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MARCH 2020

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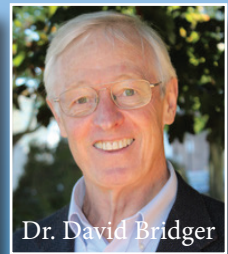
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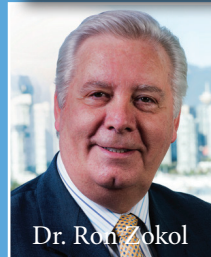
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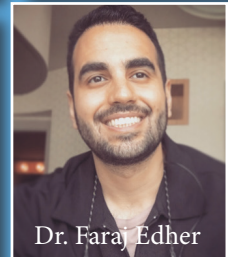
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Cover CHEF LYNN CRAWFORD
While she loves working in TV, this
celebrity chef is all about creating
first-rate, locally-sourced food and
spending time with family.
Photo by Frantic Films



INSPIRED

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THRIVE BEYOND 55

by BARBARA RISTO



When I published the first copy of this magazine in June 2004, my vision was to honour, uplift and empower the 55+ community. That vision remains my guiding light.

It's a joy to bring this magazine into your homes every month. I am grateful to every reader, advertiser and contributor – and all who make possible the continuation of *INSPIRED 55+ Lifestyle Magazine*.

We have continued to evolve and expand. The magazine now has extensions that serve various reader segments (*See Resources below*).

Through all the things we do, I've come to value community, collaboration and connection. In February, I joined our 55+ travel club members in Nanaimo for an evening of information and fun. This month, I will have the pleasure of meeting more of you at our 55+ Lifestyle Show in Victoria.

There can be many changes and challenges at this age, which is why a dose of inspiration stands all of us in good stead. I draw it from many sources and try to channel it into the magazine. In future issues, I'll share some of my inspiration, and some of yours.

If you've drawn inspiration from something you've read or experienced from being an *INSPIRED* reader, I'd love to hear and share your story. Please email me at publisher@seniorlivingmag.com |

resources

55+ TRAVEL CLUB

Club events held twice a year in Victoria, Vancouver & Nanaimo. Monthly newsletter. Network brunches. Discover new travel destinations, get travel discounts, join VIVA Vagabond groups hosted by *INSPIRED Magazine*. www.seniorlivingmag.com/travelclub

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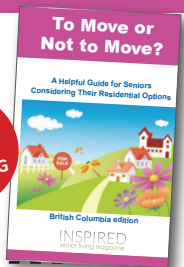
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Chef Lynn Crawford serves up local, seasonal dishes at Ruby Watchco, which offers farm-to-table, family-style dining in Toronto.

Photo: Frantic Films

CHEF LYNN CRAWFORD: PASSIONATE ABOUT FAMILY AND FOOD

by KATE ROBERTSON

The day starts early for celebrity Chef Lynn Crawford. When I catch up with her, she's en route to the next errand with her partner, Lora Kirk, and their youngest daughter, Gemma. She's been up since 5 a.m.

There's no fatigue in her voice, though, as she dives into talking about her passion – food and cooking. In her early years, Lynn learned a love for hospitality from her parents.

“When I was growing up, my parents always threw lovely dinner parties,” she says. “The table would be set, the silver polished and the menu planned. They had a repertoire of recipes that they felt had a bit of wow-appeal and they were comfortable with making. My mom and dad enjoyed celebrating at the table with everybody; it was a fun event where everybody participated. I have really fond memories of those times, cooking with my parents.”

It should come as no surprise then that Lynn realized early-on she wanted a career in the hospitality world. It was while attending the fine arts program at the University of Guelph, where she had a lot of friends who were in the hotel and food administration program, that this world opened up for her.

Today, we can easily access a new recipe online or watch a celebrity chef like Chef Crawford on the Food Network, whipping up a dish that might inspire us to try something new, but in the '80s, that wasn't the case.

“I started reading the wonderful publications that were food-focused, like *Gourmet* and *Bon Appétit*, with their travel documentary pieces and, of course, recipes,” says Lynn. “We didn't have computers back then – look at me dating myself! – so, for inspiration, I looked for-

ward to the food publications coming out each month. I went to the library, and the cookbook store here in Toronto was a great inspiration. You know, it's so true that classic saying, ‘read, because that's how you will learn.’”

But Lynn wasn't just reading those recipes – she was going shopping and trying them out. It was during that time she switched gears to attend George Brown College (the hospitality and culinary arts program) in Toronto.

In those days, celebrity and internationally-known chefs weren't really a thing.

“It was more the restaurant that was known,” says Lynn. “Yes, the chefs, to some extent, but really the restaurant and its location. There were only a few fine dining restaurants back in the day, and a lot were in hotels.”

“But in the '80s, there was a strong culinary movement starting in California, with California cuisine coming into the forefront,” she continues. “That movement was all about sourcing fresh ingredients and really supporting local farmers and growers. That was a big interest for me because there was a relationship between chefs and their food source.”

“The people making a big impact in that area were chefs like Alice Waters and Jeremiah Tower – chefs with classical French training, but really homing in on ingredients that were grown properly and sustainably. Food was flavour. Back in the day when I was growing up, 99 per cent of what we were eating was out of a can or frozen,” she says with a laugh. “You knew it wasn't fresh. Knowing what farm your food came from – that didn't exist.”

Throughout her career, Lynn has drawn inspiration from numerous great chefs.

“Female chefs like Alice Waters and, of course, Julia Childs influenced me. Everybody has this answer now – but

Snapshot

with Chef Lynn Crawford



If you were to meet your 20-year-old self, what advice would you give her?

"Just keep on – do exactly what you did. Work hard and appreciate those around you. Surround yourself with positivity, grace, creativity and love."

What, or who, has influenced you the most, and why?

"My parents influenced me the most. They taught me to work hard, to set yourself attainable goals and to love what you do."

What are you most grateful for?

"My family."

What does success mean to you?

"That you're able to provide for your family, able to give back to your community, that you're able to make people happy." |

for me, they were the Joan of Arcs of the culinary world, for women in a profession that was predominately male-dominated. Then there were Traci Des Jardins, Elka Gilmore, Susan Feniger and Mary Sue Milliken – you know, all these amazing women chefs moving to the forefront. Of course, male chefs like Charlie Trotter, Jeremiah Tower and Wolfgang Puck were also amazing."

Lynn worked as a chef for the Four Seasons hotel for 24 years, and eventually became their first female executive chef. She was also one of the early women celebrity chefs on the Food Network.

"But honestly, for me," she admits, "I was never a woman chef; I was a chef. Today the demographic in the kitchen or culinary programs is really a 50-50 male-female split – there's no differentiation – it's just chefs, not male or female. I think that's wonderful, and I think that's because it's 2020, and women can do anything they want to do. So, let's just keep on being the very, very best."

In 2009 when Lynn left the Four Seasons, she opened Ruby Watchco, a Toronto restaurant where the signature experience is a menu that changes daily and is all about sharing the table.

"We're really showcasing our local growers and farmers and it's this chef-driven menu that is about cooking you a delicious meal that you get to share with all the diners that come in," she says.

But her food endeavours haven't stopped there. She has a new restaurant opening at Pearson Airport called The Hearth Market, and The Hearth at Terminal 1 just had its fourth anniversary. She's written cookbooks as well, and she and Lora are currently writing another one.

There's also Lynn's involvement in the television celebrity world that started when she was still the executive chef at the Four Seasons.

