

# INSPIRED

55+ lifestyle magazine

JULY 2020

BARNEY  
BENTALL

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BRAIN TOWARDS  
POSITIVITY

GOING ABOVE  
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# content

JULY 2020

- 4 Barney Bentall: Push and Pull  
by John Thomson
- 8 Meaningful Words Rewire the Brain  
by Myles Shane
- 12 The North Shore Culture Compass  
by Joan Boxall
- 14 Campaigning for Human Rights  
by Myles Shane
- 17 Above and Beyond  
by Steven Doucette
- 18 Helping the Arts Survive  
by Kate Robertson
- 20 Time Travel in Fez, Morocco  
by Marilyn Jones

THRIVE BEYOND 55 3

FASHION 16

FOREVER FIT 24

REBOOT 25

FAMILY CAREGIVER 26

MARKETPLACE 27

COURAGEOUS & OUTRAGEOUS 28

## Cover BARNEY BENTALL

After more than 40 years in the music biz, this JUNO-award winner has found a comfortable balance between life on the road and life at home.

Photo by Mark Maryanovich



## INSPIRED

55+ lifestyle magazine

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8



20

## resources

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# THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



This month, as we launch our July 2020 edition after a two-month pause in publishing due to the COVID-19 pandemic, we are celebrating over 16 years of publishing.

I am immensely grateful for the continued loyal support of our readers and advertisers, many of whom reached out during this difficult time to assure me they were eager to see the magazine continue. These words of encouragement gave me renewed energy and compelled me to find a path through the chaos.

Though it hasn't been easy, my small team and I have brought this July issue together because we are committed to our 55+ readers and the companies and organizations that support this publication through their advertising dollars.

I humbly acknowledge that *INSPIRED Magazine* exists because of the village that surrounds me.

In these past few months, our world has changed. Realistically, all of us need to adjust for a while as safety restrictions prevent us from moving around our communities as freely as we did before. We have taken steps at the magazine to address some of these concerns.

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## About this issue...

Twice a year, we reserve space in the magazine to recognize people and charitable groups who do exceptional deeds in our communities.

I am delighted that we are featuring BC music legend Barney Bentall as our cover. I heard Barney performing with some friends in a free-wheeling charity concert in Victoria a few years ago and immediately put him on my list of future people to profile in *INSPIRED Magazine*. His remarkable life achievements, personal values and community contributions make him a natural choice for this month.

I believe you will be touched, as I was, by the story about the Canadian Guide Dogs for the Blind volunteers who pivoted from sewing dog accessories to sewing protective face masks in order to raise funds for an organization whose mission they passionately embrace.


While their story is highlighted, there are heroes in every charitable society.

I encourage you to consider how you can support one or more of the charities you find promoted in this issue. Now more than ever, these organizations are depending on your generosity. Any donation, no matter how large or small, will be greatly appreciated.


As we continue to navigate this global pandemic, and set about rebuilding our communities and our lives, I am optimistic we will survive this catastrophic event. We may even evolve into a society that has more empathy and greater capacity to serve those in need. I invite you to join me in holding that as a hope for the future.

As we each do our part to support one another and carry the torch of kindness and compassion, we will get through this.


See you in August! |




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Barney Bentall plans  
to still be performing  
when he's 80.  
*Photo: Mark Maryanovich*

# BARNEY BENTALL: PUSH AND PULL

by JOHN THOMSON

A Vancouver favourite in the '80s and '90s, Barney Bentall and The Legendary Hearts were rocking up a storm until infighting at his record company took him out of the public eye. Now, happily ensconced on Bowen Island, Barney is living the quiet life as a travelling troubadour counterbalancing the push to travel and perform with the pull of home and family.

"I think life is a long journey to the point where you understand your nature and then you accept your nature," says Barney. "Part of my nature is I love being home, yet I will get restless and want to go on an adventure."

Those adventures take him across the province in the company of long-time friends Shari Ulrich and Tom Taylor under the moniker BTU or touring BC and Alberta as the Cariboo Express, a Grand Ole Opry style band Barney and his musical mates have pulled together. And then there's The High Bar Gang, a bluegrass group that gets together more or less on the fly and, of course, his original band, The Legendary Hearts. Barney and the Hearts had their 40th anniversary concert in Vancouver last year.

"We never broke up," he says. "That's my band for almost 40 years now and that will always hold that place in my heart. Musically, it's the centre.

Music unites his family, too.

"Everybody in the family is musical," says Barney, harkening back to family get togethers. Two of his four adult children play professionally. Older daughter, Jessica, now living in the Kootenays, plays with the group Wild Honey and has released a record.

Younger son Dustin has the highest profile. A songwriter and recording artist in his own right, Dustin and his dad often share the stage together as part of Cariboo Express, originally assembled to raise money for charity. Barney figures they've raised about two million dollars over the past 16 years.

"It's a great collection of musicians," says Dustin. "It's the one time of the year we all get to be together. It's the time of the year that me and Barn get to be on the road for the bulk of November, so it's quite a special time. We love to play together whenever possible."

Older son Cody builds houses for a living while Barney's youngest, Sacha, supplies ethically-raised beef and poultry to the restaurant industry. Sacha and her husband were chosen Outstanding Farmers of BC and the Yukon in 2018. Dustin says Sacha's the least likely of the four to get up on stage. "She's a little shy. She has a beautiful voice though and she does surprise everybody once in a while."

Now that his kids are safely launched, you'd think Barney would sit back and relax, but when it comes to his children and music, he urges caution. Which is surprising considering young Barney disregarded a similar warning from his own parents decades ago.

"I remember thinking to hell with that," he says. "I mean, if I'm thinking that way then I'm not going to give it everything I've got and yet, ironically, I find myself thinking that way when some young person says, 'I want a career in music.' It's just so hard these days. It's a tough business right now. The market is incredibly saturated. You can be an artist putting out records, working, touring a lot, but unless you're Bruce Springsteen or something, people aren't going to necessarily know who you are. It's vicious out there."

Now that he's a dad himself, Dustin has complied. He's built a side business, [www.dustleather.com](http://www.dustleather.com), into a substantial online venture making and selling leather goods to augment his musical career.

"It seems to help with song writing, as well. I find everything I do kind of works together," he says. Dustin has recorded four albums and tours extensively.

