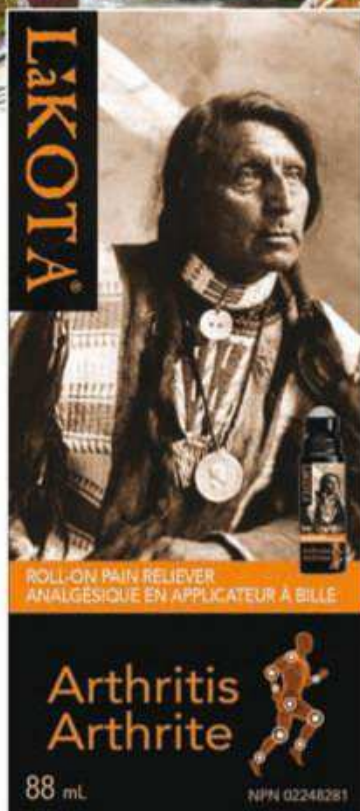


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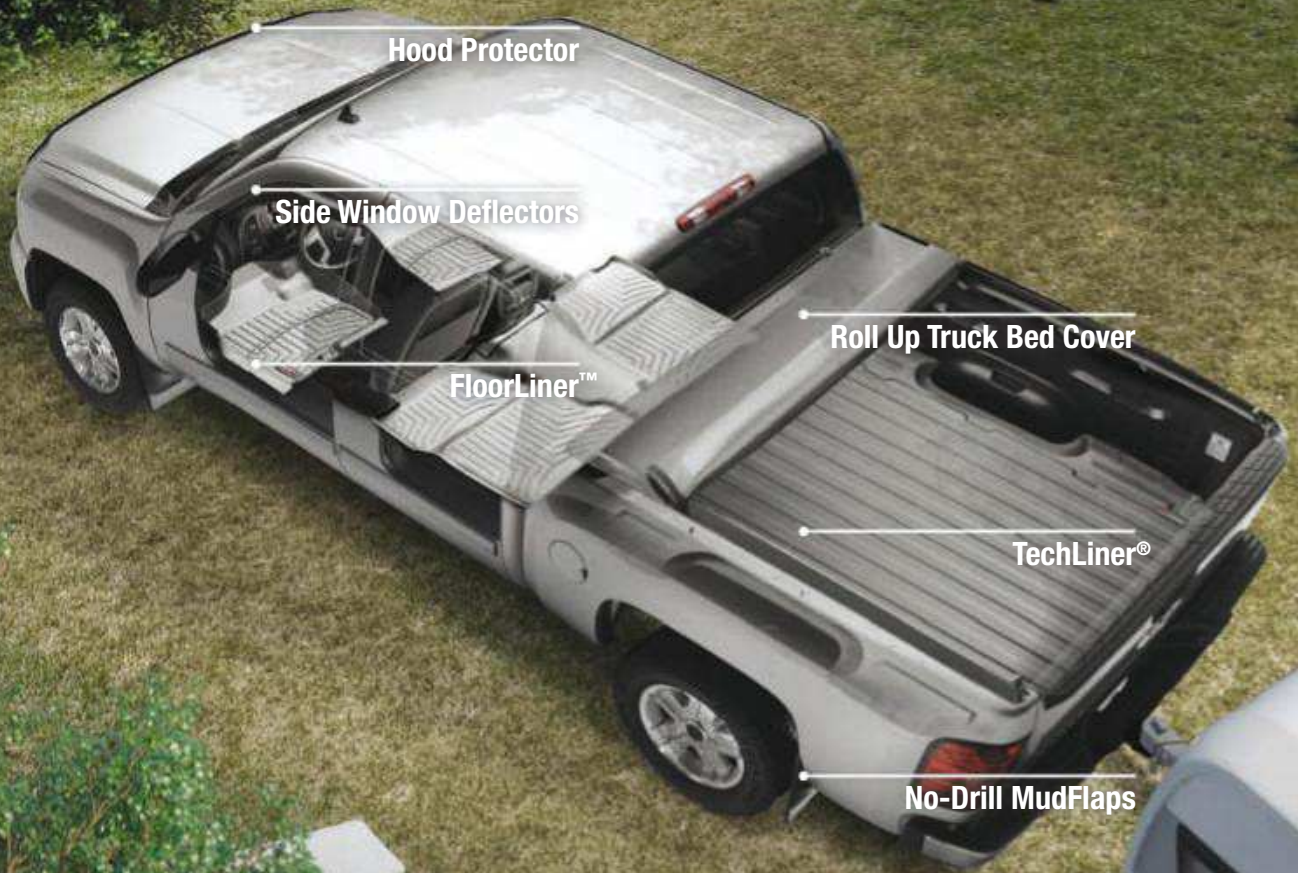
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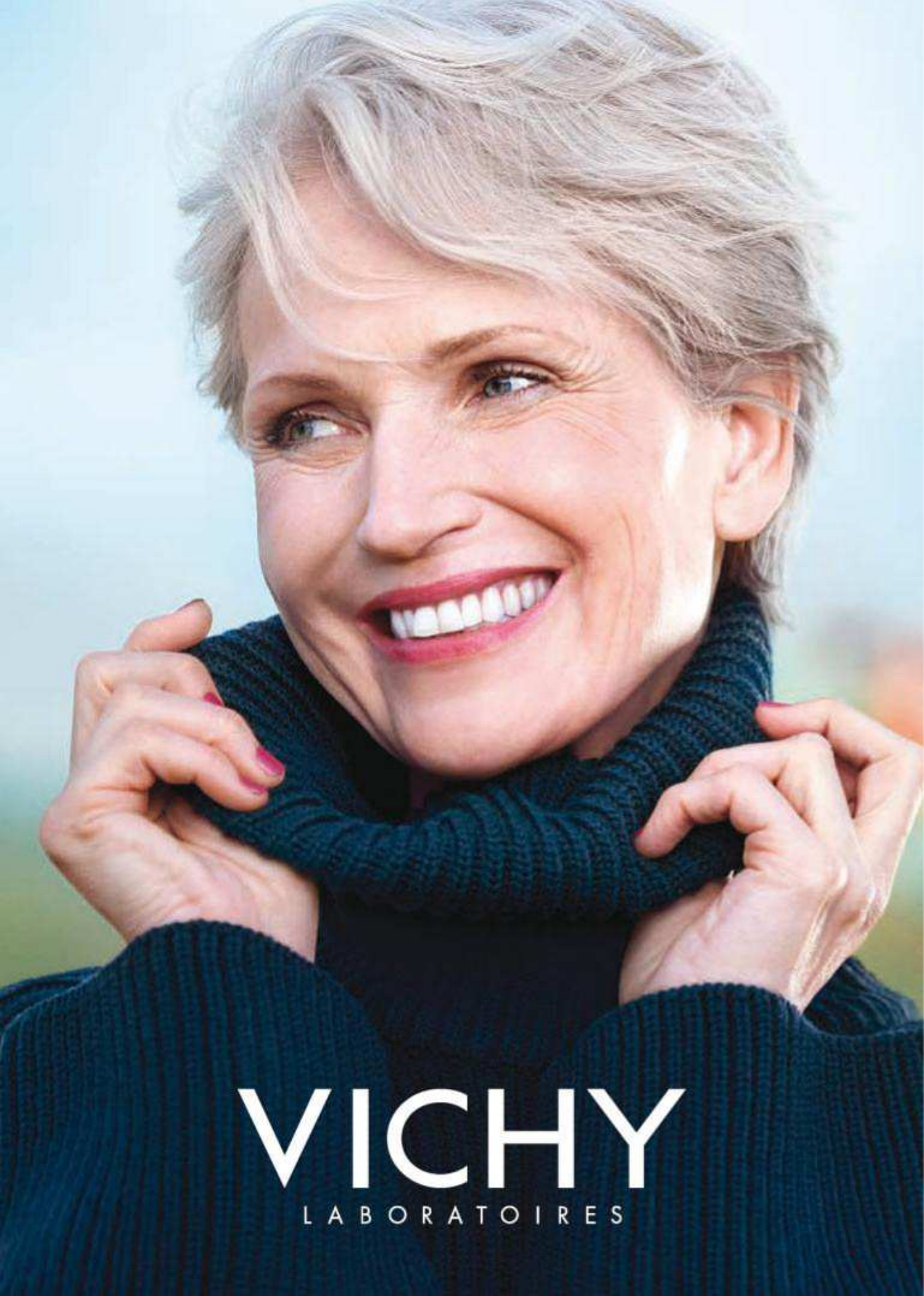
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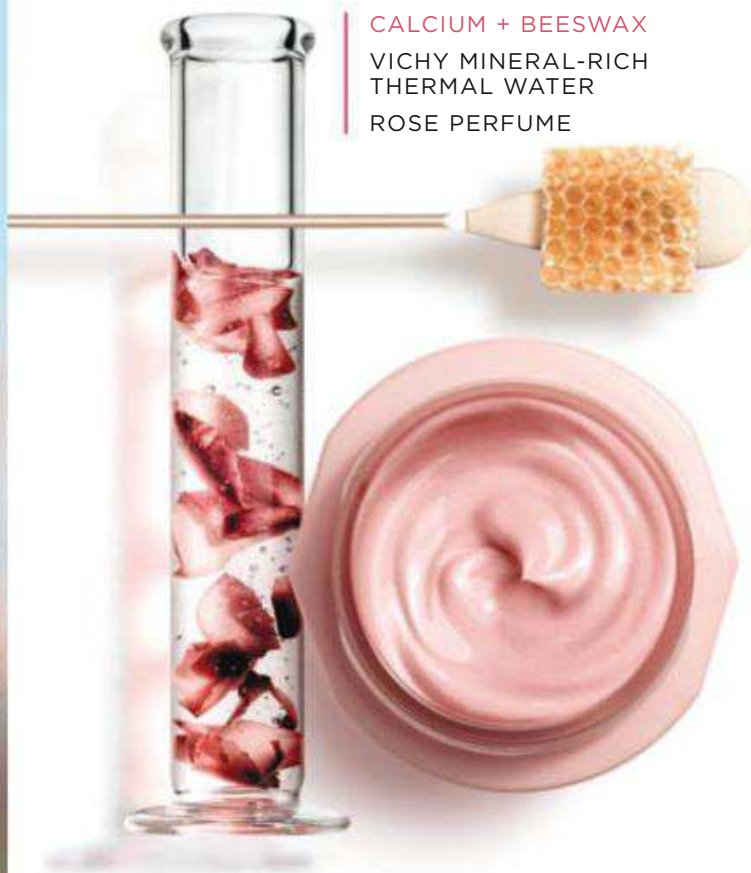
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# Editor's Letter

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## The Way We Worry



**WORRY CAN BE A WASTE OF TIME.** For instance, I'm confident you won't find me on my deathbed wishing I'd spent more hours fretting about rising interest rates, the tone of an email or whether I'd over-pruned the rose bushes. In instances like these, worry is simply unproductive. But, as health writer Jill Buchner reveals in our cover story, "Taming the 'What Ifs'" (page 40), strategies do exist for managing outsized concerns—and keeping them from ruining our sleep or morphing into an anxiety disorder. She also passes on insight into how our worries can help us solve problems and protect and motivate ourselves.

There are, after all, those times when worry seems perfectly reasonable. Reading Charles Wilkins' "Our Inconvenient Truth" (page 88), I found myself wondering if we shouldn't be more concerned about the rate at which Canadians are producing garbage (worldwide, we're second only to Americans).

Waste management is a sophisticated industry. The methods of shunting trash from our homes continue to evolve, but they are barely keeping pace with our growing consumption. Indeed, our problem with refuse is really about how much stuff we're buying. I've decided to make that my focus and contribute to solving the problem by cutting back on non-essential purchases. Hopefully that will put my worry to good use. 

*Dominique* | Send an email to [dominique@rd.ca](mailto:dominique@rd.ca)





# Reader's digest

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# Contributors



**FRANCA G. MIGNACCA**  
(Writer, “That’s Outrageous!” page 118)

**Home base:**

Montreal. **Previously published in** *The Eastern Door* and Concordia University’s *The Link*. **People enjoy reading** outrageous stories because they’re a diversion from our hectic everyday lives. They remind us not to take life too seriously. On a personal level, reporting on strange stories helps me explore a more creative way of writing.



**MOIRA FARR**  
(Writer, “Wheels of Change,” page 12)

**Home base:**  
Ottawa and Cobourg,

Ont. **Previously published in** *The Walrus* and *The Globe and Mail*. **Domestic violence affects everyone** in society, and therefore everyone should be concerned and assist those at risk in any way that they can. Shelter Movers as an organization really demonstrates the power of people helping others in the most basic ways.



**JOSH HOLINATY**  
(Illustrator, “Taming the ‘What Ifs’” page 40)

**Home base:**

Toronto. **Previously published in** *The New York Times* and *Wired*. **I don’t consider myself a full-time fretter**, but worry does sometimes get the best of me. When that happens, I’m usually thinking about the uncertainty of the future, financial stuff or, most importantly, what I’ll have for supper. Going out for a run usually helps clear my mind.



**KEVIN MORAN**  
(Illustrator, “Smart News,” page 96)

**Home base:**  
Pickering, Ont.

**Previously published in** *Huffington Post* and *Cottage Life*. **I have a few trusted sources of information.** If I read an article that doesn’t seem right at first, I’ll check other outlets to confirm its legitimacy. Then I’ll message my wife about the story to get her reaction. She’s good at telling me I’m wrong—or right (but I’m usually wrong).



# Letters

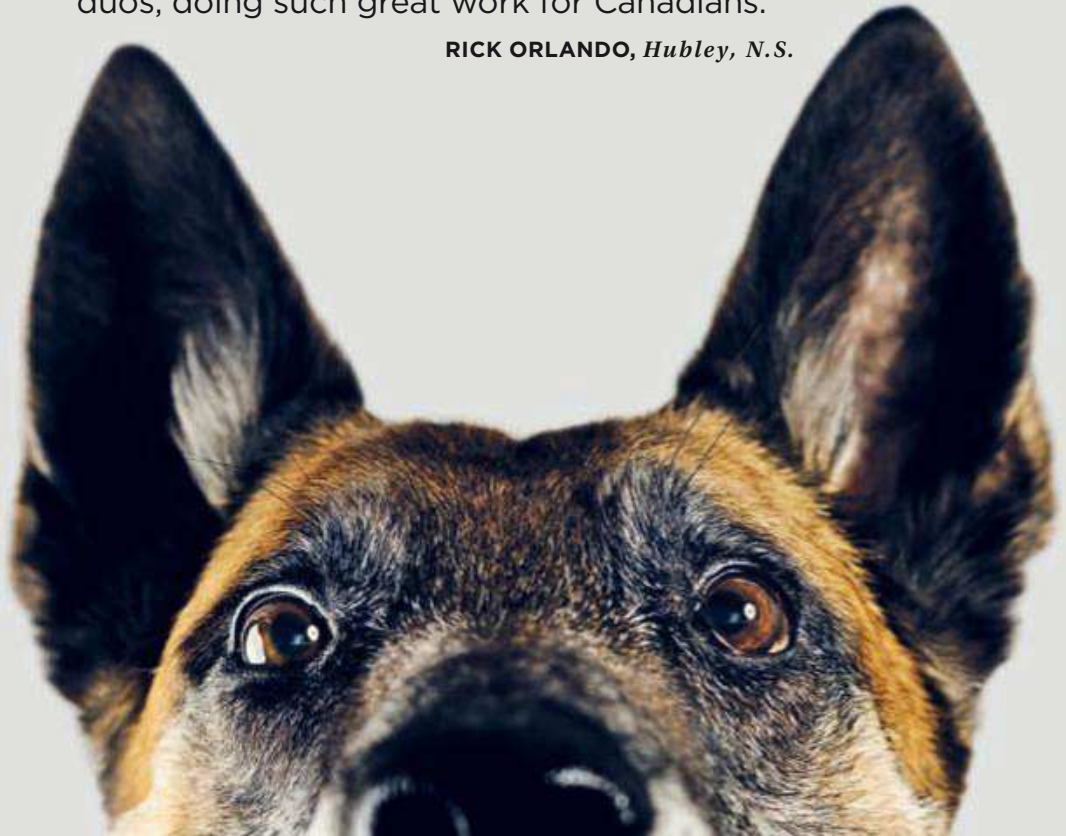
READERS COMMENT ON OUR RECENT ISSUES

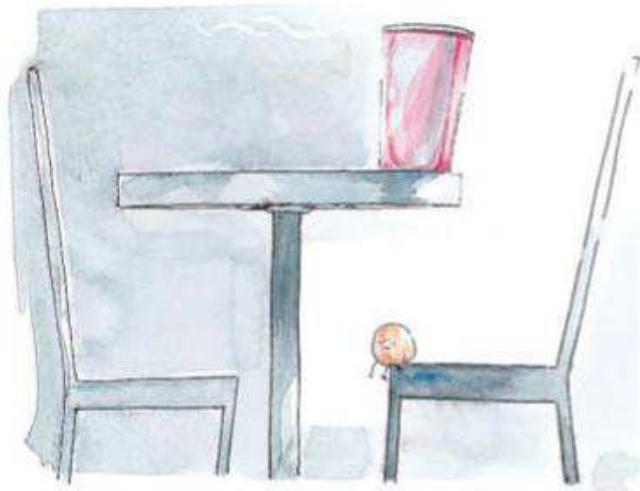
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## **K-9 PRIDE**

In “Canine Courage” (July/August 2018), Rachel Rose does a fabulous job of describing RCMP dog handlers, a subject I suspect few Canadians know about. My son-in-law is a sergeant for the Mounties and oversees the handlers of the Police Dog Service Unit in Newfoundland and Labrador. He has had several animals over his long career, and I’ve gotten to know some of them, both during their working lives and after they retire. They’ve demonstrated tremendous strength and speed, along with incredible focus—nothing short of a bomb going off would distract them. These German shepherds and their handlers are impressive duos, doing such great work for Canadians.

**RICK ORLANDO**, *Hubley, N.S.*





**SOUR CREAM PLAIN:  
A LOVE LETTER**

Upon reading “Being Old-Fashioned: A Tragedy” (June 2018), I began to feel nostalgic. Sour cream plain is my absolute favourite donut, but I have trouble finding them at most Tim Horton’s outlets. I even wrote to the company’s head office, begging for these amazing treats to be brought back. No luck so far, but I’ll bet there are others like me who don’t like their desserts smothered in cloying sugar. Thank you, *Reader’s Digest*, for standing by the plainer Timbits on the rack!

MEL GODDARD, *Blenheim, Ont.*

**TRADITIONS REMEMBERED**

Reading “Me, My Mom and Sears” (May 2018) brought back many memories. I miss the Sears catalogue even more than I miss the company’s physical stores. As a child growing up in the 1960s, it was a big event when the annual catalogue arrived at your house. Thick and filled with colourful pages, the books contained everything, even the kitchen sink. Children would pick out what they wanted from Santa that year, and parents would call in their orders on a rotary phone. They’d get to speak directly with a salesperson before having a package delivered right to their door. Those were the days!

PHILIP LYSACK, *Toronto* **R**



Published letters are edited for length and clarity.

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# The secret to a happy life is...



...never missing an opportunity to

**help someone out.**

**CORINNA PIEHLER,  
MONTREAL, QUE.**

...making the conscious decision to **smile.**

**MARTHA WEAVERS, BRANTFORD, ONT.**

**...staying thankful**

for your blessings.

**KAYE PERLEY,  
JACKSONVILLE, N.B.**



**...travelling—**

as often and as far as possible!

**GLADIS FLATT, ST. MARYS, ONT.**



**...cash.**

Cold, hard cash.

**DALE GOUGER,  
PRINCETON, B.C.**

**...finding your inner child** and letting them loose once in a while. **NADINE SMITH, WINFIELD, B.C.**

 Visit the Reader's Digest Canada Facebook page for your chance to finish the next sentence.



# ART *of* LIVING

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Marc Hull-Jacquin helps families facing domestic violence move out and move on

## Wheels of Change

BY MOIRA FARR

PHOTOGRAPHY BY JENNIFER ROBERTS

IT WAS EARLY IN 2017 when Nithya Caleb realized she had to leave her marriage. A recent immigrant from India, she no longer felt safe in her home, but with no family and few friends in Canada, there was no one close to turn to for help. Some acquaintances advised her to stay in the marriage, keep her problems private and make it work. When she could no longer do that, there was little sympathy. “My social circle abandoned me,” she says. “There was just silence.”

Caleb, 37, had a job in Toronto as an editor, but money was tight and the logistics of a solo move with her seven-year-old son impossible. Although she was able to find a suitable place to live, she couldn’t figure

out how to secure her belongings: “I thought I would have to leave everything behind.” That’s when a social worker with the Children’s Aid Society told her about Shelter Movers, a non-profit that helps women and children exit abusive homes.

Shelter Movers assisted Caleb in determining what she would need and when they could safely do the job. Still, she was amazed when moving day came and four volunteers showed up with a rental truck. “They were lovely souls,” she says. “It gave me hope that there were strangers who would offer this service. It was deeply empowering.”

An estimated 93,000 people in Canada were victims of intimate partner violence in 2016; Shelter Movers

*“I plan to make Shelter Movers my life’s work,” says founder Marc Hull-Jacquin, pictured here with the organization’s board chair Vicky Sage.*





wants to be an ally to affected families seeking respite. “We will do what we can to help them get into a safe space,” says Marc Hull-Jacquin, the stay-at-home dad who started the organization from his Toronto home two years ago.

Hull-Jacquin, 39, was on paternity leave from his job as a negotiator for a natural gas company when he decided to take on a passion project. His happy experiences with his own children got him thinking about people who, due to domestic violence, aren't in a position to provide a safe space for their kids. After doing some reading on the topic, he launched Shelter Movers, loosely based on the model of a similar organization in California.

Modest about his role, Hull-Jacquin gives credit to the volunteers and the clients themselves. “Our success comes from the courage that women show in reaching out and asking for help to leave, often after many tries. There can be a lot of guilt and shame to overcome.”

Today, Shelter Movers has completed almost 500 moves. The organization has chapters in Ottawa and Vancouver as well as Toronto, and more than 250 volunteers, from newly arrived refugees to banking

executives. It has partnered with women's shelters, corporate donors and other community organizations that help women and children escape violence. For example, GardaWorld security will provide guards for escorted moves free of charge, and several storage companies allow Shelter Movers' clients to use space for as long as required.

Board chair Vicky Sage, who works at a women's shelter in the north end of Toronto, says she instantly recognized the organization's potential when Hull-Jacquin first contacted her. “I saw what a great service it was and how it relieved so much stress and financial strain for people at the most vulnerable time.” Ironically, she says that having a privileged

“

***Today, Shelter Movers has completed almost 500 moves in three cities and has more than 250 volunteers.***

”

male as a spokesperson for the cause proves the point that domestic violence is something that should concern everyone.

Hull-Jacquin agrees. It's not just up to women who've witnessed or experienced violence to tackle the issue, he says. “In this ‘Me Too’ era, men need to ask themselves what side of history we want to be on. Are we going to be champions of a new way of thinking that ensures we all get a chance in life? This is a solvable problem.” **R**

# Life's Like That



## MAN OR MACHINE?

I bought a car today, and the dealership had me check off—with a pen, on a paper form—that I'm not a robot.

🐦 @MARCIROBIN

**NIGHTMARES ARE JUST** free horror movies that you produce, direct and star in.

reddit.com

## AGE OF INNOCENCE

I want to go back to a time when the worst thing people had to deal with was, apparently, being given lemons.

🐦 @THEALEXNEVIL

## OVERHEARD AT A PAINT STORE:

**CUSTOMER:** How much for a gallon of that paint?

**CLERK:** \$42.

**CUSTOMER:** Do you have a smaller gallon? **LOUISE ARRUDA, Bradford, Ont.**

## LOVE SICK

Nothing in life can prepare you for how much of a marriage is spent just listening to someone cough.

🐦 @BOURGEOISALIEN

Send us your funny stories! They could be worth \$50. See page 10 or visit [rd.ca/joke](http://rd.ca/joke) for more details.

Our top picks in books, movies and TV

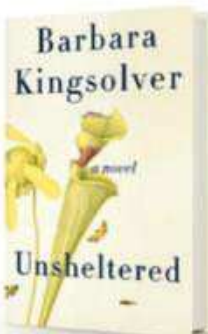
# RD Recommends

BY DANIELLE GROEN

**1**  **FIRST MAN** Make no mistake: Damien Chazelle's dazzling drama about the Apollo 11 space flight is truly out of this world. But the director's first film since Oscar darling *La La Land* is equally focused on terrestrial affairs, exploring the impact of Neil Armstrong's mission on his marriage, his family and his sense of self. Given the sparky chemistry between Ryan Gosling (as the first man) and Claire Foy (as his first wife), it's easy to see why Chazelle keeps the flick close to home. *Oct. 12.*



**DID YOU KNOW?** After his walk on the moon made him the most famous man on earth, Neil Armstrong largely vanished from the public eye. But he agreed to sit down with author James R. Hansen for more than 50 hours, making 2005's *First Man* the only authorized biography of the astronaut.



