brain so that patients don't feel pain and they work fast.

**The anesthetic found in *Apeaz™* is the strongest available without a prescription.**

The cream form allows users to directly target their area of pain. It works where it is applied. The company says this is why the product is so effective and fast acting.

*"Users can expect to start feeling relief immediately after applying,"* explains Dr. Bassam Damaj, President of Innovus Pharmaceuticals.

*"There will be a pleasant warming sensation that is followed by a cool, soothing one. This is how you know that the active ingredients have reached the affected joint and tissue."*

## Works In Minutes

For arthritis sufferers, *Apeaz™* offers impressive advantages over traditional medications. The most obvious is how quickly it relieves pain discomfort.

The cream contains the maximum approved dose of a top anesthetic, which penetrates the skin in a matter of minutes to numb the area that's in pain. This relief lasts for several hours.

Published pre-clinical animal studies have shown that the ingredients in *Apeaz™* can also prevent further bone and cartilage destruction.

There are also no negative side effects like from oral medication. *Apeaz™* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Overtime, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

When compared to other arthritis medications, *Apeaz™* is a fraction of the cost. At less than \$2 a day, the cream quickly is becoming a household name.

Those with terrible arthritis in their hands and fingers, love how easy *Apeaz™* is to open.

The jar fits in the palm of the hand, which makes it much easier to use.

## Instant Pain Relief Without a Prescription

Many *Apeaz™* users report significant improvements in daily aches and pain. Many more report increased flexibility less stiffness, and decreased muscle soreness. They are moving with less pain for the first time in years, like Henry Esber, an early user of *Apeaz™*.

*"I've tried more pills than I can count. I've also had a handful of cortisone shots. Nothing is as effective as this product. With *Apeaz™*, I get relief right away. I rub a little on my hands. It keeps the pain away. It also prevents the pain from getting really bad. It's completely changed my life."*

***Apeaz™* is a Natural Health Product approved by Health Canada for the following conditions:**

- Arthritis pain
- Simple back pain
- Strains
- Sprains
- Athletic injuries
- Muscle stiffness/pain
- Wrist, elbow, shoulder, hip, knee, ankle, foot, muscle or joint pain

## How It Works

*Apeaz™* contains the highest, non-prescription dose of a medical compound that fights pain on contact. When applied to the skin it goes to work within minutes by penetrating right to the source of your pain, numbing the nerve endings.

*"This is why *Apeaz™* is so effective for people with arthritis pain. It reduces pain while adding an additional potential layer of joint support,"* explains Damaj.

## A New Way to Treat Pain

Although Dr. Damaj and his team say that their cream is the fastest and most effective way to relieve arthritis pain, they believe there is still a reason to take joint pills. **The most effective are those which help to further lubricate, strengthen and support the joints.**

That's why every container of *Apeaz™* comes with ArthriVarx™, a breakthrough supplement that's taking on joint support in an entirely new way.

ArthriVarx™ works on your joints, making



***Apeaz™*: Quick Acting Pain and Arthritis Cream is Now Available Without a Prescription**

it the perfect companion to *Apeaz™*.

"ArthriVarx™ contains special compounds published to lubricate the joints and connective tissues that surrounds them. With daily use, they improve joint health and can give an extra cushion," explains Dr. Damaj.

"When combined with *Apeaz™*, it becomes the perfect system to tackle arthritis. While the anesthetic component of *Apeaz™* is working on the outside, relieving pain on contact, ArthriVarx™ is working on the inside, adding cushioning to the joints"

## A Powerful Combination For Arthritis and Joint Pain

With daily use, *Apeaz™* plus ArthriVarx™ helps users live a more vital, pain free life without any of the negative side effects or interactions associated with oral drugs.

By delivering fast, long-lasting, and targeted relief from joint pain and supporting long-term joint health, *Apeaz™* and ArthriVarx™ is the newest, most effective way to tackle your arthritis pain.