It was a different scene in 1979 when 23-year-old Barney took centre stage. The music industry was decidedly friendlier and not as competitive. He and his long-time friend and writ-



# Snapshot

with Barney Bentall



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

*"I would say be yourself and don't be afraid to say no. Really believe in your voice and how to express it. And then I would have said to myself, start playing lead guitar. I always had good lead guitar players and I always think I should have started playing lead guitar back then instead of rhythm all the time."*

Who or what has influenced you the most and why?

*"Joseph Campbell has been huge for me. Whenever I need comfort, I listen to him being interviewed. He's a good guy going through the mountain passes of life. Musically, Tom Petty and Bruce Springsteen and, personally, my wife, Kath, has been an immense influence."*

What are you most grateful for?

*"That I'm still healthy. You do feel that there's that proverbial baseball bat swinging through the air and you don't know when it's going to connect with you. My health, my family, hands down, and where I live. I love living in BC."*

What does success mean to you?

*"Success means to keep doing it and make it to the end. It's not as if I would have said no to massive hits and being a huge star, but that's a very complicated life to live. So, success? I'm kind of happy where I'm at. I don't have a skewed concept of who I am."*

ing partner, Gary Fraser, were making music. They thought they'd give it a go. Barney's parents, however, were not as receptive. They wanted him to go into the family construction and property management business – the Bentall family is a familiar and well-known enterprise in BC – but Barney was insistent. He would pursue music.

"My choice of careers was not exactly popular," he confesses. "It was completely out of their wheelhouse. It was virtually impossible for my parents to come and see me until I became more successful."

Although he eventually made peace with his father, Barney admits it was tense "coming up through the trenches."

Unwilling to exploit the Bentall name, he performed under the alias Brandon Wolfe. Six years later, he dropped the pseudonym and hit the stage as Barney Bentall and The Legendary Hearts. They became local favourites but had yet to make the big time. Married at 22, Barney faced the extra pressure of providing for his young family.

"We were working really hard. We had a reputation in the clubs, but we were just scraping by. It was not an easy time. I was desperate. I mean I was really desperate. I was about to quit music and join the family company with my tail between my legs. It's not what I wanted to do, but you can't drive your family into the ground."

He resolved to give it one last try and booked a flight to Toronto, determined

to see every record company in town.

"I would have meetings or call people until 5:30 or 6:00 in the evening and then stop. One day, I called Bernie's [Finklestein] office at 6:30 and he picked up the phone. I just launched into a 15-minute sales pitch until he finally went 'okay, okay, just stop. Come in tomorrow at 10. I'll see you.' That's not my innate nature but I was so desperate I just kept going."

His gutsy persistence paid off, and Finklestein signed him to a recording contract with Columbia Records in 1987. In 1989, Barney and The Legendary Hearts won a JUNO award for Best New Group. While under contract to Columbia, Barney and the band released six studio albums and 20 singles. At their peak, they were playing 200 dates a year. But it didn't last. Internal squabbling among company executives that had nothing to do with Barney soured the relationship.

"It became more of a complicated, toxic environment and it sort of broke my heart because within the rank and file of that company, we were such a beloved band," says Barney. "It seemed like a good time to step back a bit. My thought process was you've got one life; it doesn't begin and end with music. Maybe there's other things to learn. I felt it was time to move on."

He retreated to a 485-hectare cattle ranch he bought with his wife and brother-in-law near Clinton, BC. It was a time to rejuvenate and reflect. And to raise beef cattle.

"If I had had a really good relationship with the record company, I probably wouldn't have done the cattle ranching thing," he says, admitting ranching wasn't the idyllic life he thought it would

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be. He missed creating music and long-time collaborator Gary Fraser had left the partnership for law school.

“It was just me. I wasn’t trying to write hits and work for the record company. Then my good friend Jim Cuddy said, ‘Can you come out to Toronto and we’ll make a record?’ Blue Rodeo would be the backup band, and I thought, that’s a really good idea. Ranching was not a good career move, but in terms of life, it was great. I have no regrets.”

In 2006, he released a solo album, *Gift Horse* heralding a swing away from hard rock into a more reflective genre. His subsequent albums were more personal and largely focused on family. *The Drifter* and *The Preacher* referred to his father-in-law and his father, respectively.

“I wanted to come back to a place where I was more myself in my music,” says Barney. “That’s a really important part of the puzzle, to be writing what you want to express lyrically. That’s what was kind of missing for me when it was just a rock band. I love the variety. It’s just a version of cross training really. It’s fun. I just enjoy the music I’m doing in all its forms, the whole range.”

Being a member of four distinctive bands will do that. Barney says he’s found a rhythm, performing with his friends and family when he wants to and playing for money when he has to. He credits his wife, Kath, with keeping him on an even keel.

“She’s such a rock-solid person. For a marriage and a family to survive and even thrive through what a career in music

throws at you, I think that’s an accomplishment and I really credit her in that department.”

Maintaining that even keel includes his home on Bowen Island, where he swims, snowshoes and mountain bikes, and returning to Clinton, the scene of his self-imposed exile.

“We don’t own the ranching one, but we still have a quarter section,” he says of a small property he retains near the original cattle ranch he once owned. Rural BC remains a place to pause and reflect.

“I still keep my fingers in the dirt. I find that kind of thing relaxes me. I like to be out in the world doing physical things,” he says, and yes, that includes performing.

“Maybe not a hundred dates a year, but I’d like to keep doing it when I’m 80. The stage for me is a very comfortable place to be whereas the stage for a lot of people is absolutely nerve racking. Who knows what will happen next?”

His son, who accompanied Barney on his last record, says he’d like to write a whole album with his dad. “That would be a lot of fun,” says Dustin and acknowledges retirement for Dad isn’t in the cards.

“He doesn’t settle down ever. He loves to work, he loves to tour, he loves to play. He’s quite the machine.”

“I divide my time between Bowen, the road and the ranch,” says Barney. “I’m acutely aware of the dichotomy, but I’m happy the way it’s balanced out. I’ve lived it for so long. I think you get to a point where you start to understand that and ultimately you accept it. I feel like I’m getting close.” |

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# MEANINGFUL WORDS REWIRE THE BRAIN

by MYLES SHANE

News of coronavirus and its impacts have dominated the airwaves for months. Millions have been infected, hundreds of thousands are dead, the economy is severely debilitated, and unemployment rates are at their highest since the Great Depression. Is it any wonder that levels of mental health concerns are also on the rise?

Filled with uncertainty, it may be impossible to reduce all our unease, but Cheryl Wilson-Stewart's recent book, *Oh, My Word*, suggests some amazing tools to help reduce depression and anxiety during these unprecedented times.

For 63 years, Cheryl has been dealing with anxiety.