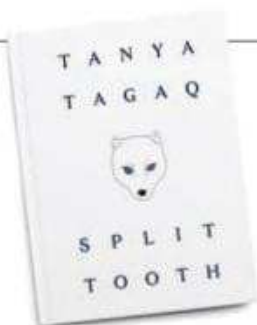
## 2 UNSHELTERED Barbara Kingsolver

In her latest work, the American novelist bounces between centuries to dramatize our resistance to new ideas. In one narrative, an 1880s science teacher finds his admiration for Darwin to be a threat to his marriage and his position; in the other, a couple watches helplessly as their jobs vanish, their children move back home and Trump careens toward the White House. *Oct. 16.*



### 3 MURPHY BROWN

Unapologetic feminist, medical-marijuana experimentalist and fortysomething single mom: for a '90s TV character, Murphy Brown was ahead of her time. So it's unsurprising that creator Diane English and star Candice Bergen believe the show's titular journalist might still resonate in our current era. For the reboot, Brown is back to host the cable show *Murphy in the Morning*, putting her in direct competition with Avery, her conservative millennial son. *Sept. 27.*



### 4 SPLIT TOOTH Tanya Tagaq

In an Arctic town in the 1970s, a young woman must contend with high-school bullies, sexual violence and an unexpected pregnancy. The Polaris Music Prize-winning throat singer Tanya Tagaq mines northern myths and childhood memories for her debut book. Not quite memoir, not quite poetry and not quite fable, it's singular and altogether unforgettable. *Sept. 25.*



### 5 A STAR IS BORN

This particular star has been reborn three times since the 1937 film featuring Janet Gaynor: with Judy Garland in the '50s, Barbra Streisand in the '70s and now Lady Gaga. The pop singer plays a rising musician who falls in love with an established country star (Bradley Cooper, in his directorial debut). *American Horror Story: Hotel* already snagged Gaga a Golden Globe, so the surprise isn't her acting chops but Cooper's pipes. The leading man can actually sing. *Oct. 5.*



The *Baroness von Sketch Show*'s Jennifer Whalen on women in comedy, dresses with pockets and taking on edgy material

# Having a Laugh

BY COURTNEY SHEA

ILLUSTRATION BY AIMÉE VAN DRIMMELEN

*Your show is a sketch-comedy series starring four female comedians over 40—a double rarity. Given our cultural obsession with youth, how big of a deal is this?*

It's huge. For a woman, you have this idea when you're young that you can be whatever you want. But then puberty hits and you realize that a lot of your value is tied to what you look like. As you get older, that calms down, but then you don't have a place in our society anymore. It's such a waste. The minute I hit 40, I was just a smarter, better version of myself.



There's also the fact that some men don't see women as fully human, and here's a show where women are fully realized people with their own agendas. I think that's important.

***What does each of the Baronesses bring to the group that's unique?***

We all come with a slightly different point of view: Meredith is a single mom; Aurora has a partner and an eight-year-old; Carolyn is living the fabulous queer life; and I have a partner and a stepson. It's like a band where we each play our own instrument, but then when we come together, the sound is greater than our individual parts.

***What's an example of a sketch that is "so Jenn"?***

There's one based on how I had gone out and bought a bunch of new summer dresses. Any time someone would compliment me, I would say, "Thanks. *And* it's got pockets."

One of our writers wrote something about that and then, later, I was out shopping with Aurora and I actually said the line. She was like, "You know you just did a sketch about that."

***Have you always been funny? Did you grow up making everyone around you laugh?***

At home, yes, but I was very shy at school. I was never the class clown.

I was the kid who sat next to that kid and got them to say something that would get them a big laugh and then get them in trouble and moved to another seat. I used a rotating cast of kids so my teachers never realized it was me.

***The last couple of years have been doozies in terms of depressing headlines. Does something like a Trump presidency or all the #MeToo stories make it easier or harder to be funny?***

I would say that it just informs what we talk about—because of a movement like #MeToo, we can touch on difficult things. In Season 3, we have a sketch that Meredith wrote about the backlog of untested rape kits, which was an issue written about in *The Globe and Mail*. That's a tricky topic to make funny, but because we're all having those conversations, it gives us permission to go there.

***Vogue called the Baronesses the "best thing to come out of Canada since Ryan Gosling." How did that feel?***

That was pretty exciting. Ryan, if you're reading this, come and do the show. We have this sketch called "Middle-Aged Lady Make-Out Pile." How can you say no? **R**

---

Season 3 of the *Baroness von Sketch Show* premieres Sept. 18 on CBC.

# Points to Ponder

BY CHRISTINA PALASSIO

I believe that the right to die with dignity should be a fundamental human right. With the support of our laws and our health system, there must be a better way to help our loved ones navigate their final days, if they choose to write their own ending.

*Novelist* **LAWRENCE HILL,**  
in *The Globe and Mail*

The future I yearn for is not one in which we will all be clothed in sameness, but is one in which we will finally learn to both read and respectfully discuss our differences.

*Author* **DAVID CHARIANDY,**  
in *The Globe and Mail*

My elementary school music teacher is the reason I am doing any of this. As a child, [I] struggled through school. She recognized something in me and offered for me to do the solos in the choir instead of punishing me.

*Singer* **JOCELYN ALICE** on how she became interested in songwriting

If you told me when I was a kid that I would get to interview every rock star who was on a poster on my wall, I would have lost my mind, but the truth is that most of them have been a disappointment.

*ET Canada's* **ROZ WESTON**  
to *The Globe and Mail*

I came up from the subway station, and there were about 300 people who all turned their heads and started chasing me. It was terrifying.

*Singer* **SHAWN MENDES,** on the moment he realized his fame, on CBC

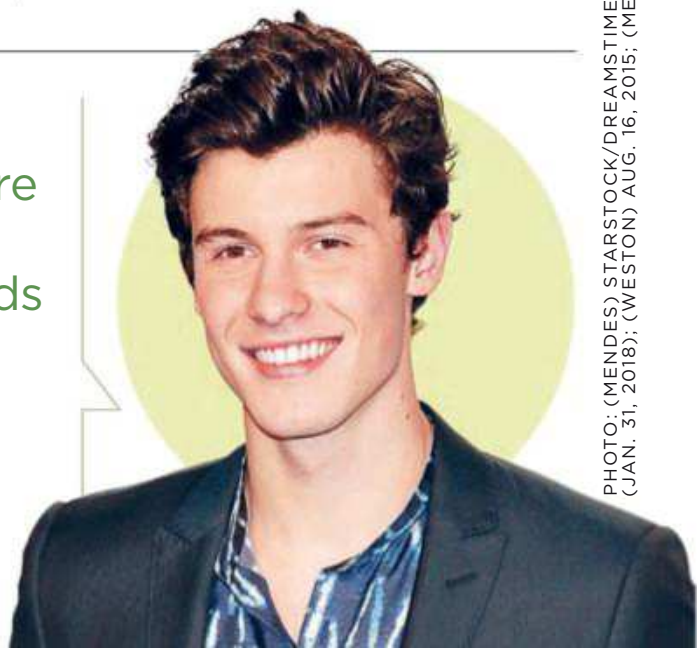


PHOTO: (MENDES) STARSTOCK/DREAMSTIME.COM. QUOTES: (HILL) JUNE 1, 2018; (CHARIANDY) MAY 14, 2018; (ALICE) POPDUST.COM (JAN. 31, 2018); (WESTON) AUG. 16, 2015; (MENDES) JUNE 25, 2018.



When people feel their economic future is in jeopardy, when they believe their children have fewer opportunities than they themselves had in their youth, that's when people are vulnerable to the demagogue who scapegoats the outsider, the other—whether it's immigrants at home or foreign actors.

*Minister of Foreign Affairs* **CHRISTIA FREELAND**, in an acceptance speech after receiving Foreign Policy's Diplomat of the Year award

I have tried and failed three times to get through the turgid mess that is *Moby Dick*. I think some books become classics in spite of themselves.

*Author* **WILL FERGUSON**  
to *The Globe and Mail*

There are many issues here in Ottawa that need a young person's perspective, and what I believe in strongly is that they actually have the answers but often aren't given the support and the platform to do it.

*Former NDP MP* **PAUL DEWAR**,  
speaking about his Youth Action Now initiative to CBC News

I have spent the last 26 years working extremely hard to forget a time that really should have been filled with

dreams and personal growth both socially and professionally.

*AMÉLIE-FRÉDÉRIQUE GAGNON*, one of several national team skiers who accused coach Bertrand Charest of sexual assault

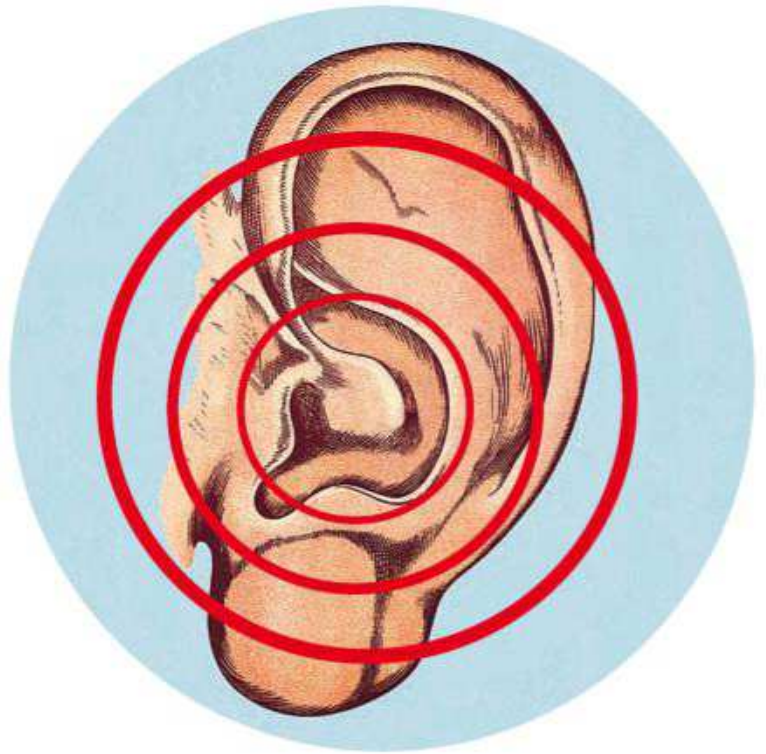
Baby's gotta eat.

*Liberal MP* **KARINA GOULD**, responding to the question of why she breastfed her son in the House of Commons

I was always in the kitchen. Even in the 1970s when Italian cooking wasn't trendy and most people thought it was just spaghetti and meatballs, I loved and appreciated Italian cooking.

*Chef* **DAVID ROCCO**  
on the influence of family 





Earwax is part of your body's defense system

## Got an Ear Full?

BY SAMANTHA RIDEOUT

WHILE IT MAY NOT be one of your body's most attractive features, earwax (medical term: cerumen) is part of its natural defenses. Secreted by glands in your ear canals, it cleans and protects by trapping invading dirt and dust and preventing the growth of bacteria.

Thanks in part to the motions of chewing and talking, older cerumen makes its way out of the ear, where it falls out or washes away, bringing germs and other foreign particles with it and making room for the fresh wax that's been created.

Normally, proper wax management boils down to letting this process happen naturally. If wax is visible on your

outer ear, you can gently clean it with a cloth.

However, you shouldn't try to remove it from the inside. Don't be tempted by cotton swabs, since "putting anything in the ear risks, at best, pushing the wax back in or, at worst, damaging delicate skin," says Dr. Shakeel Saeed, a professor of otology and neuro-otology at the University College London Ear Institute in the U.K. You could even perforate your eardrum or dislocate the bones of the inner ear.


Your ear canal may become obstructed by wax if the glands in your ears produce an excessive amount (some just do), if your body

can't manage to clear it out effectively or if you accidentally jam it in further during a misguided cleaning attempt. Symptoms of blockage can include earache, tinnitus, decreased hearing, dizziness or even coughing, since the buildup can push against nerves and trigger the cough reflex.

A doctor, who will have professional tools and methods, can achieve removal far more safely than you could. Another reason why it's best to visit a GP: it may not be cerumen that's causing

your symptoms but rather an infection, age-related hearing loss, an injury from pressure changes or one of many other problems.

If earwax blockage is a frequent occurrence, your doctor may recommend cleanings and the use of earwax-softening drops. Commercial formulas are available, but mineral oil or olive oil can also do the job. If a hearing aid is contributing to your recurring prob-

lem, says Saeed, you can try "removing it several times per day for an hour or so, to see if that helps." 

---

Earwax contains at least

**10**

antimicrobial peptides that fight off bacteria and fungi.

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## TEST YOUR MEDICAL IQ

---

**A transient ischemic attack (TIA) is a temporary...**

- A.** heart stoppage.
- B.** inability to breathe.
- C.** blood-pressure spike.
- D.** blockage of the brain's blood supply.

**Answer:** D. A transient ischemic attack, also known as a mini-stroke, is a temporary disruption of the blood flow to the brain, possibly marked by numbness or paralysis in the face or limbs, vision disturbance, a severe headache or trouble speaking and understanding speech. Although symptoms usually last for only a few minutes, see a doctor right away if they occur. A TIA is a sign of plaque, clotting or other obstructions in the arteries leading to your brain.



NEWS FROM THE

# World of Medicine

BY SAMANTHA RIDEOUT

## A Photo a Day For General Well-Being

Taking a photograph each day and posting it online is a popular hobby, if the millions of pictures tagged “#365” are any indication. To explore how this habit affects health and happiness, British researchers studied online photo journals and interviewed their creators. Daily photography improved respondents’ lives by making them mindful of the present moment, by motivating them to exercise (going for a walk to get a shot), by giving them opportunities to interact with others who shared their interests and by creating a storehouse of memories.

## Getting Active After a Heart Attack Halves Mortality Risk

Everybody knows that people who exercise regularly are less likely to have a heart attack, but what’s the impact of getting active *after* one occurs? To find out, Swedish health scientists analyzed data from more than 22,000 heart-attack patients. Compared to those who were inactive, those who started or continued an exercise habit were over 50 per cent less likely to die over the next four years. All

heart-attack survivors should exercise twice a week or more, the lead author said. Start off with activity that feels moderate, not strenuous, and if you notice chest discomfort or long-lasting palpitations, notify your doctor.

## Antibiotics May Foster Kidney Stones

Kidney stones have grown more common since the 1960s and 1970s, and a 2018 study of almost 260,000 U.K. patients’ records from the past decade suggests that certain antibiotics may be partly to blame. After controlling for other variables, people who took sulphas, cephalosporins, fluoroquinolones, nitrofurantoin, methenamine or broad-spectrum penicillins had a greater chance of developing kidney stones within a year. The risk increase ranged from 27 per cent to more than 100 per cent, depending on the drug class. **R**

ADAM VOORHES: (PROP STYLIST) ROBIN FINLAY



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FOR ADULTS 65+



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than our standard dose vaccine\* in protecting seniors from the flu.

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ways to protect yourself from the flu.**

*Ask your healthcare provider for the  
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\*Vs. standard-dose FLUZONE® vaccine against laboratory-confirmed influenza caused by any viral type or subtype.

FLUZONE® High-Dose is a vaccine used to prevent influenza in adults 65 years of age and older. Influenza (or flu) is an infection caused by the influenza virus. Annual vaccination using the current vaccine is recommended for prevention against influenza as immunity declines in the year following vaccination. Persons with a history of severe allergic reaction to eggs or egg products or any component of FLUZONE® High-Dose should not receive the vaccine. FLUZONE® High-Dose will only protect against the strains of influenza virus contained in the vaccine or those that are closely related. FLUZONE® High-Dose will not protect against any other strains of influenza virus. FLUZONE® High-Dose is not indicated for the prevention of hospitalization or death after the onset of disease. As with all vaccines, FLUZONE® High-Dose does not protect 100% of people immunized. Allergic reactions can occur. The most common side effects are pain at the injection site and muscle ache. Contact your healthcare provider to see if this vaccine is right for you. For more information, visit [www.sanofipasteur.ca](http://www.sanofipasteur.ca).

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**SANOFI PASTEUR**



# What's Wrong With Me?

BY LISA BENDALL

ILLUSTRATION BY VICTOR WONG



**THE PATIENT:** Arthur\*, a 64-year-old retired accountant

**THE SYMPTOM:** Painful leg tingling

**THE DOCTOR:** Dr. Philippe Huot, movement disorder neurologist, McGill University Health Centre, Montreal

IN 2004, ARTHUR was diagnosed with Parkinson's disease, the progressive nervous system disorder most known for affecting balance and movement. He experienced those symptoms, but what caused him the most distress was something more unusual: an excruciating pins-and-needles sensation in his right leg that had started a few years after the onset of his disease.

The constant pain made sleeping and walking difficult, and the only thing that brought fleeting relief was a hot shower.

A neurologist had Arthur try an antidepressant that can sometimes

relieve physical discomfort, and another medication for neuropathic pain, but neither helped. In 2014, Arthur was referred to Dr. Philippe Huot, who now works at the Montreal Neurological Institute and Hospital.

Huot was puzzled by Arthur's case. Some Parkinson's patients develop restless legs syndrome, he explains, which causes an unpleasant, creepy-crawly feeling. "Usually it's in both legs, though, and it's alleviated by movement," he says.

Also, although Arthur complained about only his leg, Huot learned from the patient's wife that he also experienced dizziness, fatigue, apathy and signs of anxiety and depression. He spent his days watching TV instead of socializing with friends as he used to.

A nerve-conduction study was run on Arthur, which ruled out nerve damage and supported Huot's suspicion that this wasn't just a leg problem.

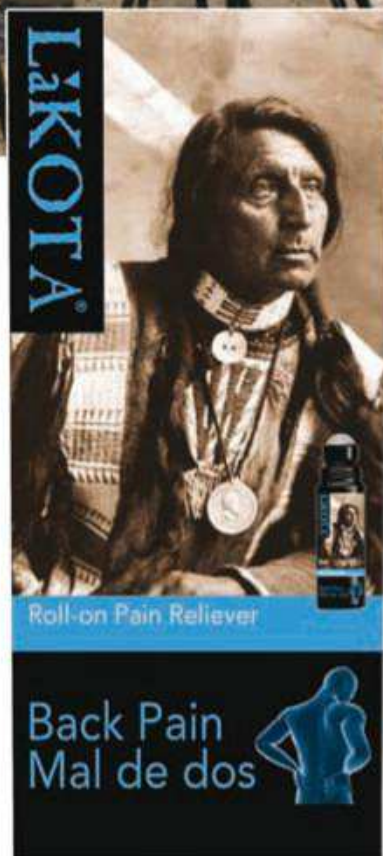
# Back Pain Relief for the Busy Woman



**Rushing** home to get things ready, no time for loafing. You work hard and they love you for it. You're the nerve centre of the home.

But lately, back pain is getting in the way. Try **Lakota Back Pain Roll-on** to get your back into shape. It's strong enough for a woman's back pain.

**Get Medicine that Works**



**Lakota** Back Pain Roll-on will tame your man's back pain as well. If you're feeling fine, buy it for him. You'll be shocked at his newfound spirit.

Lakota Back Pain Roll-on is a natural pain reliever with a built-in, hands-free applicator. It provides *amazing* relief quickly. Medically recognized and natural. And guaranteed to work!

Considering that Arthur's pain began years after he was diagnosed with Parkinson's, Huot wondered if it was a result of the disease's progression and increased his patient's dosage of levodopa, the medication that helps the brain make more dopamine, which is deficient in people with Parkinson's. "That didn't work," Huot recalls, but thinking about medication did put him on the right path.

Ten years earlier, Huot discovered, Arthur had taken dopamine agonist drugs. Commonly prescribed for Parkinson's, they are often discontinued because many patients experience impulse-control disorders while taking them. The patients turn into gamblers, shopping addicts or overeaters. Sometimes, they experience a peculiar side effect known as *punding*—performing a repetitive, purposeless action, such as lining up paper clips or other small objects.

At that time, Arthur spent extravagant amounts of money on lottery tickets and was forced to stop taking the medication—exactly seven years ago, when the leg pain began.

Due to the timing, Huot suspected dopamine agonist withdrawal syndrome (DAWS), which had only been

recently identified. Neurologists today, warier of impulse-control disorders, are more likely to taper dopamine agonists than they were a decade ago. Consequently, an awareness is emerging that perhaps one-fifth or more of patients who go off them have symptoms like Arthur's, sometimes lasting for years. "Would it abate after 10 or 20 years?" Huot wonders. "At this time, it's still unknown."

Since the treatment for DAWS is to

go back on the medication, Huot prescribed it and asked Arthur's wife to watch out for any recurrence of impulsive behaviour.

Within two weeks, Arthur's leg tingling disappeared, but his careless spending returned and he gained 20 pounds. Also, whenever he saw a box of

tissues, he felt compelled to remove them until the box was empty.

Huot reduced the medication, which minimized those urges while keeping the tingling at bay. Although Arthur once again felt apathetic, it was less severe than when he wasn't taking the dopamine agonist at all.

"He was free of pain, and that was his main concern," says Huot. "We felt the balance was acceptable." **R**

“  
*Some patients  
on dopamine  
agonist drugs  
turn into  
compulsive  
gamblers.*

*\*Biographical details have been changed.*

# BONE & JOINT HEALTH

*Eileen Davidson, ambassador for the Arthritis Society and Patient Advisory Board Member of Arthritis Research Canada, shares her journey as a single mother living with several musculoskeletal conditions*

**Mediaplanet** What symptoms led to your initial diagnoses of rheumatoid arthritis (RA), osteoarthritis, and fibromyalgia?

**Eileen Davidson** I was originally misdiagnosed with carpal tunnel syndrome and a sore back because of my young age, weight, and profession as an esthetician. But unrelenting chronic pain, fatigue, and emotional disturbances debilitated me. I felt something else was wrong so I requested an RA blood test, and that was the start of my self-advocacy.

**MP** How do you cope with your symptoms?

**ED** Finding support is crucial. Seeking help isn't shameful, whether it be for physical or mental health. I force myself to rest even when my mind says to keep going. Self-care and pain management are the keys to dealing with arthritis.

Eileen, with her son Jacob.

Read the full interview online at [personalhealthnews.ca](http://personalhealthnews.ca).

## Think You Might Have Arthritis? Find Out Now

More than six million Canadians have arthritis, and many may be living in unnecessary pain because they didn't get help soon enough. Here's what you need to know about the condition:

### Arthritis is serious

Arthritis causes swelling, stiffness, and irreversible joint damage that can permanently impact your mobility. Inflammation can also affect your internal organs and eyesight, and can contribute to premature death or life-threatening diseases. Arthritis takes a toll on careers, relationships, and families — and it's with you for life.

### Arthritis can affect anyone

Arthritis can strike people of any age, from any walk of life — even infants. That means anyone you know can develop arthritis, including yourself.

### Early diagnosis is important

There's no cure for arthritis yet, but with the right treatment and lifestyle choices you can slow its progression and maintain your quality of life.

Delaying its diagnosis carries the risk of permanent joint damage.

### Find out if you're affected

If you have recurring symptoms such as pain and stiffness in your joints, or fatigue, take the Arthritis Society's Symptom Checker questionnaire online and speak to your doctor about your results.

If you already have arthritis, the Arthritis Society's Self-Advocacy Toolkit can help you learn to manage your disease and get the support you need. Learn more at [arthritis.ca](http://arthritis.ca).

*Síán Bevan*

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## Knowing you have arthritis is important.

Arthritis causes joint pain, swelling and fatigue, impacting everyday life.

The sooner you have a diagnosis the better.

Take the Arthritis Society symptom checker and talk to your doctor.

[arthritis.ca/symptomchecker](http://arthritis.ca/symptomchecker)





# A SMART GUIDE TO PAIN MANAGEMENT

Pain is the body's way of warning us about danger. It's why we instinctively pull away from a hot surface before we get badly burned. But it's much more complex than just a warning — the way we experience pain depends on our fears, beliefs, and emotions.

When we have pain, we want to get rid of it. Physiotherapy is one form of treatment that many find helpful in reducing pain. Physiotherapists can help manage pain in a variety of ways, including:

- **Exercise**  
Physiotherapists can prescribe exercise specific to your goals and needs following an assessment of how your body moves.
- **Manual Therapy**  
Physiotherapists often use a hands-on approach to treat pain that can effectively reduce it and improve your range of motion.
- **Education**  
Physiotherapists will make sure they understand your pain history and that you understand your pain. They'll also help you set realistic treatment and recovery goals.
- **Teamwork**  
Physiotherapists work directly with you to assess your response to treatment. Active participation in your recovery can impact your success.

