

# INSPIRED

55+ lifestyle magazine

APRIL 2020

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BILL GOOD

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EAST COAST

TRACKING  
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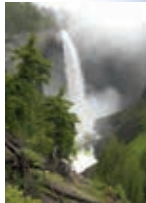
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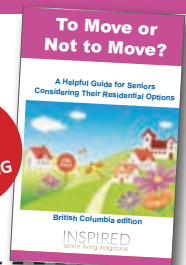
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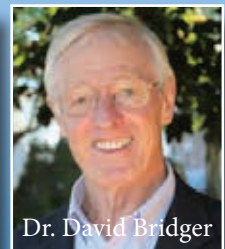
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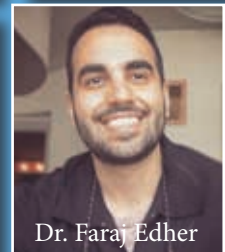
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Cover **BILL GOOD**  
Lifelong broadcaster Bill Good is still connected and involved in the news business, while he explores new opportunities in travel.  
*Photo by Sheila Blake*



## INSPIRED

55+ lifestyle magazine

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# BILL GOOD: STRIVING FOR EXCELLENCE

by KATE ROBERTSON

It didn't take radio and television broadcaster Bill Good long to figure out what he wanted to do with his life. Fresh out of high school, he sent his first audition tape to the CBC, which landed him a summer gig with Prince Rupert radio station CFPR.

"When that job ended in the fall," Bill recalls, "I was hired by a new private Prince Rupert station, CHTK, where I spent a year doing everything from covering local city council meetings to reading news, playing records (yes, we played records then!), and play-by-play announcing on local basketball."

But really, it was Bill Good Sr., a prominent sports broadcaster, who influenced Bill's life-career decision.

"I admired my father a great deal. Looking back, I realize how much he influenced me without even trying," says Bill. "Watching him enjoy his life so much influenced my desire to go into broadcasting. It was learning by watching. He was in the forefront of multi-media performers and worked for several radio stations at the same time."

"My father also had a great work ethic and preached the importance of homework," Bill continues. "Doing your homework was something my dad talked about a great deal,

and I tried to always do mine – still do. I wasn't much of a student in school; looking back, I think I was generally bored. But with my love of broadcasting and news, I became a very serious researcher. I devoured newspapers and radio and television shows and tried to read every book of every author that I interviewed."

After a year at the Prince Rupert radio station, Bill took a job in the newsroom at C-FAX in Victoria, where he spent a year before joining CBC in Vancouver in 1967 to host the morning show.

"I also hosted a music show – there's a video on YouTube to prove it," laughs Bill, "where I interviewed a lot of the stars of the day, including the Everly Brothers, Chubby Checker, Fats Domino and Haley and His Comets."

Then Bill was "conscripted" into the sports department. "I say that I was 'conscripted', because I had no intention of doing sports," says Bill. "Because my father had a high profile in sports broadcasting, I wanted to carve my own path. But that said, my 10 years doing sports were some of the best years of my life."

When the Vancouver Canucks entered the NHL in 1970, Bill was chosen to host Hockey Night in Canada in BC. This was an exciting time for him. He covered his first Olympics, the 1972 winter games in Sapporo, Japan and later the 1974 Olympics in Montreal.

"In Sapporo, Canada's only medal was a silver in figure skating by North Vancouver's Karen Magnussen," recalls Bill. "We've come a long way in Olympic and Paralympic performances since then. Experiencing the 2010 games in Vancouver was incredible, to see Canada as a dominating winter games country."

Most exciting for Bill was when he co-anchored the 1972 Summit Series between Canada and what was then known as the Soviet Union, a series still talked about when the annual anniversary comes around in September.

"Going to Moscow was the first international experience I had," he says, "and it was a real eye opener for a young broadcaster. I roomed for 10 days at the Intourist Hotel in Moscow with Howie Meeker, who was a big star then... It was my first experience in a communist society with a public under constant state scrutiny. It truly reinforced my love and appreciation for life in Canada."

Of course, in the world of television, over the years, Bill has had a lot of contact with famous personalities. For example, he co-hosted national ski events for 10 years with Olympic athlete Nancy Greene. He also interviewed hockey greats, like Bobby Orr, Phil Esposito, Gordie Howe, Wayne Gretzky and Bobby Hull.

"One of my all-time favourite hockey people was Pat

Quinn," says Bill, "whom I first met when he joined the Canucks as a player, before he went on to coach, manage and run the organization as a president."

Bill interviewed famous political figures, as well, and has a particularly strong memory of Prime Minister Pierre Trudeau's death.

"I was listening to CBC Radio and they announced they would play an interview I'd done with him. I felt intimidated by him for a second time – the first was when I did the interview. He was the first prime minister I had ever interviewed, and he was an intimidating character. Even the great Jack Webster admitted to being intimidated by Mr. Trudeau. He held the media in disdain and never strived to be liked by anyone in the business. He tested any interviewer – although I must say, when I listened to that interview, I felt I'd done just fine."

Nowhere is the phrase "the show must go on" more pertinent than in the world of live broadcasting, and this takes on a whole new meaning when Bill describes an experience from his years of co-anchoring the *CBC Evening News* with Cecilia Walters.

"One night during the broadcast, a fire broke out in the CBC building and all the lights went. While the building was being evacuated, we carried on,

in candlelight for a time, until the fire was quelled, and the lights returned. That was pretty funny in hindsight!"

This ability to roll with the unexpected was the reason Bill moved from CBC television back to radio in 1988.

"Many people were surprised at my decision, but I'd grown up listening to Jack Webster and CKNW and loved talk radio," he says. "I'd spent a lot of time in unscripted broadcasting and had a knack for ad-libbing, speaking off the cuff and being able to relate to a lot of information without scripts. I loved taking calls and talking about all kinds of issues every day with listeners."

Jack Webster was a big influence on Bill and one of his biggest supporters in Bill's early days in talk radio.

"He was a man I admired and got to know well. I don't think there ever was, or ever will be, another like him. He was a brilliant reporter with a steel-trap mind, a great interviewer and had a unique knack for being entertaining when it was required."

Broadcasters Peter Jennings and Ted Koppel and business magnate Jim Pattison were also an inspiration to Bill, although he never believed in trying to copy any of them.

"I always believed you have to be yourself in this business, but you can learn from many people," he says.

Then in the early '90s, Bill's old radio boss moved on to television with BCTV and offered Bill a chance to return to television with a national program, *Canada Tonight*.

"I have never planned ahead, but I do look ahead and take up what interests me that comes my way."

# Snapshot

with Bill Good

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



*“Always do your best. Never strive to be average or just do what needs to be done. I’ve never understood how “elite” became a pejorative in our world. Who gets up in the morning and says, ‘I just want to be average?’”*

What or who has influenced you the most and why?

*“My dad, Jack Webster, Peter Jennings and Ted Koppel. Each was unique and had big personalities. Each made a big mark in the work they did, and they were all very much admired by their peers.”*

What are you most grateful for?

*“The love of my life, Georgy, our three adult children, and four healthy, happy grandchildren. I’ve been blessed.”*

What does success mean to you?

*“Being the best you can be, treating others the best you can, and trying to do what you can to make your community a better place to live.” |*

“That allowed me to really live my dream,” says Bill. “Radio in the morning and television in the evening. That eventually led to the opportunity to co-anchor the CTV

Evening News with Pamela Martin and continue my radio show on CKNW. Those were another marvelous 10 years. Issues that got only 90 seconds on TV could be expanded on for half an hour or more in my morning radio show. What could be better?”

When Bill retired from CTV, he continued with radio at CKNW for five more years before retiring from that at age 70. He thought he was finally ready to let go of his career.

“I decided I wanted to spend more time with my wife, Georgy, and enjoy our home on the Sunshine Coast,” he says. “But not long after, Rogers Radio contacted me and asked if I’d be interested in doing a daily editorial on News 1130, which I could do from my home, and I said ‘yes.’ It’s allowed me to stay connected and still be involved in the news business.”

*Minute with Bill Good* runs eight times a day and he can do it from anywhere he has access to WiFi. Over the years, Bill and Georgy have been guest hosts for Great Expeditions travel company, and

more recently for Collette Travel and CruisePlus.

“We did a Panama trip with CruisePlus and, in November, we took a group to Egypt for Collette Travel,” he says. “A few years ago, we did a fabulous trip to Croatia, which also took us to Bosnia and Herzegovina. We’ve visited more than 60 countries over the years and consider travel a part of our continuing education. It’s allowed us to meet many, many wonderful people, lots of whom are still friends.”

