


# INSPIRED

55+ lifestyle magazine

APRIL 2021



THE RIGHT  
HONOURABLE  
BEVERLEY  
MCLACHLIN

ADVENTURING IN  
VERNON, BC

ARTIST RICHARD REID

HOW IS YOUR  
EMOTIONAL  
IMMUNITY?

Inspiration for people over 55 • [www.seniorlivingmag.com](http://www.seniorlivingmag.com)

# Island kids need you



Island kid Liv

Leave a gift in your will to ensure Island kids have access to the health care they need for generations to come.

Contact Jane Evans, Leadership & Legacy Giving Manager at [jane.evans@islandkidsfirst.com](mailto:jane.evans@islandkidsfirst.com) or 250-940-4950 to learn more about the impact of leaving a gift in your will.

**children's**  
HEALTH FOUNDATION  
OF VANCOUVER ISLAND

Champions for the health  
of every Island family

**FOREVER A  
PLACE IN  
YOUR HEART.**



**Forever Guardian**  
your legacy of love



Help wild animals in need by becoming a FOREVER GUARDIAN. Include a gift in your will to ensure your legacy of love and compassion lives on.

**BCSPCA**  
SPEAKING FOR ANIMALS

Yolanda Benoit  
[ybenoit@spca.bc.ca](mailto:ybenoit@spca.bc.ca)  
1.800.665.1868 | [foreverguardian.ca](http://foreverguardian.ca)

Charitable Registration Number: 11881 9036 RR0001



**WELLS GRAY TOURS**  
a world to experience

Providing quality packaged travel since 1972

Khutzeymateen Sanctuary, Inside Passage



Surprising Saskatchewan (EB)	Jun 21	8 days	\$2995
Inside Passage & Skeena Train (EB)	Jul 10	8 days	\$3225
Manning Park (EB)	Jul 20	3 days	\$890
Haida Gwaii <i>Filling Fast</i>	Jul 26	7 days	\$3255
South Thompson Inn (EB)	Aug 9	4 days	\$1185
Bella Coola & Tweedsmuir Park	Aug 11	8 days	\$3510
Stunning Northwest British Columbia	Aug 11	14 days	\$5095
Fort Steele & the Kootenays (EB)	Aug 22	7 days	\$2275
Vancouver Island's Magical West Coast (EB)	Aug 25	5 days	\$1540
Fraser River from Source to Mouth (EB)	Sep 7	11 days	\$4095
Tyax Lodge (EB)	Sep 30	6 days	\$1945
Thanksgiving at Tsa-kwa-luten Lodge (EB)	Oct 7	4 days	\$1110

#### The Wells Gray Tours Advantage

- \* Early Booking Discounts (EB)
- \* Local Offices with Local Planner
- \* Experience Rewards Program
- \* Knowledgeable Tour Directors
- \* Single Fares Available
- \* Home City Pick-ups
- \* Escorted Group Tours
- \* Small Groups

VICTORIA OFFICE: 102-736 Broughton St.  
250-590-7889 or 800-667-9552

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

BC Reg. #65842



# content

APRIL 2021

- 4 The Right Honourable  
Beverley McLachlin  
by [Kate Robertson](#)
- 8 Adventuring in Vernon  
by [Chris & Rick Millikan](#)
- 10 Artist Richard Reid  
by [J. Kathleen Thompson](#)
- 12 Immune Health Beyond the Body  
by [Maximilian Waid](#)
- 14 Finding Solace in Nature  
in the Yukon  
by [Kate Robertson](#)



- THRIVE BEYOND 55 2
- HOW WE MET 13
- FOREVER FIT 17
- FAMILY CAREGIVER 18
- MARKETPLACE 19
- LIVING ON PURPOSE 20

## resources

### 55+ TRAVEL CLUB

Club events in Victoria, Vancouver & Nanaimo are postponed until 2022. Join our monthly newsletter and stay informed. [www.seniorlivingmag.com/travelclub](http://www.seniorlivingmag.com/travelclub)

### 55+ LIFESTYLE SHOW

125+ exhibitors, all day entertainment, makeovers, fashion show, speakers & more. Next show March 15, 2022 at Pearkes Recreation Centre, Victoria, BC. [www.55pluslifestyle.com](http://www.55pluslifestyle.com)

### INSPIRED MAGAZINE

Pick up your free print copy at multiple community locations or get our online version emailed to your INBOX every month – sign up at [www.seniorlivingmag.com](http://www.seniorlivingmag.com)

### SENIOR HOUSING DIRECTORY OF BC

A database of retirement residences featuring independent, assisted living and specialized care housing. [www.seniorlivingmag.com/housinglistings](http://www.seniorlivingmag.com/housinglistings)

### “TO MOVE OR NOT TO MOVE?”

A 128-page guide for BC seniors considering their residential options. Whether you decide to stay in your home or move, this book will help you navigate to where you want to be. Published by *INSPIRED Magazine*. \$19.85 includes GST and shipping & handling. Call 250-479-4705 to order.