"Christine Cushing asked me to join her on her show, and we had a lot of fun. It was a door that just opened. Since then, I've been presented so many wonderful opportunities from *Restaurant Makeover* to *Pitchin' In*, to the *Great Canadian Cookbook*, *Iron*

Chef and *Top Chef Masters*. If you had said to me back then that I would be on TV and that would be a good part of my life for these many years, I would have said 'absolutely no way.' But it's been amazing," she says, "and I've enjoyed every moment of it."

"In fact, anything I do," Lynn continues, "I want first and foremost to enjoy it. I also want people to enjoy the quality of the product I'm producing. I want them to be able to have a laugh or to learn something from how I'm cooking, so they can be a better cook. Food is a wonderful thing to share. I'm very proud of the projects I've done."

Of all the different television programs she's participated in, Lynn acknowledges that a couple have really been stand-outs.

"I'd say *Pitchin' In* was my favourite. Just having the opportunity to work with the passionate ranchers, farmers, fishermen and growers across North America was inspiring. I had a bucket list of things I wanted to cook and ingredients I wanted to cook with. There was a really talented production team behind the scenes looking for all the different locations and farmers. It was important to communicate to people watching that there're many different choices we can make in life, but look at these particular individuals who are really producing with so much integrity, heart, spirit and passion – and a lot of family behind them."

"So never take that particular ingredient for granted, how magical and special it is – a gift, it really is. The biggest pleasure for me was at the end of each show, when I had the opportunity to cook for those farmers and fishermen – that was the most rewarding experience of my life. I have so many amazing memories from that show and I'm very, very grateful to have had that experience."

Then there's *Iron Chef Canada*, a show Lynn admits she not only enjoyed participating in but loves to watch regularly.

"It's such an honour to be asked to participate as an Iron Chef in Kitchen Stadium. You're up against competitors

who are the best of the best in Canada and it can go either way. Everybody that goes into Kitchen Stadium is a winner and it comes down to the dishes that were created that day.”

But life isn’t all work and no play for Lynn, and she confesses the most important things for her are family life and her two daughters.

“We want to give them as many experiences right now as we can,” she says. “We’ve done a lot of travel and we’re going to continue that. Last year, we were in Mexico, Bahamas, Paris and Hawaii.”

“Vacations are always about food!” she continues. “When we were in Paris, it was so much fun – sure, going to the galleries and museums – but also having the best café au lait and almond croissants every morning and visiting the best cheese shops. And then seeing Addie, our three-year old, eat her first macaron. She had her first bite of foie gras and steaks frites on that trip and she still talks about it. Gemma’s (my one-year-old) first crème brûlée was amazing.”

“We started cooking our own food for both of our kids at four months,” Lynn continues, “and now Addie will eat absolutely anything. She helps set the table every day and we all sit around and have this quiet, peaceful, amazing supper where we’re all talking, laughing and sharing. The dogs get fed well because Addie throws a lot of her plate on the floor – but hey – it’s awesome.”

What does the celebrity chef cook when she’s at home? “I get asked that question a lot,” Lynn laughs. “It depends on the

day, season and what’s in the fridge. I love everything.”

As someone who fully embraces the farm-to-table food movement, Lynn sees that evolving.

“It used to be knowing what farm your produce came from. I think now there’s more of a focus on fish and seafood and knowing who the fisherman/woman is and when they brought in the catch.”

Lynn also fully supports community food programs like the non-profit organization, A Place for Food.

“There are a lot of community food centres around Canada. I think that’s really important because we need to build health and belonging and social justice through the power of food,” she says. “You don’t ever want to take for granted that everybody has food. As Canadians, I think it’s all our responsibility to assist in giving back and sharing. Don’t waste, don’t over shop, don’t take for granted what we have.”

With her finger in so many pies, it might seem that Chef Lynn Crawford has an impossible workload, so how does she do it all?

“I have an amazing partner,” she says with a laugh. “It takes a village. And I love what I do – when you love what you do, it’s easy. These days, I just want to surround myself with the best of the best – people that are positive and creative, people that want to give the very best hospitality experience and that I can learn from to become the best me. But I don’t want to forget to enjoy life. In the end, it’s all about my family.” |

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NIGHT LIFE IN BC

by JANE CASSIE

Our province offers a wealth of activities when the stars come out. Regardless of your age, you'll never snooze through these ones.

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Celestial landmarks dazzle the pitch-black heavens and, while reclined and relaxed, you'll soak in the wonders of our universe and neighbouring planets. Throughout the 40-minute show, the astrophysical display embraces your 360-degree vista, and in refined comfort, you'll feel mesmerized and spellbound. Surfing the Solar System is just one of the realistic multimedia presentations that provides close encounters of the cosmic kind. And with help from the sophisticated technology and projectors, this re-creation can be viewed either day or night.

DOMINION ASTROPHYSICAL OBSERVATORY

Galaxy gurus also flock to this attraction at Victoria Centre, where the 36-plus tonne Plaskett telescope performs optical imaging and spectroscopy (study of the rainbows). Here, you can solar travel via StarLab, take a multimedia flight through asteroids, or take the grandkids to a family-friendly Star Party, where meteors and the moon play leading roles.

VANDUSEN BOTANICAL GARDENS

There's nothing like an evening stroll through this incredible 55-acre oasis in the heart of Vancouver, where over 7,500 plant species and varieties from around the world decorate the grounds. And for a real treat, come visit during one of the festive seasons. You'll follow the trails of glowing pumpkins when Halloween rolls around and be enamored by thousands of magical twinkling lights at Christmastime.

BUTCHART GARDENS

After tiptoeing through these famous flowers, you'll enjoy summer evening concerts that range in everything from famous bands to ballet. The outdoor stage is nestled amidst lush flora and most performances are included with your price of admission.

If you prefer a winter experience, bundle up and visit the Christmastime display while enjoying colourful lights, carollers and ice skating. To warm up, grab a hot chocolate and gingerbread by the fire in the Coffee Shop.

ABOVE | (top to bottom) The author with her family and friends tubing down the Mega Snow Coaster. Photo: Brent Cassie

Dominion Astrophysical Observatory. Photo: Courtesy of brakelightfoto.com

A Theatre Under The Stars performance. Photo: Courtesy of TUTS

THEATRE UNDER THE STARS

Performing arts offer a star-studded line-up of the creative kind and, whether executed indoors or by twilight dim, the choices are many. One of the more traditional outdoor venues is Stanley Park's Theatre Under The Stars, where quality productions have entertained beneath the nighttime sky since 1940. Grandparents certainly earned a few brownie points when they treated the kids to last year's production of Disney's *NEWSIES*.

DINNER SHOWS

Other evening class acts meld with sumptuous cuisine at various dinner theatre venues throughout BC. Giggle Dam in Port Coquitlam has been marrying the two for over 10 years. Think of *Saturday Night Live* with dinner, or a rock concert or a politically incorrect, interactive musical comedy with dinner, and you have Giggle Dam.

Langley's Country Dinner Theatre is another all-inclusive food and fun stop. Their motto is Great Meal, Great Show, Great Night Out. Or head over to the charming town of Chemainus on Vancouver Island where their quaint theatre entertains, and their Playbill Dining Room satisfies the most discerning palate.

HARBOUR CRUISES

In summer, sunset cruisers double as viewing platforms. While you're being wowed by the city skyline and possibly annual fireworks, you'll fuel up on a delicious West Coast-themed buffet.

Looking for something a little more intimate? Salt Spring Tours offers a solution. Your journey on *The Salty Cat* will start in the heart of Ganges with a maximum of 49 other passengers. And while enjoying chef-prepared Salt Spring Island fare and a glass of wine, you'll cruise along the beautiful coastline backed by the setting sun. This company also offers cruises out of Victoria's Inner Harbour. Discovery Island, Chatham Islands, Race Rocks and Sooke are some of the landmarks in store.