“I feel I’ve been very fortunate in being able to travel the world,” Bill continues. “I don’t understand people who don’t have any desire to travel. I can’t imagine, for example, not having experienced the Soviet Union, and then going back years later and seeing the evolution into Russia and the transformation of that country.”

Another job Bill recently took on is the role of spokesperson for Capital Direct Lending Corp., a job he says pays the way for him to continue doing his daily News 1130 editorials.

Bill has no plans to stop working entirely.

“My only plan is to continue to do what people want me to do,” he says. “I have never planned ahead, but I do look ahead and take up what interests me that comes my way. I hate the term ‘bucket list’ – I’m not sure why. It was a funny movie, but I just look at what comes along and decide whether or not I’m interested.” |

## STAY INSPIRED!

We’re living in unprecedented times that call for unprecedented action. To that end, *INSPIRED Magazine* will be temporarily suspending its print edition. You can still find inspiring and entertaining articles on our website at

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

Please share the website with your friends and neighbours to help them stay inspired during these difficult times. We look forward to seeing you online!

For more information and volunteer opportunities, see Publisher Barbara Risto’s column Thrive Beyond 55 on page 11. In the meantime, be well!





# 55+ Lifestyle Show

INSPIRED Magazine's annual lifestyle show on March 10 was amazing!



Photos by  
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# PEI: WHERE TIME STANDS STILL

by JANE CASSIE

It could be Tsawwassen terminal, a ferry berth we frequent regularly when heading to Vancouver Island. Even though the waiting lanes and refreshment stand look similar, the white caps and green islets beyond remind us that we're not in Kansas, Toto. Nor are we anywhere near our West Coast homeland.

After a 70-minute cruise, we've glided over Northumberland Strait and crossed the aquatic border from Nova Scotia to PEI.

And from that moment (pardon the cliché), time seems to stand still.

Maybe it's because by mid-September the tourist season has wound down. Most of the bus-tour attractions and chock-full campgrounds have closed and finding a seaside diner that dishes up the daily catch might be challenging. But no big deal. This peaceful place is heavenly to us. There's no urgency to get anywhere anytime, and as people drive by, they actually wave.

"Do we know that guy?" my husband, Brent, asks, cranking his head to get a better look. After the third car passes, accompanied by the same hand action, it's pretty clear. This gesture (that takes us back a generation or two) is still a local courtesy on PEI. And we gladly reciprocate.

Although this province is one lovely land mass, due to

the many geological curves along the coastline, it appears to be divided into three: North Cape, Central Coast and Points East. The capital and main hub is Charlottetown. And it's here, at Dundee Arms Inn, we make our home base. The 1903 Queen-Anne-style house and annex offers both rooms with Old World charm and contemporary decor. A complementary continental breakfast is served daily accompanied by congenial PEI hospitality.

We arrive in time to take a stroll and get a feel for the city. A boardwalk, anchored by a conference centre, is sandwiched between the marina and colourful emporiums. Queen and Great George are two of the main downtown streets where we find everything, from bookstores to gift shops. Stately churches, Confederation Centre of the Arts and City Hall intermingle with heritage brick beauties and are all photo-worthy.

And when the hunger pangs hit, unlike rural island areas this time of year, there are lots of dining options. The Hopyard is one of our favourites. This trendy eatery combines vinyl

ABOVE | Point Prim Lighthouse.

RIGHT | (top) One of PEI's quaint churches, St. Peter's Bay. (bottom) The author and her husband at Greenwich Dunes. Photos: Jane & Brent Cassie

tunes with assorted craft beer and a tasty, reasonable menu that changes weekly. And both The Gahan House and The Olde Dublin dish up great pub grub.

The best way to explore PEI is to get out of the hub and put our pedal to the metal. Over the next two days, it feels like we own the road.

From Charlottetown, we follow Route 2 passing by rolling field after rolling field. Some are ruddy coloured, rich with iron-oxide, others are vibrant green or shimmering gold. Like a beautiful patchwork quilt, they cloak the countryside and wrap around heritage homes, quaint churches and red-roofed barns.

“Over 88,000 acres of potatoes are grown here every year?” my travelling encyclopedia a.k.a. husband states. “They’ve been harvesting spuds here since the late 1700s.”



Although this statistic is new to me, based on the number of crops (and loaded potato trucks) that we breeze by, it’s obvious – farming is a way of life on PEI.

The fishing industry is a stiff competitor. In the many bays we pass, buoys bobble over thriving oyster beds, markers float above mounds of muscles, and lobster traps pile up next to sea-going vessels. And propped up fishing boats take up space in many of the driveways and front yards.

As well as pastoral settings, pretty villages and fragrant forests, our 475 km East Coastal Drive loops by vacated golf courses, campgrounds, cottages and diners. During the summer months, all would be bustling.

Today, it’s quiet and tranquil. We’re good with that. And, of course, the 50 beautiful beaches that rim this region’s shoreline never close. Beaver, Shipwreck Point and Savage are all sandy

strips that get washed by the chilly Gulf of St Lawrence. Lakeside Crowbush Cove is one of our favourites along this northern section. A boardwalk links the parking lot to this lovely crescent, and white-tipped waves lap over its gentle sloping shore.

Greenwich Dunes in Prince Edward Island National Park is another must-visit. The 4.5km-round-trip trek is worth it. A fairytale-looking boardwalk rolls across the pristine wetlands and leads us to the largest dunes on the island. Interpretive boards and a centre provide an overview of the area’s history and archaeological findings that date back 10,000 years.

The Coastal Drive continues to the Eastern Point Lighthouse, but there are several roads that bisect the island, allowing a short cut to the other side. After a quick cruise, we’re facing the Northumberland Strait, a warmer waterway that lures swimmers. Even at this time of year.

“It’s not bad,” says Brent, when putting his tootsies beyond the tide line at Red Point Provincial Park. This playground draws in hoards of outdoor hounds in the warmer months, but today we’re solo and loving the serenity.

Towns along the way also have that laid-back feel. Souris, Montague and Murray Harbour all deserve a look-see. And don’t leave out those lighthouses. Our favourite and final stop on this East Coast drive is Pt. Prim, the first brick lighthouse to beacon sailors on PEI – and to all of Canada.

With only one day left and not enough time to explore both the North Cape and Central Coast, we opt for the latter.

The beaches pale in comparison, but this region makes up for it in scenic overload. Picture-perfect pastures seem to roll into the sea, pristine parklands meld with world-class attractions and the names of a few tickety-boo townships remind me of home. Clinton, Hope River, Victoria. No, Toto, we’re still not on the West Coast! But it is the famous landmark for *Anne of Green Gables*. Bus loads come in droves to check out this well-known site and get the historical scoop.

“We had 195,000 visitors this past summer,” the tour guide shares. “You’ve come at the right time.” Brent does the math. On average, that’s around 2,000 a day. There are only a handful of us browsing through the renowned house today.

Our final viewpoint is Confederation Bridge, an astronomical feat that spans Northumberland Strait. Tomorrow, we’ll be crossing it, a 15-minute journey from PEI to New Brunswick. And as if clicking my heels three times, we’ll be transported away from this peaceful province, a place where people are as friendly as your next-door neighbour and time seems to stand still. |

For *IF YOU GO* information, visit [www.seniorlivingmag.com/articles/pei-time-stands-still](http://www.seniorlivingmag.com/articles/pei-time-stands-still)

## STAY INSPIRED!

While we suspend our print magazine production during May and June, you can continue to stay inspired by visiting us online at

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

We look forward to seeing you there!

Take care of yourselves – and each other.



# EXPLORING PARKSVILLE: FINDING FUN ON VANCOUVER ISLAND

by CHRIS & RICK MILLIKAN

A scenic BC ferry cruise and little roadtrip begin a Vancouver Island getaway. Crossing Georgia Strait to Duke Point, we wind our way along the Island Highway above Nanaimo and Nanoose Bay to Parksville.

Our condo at Sunrise Ridge Resort proves spacious and comfortable; its well-equipped kitchen seems perfect for prepping casual meals to enjoy on the sundeck. And eager to look at Craig Bay, a wooded trail leads us down through the property to its vast beach.

Our first day of discovery kicks off in Coombs, 10 kilometres away. Old Country Market dominates this quirky village. Nicknamed “Goats on the Roof,” Billy goats, nannies and kids graze on its grassy rooftop. Inside, shelves overflow with international foods and eclectic gifts, including voodoo dolls. Planning meals, we purchase artisan breads, local cheeses, organic eggs, deli salads and produce at an outside stand.