You can now enjoy an entirely new level of comfort that's both safe and affordable. It is also extremely effective, especially if nothing else has worked well for you.

## How to Get *Apeaz™*

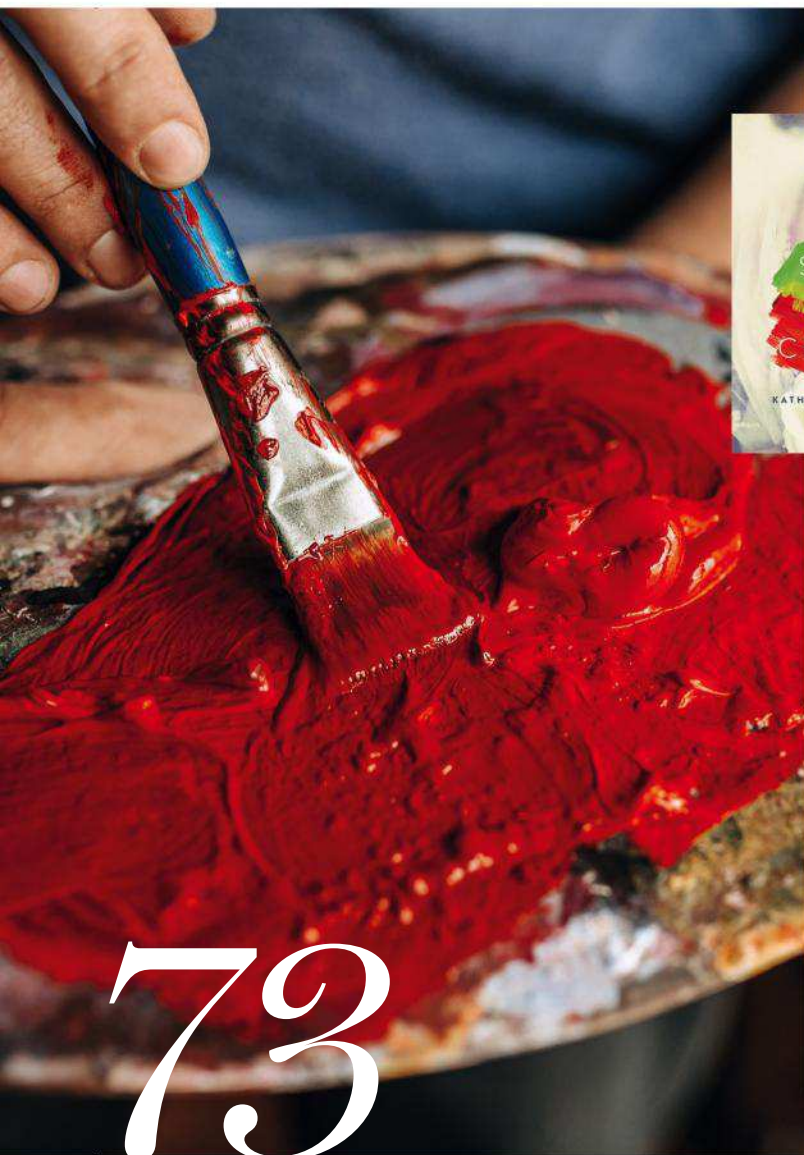
This is the first official public release of *Apeaz™*. In order to get the word out about *Apeaz™*, the manufacturer, Innovus Pharmaceuticals, is offering special introductory discounts while supplies last.

A special phone hotline has been set up to take advantage of deep discounts during this ordering opportunity. The discounts will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-651-3930 and will only be open while supplies last. Experience the guaranteed *Apeaz™* relief already enjoyed by thousands of consumers. Don't miss out, call 1-800-651-3930 today.

APEAZ IS AN APPROVED NATURAL HEALTH PRODUCT BY HEALTH CANADA FOR ARTHRITIS PAIN RELIEF AND MUSCLE ACHES

THE PUBLISHER DOES NOT ASSUME ANY RESPONSIBILITY FOR THE ACCURACY OF THE CLAIMS MADE IN THIS ADVERTISEMENT.