"For almost as long as I can remember, anxiety has been my very annoying and disabling sidekick," she says. "If you've experienced this, you know it's like being held hostage by your own negative thoughts that loop around and around, becoming the loudest voices in your head."

Cheryl, a native of Burnaby, was born with mitral valve prolapse, a condition where the mitral heart valve doesn't close properly, causing blood to flow back into the left atrium, which can cause heart palpitations, shortness of breath, chest pain and a lifetime of anxiety.

Even though half her life has been spent in front of the camera, as a model, a TV host and a Gemini-nominated

television actress, suffocating feelings have continued to live inside her – until recently. In her early sixties, Cheryl developed a daily routine that has diminished her anxiety to the point where it's almost non-existent. Eager to help others combat their anxiety, she decided to write a book based on her daily ritual.

*Oh, My Word* is a helpful tool for people of all ages living with anxiety.

"*Oh, My Word* is insanely simple," says Cheryl. "It's based on a scientific method of journaling that can transform negative, anxious thoughts into positive thoughts. This method interrupts the negative thought loop and clears away blocks in your conscious and unconscious mind. It replaces unwanted thoughts with those you choose to think. These new thoughts become the loudest voices in your head. The journaling method is a form of active meditation."

ABOVE | Cheryl Wilson-Stewart (left) is the author of *Oh, My Word*. Claire Moore (right) is the book's illustrator.



Before she wrote the book, Cheryl lived most of her life dealing with generalized anxiety (GAD), characterized by persistent and excessive worry, which sufferers find difficult to control. People with GAD may anticipate disaster and may be overly concerned about money, health, family, work or other issues.

Somehow, Cheryl, like many with ongoing anxiety, learned how to simply hang on and ignore those moments the best she could.

“I was always looking for relief and ways to break the loop,” she says. “I tried so many things: exercise helped; meditation was unsuccessful because I couldn’t focus.”

In the meantime, after the Gemini nomination, Cheryl decided to quit acting to focus on being a full-time mom to her seven-year old daughter, Kelly.

At 18, Kelly received a water polo scholarship to San José State and was off to university, while Cheryl was left at home with a blank canvas. With her daughter gone, a world of possibilities opened to her. What to do? At the same time, many of her friends were in a similar situation. Everyone was contemplating Chapter 2 – what would be their next adventure?

As it turns out, many of them pondered amazing ideas but ultimately went back to their daily lives. This inspired Cheryl to start a blog called “The Red Shoe Zone.”

“The idea for The Red Shoe Zone came from many heartfelt conversations with friends and, surprisingly, a pair of shoes, proving the point that insight often comes from the most unlikely places! Most of the women I knew felt excitement and joy at beginning Life Part II, but it was often short lived,” she says. “Celebration gave way to fear. The ability to dream was rusty, the thought of finding purpose or starting a new phase of life was overwhelming. Fear, self-doubt and not knowing where to start threatened to derail vibrant women who were rich with wisdom and experience. The Red Shoe Zone was created to help mid-life women fearlessly rediscover themselves.”



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Today, The Red Shoe Zone is read by women across the world and has even prompted Cheryl to become a public speaker as many women's clubs have invited her to discuss her blog with them. As an adjunct to her speaking tours, Cheryl created Red Shoe Zone workshops for women starting the next chapter in their lives.

Amazingly, women of all ages showed up, but it was a 20-year-old woman who was the inspiration for *Oh, My Word*. The young woman told Cheryl she only had five free minutes a day and needed to know how to better herself during that time.

When Cheryl went home, the juices started flowing. She started writing down quotes she found meaningful on index cards and tacked them to her bulletin board. Eventually, she decided to write only one word from the quote that had the most meaning for her.

"I wrote 'joy' and drew a big heart around it and then I dug out pencil crayons, glitter and sparkles and I started to play."

As the day unravelled, every time she thought of the word, it was as if endorphins were being released in her brain. The anxiety she had felt all her life was slowly being replaced by feelings of positivity. The next day, she used a word from a different quote and the results were the same. The day after, another word, and the results were even better. This pattern continued for weeks.

Inevitably, Cheryl concluded, "the loop of anxiety that had been my permanent sidekick wasn't there anymore and in its place were my intentional words and feelings that I was choosing every morning."

Those daily words turned into *Oh, My Word*. Cheryl revealed it took a year to write the manuscript.

"I had people testing the strategy," she says. "They took note of when and how they were reminded of their word and how the word was incorporated into their daily experiences. They shared their word choices with me, and I was able to see a wide range of meanings for a particular word."

"Some of my testers identified as having anxiety while others were worried, had stress and negative thoughts. Still others just wanted to feel good and live their best life. Many embraced the project and others resisted, but it was journalists who ended up seeing the most significant positive differences in their lives."

For the first time since she can remember, those awful feelings of suffocation are no longer part of her life. Today, Cheryl is living anxiety-free and passionately trying to help others suffering from the condition through *Oh, My Word*. She believes it will be a great success and help people dealing with anxiety all over the globe.

Scientists and doctors suggest a vaccine for COVID-19 is close at hand and once it is developed and distributed, the future looks promising. Until then, uncertainty can cause anxiety, but with effective strategies, like Cheryl's in *Oh, My Word*, perhaps we can all breathe a little easier while we wait. |

*Oh, My Word* is available at Chapters and Indigo and can be purchased online at Amazon.





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# GET YOUR BEARINGS: THE NORTH SHORE CULTURE COMPASS

by JOAN BOXALL

Ever lost your way? Felt disoriented? The North Shore Culture Compass (NSCC) is a free online map that interactively pulls people together. A showcase of the marvellously magnetic North Shore (Greater Vancouver) launched this spring within three municipalities: West Vancouver, North Vancouver City, North Vancouver District, and two Coast Salish Nations: the Squamish and the Tsleil-Waututh.

From your desktop computer or mobile device, NSCC provides a quick-and-easy way to navigate cultural diversity. The North Shore Culture Compass has 10 distinct UNESCO-based categories. Discover a festival or event. Position yourself in front of public art. Find an asset in a cultural organization, industry, space or facility. Trace North Shore First Nations' heritage. Find a public institution or service organization. Let its GIS (geographic information system) help you track your way.

North Van Arts (NVA) Executive Director, Nancy Cottingham-Powell says, "Culture maps have been done across the country for a long time... we're doing this, which is quite unusual, (as) a non-profit agency."