Small shops line a courtyard filled with stone sculptures of lions, eagles, monkeys, giraffes, ducks and dogs driving convertibles. Elegant marble Chinese goddesses border the amusing menagerie. Family-owned Cuckoo’s Trattoria and Pizzeria is just a stroll away. A friendly waitress escorts us through its converted farmhouse to a shady table on the patio. Sipping herbed Italian lemonades, we study the menu of enticing traditional dishes. Our thin-crust pizzas taste scrumptious!

At nearby Butterfly World, we commune with winged beauties from South America and Asia. Elegant swallowtails swoop above. Flittering and fluttering, lovely lepidopterans sometimes land on platters of sliced fruit – and sometimes on us! Perched on shrubs, blue morphos sip sweet floral nectars.

Circling tropical trees and plants, we come to the Emerging Area’s chrysalis collection. Struggling out of cocoons, metamorphosed adults spread their delicate new wings. Noting our interest, a docent shows us tiny butterfly eggs dotting a leaf’s underside. She smiles, “They’ll soon hatch into orange caterpillars.”

Adjacent terrariums house extraordinary reptiles: a handsome African spurred tortoise, striped red bearded dragon and speckled albino gecko. One connecting greenhouse displays wonderful hybrid orchids. In another, exotic plants surround a large pond, home to golden Koi.

ABOVE | Parkville’s Craig Bay.

RIGHT | A sand castle displayed during Parkville’s Beach Festival.

PAGE 12 | The author’s enjoy a cool lemonade at Parkville Coomb’s Trattoria.

TOC | Little Qualicum Falls Provincial Park. Photos: Rick & Chris Millikan

Up the highway, Cathedral Grove's ancient Douglas firs warrant a visit. At MacMillan Provincial Park, a crosscut slab's growth lines reveal their age to be over 800-years. A charred line indicates survival of a forest fire 350-years ago.

Boardwalks encircle these towering trees and seedlings flourishing on fallen trees. A placard extolls these "nurse" logs' importance. Other signage recounts how MacMillan logging company preserved this magnificent ecosystem.

Stopping at Little Qualicum Falls Provincial Park, a two-kilometre trail loops us around its canyon. Thick mosses and lichens carpet the forested bluffs. Descending onto a platform above Qualicum River, we sight spectacular Upper Falls. "Listen to that roar," remarks a patrolling ranger. "The water volume's 30 per cent higher than usual due to spring runoff." On a wooden bridge, we observe the full plunge of the sparkling falls.



Crossing the river, our trail traces the canyon's opposite rim. On a second bridge, we admire cascading Lower Falls. Up a steep stairway, we re-encounter the ranger. This time, he's driving an electric cart helping less-mobile visitors access the park's natural wonders. Unwinding later at our digs, we dine alfresco on poached eggs and asparagus on toast.

Fruit and yogurt parfaits fuel the next morning's sunny adventure. Mounting our bicycles at the resort, we pedal to Rath Trevor Beach Park. The entrance road descends under a canopy of dense evergreens to its picture-postcard beach. Families tote umbrellas, chairs and pails onto low-tide expanses of sand. Views of the renowned two-kilometre shoreline continue along a hard-packed trail. As geese honk and seagulls plaintively call, we weave past tall grasses, split-rail fencing, wild roses, snowberries and bleached driftwood.

Exiting through the campground, our route continues into a quiet neighbourhood, veering west along Englishman River. Pausing at a pull-off, we contemplate its lush delta and distant Mount Arrowsmith. The old Island highway takes us back to the resort, where refreshing swims and hot

## THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



This month is our Canadian travel issue. As we go to print, we are not sure how the virus situation will play out here in Canada, around the world, or even in our own backyard. We are planning for the worst and hoping for the best.

Many of us are feeling vulnerable and uncertain. That's a natural response when faced with situations over which we have little control.

I struggled to find the words to share with you this month. Many of you have had your travel plans upended. Travel companies are reeling from the financial consequences caused by actions taken to curb the spread of the Covid-19 virus.

In light of this situation, I have made the difficult decision to suspend printing *INSPIRED Magazine* for May and June. This April edition will be on the stands for the next three months, or as long as copies are available.

As an alternative, I am applying all my efforts to expand the content on our website. I invite you to reach out and discover us at [www.seniorlivingmag.com](http://www.seniorlivingmag.com) Here, you will find thousands of uplifting articles and we will be adding more in the weeks ahead.

As more people are forced to stay home, I expect a flood of visitors to join us online. I hope you are one of them. Can I ask you to tell a couple friends, and ask them to tell a couple friends?

And if any of you have time and skills that you could donate to the cause of helping me weather this crisis, such as researching and writing inspiring articles, helping with online marketing, or finding new sources of revenue I could tap into – I invite you to contact me at [publisher@seniorlivingmag.com](mailto:publisher@seniorlivingmag.com)

For companies limited in their ability to message their customers through other means, I will be opening new opportunities to market to the huge 55+ demographic through our website. If you are a company looking for a low-cost solution to get in front of your 55+ customers, please contact me.

Amid this crisis, we still reach for hope and optimism.

Most of the people I know whose travel plans were interrupted have postponed rather than cancel their trips. You can take the people out of travel, but you can't take the travel out of people.

We will do what we need to do to isolate and eliminate this virus. We will share in whatever grief comes of it – and we will move on together. Stronger. We will continue to connect with our brothers and sisters around the world, eager to share experiences and cultures.

That is the human spirit.

Take time to spread words of encouragement. Appreciate the efforts of all those who have made difficult decisions or sacrifices in order to keep others safe.

Join in the collective effort to support one another. Be compassionate. We'll all get through this together.

May the spirit of travel continue to flourish in our hearts. And when we can travel again, consider the destinations offered by the travel companies who advertise in *INSPIRED Magazine* – they will need our collective support to get back on their feet.

I wish you wellness and steadiness of spirit. |

tub soaks reward our endeavour.

That afternoon in Qualicum Beach, we explore Milner Gardens and Woodland. Its pathway meanders peacefully through mixed forest to a high fence. A wooden-gate's notice reminds us to shut out deer, notorious munchers of botanical treasures. Inside, Artist Trail reveals student artwork. Their delightful metal sculptures include abstract bluebirds dangling from branches; a big-eyed owl and koala bear clinging to tree trunks,

and silver cello resting amid sword ferns.

Passing a pool of water lilies, we relax on a patio, once a tennis court. Fairy gardens adorn ceramic pots beside the snack shack. One conjures a wee playground with porcelain pixies on tiny slides and swings.

Ahead, massive heritage rhododendrons bloom in glorious reds, pinks, yellows and lavender. Lofty red cedars line an oceanside bluff providing views

of its shingle beach, Georgia Strait and distant Coastal Mountains. A telescope and illustrated panel help us identify snowcapped peaks as far away as Vancouver's Lions.

Milner House stands across grand lawns. A storyboard highlights how the Milners developed this four-hectare estate into their private retreat, often planting specimens found during extensive business travels. It became a royal haven when Veronica hosted cousins Diana and Prince Charles in 1986. During the following year, Queen Elizabeth and Prince Philip visited! Nowadays, its elegant Camellia Tea Room serves High Tea. Evolving into a unique public garden, today's nursery plant sale and other special events regularly occur. Exiting

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the west gate, another trail leads us over a gurgling creek dotted with pungent yellow skunk cabbage. Lacy bushes screen a sneaky doe nibbling leaves.

Back in Parksville, we visit the Community Park. At the skateboard centre, wheeled tricksters entertain us rolling down concrete ramps, boldly perfecting their kick-turns and flips. Above, monstrous black octopus and red birdie kites drift and dip. Crossing expansive lawns, we amble along an oceanside trail to the annual sand sculpture event site. Among this year's themed entries, we recall "Wild Thing" winning top prize by caricaturing a starry-haired Jimmy Hendrix. Here, the trail morphs into a long, wide boardwalk. As other folks fan out onto the enormous beach, we stroll the prom-

*Island kid Emma*

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enaded to its end, resting in the shade of an open pavilion.

At the town's Paradise Mini Golf and Fun Park, we play a round of ball whacking. Of two 18-hole courses, Turf 'n' Surf makes an apt challenge, leaving Treasure Island for pirate-loving youngsters. Unlike "real" players on regular courses, mini-golfers like us need only putters, a knack for bank shots – and sense of humour regarding odd ricochets! As duffers, our scores reflect merry antics and above par fun.

Our last outing investigates Morningstar Farm, a 36-hectare working dairy farm boasting family activities. In airy barns, we find cuddly bunnies, pink piglets, weeks-old calves and prize-winning horses. A Moo-seum exhibits early



milking machinery and farm photos reflecting the owner's family history. And outside, Canada's first dairy dispenser offers fresh milk "on tap."