73



**Katherine Ashenburg**, 73, says her attention spans lasts about 10 years. She spent a decade as an academic, specializing in Dickens before becoming a CBC Radio producer for another decade, producing documentaries. After that, she was the *Globe and Mail's* arts and books editor. Ashenburg has written five books including *Going to Town*, *The Mourner's Dance: What We Do When*

*People Die* and *The Dirt on Clean: An Unsanitized History*, a history of personal hygiene.

Set in Sweden, *Sofie & Cecilia* is Ashenburg's first novel and was chosen as Knopf Canada's New Face of Fiction (making her the oldest debut author in their line-up). The novel is a story about a lifelong women's friendship and is loosely based on the lives of artists Cal Larsson and Anders Zorn and their wives, the namesakes of the title, who were artists in their own right. "The third and final part of the novel is called 'Red,'" explains the author. "That's because I wanted to celebrate the way my two heroines blossom in old age. Red stands for passion in work and love, the fulfilment of a slow-growing intimate friendship and glorious sunsets – in their last years, Sofie and Cecilia have them all." Adds Ashenburg, "And I'm hoping for at least 10 years in my newest career as a novelist."

**What advice do you wish you'd given your 25-year-old self?**  
Ask more questions.

**What advice would you give your 80-year-old self?** Enjoy all the adventures possible in this "if-not-now-then-when?" period.

**What do you know for sure?**  
What the poet John Keats called "the holiness of the heart's affections."



**What have you learned?**  
That every life, no matter how quiet it looks on the surface, is full of stories.

**What will you never learn?**  
How to do more than half-a-dozen things on my cellphone.

**Best piece of advice?** Always ask for more money. People don't value what they get cheaply. (From my practical, realist mother.)

**Did it work?** No.

**What inspires you?**  
Reading great writers. And the looks on my grandchildren's faces when I read to them.

**The moment that changed everything?**  
When I learned that *Sofie & Cecilia*, my first novel, was going to be published.

**Happiness is ...**  
See above. Also, drinking my one-and-only cup of strong coffee early in the morning in my verdant garden. ☑





**CARP**  
APPROVED

## NEED HELP RELOCATING? WE CAN HELP.

### GET CASH BACK AND SAVE MONEY

A professionally coordinated "whole move" experience. Contact us today and receive CASH BACK from your real estate transactions.

### PLUS

Save money and guaranteed pricing on moving. Complimentary bill auditing to ensure no overpayment.

CALL 1-866-865-5504

OR VISIT [WWW.RELOCATEWITHCARP.CA](http://WWW.RELOCATEWITHCARP.CA)

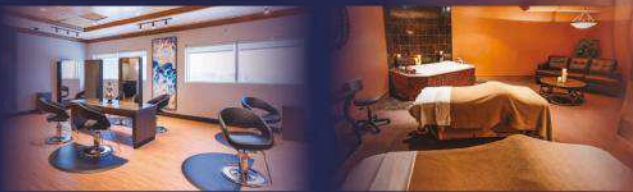
*Relieved a lot of the stress, having you guide us through the process.*

*-Brenda and Tom*



**RELOCATION SERVICES GROUP**  
PROFESSIONAL. PERSONAL. REAL ESTATE & MOVING.

## EVERYTHING YOU WANT. AND THEN SOME.



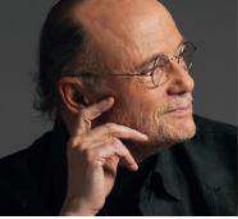
On the shores of one of the world's greatest wonders, you'll find Niagara's most spectacular destination. Enjoy 4-Diamond luxury in our newly updated rooms & suites, tax-free dining and shopping, a more indulgent spa & salon, endless nightlife and world-class gaming with all the winning you can handle.