*Melissa Anderson*

## LIVING YOUR BEST LIFE STARTS HERE!

**Find a physiotherapist today**  
[physiocanhelp.ca/find-a-physiotherapist](http://physiocanhelp.ca/find-a-physiotherapist)



# PRESCRIPTION PAIN MEDS: WHAT YOU SHOULD KNOW

**L**iving with constant pain is a daily struggle for people with bone and joint conditions like arthritis and fibromyalgia. For pain management, these patients are sometimes prescribed opioids like codeine, morphine, or fentanyl. While these medications help to improve function, they come with a perilous downside — the risk of addiction and/or accidental overdose.

The opioid crisis continues to worsen, with hospitalization rates from opioid poisoning rising from about nine per day to 16 per day over the past decade. It is therefore critical that those using prescription opioids are prepared in case of an overdose.

**“It’s a concentrated, easy-to-use dose that requires no assembly and was developed with the community in mind.”**

## Reducing the risk of accidental overdose

NARCAN 4mg (naloxone HCl) is a nasal spray that temporarily reverses the effects of an opioid overdose. It's a concentrated, easy-to-use dose that requires no assembly and was developed with the community in mind for use by individuals, family, friends, and caregivers. It's available free of charge at pharmacies in Ontario and Quebec, and across Canada for those covered under the Non-Insured Health Benefits (NIHB) program.

If you or someone in your family uses opioids for pain management, consider adding NARCAN to your emergency kit on the off chance you might need it to reverse an accidental overdose. For more information, speak to a pharmacist.

*Anne Papmehl*

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# RETROFITTING THE HOME FOR YOUR GOLDEN YEARS

**W**hen Colin Gates' 78-year-old mother couldn't find a personal support worker she liked, she decided to take things into her own hands and look after herself. Unfortunately, it wasn't long after this decision that she slipped and fell in the bathroom of her home.

According to Statistics Canada, over 50 percent of falls occur in the home, while 95 percent of all hip fractures are caused by these types of falls — many in the bathroom. For many Canadians, mobility challenges present themselves with age. When concerns about slips and falls become commonplace, it's time to consider which lifestyle changes to make.

Gates' mother decided to make the switch to a walk-in tub. "To her surprise," says Gates, "she was able to find a level of independence she hadn't had in years." Gates sustained an accident of his own, and similarly found therapeutic relief from a walk-in tub. He later acquired the Safe Bathing Canada company to give others peace of mind.

## Walking into dignity and healthy aging

Walk-in tubs eliminate the greatest obstacle to safe bathing — the process of getting in and out of a slippery tub. With the walk-in tub, swinging doors replace the 20-inch step over needed to get into traditional bathtubs with one short, safe step. This significantly reduces the risk of falling for those with limited mobility.

Slip-resistant flooring, grab bars, and a raised seat mean all the controls, including the shower wand, are within easy reach. There is minimal wait time as filling the tub takes less than four minutes, while drainage takes less than two. The seated hydrotherapy benefits provided by these unique tubs include joint pain and muscle tension relief. Independence and dignity are just around the corner with a walk-in tub.

*Catherine Roberts*

## BATHING IN YOUR HOME JUST GOT EASIER

Whether you are a senior or have mobility challenges, Safe Bathing Canada tubs are guaranteed to keep you safe and comfortable.

For a free information kit or to learn more, visit [safebathingcanada.com](http://safebathingcanada.com) or call 1-844-400-7233



## HYDROTHERAPY AND YOU: A NATURAL PARTNERSHIP

If you're suffering from bone, muscle, or joint pain, hydrotherapy can be an integral part of your treatment plan.

Here are five benefits it provides:



Pain relief



Increased muscle mobility



Reduced joint tenderness



Increased blood circulation



Reduced stress



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**\$1500** OFF  
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**RD2018**

# FROM BIOLOGICS TO BIOSIMILARS: THE ART OF EQUIVALENCE



**B** iologics have changed the face of medicine. These drugs — derived from complex biological sources — have been with us for more than 100 years, but advances in genetic technology have seen the field explode in recent decades. As patents on some biologics begin to expire, pharmaceutical companies are bringing their own, cost-effective versions of these treatments, known as biosimilars, to market. Health Canada approved the first biosimilar to treat inflammatory arthritis in 2014, and with biosimilars becoming more integrated in the Canadian health care system, now is a good time for patients to learn more about them.

## Different but equivalent

Biosimilars, by definition, are not perfect molecular copies of the drugs they mimic. They go through a complex production process and the validation standards for similarity are exacting. “The biosimilar molecules must be demonstrated to have the same basic protein structure, with only minor folding or side-chain differences,” says Dr. Janet Pope, a rheumatologist at St. Joseph’s Health Care and a professor of medicine at Western University. “We have data from head-to-head comparisons

**“Biosimilars are expanding the choices available to patients and health care providers.”**

showing that the results for patients are statistically equivalent and they are as similar as the batch-to-batch variation of the innovator molecule.”

The onus of responsibility is on drug manufacturers to demonstrate that differences

between biosimilars and the original drug will not affect patient treatment outcomes meaning health care providers can have confidence in the safety and efficacy of the biosimilar as with any other biologic drug. The costs associated with them are lower than those of biologics, which is a clear advantage for patients as treatment costs are on the rise. Moreover, according to the Patented Medicines Pricing Review Board, the use of biosimilars can save the Canadian health care system approximately \$1.8 billion per year.

## More choices, better outcomes

Rheumatology is one of the first medical communities to see results with both types of drugs. In fact, biologics have proven to be extremely effective in managing the most severe cases of rheumatoid arthritis (RA).

“Biologic therapies have revolutionized the treatment of RA,” says Dr. Bindee Kuriya, Director of the Rapid Access Rheumatology Clinic at Mount Sinai Hospital. “At the same time, biosimilars are effective and they work in the same fashion as the originator molecule, so we are quite happy to start a biologic-naïve patient on a biosimilar.” Some public and private drug plans in Canada may be considering implementing policies which include the switch from biologics to biosimilars because of their well-demonstrated safety and efficacy.

Biosimilars are expanding the choices available to patients and health care providers in rheumatology and many other medical disciplines, but with greater choice comes a greater need for public education. That’s why it’s essential that patients taking or considering biologics have an informed dialogue with their doctors about biosimilars and whether they may be an option in their personalized treatment plans.

*D.F. McCourt*

# BIOLOGICS, BIOSIMILARS, & INFLAMMATORY ARTHRITIS

## WHAT IS INFLAMMATORY ARTHRITIS (IA)?

IA is a group of conditions wherein the body attacks healthy tissues, particularly around the joint, causing inflammation. Inflammation can also cause stiffness and, if left untreated, can lead to significant, irreparable damage. IA can also cause inflammation in the lungs, eyes, heart, and arteries. This can lead to cardiovascular disease, chronic pneumonia, vision loss, and/or premature death.



**6,000,000**

Canadians live with arthritis

**By 2035, 1 in 4 Canadians will have arthritis**

## BOTH BIOLOGICS AND BIOSIMILARS TREAT:



## WHAT ARE BIOLOGICS?

Biologics are treatments derived from living cells that target a specific molecule. They are not made from synthetic chemicals.

## WHAT ARE BIOSIMILARS?

Biosimilars are treatments made after a biologic's patent expires. Any differences between a biosimilar and its reference biologic drug do not result in differences in safety or efficacy.



Rheumatoid arthritis



Ankylosing spondylitis



Psoriatic arthritis



Juvenile arthritis

Health Canada's rigorous approval process means that patients can have the same confidence in the quality, safety, and efficacy of a biosimilar as any other biologic drug. Structural, functional, and human clinical studies must demonstrate that there are no clinically-meaningful differences.



Overall, biosimilars offer more choice for people living with IA. The first step to discussing whether a biologic or biosimilar is the right course of treatment starts with a conversation with your rheumatologist.

Source: Health Canada, CAPA

This article was brought to you by a leading research-based pharmaceutical company

# 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, joint, and muscle pain; users report significant and immediate relief**

By David Watson  
Associated Health Press

**TORONTO** – Expectations are high for a new breakthrough in arthritis pain relief. But unlike the majority, it comes in the form of a cream, not a pill. And users say the difference has been extraordinary.

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, a powerful anesthetic drug.

Anesthetics block nerve signals from the brain so that patients don't feel pain. They are incredibly effective.

The cream form allows users to directly target their pain. It works where it's applied.

"Users can expect to start feeling relief immediately after applying," explains Dr. Henry Esber, creator of *Apeaz™*.

"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 remarkable is how quickly it relieves pain.

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 as seen with oral medications. *Apeaz™* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Over time, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

There are also tremendous savings when switching over to a topical like

*Apeaz™*. 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.

## Rapid 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.

*"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," raves one user.*

**The amazing anesthetic found in *Apeaz™* is the strongest available without a prescription.**

## A New Breakthrough for Arthritis

*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 Esber.

## A Better Way to Treat Pain

A pre-clinical trial on *Apeaz™* was carried out by Dr. Esber and his research staff shortly after its initial production.

The results were published in the Journal of Immunology.

The study found that *Apeaz™* induced an instant numbing effect, which blocked pain for several hours.

It was also shown to decrease swelling and inflammation.



**NEW PAIN RELIEF DRUG WORKS ON CONTACT:** *Apeaz* delivers its active ingredient, a powerful painkiller, through the skin, providing users with rapid relief without oral drug side effects

"One of the most impressive things about the study was the various ways *Apeaz™* was able to influence levels of pain. Many painkillers, and even creams, simply mask your pain. *Apeaz™* is different. Since it is absorbed through the skin it delivers rapid relief directly to infected arthritic tissue" explains Esber.

## A Powerful Weapon for Arthritis and Joint Pain

With daily use, *Apeaz™* helps users live a more vital, pain free life without any of the negative side effects or interactions associated with oral drugs.

Through the use of a powerful anesthetic drug, *Apeaz™* is able to numb pain at the source, specifically around joints plagued by arthritis.

## How to Get *Apeaz™* in Canada

This is the official public release of *Apeaz™*. As such, the company is offering a special discounted supply to any sufferer who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canadian residents.

Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free hotline number is 1-800-871-8735 and will only be open for the next 48 hours. Only a limited discounted supply of *Apeaz™* is currently available in your region.

Consumers who miss out on our current product inventory will have to wait until more becomes available and that could take weeks. Experience the guaranteed *Apeaz™* relief already enjoyed by thousands of consumers. The company advises not to wait. Call 1-800-871-8735 today.

SPECIAL SECTION



# MEET THE WINNERS

We are proud to announce the results of our tenth annual Trusted Brand™ Survey, confirming that trust is an important driver in Canadian consumers' purchase decisions. We asked Canadians to vote for the brands they trust most across 30 categories of products, services, and retailers—the brands that deliver quality, value, and reliability. On the following pages you will see who has come out on top.

**Congratulations to the 2018 winners that have earned our country's trust. Especially to our Platinum—10 or more consecutive years, and Gold—5 or more consecutive years, who have continually earned the trust of Canadians.**

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# CONGRATULATIONS TO OUR 2018 WINNERS

**PLATINUM WINNER**



**Passenger Car  
Manufacturer  
TOYOTA  
2009-2018**



**Hybrid Car Manufacturer  
TOYOTA  
2011-2018**



**Pharmacy/Drug Store  
SHOPPERS DRUG MART  
2013-2018**



**Cough Syrup  
BUCKLEY'S  
2013-2018**



**Vitamin  
JAMIESON  
2011-2018**

**GOLD WINNERS**



**Arthritis Pain  
Reliever  
TYLENOL  
2014-2018**



**Headache Pain  
Reliever  
TYLENOL  
2013-2018**



**Bank/Trust  
Company  
TD CANADA TRUST  
2012-2018**



**Disinfectant  
Cleaning Spray  
LYSOL  
2014-2018**



**Non-Dairy Beverage  
SILK  
2014-2018**



**Interior Paint  
BEHR  
2014-2018**



**Cereal  
KELLOGG'S  
2010-2018**



**Life Insurance  
Company  
SUNLIFE FINANCIAL  
2010-2018**



**Sunscreen  
COPPERTONE  
2010-2018**

SPECIAL SECTION



**Weight Loss Program**  
**WEIGHT WATCHERS**



**Automotive Parts Retailer**  
**CANADIAN TIRE**



**Quick Service Restaurant**  
**MCDONALD'S**



**Bottled Water**  
**NESTLÉ**



**Lawn Care**  
**SCOTTS**



**Beauty Retailer**  
**SEPHORA**



**Sensitive/Dry Skin Lotion**  
**AVEENO**



**Nutrition Bar**  
**CLIF**



**Home Improvement Retailer**  
**THE HOME DEPOT**



**Tea**  
**TETLEY**



**Natural Lip Balm**  
**BURT'S BEES**



**Laser Vision Correction**  
**LASIK MD**



**Running Shoes**  
**NIKE**



**Travel Insurance Company**  
**BLUE CROSS**



**Pet Food**  
**PURINA\***



**Grill/Barbecue**  
**WEBER**

\*Tied with another brand in a previous year



## WEBER

Weber-Stephen Products LLC is the world's premier manufacturer of charcoal, gas and electric grills, grilling accessories, and award-winning cookbooks and mobile applications. In September 2014, the company opened its Canadian subsidiary—Weber-Stephen Canada Co.—and Weber Grill Academy in Vaughan, Ontario. Weber grills are sold worldwide at select national home centres, specialty hardware stores, patio stores and other retail outlets. Weber has the strongest customer support program in the industry with its Weber Grill-Line<sup>SM</sup> (1-800-GRILL-OUT<sup>®</sup>). Weber can be followed on Facebook ([facebook.com/webergrillsca](https://www.facebook.com/webergrillsca)), Twitter ([twitter.com/webergrillsca](https://twitter.com/webergrillsca)), Instagram ([instagram.com/webergrillsca](https://www.instagram.com/webergrillsca)) and YouTube ([youtube.com/webergrillsca](https://www.youtube.com/webergrillsca)). Visit [weber.com](http://weber.com) for product information, grilling tips and tricks, recipes and more.

## SUN LIFE FINANCIAL

Sun Life Financial's roots run deep in Canada, where our company was founded more than 150 years ago. Our business began with the sale of insurance and has expanded to offer life, health and wealth solutions to our clients. Today we are an industry leader with a client base of millions of individuals and thousands of companies across the country—and many million more clients around the world.

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## ABOUT THE SURVEY

Commissioned by Reader's Digest in an independent opinion poll, Ipsos Canada conducted a nationwide online survey of over 4,000 Canadian adults 18+ from August 22-31, 2017. Quota sampling was used and the sample was stratified by language (English n = 3,076 and French n = 925). The results were weighted according to census data to ensure that the overall sample reflects the demographic profile of Canada across age, gender, region, and language. The precision of online polls is measured using a credibility interval. In this case, the overall results are considered accurate to within +/-1.8 percentage points, 19 times out of 20, of what the results would be had the entire population of adults in Canada been polled.

**VISIT [READERSDIGEST.CA/TRUSTED-BRANDS](http://READERSDIGEST.CA/TRUSTED-BRANDS)**  
**TO LEARN MORE ABOUT OUR 2018 TRUSTED**  
**BRAND<sup>™</sup> PROGRAM.**

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SAME GREAT SPRING WATER**



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We may not be able to run away from our worries, but how do we keep them from running our lives? In a bid to manage the agonizing, we asked a handful of experts for tips on how to get a grip.

# Taming the “What If’s”

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BY JILL BUCHNER

ILLUSTRATIONS BY JOSH HOLINATY



## Defining Distress

We often use the terms “worry,” “stress” and “anxiety” interchangeably, but they aren’t the same. Each

has unique qualities and identifying which one is plaguing us will help us better address it. Registered psychologist Kristin Buhr, a director at the North Shore Stress & Anxiety Clinic in North Vancouver and co-author of *The Worry Workbook*, breaks down the differences.

**Worry** is a negative thought you have about an uncertainty in life. Worries tend to focus on the assumption that something negative will come from future events or from the outcomes of occurrences that happened in the past.

## THE WORRY METER

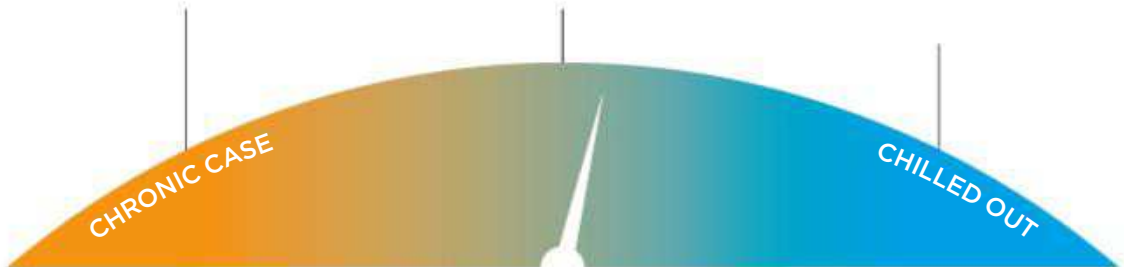
Are you cool and collected or a total worrywart? Find out if your concerns might be exerting too much control over you.

When you have a big meeting at the office, you get so worked up that you often have trouble sleeping or you might even call in sick.

When something’s uncertain in your life, you usually jump to a worst-case scenario.\*

You regularly worry about everything from forgetting to take your medication to meeting deadlines to being late for a date—but that will drive you to set reminders for yourself and be proactive about your to-do list.

You go about your day without consistently thinking ahead, but you still get nervous when a key event comes along. When you do think about the future, you usually believe it will turn out okay.



\*When your worries are interfering with your life, it’s time to talk to your health-care provider.

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**Stress** involves your reaction to pressures placed on you. You feel spread thin or are overwhelmed because life is demanding too much of your limited time, energy or some other personal resource. While worries are thoughts, stress is a feeling.

**Anxiety** is your mental and physiological response to a perceived threat. It's like the body's smoke detector—it senses danger and signals your body to rev up to deal with it. While worry takes place only in the mind, anxiety can have physical effects, like speeding up your heart

rate. Worry can, however, trigger anxiety when your mind perceives imagined “what ifs” as real threats.

While worry, stress and anxiety are normal, intense and frequent anxiety can become a problem. You might have an anxiety disorder if, for instance, you have recurring sleep issues or you're skipping out on your customary activities. Excessive anxiety can be focused on a fear of something specific, like social gatherings (known as social anxiety) or a host of experiences (known as generalized anxiety disorder).

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## Why Worrying Can Be Worth It

### 1. It protects you.

“If you're not at all concerned there could be danger, you're not going to take precautions,” says Buhr. That voice of worry can remind you to put on your seat belt or check that you turned off the stove. It keeps you safe.

### 2. It motivates you.

Whether you have a speech to deliver or a home reno to tackle, thinking about what could go wrong can spur you to get to work. “A little bit of worry lets you know what's important and might actually move you to prepare,” says Buhr.

### 3. It promotes problem solving.

A 2006 study published in the journal *Anxiety, Stress & Coping* tracked the

worries of university students in Australia and found that they were often solving problems while they were agonizing. So, while it feels unpleasant, worry can be productive.



## Ditch “What If”

If you're an excessive worrier, you probably have trouble dealing with

uncertainty because you're concerned it will lead to a negative result. What's more, you likely believe that you won't be able to manage that outcome. Buhr says that's why most worriers develop generally negative "safety behaviours" to help them avoid risks, such as opting out of situations that scare them or asking for affirmation from others when they're unsure.

The trouble is, you can't avoid uncertainty entirely, and the more you try to, the scarier it will seem. Fortunately, most of the time, things turn out just fine, but telling a worrier this is unlikely to calm their nerves.

The best way to get comfortable with uncertainty is to expose yourself to it and see that those imagined worst-case scenarios rarely happen.

Even when something does go wrong, you can handle it.

So if you tend to worry about being late for appointments and always leave 30 minutes earlier than necessary in case of accidents or traffic, Buhr suggests doing away with that buffer. You'll see that you do make it in time or, if you don't, the person you're meeting will likely be understanding.

After starting with that type of simple change,

work your way up to bigger risks—such as a career shift or a cross-country move.



## How Mindfulness Meditation Can Be An Antidote to Worry

Emily Thring is the founder of the Quiet Company, a meditation

studio in Toronto that seeks to foster mindful experiences.

### What is mindfulness meditation?

It's about focusing on your breath in the present moment and connecting with how you're feeling and what you're experiencing, without judgment.

### How does that practice target worry?

Worrying is about future scenarios. Mindfulness grounds you in the

### #1 COMMON WORRY: MONEY

Money is arguably our biggest source of worry. A 2016 survey from the Financial Planning Standards Council found that two out of five Canadians worry about money on a daily basis. For many, the worry stems from real risks: one in five said that if they lost their job, their savings would last less than a week.

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moment, reducing that anxiety of what's to come so you can be more present with what's happening now.

**Do these principles help when you're not meditating?**

Mindfulness isn't just about what happens during the meditation—it's about how it translates to the rest of your life. So if you're in a situation where you get frustrated, you have the ability to stop and centre yourself by slowing your brain down and by not reacting. When you're being mindful, you're taking time away from your to-do list and the worry and the bustle so that when you come back to those things, you've created space for yourself. It's like closing all the tabs in your Internet browser. When you reopen, you're running a little faster and you're more connected to yourself.

**How should one get started?**

Meditation isn't something you do once and then feel a tremendous change in your life. It takes consistency and commitment. I recommend that people begin with a few minutes at the same time every day. Also, joining a local group can help you face potential challenges as you practise more frequently.

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## Exhale Your Worries

When you're overwhelmed, Thring recommends a simple breathing exercise called box breathing to slow

down your mind and help you feel more in control. Here's how:

Inhale for a count of four, hold for four seconds, then exhale for four and hold again for four seconds before starting again. Repeat this for two minutes, working your way up to longer spans of time as needed.



## Worry Dreams Decoded

Sometimes our concerns keep us up at night, but other times they come through in our dreams. “Worry dreams usually show us images from the psyche in an effort to help us,” says Ursula Carsen, a Toronto-based registered psychotherapist who specializes in dreams.

She explains that many dreams are trying to tell us to stop and take a break from something that's overwhelming us. A classic example is when someone dreams that their teeth are falling out. “They're probably biting off more than they can chew,” explains Carsen. Other worry dreams include running after a train that's



already left the station or showing up half-dressed for an interview.

But not all worry dreams feel bad. “Even some flying dreams, as much as people like them, can signal that you’re facing something way too real, or way too heavy, and trying to rise above it,” says Carsen.

While frequent worry dreams could be a cause for concern, Carsen says our dreams are more likely to tell us about the apprehensions we don’t recognize when we’re conscious. If you have a recurrent worry dream, it’s time to consider what might be troubling you in real life. Once you face it, the dreams are likely to end or transform into something new.



## The Importance of Getting It All Out

Telling a friend or family member what’s worrying you, or even saying it aloud to yourself or writing it down, can allow you to gain some perspective. “It’s a little easier to

challenge worries—to recognize that if there is a negative outcome, it’s more of a hassle than a horror—when your worries are on paper or said out loud, rather than floating around in your head,” says Buhr.

## Warding Off Apprehension

Taking care of yourself can help protect you against excessive worry:

- Exercise for at least 150 minutes a week.
- Eat a balanced diet.
- Reduce caffeine and limit alcohol.
- Limit screens and social media.
- Get seven to nine hours of sleep a night.
- Adopt stress-relieving habits, such as yoga or hiking.
- Undertake activities that move you out of your comfort zone.

## Is Worry Contagious?

Though it’s healthy to share worries with others, when you’re surrounded by friends who fret, you might notice yourself feeling more anxious. A 2014 German study found that even witnessing someone else in a stressful situation can cause your own levels of the stress hormone cortisol to spike.

Buhr says there’s no need to avoid those influences. “But you want to be aware of how certain people affect you and how that gets you thinking,”

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she adds. “Find balance by also seeking out people who have healthy perspectives.” Worry might be contagious, but a positive outlook could be infectious, too.

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## Finding Zen: A Former Worrywart Speaks Out

BY ALEXIS CLARFIELD-HENRY  
AS TOLD TO JILL BUCHNER

FIVE YEARS AGO, I was 30 years old, living in London, England, and working in advertising. My job required long hours, and my co-workers often told me that I looked stressed out. I was in my head a lot, ruminating over conversations, wishing I’d said something differently and wondering what others thought of me.

It was a complete stranger who inspired me to change. A visitor from Australia came to stay with my roommate for a couple of weeks. She had this amazingly calm energy. I asked her what her secret was, and she told me that she practised Vedic meditation, a type of silent transcendental meditation rooted in Ayurvedic tradition in which you repeat a mantra in your mind.

A few months later, when life

became even more overwhelming, I started thinking about our Australian guest and her meditation. Coincidentally, she sent me a message out of the blue and asked if I’d ended up trying it. She recommended a local teacher, and I signed up for a weekend course, where I was given a mantra and practised meditating in a group setting.