In December, this attraction bedazzles with an alternate kind of night-light when their fleet of carol ships are decked out in festive flare. Song sheets are circulated, and Christmas carolers lead everyone in all the yuletide favourites.

SCENIC DRIVES

For night owls, Vancouver's views get even better when the sun sets. Hop behind the wheel and tootle up Little Mountain in Queen Elizabeth Park, where you'll revel in the uninterrupted vista of the city and North Shore.

Prospect Point is another drive-worthy destination when the sun goes down, as lights from the adjacent

Lions Gate Bridge and West Vancouver shimmer in evening splendour. For a real highlight (literally and figuratively), cross over that bridge and make your way up to the first viewpoint on Cypress Mountain, where you'll be treated to a scenic cityscape.

When it comes to stunning sunsets, Victoria wins the prize. Ogden, Macaulay, Saxe and Clover Points are all renowned sites for their breathtaking outlooks, especially when evening falls and the sun dips below the horizon. And for a heady vista, take either a drive or hike up Mount Doug or Mount Tolmie Park and watch the sunset glow over the city.

HEAD FOR THE HILLS

Star-filled heavens glisten above marvelous mounds of white fluff as adrenaline junkies of all ages head for the hills. In BC's four mountain regions, there are a host of top-notch resorts that lure the adventuresome with their loyal winter-time cloak, glorious trails and sundown attractions. As well as hosting designated ski runs that become ablaze with overhead lights, both Sun Peaks and Kimberley have torchlight events. Whether followed by fireworks, or a cup of steamy hot chocolate, this dynamic descent always receives glowing reviews.

For a more daring downhill jaunt, join the grandkids and hop aboard tubes that bounce off the bumps. Blackcomb's Magic Chair, Mount Washington's Ozone Park and Big White's Upper Happy Valley all have slippery slopes that are especially designed for this energized activity.

And on the flip side, at a slower pace, you can buckle up those snowshoes to meld with Mother Nature by moonlight at Panorama, Cypress and Seymour. These guided treks are also available on several of the other peaks, and many precede a fabulous fondue.

When summer arrives, some of these powder pathways transform into evening concert stages for the performing arts, offering everything from jazz and classical to rock and pop. And from pristine perches, far above the city lights, they may even include a 360-degree view and starlight show for free. |

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LEARNING INTO ADULT LEARNING

by KELLY MCQUILLAN

When my young son started learning violin, I did, too. I already play multiple instruments, so I assumed it wouldn't be too challenging.

I assumed wrong.

My first attempt at putting bow to strings resulted in a primeval, dissonant groan, punctuated with shrieks akin to nails on a chalkboard. Mortified, I wanted to run away; however, feeling my son's impressionable gaze, I took a breath and surrendered my pride to the process.

The older I get, the more I notice people around me saying, "I wish I had learned _____ when I was younger." In my piano teaching, I'm struck by how many parents sigh as they watch their offspring tinkling the ivories and share their regret at not learning when they were younger, when it was easier.

As a teacher and optimist, I feel duty-bound to reassure them: "It is never too late to be what you might have been" –we can learn new things at any age. Not only can we learn, but we should. Learning stimulates our brains to form new neural connections, and, perhaps, even generate new brain cells.

If the possibility of staving off cognitive stagnation and decline isn't a convincing enough reason to sign up for tap dancing, Spanish or music lessons, there are other benefits. Improved stress management, increased opportunities for social connection, boosted confidence, personal fulfillment and keeping life interesting are all reasons to try something new.



But learning is work, and it's often hard, frustrating work. As we grow out of our childhood and teenage years, learning new things gets a little trickier – and we don't make it any easier on ourselves.

The adult piano students I have worked with over the years face common hurdles. Some are situational (lack of time, mental and emotional fatigue, finances, etc.), but other challenges have more to do with their mindsets and assumptions about learning.

I've witnessed many adults become overwhelmed by these latter, "self-inflicted" challenges and quit before they really start. So, how do we surmount the inherent difficulties of learning anything in order to reap the benefits?

CHECK YOUR MINDSET

Many people believe if something doesn't come easily to us, it means we aren't smart or talented. Carol Dweck, researcher and author of *Mindset: The New Psychology of Success*, explains that this "fixed mindset" can lead to a low tolerance for frustration and easily giving up. Alternately, it can also fuel an unhealthy drive toward perfectionism and a fear of failure.

A lot of us grew up with the belief that mistakes are bad; however, current pedagogical research indicates that positive reinforcement of specific actions through feedback is much more effective for learning than criticizing errors.

Be kind to yourself. I wince when I hear students call themselves "stupid" just because they miss a note; or apologize in advance because it's not going to be "perfect." The difficulties and the imperfections are where I do my work. Mistakes are the source of real learning, and, as research psychologist Jason Moser's work highlights, struggle literally grows your brain.

Dweck recommends the following mindset-altering bit of self-talk: instead of feeling defeated and saying, "I can't," add on an extra word and say, "I can't, YET."

SET REALISTIC GOALS AND TIMELINES

You wouldn't expect a three-year-old to master a Beethoven sonata in their first year of playing. Sometimes they do (as the proliferation of "child prodigy" YouTube videos would have us believe), but these kiddos are extreme exceptions. Awe-inspiring, indeed, but not a healthy comparison for our own progress.

As adults, we often set unrealistic expectations for ourselves. Because we're older, we should learn faster, right? Not so. Learning isn't as intuitive as when we were children, and it can be disillusioning when success doesn't come as quickly as we'd like (or think it should).

It's okay to identify as a beginner and to measure your learning against beginner-level expectations, whether you are three or 93. Break large goals into smaller steps, so you can see and celebrate your progress.

ROUTINE TRUMPS WILLPOWER

Life is full, and it's easy for a whole week to fly by, only to realize you spent absolutely zero time on your learning goals. Suzuki instructor Christine Goodner (The Suzuki Triangle) advocates making your practice part of your daily routine – like brushing your teeth, you just do it.

On the other hand, if we rely on willpower – "Hmm, I really should practise my Italian verbs. I'll definitely do it tonight" – instead of routine, chances are something else will come up to divert our attention and time (even if we really meant to practise).

BE OPEN

Many students stubbornly adhere to counterproductive habits, and adults often have the tightest grip on these. For

example, instead of targeting a challenging part of a song, some students will insist on playing it from beginning to end every time, becoming increasingly frustrated when it doesn't improve.

An openness to new ways of learning is essential for growth. It's not always comfortable, and that's where finding a great teacher or mentor is important. They help us build on what we already know, and then gently push us over the edge of our comfort zone: "Now, try this" – just far enough so we can see the possibilities and capabilities beyond our self-imposed limits.

A COMMUNITY OF LEARNERS

Whatever you are learning, solo or with an instructor, finding a group of others who are learning the same thing is beneficial for both moral support and helpful feedback. If meeting up in person is hard, there are online communities for just about everything that can help your skill development and be an important source of inspiration and motivation.

And so, several months after my rocky start, I can play "Twinkle, Twinkle" and not wince. It might seem like a trivial achievement for an adult music teacher, but for the first time in years, I'm feeling the excitement and deep-down pride of overcoming struggle. I'm sure my Grandpa Harry, who gave me the violin when I was a teenager, is up there somewhere, smiling, happy that I'm finally learning how to play it.