**Cover** THE RIGHT HONOURABLE BEVERLEY MCLACHLIN  
The former Chief Justice of Canada is having fun penning fiction novels in her retirement.

*Photo: Roy Grogan*

## INSPIRED

55+ lifestyle magazine

**Head Office** 3354 Tennyson Avenue., Victoria, BC V8Z 3P6 | 250-479-4705 | [office@seniorlivingmag.com](mailto:office@seniorlivingmag.com)

**Publisher** Barbara Risto [publisher@seniorlivingmag.com](mailto:publisher@seniorlivingmag.com)

**Managing Editor** Bobbie Jo Reid [editor@seniorlivingmag.com](mailto:editor@seniorlivingmag.com)

**Advertising Sales** Kathie Wagner [kathie@seniorlivingmag.com](mailto:kathie@seniorlivingmag.com) 250-388-5279

**Subscriptions** (12 issues): \$36.75 includes GST, S&H. Canadian delivery only.

No portion of this publication may be reproduced in whole or in part without written permission from the publisher. INSPIRED Magazine is an independent publication and its articles imply no endorsement of any products or services. The views expressed herein are not necessarily those of the publisher. Advertisers and advertising agencies assume liability for compliance with all copyright laws related to materials they submit for publication. INSPIRED Magazine is distributed free throughout British Columbia by Stratis Publishing Ltd. 12 issues per year. ISSN 2562-1041 (Print) ISSN 2562-105X (Online)



## NEVER MISS ANOTHER ISSUE!

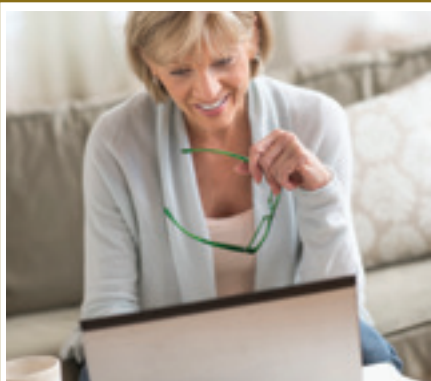
If you look forward to your copy of *INSPIRED 55+ Lifestyle Magazine*, now you can have our online version delivered directly to your INBOX every month!

Sign-up is **EASY** and **FREE!**

Visit [www.seniorlivingmag.com](http://www.seniorlivingmag.com) to register to receive a reminder as soon as the magazine is available online.

If you can't get out to find a print copy, we'll make sure you always find us in your INBOX.

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



## WRITERS WANTED

*INSPIRED 55+ Lifestyle Magazine* is looking for qualified freelance writers. Must be comfortable interviewing subjects, following direction, working independently, and meeting deadlines.

If you would like to be considered, email the editor to start the conversation:

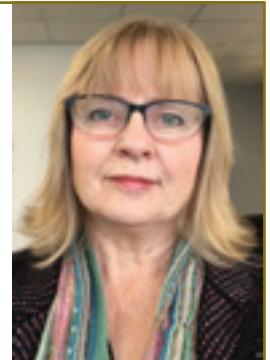
[editor@seniorlivingmag.com](mailto:editor@seniorlivingmag.com)

*Please do not send your portfolio of writing samples.*

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

## THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



It's one year from the date I made the heart-wrenching decision to close the magazine for two months due to the fallout from COVID-19. At that time, I didn't know if we'd be able to open again, and I certainly could not envision what a year hence would look like.

Emotionally, mentally, and financially – this past year packed a wallop. Yes, we opened after two months, but the challenges have been daunting. I'm very grateful for the steadfast loyalty of advertisers, readers, staff and suppliers. It took a village to make this possible.

My heartfelt thanks to everyone who wrote a note of encouragement, offered support, and continued to believe in this little magazine.

Last month, my editor, Bobbie Jo, talked in this column about how change is inevitable and necessary.

In years past, we could recycle our history to give us some clue on what outcomes we could expect from change. Today, I'm not sure history holds the key. We often use the word "unprecedented." And that may, in fact, be the key to our understanding of how to navigate ahead. I wonder if we might not just need to discard history and, instead, be flagrant pioneers of our future.