**NOTHING ELSE COMES CLOSE**



  
**SENECA  
NIAGARA**  
RESORT & CASINO



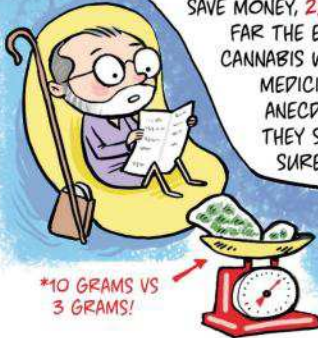


# Moses' Last Word/First Word

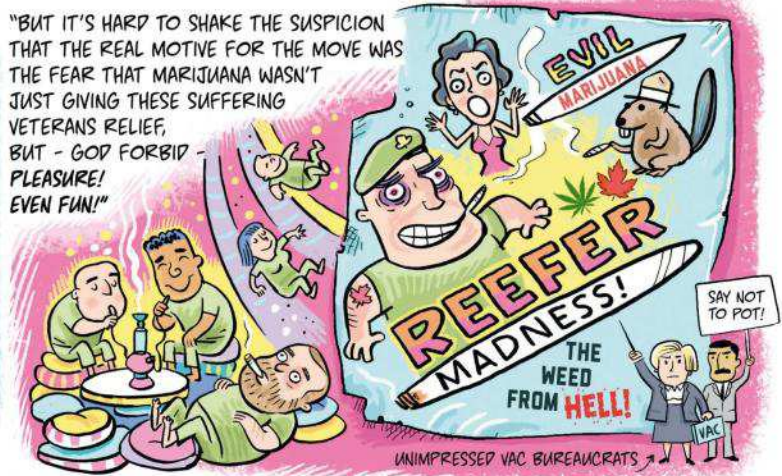
## Prophet of Zoom™

### WEED WACKING - STILL PURITANICAL AFTER ALL THESE YEARS!

THIS SPRING A GROUP OF CANADIAN VETERANS WITH PTSD DECIDED TO SUE THE FEDERAL GOVERNMENT FOR DRASTICALLY REDUCING THE DAILY DOSAGE\* IT WOULD COVER (10 GRAMS DOWN TO 3) OF THE ONLY MEDICINE THAT WAS MAKING THEIR LIVES BEARABLE - MARIJUANA. VETERAN AFFAIRS CANADA (VAC) SAID IT MADE THE CHANGE: 1) TO SAVE MONEY, 2) BECAUSE SO FAR THE EVIDENCE THAT CANNABIS WAS EFFECTIVE MEDICINE WAS "JUST ANECDOTAL", AND 3) THEY STILL WEREN'T SURE IT WAS SAFE.



"BUT IT'S HARD TO SHAKE THE SUSPICION THAT THE REAL MOTIVE FOR THE MOVE WAS THE FEAR THAT MARIJUANA WASN'T JUST GIVING THESE SUFFERING VETERANS RELIEF, BUT - GOD FORBID - PLEASURE! EVEN FUN!"



MYTH #1 - "ITS EFFECTIVENESS IS JUST ANECDOTAL."

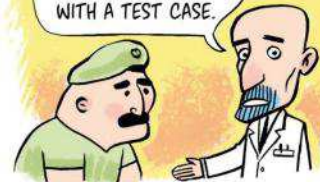
ACCORDING TO TENS OF THOUSANDS OF PERSONAL TESTIMONIALS, MARIJUANA REDUCES THE PAIN OF ARTHRITIS, EASES GLAUCOMA, ALLEVIATES INSOMNIA, LESSENS NAUSEA ASSOCIATED WITH CHEMOTHERAPY, STIMULATES APPETITE FOR SUFFERERS OF SERIOUS BOWEL DISORDERS AND CANCERS AND CAN NOT ONLY IMPROVE BUT SAVE THE LIVES OF MILITARY PERSONNEL WITH PTSD.