Morningstar Farm also encompasses Little Qualicum Cheeseworks and Moo-Berry Winery. In the Farmgate Store, we sample delicious artisan cheeses and award-winning wines. Blackberry wine and Rathrevor cheddar become take-home favourites.

Homeward bound in the ferry's café, panoramas of freighters and small Gulf Islands slide past our window. Pondering our three jam-packed days, we agree: Parksville must be one of BC's best holiday destinations! |

For IF YOU GO info, visit [www.senior-livingmag.com/articles/parksville-fun](http://www.senior-livingmag.com/articles/parksville-fun)



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# UNPLUG AND RECONNECT

by TONI O'KEEFFE

Technology has taken up residency in every aspect of our lives, changing how, where, when and with whom we work, communicate, socialize, conduct business, date, recreate and how we access goods and services. But is this change good for us?

Our bodies and our mental and spiritual well-being were designed to survive and thrive in a real world. A world of tall trees, wide open spaces, fresh air and sunlight, not a digital world that ties us to desks, electronics, the light that radiates from digital screens while we scroll through our virtual lives, rather than strolling through the forest.

According to the 2016 Canadians at Work and Home Survey, the number of 55+ Canadians actively connected in the digital world has steadily increased. It indicates that 91 per cent of Canadian adults use the internet on a regular basis. Most notably, among 65- to 74-year-olds, internet use increased from 65 to 81 per cent between 2013-2016. Those aged 75 and older increased their usage from 35 to 50 per cent during that same period.

The survey also showed that 90 per cent of adults owned two or more digital devices, including smartphones, laptops, notebooks, tablets, e-readers or a desktop computer.

So how much time are we spending on our devices? And, what impact is this having on us?

Reports by both York University and the University of Pennsylvania indicate that the average North American adult spends 11-13 hours a day in front of technology screens.

I wanted to know how I stacked up against the average,

so I tracked my usage for a week. I was surprised I had been behind a screen an average of 10.5 hours a day. This daily average includes work I do from home.

Research reported by several health organizations suggests that our increased screen time has led to eye strain, headaches, back and neck problems, weight gain, depression, attention span decrease, negatively impacts our quality of sleep, leads to poor eating habits, and weakens our social bonds. Several studies also show that spending significant time in front of screens lowers cardiovascular health and increases our mortality risk.

We're becoming disconnected from our natural state and spending more hours indoors, plugged into an artificial world. Virtual reality, online dating, social media, online banking and shopping, online learning and gaming and more, have become our new normal. Almost every aspect of our life is accessible online. Some of these services are essential and easy to access, especially for older Canadians, but they are pulling us away from physical connections with nature and one another.

So, I decided to do a technology detox and power down my social media and online use. This meant no Facebook, Instagram, LinkedIn, WordPress or Twitter. I reduced my screen time on various online apps and made a conscious effort to stay off the internet when I could for six weeks. I did allow myself periods of time to review and respond to messages.

Did I cheat on my technology detox? Yes, I did. It took me a few days – okay, a full week – to stop checking social media and the various news feeds and applications I subscribe to – worried I might be missing out on something. A phenomenon known as FOMO (fear of missing out).



According to the World Health Organization, digital addiction is a growing problem. We have become accustomed to a certain volume of noise, images, news, advertising and other information flowing to us digitally, causing a compulsion to check our devices constantly.

In the first week of my technology detox, I was still lugging my phone with me everywhere. I say lugging because that's exactly what we do. We carry the weight of the world and our responsibilities with us wherever we go, including to dinner, on dates and even to the bathroom (oh yes, you do) for fear that we're missing out.

When we do this, we're dragging the problems of the world and life with us – literally – in the palm of our hand. We don't allow ourselves time to think or just "be." We surrender our serenity for the rings and pings of incoming messages and alerts because we have created a societal expectation of instant availability.

Our compulsion to remain plugged in also creates unrealistic workplace expectations, including the expectation that we are constantly available.

Part way through the second week of my detox, I was able to park my phone when I walked my dogs, went to the pool or the store. Did the world collapse? Well, yes, horrible things continued to unfold around the globe, but there was nothing I could do about them.

While it's important to stay informed and create awareness of world affairs, a constant stream of dismal messaging into our brains makes us feel hopeless, instead of hopeful, about the world – and life.

We also inhibit ourselves from acting related to the world's problems, if we're constantly on our devices, watching things unfold rather than getting out there and doing something about it.

I started to realize that while it's convenient having my smartphone in my back pocket; it's also a disruption and a distraction from being present. If I've committed time to someone, I want to be fully present and not checking messages and answering my phone.

As I need my computer and phone for work, I was not able to completely power down, but I did cut my screen time to about five-to-seven hours per day by the end of week two.

During week two, I also powered down my TV time. That was a lot easier than I thought. And, by the end of week three, I had reduced my screen time to three-to-five hours a day – and that's when things started to shift.

- The noise in my head had softened.
- I was sleeping better.
- I became more diligent with my morning exercise and meditation routines.
- I was reading more hard copy content.
- And, the snacks in my junk food drawer had gone stale as I wasn't snackin' and scrollin' (referred to as S and S in the digital world).
- I became aware of how much free time I had, and how much unproductive time I had been spending on my iPhone, iPad and computer, checking social media, news feeds and data mining the internet.

- People started reaching out to connect in person. I enjoyed more "healthy" lunches, dinners and walking dates with family and friends that may not have happened, if I had been accessible online.
- I was spending more time outside and started to feel happier, and I'm already a happy, upbeat person.

By the fourth week, I was liberated. I didn't feel a need to check my social media feeds or messages because people weren't expecting me to.

I improved my overall mental well-being and felt more focused and present when doing most things. And those health issues referenced by several organizations (eye strain, headaches, back and neck problems, etc.), all saw improvements.

As I was spending more time outside, I became more physically active. I walked more; played with my pets more often, which is always good therapy, and I had no compulsion to restock the snack drawer.

It's no secret that exposure to nature contributes to our emotional and physical well-being, reduces blood pressure, heart rate, muscle tension, and reduces the production of stress hormones. So, getting off-line and getting outside was good for my health – and will be good for yours, too.

Technology is not going away and, in fact, I don't want it to. I like the ease at which I can find things on the internet. I enjoy my social media feeds and I'm grateful for the people I've been able to reconnect and stay in touch with through social media.

Some studies show that participating in social media and other online activities helps manage social isolation for some people, if it's balanced with real time social interaction.

I also enjoy the various apps I use to help me manage my life. But, as my creative and sage father used to say, "all things in moderation."

I believe it's incumbent on our generation – the ones that lived our youth in the wonder and wild of the great outdoors – to help young people today unplug and connect with things they don't even know they're missing.

If we do, it will be good for all of us. |

*For more information, visit [www.seniorlivingmag.com/unplug-reconnect](http://www.seniorlivingmag.com/unplug-reconnect)*

**EDITOR'S NOTE:** This article was written long before we knew of Covid-19. In our current situation, we can be grateful technology is keeping us connected to our loved ones and communities. Still, be sure to take a break from tech to enjoy some fresh air and exercise. When life resumes, do it with a friend!

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Take care of yourselves – and each other.



## THE LUXURY OF SOLO TRAVEL ON FOGO AND CHANGE ISLANDS

by KATE ROBERTSON

I haven't always liked travelling alone. On my first solo trip to England when I was in my 20s, I probably made some choices my mother would have considered unsafe, just to find travelling companions. In my 40s, with the constant demands of parenting and little alone time, I jumped at the chance to travel on my own. Now, it's my preferred mode of travel.

Over the years, I've become increasingly creative at finding destinations to indulge my solo adventures. My latest choice: some isolated, off-the-beaten-path Newfoundland and Labrador islands.

"That's the last piece of land between here and Greenland," says my guide, Mary, as she points over the rolling Atlantic waves to a tiny, uninhabited island in the distance called Gappy. There, on the well-worn Turpin's Trail that picks its way through some of the oldest rocks in the world along Fogo Island's northeastern shoreline, I can't help but feel that aching carefreeness that comes with the vastness of the open sea.

Mary's a volunteer community host at Fogo Island Inn where I'm staying, and like other islanders I've met, she's keen to share Fogo Island's long history. Located off the northeast coast of Newfoundland, Fogo Island was settled in the late 1600s by mostly Irish and English fisher-families who had crossed the Atlantic to take advantage of the abundant cod supply.

The small fishing communities survived until the fish market collapsed in the 1960s. When the government started pushing "resettlement" – the controversial practice of moving entire communities to the mainland for better economic opportunities – the locals joined to form a fishing co-operative to catch, sell and process their own fish.

This successfully blocked resettlement, but the island's population continued to dwindle until 2013, when island-born Zita Cobb returned to open Fogo Island Inn, a 29-room unique luxury property perched on the edge of the rugged ocean.