When Nancy took over the NVA directorship from Linda Feil in 2014, Michelle Richard, the NVA Communications & Grants Manager, realized Linda held an immense array of cultural knowledge after 20 years of leadership. The groundwork to document key information about regional points of cultural interest began. Thanks to grant monies from the Department of Canadian Heritage, two project managers have a three-year timeline to complete the project.

"All of us, even with the depth of experience we have, have never done anything like it," says Nancy.

Culture is like a tree with visible and invisible parts. The tree's flowers bloom in what we read, eat, wear, listen to, watch and observe. Under the bark are less tangible traditions, rooted in local knowledge.

Let's get oriented with some compass coordinates (and coordinators).



Xwalacktun (Rick Harry) has designed and carved for over 30 years in wood, metal and glass. He shows me a red cedar work in 12 laminated pieces for the entranceway at Moscrop Secondary School in Burnaby. The Coast Salish traditional canoe that the artist has depicted reflects Xwalacktun's months-long collaboration with students, teachers, parents and administrators.



PHOTOS | (Clockwise from top left) Xwalacktun (Rick Harry), Master Carver. Anne Marsh, North Shore Community Players with her dog, Gilbert. Sue Kent, Head of Communications, West Vancouver Memorial Library. Reid Shier, Director, The Polygon Gallery. Nancy Cottingham-Powell, Director, North Van Arts. Photos: Joan Boxall

"The canoe symbolizes the Earth – that we're all in this together," says Xwalacktun who plans to set it within a larger circle, a medicine wheel or moral compass.

"I always have work on the go... I've worked with all mediums."

Up next is a healing pole for Vancouver General Hospital, lit from within in yellow cedar.

"It's all about bringing people together, about growth, not just for our generation but the ones coming after us; that's my focus in the artwork. As we get older, we think back... 'is there anything I could have done better'... to share with the younger ones?"



"My steps were drawn towards North Vancouver Community Players (NVCP)," says Anne Marsh.

In Hendry Hall's much-updated 76-seater, Anne reminisces.

"They were putting on one-act plays," says Anne. "I acted in a couple... they appointed me as secretary, then as president, then as president of Theatre BC, the umbrella organization. Really, I wanted to act, but when you are good at administration, they grab you with both hands."



Local drama groups join the NVCP for a week of professionally-adjudicated plays at Presentation House Theatre. The winner goes on to Theatre BC's Mainstage Festival.

Anne handles membership, periodic newsletters, e-blasts and publicity for NVCP. She also handles publicity for Deep Cove Stage Society, Theatre West Van and Theatre BC North Shore Zone Festival of Plays.



From the information desk, to collections, to the website's digital platform, Sue Kent is now Head of Communications at the West Vancouver Memorial Library.

"I went to U of T Library School (Toronto). I've been at this library for almost 30 years," says Sue.

"The year 2000 was a turning point when we started the North Shore Writers' Festival, a celebration of Canadian literature," she says.

English-language-learning programmes occur in English, French, Farsi and Mandarin for all ages.

"Partnerships are a big factor," says Sue. "In our honouring reconciliation programme, we have a cultural advisor in Chief Janice George from the Squamish Nation, a panel discussion, a film series, a book by a BC indigenous author, learning circles, planned walks... all that is part of us now."

With monthly special events, movies and music, patrons learn for free in smaller bytes on a come-as-you-are basis. The technology lab offers computer programmes and online services, devices and resources.

"When I started here, we would have one or two events per year. Now, people are thirsty... for entertainment (and) learning," says Sue.



Reid Shier is director-curator of The Polygon Gallery (formerly Presentation House Gallery) in North Vancouver, the largest non-profit gallery of its kind in Western Canada (admission by donation).

When Reid was hired in 2006, the PHG had been professionalized through the 1980s and 1990s, with historical and contemporary photography and media art destined to give the new space an identity. Over 25 years of planning saw the reflective-aluminium Polygon arise in 2017 from Burrard Inlet's north bank.

"We're part of something that has become a destination," says Reid. "It is a testament to a lot of hard work by a lot of different people... where the community can gather."

The 25,000-square-foot facility brings retrospection to the region in upcoming exhibits like *The Canucks: A Photo History of Vancouver's Team* or last summer's cinematic sensation, *The Clock*, a montage in actual time.

"Through my practice as a multi-disciplinary visual artist, I discovered a passion for making exhibitions... we follow where the art form is going," says Reid.



The North Shore Culture Compass under the leadership of North Van Arts Director Nancy Cottingham-Powell is helping us find our way.

"Having grown up on the North Shore... if you wanted to do anything hip or happening, you went downtown... the evolution of the North Shore is starting to make its own identity," says Nancy. "[The Culture Compass] is going to help define North Shore culture. We are a unique community unto ourselves." |

COVID-19 ALERT: North Van Arts has been promoting aspects of the North Shore Culture Compass to keep us safely engaged. The 'Public Art' layer allows for physically-distanced walks; the 'First Nations' and 'StoryTime' layers connect us with history from the comfort of home. This month, satisfy your staycation by checking out the online map as it leads us back to North Shore spaces as they re-open.

To learn more, visit [www.northshoreculturecompass.ca](http://www.northshoreculturecompass.ca) or see their ad below.

Joan Boxall is author of *DrawBridge: Drawing Alongside My Brother's Schizophrenia* <https://caitlin-press.com/our-books/drawbridge/>

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# CAMPAIGNING FOR HUMAN RIGHTS

by MYLES SHANE

Three words changed the life of Graham Allen: “Prisoners of Conscience.” As a young lad, he read about people who had been imprisoned for holding political or religious views not tolerated by their own government in the *London Observer*. The article had a profound impact on him.

“I still recall how, as a teenager in 1961, I read the article by Peter Benenson, the founder of Amnesty International, in which he launched a worldwide appeal for the release of ‘Prisoners of Conscience’ wherever they had been imprisoned, referencing in particular two students in Salazar’s Portugal,” he says.

For nearly 60 years, Graham has been a prominent member of Amnesty International, which is a non-governmental organization focused on human rights. While volunteering with Amnesty, he has become involved in several different causes that he is passionate about, including the campaign to end the death penalty and the Campaign Against Torture.

“Incredible progress is being made towards universal abolition,” he says. “I expect to see the last execution in my own lifetime. Campaigning against the use of torture is much tougher as it goes on in so many countries and it will be a long struggle to persuade governments to abandon this convenient method of frightening people.”

Graham is also a member of Amnesty’s “Urgent Action Network.”