"OF COURSE, SCIENCE HAS ITS PLACE. BUT SO DOES LARGE-SCALE ANECDOTAL EVIDENCE, INCLUDING THE STORIES OF THE VETERANS WHO DESPERATELY NEED HEAVIER DOSES OF CANNABIS. AS DR. GREG PASSEY, A VANCOUVER PSYCHIATRIST AND A VET HIMSELF, SAYS..."

TODAY, ON THE BRINK OF ACTUAL LEGALIZATION, THE VAC'S STATED ARGUMENTS SEEM MORE LIKE MYTHS THAN EVER, AND THE COUNTER-ARGUMENTS SEEM MORE PERSUASIVE.



ALL MEDICINE STARTS WITH A TEST CASE.



MYTH #3 - "WE'RE STILL NOT SURE IT'S SAFE."

REALLY? ALCOHOL KILLS 75,000 AMERICANS A YEAR AND MORE THAN 6,000 CANADIANS. TOBACCO? 500,000 DEATHS IN THE U.S. AND 40,000 IN CANADA. TO DATE, THERE STILL HASN'T BEEN A SINGLE DOCUMENTED CASE OF A FATAL MARIJUANA OVERDOSE.

MYTH #2- "IT'S EXPENSIVE."

IT'S TRUE THAT BETWEEN 2012 AND 2016, VAC MEDICAL MARIJUANA COSTS ROSE BY ABOUT \$20 MILLION. BUT IN THE SAME PERIOD COSTS FOR OTHER DRUGS DROPPED BY THE SAME AMOUNT, AND MOST OF THOSE OTHER DRUG WERE OPIOIDS, WHICH EXPENDITURE WOULD YOU CHOOSE?



"LAST YEAR, OPIOID OVERDOSES ACCOUNTED FOR 4,000 DEATHS IN CANADA. IN THE U.S., STUDIES SHOW THAT IN STATES WITH LEGALIZED MARIJUANA, OPIOID OVERDOSES HAVE DROPPED DRAMATICALLY. CONCLUSION: PEOPLE ARE TRADING OPIOIDS FOR MARIJUANA. AFTER THE U.S., CANADA HAS THE SECOND HIGHEST CONSUMPTION OF OPIOIDS IN THE WORLD. AND THE BIGGEST OPIOID USERS IN CANADA ARE - GUESS WHO - SENIORS, FOR WHOM CANNABIS COULD BE A GODSEND!"



PHILOSOPHICAL JOHNNY APPLESEEP

"SO WITHOUT THE MYTHS, WHAT'S LEFT? ONLY SUSPICION OF EUPHORIA, OF BEING HIGH INSTEAD OF LOW - WHEN EUPHORIA ITSELF CAN BE PART OF THE CURE."



IF YOU'RE IN INTRACTABLE PAIN OR DISCOMFORT, AND CANNABIS CAN TAKE YOUR MIND ELSEWHERE FOR EVEN A LITTLE WHILE, WHO WOULD DISTRUST AND BEGRUDGE THAT? NOT ME.

COMING SOON - THE INS AND OUTS OF LEGAL MARIJUANA FOR THE REST OF US!

ART BY WES - WORDS BY MOSES

PHOTOGRAPHY, DON DIXON; ILLUSTRATION, WES TYRELL

# CHAPMAN'S®



THANKS CANADA!  
**45**  
 YEARS

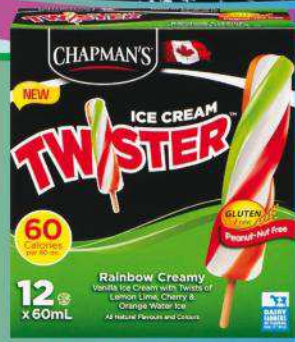


Add a  
**TWIST**  
 to your day!

**GLUTEN Free**  
 Peanut-Nut Free



**Fruit Twist**



**Rainbow Creamy**



**Neapolitan Creamy**



**Stacked & Twisted**

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](http://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.