Guided hiking to explore the more than 200 kilometres of trails through the island's sub-arctic landscape of bogs and boreal forest is just one of the activities the Inn offers each day. Earlier that morning, I'd joined the sunrise hike with guide PJ, on the Brimstone Head Trail. Along with the others in the group, at the lookout over Notre Dame Bay, I was struck silent as I inwardly marvelled over the endless ocean landscape. Home to the island's annual folk festival, Brimstone Head has also been dubbed one of the four corners of the world by the Flat Earth Society of Canada.

ABOVE | The author on Squid Jiggers Trail, Change Islands.

OPPOSITE PAGE | (left) The author's room at Fogo Island Inn. (right) Miniature Saltbox houses at Herring Cove Art Gallery

TOC | Traditional fishing buildings, Change Islands. Photos: Kate Roberson



As if that wasn't enough morning magic, while we wove our way back down the trail, PJ put his finger to his lips to shush us and pointed to a black fox, watching us from afar, the morning sun's soft rays perfectly framing his silhouette.

At the Inn, it's easy to balance my desire for alone time with my need for connection. I have breakfast in my room, a "tacklebox" of pastries, green smoothie and tea left outside my door each morning. But dinner, I take in the glass-walled dining room, enjoying the new spin on traditional dishes (I now agree, Newfoundland cod is the best there is) that the chef prepares as the fiery sun sets over the Atlantic.

Every room has floor-to-ceiling windows, so I can watch the pounding of the waves from my bed. Add to that the ability to have someone light a fire in the wood burning stove at any time, and the thought of lounging in bed all day, reading a book, is tempting. But, of course, I haven't come all this way to not explore.

I sign up for an island orientation with Fergus Foley, another community host, and a seventh-generation islander (which I've learned is standard lineage for a local). We visit a craft shop filled with handmade quilts, miniature saltbox houses and paintings depicting local maritime life. Since the Inn opened, the art scene is blossoming on Fogo and the artist residency program has become one of the most popular in the world.

Amazingly, there are also several tiny museums, like the Fogo Wireless Interpretation Centre, built next to the original 1911 Marconi station, the second radio transmitting station to receive the mayday call from the sinking *Titanic*.

Newfoundlanders are famous for their hospitality and I've heard on Fogo Island it's not unusual for an islander to invite tourists back to their home for tea. I ask Foley for his take on how this overwhelming affability came to be.

"There weren't roads until the early 1970s and communities were isolated," he says. "Getting from Tilting to Fogo [17 kilometres] was an all-day experience. But even though communities were isolated, we were one big family. We love to sit down and chat – it's just our nature."

On my final evening at the Inn, I sign up for the crab boil,

which takes place in the "shed," a traditional Newfoundland "outback" building. I join the other guests around a community table, and we share family-style traditional dishes like moose carpaccio before we get a lesson on how to best crack into our fresh salty snow crabs, butter dripping off our chins as the sun sets.

Early the next day, a 20-minute ferry ride takes me to the neighbouring Change Islands. This outpost community is much smaller and, with less than a tenth of the population of Fogo Island, I've been hard pressed to find a restaurant or accommodation open this late in the summer season (mid-September).

But the quiet solitude soothes my soul. I manage two hikes before the sun sets, and my camera just won't stop clicking—postcard-perfect saltbox houses. Fishing stages are scattered everywhere.

I meet some colourful characters on Change Islands as well, like Netta, the impassioned owner of the Newfoundland Pony Sanctuary, and Peter Porter, the long-time owner of the Olde Shoppe Museum, who animatedly recites non-stop stories about his extensive collection of 19 and 20 century artifacts, before serenading me with a toe-tapping accordion solo.



That night, it's dead silent as I settle into bed in the 125-plus-year-old Seven Oakes Island Inn, a bed and breakfast in a historic fishing merchant home. Internet and phone connection are spotty, but I don't miss the demand of being constantly available via cellphone and social media. To me, alone time is the new luxury. |

For *IF YOU GO* information, visit [www.seniorlivingmag.com/articles/fogo-and-change-islands](http://www.seniorlivingmag.com/articles/fogo-and-change-islands)

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# HALIFAX: A CITY OF MANY CONTRASTS

by JANE CASSIE

Halifax is a city of many contrasts. It's a blend of the young and old and a place where modern skyscrapers rise in juxtaposition to their historical brick neighbours. During this visit to Nova Scotia's capital, we also discover there are variables with its weather.

"They can get up to a hundred days of mist here a year," my husband, Brent, reports, when reading about this metropolitan area's stats. Fat droplets splash onto our windshield, and I'm thinking we're in for more than just a drizzle. I look at the list of circled attractions on our tourist map – the Citadel, a 19th century British fort that poses proudly above the downtown core, the abundant blooms at the seven-hectare Public Gardens and the waterfront boardwalk, a popular pedestrian walkway where 19th century warehouses are now artist studios, seaside shops and trendy restaurants. They're all on the top things-to-do list, but only if it's dry.

"Fear not," my trusty tour guide husband says, as if reading my mind. "There's lots to do here when it rains. And besides, if anything can change in this city of contrasts, it's the weather."

After donning our slickers, here are just a few of the rainy-day attractions that get our two thumbs up.

## THE MARITIME MUSEUM OF THE ATLANTIC

Although the boardwalk stroll may be nixed for right now, after veering into this waterfront exposition, we're immediately immersed in Nova Scotia's marine heritage. We ogle over the replicated vessels displayed in Days of

Sail, read about the massive explosion that wiped out Halifax on December 6, 1917, and learn all about the *Titanic*. The permanent exhibit portrays everything from this "unsinkable" ship's creation to its demise and explains the important role that Halifax played.

## NOVA SCOTIA MUSEUM OF NATURAL HISTORY

This depository attracts kids of all ages by uncovering the natural wonders from Nova Scotia's land and sea. Fossils, mammals, birds and more. There are opportunities to gaze at glittering gold, gawk at a whale skeleton and zoom in on the culture and artifacts of the First Nations Mi'kmaq people. From the sights and sounds of Nova Scotia's forest, to the moon and stars above, we discover it all – and without even putting up our umbrellas.

## THE ART GALLERY OF NOVA SCOTIA

This magnet for art aficionados is the largest of its kind in Atlantic Canada. The two heritage buildings boast over 17,000 works of art and offer a collection that ranges in everything from sculptures and photographs to classical portraits and international paintings. Check out the charming paintings of renowned folk artist, Maud Lewis, a Nova Scotia favourite.

ABOVE | Citadel above the downtown core.

RIGHT | Maritime Museum. Photos: Jane & Brent Cassie

## THE HALIFAX CENTRAL LIBRARY

If you want a good place to chill out, dry off or read a book, there's no better stop than this flagship of libraries. Stairs and bridge-ways criss-cross over the grand atrium of this architectural marvel and the fifth-floor cantilevers over the entrance plaza to resemble a book.

As well as quiet reading nooks, auditoriums and community rooms, there are a few cafés to appease our hunger and java pangs. And if the rain stops,



we could head to the rooftop terrace and soak in the downtown views. Today, we stay inside and cozy up with a good book.

## COZY UP IN A CAFÉ

Here are three of our favourite must-tastes:

Rinaldo's – We've sampled a lot of seafood chowders during our Nova Scotia stay, and this little Italian café gets the blue ribbon for theirs. The two brothers embrace the everything-from-scratch philosophy. Thin-crust pizzas, mouth-watering pastas, decadent desserts. Magnifico!

enVie – Eat well. Drink well. Live well. That's the motto of this vegan kitchen and even though the menu is plant-based, it doesn't disappoint our taste buds. I go for the spicy Pad Thai; Brent chooses the Cauliflower Steak. No dairy, no meat, all delicious!

Henry House – This British-style watering hole serves up some mighty fine pub grub. Pasties, steak pies, sticky toffee pudding surrounded by Old English charm, yet all in Halifax!

Just steps away is The Waverley Inn, and another reason for us to stay indoors. Since 1876, this Halifax landmark has been pampering guests with its heritage and luxury. And now it's our turn. We arrive in time for afternoon tea and just as we're about to chill out in the parlour over a game of chess, the sun makes an appearance. "I guess we'd better get out that tourist map again," says Brent. "This clearly is a city of many contrasts." |

For **IF YOU GO** information, visit [www.seniorlivingmag.com/articles/halifax-contrasts](http://www.seniorlivingmag.com/articles/halifax-contrasts)

## STAY INSPIRED!

We're living in unprecedented times that call for unprecedented action. To that end, *INSPIRED Magazine* will be temporarily suspending its print edition. You can still find inspiring and entertaining articles on our website at

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

Please share the website with your friends and neighbours to help them stay inspired during these difficult times. We look forward to seeing you online!