It took a while to see the effects. In my first meditation, time dragged on as I repeated my mantra. When I opened my eyes, the instructor asked how I felt, but I didn’t notice any change. I stuck with it, practising daily, 20 minutes in the morning and again in the evening. And a few months later, when I visited my family and friends back in Canada, they commented on how much calmer I was.

Today I’m living in Toronto, working in tech and still meditating twice a day. I’ve made other healthy changes, like drinking less alcohol and working out a few times a week. Now time flies when I’m meditating, and I sleep much better than I used to. If I miss a practice, I’m not as alert and I can feel my ruminations returning. My worries aren’t gone, but when I meditate, they seem much more manageable. **R**



**Ray Bradbury**  
recalls his family's  
zeal for Halloween



**Frighteningly  
Good**

FROM *READER'S DIGEST*, OCTOBER 1975



**I HAVE ALWAYS CONSIDERED** Halloween wilder and richer and more important than even Christmas morning. The dark and lovely memories leap back at me as I recall my ghostly relatives, and the things that creaked stairs or sang softly in the hinges when you opened a door.

For I have been most fortunate in the selection of my aunts and uncles and midnightminded cousins. My grandma gave me her old black-velvet opera cape to cut into bat wings when I was eight. My aunt gave me some white candy fangs to stick in my mouth to make the most terrible smiles. A great-aunt encouraged me in my witchcrafts by painting my face into a skull and stashing me in closets to induce cardiac arrest in passing relatives or upstairs boarders. My mother corrupted me completely by introducing me to Lon Chaney in *The Hunchback of Notre Dame* when I was three.

In sum, Halloween has always been *the* celebration for me and mine. And those Halloweens in the late 1920s and early '30s come back to me now at the least scent of candle wax or aroma of pumpkin pies.

**AUTUMNS WERE A** combination of that dread moment when you see whole windows of dime stores full of nickel pads and yellow pencils meaning School Is Here and also the bright promise of October, that stirring stuff that lurks in the blood and makes

children break out in joyful sweats, planning ahead.

For we *did* plan ahead in the Bradbury houses. We were three families on one single block in Waukegan, Ill. My grandma and, until he died in 1926, grandpa lived in the corner house; my mom and dad, and my brother Skip and I, in the house next door to that; and around the block my Uncle Bion.

**Halloween didn't just stroll into our yards. It had to be seized and shaped and made to happen!**

One of the prime Halloween years was 1928. Everything that was grandest came to a special climax that autumn.

My Aunt Neva was 17 and just out of high school, and she had a Model A Ford. "Okay, kiddo," she said around about October 20. "It's coming fast. Let's make plans. How do we use the attics? Where do we put the witches? How many corn shocks do we bring in from the farms? Who gets bricked up in the cellar with the Amontillado?"

"Wait, wait, wait!" I yelled, and we made a list. Neva drew pictures and made paintings of the costumes we would all wear to make the holiday truly fascinating and horrible. That was Costume Painting Night. When Neva finished, there were sketches of

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Grandma as the nice mother in “The Monkey’s Paw,” paintings of my dad as Edgar Allan Poe, some fine grisly renderings of my brother as hunch-backed Quasimodo, and myself playing my own xylophone skeleton as Dr. Death.

After that came Costume Cutting Night, Mask Painting Night, Cider Making Night, Candle Dipping and Taffy Pulling Night, and Phonograph Playing Night, when we picked the spookiest music. Halloween, you see, didn’t just stroll into our yards. It had to be seized and shaped and *made* to happen!

My grandparents’ home, then, was a cauldron to which we might bring hickory sticks that looked like witches’ broken arms and leaves from the family graveyard out where the banshee trains ran by at night filling the air with bereavements. To their house, upstairs and down, must be fetched corn shocks from fields just beyond the burying tombs, and pumpkins. And from Woolworths, orange-black crepe serpentines and bags of black confetti that you tossed on the wind, yelling, “A witch just sneezed!”

**OCTOBER 29 AND 30** were almost as great as October 31, for those were the late afternoons, the cool, spicy dusks when Neva and Skip and I went out for the final procuring.

“Watch out, pumpkins!”

I stood by the Model A as the sun furnaced the western sky and vanished, leaving spilled-blood and

burnt-pumpkin colours behind. “Pumpkins, if they had any brains, would hide tonight!” said I.

“Yeah,” said Skip. “Here comes the Smiler with the Knife!” I beamed, feeling my Boy Scout knife in my pocket.

We reached our uncles’ farms and went out to dance around the corn shocks and grab great armfuls and wrestle them like dry ghosts back to the rumble seat. Then we went back to get the harvest-moon pumpkins. They burrowed in the grass, but they could not escape the Smiler and his friends. Then home, with the corn-stalks waving their arms wildly in the wind behind us. Home past real graveyards with real cold people in them, your brother and sister, and you thinking of them and knowing the true, deep sense of Halloween.

**Preparation was  
70 per cent of the  
mad game—more  
enchanting than the  
stampede itself.**

The whole house had to be done over in a few short, wild hours. Then, everything set and placed and ready, you run out late from house to house to make certain that the ghosts and witches will be there tomorrow night. Your gorilla fangs in your mouth, your winged cape flapping, you come home

and stand in front of your grandparents' house and look at how great and spooky it has become, because your sappy aunt and your loony brother and you yourself have magicked it over, doused the lights and lit all the disembowelled pumpkins. You sneak up onto the porch, tiptoe down the hall, peer into the dim parlour and whisper: "Boo."

And that's *it*.

**OH, SURE, HALLOWEEN ARRIVED.**

Sure, the next night was wild and lovely and fine. Apples swung in doorways to be nibbled by two dozen hungry-mice children.

But the party was almost unimportant, wasn't it? Preparation was 70 per cent of the mad game. As with most holidays, the getting set was sweeter, sadder, more enchanting than the stampede itself.

That Halloween of 1928 came like the rusted moon up in the sky—sailing,

and then down like that same moon. And then it was over. I stood in the middle of my grandma's living room and wept.

Later, I went to bed. "Darn," I said in the middle of the night.

"Darn what?" asked my brother, awake in bed beside me.

"A whole darn year until Halloween again. What if I died, waiting?"

"Then," said my brother, after a long silence, "you'll *be* Halloween. Dead people *are* Halloween."

"Hey," said I, "I never thought of that."

I thought: 365 days from now. Gimme a pad, some paper. Neva, rev up that Model A! Skip, hunch your back! Farmyards, grow pumpkins! Graveyards, shiver your stones! Moon, rise! Wind, hit the trees, blow up the leaves! Up, now, run! Tricks! Treats! Gangway!

And a small boy in midnight Illinois, suddenly glad to be alive, felt snail-tracks of his tears...a smile. And then he slept. **R**



**THE RIGHT MOVES**

This first school dance in the gym is hella scary,  
it's dark in here,  
but the music is loud,  
and we'll never be this young again,  
let's DANCE.

LIN-MANUEL MIRANDA, composer and playwright



# Laughter

THE BEST MEDICINE

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## THE BEST JOKE I EVER TOLD BY TRANNA WINTOUR

**I don't know what I hate more about going to the dentist: the physical torture or the small talk.**

*Tranna Wintour is a transgender comedian and writer based in Montreal. Find her upcoming shows at [trannawintour.com](http://trannawintour.com).*



**DID YOU HEAR ABOUT** the kangaroo basketball player who couldn't jump?  
He was out of bounds.

SHARON HAISTE, *Prince George, B.C.*

**MEDUSA AND MIDAS** once dated. It didn't end well. It was a stone-gold relationship.

reddit.com

**WRITTEN IN BLACK AND WHITE**  
Great mimes blink alike.

🐦 @IVORTOSSELL

**WANT TO HEAR A JOKE** about airplanes?

No. It would probably just go over my head.

reddit.com

**A MESSAGE IS JUST** professional petting for humans.

reddit.com

**I WENT TO COLLEGE** to become an astronaut.

All I did was take up space.

reddit.com

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**Send us your original jokes! You could earn \$50 and be featured in the magazine. See page 10 or [rd.ca/joke](http://rd.ca/joke) for details.**



TWO SISTERS,  
TWO CANCERS,  
TWO VERY  
DIFFERENT  
TREATMENTS

BY CATHERINE GORDON FROM *THE UNITED CHURCH OBSERVER*

ILLUSTRATION BY MEREDITH SADLER



**ONE SUNNY SATURDAY** morning two years ago, my phone rang as I was walking out to my garden with my coffee and paper. It was my big sister, Karen, from California. "You're not going to believe this," she said. "I've just found out I have breast cancer."

Unfortunately, I didn't have any trouble believing it. Not because of the statistics: about 26,000 Canadian women and over 260,000 women in the United States were diagnosed with breast cancer in 2017. Or because Karen had already had cancer. The news didn't surprise me because I have it, too.

Two sisters, two countries, two cancers. On the surface, our experiences were very similar: we both received excellent treatment, we had lots of support, and we're recovering well. But there were some important differences.

**MORE THAN HALF** a million women around the world die of breast cancer every year, yet nobody knows for sure who will get it or why. Lots of environmental and lifestyle factors have been associated with higher risk: how much you exercise, what you eat, how much you weigh, how much alcohol you consume and whether you smoke or have had hormone replacement therapy. But the two most significant risk factors are simply being a woman and getting older.

Karen is 64, four years older than me. Her three children are grown, and

she lives with her husband, John, in a small town outside Los Angeles. I live in Toronto and have children in their 20s, a new husband, Jim, and I run a communications business.

My sister survived a brain tumour when she was 37 and hasn't worked since. But we're both healthy and reasonably active. I have never smoked, and Karen stopped a few years ago. There's no history of breast cancer in our family, and we've both tested negative for mutations in BRCA1 and BRCA2 genes that produce tumour suppressor proteins.

Every year, my doctor would give me a requisition for a mammogram, and every year, I'd find it crumpled at the bottom of my bag several months later. I was always too busy. I hadn't had one since my first at age 50.

Things changed when I met Jim. I was happier and taking better care of myself, and so finally, at the age of 56, I took the time to go for my scan. The test showed a bit of calcification, and the radiologist thought it would be worth coming back for an ultrasound.

**IT TOOK THE** ultrasound and a second mammogram in early June 2015 to find two large masses in my right breast that not even my doctor had been able to feel. Together, the tumours were over six centimetres long. The technician brought in a radiologist, who explained that she was going to perform a biopsy on the spot. A few days later, I got the

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call. It felt exactly like you'd expect—everything changed in an instant.

Several weeks later, an MRI revealed that the cancer was likely moving into my lymphatic system. My surgeon recommended a single mastectomy with a biopsy of my lymph nodes to see how far the cancer had spread, followed by chemo and radiation. Surgery was set for July 15.

The procedure went off without a hitch, and I recovered pretty quickly. About a month later, I was on the train

**KAREN'S EXPERIENCE** was different in many ways. She was always more careful than I was. She'd been told she had dense breasts, so she went to a clinic every year for an ultrasound-guided mammogram. Her latest test in March 2016 had come back clear, but when she let the clinic know about my diagnosis, they asked her to come in for another mammogram, this time guided by MRI (magnetic resonance imaging). On May 11, they found a two-centimetre lump



“A TALL MAN IN A NICE SUIT TOLD US HE HAD TO HAVE A CHEQUE BEFORE THEY WOULD DO THE SURGERY,” SAID KAREN.

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to Montreal to speak at a conference. I wore a breast prosthetic, and nobody was any the wiser.

Chemo started in September, and the six treatments weren't easy. I wasn't nauseous, but during my last three treatments I had to immerse my fingers and toes in ice for excruciating 90-minute intervals to prevent my nails from blackening and falling off. There were other side effects too: my body ached, I developed mouth sores and body rashes, and I shuffled when I walked thanks to weakened joints. During the worst of it, my legs were so swollen that none of my shoes or boots fit.

—exactly a year after they'd found mine. On the recommendation of the clinic, she opted for a lumpectomy with a simultaneous cosmetic reduction of the other breast.

The surgery was set for June 8, four weeks after her diagnosis. “Just as I was getting ready to head to the operating room, a tall man in a nice suit came in and told us he had to have a cheque before they would go ahead,” said Karen. “It's our new policy because people aren't paying their bills. We paid him, of course, but it seemed absolutely outrageous, especially when you're frightened and sick.”

During the procedure, Karen's doctor also removed some lymph nodes and found cancerous cells in one of them. "We had all been so sure it would be simple, because the tumour was so small," she says. The oncologists recommended chemo and radiation, assuring her that a mastectomy wasn't necessary.

Like me, Karen had six chemotherapy treatments, but her side effects weren't as severe, and she didn't have to put her nails in ice. "My body ached,

flipped through the eight-centimetre pile of papers, I was astounded. She'd been to two hospitals and three clinics, but there were invoices from almost 50 different service providers—pathologists, imaging centres, radiologists, plastic surgeons, anaesthesia services, blood labs—people she didn't know, asking for money for services she'd never heard of.

"The time and effort you have to put into trying to understand who's billing you and why, and the stress of having



## KAREN'S INSURANCE REPORT SHOWS THAT THE COMPANY WAS BILLED US\$450,000 FOR HER TREATMENT.

my legs swelled near the end, and my nails were discoloured and sensitive. But I didn't have mouth sores, and I never lost my appetite." We both had 25 rounds of radiation, which was easy compared to the chemo.

**DURING KAREN'S** treatment, I found myself playing the role of big sister. We talked on the phone a lot. I read her medical reports and told her what to ask the doctors. We decided I would visit her when John was away on business, just before her fourth chemo treatment.

One morning, she pulled out a folder with her medical bills. As I

to negotiate with suppliers and the insurance company—all while you're in crisis mode—is a real hardship," said Karen, who found the process physically and emotionally exhausting. "I have to question everything, or I end up paying more than I owe. Can you imagine if you don't speak English well? Or if you are totally incapacitated by your illness and don't have help?"

Astonishingly, Karen's insurance report shows that the gross amount billed to the company was just over US\$450,000. Compare that to \$46,893, the mean cost for two years of treatment for stage II cancer in Ontario

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between 2005 and 2009, which is covered by health care.

Karen's insurance company negotiated this \$450,000 bill down to just under \$150,000, and she ended up owing roughly \$16,000 in deductibles (\$14,500 for medical costs and \$1,500 for prescriptions), plus two and a half years of premiums (roughly \$7,500). That puts the total out of pocket for her cancer treatment at around \$23,000. And that's with health insurance.

**IT'S BEEN OVER TWO** years now since I finished my treatments, and I'm feeling great. My hair has grown in, my energy is back, and all my scans are clear. Karen completed her treatments about a year and a half ago and is still struggling with lack of energy and some depression,

which is just part of the process. And that's not the end of it. We're both now taking Tamoxifen, a drug that blocks estrogen action in breast cells, which should reduce the risk of the cancer coming back by 75 to 80 per cent.

Comparing our experiences has reminded me of how lucky I am to be living in Canada. Karen and I both received great medical care, but Canada's health-care system is simply more humane. I have access to excellent treatment whenever I need it and can focus on getting better instead of worrying about huge bills or fighting with service providers. The Canada Health Act says this is what every resident is entitled to, and it's one of the things that make our country such a wonderful place to be. **R**

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## FELINE FACTS

The cat could very well be man's best friend  
but would never stoop to admitting it.

**DOUG LARSON**, columnist

As every cat owner knows,  
nobody owns a cat.

**ELLEN PERRY BERKELEY**, author

In ancient times cats were worshipped as gods;  
they have never forgotten this.

**TERRY PRATCHETT**, author



When my child told me she was trans, I remember the fear: for her safety, for how the world might treat her, for her heart. I hadn't realized the joy her revelation would bring us.

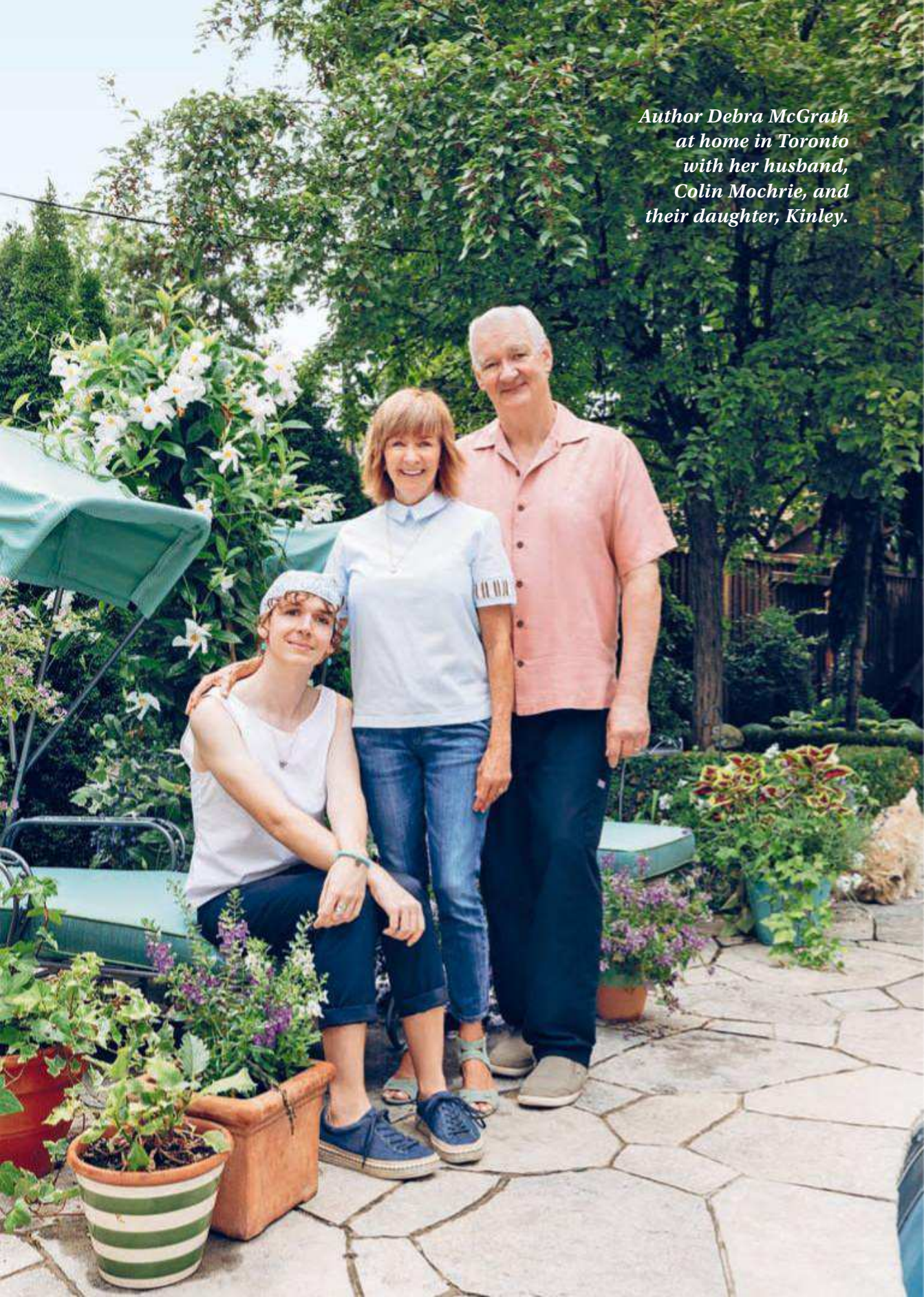
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# Mother— Daughter Dresses

BY DEBRA McGRATH

PHOTOGRAPHS BY RAINA + WILSON

*Author Debra McGrath  
at home in Toronto  
with her husband,  
Colin Mochrie, and  
their daughter, Kinley.*





“I am a trans woman. I would like she/her pronouns and my name is Hannah.”

This is the sentence my son blurted out to me over the phone three years ago. Despite its bluntness, the statement wasn't callous or even ill-timed. Truth be told, I had forced the declaration. My child had called with something important to say and wanted to talk to my husband, Colin, and me at the same time, but Colin was out of town. Given that I possess a not-insignificant panic strain in my genetic makeup, I found myself, well, panicking. Was my child injured? Ill? Dying?

I conjured the thin thread of authority I had over my then 25-year-old and said, “No, you have to tell me now!”

“I would rather wait,” was the measured response.

I could feel all the saliva I possessed leaving my body for damper pastures. I couldn't have this matter hanging, so I pushed and pleaded, cajoled and begged. It was a shameless display—clearly, I wasn't above that.

After more back-and-forthing, out it came: “I am a trans woman. I would like she/her pronouns, and my name is Hannah.”

I paused to take in the situation—or at least lie to myself that I was taking it in. Then, relentlessly upbeat, I exclaimed: “I'm so happy for you, very happy. You know that your father and

I will support you 100 per cent, and it's wonderful and I'm not super surprised and you are such a wonderful person and we really don't care what you do with your life as long as—”

Dear God, I had to find a way to shut up. I was exhausting myself.

I'm what I call an emotional first responder—when a loved one is sharing something difficult or complex, I put on my support cape and swoop in to distribute accolades and platitudes willy-nilly. Breathe, I urged myself. Breathe.

“So, um, why ‘Hannah?’” I heard myself ask.

There it was. Apparently my take-away from this huge moment in my child's life was a name. “Hannah” seemed to be my issue. Shallow waters run deep.

She responded to my question in a very calm manner.

“Mom, you know how much I loved Cheryl's dog.”

“You are naming yourself after Hannah the dog? Really?”

“I thought the name was soft and pretty, and I needed my name to be soft and pretty. Does that make sense?”

Of course it made sense. My heart ached with shame. I was officially a bad person.

Because it had been a few moments since I'd launched into a breakneck run-on sentence, I said, “Well, if you love the name Hannah, I love the name Hannah, and I am sure your father will

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love it, and I am so glad it makes you feel beautiful, because you are beautiful, inside and out, and I support this choice wholeheartedly, honey. It's your life and you are old enough to make your own choices and—"

At this point I was desperately hoping someone would hand me a pill.

Hannah stopped my runaway train of thought by cutting in: "Thanks, Mom. I love you so much and I knew you would support me. Why don't I come over the day Dad gets home

After really analyzing my reaction and my feelings, it came down to one thing. I was fine with my child's transition. I wasn't invested in her gender, just her humanity. But there was so much fear: fear for her safety, fear for how the world might treat her, fear for her heart.

The two following nights were fraught with nightmares. I dreamed our son was lost. Our son was dead. We never had a son. I gave birth, but when I looked for my son, they told me at the hospital that I was mistaken and had



## OUR CHILD IS A WOMAN. AS MUCH AS I THOUGHT I WAS PREPARED FOR THAT, I GUESS I WASN'T.

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and we can have dinner and spend time talking?"

"Of course, yes, um, Hannah. We can do that. That would be great. What a wonderful idea, um, Hannah."

Mercifully, she wrapped up the conversation with "great, love you, bye" and hung up before I could respond.

**I SPENT THE NEXT** few hours pacing up and down the stairs of our Toronto home, our two cairn terriers at my heels. As I attempted to sort out why I was upset, the dogs kept their gaze trained on me: Walk? Are we going for a walk? Walk?!

simply had my appendix removed. Our son had joined a tiny-house cult and was never heard from again.

Once I woke up, I was a zombie, the despair of those horrible dreams clinging to me like possessed dryer sheets. I had made peace with our child's news and had no issues with the concept of her transition, but I was still mourning the loss of our son. I didn't get a chance to say goodbye.

She is a woman. As much as I thought I was prepared for that, I guess I wasn't.

I had to remind myself that this shouldn't have been a huge shock. A few years before our daughter came

out to us as trans, she had broken up with her girlfriend of four years. She told us she was bisexual and wanted to explore that. Then she began, as she put it, “experimenting with my feminine side.” After almost a year of seeing her integrate more traditionally feminine looks into her wardrobe, we became used to this new bi, fluid, femme, butch, male/female person. LGBTQ+ wasn’t all-encompassing enough. It’s like she was rocking the whole alphabet with her identity.

And then she landed.

pronouns. I was busy “she”-ing and “her”-ing it up with zeal, but every time I said “Hannah,” the name came out garbled, like I was drunk and wearing my night guard.

At some point, we heard a key turn in the front door, and in she walked. To my elation, no one was lost or missing. They were all here in the hall: the hes, the shes and the thems, in one beautiful package. No one had left us. The same human we first met 25 years earlier was standing right in front of us. We all started to cry. (Thank God it



COLIN AND I LISTENED AND LEARNED.  
WE SO WANTED TO RESPECT WHAT  
OUR DAUGHTER WAS GOING THROUGH.

**THE DAY AFTER** Hannah’s call, her dad came home. He was fine—no anxiety, no nightmares, just a loving parent in a relaxed state of acceptance. Show-off! As a result of my constant anxiety, I resembled an 80-year-old with dirty hair who had lived hard. Having no control over much else, I opted to shower. An all-around good choice.

The following afternoon, we were in the kitchen making pasta primavera—our daughter’s favourite meal—as we waited for her to arrive. We were also spending the time diligently practising

was all of us—I was tired of being the loopy one.)