Lately, I've been reflecting on the difference between overcoming a blockage and filling a void. In both instances, it means something you would like to have is absent.

Let me explain. I was struggling with a new pen that kept running out of ink. After raging at the manufacturer, the retailer and the inanimate pen, I took a meditative look at what this pen was teaching me about myself.

Besides the tantrum it provoked (I realized it wasn't a conspiracy against consumers by big business), all it

meant was the ink was not flowing. Not because of a blockage, but because of a void... likely a bubble of air in the tube.

How many disappointments in life do we blame on something or someone – believing it or they are blocking us from our gratification – when it is actually a void – often one that we've created ourselves?

In this COVID time, we've all become aware of the void of social connection. As sentient beings, connection to things, to people... is as natural as breathing. Restricting our ability to gather and masking our faces has put a damper on that life-enhancing force. It has created a visceral void in our lives.

Beneath that outward societal manifestation, however, is the void of connection to ourselves. This pandemic time may have given many of us the gift of reconnecting with our inner core... getting to know ourselves in ways we never made time for or had the inclination to do before.

I have discovered emotions, reactions, and resources within myself that would not have surfaced otherwise. This has been a year of tending to some of the neglected voids inside. Remembering to thank myself, believe in myself, approve of myself, soothe myself, even hug myself.

So often we look to others for these remedies.

This year has taught me that the tools are more within than they are without.

As we head into the renewal of Spring, may we all discover more ways to love and nurture ourselves. Because in healing ourselves, we heal the world. |



# Say goodbye to dentures & live your best life... starting today.

Are you having trouble chewing & eating your favourite foods? Are you unhappy with your smile? Are you tired of your uncomfortable dentures and the daily maintenance?

## We have a solution for you.

BC Perio's Teeth in One Day are often referred to as All-on-4 Dental Implants.

BC Perio's team of Dentists have performed over 20,000 dental implants during the last 25+ years with great success and we can help you too.



**BC PERIO**  
DENTAL HEALTH & IMPLANT CENTRE

**Vancouver (604) 330-2700**

501-777 West Broadway  
(between Cambie & Oak)

**Coquitlam (604) 332-6716**

250-1175 Johnson Street  
(at Glen Drive)



Visit us online at [www.bcperio.ca](http://www.bcperio.ca)



Former Chief Justice of Canada  
Beverley McLachlin in Ottawa.  
*Photo: Jean-Marc Carisse*

# THE RIGHT HONOURABLE BEVERLEY MCLACHLIN: IN THE PURSUIT OF FAIRNESS

by KATE ROBERTSON

Based on the legal systems, which early colonists brought to Canada in the 17 and 18 centuries, Canada's judicial structure has remained stable, allowing Canadian courts a way to resolve disputes peacefully for centuries. But stability does not mean everything in Canada's legal system has remained static, as Former Chief Justice of Canada Beverley McLachlin can attest to.

Initially called to the Alberta Bar in 1969 and the British Columbia Bar in 1971, Beverley's judicial career began in 1981, when she was appointed to the Vancouver County Court. A few months later, she was appointed to the Supreme Court of BC, and in 1985, elevated to the BC Court of Appeal.

In 1988, she was made Chief Justice of the Supreme Court of BC, then sworn in as a Justice of the Supreme Court of Canada the next year.

Ultimately, in 2000, Beverley made history when she was appointed Canada's first female Chief Justice of the Supreme Court of Canada.

The role of women in the legal landscape is one of the areas where Beverley has seen a notable change over the years.

"It's a totally different environment," she says. "Previously, women were oddities in the legal profession. Many people had good attitudes, but there were a lot of people that had very negative attitudes. The atmosphere was often very sexually charged. Things that wouldn't be tolerated now were then tolerated."

In the 1970s and '80s, early in Beverley's legal career, "political correctness," equality and inclusivity were not common practice. The sense that you shouldn't say certain things just wasn't there for some people. Of course, now inappropriate sexual comments or innuendos have become unacceptable. Consequently, the atmosphere for women in law and other professions has become more positive.

"We have a ways to go, though," says Beverley. "I think that women are generally accepted as being capable and able to do anything but putting that into concrete action is the more difficult thing. There still are unconscious biases that work against women in certain situations... [Decision makers] might opt, in a situation of almost equal merit, for a man, because they're more comfortable with it."

"Now that's a very difficult nut to crack," she continues, "because it rests on unconscious decision-making, and it's often cloaked as 'this is what our institution needs. We've always done well with someone who looks like A, which is a male.'"