“We get an emailed worksheet telling us all about a prisoner in serious jeopardy and then we aim to bombard the responsible government officials and rulers with pleas for release. Amazingly, this does work, and Amnesty publishes its success with photos of the smiling releases and their loved ones.”

As for the current climate with COVID-19 and a global outcry against systemic racism, Graham emphasizes there are ways the public can help.

“Like everyone, I’m feeling quite overwhelmed by the pandemic and the George Floyd protests,” he says. “It’s important to campaign for the release of non-violent prisoners to minimize the risk of infection and [reserve] PPE for doctors and nurses.”

Many people are asking during these unprecedented times how they can help. How they can make a difference.



Graham suggests, “getting involved with Amnesty is simple. Go to the Amnesty International website and look under ‘Get Involved.’ The Secretary-General once pointed out to me the flexibility of a member’s participation: “You can write one letter a week or turn it into a full-time job.”

According to Graham, there are lots of vehicles for involvement, including the Urgent Action Network.

“When I first came here, I joined a group in North Vancouver and incredibly our assigned ‘Prisoner of Conscience’ in Peru was released within a couple of months.”

Amnesty receives no government funds. Volunteers are needed to help organize meetings, protest marches, conduct research projects in furthering Amnesty’s campaigns and, finally, endless letter-writing.

“Every week I send very polite requests to some of the most brutish leaders on the planet,” says Graham.

During these chaotic times, like many of us, Graham has been bombarded with requests to donate to charities.

“Even Amnesty has asked if I could move my annual donation given in August to an earlier date this year.”

When it comes to charities trying to stay afloat during a global pandemic, Graham has some insight.

“For human rights’ groups, when it comes to the pandemic, I think the challenge is to maintain previous levels of contribution in the face of personal income challenges,” he says. “The big challenge for these groups, at this time, is to respond to the Black Lives Matter protests, which have erupted so

PHOTO | Amnesty International donor and volunteer Graham Allen with Director of Fundraising, Rosemary Oliver, in Vancouver. Photo: Eric Shinn



spectacularly. Just as we need to be responding to hospitals and first responder groups to help the fight against COVID-19, so we should be stepping up to help human rights' groups in their significantly increased funding requirements to fight racism."

Graham is a lawyer practicing with Boughton Law Corporation. He specializes in arbitration, property-tax assessment, and First Nations economic development. He has a master's degree in international human-rights law from the University of British Columbia.

After dedicating his life to human rights causes, Graham recently decided to leave a portion of his estate to Amnesty Canada in his will. |

To learn more, see Amnesty International's ad on this page or visit them online at [www.amnesty.ca](http://www.amnesty.ca)

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# FALL/WINTER 2020 FASHION TRENDS

by CALLIE MARTIN

Given the global proportions of current health concerns, this fall and winter may have us touring less of The Louvre and more of the living room. Even so, we can still look chic and trendy for ourselves – and our video conferences with colleagues and family.

## NICE DAY FOR A WHITE WEDDING

Seen on the catwalks of Brandon Maxwell, Givenchy and Paco Rabanne, wearing white after Labour Day is back in fashion. From Stark to Eggshell, the entire spectrum of the popular shade was on display on the most famous runways this year, and no trend could be easier to rock.

One of the difficulties in wearing white, as most women find, is that many of the fabrics can be semi-to-entirely transparent, requiring camisoles to be worn underneath for fear of accidentally putting on a “free show” for anyone who happens to see us. There are two main solutions when it comes to this issue: invest in nude undergarments or search for denser fabrics.

A white linen t-shirt, for example, is almost guaranteed to be see-through due to its light weaving. Likewise, a cotton t-shirt made with at least 80% cotton – unless layered – will likely suffer the same fate. Opt for oxford (which has a basketweave structure), or a silk charmeuse/twill to ensure a more opaque look. If linen or cotton is your preference, many retailers now sell nude undergarments in a variety of skin tones, which can help conceal any fabric that isn't particularly friendly to being in direct sunlight (just remember to look for the word “seamless” on any underwear purchases, so no panty-lines give away your illusion).

## IT'S PLAID WORLD

Goodbye picnic blanket, hello fashion. As evidenced by designers like Burberry, Chloé and Victoria Beckham, the coats and button-downs of autumn 2020 will be featuring an updated version of your grandmother's favourite throw, with careful line placement and impeccable tailoring.

Though the palettes vary from pastel blue (Lanvin) to every shade of brown under the sun (Givenchy, Dior, Miu Miu), this pattern will be making an ever-popular appearance in the upcoming season.

Plaid is a statement pattern, so it's important to keep that in mind when deciding what/when/how to wear it. A flannel, colored version paired with denim jeans, for example, can often read as “cowgirl,” while a red-and-black version will draw comparisons to a lumberjack (not that there is anything wrong with either, should you gravitate towards it).

If aiming for a “fashion” version, seek out one of the many nude/beige/brown combos, which have the benefit of being paired with virtually any outfit without giving the perception



that you're on your way to the ranch. A plaid trench or coat has long been a favourite item in autumn closets across North America (all the better to order your pumpkin spice latté in), and can be an easy way to wear the pattern without “crowding” your simpler pieces. Pair with a good set of leather/pleather boots and a simple, white button-down to rock multiple trends at once.

## ALL ABOUT SLEEVES

If you've been missing the padded shoulders of your '80s wardrobe but haven't figured out a way to bring them into the '20s, designers like Alexander McQueen, Balenciaga, and Chanel have all found a modern way to update our sleeves without bringing back teased hair and feathered bangs.

While Balenciaga opted for large, pointed shoulder pads for a larger-than-life silhouette, Alexander McQueen appears to have added wings to their stylish sleeves, leaving lots of room for interpretation within the trend.

Now this isn't a suggestion to go lurking through your old boxes marked “'80s Jackets.” These updated, modern sleeves are inspired by the '80s, but reimagined. Many of these sleeves are understated, like Off-White's take on a tiered cap, versus Isabel Marant's samurai-inspired version.

The main idea in all the designs – be they bold or understated – is to update what could be an otherwise “simple” garment by putting focus on the arms and/or shoulders instead. Whether you like to flaunt your arms or cover them, this trend can be worn in a variety of ways in a variety of styles.

If you're not into “showy” fashion, you can add this trend to your wardrobe by opting for a shorter sleeve with less volume and more detailing. If you enjoy being on the cutting-edge of the fashion world (or just really loved the '80s; no judgment), this is your time to lean-in and go for a jacket, sweater, or dress with large, exaggerated sleeves.