I know I am. |



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Michael Dupuis and his pal, Piper, enjoying a sunset cruise on Rideau Lake in Ontario. Photo: provided

UNEARTHING SOME OF CANADA'S MOST NOTABLE HISTORICAL EVENTS

by MARTIN DONNER

"May you live all the days of your life." -Jonathan Swift

Esquimalt resident Michael Dupuis has truly lived – and is continuing to live – all the days of his life. This 71-year-old author and historian, whose books can be found in libraries across Canada, has not only found a novel way to give people real insight into historical events, he is an example of someone 55+ truly living every day. Whether he is travelling by bus from Amsterdam to Afghanistan or taking the Titanic Memorial Cruise, his life is one of adventure, learning and sharing.

As an author, Michael says he writes because he "loves the challenge of being creative with words." He adds that he enjoys the research – finding what he calls "nuggets" about the principal characters of the events about which he is writing. Journalism Professor Stephen Kimber referred to Michael as a "relentless researcher." Through Michael's insightful articles, books and presentations, he brings alive the people, places and events he has thoroughly investigated.

As an historian, Michael says he writes about history "to inform and explain the importance of events that helped shape and influence our country." There are valuable lessons to be learned from studying history. History helps us understand our past, gives us perspective and, when needed, allows us to correct preconceived ideas, helping us make better decisions now and in the future.

It takes a special person to be an historian – a person who is curious, who wants to know more. More important than that, however, it requires a person with patience because of the painstaking hours, days, months and even years spent researching. Michael describes himself as an "investigator," which, according to British historian Arnold Toynbee, is the Greek word for history.

A former history teacher, Michael has written numerous thoughtful magazine articles and books and has given dozens of informative interviews and presentations on numerous subjects that are part of the fabric of Canadian history, including the *Titanic* disaster (from a Canadian perspective), Halifax Explosion, Winnipeg General Strike,

the On-to-Ottawa Trek and Regina Riot. His role as an educator continues.

Michael's unique way of writing about historical events is to tell the story "through the eyes, experiences and accounts of the journalists" who covered the event. His first use of this approach was in recounting the story of the *Titanic* disaster through the dispatches of the 20 Canadian reporters sent to cover the arrival of the rescue ship *Carpathia* in New York. Not widely known before Michael's investigations was that among the passengers on the *Titanic*, were 130 men, women and children destined for Canada, of whom only 48 survived.

After months researching microfilm and other sources, Michael discovered the identity of the 20 journalists representing newspapers in Montreal, Ottawa, Toronto and Winnipeg. Reading their dispatches gave him the insight to write and speak about the *Titanic* disaster as if he had been a reporter on the ship at the time of the tragedy.

Three of the subjects of Michael's scholarly investigation (*Titanic* Disaster, Halifax Explosion and Winnipeg General Strike) occurred a century or more ago. The On-to-Ottawa Trek and Regina Riot occurred in 1935. These are hardly ancient history when you consider historians are still investigating Stonehenge (erected approximately 2500 BC), the Roman Empire (which dates to 753 BC) and the Norman invasion of England (1066 AD). Michael's unique approach, and his determination to find facts not previously known makes his books and articles compelling reading.

Growing up in Ottawa, Michael was a page boy in 1963, which he says opened his "eyes to the reality of politics and human nature." Beginning as a travel writer after completing University, Michael has been a writer all his adult life. In addition to his several books and many articles on history, he has delighted and informed readers about his travels throughout Europe, the Mid-East, North Africa and Mexico.

A dog lover, Michael spends his days with his Golden Retriever, Piper. With one of his previous dogs, Michael often visited an Extended Care facility in Esquimalt, so the mostly wheelchair-bound patients could enjoy petting a friendly companion. Michael also volunteers at the Rainbow Kitchen in Esquimalt.

Athletic all his life, the former university basketball player, and later a "carded" basketball referee, took up pickleball at age 67. Now, he plays at a competitive level.

As in all lives, Michael's has not always been a "bed of roses." Drawing strength from his ever-present positive attitude, support from his wife, Chris, and some good luck, Michael has overcome significant hurdles, including hip surgery, cancer and a heart attack.

By his own admission, Michael is competitive. But he uses his competitive spirit to live an extraordinary life. He does not take his health and mental and physical abilities for granted and does something every day to stay sharp. Most importantly, he values and nurtures his relationships.

Whether he is having a glass of wine with Chris, playing with Piper, fulfilling his role as a father and grandfather, doing exhaustive research for his upcoming historical novel or working on a jigsaw puzzle, Michael is present, enjoying all the goodness that a life well lived offers. |

Michael Dupuis can be reached at michaeldupuis@shaw.ca

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FIVE SIMPLE WAYS TO SHARPEN YOUR MIND

by DL DUX

Have you ever walked into a room and forgotten why? Do your keys mysteriously disappear, or do you have difficulty recalling what you did last week? If so, you're not alone. As we age, our memory can begin to decline. But the good news is, we don't have to accept memory loss as an inevitable by-product of aging. A few simple steps can help keep our memories sharp. The even better news is they'll help keep our bodies healthy as well.

1. Food for thought: What you eat and drink impacts both your physical and your mental health. A *HEALTHbeat* article published by Harvard Medical School stresses the importance of healthy fats (unsaturated fats like vegetable oils and fatty fish) in combination with whole grain foods and plenty of fruits and vegetables. Not only is this type of diet, often referred to as the Mediterranean diet, better for your heart, it can also reduce the risk of age-related memory decline. In fact, a study cited indicated not only did those who followed this type of diet have less risk of developing Alzheimer's disease, but a similar study showed it could slow the progression of mild cognitive impairment as well.

2. Watch your alcohol intake: It's not only what you eat that impacts your memory and overall health. Another Harvard Medical School article stresses the importance of consuming alcohol moderately, if at all. Not only does excessive alcohol consumption increase the risk for dementia but can lead to a chronic memory disorder called Korsakoff syndrome. So, enjoy the occasional glass of wine with dinner, but be sure to avoid excess to keep your brain in tip-top shape.

3. Up in smoke: Many of the health impacts of smoking are widely known, but did you know it can also impact your memory? Harvard Medical School reports that smokers experience more age-related memory loss than non-smokers. Though no cigarette consumption can be considered safe, the more you smoke, the greater the impact on your memory. Those in mid-life who smoke two packs of cigarettes per day double their risk of developing dementia later in life. It's not too late to do something about it, though. Studies have shown that those who have stopped smoking by mid-life have no greater risk of dementia than those who have never smoked. And no matter your age, quitting will have a positive impact on your health.

4. Keep moving, throughout the day: Exercise, like healthy eating, is a positive habit that can improve both your physical and mental well-being. Moderate to strenuous exercise is likely to have the greatest impact, though

a new study by the Baker Heart and Diabetes Institute in Australia found that *when* you exercise may be equally important. Their study showed that exercising in the morning and then adding brief light-intensity walking breaks throughout the day can improve short-term memory. The physical benefits of exercise include a reduced risk of high blood pressure, diabetes, and stroke – all health concerns that can have a detrimental effect on memory.

5. Prioritize sleep: A good night's sleep is crucial for overall health, and improved memory is no exception. Anyone who has had a few sleepless nights in a row knows it can make you more forgetful, not to mention irritable. Insomnia is a common reason for sleep difficulty and can make it challenging to either fall asleep, stay asleep, or both. While it can be tempting to rely on sleep aids, they can actually have a negative effect on your memory. Instead, try to reduce stress, remove distractions from your bedroom, and consider incorporating mindfulness into your bedtime routine.

"Being mindful is a state of being," says clinical social worker, therapist and owner of Be the Change Counselling Services, Nikki Hemsted-Leete. "When you're mindful, you're not future-focused, or marinating in the past, you're aware of where your feet and hands are – in the present moment. Focusing on now can alleviate the overthinking that can take place at night and increase the chances of a good night's sleep."