There's also the fact that the rules of an organization may look okay on their surface, but in reality, could be inequitable. For example, it may seem fair that if you're a part-time worker that you don't get a pension, and if you're full-time you do. But when you look at it in context, it can be a form of discrimination towards women, who still often take the primary responsibility for family and children.

"We might say we don't penalize a woman because she's

# Snapshot

## with Justice McLachlin



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

*"I would tell her to not worry so much."*

What or who has influenced you the most and why?

*"There's no one person. Probably my first husband was a great influence because he persuaded me to go into law."*

What are you most grateful for?

*"Good health and love from those around me."*

What does success mean to you?

*"Feeling you've done your best." |*

struggling with all of these things, but we need to try to find ways to help her and re-construct our model," says Beverley.

Justice McLachlin has argued that courts may be justified in changing the law where such a change would accord with changes in

society's values. Recently, there was a case in the Supreme Court of Canada that said RCMP women who had been hired, had worked on contract, and thereby under the rules as they were set up, didn't qualify for pension. The decision ruled that they *should* qualify for pen-

sion, otherwise you would just perpetuate this stereotype against women, because they sometimes have to opt for more flexible work environments.

"So that was a big step and that's the kind of thinking we have to attack," says Beverley. "It's very difficult work, but some people are doing it, and they're bringing their law-suits and, hopefully, we'll continue to make changes for the better."

When Beverley became the first female Chief Justice of Canada, she was credited with turning "a divisive court into one of the most collegial and reflective institutions of its type in the world." Although this collegial style was natural for her, it was also an intentional mindset. The number of dissents and disagreements had previously been commented on negatively by the public and the legal community, and she believed that the job of the Supreme Court of Canada was to provide maximum guidance to the people of Canada on undecided or difficult legal points, and to provide that as clearly as possible, so that people can move on.

"I don't take too much personal credit, but when I became Chief Justice, I think I certainly felt that we needed to reduce the number of dissents and disagreements," she says. "A decision that has the support of most or all of the Court is likely to provide clearer guidance. I agree with dissenting opinions, and I have authored quite a few of them, but what was happening was sometimes the Court was splitting two, three or four ways and that meant that it was hard for people to

figure out what the decision actually stood for."

So, Beverley talked about this matter with her colleagues, who felt the same way, and got their buy-in. There was a concerted effort to do more talking and more coming together to narrow their differences – to maybe find some common ground.

"It was very successful – it was very hard – but, by and large, it was successful, and so I suppose that is why our unanimity figures went up a lot," she says.

Through necessity with her jurist career, Beverley has spent the bulk of her life being scrupulously non-partisan and impartial. But there have been many other life lessons and skills she has learned along the way, perseverance being one of them.

"There were lots of times early in my career where I suppose many people would have said, this just isn't working, I'm going to do something else. I can't do this anymore. But I never gave myself the option of not doing it," she says. "I just said I'm going to do this and I'm going to do my best. And I did. That's what got me through."

Being able to look at a question, issue or situation from all sides is another life lesson. "As you face situations in your life – or particularly in judging – you have to be able to see all sides of things and then respond accordingly. It doesn't mean you don't have any convictions, but you have to be able to understand where the other person is coming from. You may not accept it, or you may think it's wrong, but if you understand why someone did what they did, you're more apt to forgive them, you don't write them off and you move forward."

In December 2017, a few months before reaching the mandatory retirement age of 75, Beverley retired from the Supreme Court of Canada with the distinction of being Canada's longest serving Chief Justice. But she still works with several commissions, committees and private dispute resolutions. She's also a member of the Hong Kong Final Court of Appeal.

In 2018, she took the opportunity for a "now for something completely different" endeavour and published her first fiction novel, a thriller about a rising young criminal defense attorney in Vancouver who



becomes embroiled in a complicated court case.

“I’ve always been a voracious reader of fiction, and ever since I learned to read, I’d always toyed with the idea that I’d like to write some time, as many people do. I thought, now I’m retired, and if I don’t do it now, I never will,” she says. “Quite frankly, I never expected to get a publisher and I did. Simon & Shuster were great, and they worked with me to pull a book out of the morass of what I’d done. We got *Full Disclosure*.”

The novel talks about the justice system in a way Beverley wouldn’t be able to, by showing the choices judges and lawyers make and how that could operate in a fictional context.

“The reader is left to draw their own conclusions, and that’s the lovely thing about fiction. You can raise the problems, you can show the different sides of it, without actually standing in judgment,” she says.

Making it on to the Bestsellers’ list, *Full Disclosure* has been more successful than Beverley had ever dreamed. In fact, she has already written a sequel, to be released in September of 2021.