We moved into our sunroom, wine in hand, to chat. The three of us talked all the talks there were to talk, and Colin and I asked all the questions we could think of. Over the course of an afternoon that can best be described as an acronym-o-rama, we listened and learned. We so wanted to respect and understand what she was going through. We could see that she was exploring, too, taking time to listen to her heart and her mind.

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At some point, the conversation moved into more familiar topics: her work and social life, Japanese films. It was as if nothing had changed. And nothing had, really. It had always been the three of us, our tight little unit, and today was no different. We ate her favourite meal and then our lovely daughter went home to her apartment.

Since that day, we have sometimes slipped up on pronouns, and she has always patiently, gently corrected us. We've gone out in public, and people have been mostly supportive, but there have been looks. Stares. Our daughter says she's often fine with that—people are just trying to figure her out.

She's a more generous soul than me.

**AS TIME PASSED**, I realized that I was somehow still stuck on the name. "Hannah" was lovely, yes, but not nearly unique or powerful enough for my girl. But I knew I had to let it go.

Then, in a surprise turn of events, our daughter told us that many trans people come out using a name they don't end up keeping. She said she had been thinking about it and she wanted a new name and would love for us to be part of that process. She asked us to pitch names from our Scottish and Irish backgrounds. I was elated and set to the task as soon as she was out of our sight. What a glorious privilege to get to help name her! I know it sounds silly, but it was like she was being born all over again.

After copious research, Colin and I presented our daughter with 40 names. She decided on Kinley, from the Irish side. Kin for short. It fits her. It belongs to her.

What is more difficult is figuring out how to move through the world such as it is. One day a year or so ago, Kinley and I were at a local fair. As we passed by a woman and her twentysomething daughter, they shot a look of such hate and disgust that it left me breathless. The object of their ire was Kinley. The daughter, mouth agape, had exclaimed, "There's a transvestite!" and the mother then wheeled around to spew, "Where is it?"

"It."

She said "it." I was gutted.

The younger woman circled my daughter, looking her up and down. We were stunned, frozen in place. As she walked away, I stumbled over to her on legs suddenly made of rubber. Circling her the same way she had circled Kinley, I looked her up and down, then moved close to her face, uttered "uh-huh" and stalked away.

In an attempt to recover, I said to Kinley, "This must make you so angry."

Her reply: "Mom, I can't afford to be angry. I just get frightened."

Frightened for just living her life. Frightened for existing.

I came home and, weeping, told Colin what had taken place. But after thinking about it, I realized that my reaction, although possibly warranted,



*McGrath holding one of the cards she had printed up.*

was also aggressive. That didn't sit well with me.

So I had cards made up. If things got ugly again, I would hand out a simple statement, embellished on one side with a lovely pink flower, that reads: "My daughter is a trans woman. She is a loving and kind human being. Please join me in supporting her and every person who is trying to live their authentic life. Peace and love."

I remember the day the package arrived in the mail. Colin laughed as I opened the box of 250 cards. "Wow, you're expecting trouble!" he told me. What can I say? There was a special if you ordered in bulk.

I am happy to say that I have not handed out a single card.

Instead, I get to focus on Kinley, my lovely, brave, poised, bright daughter. I have a daughter! There should be a newer, more powerful word for pride. As for our family, life as a trio continues as before, filled with old favourites (like watching movies) and new experiences (like buying bras).

A little while ago, Kinley and I were out shopping for clothes. As we exited our separate cubicles in the change room, we realized, laughing, that we had tried on the exact same dress.

I ended up buying one dress for me and treating Kinley to hers. At least that way I know she won't be raiding my closet—because that's what daughters do. **R**

# @ Work

## LEAVES A BAD TASTE



reddit.com

**I WAS SO ANXIOUS** about being late to my new job that I'm 20 minutes early. Now I'm standing outside because I'm anxious about being too early. [@LEANNUH\\_RENAY](#)

**PLEASE QUIT TELLING** me to keep up the good work. The good work was an accident and impossible to replicate. [@HOUSE\\_FEMINIST](#)

## WORKING UP A SWEAT

Ninety-nine per cent of the steps on my Fitbit are walks from my desk to the office kitchen looking for free donuts. [@GIANDOH](#)

## TRUTH BE TOLD

**INTERVIEWER:** Why do you want this job?

**ME:** I've always been passionate about being able to afford food.

[@JUSTINNLAILAI](#)

**IF ALIENS EVER** decide to abduct me, I hope they do it on a Sunday night and not a Friday night, because I really don't want to lose a weekend. [@HADTOBEGOO](#)

**Are you in need of some professional motivation? Send us a work anecdote, and you could receive \$50. To submit your stories, visit [rd.ca/joke](http://rd.ca/joke).**

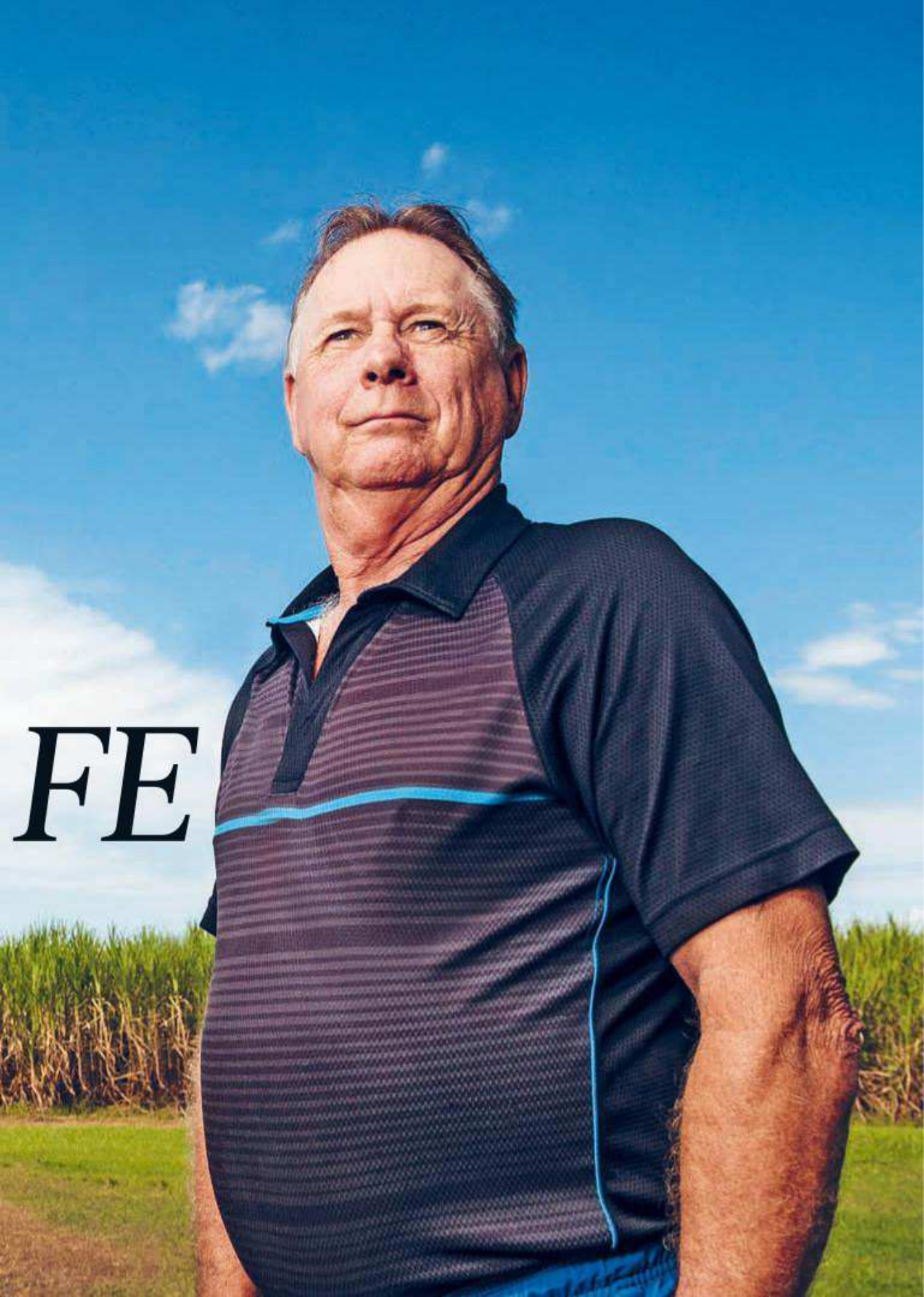
The sugar-cane paddock was quiet as Barry Lynch's scream pierced the air. The farmer was pinned to the earth by a 10-ton trailer and kilometres away from help.

# WITH ONLY A POCKET KNIFE

BY HELEN SIGNY



*FE*





# T

he landscape was dark and cool as Australian sugar-cane farmer Barry Lynch pulled his pickup truck to the edge of the road and engaged the handbrake. It was 6 a.m. The burly 54-year-old took a quick swig of coffee, adjusted his cap and stepped out of the cab into the North Queensland morning.

Working swiftly, Lynch checked out the machinery he was to use that day. The red-and-black tractor was attached to a trailer—and a tanker on wheels filled with 5,400 litres of herbicide. He was heading to a far paddock to spray some young cane, but his mind was already on that evening's mission. It was October 1, 2013, the first anniversary of his mother's death. Once he'd finished work, he'd head to the coastal town of Lucinda, about 140 kilometres

away, where he and his sister Susan would release flowers into the ocean in her memory.

Lynch had lived most of his life on a sugar-cane farm, near the humid, tropical northeast coast, so working the land was in his blood. He travelled from farm to farm, preparing the ground and nurturing young cane. It was a lonely job. Most days it was just him. But he enjoyed driving the big machinery and loved the smell of the

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soil as he worked the paddocks. He was well-known for his determination and dedication to the job—for never resting until the work was done.

This morning he had set out at 5 a.m. from his home in the small town of Tully. Single since his divorce nearly 30 years earlier, Lynch lived on his own but spent time with his two daughters and five grandchildren whenever he could. Family has always been important to him: Lynch was one of six children himself, and he'd been especially close to his father, whose beloved multi-purpose pocket knife he'd inherited. The tool, with its two blades, pliers, screwdriver and a little saw, meant the world to the farmer. He was never without it.

To access the crops, he needed to drive the tractor down a steep decline, over a creek and up the other side. He climbed into the cab, turned the key and felt the tractor rumble to life. Then he put it into gear and set off.

**CRUNCH.** The tractor jerked and ground to a halt. As he clambered out of the cab to see what had happened, his phone fell out of his pocket. He swore under his breath as he picked it up, then quickly made his way behind the tractor.

As the vehicle had headed over the ridge, the pressure on the metal drawbar linking the tractor to the trailer had snapped it. The hydraulic cables were still connected, but the drawbar

was hanging lopsided and broken, leaving the trailer—now on flat ground—in a nosedive.

One end of the drawbar was bolted to the underside of the tractor, underneath the gearbox. All Lynch needed to do was loosen the bolt to release it, then he could repair the drawbar and get on with his day. He shifted the tractor into reverse and backed it up, nudging the trailer backwards as he did so.



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*BARRY LYNCH  
TOSSED HIS PHONE ON  
THE SEAT OF  
HIS TRUCK. THERE WAS  
NO ONE AROUND  
FOR KILOMETRES.*

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He quickly walked the 500 metres back to his pickup, irritation niggling in the pit of his stomach—he wanted to get the job done right. He grabbed his tool kit and a length of chain, took a swig of rapidly warming cola and tossed his mobile phone on the passenger seat to avoid dropping it a second time.

There was no one around for kilometres. Lynch inspected the damage more closely. The drawbar of the tanker had dug into the earth, but the three-point hitch—another link between tractor and trailer—was still intact. He wrapped the chain around it to lift the trailer off the ground, steadied

the trailer wheels with wooden chocks and jumped onto the tractor to move it forward and give himself space to crawl underneath. Then he slithered through on his left side to get to the bolt in order to retrieve the broken piece of drawbar.

It was hot and noisy underneath the tractor as he stretched to manoeuvre the wrench. He didn't realize it, but as he reached forward, his right knee pressed against one of the wooden chocks.



**THE Paddock  
WAS QUIET AS LYNCH'S  
SCREAM PIERCED  
THE AIR. HE WAS PINNED  
TO THE EARTH WITH  
HIS LEG BENT.**

Suddenly, the chock gave way and nearly 10 tons of fully loaded tanker and fertilizer crashed down on the inside of Lynch's leg.

**THE Paddock WAS** quiet as Lynch's scream pierced the air. He was pinned to the earth with his leg bent, the full weight of the trailer on the inside of his knee, compressing it to half its natural size and cutting off the circulation. Below the knee, his calf and foot immediately started to swell with pooling blood. The pain was overwhelming.

I've got to get that boot off, Lynch screamed inside his head. He could feel his foot swelling as he reached down and fumbled to rip off his footwear.

I'm in trouble here, he thought. My phone's in the pickup. No one will realize I'm missing until tomorrow morning if I fail to show up for work.

Lynch tried yelling out but soon realized there wasn't anyone to hear him. And who would notice a tractor sitting in the middle of a cane paddock in Far North Queensland?

As pain and panic washed over him, he reached for his packet of cigarettes, lay back and lit up with trembling hands.

Smoking calmed him a little. About halfway through the cigarette, he realized he had two options: either he could try to amputate his own leg or he could dig himself free. Lynch reached for his knife. The trailer was resting on a block of wood and wouldn't shift any further. With the knife and his wrench, which was still on the ground, maybe he could dig out the earth from underneath his leg.

Lynch got to work. He pulled out the five-centimetre blade and started to chip away at the solid earth beneath his knee, hitting the knife with his wrench. The reddish soil of the track was as hard as a tarred road, compacted from the weight of heavy machinery over the years. By tapping vigorously on the little saw with the spanner, he could dig its entire length



*Barry Lynch stands atop a slight rise where the crossbar broke. It's a miracle that the ambulance was able to find him in this unpopulated area.*

into the ground. Then he wriggled it from side to side, loosening the dirt before pulling it out and knocking it in again a few millimetres away. After many repetitions, a small chunk of road was loose enough for him to scrape away with his hands.

Every 10 to 15 minutes he'd switch to the other side of his leg and start there.

Sweat ran down Lynch's forehead and stung his eyes. The temperature steadily rose toward 30 C as the morning wore on, with half of his body in the direct sun and the other half in the heat of the tractor. He had no water, and he thirstily eyed the dripping overflow from the tractor's air conditioning a couple of feet behind him.

He took off his cap and set it upside down on the broken piece of drawbar, where it could catch the drips. He knew it wasn't potable, but he was desperate. Then he consumed what little moisture he could and carried on chipping away.

By noon, the sun was directly overhead, beating down on Lynch's chest and legs. His mind wandered to his family, and he wept. Am I really never going to see them again? But then he thought of his mother. He was damned if he was going to die here, today, on the anniversary of her death. I'm going to be there to lay those flowers, he told himself. The goal gave him a little strength.

Then anger welled up. I should have secured the trailer better, he thought. The frustration was good—it gave him more adrenalin to keep going. He pulled himself together and kept chipping at the earth.

**SIX HOURS LATER**, he still wasn't free, and he was getting weaker. Not only does being crushed damage the part of the body that has taken the force, but it can also lead to a lack of blood to the muscles and tissues, which can damage the nerves and lead to muscle death. The blood pooling in Lynch's leg caused it to swell up. He was at risk of passing out.



**LYNCH'S LEG  
WAS FOUR TIMES ITS  
NORMAL SIZE.  
HE FELT LIKE IT  
WAS GOING  
TO EXPLODE.**

By now, Lynch's leg was four times its normal size, turning black as it had grown bigger. He could feel the skin cracking. It was as if his leg was going to explode. Damn it, I'll just stab it with the knife to relieve the pressure, Lynch thought. But before he could summon the courage, he looked down at the ground and saw that it was damp. He rubbed his hand up and

down his leg and felt that it, too, was wet with blood. He realized with a jolt that the skin of his leg had burst, leaving a hole the size of a fist.

Am I going to bleed out? He reached around his waist and slowly took the belt from his pants. He tied it above the wound as a tourniquet, and the flow of blood slowed a little. But Lynch knew his time was limited. He started to dig even harder.

**THE AFTERNOON SHADOWS** were growing longer as the trench under Lynch's knee reached about 50 centimetres wide and 10 centimetres deep. That's when he first felt some movement in his leg. He started to dig more frantically. Yes, his knee could definitely move. He took a gamble, grabbed hold of the three-point linkage arms of the tractor and levered himself up.

Lynch pulled his leg, covered with a slick coat of blood and dirt, free. Euphoria and relief swept over him. I'm going to make it to the memorial, Lynch thought wildly as he crawled out from underneath the tractor. He pulled himself to standing, but as he put his weight on the injured leg, it snapped beneath him. He crumbled to the ground.

Unknown to Lynch, being free meant he was in critical danger. Over multiple hours, the lack of circulation to his leg had caused his cells to try to survive without oxygen. They were generating a large amount of lactic

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acid and leaking substances like potassium and myoglobin into the surrounding tissues, which can ultimately be fatal. Now that the leg was free, these deadly poisons would be carried around Lynch's body, potentially causing life-threatening problems to his kidneys, heart, liver or lungs. He needed medical attention.

Lynch's pain was becoming unbearable. I've got to get to my phone, he told himself. He started to pull himself along on his backside, his useless leg dragging. It took a full 10 minutes for him to haul himself the 500 metres to his truck.

By the time he got there, he was ready to faint. Lynch reached up to the driver's seat and pulled himself up on his arm, took a swig of the warm cola and grabbed his mobile. He called emergency.

Lynch was lying by his pickup, nearly unconscious. When, far in the distance, the ambulance came into sight, the farmer closed his eyes. The paramedic jumped out and knelt beside him. "How are you, mate?" he asked.

"I've had a bit of trouble with my leg," Lynch replied. As he saw the extent of the damage to his leg, he blacked out.

**THESE DAYS**, Lynch still feels constant pain in his leg, but he's glad to be alive. He was in hospital for more than five months and underwent 22 surgeries following the accident. A year later, he was finally able to lay the flowers for his mother's memorial.

His beloved pocket knife sits in a glass cabinet in his house. It symbolizes the memory of his father and the steadfast determination that allowed Lynch to survive. **R**



## CLOSE TIES

Friendship: because I've said many dumb things  
and you acted like they were TED Talks.

@APARNAPKIN

Liking the same stuff is one thing, but hating the same  
things? True friendship.

@THSISJENDOLL

True friendship is when you walk into their house  
and the Wi-Fi connects automatically.

@UMINRFRHIM



Restaurant reviews from the world of TV

# A Customer Comments

BY JEREMY WOODCOCK | ILLUSTRATION BY LEEANDRA CIANCI

## Café Nervosa

Seattle

★★★★

I am a frequent visitor to this establishment. Sometimes I'll make an appearance prior to attending the opera, whereas on other occasions I'll come at a completely different time, such as after attending the opera.

Nevertheless, I do have one complaint. I've noticed that public figures in the café are rarely acknowledged, regardless of whether they are a local celebrity psychiatrist, a renowned radio host or both.

I mean honestly! One doesn't ask for much, but a little special attention is always nice. Thankfully, I've thought

of a solution: if on a certain day I flash a particular pre-arranged “sign” to my server—perhaps in front of a new romantic partner or a new radio station owner—employees could feel free to acknowledge/bother me.

I have resorted to this idea only after all other attempts to bring this to management’s attention have led to no tangible results and have, moreover, led to a slight reduction in the amount of foam atop my cappuccino on the day of my suggestion, and atop several cappuccini since.

I do not feel comfortable leaving my full name.

Sincerely,  
F. Crane

## Central Perk

New York

★★★★

Seems like a lot of people have fun here. I’m always hearing lots of laughter, though I can’t really tell where it’s coming from. It almost sounds as if it’s pre-recorded?

I’m not a big fan of the clientele. People don’t tip too well, either. Or, uh, so I’ve heard the employees say. Do the patrons not realize that baristas don’t make as much as, say, paleontologists? There’s this one group of six pals that I’ve never even seen pay. Come to think of it, I’ve never seen them *order*.

None of these negative comments apply to Rachel, obviously.

Gunther Q.

## Cheers

Boston

★★

CONS: Loud. Everybody shouts when people enter the bar. I don’t see how that man walking in is a novelty anymore, since it’s been the exact same group of people in here *every time I’ve come*. Don’t they have home lives? Sad, really.

PROS: Woody is so naive that he’ll trust me when I tell him how many beers to charge me for at the end of the evening.

Paul

P.S. I’ve said more in this post than I have in 10 years at the bar.

## Monk’s Café

New York

★

I eavesdropped on the clientele here for nine years. This one group—the whiny bald guy, the bad-dancing woman with a wall of hair, the “funny” guy with the “observations” about the food, and the tall weirdo who has never once fully sat still—talked non-stop, but I never heard them say anything of substance. In nine years! Not even a commentary on the news. I thought I’d hear one thing I could use in my stand-up, but nothing. I went back one last time, but the finale was the worst visit yet. Guess I’ll have to come up with my own jokes.

Not that there’s anything wrong with that.

Kenny Bania

**R**





THE CHANGE

MENPAUSE AND YOU

THE BIG M

# So You're Going Through Menopause

How to talk about the physical and emotional changes with the people who matter, from your partner to your doctor to your trainer

BY LEAH RUMACK

ILLUSTRATION BY KATIE CAREY

**THERE'S NO WAY TO STOP** the menopause train from coming—it's as natural as puberty and it always reaches its destination, whether you want it to or not.

Menopause usually starts in a woman's late 40s or early 50s. A good indicator for when individuals will experience "The Change" is around the time their own mother did.

"Menopause is one of the goofiest definitions of any stage of life," says Jennifer Blake, an OB/GYN and the CEO of the Society of Obstetricians and Gynaecologists of Canada. "It's diagnosed only in hindsight, when it's been 12 months since you've had a menstrual period."

Simply put, menopause is the life stage during which the ovaries stop

functioning. They no longer release eggs, and the supply of estrogen those ovaries have been pumping out since puberty slows to a trickle. It's the end of menstruation, and it's a process that typically takes about seven years, though for some women it stretches into their 60s.

There's another phase leading up to menopause called perimenopause. It can start as early as the late 30s, but most women begin experiencing everything from fluctuating hormone levels and increasingly erratic periods to plunging fertility in their later 40s.

### How Do You Treat It?

There are ways to manage menopause, which can include vasomotor symptoms like hot flashes and night sweats, heart palpitations, disturbed sleep, mood swings, anxiety, memory loss, vaginal dryness, weight gain and joint pain.

The most well-known option for medically treating these physical effects is hormone therapy. But more recently, there have been promising results from using certain antidepressants, selective serotonin reuptake inhibitors and neurological medications. Some holistic therapies, such as acupuncture and meditation, are also popular.

Regardless of how you opt to cope with this transition, clear communication with your support network will help you manage your mental and physical health.

### What You Should Discuss With Your Doctor

The first thing to bring up with your GP, says Blake, is whether or not *they* feel informed enough about menopause to see you through the transition.

"Some doctors are very knowledgeable and comfortable addressing the issues and prescribing appropriately, and others will refer you to someone else."

Blake says that women who have more complicated health histories because they have two or more chronic conditions simultaneously (for example, heart disease, epilepsy or kidney issues in addition to menopausal issues) should make sure they're followed by a doctor—likely an OB/GYN—who understands and can help you manage menopause well.

Hormone therapy—in the form of pills, gels, transdermal patches or intrauterine devices—is many doctors' first go-to for alleviating symptoms by boosting estrogen and/or progesterone levels. A newer option used primarily to combat osteoporosis combines estrogen with a medication called a selective estrogen receptor modulator.

If you're not interested in taking menopause meds, or you want complementary options for relief, talk to your doctor about therapies like acupuncture for minor hot flashes and St. John's Wort for sleep. And make sure your health-care provider knows about your regimen, as some herbs

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can have dangerous interactions with medications.

“No alternative therapy has been really successful in trials,” says Blake. “But if there’s no harm and it works for you, that’s fine.”



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## INACTIVITY DURING MENOPAUSE CAN COMPOUND THE PHYSICAL ISSUES THAT OFTEN COME WITH THE TERRITORY.

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This is also a critical moment to re-examine your health with your practitioner. For one thing, menopausal women have different nutritional needs than they did in their younger years. In addition to eating a balanced diet that’s low in sugar and high in veggies, they should be pumping up their calcium, Vitamin D, B12 and protein intake.

### **What You Should Discuss With Your Personal Trainer**

Don’t have a trainer? Now might be a great time to get one. Inactivity during menopause can compound the physical issues that often come with the territory, such as weight gain and an increased risk of osteoporosis and bone fractures.

Kim Vopni, a personal trainer based in Vancouver, works with numerous

menopausal clients. She also runs a comprehensive women’s health certification for personal trainers called the Core Competence Specialist.