For more information and volunteer opportunities, see Publisher Barbara Risto's column Thrive Beyond 55 on page 11. In the meantime, be well!



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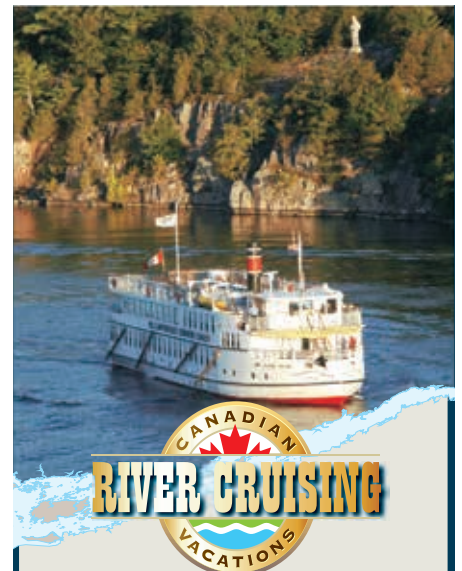
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by VERENA FOXF



Peter Phillips

PETER PHILLIPS says his upbringing in the British Midlands framed his lifelong values and philosophies that include a strong work ethic and a commitment to family and community.

“It’s always been important,” says Peter, who has given much time in his role as President of the Board of Brock House Society for the past two years.

The non-profit senior society offers a comprehensive scope of programmes that engage members from 55 to 100+ in everything from pole walking to issues-based lectures, music, cultural field trips, yoga, films and two well-attended annual community fundraising fairs (July and December).

Peter first joined Brock House after retiring from a career as a Vocational Rehabilitation Counsellor with Gastown Vocational Services, an organization that supports career entry of youth and adults with mental health disabilities. Initially, he joined the society to participate in a “Writing from the Heart” course, which resulted in an Around the World in 80 Minutes presentation of his own global circumnavigation.

Now, Peter is taking a break to explore Indonesia and Bali and hopes to bring travel stories back to his Brock House community.

*For more information: [brockhousesociety.com](http://brockhousesociety.com)*

Update: Due to the March AGM postponement because of social distancing, Peter will continue as President of BHS for a little while longer.

KRYSZYNA NIZIOLEK, newly retired from a career in education, which included teaching art, running Montessori schools and, ultimately, serving as a Vancouver elementary school administrator, says it’s now her time “to look outward less and inward more.”

While continuing her commitments to the Boards of Kid-Safe and Catching the Spirit Youth Society, Krystyna emphasizes that her focus for a while is to sit still – by that she means focusing on her neighbourhood and being more aware of her immediate community.

Instead of “filling her retirement sack” with travels or big projects right now, she’s making herself available to her community by inviting neighbours for “walk and talks”; baking for busy new families; and starting conversations with those she feels would benefit from that connection.

“The biggest gift is the gift of focused time,” says the first generation Canadian from Montreal, who learned the value of travelling your neighbourhood with a box of cookies or kind deeds from her Polish mother.

“It’s easy – if you take the time – to find many opportunities in your own community,” says Krystyna, as she heads off to do just that, all the while clocking her daily 10K steps. |



Krystyna Niziolek  
Photo: Avril Trudeau-Bai

# FOREVER FIT

by EVE LEES



## TIPS TO LOWER CHLORINE IN TAP WATER

Chlorine is a chemical element used as a disinfectant when added to drinking water. It reduces or eliminates microorganisms, such as bacteria and viruses, which can cause serious and life-threatening diseases, like cholera and typhoid fever.

Long-term exposure to *high levels* of chlorine and chlorination by-products (reactions to organic matter such as leaves, etc.) has been linked to an increased risk of cancer and other disorders. Municipal water supplies must follow their provincial government guidelines for safe chlorine use that fall well below the amounts linked to any health problems.

If you are concerned about chlorine in your tap water, however, here are some easy low-cost tips that may help ease your worries.

Tests show chlorine dissipates from water over time when left uncovered (about 24 hours, say some sources; two days, say others). And, at the same time, exposure to sunlight will help speed chlorine dissipation.

**TIP:** Alternate several water pitchers from a sunny spot on the counter to the refrigerator, for an ongoing, rotating, chlorine-free water supply.

Add a few lemon slices to your water pitcher (or a few drops of pure lemon juice) to help neutralize the chlorine. Lemons and limes offer a concentrated source of vitamin C, which has been shown to dissipate or neutralize chlorine.

Sanitary engineers use vitamin C to neutralize chlorine before flushing out water systems. Surprisingly, tests show only a small amount of lemon in your glass will make a difference. Keep this in mind when you order a glass of water in a restaurant: ask for lemon wedges.

Research finds charcoal can filter 95 to 100 per cent of chlorine from water. Charcoal filter pitchers are a less costly choice than whole-house systems or a standing water cooler. Pitchers are available in BPA-free plastic or stainless steel. To store larger amounts of filtered water, pour it into a glass beverage dispenser equipped with a built-in tap. Leave it on the counter or in the refrigerator. Caution: Refillable pitchers and coolers need regular cleaning.

Many sources suggest several nutrients in food (especially vitamin C) and perhaps even certain properties in tea and coffee will help dissipate any chlorine in the tap water used.

To water small indoor and outdoor plants, use tap water that's been sitting (for at least a day or two) in large, open-top watering cans. As for outdoor plants, studies indicate chlo-

rine binds to particles on the soil's surface. The organisms in the topmost surface of soil or compost may be affected, but little chlorine remains as the water seeps downward.

In one test, researchers found organisms deeper than one half inch were thriving, and the affected organisms in the top layer quickly replenished (partly due to chlorine's quick dissipation). To kill these essential soil microorganisms to a six-inch soil depth, it requires water containing 65 parts per million of chlorine. Drinking water contains much lower chlorine levels (up to 4 parts per million).

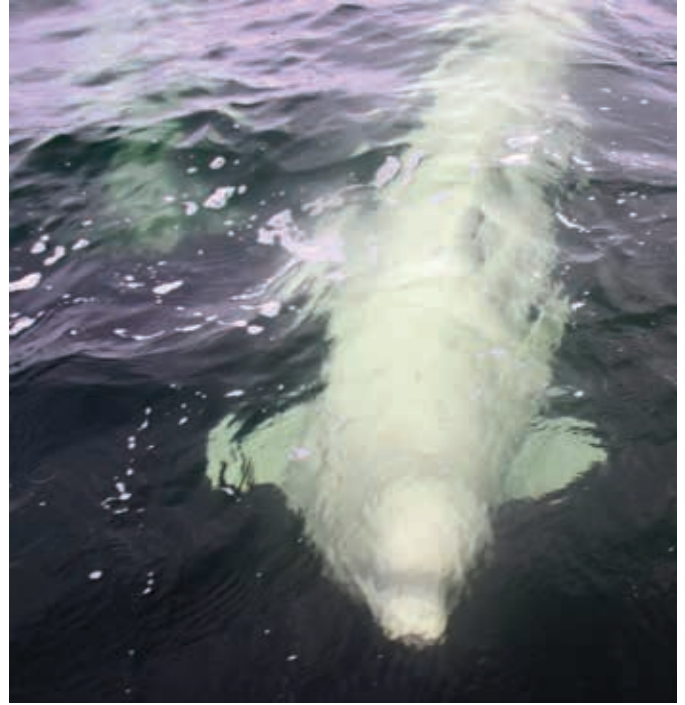
What about your bath water? Chlorine can also be absorbed through the skin, but vitamin C added to water can instantly dissipate chlorine, based on studies done by water utility companies in Canada and the US.

There are vitamin C bath salts and tablets designed for bathing or use plain vitamin C powder. Only  $\frac{1}{4}$  tsp (about 1,000 mg vitamin C) will neutralize the chlorine in up to 100 gallons of water, which is much more than what a standard-sized tub holds. Avoid using more; it's not necessary. And using the recommended small amount makes your vitamin C powder last longer!

Consider using calcium ascorbate or sodium ascorbate powder, instead of the slightly more acidic ascorbic acid version of vitamin C. Calcium ascorbate and sodium ascorbate have a neutral pH and may be less irritating to the skin. If they are difficult to find, ask your local health store to stock them for you.