For someone who has spent their life writing non-fiction, judgments, legal opinions and speeches, Beverley found the fiction writing process liberating and a lot of fun.

“I’d never just let my imagination go and try to create characters and situations and so on. Once I got started on it – I think getting started is always difficult – but once I got started and you get your suite of characters and see things emerging that you never really consciously contemplated, is quite fun,” she says.

On the heels of her fictional writing debut, in 2019, Beverley also published *Truth Be Told: My Journey Through Life and the Law*, a memoir that provides an intimate and revealing look at her achievements and the trials and tribulations of her life – from growing up in Pincher Creek, Alberta, all the way through her retirement from the Supreme Court of Canada.

Beverley is definitely enjoying this chapter of her life. “I have more freedom now to choose what I’m going to do and when I’m going to do it. I’m still very, very busy, so some days I don’t feel so free. But I think that’s part of it,” she says.

She has also had a chance to contemplate the aging process: “There comes a certain peace and calmness because you’ve been through a lot, you’ve done a lot and, at this point in my life, I think I can get through most things. That gives you a real sense of being centred and grounded.”

“When I was younger,” she continues, “I was continually beset by anxiety on whether I’d succeed on this or that or the other thing and whether I’d done a good job, whether it was exam writing, to papers at university, to things I did as a lawyer. Now, I just do what I think is appropriate. It’s not totally stress free, but it’s a lot less stressful because I have a real sense of who I am and what I can do and my inner resilience. A lot of things have happened in my life and they weren’t all easy and I got through them.” |

## Why work with Robyn?

“Robyn is so knowledgeable, courteous and insightful. She certainly has a keen awareness of the market. Her negotiating skills are outstanding! I feel very fortunate to have had her as my REALTOR®” - P.K.

### There has never been a better time to get the most for your home!

Give me a call, I’ll answer your real estate questions, talk about the selling and buying process and you can decide if now is the right time for you to make a move. I have years of experience and patience, call anytime!



## Is it time for a move?

Now is the opportunity to get the best price. Let’s talk.

# Robyn Wildman

Multiple MLS® Gold Award Winner  
Top rated in Customer Service

**BUYING OR SELLING REAL ESTATE CALL**

# 250.818.8522

[rwildman@sothebysrealty.ca](mailto:rwildman@sothebysrealty.ca)

# Sotheby’s

INTERNATIONAL REALTY

## Canada

**[robynwildman.com](http://robynwildman.com)**

**[sothebysrealty.ca](http://sothebysrealty.ca)**

Sotheby’s International Realty Canada,  
Independently Owned and Operated.



# ADVENTURING IN VERNON: INVESTIGATING THE NORTH OKANAGAN

by CHRIS & RICK MILLIKAN

Vernon's appealing past and new rail-trail inspired a getaway to BC's North Okanagan.

Arriving for a Foodie Tour, guide Loretta spices up a downtown walk recounting histories of turn-of-the-century buildings.

Entering select cafés, unique California Roll salads, Persian teas and exotic cookies prove scrumptious. At a shop, we taste premium olive oils, balsamic vinegars... and munch drizzled green salads. Station BBQ's plates of succulent smoked beef, chicken, pork and sausage further delight palates.

Later that afternoon, docents take us on a Vernon Museum and Archives walk encompassing 18 of the town's 28 murals. Steve says a local artist created most of them, including a celebration of multiculturalism featuring distinguished ethnic leaders. Others portray winter Olympic athletes, war heroes, businessmen, firemen and artists.

Our favourite, "The Geisha," appears on a small wall acclaiming the Empress Theatre's successful opening production. Pointing to stacks of tires, Larry jokes, "That 'art installation' must surely conjure Kal-Tire's fledgling Kalamalka Lake operation!" An opposite mural shows Okanagan Lake, spirits and native leaders. The one wrapping a corner bank depicts drovers herding cattle.

Next morning, a Predator Ridge van shuttles rental bikes, sidekick Teresa and us to Coldstream's trailhead. The rail-trail bustles with dog walkers, parents pushing strollers and fellow cyclists. Breezing along Lake Kalamalka, Vernon fades quickly into the distance.

Yellow-flowered sagebrush, blue chicory, sunflowers and fragrant pines line the wide gravel track. Golden grasses and

colourful wildflowers adorn adjacent slopes. "Isn't the lake beautiful?" Teresa beams. "Our summer sun creates Kalamalka's gorgeous turquoise by dissolving lakebed limestone." Though no boats are visible, she tells us, "People fish here year-round for kokanee, rainbow and lake trout.