Memory loss, especially progressive memory loss, does not have to be an inevitable part of aging. No matter when you incorporate these tips into your daily routine, you're sure to see a positive impact in many areas of your life. |

DL Dux is a freelance writer and communications coordinator at a small post-secondary institution in southeastern BC. She enjoys reading, home renovations and being active. She has a keen interest in healthy living at any age.



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- 9:15 “All Things INSPIRED” *Barbara Risto*
- 9:30 Hula Dance Lessons
- 10:00 50s & 60s music *Flashback Freddy*
- 10:30 “Become Who You Want to be Through Daily Journaling”
Cheryl Wilson-Stewart
- 10:45 Hula Show
- 11:10 55+ Travel Club / “Touring Ireland”
- 11:30 Fashion Show by *Suzanne’s & Jenny’s*
- Noon 50s & 60s music *Flashback Freddy*
- 12:30 “Walk/Run Your Way to Fitness” *Mena Westhaver*
- 12:45 Choir in Motion
- 1:00 Fashion Show by *Suzanne’s & Jenny’s*
- 1:30 Choir in Motion
- 1:45 “What’s Gone Well Today?” *Christopher Bowers*
- 2:00 Fashion and Makeover Secrets for 55+
- 2:10 Makeover Reveals
- 2:30 50s & 60s music *Flashback Freddy*
- 2:45 Prize Draws

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- Personal Security (*Fraud, Elder Abuse, Housing, Food*)
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Be Connected

- Personal & Social Networks
- Community & Social Environments

Be Enriched

- Arts & Culture
- Spirituality
- Education

*In March 2020, the Eldercare Foundation will celebrate 15 years of its annual Embrace Aging Month, which highlights interesting and fun senior-focused events, activities and resources across Vancouver Island. Details of this year's Embrace Aging Month offerings can be found at www.gvef.org, or you can call the Eldercare Foundation at **250-370-5664** to have a program sent to you. Most Embrace Aging offerings are free or nominal cost so explore the possibilities and get connected!*

A few highlights of opportunities for you to explore during March 2020:

The 55+ Lifestyle Show – Victoria

Stop by the Eldercare Booth and pick up your Embrace Aging program. Inspired Magazine hosts this fun and informative event on Tuesday, March 10 from 9am – 3pm at Pearkes Recreation Centre.

Senior-Focused Workshops at the Yakimovich Wellness Centre (YWC)- Victoria

Life-long learning will keep your brain and body active and engaged. This year we will host over 20 sessions, covering a wide range of interests.

- *Are you thinking of downsizing your home? Come learn about strategies to help decrease the stress of downsizing.*
- *Do you like to learn about medical innovations? Dr. Ed Ishiguro will present a session*

on Cellular Senescence: Promising Target for New Anti-Aging Drugs.

- *Are you a caregiver for a person with physical or cognitive impairment? Join in an exploration of the resources and supports available to maintain your own well-being.*

These are just a few examples of sessions offered during March. We will also offer sessions on finances, technology, legal questions, end of life decisions, managing various health problems and more. All YWC workshops are free, but pre-registration is required as space is limited.

Art Exhibition - Saanich

Be inspired! Come and meet the talented artists from Aberdeen Hospital on March 18 from 1pm to 3pm at the viewing reception for their annual art exhibition. The Exhibition runs March 14 to April 2 at the Main Gallery in the Cedar Hill Recreation Centre (3220 Cedar Hill Road, Victoria)

Other Offerings – Greater Victoria and Vancouver Island

Our Embrace Aging offerings this year includes over 50 events, activities and workshops throughout Greater Victoria and across Vancouver Island. Take advantage of these low to no-cost opportunities and enrich your life!

Complete list of Embrace Aging Month offerings at gvef.org or call Eldercare at 250-370-5664.

Program Booklets are also available at the Hillside Seniors Health Centre, 1454 Hillside Ave, Victoria and at SHOAL Centre 10030 Resthaven Dr., Sidney.

“We don't stop playing because we grow old. We grow old because we stop playing.”

- George Bernard Shaw



CREATING HEALTHY HABITS

by AMY COX

Decades of research has laid out the facts that regular physical activity brings a host of mental and physical health benefits; and yet, the vast majority of Canadians are not active. As anyone who's ever tried to start a new exercise program knows, new habits can be incredibly hard to create, just as old bad habits are equally hard to shake.

At the Behavioral Medicine Lab (BMED) at the University of Victoria, Dr. Ryan Rhodes and his team study the psychology behind why people do or do not engage in physical activity. In addition to carrying out their own studies, the BMED team has poured over decades of research to explain why, when asked, most people say they intend to exercise, but do not follow through.

For years, leading theories about physical activity emphasized the importance of reason and intention; and promotion campaigns mainly focused on educating people on the benefits of exercise. Dr. Rhodes notes that, overall, these approaches have shown meaningful behavioural changes, but such changes are small.

One possible explanation for such limited change is that it assumes our actions are conscious, deliberate and logical. Considerable research, however, shows that much of our behaviour is not so mindful. In fact, much of our behaviour takes place through the psychological mechanism of habit.

FOUR TIPS ON CREATING AN EXERCISE HABIT

KEEP IT SIMPLE

To begin forming new habits, we need to find a behaviour we can do without too much effort or hassle. This first step might be walking two laps around the park near your home each day or taking the stairs instead of the elevator at work.

Although it's true that building these activity habits into your life are not a substitute for a full exercise program, small efforts can help ease you into building the basic blocks of an active life. Every little bit helps. Before long, little efforts are no longer seen as such a chore. Focus on and enjoy the small everyday tasks in order to accomplish those stubborn goals.

BE CONSISTENT IN YOUR PRACTICE

Having a consistent practice of physical activity is also central to forming a habit. In a new (2019) study co-authored by Dr. Rhodes, being consistent in the timing of physical activity linked into significantly higher physical activity levels. Those most successful in maintaining weight loss and adjusting to moderate-to-vigorous intensity physical activity reported consistency in the time of day that they exercised, with early morning being the most common.

DO WHAT YOU DON'T HATE

A key concept in the science of motivation and behaviour change is affect, or emotion. We may pay homage to the step master machine for a few days or even weeks, but if it's consistently unpleasant, eventually, we give up.

In their study tracking new gym members' formation of habit, Dr. Kaushal and Dr. Rhodes (2015) showed that exercise habits were more likely to be formed if people experienced the exercise as pleasant. Creating a habit we loathe is unlikely. If we dread it beforehand, we place ourselves in a conscious battle of "getting it done."

Brainstorming ways to piggyback or link physical activity together with an existing behaviour pattern we enjoy can be helpful. For example, instead of a weekly lunch outing with friends, try meeting for a weekly walk. Or try something en-

tirely new. We often don't really know what we like until we try it!

SET CUES FOR ACTION

Complex behaviour like physical activity involves building good habits into a chain of routines. Research shows that setting up certain conditions (repetition, cues, scripts) can improve the likelihood of forming a habit. For example, if you're trying to get yourself to go to the gym, that may mean having the desire to exercise (motivation), having the time/resources to get to a gym (ability), and setting out clothes the night before, or creating a calendar event to remind yourself to go (cue). And that's just to get yourself to the gym one time.

Just how many times do you need to exercise before it becomes habitual? In a recent research study by Dr. Kaushal and Dr. Rhodes, new gym members were surveyed across 12 weeks. The study identified that exercising for four bouts per week for six weeks was the minimum requirement to establish an exercise habit among many of the participants.