Keep your styling in mind, however, if you plan on going with a more avant-garde look, as your sleeves should count as one of your accessories. Also keep your silhouette in mind. If you go with a looser or more dramatic sleeve on top, pair it with a tailored pair of pants (or even a pencil skirt) on bottom, to keep your proportions clean and elegant.

Fashion fads for 2020 may not have us strutting our stuff down city streets, but we can be the trendiest member of our group video calls. |



# ABOVE AND BEYOND

by STEVEN DOUCETTE



Canadian Guide Dogs for the Blind is a charity that has operated solely through donations since 1984. The organization services all Canadians and has a volunteer network of approximately 400 people. The COVID-19 pandemic has had a negative impact, as it has for many charitable organizations. Many people cannot afford to give to charities or are stopping contributions for fear of losing jobs, shuttering businesses, and the uncertainty of their immediate or long-term futures.

In May 2020, a few volunteers from Canadian Guide Dogs for the Blind were asked to make homemade masks. These individuals, who usually sew jackets for guide dogs in training or tiny jackets for stuffed dogs the organization sells as a fundraiser, sewed masks that could be used by employees of Canadian Guide Dogs for the Blind. The masks were intended for immediate use by essential staff caring for the dogs, and non-essential staff for when they returned to work.

One volunteer, Barbara Annas, took this idea even further. I received a call from Barbara asking me if I could come to pick up \$2,000 in cash designated towards the training of guide dogs. Unbeknownst to the organization, Barbara and a group

of volunteers had continued making masks, selling them to their colleagues and contacts in the community and, in some cases, even strangers. All the proceeds were being donated to Canadian Guide Dogs for the Blind.

I thought this was such an innovative and generous project. As a charity, our donations dropped significantly due to COVID-19, so it is especially appreciated when people are so kind and go above and beyond expectations.

That could have been the end of the story, but Barbara and her team (Nancy Dunham, Kelly Ford, Bev Furniss, and Rose-lynn Murphy) didn't stop there. As the demand for masks grew in the community, so did their desire to help. Another \$1,400 was presented to Canadian Guide Dogs for the Blind just a couple of weeks later.

"It wasn't my idea," says Barbara. "We were inspired originally after being asked to make masks for the staff at Canadian Guide Dogs for the Blind. I am so happy we can help during this difficult time. We plan to continue."

Canadian Guide Dogs for the Blind is happy too, receiving nearly \$4,600 from this amazing group of volunteers, with more likely forthcoming. |

*To learn more about Canadian Guide Dogs for the Blind or to donate, see their ad on this page or visit [www.guidedogs.ca](http://www.guidedogs.ca)*

Steven Doucette is the Events Coordinator and Assistant to the COO at Canadian Guide Dogs for the Blind



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Photo | Barbara Annas wears a sample of the masks she and her team of volunteers sold to support Canadian Guide Dogs for the Blind.

# HELPING THE ARTS SURVIVE

by KATE ROBERTSON

Few aspects of life have remained untouched by COVID-19. People have lost jobs, schools have closed, and unless you have a company that produces hand sanitizer or face masks, for the most part, Canadian businesses have taken a giant hit.

With so many people's livelihoods affected, of course, the deficit is passed down the chain. Charities and non-profit organizations have had to lay off staff as fundraising events and grants have been cancelled and donations have dwindled. In the coming weeks and months, as the world recovers, volunteering and donating will become more important than ever.

Knowledge Network volunteer Monika Forberger of New Westminster understands the seriousness of these times, especially for the arts.

"Sadly, there will be many arts organizations that will not survive this difficult time," she says. "It has become obvious how vitally important every penny and every minute we can give is to helping support our cultural organizations. But knowing the resilience of the many artists in BC, they will bounce back. Even helping to support their video programming, mostly done from their own homes, costs money, so our continued support as viewers will help this work."

As someone who had a career as a radio station and newspaper arts reporter and writer, Monika's passions continue to run towards the arts. She has been involved as a volunteer for many years with organizations like the Vancouver Opera, the Pacific Theatre and many others that provide outstanding entertainment for BC residents. She was also on a Board of Volunteers that supported the music programme at Vancouver Community College. Since 2002, Monika has run a website dedicated to the lively arts, called [EntertainmentVancouver.com](http://EntertainmentVancouver.com).

In recent years, Monika had the pleasure of meeting Knowledge Network's president and CEO, Rudy Bouttignol, several times, and was impressed with his dedication and how well he has continued to move the organization forward. She felt that giving a few hours of her time to Knowledge would be worthwhile.

The Knowledge Network supports lifelong learning for children and adults by providing quality, commercial-free programming. Monika appreciates that there's so much good children's programming.

"This gives them an excellent introduction to the kinds of programmes they will be asking for as they mature," she says.

During this challenging time, when we cannot get out as much as we would like, Knowledge Network can be a window to the outside world. The programmes are varied, well researched and fascinating. There are old favourites and exciting new additions every month.



Knowledge  
Network  
volunteer  
Monika Forberger

"Knowledge programmes lift the spirits and keep us intrigued and entertained," says Monika. "An evening's viewing of Knowledge will take you around the world, into jungles or art galleries and let you see behind the scenes of everything from the construction of dams to world famous concerts. Knowledge has something for every taste."

Like the Knowledge Network website says, however, "commercial-free, doesn't mean free," and as a publicly funded educational television network that receives some funding from the BC government, they also rely heavily on donations.

As well as donating a small amount each month to the Knowledge Network (which allows you to claim "ownership" and become a proud Knowledge partner) for the past three years, Monika has also spent three or four hours a week volunteering at the office, helping with tasks like telephoning partners to thank them for their donations, mailing out the Knowledge magazine and sending letters and receipts to Knowledge partners. Of course, volunteering was suspended due to COVID-19, but Monika can't wait to get back to it when restrictions are lifted.

For Monika, volunteering gives back to her as much as she gives to it and she's grateful for the opportunity to help.

"It was my parents who instilled this in me," she says. "As immigrants, they were always grateful for what a good life we had in Canada, and that it was our responsibility to give back whenever we could. There was always music in our home and an abiding love of learning."

Monika believes the future of volunteering and donating will become an even more integral part of every arts organization in Canada.