Winding alongside a wall of white cliffs, we spot an oncoming cyclist toting his German shepherd in a trailer. Beyond another lofty escarpment, the trail skirts a reedy slough. An osprey perches atop a snag, likely searching for a meal.

A dock identifies Kekuli Bay Provincial Park. This mid-point of our ride furnishes water, restrooms, picnic tables, sandy swimming beach... and campsites for the tuckered! "Kekuli is also the turnaround point for Cycling-Without-Age," Teresa remarks. "Our free program offers homebound elders a chance to enjoy nature, breathe fresh air and reconnect with the community." Before long, we encounter a senior volunteer pedaling an e-bike rickshaw, two smiling participants seated comfortably in front.

Pushing onward, the landscape becomes increasingly arid. A trailside resort has lawn signs warning: "Beware of Snakes." Momentarily "rattled," our pedal quickens toward Lake Kala-

ABOVE | Cycling the gorgeous Kalamalka Rail-Trail.

PAGE 9 | The Geisha Mural.

TOC | O'Keefe Mansion. *Photos: Rick & Chris Millikan*

malka's southern end.

Passing under a high trestle, the trail begins skirting small vineyards, orchards and stylish homes. A general store's back wall displays an illustration of lakeside culture, declaring, "I Love Oyama." Awaiting our return shuttle, we sip cold juices on its shaded patio. "This pamphlet's map outlines our 18-kilometre trip," Teresa notes. "To complete the 48.5-kilometre rail-trail to Kelowna, cyclists bypass the unfinished six-kilometre section between Winfield and Ellison Lake using roadways."

The afternoon kicks off at Davison Orchards and Country Village. A pumpkin-formed castle overlooks western-style shops; long bins brim with fall crops. We hop aboard a tractor-pulled tram for the farm tour. Tom Davison drives us beyond sprawling vegetable patches into hillside orchards. He stops beside rows of Honey Crisps.

"University of Minnesota researchers developed many northern hybrids," Tom relates. "When botanists observed students eagerly crunching these sweet, juicy apples, they knew Honey Crisp was a winner! Try 'em... and fill your bags!" Afterwards, we stroll to the Farmhouse Café, once his grandparents' home. Relaxing on its terrace, apple pie caps delicious homestyle lunches.

A second apple enterprise, BX Press Cidery, lies east of town. There, a hostess escorts us to a picnic table amid shady apple trees. "Our orchards occupy BX Stagecoach Company's former horse ranch. So today, our ciders honour workers at Bernard Express's gold-rich terminal, Barkerville," Jasmine says pouring from bottles sporting their caricatures.

"Prospector" recalls grizzled miners; "Ginny," hurdy-gurdy saloon girls; "Hostler," wranglers of speedy wild horses that kept coaches on time. And "Gunshot" recognizes gals and gents who rode shotgun.

"Planted in 1946, orchards still produce two dozen varieties. Yet crops became unprofitable," Jasmine states. "In 2013, grandson Dave and wife Missy began crafting small batch ciders. They press the best and ripest handpicked fruit. Their juices ferment and mellow through the winter." When tasting ends, purchasing begins!

At Vernon's Farmers' Market the next morning, we browse among canopied tables stacked with baked goods, including huge pretzels, local produce, canned fruit and handicrafts. Vendors chat about their sweet prunes, paintings and pottery. An indigenous fellow gives us some tasty bannock. One farmer describes his varieties of nutrient-packed Haskap berry, leading to a saucy purchase. As buskers strum and croon golden oldies nearby, we sip a vintner's robust red wines and buy two bottles. Hot from a food-truck griddle, savoury French crepes provide perfect breakfasts.

Our day continues delving deeper into history at the museum. This research proceeds at the outlying O'Keefe Ranch. A tour commences on the mansion's wrap-around veranda. "An aspiring Toronto Irishman, Cornelius O'Keefe came to BC's goldfields too late to find gold! He made his fortune as a drover. Buying cattle in Oregon at \$10 each, he sold them in Barkerville for \$100 a head," guide Sharon grins. "In 1867, he

established his ranch and a relationship with Alapetsa, a native woman. Within four years, he'd opened a profitable General Store, which doubled as a stagecoach depot." On an 1877 trip to Ontario, he met and married Mary Ann... resulting in nine children. Nineteen years passed before he built this mansion."

Interior furnishings reflect a luxurious lifestyle. The parlour boasts plush, turn-of-the-century furniture and a wondrous crystal chandelier. Photos of Cornelius, Mary Ann and Elizabeth, his second wife, hang above a Steck Grand Piano. "Elizabeth bore him six youngsters," Sharon mentions. "Cornelius supported his sizable family, which always included Alapetsa and their two children."