Behavioural cues usually fall into certain categories, such as a certain place, time of day, or presence/absence of other people. When you plan, make sure you add where, when, with whom and maybe even why. As you repeat the behaviour in the same context, the information is reorganized in your brain.

When you are attempting to "mastermind" your schedule, make sure your cue sequence precedes the act and is not encountered frequently outside it. After breakfast or dinner are good cues to action because they only happen once. A poor cue is one like a note on your computer screen or fridge because you will see it frequently outside of the context of exercise, so it will have little reinforcing value to prompt the habit response. |

If you are interested in learning more or becoming a participant in our studies, please contact us. The Behavioral Medicine Lab is recruiting for a study on promoting physical activity in Empty Nest and Retirement populations. Contact bml@uvic.ca for more information.



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*Wingfield, A., Tun, P. A., & McCoy, S. L. (2005). Hearing Loss in Older Adulthood: What It Is and How It Interacts With Cognitive Performance. *Current Directions in Psychological Science*, 14(3), 144-148. † Study participants must be over 50 years of age and have never worn hearing aids. No fees and no purchase necessary. 1. Cruickshanks, K. L., Wiley, T. L., Tweed, T. S., Klein, B. E. K., Klein, R., Mares-Perlman, J. A., & Nondahl, D. M. (1998). Prevalence of Hearing Loss in Older Adults in Beaver Dam, Wisconsin: The Epidemiology of Hearing Loss Study. *Am. J. Epidemiol.* 148 (9), 879-886. 2. National Institutes of Health. (2010).

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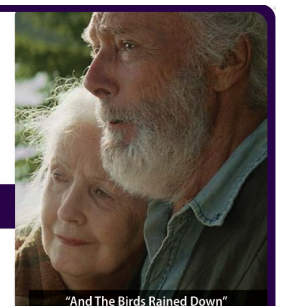
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"And The Birds Rained Down"

INSPIRED MAKEOVER NANAIMO EDITION

by **INSPIRED STAFF**

Like many women over 50, Lori Nickolchuk feared fading into the background – or disappearing altogether. She wanted something *more* for herself, so when the opportunity for a makeover presented itself, she jumped at the chance.

“I wanted to try to get a new perspective on myself,” she says. “The best part for me was the hair. Hana at Akai did an excellent job of colouring and I felt she really listened to my concerns.”

“I’m happy with the overall experience and would do it again. I would recommend it to anyone who wants a unique way of finding new ideas for their image and overall look. It was fun to be in the spotlight for a while!”

Currently single, Lori finds herself in a dating scene she calls “challenging” for people in her cohort. “Anyone who has tried it will understand what I mean.”

Having grown up in Victoria, she is drawn to the natural beauty of BC, and enjoys camping and scenic walks. But Lori also loves travelling, new experiences and exotic food – “even if I can’t pronounce it.”

Her personal motto is “random acts of kindness make the world a better place” and she looks for opportunities to help others in her community.

“A quick, simple gesture that is easy to do can make a world of difference to someone who is having difficulty,” she says. “I hope we can all ‘Pay It Forward.’”

WHAT THE STYLISTS DID:

Hair by Hana Akai: Lori had been keeping her hair long, which was hiding her beautiful face. I wanted to give her a cut that would showcase her facial features as the focal point. I gave Lori a long-layered cut that would still give her the length she wanted but also a cut that would be easier for her to wash and wear. By taking some of the weight out of her hair, I brought her natural curls back to life.

For the colour, I chose to match the darkest parts of her hair and cover up the grays. Doing so gave her colour a richer, healthier look. I then put some balayage highlights in with the Redken lightener and toned with a beautiful copper colour to show some of the warm tones in her skin. The way I put in the balayage highlights gives her a look of being out in the sun all summer. They will grow out nicely, even if Lori decides not to keep them up.

I used Redken’s Shades EQ Color Gloss because of the beautiful, healthy finish it has. For styling Lori’s hair, I used a few products in the curvaceous line by Redken – products made specifically for curly hair. With her hair wet, I started with Redken’s Extreme Play Safe 450 to nourish her hair and



After photo: Ramona Lam Photography



protect it from the heat of the blow dryer. I then used Redken Curvaceous Full Swirl to give her curls hold with a polished finish and much needed hydration.

I then finished off with the D frizz serum to take care of any frizziness and give Lori’s hair a beautiful shine.

Makeup by Jeanna Duke: To start, I ask all my clients key questions about colours they typically wear, how much makeup they normally wear and how much change they want to see in their makeover.

To prepare the face for cosmetics, I apply concealer to lighten any dark areas and then use primer to correct any discoloration. I select the foundation and powder based on skin type and natural skin tone. Eyebrows are shaped to maximize the eye shape.

Lori really wanted to have more confidence for everyday life. She was willing to put time into applying her makeup. I applied three colours on her eyelids in cremes and browns. Eyeliner and mascara brightened and defined her eyes. And to finish her look, I applied soft pinks for her lips and cheeks. |

Hana Akai of Akai Hair Design, 2559 Quadra St. Call 250-383-3227 or visit www.akaihairdesign.com

Jeanna Duke of Simply Beautiful Spa, 62 Siros Place, Nanaimo. Call 250-585-4070 or www.simplybeautifulspainc.com

Clothing provided by KC’s Boutique and Petites, Nanaimo BC.

FOREVER FIT

by EVE LEES

SHORT WORKOUT JUST AS BENEFICIAL

If you hate to exercise or just don't have the time, High Intensity Interval Training (HIIT) may be ideal for you.

HIIT involves a quick workout (up to 15 minutes), interspersed with short bouts (20 to 30 seconds) of more intense exertions. HIIT has two other major benefits besides saving time: Studies show it can strengthen the heart and utilize stored body fat significantly more than longer workout sessions.

A 20-week study at Quebec's Laval University found those who did HIIT workouts lost nine times as much body fat as the control group who did a 45-minute, non-stop workout at moderate intensity. The results of this early HIIT study have been consistent in studies since then. Research also finds HIIT produces a greater increase in aerobic capacity (ability to use oxygen) than steady-state training.

When we are younger, we have the advantage of a naturally "faster" metabolism for our body's functions (including utilizing body fat!). However, as we age, the body utilizes stored fat more effectively during exercise if we can activate our fat-burning hormones (leptin, thyroid hormones, adrenaline or epinephrine, glucagon, DHEA, testosterone and others). And the best way to activate these hormones after menopause or andropause is with frequent short bursts of intensity (HIIT).

Here's a basic example of an HIIT workout (consult your health professional if you are very unfit, ill, or recovering from injury):

1. First, warm up for about two minutes with an easy-paced walk outdoors, or on your treadmill or exercise bike.
2. After the brief warm-up, increase the intensity for 20 to 30 seconds: walk faster, swing your arms more, skip, jog, or increase the tension to pedal harder on your exercise bike. If it's handy, you could also walk up a set of stairs (or uphill). If you aren't fit yet and until you become fitter, don't kill yourself! Just make this 20-30 second burst more of an effort for you.
3. Follow this short burst of intensity with a recovery

period of one to two minutes of a very easy intensity: slow your walking pace or reduce the tension on your exercise bike. The length of this recovery period will depend on your fitness level and can be shortened over time as you become fitter.

4. Repeat steps 2 and 3 for the duration of your workout. Follow your HIIT workout two to three times weekly. Be sure to stretch afterwards.

HIIT deserves a much longer explanation than this space allows. If you'd like to learn the many variations of HIIT workouts, suitable for your individual needs or limitations, consult with a Certified Personal Trainer.