“The main things women this age are coming to me about are weight gain, specifically around the belly, incontinence issues and feeling like exercise just isn’t effective anymore.”

Vopni says the first issue she often addresses with women is the health of their pelvic floor.

“A common problem is that they want to exercise but they’re leaking or they have pelvic prolapse. The hormones are affecting the tissue elasticity in their vagina and their bladder, and that’s influencing exercise choices,” says Vopni. “They still need to move; they just may need to move differently.”

Vopni always recommends that clients see a pelvic-floor physiotherapist and is an evangelist for “hypopressive” exercises, which strengthen your involuntary “inner core unit”—meaning the up-in-your-business core, not your abs.

Hypopressives are a series of simple postures combined with breath holds that take 10 to 20 minutes in total. “You won’t walk away with a six-pack,” says Vopni, “but hypopressives are the most effective in terms of correcting posture, reducing the circumference of the abdomen and toning the abdomen, and addressing symptoms of prolapse and incontinence.”

Vopni also often encourages her clients to incorporate stress-reduction

activities like gentle yoga and a meditation practice to help combat weight gain around the abdomen, which has been linked to higher rates of cardiovascular disease and dementia.

“One of the biggest things you can do to lose belly fat is decrease stress,” says Vopni. “Many menopausal women are carrying a large ‘life load’—they may still have kids at home, they could be dealing with aging parents, and they’re often working full-time. There’s no break in that stress, so their cortisol is constantly high. That increases their blood sugar, which leads to sugar cravings, and they’ll try to appease those with not-great foods.”



“COUPLES DON’T  
TALK ABOUT  
MENOPAUSE—IT’S  
SHROUDED IN SHAME  
ABOUT AGING,” SAYS  
ANDREW SOFIN.

From a movement perspective, Vopni suggests short, intense workouts of about 30 minutes. Incorporating this kind of high-intensity interval training induces an after-burn, where your body is still torching calories even when it’s not exercising.

“I highly recommend weights in addition to cardio,” she says. “You want to get that resistance training for the

bone-strengthening aspect to help prevent osteoporosis.”

Vopni points out that high-intensity regimes like boot camp or CrossFit, which involve a lot of jumping and running, often don’t work for menopausal women because of incontinence, pelvic prolapse or back pain. But there are lots of low-impact ways to get your heart rate up that incorporate hand weights, exercise bands and full-body movements, like squats.

### What You Should Discuss With Your Partner

“Menopause is like putting a woman’s hormones in a blender and pressing the ‘chop’ button,” says Andrew Sofin, a Montreal-based couples therapist and the president of the Canadian Association for Marriage and Family Therapy. “And a lot of times, the male partner has no clue what he’s seeing!”

Sofin’s practice focuses on intense marital-therapy retreats, usually for heterosexual, married couples on the brink of divorce. He says the first thing to do when dealing with a couple where the woman is in this age bracket is to acknowledge menopause’s existence.

“Communication is the number-one issue. Couples don’t talk about menopause because it’s shrouded in shame about aging,” says Sofin. “The mood swings, hot flashes, changes in levels of sexual desire, dryness in the vagina making sex painful—these are all going to have a huge impact on a marriage,

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especially if the couple isn't speaking about it. Often the husbands have checked out because they think their wives just don't like them anymore."

While some of the challenges are due to the effects of menopause on the woman's moods, most of the couples Sofin treats are dealing with issues around sexual intimacy. And it's not always the male partners who are getting the "not tonight" treatment, he says. Some women's libidos go into overdrive during menopause, and their husbands aren't able to keep up, or aren't interested in doing so.

According to Sofin, once you and your partner have established a basic shared literacy in the "it's not you, it's the menopause" department, the next step is coming up with practical solutions to the challenges it can present.

"Mostly it's about realizing that you can change up your lovemaking," says Sofin. "I've seen people who have a better sex life after menopause because they become more open. But you can't do any of that without talking."

## What to Discuss With Yourself

Menopause is a big change and it's different for every woman. Understanding what you're dealing with, not being too hard on yourself and maintaining healthy eating, exercise and sleep habits can go a long way in positively managing the effects of menopause.

Your attitude toward this stage of life can also impact the way you experience it. For instance, rather than seeing it just as the end of something, perhaps consider looking at it as the beginning of something new.

"It's like pulling the proverbial thread from the sweater," says Sofin. "Women start examining their lives, who they are, what they're doing and what they want to do for their remaining years on the planet. It really triggers a whole path of self-exploration."

"This is something women have that men don't, and I think we're fortunate," says Blake. "It's a hard marker—a milestone to really take stock. I think it's a great opportunity." **R**



## MAKING A SCENE

Having a leading man who is prettier than you are  
is actually quite upsetting.

KRISTIN SCOTT THOMAS

Some of my best leading men have been dogs and horses.

ELIZABETH TAYLOR

Presented by **REPLENS™**

# ARE YOU EXPERIENCING VAGINAL DRYNESS?



## DON'T IGNORE IT.

Vaginal dryness can affect intimate relationships and the comfort of daily activities like walking, sitting or exercising. There are a number of solutions that can help.

### YOU'RE NOT ALONE

Vaginal dryness is a common concern. It can happen at any time in a woman's life, especially when approaching or going through menopause (due to the decline in estrogen). In fact, 47% of menopausal women experience vaginal dryness.<sup>1</sup>

### THERE ARE MANY CAUSES OF VAGINAL DRYNESS

It can also be caused by breastfeeding, childbirth, medications or underlying health conditions. You may notice it only during sex or you may feel it often. Some women experience it when using tampons or at the end of their menstrual cycle.

### IT MAY SEEM LIKE A YEAST INFECTION

Symptoms can be confused with those of a yeast infection. Some symptoms are similar, such as vaginal discharge, genital discomfort, itching and burning.

### DRYNESS CAN AFFECT RELATIONSHIPS AND DAILY LIFE

Vaginal dryness can make sex uncomfortable or painful, so some women may avoid sex, straining intimate relationships and negatively impacting their quality of life. Over one-third of women don't treat it, and that's no way to live.

### LUBRICANTS CAN HELP YOU ENJOY SEX AGAIN

Vaginal lubricants reduce friction and help keep the vagina moist to relieve dryness-related pain during sex. **Replens™ Silky Smooth Personal Lubricant** is a premium, silicone-based formula that lubricates immediately to enhance the comfort of intimacy, leaving the skin feeling soft and silky.

### VAGINAL MOISTURIZERS HELP WITH EVERYDAY ACTIVITIES

If dryness causes discomfort in daily life, try a moisturizer like **Replens™ Long-Lasting Vaginal Moisturizer**. It goes to work immediately, providing moisture that is absorbed into the skin and delivers relief that lasts up to 3 days per application. For as-needed external relief, **Replens™ Moisture Restore External Comfort Gel** soothes vulvar irritation and chaffing.

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<sup>1</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2800285/>  
<sup>2</sup> Replens SampleSource.com Research - Purchase Tracking, Fall \* The Medical Post and Profession Santé. 2017 Survey on OTC Counseling and Recommendations.



# Goodbye Dry.

*(inside & out)*



## Replens™ Vaginal Moisturizer and Lubricant

- Helps replenish **internal** vaginal moisture
- Clinically tested and estrogen-free
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- Helps relieve **external** vaginal dryness
- Enriched with Vitamin E and Pro Vitamin B5
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The Medical Post and Profession Santé 2018 Survey on  
OTC Counselling and Recommendations (re: physicians)

Replens.ca



# As Kids See It



*"I've been trying to get to sleep, but the monster under my bed snores!"*

**I WAS DRIVING** my seven-year-old grandson, Joel, to rugby practice and my small dog was riding between us. Happy to be with us, the dog started licking my arm. Joel looked at him seriously and said, "Norton, don't lick Grandma's arm. She is wrinkled enough."

THELMA FOX, *Charlie Lake, B.C.*

**ME:** You can't buy a good personality.

**EIGHT-YEAR-OLD:** Did you check Amazon?  @XPLODINGUNICORN

**MY FOUR-YEAR-OLD WHEN** I forced him to take a bath: "This is why I don't want to be a person. I want to be a dog! Dogs don't take baths!"

LOUIS PAHIS, *Toronto*

**I FINISHED EXPLAINING** to my six-year-old son, Elliott, what chores I expected him to finish, then asked, “Are we on the same page?” He responded, “Is it page 100?” Eager to get him on his way, I said “Sure.” He looked at me and stated, “Mum, I think we’re in different books.”

ERIN SALMOND, *Fort St. John, B.C.*

**I PICKED UP MY** four-year-old son, Isa, from school on a very windy day. Grabbing his hand, I joked, “I’d better hold tight so the wind doesn’t blow you away!” With a serious face, he replied, “Don’t worry, Mom. We have gravity.”

KANWAL NABI, *Markham*

**TODDLER WALKS** by with a hammer.  
**ME:** What are you going to make?  
**TODDLER:** Noise.

@IWEARAONESIE

**ONE AFTERNOON,** I asked my four-year-old daughter, Alishba, “Do you have friends in school?”

“Hmm, no,” she replied.

I asked her why. She said, “Because it’s too late now. They’ll all be at home.”

RUBAB RAZA, *Ajax, Ont.*

**MY FIVE-YEAR-OLD** niece refers to sex scenes in movies as “fancy time,” so now whenever anyone talks about sex, I picture the people involved wearing top hats and monocles.

@MICHMARKOWITZ



## AND ONE FOR THE KIDS

**Q:** What did one egg say to the other?

**A:** You crack me up.

everythingmom.com

**MY CHILDREN COULD** walk across a whole bed of Legos without flinching, but two grains of sand in their shoes render them paralyzed.

@MOMMAJESSIEC

**IF CLEANING UP** one room while all the other rooms in your house are being destroyed sounds fun, then parenthood is right for you.

@ONEFUNNYMUMMY

**I’VE REACHED THAT LEVEL** of parenting where a toy arrow can narrowly miss my head while I’m cooking and I won’t even flinch.

@WORKINGMOM86

**YESTERDAY IN THE PARK** I saw a toddler screaming “Bad dog” at a goose and I can’t stop thinking about it.

@FAIRFAIRISLES

**Do the kids you know make you laugh? Tell us about them! A story could earn you \$50. For details on how to submit an anecdote, see page 10 or visit [rd.ca/joke](http://rd.ca/joke).**

CANADA IS SECOND ONLY TO THE UNITED STATES IN THE DEVELOPED WORLD WHEN IT COMES TO PER CAPITA PRODUCTION OF GARBAGE. SOMETHING'S GOTTA GIVE.

# OUR INCONVENIENT

BY CHARLES WILKINS FROM *CANADIAN GEOGRAPHIC*



*Toronto's Commissioners  
Street Transfer Station is one  
of the sites that receives the  
10,000 tonnes of trash  
produced by the city's  
residents each week.*

TRUTH



n the morning of May 3, 2016, at the Canada Fibers plant on Arrow Road in northwest Toronto, a worker spotted something abnormal and sounded the alarm. The cavernous facility is the separation site for the 800 tonnes of “recyclables” that Toronto’s waste management department collects daily from blue bags and bins around the city. As it all rattles and roars through the plant, high-tech machinery winnows steel cans from aluminum cans and sorts glass, paper, cardboard, Styrofoam and numerous other plastics.

The mountains of separated detritus are then compressed into bales the size of pianos, and are shipped off to buyers. Those buyers break them down and sell them to manufacturers, who make stuff with them again, which are sold to consumers, who eventually put them in recycle bins, from which they are picked up by one of the 800 curbside collection trucks used by the city. Then the whole process begins again.

But all of this went kerfloey on that day two years ago, when the machinery at Arrow Road failed to recognize and sort what police later described as “a human body part.” Within minutes, the rumbling of the plant came to a halt, and the site was summarily shut down for 24 hours.

For Derek Angove, the city’s director of solid waste management, the urgent

problem was not so much the macabre presence of the body part (decidedly a matter for the police) but rather that for an indefinite period of time there would be no place to unload the never-ending avalanche of recyclables that pours into the facility at a rate of about two tonnes a minute.

Immediately after the shutdown, Angove was on the phone trying to secure alternative sorting sites in other parts of southern Ontario and nearby Buffalo. “My job,” he said an hour later, “is to make sure that every item of waste we collect—from kitchen scraps to Christmas trees to mattresses to old carpeting and toilets—keeps moving. If for any reason the stream begins to back up, the transfer stations are full before you know it, the collection trucks can’t unload and we’re in big trouble fast.”

**IN A WORLD** increasingly inclined toward “suicide by garbage,” as the late American novelist Jim Harrison once phrased it, Toronto might seem to be a mere whistle stop on the track to global self-destruction.

“Toronto is deceptive,” says Myra Hird, who teaches at the Queen’s University School of Environmental Studies in Kingston, Ont., where she is a specialist in waste issues. “It tends to deal with its municipal waste so efficiently that the average person doesn’t see how much of it there is, or where it goes. Out of sight, out of mind.”

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Any outsider granted a behind-the-scenes peek at the city's management of rubbish will be struck by its volume and variety and cost—Toronto pays more than \$1 million a day to keep it all moving—but what really hits hard is the nightmarish relentlessness with which the waste keeps coming. Despite what anyone might believe about our country's oft-cited ecological values and its ambitions for the planet, Canada produces the second-highest amount of garbage per capita in the world, only slightly behind the United States.

"We tend to think that if other countries were more like Canada, the planet

not happening, with domestic waste throughout the country."

Beyond the city's annual processing of 200,000 tonnes of recyclables, its residents produce garbage at a rate of 10,000 tonnes a week. For maximum efficiency, tractor-trailers, each bearing nearly 40 tonnes of compacted garbage, are meticulously clocked out of Toronto so as to arrive at the city's Green Lane landfill near London, Ont., at a rate of one every 10 minutes.

Just north of Highway 401, about 200 kilometres west of Toronto, the 130-hectare public landfill (Canada's



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## THE 720 KILOGRAMS PER CAPITA OF WASTE PRODUCED ANNUALLY BY CANADIANS IS OVER TWICE WHAT IS PRODUCED IN JAPAN.

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could be saved," says Hird. "But if every country was like Canada in terms of all-out consumerism and waste, the planet would be even more messed up than it is."

For example, the 720 kilograms per capita of waste produced annually by every Canadian is over twice what is produced per capita in Japan.

"Containing our greatest concentration of people," says Hird, "Toronto is basically garbage central—and so a fair representation of what's happening, or

biggest) creates a distinct stench across the surrounding countryside but is otherwise barely discernible to anyone who does not actively seek it out.

As one walks up the long ramp to the lip of the landfill, and over the last incline in the road, the valley beyond is a vision that can be mistaken for a vast archaeological dig, one that has unearthed a somehow familiar civilization. Or, more accurately, a view of what remains of that civilization when it bags up the leftovers from all of its

pillaging of the planet and tosses them into an 11-million-cubic-metre hole.

Although rented birds of prey keep gulls away, Green Lane, like all landfills, has a hellacious population of microbes that eat away at the dump's contents, producing methane gas, a serious greenhouse offender, at a rate of 96 cubic metres per minute (enough to fill a two-car garage nearly 1,500 times a day). The gas is collected by dozens of vertical and horizontal wells and is burned off or "flared," although plans are proceeding to construct a power plant that will convert the methane to usable energy. At Keele Valley, Toronto's former landfill, which was decommissioned 16 years ago, methane still pours from the buried trash, and fuels a plant providing electricity to more than 20,000 homes.

**CANADA HAS ABOUT** 2,400 active landfills (large and small, public and private). Most of them stink; some leak chemicals and heavy metals into the ground and water table; some are prone to rats, some to fires; most create unwelcome truck traffic and dust.

But even those things aren't the worst of the inconvenient truths about Canada's garbage and waste management efforts. In Toronto, as in other cities, residential refuse—all of the rubbish discussed above, and recyclables—makes up a little more than a third of total urban waste. The other two thirds comes from industry, commerce and

institutions (IC&I), including restaurants, schools, malls, factories and office buildings, as well as construction and demolition sites. "On this stuff, we're much more in the dark than we are on household garbage," says Hird.

IC&I waste is collected not by municipalities, which tend to run responsible programs, but by private waste haulers that, research has shown, divert only 13 per cent of what they collect into recycling, while the rest goes into private landfills or incinerators. (The city diverts 52 per cent into recycling.)

"The unfortunate reality is that diverting waste into recycling costs money," says Daniel Hoornweg, a one-time waste management advisor to the World Bank, and an associate professor of energy systems at the University of Ontario Institute of Technology in Oshawa. "The only thing the private hauler cares about is disposing of trash in the cheapest possible way. And the municipalities are partly responsible for this. Their attitude toward factories and businesses and institutions is, 'We don't care what happens to your junk as long as we don't have to collect it or see it.'"

**THE MORE DISTURBING** news yet is that Canada's urban waste in its entirety—including IC&I—accounts for just a third of the country's total waste. "A much larger part of our refuse," says Hird, "comes from mines and agriculture and the military."



*Only 13 per cent of waste from industry, commerce and institutions is recycled.*

Where mining is concerned, Hird explains that responsible companies have done an adequate, even honourable job of cleaning up the waste around their mine sites, but that the tailings from many mines have simply been left leaking their poisons into the soil and water. “We’re talking chlorine, dioxins, furans,” says Hird, “some of the most toxic substances in existence.”

Asked why the government doesn’t force mine owners to comply with remediation laws, Hird responds that there are approximately 28,000 mine sites in Canada that have no owners—that have been abandoned by companies that took all they could from a mine and then declared bankruptcy or simply fled. Hird cites the Giant gold mine

near Yellowknife, where waste containing a quarter-million tonnes of deadly arsenic trioxide has simply been frozen in an attempt to limit further contamination. “They may have stanching the problem temporarily,” says Hird. “But all they’re really doing is passing it along to future generations.”

Hird contends that agriculture in Canada is as guilty as mining of creating and spreading waste, mainly sewage containing nitrates, hormones and medications that leach into the water table and onward into lakes and rivers.

“Given the limited access to military documents,” she says, “we don’t know what waste the military is producing just at the moment. But we’re gradually learning about what they left



behind, say, up on the DEW Line in the Arctic”—old vehicles, housing units, batteries, infrastructure, fuel containers, PCBs and various other highly toxic chemicals.

Hird says the reason we as a culture focus so much on residential waste, as opposed to the larger picture, is that there's far more data available about household garbage. "And to a degree," she says, "this suits our governments,

of the residential waste it collects will have a use, a buyer, a life beyond the garbage bag or blue box.

With the goal of total reclamation, the City of Toronto is making no plans at the moment to acquire property for its next landfill, which typically it would be doing now. Even the small city of Whitehorse, where recycling is in its infancy, hopes to have a use for every trace of its solid waste by 2040.



## ASKED FOR A SOLUTION TO PROLIFERATING WASTE, HOORNWEG PAUSES AND QUIETLY SAYS, "PEOPLE HAVE TO BUY LESS."

as they probably prefer not to focus on mines and nuclear or corporate waste. It's a lot easier to convince households to change their habits than to convince global corporations."

**AMID WHAT COULD** be called a garbage nightmare, it is difficult to imagine a future in which we no longer need landfills. But in many municipal waste departments, zero garbage has become a kind of scriptural mantra and ambition: thou shalt not dump.

"Solid Waste—Our Hidden Treasure," proclaims a brochure recently published by Toronto's waste management department. Its hope is that at some point, perhaps just 30 years away, all

Hird notes that recycling in the form of "urban mining" may reduce some of the world's existing waste. Citing Swedish research, she says that "there is as much valuable metal in defunct infrastructure beneath our cities as there is in many of the world's mines," though she notes extracting it might risk releasing further contamination.

But while Hoornweg agrees that recycling is a meaningful strategy for reducing solid waste, he is adamant that the ultimate cure for waste lies not at the "back end," in recycling, but in reducing "front end" consumerism.

"By the time waste gets recycled," he says, "95 per cent of the environmental damage has already occurred—in

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manufacturing, in oil extraction, in the poisoning of our rivers and air.”

Asked if there is an ultimate solution to proliferating waste, Hoornweg pauses and says quietly, “People have to buy less.” The problem, he adds, is that “our economy is based on endless growth, endless production of what our landfills tell us is basically junk. The stuff wouldn’t be in them if it wasn’t junk! I mean, nobody wants our economy to fail; we can’t tell the companies that employ Canadians to just stop producing stuff, or the stores to stop selling it. But then again, our economy is already failing us in the way it messes up the planet in the service of all this crap. The cycle just keeps going: manufacture, consume, discard.”

“**IN THE WASTE** management field,” says Hird, “there’s a repeating narrative: We don’t know how to conquer waste now, but eventually engineers and scientists, or perhaps sociologists, will figure everything out. One of my biggest concerns about this fantasy is

that in spreading it, we’re inadvertently burdening our children with a huge amount of guilt and responsibility for the future of the world. We tell them, ‘reduce, reuse, recycle,’ when we as adults recycle a bit, reuse occasionally and reduce not at all. We just want to keep on consuming.”

Hird pushes back when asked point blank if, in their agonizing over waste, those who care are perhaps merely fretting over a situation that has already gone too far.

“I wouldn’t call myself an optimist,” she responds. “But I do believe there’s a future—mind you, a far more modest one than the present. Climate change alone is going to take care of that.”

And in response to a joke that maybe an alien species will arrive and take us all to a splendid new planet, Hird laughs.

“I don’t think we’re going to be that lucky,” she says. “Maybe the aliens could just persuade everybody to smarten up. So far, the scientists haven’t been able to persuade them.” **R**

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## SEIZE THE APHORISM

Spend the afternoon. You can’t take it with you.

ANNIE DILLARD, author

Why not just live in the moment, especially if it has a good beat?

GOLDIE HAWN



IN THE AGE OF  
MISINFORMATION,  
EVALUATING SOURCES  
AND GETTING RELIABLE  
JOURNALISM IS  
MORE IMPORTANT  
THAN EVER



# SMART NEWS

BY LUC RINALDI  
ILLUSTRATION BY KEVIN MORAN

**IN NOVEMBER 2014**, Yaman Abuibaid and Daré Adebajo, two computer-savvy teenagers in St. Catharines, Ont., were looking to make some fast money. Amazed by how easily their friends had fallen for a satirical news story about Kim Kardashian, they decided to launch their own spoof site, “Hot Global News,” hoping the ad dollars would roll in. At first, the project earned only modest pocket change, but a year in the duo struck gold.



59 PER CENT OF  
LINKS CIRCULATED ON  
TWITTER ARE NEVER  
OPENED, SOMETIMES  
NOT EVEN BY THOSE  
WHO SHARE THEM.

During and after the 2015 federal election campaign, they published dozens of satirical stories about the eventual winner: Trudeau banning Trump from entering Canada; Trudeau supporting ISIS; Trudeau handing out cannabis at Halloween. The stories were shared tens of thousands of times on social media, sparking both support and outrage.

“Justin Trudeau plus anything related to marijuana was the best formula for them,” says BuzzFeed News media editor Craig Silverman, who broke the story about the teens’ phony

project. Before they were busted, the site was lucrative; it brought in more than \$10,000 in advertising revenue in October 2015 alone.

When Oxford Dictionaries proclaimed “post-truth” to be 2016’s word of the year, they probably didn’t have enterprising high schoolers in mind. But digital misinformation—whether it’s mischievous kids or malicious political propaganda—is on the rise. Thankfully, when it comes to evaluating the news, there are some simple ways to separate fact from fiction.

## EXAMINE THE SOURCE

Before the dawn of the Internet, Canadians regularly turned to, and trusted, their preferred newspaper or radio station for current affairs. Today, according to a January 2018 Pew Research Center survey, 42 per cent of Canadians use social media—Facebook, Twitter and even Instagram—at least once a day to get their news. “It’s now coming at you from so many different sources that you need to take responsibility for what you’re seeing,” says Silverman. “You can’t just take what you read at face value.”

He recommends relying on a range of sources instead of just one, but looking into them first. “Places that are credible tell you about themselves—the people involved, where they’re based, their mission,” Silverman says. “A lack of information is definitely a red flag.” When you encounter an unfamiliar

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website, he suggests finding an “About” page for that info, then checking the home page for a pattern of outlandish headlines. Googling the name of the outlet will allow you to see if any third-party sources, such as Wikipedia, reveal it as satire or misinformation.

Jessica Johnston of CIVIX Canada, a civic-engagement charity that recently launched a news-literacy pilot project for students, says you can also factor in an outlet’s history and audience size. For example, an unfamiliar webcast with only 100 subscribers should be approached more cautiously than a 20-year-old television station with millions of viewers.

As it happens, Canadians have been putting more stock in legacy news outlets again, likely as a reaction to the proliferation of fake stories; research by the global communications firm Edelman shows that 61 per cent of those surveyed trust traditional journalism, up 10 points from last year.