For those who prefer to shower, consider a showerhead filter with charcoal and/or vitamin C within the showerhead. Shop around for these and many other chlorine-eliminating products. |

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](http://www.artnews-healthnews.com)



# FINDING MANITOBA'S BIG FIVE

by MARILYN JONES

The Tundra Buggy is slowly moving along a rutted road originally created in the 1940s by the Canadian and US military. We're on the lookout for polar bears. It's not cold. There's no snow on the ground. In this remote area near Churchill, Manitoba, the bears spend the summer. Although they are not as easy to find as they are in October and November when they make their way back on the ice of Hudson Bay, they are here.

I am on a Big Five Safari with Frontiers North Adventures. In addition to the polar bears, we seek beluga whales, black bears, moose and bison.

Our trip begins in Riding Mountain National Park located northwest of Winnipeg. Consisting of 2,969 square kilometres of protected area, it was designated a national park in 1933 because of its three different ecosystems – grasslands, upland boreal and eastern deciduous forests.

The park is often referred to as “an island of green rising out of a sea of farmland.” It is home to 233 species of birds, 60 kinds of mammals, and 10 species of reptiles and amphibians. Much of the park's infrastructure was created by labourers in two of Canada's Great Depression relief programs – 1930 Unemployment Relief Act and the 1934 Public Works Construction Act.

In Wasagaming, the park's unincorporated town-site, there are log buildings constructed during the 1930s by the men in the depression-era programs including the park's headquarters.

Situated on the edge of Clear Lake, Wasagaming is a family-friendly town with locally-owned hotels, restaurants and shops lining its main streets with hundreds of cabins only a few blocks away.

## FIRST SIGHTING

Our wildlife drives take place early morning and late afternoon. On the first day, we are fortunate to see a lone moose. The young male seems to be as curious of us as we are of him. We watch for a long time as he meanders along a pond and finally disappears.

On a subsequent game drive, we come upon a black bear eating Saskatoon berries along a roadway. Even though the highway is busy, the bear seems comfortable to stay entangled in the berry bushes eating its fill. We see a total of three bears at the edge of the road this day.

On the final day in the park, we have only one more animal to tick off our list before heading north to Churchill – bison. We head

ABOVE | (left) There are an estimated 2,500 moose living in Riding Mountain National Park. Photo: Frontiers North Adventures (right) Beluga whales closely follow the author's Zodiac. Photo: Marilyn Jones

RIGHT | (top) A young male polar bear walks along in front of blazing star wildflowers. (middle) A bison grazes near one of the roads that cuts through the bison enclosure. Photos: Marilyn Jones (bottom) Bears are often seen along the edges of roadways eating their fill of berries. Photo: Frontiers North Adventures/ Yongpeng Zhang





for Lake Audy Bison Enclosure. “Enclosure” is a misleading description. The herd of 40 has 500 hectares to roam in. From a look-out point, I wonder if we will actually find one as I gaze out over the expanse.

The sun is low in the sky as we board our van after our overview look of the enclosure. We drive along several roads within the enclosure and, as we make our way around a bend in the road, we find several grazing at the edge of the road. Their large presence is awe inspiring. We stay until the sun begins to set, watching the young males posturing and calves nursing.

## CHURCHILL

Back in Winnipeg, we catch a plane to Churchill located on the edge of Hudson Bay. The town of 900 full-time residents is accessible only by plane or train. Located here is a deep-water port where grain, cargo and tanker vessels are shipped. The commodities arrive by rail before being loaded onto massive ships. The ships then sail through the Hudson Straits to the North Atlantic and around the world.

It wasn't until the 1980s that tourists started travelling to Churchill to see polar bears and beluga whales. Churchill is known as the “Polar Bear Capital of the World” and the “Beluga Capital of the World.”

We take a boat to Fort Prince of Wales, an 18th century fort built during the time of conflict between England and France. After exploring the historic site, we sail back into the river where, from a distance, the whales look like white caps.

Soon the curious whales are all around the boat bobbing up and diving back into the water. We enjoy watching the aquatic dance from the deck. The next day, we board a rubber-raft-style Zodiac. The whales follow the Zodiac so close that I can make out all their features just under the surface of the water.

On our final day in Churchill we are on our polar bear excursion. Did we see the fifth animal on our list? Yes!

As we travel in the Tundra Buggy, we pass black spruce trees called “flag trees” because they often only have branches on one side: the result of winds from the north. Tundra swans glide across sapphire blue ponds and an eagle is perched in a tree at the edge of the road.

Our guide finally sees a polar bear in the distance looking more like a large white boulder than a bear. As we ease forward in the buggy, the bear, a young male we are told, gets up and slowly walks along the shore in front of bright purple blazing star wildflowers.

Soon after, we come across an older male lounging in the sunshine. We get very close. He doesn't seem bothered. He looks up and then puts his head back down on his paws.

All too soon our adventure is over. We return to Winnipeg where the tour officially ends.

My experience was amazing! It is always great to tour with like-minded travellers and excellent guides. We successfully saw Manitoba's Big Five and have many photographs from our adventures to prove it. We also have memories to last a lifetime. |

*For IF YOU GO information, visit [www.seniorlivingmag.com/manitobas-big-five](http://www.seniorlivingmag.com/manitobas-big-five)*

## STAY INSPIRED!

While we suspend our print magazine production during May and June, you can continue to stay inspired by visiting us online at

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We look forward to seeing you there! Take care of yourselves – and each other.

# SPRING INTO CHANGE

by J. KATHLEEN THOMPSON

Do you know anyone who is maladaptive to spring? Who shudders at the thought of more light and birdsong and colour in their garden? Who rankles at the increased activity in their neighbourhood? If so, when those first warm shafts of sun begin to loosen the clasp of winter, there is a good chance even the most curmudgeonly will eventually yield to the joy of a world re-awakening.

Spring, to me, has always been synonymous with transition and change. The earth knows it, the birds know it, children know it – it is a wonderful door-flinging, habit-busting time of year! A good time not only to re-order the closets and garage, but to invite new challenges into one's life. Why not launch into a daring new house reno, walk across Spain, take up tennis, or get serious about learning that instrument or language you've always wanted to learn?

Each requires a bit of courage, belief and a lot of dedication and determination, but the outcomes – the new kitchen, proficiency or skill – fulsomely reward our grit and efforts. And new findings in brain research confirm that all of us, at any age, can achieve success in new fields of learning.

For centuries the brain was thought to be a fixed and non-regenerative organ, but recent studies have shown that many aspects of the brain remain changeable or “plastic” throughout our lives. Psychiatrist and psychoanalyst Richard Doidge found ample proof for this theory and published his findings in *The Brain that Changes Itself*.

Through a variety of cognitive and muscular exercises, heat, light and sound therapies and visualization techniques, Doidge and fellow researchers helped numerous patients overcome disorders by stimulating unused circuits of the brain, thereby building new neural networks.

Researchers at St. Mary's College in California came to similar conclusions about the capacity of adult learners to change and grow.

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“As adults, we have well-trodden pathways in our synapses. We have to crack the cognitive egg and scramble it up so that new synapses grow. Stretching the brain best keeps it in tune – you need to push yourself, to get out of your comfort zone to truly nourish the brain.”

They cautioned that integrating new learning wasn't like “falling off a log”; long-lasting change in the setting up of new neural connections takes at least 10 months of daily repeated practice.

So, if brain cells and connections can grow, and learning can improve throughout our lifespan provided we are dedicated to it, what is preventing us from trying?

Not one to shirk from challenge, I put Doidge's theory to the test by tackling new languages later in life. I didn't want to be one of those insensitive travellers who presume the whole world will understand you if you speak English, so I attempted to become at least politely conversant in the language of the countries I visited.

Given that Spanish is a beautiful language, spoken by 400 million people around the globe – many in warm and sunny countries a five-hour flight from us – it was the language I focused on the most. And while my attempts to learn it had sputtered along for years, it was not until I was over 55, when I had time to study and practise Spanish on a regular basis, that I began to gain real confidence in my ability to speak it.

So, hats off to all of you who do “push the envelope” and are inspired to spring into change. And as your “mental capital” grows, don't be surprised if the new synapses formed don't jolt and rearrange the old, resulting in sudden recall of the most hazily remembered face or fact or figure.

That alone would be reason enough to fling wide the windows of possibility and get you going on your new kitchen design, don't you think? |

# New Pill Strengthens The Bladder Muscles, Reducing Accidents and Bed Wetting

**A pill recently approved by Health Canada to improve urinary incontinence.**

By Dr. Stephen Klayman, DC.

**TORONTO** - Adult diaper sales are expected to plummet following results from a clinical trial on a new, patented bladder control pill.

Sold under the brand name *UriVarx*<sup>®</sup>, the new pill contains an ingredient that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx*<sup>®</sup> user in clinical trials experienced a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

## NEW DISCOVERY IN BLADDER CONTROL

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with a pill.

"As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate" explains Dr. Stephen Klayman.