No matter what type of exercise program you choose, never overlook the importance of a healthful, balanced diet. Your daily diet is a huge factor in keeping you healthy. A sensible diet also helps keep your hormones balanced to avoid weight gain as you age. |

Eve Lees has been active in the health & fitness industry since 1979. Currently, she is a Freelance Health Writer for several publications and speaks to business and private groups on various health topics. www.artnews-healthnews.com





A FOOT IN THOMAS HARDY'S DORSET

by CHRIS & RICK MILLIKAN

From London's Waterloo station, a train whisks us "down" to Gillingham. A taxi carries us to the first of three country lodgings. Inspired by Thomas Hardy's compelling 19th century descriptions of southwest England, we're on a seven-day walking holiday in rural Dorset.

"Welcome to The Fontmell," grins host John. "Before long, you'll discover the Blackmore Vale's unspoiled. There're small villages like Fontmell Magna, some towns... and zero cities! Chief occupation? Dairy farming, just like in Hardy's day!"

Hearty English breakfasts launch each off-the-beaten-track foray. With boots laced, daypacks secured, walking poles readied, our first ramble begins. Confidence soars, until realizing we'd misinterpreted earlier instructions. Rather than backtrack, we struggle up a steep pasture rutted by cattle hooves. Cow parsley, mini orchids, foxgloves and Scottish thistle pepper the slope with white, yellow and purple. Up top, overviews of Fontmell Magna and surrounding farms reward our efforts.

Markers regularly confirm our direction across Fontmell Down Nature Reserve. Eventually, our easy footpath narrows and hugs a high grassy hillside. Below lie sweeping

landscapes chronicled by Hardy as "a patchwork of greens, stitched together with dark green threads."

Descending through woodlands filled with birdsong, we merge onto a quiet road to Compton Abbas Airfield. As vintage planes buzz blue skies, cold ciders on the shaded café patio revive us for the eight-kilometre return trek.

Above Fontmell Magna, we sight fellow walkers climbing the rickety stile behind us. Meeting up along the fence-lined path, we cross the hayfield together. Conversation reveals that 81-year-old Margaret had recently walked the 354-kilometre Hardy Way – 20 years after she'd mapped it!

"In 1995, friends and I way-marked the literary route connecting Hardy's life to his novels," says Margaret. "It starts

ABOVE | Shaftesbury Gold Hill cottages.

RIGHT | The Museum Inn. *Photos: Chris & Rick Millikan*

at his Higher Bockhampton birthplace and ends at his gravesite in Stinsford's churchyard." Forking left, they wave. We go right, inspired. During the first of seven delicious pub dinners, we toast Margaret's spunk... and our initial self-guided accomplishment.

An easier day follows. Driver Kevin shuttles us to Shaftesbury, Hardy's Shaston. Following meandering lanes throughout a lower neighbourhood, we climb Gold Hill, short but steep.

In the historic centre, we share a wedge of Dorset Apple Cake outside the Salt Cellar Café. Before us, stone cottages lining Gold Hill's cobbled street and muted green



hills of Cranborne Chase beyond delight. "One o' Dorset's best scenes, that," asserts a local at the next table. "It's in movies, even commercials!"

Across the courtyard, two sandstone buildings house Gold Hill Museum. In the foyer hangs a striking mural. "For centuries, our hilltop market town lacked water. So my painting depicts an historic event," explains volunteer and artist Janet. "Dressed in their finery, Shaftesbury's citizens parade down to Enmore Green's wells to exchange annual tributes for water. Cups of ale and dancing always followed."

Nearby Park Walk presents cliff-side perspectives of resplendent St. James Cathedral and lower village. Along the walkway, we visit Shaftesbury Abbey Museum and Gardens. Audio-guides describe its prosperous life before destruction. The convent's foundations now enclose walled gardens brimming with heirloom roses and herbs. A statue of founder King Alfred gazes sternly over the ruins of his once influential abbey. Behind, we come across ivy-covered Ox House. A wall plaque notes that Hardy called it Old Grove Place in *Jude the Obscure*.

Our next morning's driver collects our luggage and us. Before delivering bags to our next inn, he leaves us in Ashmore, Dorset's highest village. Past its dewpond, chalky footpaths steer us alongside ancient hedgerows defining vast estates on the Cranborne Chase. Cattle, sheep and show horses graze in immense pastures separated by fences draped in pink dog roses.

Edging numerous grain fields, our rugged path leads into Tollard Royal.

Nestled amid 2,800-hectare Rushmore Estate, this tiny hamlet boasts two grand landmarks: Church of St. Peter ad Vincula and King John's favourite hunting lodge.

Arriving shortly in Farnham, signage explains the Museum Inn replaced General Pitt-Rivers' 19th century museum. This "Father of Archaeology" exhibited over 20,000 artifacts. He'd included pottery shards and bone fragments often ignored by earlier collectors.

After breakfast, we hoof cross-country and check out Chettle's 13th century St. Mary's. Its unique stone arch entryway and tidy graveyard make it one of Dorset's prettiest churches. In contrast, a wartime Quonset hut houses a bustling General Store. From a roadside picnic table, we watch residents pick up mail, fresh produce and legendary Dorset cream teas.

Our return track takes us into ripening grain fields punctuated with red poppies. Unexpectedly morphing into an overgrown bridleway, we bash our way through hip-high grasses, tumultuous



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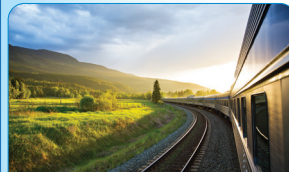
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hogweed, tangled daisies and stinging nettles. Emerging onto wide pathways, farmers cut through wheat, barley and lentil fields, we're soon among Farnham's thatched 17th century cottages. Relaxing in our room, tea and biscuits hit the spot.

A ride to Sixpenny Handley kicks off a favourite tramp. Our route retraces Hardy's thirsty farm workers' way to Cranborne's pubs in *Return of the Native*. We even spot patches of spiny, yellow-blossomed furze they'd harvested for animal fodder and fuel.

Skirting farmyards and bearded barley fields, we gradually ascend Pentridge Hill. Formed during the ice age, its topmost ridge provides spectacular 360-degree northern Chase vistas. At the apex, a pine grove becomes an idyllic snack spot. Refreshed, we are guided down a little footpath to a row of cottages forming Pentridge. Hardy named this cul-de-sac village Tantridge in *Tess of the D'Urbervilles*.

At its sleepy crossroads, an elderly fella tells us about the current Earl of Shaftesbury and his nearby manor. He volunteers to show us "something special" across the common in St. Rumbold's Church. Inside, he points out a round stone at the foot of an Earl's tomb. "Behold!" he beams. "That sculpted cabbage salutes its introduction into early English veggie patches." Bidding adieu, we press on to our final accommodations in Cranborne, Hardy's Chaseborough in *Tess of the D'Urbervilles*.

The pub wall at the Inn at Cranborne's sports a Hardy quote, so we chat with the proprietor, Jane, to get the scoop. "Yes. He stayed here while penning *Tess*, possibly his best work. The novel's pub, Flower de Luce, was based on this one," chuckles Jane. She also tells us her establishment was listed as Fleur de Lys in the 1066 Doomsday Book. Then, a village garrison protected royal huntsmen such as William the Conqueror, King John and Henry VIII.

On our last day, a new driver wanders along a series of winding roads. At last, he exclaims, "Ahhh! This one's right! And straight! It's Roman-built!" He drops us at Knowlton Circles, where three earthen henges encircle a ruined 12th century church.