## LEARN TO IDENTIFY MISINFORMATION

Fake news spreads almost exclusively through social media, according to Gordon Pennycook, a University of Regina assistant professor who studied the phenomenon at Yale. “So if you’re looking at news on Facebook, you have to handle it in a more critical way,” he says.

Pennycook suggests checking the outlet’s URL: a link to Bloomberg.com will take you to the business magazine’s

website; a link to Bloomberg.market led to a phony facsimile. If it’s not posted directly from the source, consider who’s sharing it: is it from a well-informed relative, or a friend who regularly opines extreme views? And whatever you do, don’t just read the headline—according to research by Columbia University and the French National Institute, about 59 per cent of the links circulated on Twitter are never opened, sometimes not even by the people who share them. Only by clicking through can you detect whether that headline is accurate and current.



“EVERY SINGLE PERSON IS STRUGGLING WITH THIS CONFUSING, CHAOTIC MEDIA ENVIRONMENT,” SAYS CRAIG SILVERMAN.

For example, you’d have to do some digging to realize that a quote that circulated on social media during Trudeau’s 2015 campaign—“I don’t read the newspapers. I don’t watch the news”—was in fact from 2001. And photos can be similarly misused. A Mississauga imam’s headshot accompanied a fake story about a Texas mosque refusing to aid non-Muslims after Hurricane Harvey. Silverman suggests that a surefire way to

spot a bogus picture is to use Google's reverse-image search function, which will reveal exactly where (and when) it originated.

If none of the strategies above helps you to verify a news story, Pennycook recommends searching for it at online resources like Snopes, Politifact and FactCheck.org. "A lot of the time, fake stories have already been fact-checked by somebody."

## BE PART OF THE SOLUTION

Fake news is designed to go viral in order to get clicks, sell ads or propagate an ideology. By virtue of being untrue, such stories have no limits in achieving that goal—they can be as bizarre and inflammatory as they like. Some reports following the Toronto van attack in April, for instance, incorrectly identified the driver as a jihadist.

"These items play on emotion, using language that's very loaded," says Johnston, adding that fake stories

often seek to trigger shock, outrage or intense joy. "We know that when you feel something, it makes you want to share it. That's a human impulse." Her suggestion: "If you get an excited urge to share something immediately, that is exactly the time you should stop and ask, 'Is this accurate?'"

If you see a friend or relative sharing misinformation, Silverman recommends speaking to them offline in a non-confrontational way. "Calling someone out in a Facebook thread is not going to change their behaviour," he says. "It will completely backfire."

Instead of admonishing or ridiculing them, he says, be sympathetic. "Every single person—no matter your age, intelligence level, political beliefs or where you live—is struggling with this new, confusing, chaotic media environment. People shouldn't feel ashamed if they fall for something fake," he says. "But if we all take that extra little pause, we'll be able to stop this false stuff from spreading." **R**



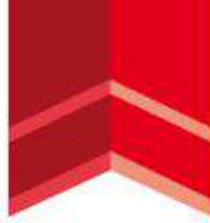
## FOOD FOR THOUGHT

Just finished a box of Ferrero Rocher,  
am 13 per cent hazelnut.

@DSTFELIX

The lack of paparazzi at this BBQ makes me think my aunt can probably stop referring to her potato salad as "famous."

@BEERBATTERBREAD



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EDITORS' CHOICE

# Death *of a* Modern Wolf

BY J.B. MacKINNON  
FROM *HAKAI*

*To most of us, wolf attacks appear to happen at random. But the staff of British Columbia's Pacific Rim National Park Reserve know better: the animals are now accustomed to humans, and it's all our fault.*



Morning surfers and beach walkers were still arriving at Florencia Bay, on the west coast of Vancouver Island, when staff from Pacific Rim National Park Reserve showed up and politely—this is Canada, after all—asked them to leave. When the coast was clear, literally, Parks Canada sentries blocked off each public access point. Then a two-person team was stationed midway down the bay—which is long and beautiful and curves back on itself at each end, like the razor clam shells scattered on the sand—with 12-gauge shotguns.

They were waiting for a wolf.

They didn't have to wait long. The tawny male emerged from the forest around noon, recognizable by the ruff of black fur that framed his face. Perhaps sensing the lurking human presence, he ducked back into the forest, just like any normal wolf should.

An afternoon passed, probably the quietest that Flo Bay, as the locals call it, had witnessed in a long time. It was

May 28, 2017, and ordinarily would have been a fine day to spend on the coast of British Columbia: sunny, warm, with a light breeze. But this day, resource conservation officers, who are members of the park's conservation staff, were keeping a grim watch.

At last the black-faced wolf reappeared. By then it was dusk, the sun declining toward the broken tip of Quisitis Point to the northwest. The

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animal had circled behind the officers, where it quickly picked up their tracks on the beach. Then it started to move toward them—and there was nothing at all normal about that.

**TWO MONTHS EARLIER**, I had joined Todd Windle, Pacific Rim’s human-wildlife coexistence specialist, for a walk in wolf country. As we prepared to set out, he armed himself with pepper spray and dropped various noise-makers into his pockets. “If we see wolves, we are actively going to try to scare them away,” he said.

Back in November 2016, Parks Canada had issued a bulletin warning of “bold behaviour” by wolves, including one that faced off with a runner and his two dogs until police sirens from the man’s 911 call finally scared the animal away. Similar incidents had played out sporadically since, and park staff were increasingly concerned that some Pacific Rim wolves had been given food by visitors. The most recent encounters had occurred not far from where Windle and I stood; one involved a wolf that approached a park employee even after a close-range blast from an air horn.

Windle led me to two wildlife trail cameras, each sensitive enough to be triggered by the body heat of even a bird. Yet when Windle scrolled through the photos, which spanned the late winter, most of the wildlife wasn’t wild at all.

“Dog. Dog. Dog. Two dogs,” said Windle, winding back through the months. Each hound and labradoodle was accompanied by its human. Suddenly: a wolf. The way it radiated sensory awareness, even in a photograph, brought the sheer obliviousness of all the people and pets into sharper relief.

**FRESH-FACED**, chestnut-bearded and every bit the kid who has grown up to do “the coolest job in the world,” Windle is fond of quoting the American ecologist Aldo Leopold: “Wildlife management is comparatively easy, human management difficult.” Pacific Rim may be a rain-soaked tangle of forest, sand and stone holding its own against the sea, but the park’s core, the Long Beach Unit, is just 25 kilometres long as the gull flies and sees 700,000 visitors a year. Immediately north of the protected area is Tofino, an earthy tourist town that still likes to pretend that it doesn’t need traffic lights; to the south is the hamlet of Ucluelet, 10 years behind its northern neighbour but quickly playing catch-up.

For decades, there were no wolves here. Vancouver Island, the largest island on the west coast of North America, once had a genetically distinct wolf population, but it was wiped out during a series of government-sponsored extermination campaigns in the early 20th century. Yet enough animals endured on British Columbia’s mainland to swim across and

attempt to recolonize the island. Again and again, they were killed off. Only in the 1970s did they begin to survive long enough to reclaim the territory.

Vancouver Island's wolves are a variety of grey wolf known as coastal wolves or sea wolves. Smaller than most grey wolves, they have shorter, coarser coats that often have reddish or golden tones as well as shades of white, black and grey. In other places, gray wolves hunt mainly ungulates such as moose, elk and deer, but coastal wolves also eat

There were other pressures, too. Pacific Rim park, founded in 1970, awakened the world to the rugged, mist-breathing beauty of Vancouver Island's temperate rainforests. Today, the island is spangled with protected areas busy with fishers, kayakers, beachcombers and surfers.

At the same time, logging companies were rapidly felling unprotected old-growth forests. Each cleared area offered 15 to 20 years of good forage for deer as new growth filled in, and



## Deer were starved out of the forests to crowd along shorelines and into rural yards. The wolves followed.

from the sea: waterfowl, otters, shellfish, even seals and sea lions. They fish skilfully for salmon.

Until recently, the planet's surviving wolves were so closely associated with remote and wild places that they were pre-eminent symbols of wilderness. By the time wolves made their Vancouver Island comeback in the 1970s, it was unavoidable that they would be sharing their habitat with humans. The island's population was rising toward half a million (it's close to 800,000 today), with most residents crowded along the shorelines. The coastal wolves moved onto an island of coastal people.

then decades in which dense stands of maturing trees choked out vegetation on the forest floor. As more and more of the island reached the latter stage, deer were starved out of the forests to crowd along shorelines and roadsides, and into rural yards and even towns themselves. The wolves followed.

In Pacific Rim park, wolf sightings were recorded perhaps only a half-dozen times up to 1997. But by the end of 2003, just six years later, the number of worrisome encounters between people and wolves in the Pacific Rim area had accelerated to 51; wolves had killed at least seven



*Above: A coastal wolf explores a shoreline at dawn.  
Below: Wolf tracks in the mud of a bog in B.C.'s Great Bear Rainforest.*

dogs, and one person had been badly wounded in an attack. Remarkably, similar reports began cropping up elsewhere—in Alaska, in the Canadian Rockies, in Ontario. Wolves were in campgrounds, on popular beaches, in backyards. As Bob Hansen, a veteran park warden who was named Pacific Rim's human-wildlife coexistence specialist in 1997, put it, "We are in a new wolf era."

That era has a name: the Anthropocene, or Human Epoch, a new geological epoch that scientists argue

The relationship between wolves and dogs is complex: wolves can seem curious about them as canine cousins or attack them as territorial invaders. In Pacific Rim, they mainly, as Windle delicately put it, "target them as a prey item and consume or partially consume them." In every case that he was aware of, the attacks had been made on dogs that were off their leashes.

**TO THE CASUAL READER** of daily news, a wolf attack, whether on a dog or a human, is a bolt out of the blue.



## On July 2, 2000, a kayaker who was sleeping under the stars awoke to find a wolf sitting on his sleeping bag.

began around 1950. Its signature is the dominance of human influence on the planet's systems, from climate change to deforestation to the rise of the chicken as the world's most numerous bird. Every species now has its Anthropocene story.

And so, as Windle led me into a surreal landscape of rainforest rising from shifting dunes, we were on the trail of the modern wolf. Windle stooped to read a set of tracks. "These are dog, not wolf. Off leash," he said, and laughed ruefully. "That's pretty much our number one attractant with wolves."

To Pacific Rim staff, such incidents are almost invariably the culmination of a process.

Consider, for example, the only known wolf attack on a person in the Pacific Rim region, which took place in July 2000. The attack happened outside the park, on Vargas Island, a popular destination for the outdoorsy. For more than a year, rumours had circulated that visitors were feeding wolves, including pups. The wolves were becoming habituated, meaning they were losing their natural wariness of humans, and they'd learned that they

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could scavenge our litter, raid our supplies or even be offered treats.

“They had been hand-fed pieces of a whale carcass that was sitting there,” Windle told me, remembering one of the more worrisome reports. In the weeks leading up to the attack, at least four serious encounters occurred between people and aggressive, fearless or food-seeking wolves in the area. Finally, on July 2, 2000, a kayaker sleeping under the stars awoke in the night to find a wolf sitting on the end of his sleeping bag. Another camper

**WHEN WOLVES RETURNED** to Vancouver Island in the 1970s, they didn’t just find a different landscape—the people, too, were changing. The older settlers, prone to shooting wolves on sight, were giving way to a new breed of human that actively wanted to interact with them. Around Pacific Rim today, stories abound of people who tried to lure wolves into their basements with dog food or approached wolves to take selfies.

The strategy for peaceful coexistence with wolves seems straightforward.



Many people believe that getting close to wild animals is a way of living life to the fullest.

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scared it away, but it returned, this time pulling on the sleeping bag with its teeth. When the kayaker began shouting and fending off the wolf, it attacked. By the time the wolf was chased away again, the man had bite wounds to his back, hands and head. It took 50 stitches to close the cuts on his scalp.

The following morning, conservation officers killed two wolves on Vargas Island. If they had been humans, we would have said that they were “known to the authorities”—they were the food-conditioned pups, all grown up.

Keep a clean camp. Never ever feed wolves or leave food out. Avoid hiking alone and at dawn, dusk and after nightfall. Keep your children close and your dog on a leash. Similar rules, focused on food storage and garbage management, radically reduced conflicts between humans and bears 20 years ago.

Many visitors follow these guidelines for wolf coexistence, but more than enough do not. Toughest of all for people to accept is that they should frighten away wolves they see, at any distance: “Scare, don’t stare” is



A photograph of a wolf standing in a field of green vegetation. The wolf is the central focus, looking towards the camera. It has a mix of brown, tan, and white fur. Behind it is a large, weathered log covered in moss and lichen. The background is a dense thicket of green plants and trees, slightly out of focus. The lighting is bright, suggesting a sunny day.

*While the sight of  
a wolf in the wild  
is powerful, it's  
best to scare them  
off—even when  
they're spotted  
at a distance.*

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a phrase coined by the mayor of Ucluelet. Instead, deluded by forces ranging from Disney to wildlife documentaries, from spiritualism to social media, many believe that getting close to wild animals is a way of living life to the fullest.

Windle understands the magnetic appeal of wolves. Earlier in his career, he guided wildlife watching tours, and if he saw a wolf, he'd linger, basking in the animal's wild mystery. Only later did he realize that, while a wolf is a

nearly match the span of my hand) as their greater sense of purpose—the straight-line efficiency of an animal going about the daily business of survival. We followed the tracks for only a few paces before they were overlaid with boot and dog prints. When we emerged onto a beach, I promptly counted 20 people on foot, plus seven surfers and a dog. A quiet shoulder-season day. Windle took in the scene.

“In many ways,” he said, “I think the wolves show a lot of restraint.”



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## While a wolf is a rare sight to human eyes, a modern wolf may be encountering people all the time.

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rare sight to modern human eyes, a modern wolf may be encountering people all the time. “To have an interaction with a wolf is pretty powerful,” Windle told me. “Every person calls it a once-in-a-lifetime experience. They don’t realize that the wolf has that same once-in-a-lifetime experience that day, and then another once-in-a-lifetime experience later that day, and again the next.”

He stopped cold: he’d found wolf tracks, fresh ones. Even to my untrained eye, they were easy to distinguish from dog prints, not so much for their large size (though some

Three days later, in this same spot, a wolf attacked a Jack Russell terrier, which walked away with only a broken jaw after its owner and several other people drove the animal off. Nonetheless, it was the first known attack by a wolf on a leashed dog in Pacific Rim’s history. The wolf in question was described as a large male with a black face.

**TWO MONTHS PASSED.** Then, on May 14, just two weeks before the pair of resource conservation officers would be deployed there with 12-gauge shotguns, a young woman named Levana

Mastrangelo walked down Flo Bay beach to check another wildlife camera.

Mastrangelo had placed the camera as part of a geography field course she was taking, choosing as her site the mouth of Lost Shoe Creek, where water spills out of the rainforest to rush across the sand.

Mastrangelo removed the camera and, joined by three other students, sat down to load the photos onto her laptop. Then she happened to glance across the stream and saw a living, breathing wolf.



“I put my camera down and watched the wolf,” says Levana Mastrangelo. “It was saying, ‘Help me. I’m going to die.’”

“I took a couple photos, and it just felt really wrong,” Mastrangelo told me. “I put down my camera and I just kind of watched her, and that’s when I got the message. And the message was that this wolf is very sad. This wolf needs help. It was saying, ‘Help me. I’m going to die.’”

Mastrangelo was more inclined to think deeply about the encounter than most of us might be. Her mother had been born into the Yuułuʔiłʔatḥ, or Ucluelet First Nation, whose traditional territory includes the southern half of Pacific Rim National Park Reserve, but

as a child had been removed and placed in Canada’s residential school system. Only in the past three years, as a university student, had Mastrangelo begun to reconnect with her Yuułuʔiłʔatḥ roots.

Working as a researcher for the Yuułuʔiłʔatḥ government and later as its lands and resources coordinator, Mastrangelo had learned that her family came from Quisitis Point. She also learned that wolves are sacred to the Yuułuʔiłʔatḥ. In fact, they are the central figures in one of the world’s most extraordinary cultural rites.

Anthropologists have compared the Tlo:kwa:na, or Wolf Ritual, to similarly epic Indigenous ceremonies around North America, such as the Hopi Snake Dance and Sioux Sun Dance. Performed by various Indigenous communities on Vancouver Island and the Washington coast, the ritual can last 10 days or more. In it, people take on the role of wolves in order to capture young people for initiation into important cultural practices.

“In our traditions, we don’t kill wolves,” said Mastrangelo, who now represents the Yuułuʔiłʔatḥ in ongoing

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talks about wolves with Parks Canada and other governing bodies in the area.

Written records from the early 1900s describe the rite's importance to the Yuułu?il?ath town of Hitacu, just across a narrow inlet from the broader community of Ucluelet. In those days, Hitacu's relationship with wolves was so close that Tlo:kwa:na initiates, howling as a part of the ceremony, might be joined by a chorus of living wolves in the nighttime forest, and incorrect performance of the rite—even singing the wrong words to a song—was said to

issued its warning about “bold behaviour” by wolves, which led into months of human-wolf conflict.

“That’s when they made their first appearance. That’s when they made their first kind of attack, their first initiation, like, ‘Hey, we’re here right now, and this is what’s happening,’” Mastrangelo said. “That was actually more profound than people may think.”

**ON MAY 28, THE TWO** resource conservation officers were waiting on Flo Bay. That morning, a wolf had attacked a



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## Parks Canada doesn't reveal the names of staff who kill wolves. It's an unpleasant, last-resort act.

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cause wolf attacks. It's a tradition, Mastrangelo explains, that asks us to look first at human behaviour when wolves' behaviour changes. From the perspective of Tlo:kwa:na, human-wolf conflict is a message to think harder about human-wolf coexistence.

As Mastrangelo contemplated her encounter with the wolf at Lost Shoe Creek, she found more and more meaning in the wolves' behaviour in Pacific Rim. She realized, for example, that November was the traditional season of the Wolf Ritual, and it had been November when Parks Canada

golden retriever as it was being walked—the park's second attack by a wolf on a leashed dog. The incident took place on the beach below the Green Point Campground, one of Pacific Rim's busiest locations.

Once again, the wolf involved was a large male with a black face—a wolf with a history. He had been seen heading south, toward Flo Bay.

Parks Canada doesn't reveal the names of staff who kill wolves in such circumstances. It's an unpleasant, last-resort act, and many people are typically involved in the decision.

"All the wildlife experts across the country said, well, if it had been ours, we would remove that one from the population," said Renee Wissink, manager of resource conservation for Pacific Rim.

When the wolf was shot, he was less than six metres away from the Parks Canada team and still closing in, trotting up like a dog that's hoping for a treat.

He died from a single lead slug to the chest.



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For the modern wolf, there is no  
existence without coexistence. It lives in  
the world we make for it.

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The wolf's body went first to a government wildlife veterinarian, who found that the animal was thin but otherwise healthy. The carcass was then turned over to the two Indigenous nations, Yuułu?il?at̓ and Tla-o-qui-aht, on whose territories the wolf lived and died. Having decided that it was important to return the wolf to his home range so his pack would know what had happened (wolves mourn as surely as dogs do), the nations buried him far up Lost Shoe Creek.

Here lies one rogue wolf. But that is not the end of the story.

"CAN BUSINESS AS USUAL go on because they remove this one individual? Will it stop the problem?" said Chris Darimont, a conservation scientist at the University of Victoria with a special interest in coastal wolves. "Not at all. Life will go on for the wolves, but unless human behaviour changes pretty fundamentally, we should expect this tape to play out again and again."

In the wake of the wolf's killing, a committee made up of representatives

from Parks Canada, the First Nations and the towns of Tofino and Ucluelet has been discussing the need for a united front on coexistence with wolves, which move freely between jurisdictions. Parks Canada is preparing to carry out better research on the wolf population and, with a stronger visitor education campaign, managed to reduce the number of dogs that were off leash this past summer from half to one-third. The Yuułu?il?at̓ will study whether to limit access to the Lost Shoe Creek drainage to visitors; the Tla-o-qui-aht are considering zip lines to which dogs could be leashed

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as an alternative to free-running dogs in their communities.

For the modern wolf, there is no existence without coexistence. It lives in the world we make for it, one of failing salmon runs and clear-cuts, wild-life selfies and waterfront homes. The very presence of wolves on Vancouver Island is an outcome of human will: we allowed them to come back. We did so in part because we now understand that coastal wolves play an important role in nature. Like bears, they fertilize the land alongside rivers by dragging salmon ashore to eat. Their kills feed scavengers like ravens and vultures. In historical times, deer were heavily hunted by wolves, preventing overpopulation.

But we also welcomed back the wolf as a symbol. In my conversations about human-wolf coexistence, one image came up repeatedly: an idealized vision of the wolf as utterly wild, vanishing

into fog or forest at the first hint of human presence. That might be too much to ask of the modern wolf—an animal that feels human influence in everything from its habits to its habitat.

I saw a humbler ideal in the images captured by wildlife cameras. I'd been told about one cam in particular, hidden in a spot within the town of Tofino. I found it, camouflaged and strapped to a tree, just steps away from a cluster of homes, maybe 100 paces from a shortcut that children might take to school. And yet earlier that day, I had looked at dozens of photographs taken at this location: lots of people and dogs, yes, but also wolves, by day and night, coming and going, often utterly unnoticed except by the camera's mechanical eye.

They weren't images of an unwild world and a wild one. They were visions of two solitudes, sharing the world as it is. **R**

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## SMART TECH

When the inventor of the USB stick dies, they'll gently lower the coffin, then pull it back up, turn it the other way and lower it again.

@CLUEDONT

Amazon thinks my recent humidifier purchase was merely the beginning of a newfound humidifier collecting hobby.

@JUSTINSHANES

# GET SMART!

## 13 Things Plumbers Wish You Knew

BY ANNA-KAISA WALKER

ILLUSTRATION BY CLAYTON HANMER



**1** Water damage is the leading cause of home-insurance claims, accounting for around 40 per cent. Basement flooding and sewage back-ups, often caused by increasingly intense precipitation, are responsible for the most problems.

**2** Don't flush floss, tampons or even so-called "flushable" wipes. They don't break down like toilet paper does and can come back to haunt you later. "Toilets are more water-efficient now than they were 20 years ago, so there sometimes isn't enough volume in the flush to force debris down," says Marcin Wroblewski, president of ExpressRooter Plumbing in Toronto.

"An object will get lodged in the trap and cause a blockage when waste builds up days later."

**3** Same goes for cooking grease. "Don't pour fat down the drain. Wipe your pan with paper towels and compost them," Wroblewski advises. Grease can become rock-hard and may require professional removal.

**4** Buying a home? Have a plumber scope your underground drain system with a camera to check for roots, collapses and other problems that typically aren't visible to home inspectors. "Spending \$300 on an investigation could save you tens of

thousands later in insurance claims for flood cleanup, excavation and pipe replacements,” Wroblewski says.

**5** Ditch the harsh drain cleaners. Using corrosive chemicals to dissolve a clog is like throwing a grenade down a gopher hole. Instead, Wroblewski recommends flushing your drains weekly with a half cup of baking soda and one cup of vinegar. Let it fizz in the drain for 10 minutes, then pour in four cups of boiling water.

**6** Fix even small leaks. A faucet leaking one drop per second can waste almost 8,000 litres per year, or enough for around 90 showers.

**7** Looking for an easy way to figure out why your water bill is mysteriously high? Shut off all fixtures, including the valve on your hot water tank. If the numbers on your meter keep moving, call a plumber—you might have sprung a hidden leak inside a wall or under flooring.

**8** Don’t underestimate expertise. Mondays and Tuesdays are when plumbers get the most phone calls from DIYers who realize they’re out of their depth, Wroblewski says.

**9** Pick the right plumber. A Red Seal or RSE designation mean plumbers meet the national standards in the trade. An unlicensed handyperson

might not understand the laws, regulations and safety standards required to save your home from potential disaster down the road.

**10** Check reviews on sites like Homestars.com before you hire. You can also find out if your plumber has ever been convicted of an offence or has had any complaints filed against them through your provincial regulatory body, such as the Ontario College of Trades.

**11** Always get at least three quotes, and beware of any bids that seem drastically high or low. Travel expenses should be agreed upon before your contract is signed and included in the initial quote.

**12** There’s a reason why service calls aren’t cheap. Not only is being a plumber hard on backs and knees, but workers also risk exposure to biohazards from sewage (where nasty diseases lurk, such as hepatitis A, B and C, and leptospirosis) and toxic methane gas.