Sharon winds up an elegant mahogany music box; sweet melodies soon fill the hallway. In the dining room, cupboards and dining table display Elizabeth's 115-piece set of floral Meissen porcelain. Upstairs, bedrooms reveal the comforts enjoyed by family and guests. At the downstairs exit, a recent photo reveals an O'Keefe family reunion. To identify maternal lineage, descendants wear red, yellow, and green shirts.



Outside, we investigate the O'Keefe's original cabin, bunkhouse, blacksmith shop, gristmill, Chinese cookhouse and hilltop church. His General Store overflows with 1800s' merchandise: lanterns, butter-churns, fashionable clothing, washboards, treadle sewing machines and Victrolas. Timeless sweets fill counter jars: peppermint sticks, penny candy, jellybeans and lollipops. The valley's first post office remains tucked in the corner.

Other buildings enclose arrays of cast-iron stoves, family artwork, fancy attire and an impressive model train layout representing several western towns. Sheds display vintage tractors, ploughs, hay-rakes and reapers. Newer structures house the Quilters' Guild and Potters Without Borders.

Behind an active piggery, sheep paddock and donkey pasture stands Balmoral schoolhouse. In the Victorian schoolroom, we imagine multi-aged students seated at rows of its wooden desks, learning the three Rs from surrounding blackboards.

Neighbouring 1892 Schubert House showcases Catherine Shubert's family heirlooms. Catherine's indomitable image was noted earlier on a downtown mural, honouring Okanagan's first European woman settler.

Delectable encounters, historic tours and exhilarating bike rides make three days around Vernon one great holiday. |

*For IF YOU GO information, visit [www.seniorlivingmag.com/adventuring-in-vernon](http://www.seniorlivingmag.com/adventuring-in-vernon)*

# RICHARD REID: GETTING BETTER!

by J. KATHLEEN THOMPSON

With Observatory Mountain rising sharply behind the window of his home in Grand Forks, BC, artist and printmaker Richard Reid, at age 90, is absorbed in a new work. Like the great cellist, Pablo Casals, who was asked why he continued to practise every day at the age of 95, Richard tells me he is drawn to his easel regularly because “I think I’m getting better.”

A living room that now serves primarily as his studio space, a stack of watercolours just completed, and a catalogue of achievements and awards, confirm Richard’s lifelong commitment to the creative life.

As he puts his brush down, he jokingly adds, “And during this pandemic, I certainly haven’t been able to use the excuse “I don’t have the time!” And as his wife passed away a year ago, the work likely provides some solace as well. And joy.

“I get excited every time I set out to paint and make the first mark on the paper,” he says. “Every mark is unique, and when the marks integrate in a certain way, that’s magical! And every time I paint, the experience is different, too.”

There is a sense of improvisation to Richard’s work and processes. And you could say his life, as it has evolved into the art and relationships and experiences it has, has been similarly, and providently, extemporaneous.

Born in Regina in 1930, Richard can remember as a child the sounds of his stepfather improvising on a classical motif on the piano, but not having had the same exposure to the possibilities of visual art.

“My parents had a few stock landscape pictures on our walls – you know the kind with a country road lined with birches – so my notion of art was pretty limited.”

A drawing course taught by his Grade 7 teacher was the exception to this, giving him a brief glimpse into his aptitude for art, something that wasn’t explored further until after graduating from high school. In the meantime, an interest in “how things worked” – electronics, electrical gadgets, car engines – occupied most of his teenage years.

Waffling between architecture and medicine as post-secondary pursuits, Richard chose to study architectural drawing at the Manitoba Technical Institute. Then, the buzz around the opening of the nearby School of Art at the University of Manitoba in 1950 led to an unanticipated move – enrolment in their new program. Expecting to leave with a diploma in commercial art, Richard stayed on to complete a BFA, majoring in the highly technical art of intaglio print-making.



ABOVE | (top to bottom) Artist Richard Reid. Photo: Chris Hammett  
“Still Air” watercolour. “Self-portrait.”

RIGHT | “Anticipation.” Artwork photos: Richard Reid

With a knack for fixing things, and a slight incredulousness that art was posed to play a major role in his life, the years following graduation from art school were rich with exploration.