We prowl Dorset's largest Celtic barrow formation. Thin clouds streak pale skies above the Neolithic ceremonial site. Random breezes tease our ankles and necks, possibly the playful effects of primitive spirits still lurking inside the pagan circle.

Marching back across enormous estates, we stop in at Cranborne, entering 13th century Saint Mary and Bartholomew Church. Sunlight streams through stained glass windows tinting the notable marble tombs. Perhaps Hardy himself heard rousing sermons from the carved 14th century oak pulpit. Or like us, reflected on the pastel fresco of Jesus and Disciples above.

Explorations in Thomas Hardy's beloved countryside total more than 80 kilometres. Our experiences develop a better understanding – and new appreciation of his enduring classics. |

For IF YOU GO information, visit www.seniorlivingmag.com/thomas-hardys-dorset

REBOOT

by VERENA FOXX



Rosemary Nowicki

ROSEMARY NOWICKI found her poetic voice after she closed a successful contemporary furniture store in Vancouver in 2013. The former co-owner of *entreNous*, with partners Karen Nordin and Espe Thorleifson, says what she misses most after 23 years in their business is “having a perfectly beautiful space to go to every day.”

A UBC English lit graduate before venturing into business, Rosemary had always been interested in and dabbled with words and language. It was on Vancouver’s *Café Montmartre*’s Thundering Word open mic stage that Rosemary first performed her poetic expression.

Since then, she has both hosted and performed with Pandora’s Collective at the Jewish Community Centre’s Zack Gallery and Poetic Pairings at the Britannia Community Centre.

“My poetry is informal and accessible,” she says, “and while it encourages my creative energy, writing poetry has made me a happier person.”

WANDA NOWICKI, Rosemary’s younger sister, first pursued her creativity with a scholarship to the Banff School of Fine Arts, and then Los Angeles’ Strasbourg Institute, to study acting.

While doing cartoon voices and voice-overs, she found her singing voice, which framed her creative work for the next 20 years as a lead singer with various supporting bands and ensembles.

While also working as a figure drawing model, “a job you can take anywhere,” it was when Wanda moved back to Canada and settled in Gibsons, BC, that she made her way back to her first love of acting.

With co-producer and fellow local actor Janet Hodgkinson, the two created “Off the Page,” a community-based play-reading series that engages them and other actors and playwrights in their culturally vibrant seaside community.

Former Vancouver and now Gibson’s playwright David King’s *Lifeskills* play and his seasonal *Comfort and Joy* have both been successfully play-read through Off the Page’s events at the Gibson’s Heritage Playhouse.

A solid base of engaged theatre goers attends by donation.

“The writing is good; the acting is good, and the audiences love it,” says Wanda enthusiastically as she and Janet set up the 2020 spring programme. |



Wanda Nowicki
Photo: Ross Durant Photography

Keeping Track of Who's Who On The Care Team

PART 2 IN A THREE-PART SERIES

By Wendy Johnstone

Many services are available in the community. Our health care and social systems have services that are provided both publicly and privately. The difference between publicly and privately funded services is based on the type of service and eligibility. Knowing “who does what and in which system or company” can be tricky to track, especially when there are multiple people involved.

Mr. D is a 59-year-old man recovering from a stroke he sustained four months ago. He returned to his home after being discharged from hospital. He doesn't have a spouse. He has two grown children: one in town, and one out of province. Mr. D is managing in his home. He needs some support in organizing his day-to-day activities and needs some help with reminders. He receives assistance from a private agency for medication monitoring (specifically his insulin) and he has a foot care nurse coming every six weeks. He also receives home support from the local health authority and outpatient rehabilitation at the local hospital. Meal support is provided by a local non-profit organization.

If you ask Mr. D who helps him, he has difficulty keeping track. “I have so many people coming and going and I have no idea who any of them are.” He and his family aren't alone in feeling this way. Some tips and strategies to keep track of everyone on the care team include:

- List everyone who is helping the care recipient and the caregiver; who they work for; what services they provide; if it is private pay, publicly funded, non-profit, volunteer, family or friends; and when the services are provided. A variety of apps are available for caregivers now or paper and pen still work.
- Keep this list handy in a place that is accessible and visible. Depending on the people/organizations involved and the frequency of services, creating a calendar is a convenient way to organize the list. It is also a helpful reference for the people providing services.



- If possible, keep track of who comes to see the care recipient, and when and what the service or outcome was. For example, a physiotherapist from the publicly funded system comes to see how safe the home is. Write down their name, title, phone number/email address, what they did and have them write out a few key points from the meeting or attach any information left behind. Make a note if a follow up is required.
- Have a list of questions that need to be answered for any assessments by phone or in person. Being prepared leads to better outcomes.
- Think about assigning one person as a primary contact person. A family member or trusted friend can also serve as the caregiver's point person. Coordinating who is doing what is critical as it can be overwhelming and confusing for the care recipient to juggle and remember various visits and calls. The primary contact can also relay information to the rest of the family to keep them up-to-date and potentially help fill any gaps.

Next month: The third part in this three-part series will discuss “Finding Your Voice as a Caregiver.” |

Wendy Johnstone is a Gerontologist and a consultant with Family Caregivers of British Columbia in Victoria, BC.



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by PAT NICHOL



COURAGEOUS
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CARING FOR YOU: TODAY AND EVERY DAY

Taking good care of yourself isn't selfish. It's necessary. It is one of the most courageous things each of us can do for ourselves.

Have you ever been on a plane and listened when the cabin attendants are going through the safety instructions? Part of the routine is about depressurization and the oxygen masks dropping down. They don't say take care of everyone else and then take care of yourself. They tell you that no matter who is dependent on you, put on your own mask first. Take care of yourself first. If you don't, you won't be able to take care of those who need you. Then if you have more than one person with you who is dependent on you, decide which one you like best. (I'm kidding!)

I recently read an article referring to a mental health report, which stated, "Canadians caring for chronically ill older relatives are stressed out at a time when an aging population means more people will require such care." We can't afford this.

I grew up at a time when there were many "E Type" personalities in the population. E Type: trying to be Everything to Everyone. That was simply the way it was done. If you didn't put everyone else first, you were perceived as selfish; uncaring of others, thinking only of yourself.

People with an E Type personality are guaranteed to burn out from stress long before they have an opportunity to be the amazing people they were meant to be. We need to stay strong for ourselves first. Then for others around us.

Do you know why the retirement age was originally pegged at 65? Because in 1880, when it was introduced by Otto von Bismarck, most people didn't live that long. Today, more and more of us are living to over 100. I plan on being around to 115, and I'm sure by the time I get close to that age, there will be lots of folks around me about the same age.

So back to my original statement: Taking good care of yourself isn't selfish. It's necessary. Don't let anyone tell you differently. The key phrase is taking care of yourself – eat right, exercise to the best of your ability and love yourself. |

Please come by and give me a hug on March 10th at the 55+ Lifestyle Show presented by INSPIRED Magazine at Pearkes Recreation Centre in Victoria. Hugs are one of the best things that we can do for ourselves – and each other.



Pat greets a guest at the annual 55+ Lifestyle Show.
Photo: Sean Doe

Pat Nichol is a speaker and published author. Reach her by email at mpatnichol@gmail.com



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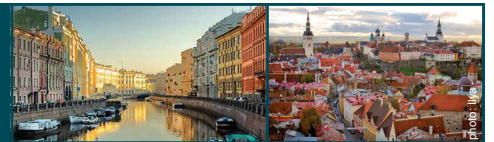
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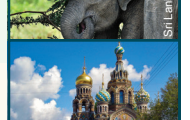
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