As art consumers, we have to give even more to ensure we continue to have the rich cultural life we have enjoyed until now, of which the Knowledge Network is such an important part, says Monika. "Support of this vitally important organization must continue." |

*For more info on how to volunteer or donate, see Knowledge Network's ad on page 19 or visit [www.knowledge.ca](http://www.knowledge.ca)*



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# TIME TRAVEL IN FEZ, MOROCCO

by MARILYN JONES

*While we understand that travel is not possible during this global pandemic, it is still fun to read about the recent adventures of others. Until the world opens to us again, enjoy this travel feature and let your mind wander abroad. Next month, we will share what we're learning about the future of travel post-COVID-19.*

Fez is ancient and colourful, friendly and welcoming, mystical and magical. The second largest city in Morocco after Casablanca, it has a population of 1.4 million. Located to the northeast of the Atlas Mountains, Fez was founded during the eighth and ninth centuries, and consisted of two independent and competing settlements.

The migration of about 2,000 Arab families in the early ninth century gave the city its Arabic character. In the 11th century, a new ruler united the two settlements and rebuilt the city. Today, this area of the city is known as Fez el Bali.

## FEZ EL BALI

Fez el Bali, one of the largest urban car-free areas in the world, is the oldest part of the city and where I find myself on a beautiful spring day. The UNESCO World Heritage Site is made up of more than 9,400 streets and alleys, and 90,000 residents.

I am with an Exodus Travels tour group. Our local tour guide grew up in the medina [walled city] and knows it well. Think about its size and the thousands of twists and turns in this sometimes cavernous place; you must have a guide unless you relish getting hopelessly lost. Even if you found someone who speaks English, directions would be nearly impossible to follow.

Our guide takes us along streets and alleys. The only traffic is an occasional donkey pulling a cart of merchandise for one of the thousands of merchants here. We pass men dying wool, their arms deep in buckets of colour. Coppersmiths are banging a hammer against a piece of copper shaping it into a large bowl. Men sit in cramped quarters sewing by hand. Merchants sell camel meat, olives and anything else you can imagine a household here might need.

The noise, the smells, and the congestion are overwhelming and disorienting.

“There are people who have never left the medina,” says our

ABOVE | There are more than 9,400 streets in Fez el Bali. It's best to have a guide to avoid getting lost.

RIGHT | Weavers create cloth to be used for clothing and household linen.

PAGE 22 | The largest tannery in Fez is Chouara Tannery. Photos: Marilyn Jones



guide. "They live their entire lives within its walls."

Fez el Bali architecture is characterized by construction techniques and decoration developed over a period of more than 10 centuries, including local design, as well as African, Asian and Southern Spanish. The medina is considered one of the most extensive and best conserved historic towns of the Arab-Muslim world.



## CHOUARA TANNERY

Since the inception of the city, the tanning industry has been continually operating in the same fashion as it did in the early centuries. Today, the tanning industry is considered one of the main tourist attractions in Fez.

The largest tannery is Chouara Tannery and it's located here in Fez el Bali. Situated along the river, it was built in the 11th century.

You know when you are near because of the stench. When I walk into a leather merchant's store, I am handed a sprig of mint. Stores back up onto the tannery. It took a long time to weave through the rooms filled with coats, purses, shoes, wallets, and many other items made of leather to get to the viewing balcony.

On the platform, I look out over the tannery. There are dozens of round stone wells filled with dye or white liquids for softening the hides. Men work in the hot sun moving the hides from vat to vat.

We are told through an interpreter that the leather goods produced in the tanneries are exported around the world.

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We stop for lunch at Le Patio Bleu. Inside what was once a richly appointed home, a variety of Moroccan and African food is prepared and served by attentive waiters.

The medina is also known for its weavers. We enter a shop and immediately hear the click, click of the weavers working at their craft creating beautiful woven material that will become tablecloths, scarves, dresses and other garments.

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When she died in April 2013, Phillippa left a generous gift of Life Insurance to support the Kerr Scholarships forever and to motivate students like Eva Habib.

### Eva HABIB

Eva works on the front-lines of the COVID-19 pandemic and coordinates projects at Island Health's Emergency Operations Centre. In 2019 she was awarded the **James and Phillippa Kerr Scholarship in Public Health** just as she was beginning a 12-week unpaid practicum placement. It validated all her hard work.

"There's been so many positive take-aways from my university experience. Receiving this scholarship is one of many things for which I'm grateful," says Eva.

Although James and Phillippa never met Eva, they most certainly touched her life in a profound way.



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# FOREVER FIT

by EVE LEES



## BE SAFE IN THE SUNLIGHT

For a healthy dose of vitamin D, it's smart to be out in the sun for about 15 to 20 minutes (without sunscreen) on most days of the week. Sunlight is also important to help boost feel-good neurotransmitters like dopamine and serotonin. Studies show just 10 minutes of sunlight can improve mood and even relieve depression. Sun exposure is also linked to the health of your gut and microbiome.

For good general health, you do not need to be basking in sunlight for hours. In fact, too much ultraviolet (UV) radiation from the sun can increase the risk of early skin aging or skin cancer.

Everyone should limit their time in the sun, especially between the hours of (approximately) 10 a.m. and 3 p.m., or when the sun is in its highest position. Also, use caution with other sources of UV radiation, like sunlamps or tanning beds.

After 20 minutes of your vitamin D dose, if you plan to

be outdoors longer, take steps to protect your skin. Seek the shade as much as you can; alternate sun exposure with frequent shady breaks. And also consider the following:

Sunscreen lotions should have a sun protection factor (SPF) of 15 at the very least. Thirty SPF is best, but more than that really isn't any more effective. Apply lotions at least 30 minutes before going outdoors. After swimming or excessive sweating, be sure to reapply.

UV radiation can be reflected from water, sand and pavement (and in the winter months, snow and ice). Be careful sitting by a window in direct sunlight as the UV rays are still harmful when passing through glass, including windshields. And cloudy days are no protection – UV rays can still pass through clouds.

It's wise to wear some type of hat to shade your face, neck and ears. Hats with wide brims are much better choices than visors or baseball caps, which won't cover a very large area. And always wear sunglasses to protect the eyes.

For clothing, choose fabrics with a tighter weave and a darker colour for the best skin protection (lighter fabrics won't protect the skin as well). Long sleeves and long pants are best. If you need to be outdoors for longer periods, clothing with ultraviolet protection factor (UPF) are a good investment. The higher the UPF rating, the more protection provided.

UPF umbrellas are also available and another good investment. Keep one handy in your car.

After taking steps to protect your skin, here's one more health tip: Before heading outside, grab your water bottle and stay hydrated! |

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**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-health-news.com](http://www.artnews-health-news.com)





by VERENA FOXX

MIA JOHNSON returned to Vancouver from California to complete an art history degree at Emily Carr School of Art. She followed up with a master's degree and then a PhD in computer technology at UBC in the 1990s. She says the disciplines fit together because her ultimate interest lay in the interface with computers that allow people to make art.