"*UriVarx*<sup>®</sup> targets the bladder muscles and help restore vital kidney health, reducing urgency and frequency. In the case you really have to "go" it helps keep the bladder sealed tighter until you find a bathroom.

## FREEDOM FROM SUDDEN URGES AND LEAKS

Since hitting the North American market, sales for the patented *UriVarx*<sup>®</sup> pill have soared and there are some very good reasons why.

To begin with, the results from its recent double blind clinical trial were truly remarkable. Out of the 150 test subjects, participants taking *UriVarx*<sup>®</sup> saw a stunning reduction in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a dramatic decrease in incontinence episodes, such as leaking and bed wetting.

Although these results are almost unbelievable, Klayman is not surprised.

The patented-ingredient blend in *UriVarx*<sup>®</sup> targets the bladder muscles which are absolutely vital for regaining control.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become loose. This is what causes the bladder to be over active and the resulting urine accidents.

## EXCITING RESULTS FROM URIVARX<sup>®</sup> USERS

Many *UriVarx*<sup>®</sup> users say their bladders have never been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

"After my third child, I couldn't control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day" explained one user.

"I was embarrassed so before going to my doctor I decided to try *UriVarx*<sup>®</sup> and I'm so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also "hold it" when I need to so I'm no longer living in constant fear of finding a bathroom."

## NOW APPROVED FOR OVERACTIVE BLADDER & INCONTINENCE

During the clinical trial of *UriVarx*<sup>®</sup>, researchers found that one pill daily can strengthen your bladder fast, significantly reducing the urinary urgency and leaks.

The double blind, placebo control study took place in two primary care centers where 150 male and female participants with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx*<sup>®</sup>.

Remarkably, participants who received *UriVarx*<sup>®</sup> saw major improvements in leaking, pressure, and the urgency to go – all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

## Overall, the *UriVarx*<sup>®</sup> group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips
- 475% Decrease in Diaper/Pad Use

Additionally, at the end of the clinical trial and after seeing the results, 84% of the participants taking *UriVarx*<sup>®</sup> said it significantly improved their quality of life. All together, the study earned *UriVarx*<sup>®</sup> the Health Canada approval for overactive bladder and incontinence.

"The clinical findings are incredible, but people still wonder if it will really work" explains Dr. Klayman. "It's normal to be skeptical, but we've seen thousands of *UriVarx*<sup>®</sup> users get results exactly like the participants in the study. It's an amazing product."

## HOW IT WORKS

*UriVarx*<sup>®</sup> is a pill that's taken just once daily. It does not require a prescription. However, is approved by Health Canada.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

*UriVarx*<sup>®</sup> active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx*<sup>®</sup> support kidney function and overall urinary health.



**Experts Predict a Pill Will Replace Adult Diapers:** The pill, called *UriVarx*, has been shown to reduce urinary incontinence symptoms by 66%. Risk Free Supplies being offered to Readers who qualify.

## BLADDER PROBLEMS GONE

With daily use, *UriVarx*<sup>®</sup> can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

## HOW TO GET URIVARX<sup>®</sup> IN CANADA

This is the official release of *UriVarx*<sup>®</sup> in Canada. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all Canada residents. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-427-0688 and will only be open for the next 48 hours. Only a limited discounted supply of *UriVarx*<sup>®</sup> is currently available in your region.

URIVARX IS APPROVED BY HEALTH CANADA AS A NATURAL HEALTH PRODUCT FOR THE FOLLOWING INDICATIONS; HELPS REDUCE SYMPTOMS OF OVERACTIVE BLADDER SUCH AS DAYTIME URINARY FREQUENCY, URGENCY, AND NOCTURIA.

# Caregiver's Voice

## PART 3 IN A 3-PART SERIES OF TAKING STOCK

By Wendy Johnstone

Caregiving is now a common experience, however roles and activities can be very different from one caregiver to the next. Caregiving is dynamic, and it can move in different directions at any given time. Encouraging caregivers to use their voice, especially as their role expands, can improve their own situation and the care team's ability to help. Here are strategies to consider when using and strengthening your caregiver's voice:

**Identify as a caregiver:** Caregivers may not always think of themselves as a carer but rather in terms of their relationship such as a spouse, parent, adult child, neighbour, etc. Regardless of the relationship you have with the person you are supporting and caring for, it's important that you add the tag "caregiver" to the list of things you are. Without identifying yourself as a caregiver, it will be much harder to find the right resources and support that can help you in your role.

**Be prepared:** Given the complexity and ever-changing role of caregiving, caregivers often feel better when they are prepared and supported. Carol, who is caring for her son with schizophrenia, shares what's in her caregiving backpack: "Information about my son's disease, skills and understanding about how to deal with his behavioural challenges, problem-solving techniques, reminders about boundary setting, knowing what keeps me resilient, self-compassion and respite." Yes, it's a full backpack, and it takes time to fill it with the right tools. Consider your own backpack, what is important information that you could have accessible?

**Explain your role:** Patient and family-centred care is an approach to health care that respects the central role caregivers play in a care recipient's life. Increasing awareness of your role to health care professionals is one way to help voice your needs. Margaret, who cares for her husband, Ron, finds she needs to remind their family doctor and specialist about her part on the care team. Ron is recovering from a stroke and has mobility and memory issues. She respectfully might say, "I know



Ron is the patient and we are here to talk about his medical needs, but it isn't just him going through treatment and recovery. Ron and I work together to manage his recovery plan, and it's helpful for me to be part of the care planning."

**Ask for help:** Ah, the biggie! It can be challenging to ask for help and when you're a caregiver, it can be even harder. About 30 per cent of caregivers have unmet support. This can mean caregivers experience higher levels of reported daily stress and lower self-reported mental health. Learning to accept help early in your caregiving role and knowing who to ask will make it easier down the road.

Using and strengthening your caregiving voice takes practice and it can change and develop over time. Tune into our new podcast series, "Caregivers Out Loud!" as we highlight and share the voices of caregivers. |

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



**Listen to our new podcast, Caregivers Out Loud!**  
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### All Travel Club spring events have been cancelled.

We will announce our plans for the fall as soon as we are certain these events can proceed safely. Meanwhile, look for our monthly travel newsletter in your INBOX. We will continue to provide you with information from our sponsoring travel agencies. You can sign up for these newsletters at [www.seniorlivingmag.com/travelclub](http://www.seniorlivingmag.com/travelclub)

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In times like these it's important to hold onto our optimism. We will get through this difficult time together. Envision our beautiful world healthy and whole. We will travel again!



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# TAKE YOUR SPIRITUAL VITAMINS

by PAT NICHOL



COURAGEOUS  
&  
OUTRAGEOUS

Several years ago, I created a workshop called Spiritual Vitamins. Recently, I unearthed the notes from those workshops, and I would like to share some of the vitamins with you as we move into spring and a new season of sunshine and rebirth.

We take vitamins for the health of our physical body. We also need to create energy and support our spirit.

## VITAMIN A

Affirmations – the quotations that make us smile, make us glow, give life to our days. Words that help us through the long dark nights of the soul; the “why me” days, when fears seem larger than life. Here is one to start you off. Create some of your own and share them with everyone.

“My life is serene yet exciting.”

Abundance exercise – get a small beautiful bowl. Each day put the same amount of money in it – do this for 30 days. Start small or start large, but every day the same amount goes in the bowl. In 30 days, begin an abundance bank account. If you miss a day, start over. Let me know how you do.

## VITAMIN B

Boost your self-esteem. Learn to think about and say what you are good at, list three assets and abilities. See yourself as valuable and important. A candle flame is not extinguished when it shares its light with another.

BE – Take time just to BE. Always remember we are human beings, not human doings. It is not necessary for us to fill our minutes and hours with busy work just to prove we are worthwhile.

Several years ago, I was on the ferry to Galiano Island. The trip is about 90 minutes, so I had with me at least two books to read, several articles that needed writing and, just in case I ran out of things to do, I had some knitting, as well.

I had my life changed for the better on that ferry ride. I met a Buddhist nun; we sat and talked. She was the one who suggested (wisely) that I had been given this time to simple BE. She came into my life and shared a life lesson that if we pay attention it makes changes for the

good. I often find myself sharing this with others who seem stressed.

These are just spiritual vitamins A and B. There are dozens more. As I review them, I’ll share more with you in this column. In the meantime, take your vitamins – and wash your hands! |

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“Self-esteem isn’t everything; it’s just that there is nothing without it.” –Gloria Steinem

## STAY INSPIRED!

While we suspend our print magazine production during May and June, you can continue to stay inspired by visiting us online at

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

We look forward to seeing you there! Take care of yourselves – and each other.



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