**13** Every homeowner should know the location of the main water shutoff—a valve that’s typically installed where the water pipe enters your home (usually in the basement). You may need to close it in cases of intense storm flooding, a burst pipe or a serious sewage backup. **R**



# That's Outrageous!

ON THE AUCTION BLOCK

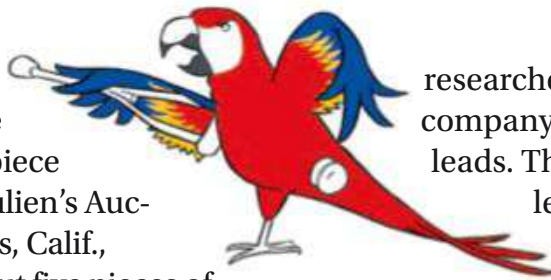
BY FRANCA G. MIGNACCA

## SLICE OF LIFE

It's not often people bid over a mouldy piece of cake. This year, Julien's Auctions in Beverly Hills, Calif., acquired not one, but five pieces of wedding fruitcake from as many royal nuptials: a slice from Princess Anne and Mark Phillips's ceremony, one from Prince Andrew and Sarah Ferguson's, one from Prince William and Kate Middleton's and one from both of Prince Charles's weddings. The most expensive piece—William and Kate's—set its buyer back \$2,556. But the recipient can't have their cake and eat it too: each slice comes with a warning that it's no longer edible.

## ODD BIRD

In February 2018, Hansons Auctioneers staff in Derbyshire, England received a special—and bemusing—offering: five artificial parrot limbs. The peculiar prosthetics each had a name (the largest was Eagle Executive, the smallest Bouncing Budgie) but otherwise came with little context, other than a label on the box that read “Parrifoot LTD.” Auctioneers



researched the mysterious company, but turned up no leads. Thankfully, the collection's puzzling provenance wasn't a barrier

on the auction block: one lucky buyer purchased the artificial limbs in a bag of miscellaneous items for \$21—hardly an arm and a leg.

## TRUE COLOURS

When Glenna Gardiner's father said that a painting that had been in her family for more than 80 years was an authentic work by Canadian artist Tom Thomson, the Edmonton native didn't believe him—they weren't well off enough. That's why later, after a friend quipped that the dusty painting Gardiner had been keeping in the basement could be worth a lot, Gardiner shipped it to her as a gag gift. It wasn't long before her pal returned the present: after bringing the painting to Heffel Fine Art Auction House, she learned it was the real deal. The piece eventually received the glory it deserved: Gardiner sold it at an auction for \$481,250.

## LEGAL NOTICE

# Sixties Scoop Survivor?

**You may be eligible for compensation. Please read this notice carefully.**

A settlement has been approved between the Federal Government of Canada and certain survivors of the Sixties Scoop that provides compensation for loss of cultural identity for certain survivors.

### **WHO IS INCLUDED?**

The settlement includes people who:

- are registered Indians (as defined in the *Indian Act*) and Inuit *as well as people eligible to be registered Indians*; and
- were removed from their homes in Canada between January 1, 1951 and December 31, 1991 and placed in the care of non-Indigenous foster or adoptive parents.

Those who meet the criteria above will be included in the settlement as “Class Members”. All Class Members, except those who validly opt out, are eligible for compensation.

In addition, all Class Members, except those who validly opt out, will be held to the terms of the settlement and covered by the releases in the settlement.

### **WHAT DOES THE SETTLEMENT PROVIDE?**

- (a) compensation will be available for all Class Members who were adopted or made permanent wards and who were alive on February 20, 2009; and
- (b) a foundation will be created to enable change and reconciliation. The mandate and governance of the foundation will be defined through a consultation process with survivors across the country. The work of the foundation may include providing access to healing/wellness, commemoration and education activities for all communities and individuals impacted by the Sixties Scoop – including those outside of the defined “Class.”

### **HOW DO I GET THIS MONEY?**

To make a claim for money, you must fill in a Claim Form and send it to the claims office by **August 30, 2019**. Copies of the Claim Form are available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

You do not need to pay a lawyer to complete the form. The administrator will help you fill out the form and there are lawyers you can speak with free of charge.

Also, if you do not have papers from the relevant provincial or territorial child service agency documenting your placement in care or documenting your status, you should still complete the Claim Form. The administrator will make the necessary record checks for you as needed.

### **HOW MUCH MONEY WILL I GET?**

Your payment will depend on how many Eligible Class Members submit claims in the settlement. The range of compensation will likely be \$25,000 - \$50,000.

The details are explained in the settlement agreement. A copy of the settlement agreement is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

### **WHAT IF I WANT TO EXCLUDE MYSELF FROM THE SETTLEMENT?**

If you want to exclude yourself from the settlement, you must opt out of the class action by **October 31, 2018**.

If you opt out, you will not be entitled to any compensation from the settlement and your claim against Canada in respect of the Sixties Scoop will not be released. A copy of the Opt Out Form is available at [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info).

If you have commenced a legal proceeding against Canada relating to the Sixties Scoop and you do not discontinue it on or before October 31, 2018, you will be deemed to have opted out of the settlement.

Important Note: The settlement does not interfere with any Class Member’s ability to pursue legal proceedings against provinces or territories or their agencies for physical, sexual, or psychological abuse suffered as a result of the Sixties Scoop.

### **WANT MORE INFORMATION?**

Visit [sixtiesscoopsettlement.info](http://sixtiesscoopsettlement.info), call 1-(844)-287-4270, or email [sixtiesscoop@collectiva.ca](mailto:sixtiesscoop@collectiva.ca).

### **DO YOU KNOW ANY OTHER SURVIVORS OF THE SIXTIES SCOOP?**

Please share this information with them.

# Brain teasers

Challenge yourself by solving these puzzles and mind stretchers, then check your answers on page 123.

## SURROUNDED (Difficult)

Each of these shapes is a different colour. Here's a record of the colours surrounding each shape, in clockwise order around its perimeter. When a colour's initial is repeated, that means two adjacent sides are in contact with it.

**Red:** BOOGG

**Orange:** RRBYYPP

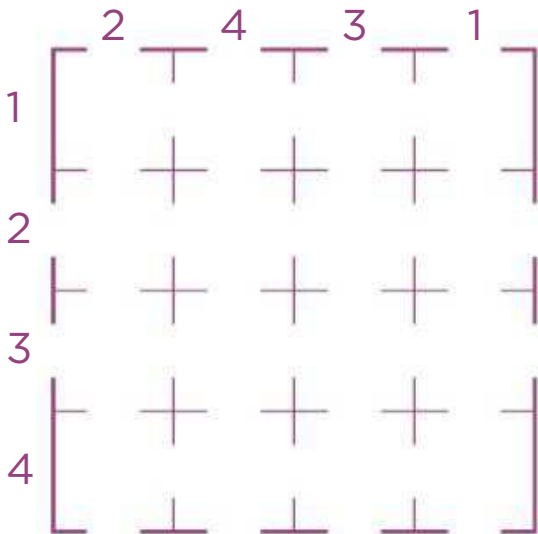
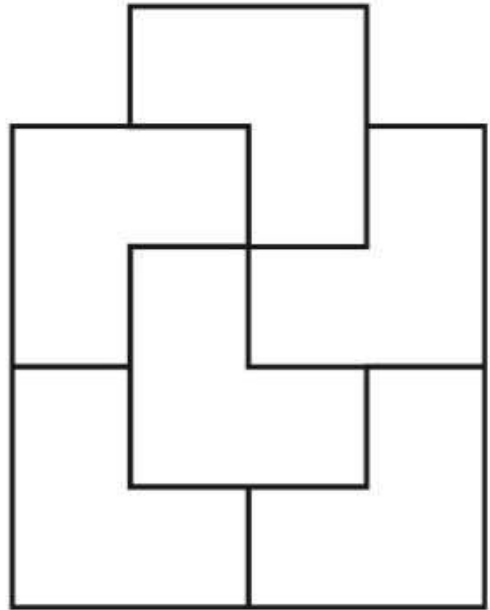
**Yellow:** POOB

**Green:** RRPP

**Blue:** YOOR

**Pink:** GGOOY

Can you colour in the diagram?



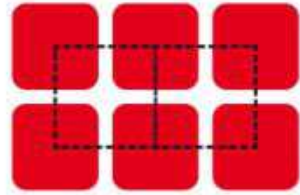
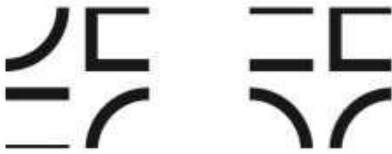
## PATH PUZZLE

(Moderately difficult)

Draw a path that goes from one of the grid's openings to another. (There are many openings, but only two of them are part of the solution.) As the path winds from one cell to the next, it can move up, down, left or right but not diagonally. It can't pass through any cell more than once. The numbers tell how many cells the path must pass through in the corresponding row or column.

**WINDOWS** (Moderately difficult)

The six letters shown have been placed, in an unknown order, into the six solid-red positions in the diagram. The two images below reveal what's visible in the dotted-line squares. What's the order of the letters?



**CHOCOLATE** (Easy)

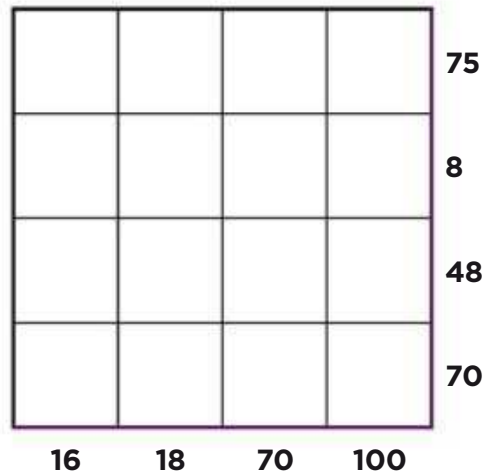
**Dad:** "Where are the chocolate bars I bought?"

**Daughter:** "I gave half of them to Mom and half of a bar to my little brother. Then I gave half of what was left to Grandma and half of a bar to my little sister. That left me with one bar, which I gladly ate myself."

How many bars did Dad originally buy?

**TIMES SQUARE** (Difficult)

Fill in each cell with a whole number from 1 through 9. Each number outside the grid is the product of the numbers in its row or column. Important: the number 1 will appear exactly once in each row and column. Other numbers can be repeated, and not every number from 1 through 9 will be used.



# Trivia Quiz

BY PAUL PAQUET

1. Sharing its name with a whiskey, what European royal house still holds power in Spain and Luxembourg?

2. The B-side to the Righteous Brothers' 1965 single "Hung On You" turned out to be their biggest hit. What was it?

3. Which is the only cardinal direction not represented in the name of a UN member state?

4. What acclaimed Canadian writer wrote a superhero graphic novel called *Angel Catbird*?

5. In 2016, the LIGO project announced what astronomical discovery, confirming a prediction Einstein made?

6. In 1978, chess player Nona Gaprindashvili became the first woman to attain what title?

7. The Oxford Dictionaries Word of the Year for 2015 was actually an emoji. Which one?

8. What's the middle name of architect Frank Wright, British prime minister David George and composer Andrew Webber?

9. Which country has won the most Olympic gold medals in water polo?

10. What was the last Chinese imperial dynasty, ruling from 1644 until it was replaced by the Republic of China in 1912?

11. The award-winning Helix Bridge resembles a DNA helix and was built in what city's Marina Bay area?

12. The hair of the Bactrian variety of which animal is used to make luxury coats?



15. *A diamond may be forever, but how many years do you have to be married before you celebrate your diamond anniversary?*

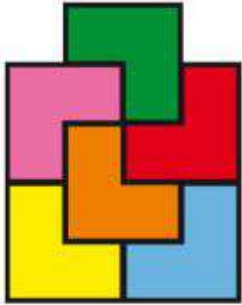
13. FC Santa Claus is a soccer club in the Kakkonen league in which country?

14. The code for the airport serving Mumbai is BOM. That's because the city used to be officially named what?

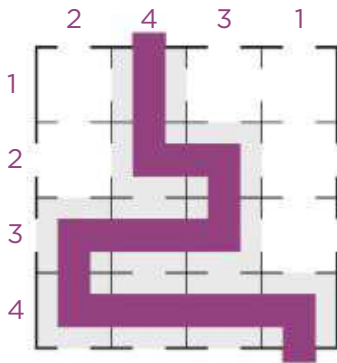
**ANSWERS:** 1. The House of Bourbon. 2. "Unchained Melody." 3. West. 4. Margaret Atwood. 5. Gravitational waves. 6. Grandmaster. 7. Face with tears of joy. 8. Lloyd. 9. Hungary, with nine gold medals. Its closest rivals, Italy and Britain, have four golds each. 10. The Qing dynasty. 11. Singapore. 12. The camel. 13. Finland. 14. Bombay. 15. 60.

**Brainteasers:**  
*Answers*  
 (from page 120)

**SURROUNDED**



**PATH PUZZLE**



**WINDOWS**

DEB  
 FAC

**CHOCOLATE SEVEN.**

**TIMES SQUARE**

1	3	5	5
2	2	2	1
4	3	1	4
2	1	7	5

# Sudoku

BY IAN RIENSCHÉ

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

**TO SOLVE THIS PUZZLE...**

You have to put a number from 1 to 9 in each square so that:

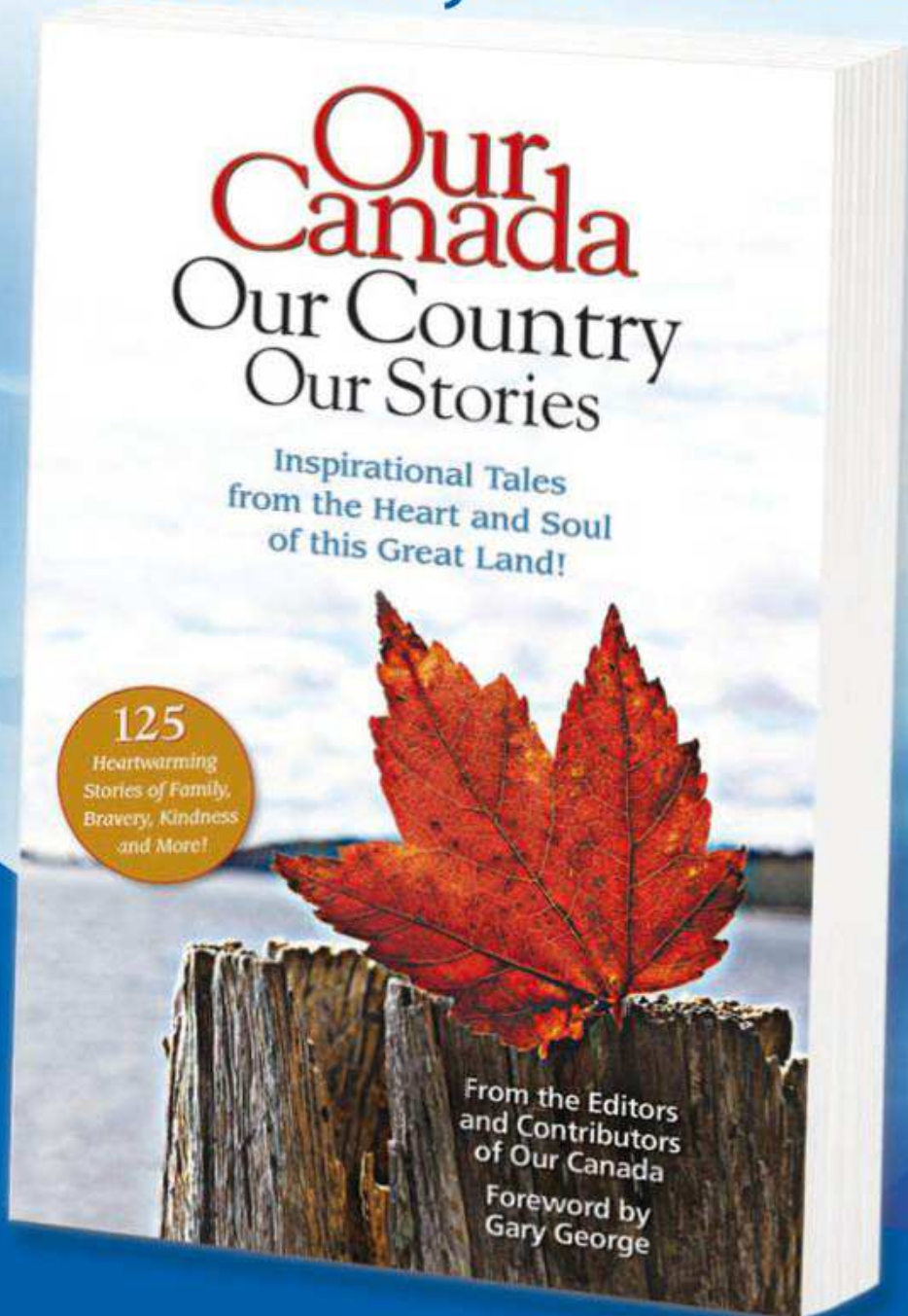
- every horizontal row and vertical column contains all nine numerals (1-9) without repeating any of them;
- each of the 3 x 3 boxes has all nine numerals, none repeated.

**SOLUTION**

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

# COMING SOON

## By Canadians, For Canadians



Available September 2018



# Word Power

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*With Oktoberfest and Halloween upon us, exercise your knowledge of spirits—both the alcoholic and the supernatural kinds.*

BY BETH SHILLIBEE

---

**1. dryad**—

A: drying rack for malt.  
B: wood nymph.  
C: desert spirit.

**2. schnapsidee**—

A: Swedish moonshine.  
B: crazy idea thought up while drinking.  
C: spook that nips at the heels.

**3. angel's share**—

A: human soul.  
B: alcoholic offering to the gods. C: liquor lost to evaporation while aging in barrels.

**4. poltergeist**—

A: noisy ghost.  
B: sip stolen from a neighbour's glass.  
C: Oktoberfest guest of honour.

**5. hops**—

A: grain sprites.  
B: kegs. C: plant cones used to flavour beer.

**6. brownie**—

A: elf that secretly does housework.  
B: dark-coloured beer.  
C: childlike angel.

**7. Mahaha**—

A: Inuit demon that tickles its victims to death. B: Hindu god of poetry. C: extremely sour cocktail used for pranks.

**8. pot-valiant**—

A: boldly flavoured.  
B: courageous when intoxicated. C: foamy.

**9. rathskeller**—

A: pub brawl. B: Viking demon causing blood-lust. C: basement tavern or restaurant.

**10. pneumatology**—

study of A: alcohol's effects on the body. B: the muses. C: the Holy Spirit.

**11. tippie**—

A: toast an absent friend. B: drink habitually. C: stumble around drunkenly.

**12. shandy**—

A: fairground beer kiosk. B: mixture of beer and lemonade. C: fairy of hollows and caves.

**13. golem**—

A: swamp monster.  
B: small troll. C: clay figure brought to life.

**14. antifogmatic**—

A: drink taken to brace oneself for damp weather. B: charm to ward off evil spirits. C: hangover remedy.

**15. kelpie**—

A: horse-shaped water spirit. B: Icelandic elf. C: liqueur made from kelp.



## Answers

**1. dryad**—[B] wood nymph; as, Daemon hoped a *dryad* might inhabit his newly planted oak tree.

**2. schnapsidee**—[B] crazy idea thought up while drinking; as, Conceived in a bar, the lucrative “pet rock” marketing scheme is an example of a *schnapsidee* gone right.

**3. angel's share**—[C] liquor lost to evaporation while aging in barrels; as, Scotland's whisky industry loses two per cent of its product volume every year to the *angel's share*.

**4. poltergeist**—[A] noisy ghost; as, The house was haunted by a *poltergeist* who regularly moved furniture and rattled dishes.

**5. hops**—[C] plant cones used to flavour beer; as, Tormod decided to grow his own *hops* and add them to his home brew.

**6. brownie**—[A] elf that secretly does housework; as, Not wanting to take credit, Uberto claimed a *brownie* had folded the laundry.

**7. Mahaha**—[A] Inuit demon that tickles its victims to death; as, Potential victims of *Mahaha* are advised to lure it near water and push it in.

**8. pot-valiant**—[B] courageous when intoxicated; as, Feeling *pot-valiant* after a few swigs from her flask, Angelina asked Kit to dance.

**9. rathskeller**—[C] basement tavern or restaurant; as, Junlong headed downstairs to the *rathskeller* to join his friends for happy hour.

**10. pneumatology**—[C] study of the Holy Spirit; as, A question explored by *pneumatology* is the nature of the Holy Spirit's work in the world.

**11. tippie**—[B] drink habitually; as, Jenny was known to *tippie* and could often be found at the pub.

**12. shandy**—[B] mixture of beer and lemonade; as, Nafasi praised *shandy* for its refreshing taste and low alcohol content.

**13. golem**—[C] clay figure brought to life; as, Legend has it that a 16th-century rabbi succeeded in creating a *golem* to protect the Jewish community in Prague.

**14. antifogmatic**—[A] drink taken to brace oneself for damp weather; as, Jayvyn gulped down a quick dram of whisky as an *antifogmatic* before heading out into the cold rain.

**15. kelpie**—[A] horse-shaped water spirit; as, *Kelpies* are said to have drowned travellers, so Faye was watchful as she walked around the loch.

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### VOCABULARY RATINGS

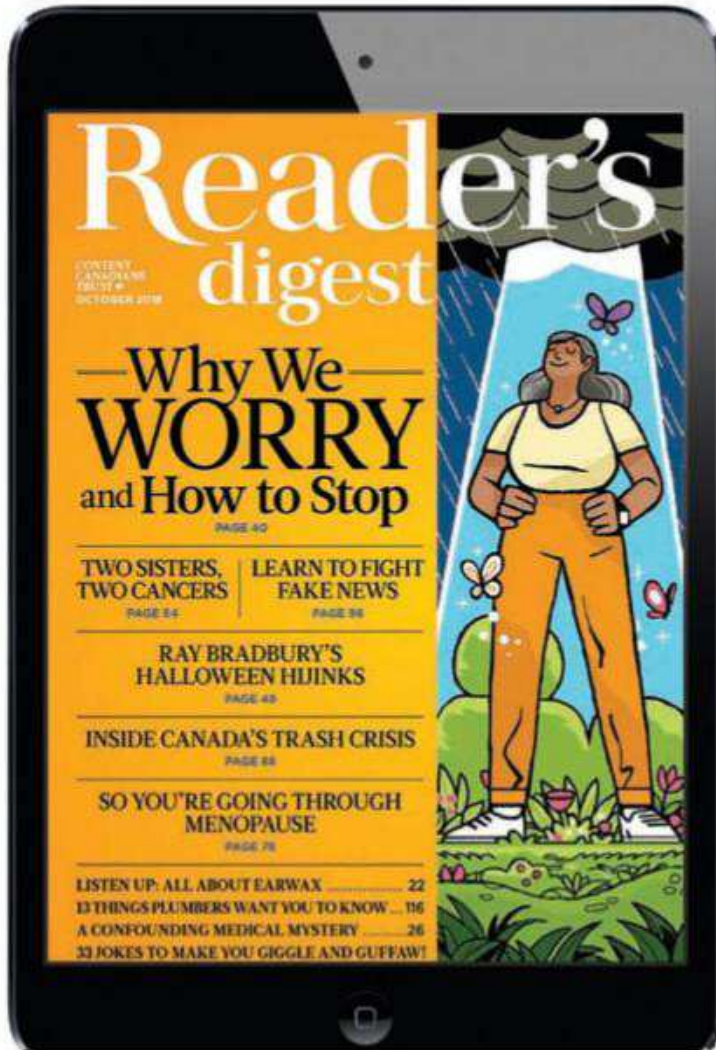
**7-10:** fair

**11-12:** good

**13-15:** excellent

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# Quotes

BY CHRISTINA PALASSIO



If I had listened to all the pundits during all my life, I would have been a very miserable person. And look how joyful I am still today.

JEAN CHRÉTIEN

**I FEEL NEITHER MALE NOR FEMALE BUT REALLY GO BETWEEN THESE THINGS.**

SOOK-YIN LEE



**SYSTEMIC RACISM EXISTS. YOU CAN'T FIND A WOMAN OF COLOUR TO RUN YOUR ORGANIZATION? HMMM. INTERESTING.**

CELINA CAESAR-CHAVANNES

I think the most interesting companies in the world start with a fist slam.

TERRY O'REILLY

**TELL ME WHAT YOU'RE LISTENING TO, AND I'LL TELL YOU WHO YOU ARE.**

JEAN-MARC VALLÉE



*Why not just live your best expression of yourself? That's what freed me.*

LIGHTS

PHOTOS: (LEE) KEVIN VAN PAASSEN/CBC; (CAESAR-CHAVANNES) COURTESY OF CELINA CAESAR-CHAVANNES; (VALLÉE) DFREE/SHUTTERSTOCK.COM. QUOTES: (CHRÉTIEN) CBC NEWS (MAY 2018); (LEE) *THE GLOBE AND MAIL* (MAY 25, 2018); (CAESAR-CHAVANNES) *THE GLOBE AND MAIL* (MAY 25, 2018); (O'REILLY) CBC'S *VENTURING OUT* (AUG. 2017); (VALLÉE) *THE GLOBE AND MAIL* (JUNE 15, 2018); (LIGHTS) *FASHION* (JULY 3, 2018).



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