"It's a human drive to draw, to make marks, to create things – knitting, doodling, etching," she says, explaining her ongoing curiosity and fascination with image making. "I loved the research," she says, of the time she was both teaching and studying at UBC.

Much of Mia's work has corresponded with her hands-on support of the challenges of raising her autistic daughter, now an adult, in times well before the current support structures. Eventually, she started building websites, and then founded and currently runs a local web design business. She has also written a book, *Running on an Angle*, about her first-ever formal exercising experience at 65; and started the National Pit Bull Victim Awareness website after one of her dogs was fatally attacked by a pit bull in her neighbourhood.

"I have so much left to do," says Mia.



ANNE TUPPER says she was always interested in "things medical." She grew up in Winnipeg and New Westminster with her parents, who were both medical professionals.

"But I didn't want to be a doctor or a nurse," she adds, "so I studied pharmacy."

Working in retail pharmacy, initially at Vancouver's iconic Woodward's and later at Shopper's Drug Mart on West Broadway, the mother and grandmother says she's always really enjoyed working with people.

Post-retirement, Anne has continued to do just that. As a Wednesday Front-of-House Greeter at Vancouver's non-profit volunteer-run Brock House Senior Centre, her friendly demeanour welcomes people. She checks memberships and gives directions to the many and diverse programmes, which she participates in when she is not on the desk.

Anne says that many people recognize her from her years as a local pharmacist, handing out prescriptions and good advice. "It's kind of nice," she says, "to continue to see so many familiar faces." |

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# NEW TO CAREGIVING

By WENDY JOHNSTONE

Becoming a caregiver can creep up on you. Maybe it starts with dropping by your mom's house to do her laundry, taking your dad to a doctor's appointment, or calling your adult daughter every day to check in because she suffers from depression. Gradually, you find yourself doing more as the person you are caring for needs increased support. You may not even realize it; you are making a commitment to care for someone else.

Other times, caregiving is triggered by a major health event or acute diagnosis, such as a serious fall, motor vehicle accident, stroke, heart attack or cancer diagnosis. Life as you know it shifts, and all your energy goes to caring for the person who needs you. In an instant, caregiving becomes your new normal.

## Becoming a new caregiver is a lot to navigate because:

- You don't know what you don't know
- There is lots of new information, while trying to sort out who is on the health care and service provider team
- You may be unsure of what resources or programs exist for the person you are caring for

Caregiving doesn't come with a crystal ball. Given the complexity and ever-changing role of caregiving, caregivers often feel better when they are prepared and supported. The first stages of caregiving can feel like the most challenging. Caregivers often feel uncertain about the future, and feel the least informed about what's happening, what's needed and expected.

## The first step is to find the right information you need:

- **Get the best possible diagnosis:** It may take many calls, tests and appointments with the family doctor and specialists, but it is important to get clear on the medical diagnosis, symptoms and effects to be best prepared.
- **Determine what support you need:** This can be consuming, but it is a very important step in finding support specific to your caregiver situation. Support includes informational, emotional, and access to publicly-funded or private resources. For example, if the person you are caring for had a stroke, you may need more information about aphasia, the type of stroke, how it affected the brain, mobility and communication, and rehabilitation available in your community.
- **Learn what specific skills you need:** Depending on the diagnosis, learn what specific skills and training you need. Who can help you with proper training and skills? Start with your health care team. Disease-specific programs and caregiver support are also helpful. For example, you may be faced with a complicated medication regime or a rehabilitation program or transferring someone from a wheelchair to a bed. Different skills and information are required based on the diagnosis. For example, caring for someone with frontotemporal dementia or schizophrenia is very different than caring for someone with diabetes or someone on dialysis.

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



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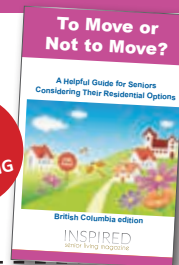
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## COURAGEOUS, CHECK OUTRAGEOUS, NOT SO MUCH



## COURAGEOUS & OUTRAGEOUS

by **PAT NICHOL**

So, what have you been doing with your beautiful life for the past couple of months? Did you get that book written, that cupboard cleared out, that plan for the rest of your life completed? Or were you like me? I ran out of books to read, never mind written.

I did discover that I love to read out loud. And I have a willing listener in my housemate. I range from rereading *Harry Potter* to medieval tales from the 13th century. The other good news: I learned of wonderful new places to walk in Victoria. I live with a friend who adores walking and managed to convince this couch potato that walking is good for me. So, I am potentially healthier than I was when the pandemic began.

I am blessed to live where I live, and I am grateful. My courageous and outrageous life has had to take a back seat for the time being. It also looks like I will not be travelling much beyond Vancouver Island for the next while. I do look forward to the day when I can again meet and trade ideas with some of the residents of our local seniors' residences. I am sure we all have many stories to share with each other.

Yesterday, I got my first haircut in three months. My hair grows quickly, and I hadn't bothered to colour it. I was unrecognizable when I arrived at the salon. So, not only did I shed about three

pounds of hair, I also have some snazzy purple colour back in my life.

What I learned over these months, as I'm sure you did as well, is that we are stronger than we thought, more resilient than we knew, and more able to withstand just about anything that is thrown at us. We are even able to adapt and follow the arrows in the grocery stores. Well, some of us can.

There is a good chance this virus will not disappear in the next couple of months, so the most courageous thing we can do is make the decision not to be outrageous for the next while. Listen to the experts, like Dr. Bonnie Henry: no wild parties with several hundred of your closest friends; and wear a mask when asked to. I have started wearing a scarf. If I don't have a mask with me, it easily pulls up over my nose and mouth.

Remember what your mother told you, wash your hands often. And, for now, save the hugs for later. Stay well, my friends. |

Pat Nichol is a speaker and published author. Reach her by email at [mpatnichol@gmail.com](mailto:mpatnichol@gmail.com)

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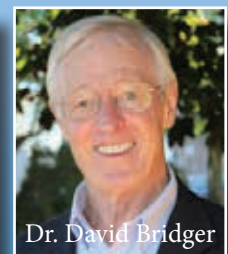
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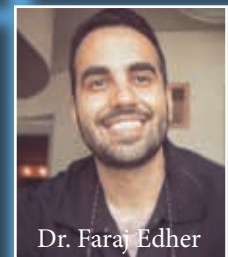
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