A winter sojourn in Mexico and summer jobs in Manitoba were followed by sailing to Europe with his bride, co-artist Beverley Williams, and travelling via Westphalia van to soak in the culture that had inspired their passion for art. Stepping into a vibrant and socially “revolutionary” time in Europe, the Reids oscillated between periods of work in London, immersion in their art and connecting with other artists fuelled by the new energy of liberalism that was sweeping the continent.

It was also a time of soul searching.

“Those years in Europe really made me confront who I was as a person, and what I wanted to do as an artist. I had to look inside to clarify what I wanted to express. I realized that I wanted to essentially express the human experience – the way we experience life, love, loss, landscape, a glass of wine... For me, that’s what holds meaning, and motivates me to paint.”

It was also at this time that Richard began developing his own aesthetic. Schooled in the representational style of the masters – Rembrandt, Valesquez, El Greco, Goya, Manet – he began adopting a more modernist view and abstract approach.

“Shape, line, texture, colour – these things have always been more important to me than representation. Together, they allow me to suggest something that is larger than what is definable or visible.”

At age 34, when he and Beverley returned to Canada, Richard was more assured of both his purpose and style and could be coaxed to share his knowledge with others. Starting with adult art classes for the Vancouver School Board, in 1970 he accepted an invitation to join the faculty of the Fine Arts department at UBC, initially as an assistant professor and then as chairman of the BFA program.

An opportunity during this time to build a summer retreat in the mountains near Christina Lake, BC, and devote more time to his artmaking, led to his departure from UBC in 1979, and a new life in “the wilderness.”

It wasn’t long before the Reids were bringing “light to the wilderness” in the form of the Grand Forks Art Gallery, with Richard, as founder and director, volunteering to act as curator, and Beverley as co-curator.

“Just as becoming a career artist was never really a goal of mine, so too, I never thought I’d ever be a curator – it just sort of happened. But it ended up being an enjoyable project; we had fun hosting all kinds of great regional and national exhibitions.”

In 2004, with the Grand Forks Art Gallery now a beacon of culture for the community, Richard was able to hand over the reins. Having acquired a dedicated studio in town, he now had the luxury of uninterrupted time and space to paint. He started exploring watercolours more and building on his shifting interest from the human figure to landscape as the central motif in his work. But there was always a sense that they were somehow entwined.

“I look upon landscape as a sensual, tactile thing, as if there is a bond that is kind of inherent between the physical thing out

there and ourselves.”

Indeed, in many of his later works, Richard hints at that interconnectedness of human and natural forms, his lyrical paint strokes invoking both their tangible and intangible qualities.

Retirement also afforded more time for rumination.

“I seemed to have good fortune along the way in my life. Recognition, fame, success – all those were unimportant to me. Rather, it was the small things – that timely support of others, like artists Toni Onley and Jack Shadbolt, and even my Grade 7 teacher – that helped me continue and believe in what I was doing,” says Richard. “As an artist, you’re going to have people who don’t like or understand your work, so to have the occasional validation was important.”



The other validation – the fact that he is the recipient of three Canada Council awards, a member of the Royal Canadian Academy of Arts, and his works featured in 80 solo and group exhibitions around the world – don’t even get a mention!

I couldn’t help but think that Richard’s indifference to public opinion and willingness to “go with the flow” throughout his life as an artist, mentor, teacher and curator might account for his youthfulness. He, of course, is less lofty in his analysis.

“I’ve always eaten reasonable food and I’m happy with one cup of coffee a day and a small glass of wine or two at night. I’ve never taken medications, and I’ve never stayed in a hospital (except for tonsillitis as a kid!). I exercise daily by walking, using a stationary bike, and doing 10 minutes of calisthenics before going to bed.”

I ask him if his vitality as a 90-year-old has anything to do with his mental outlook.

“We are only around for a while – why ruin it by going to places that upset you? Better to appreciate what there is and make the most of it.”

A most humble view, coming from an artist who has always managed to land on his feet. And considering he has no plans to slow down – with an exhibition in the works and an autobiography soon to be released – it might be a philosophy to heed. After all, it’s never too late to get better! |

*To learn more, visit [www.richardreid.ca](http://www.richardreid.ca)*

# IMMUNE HEALTH BEYOND THE BODY

by MAXIMILIAN WAID



What a shakeup the past 12 months have been. Aside from major changes to our external world that have caused us to go about our daily lives differently, many of us have finally had time to focus on us. Our health. Some may have used quarantine time to start a new exercise regime, while others may have added a few extra pounds. For most, however, their immune health has taken centre stage.

Now that we see the importance of our immune system, it is crucial to understand that this system is more than just a physical entity. As much as we are made up of a body, mind and spirit, so too is our immune system a three-part framework: physiology, thoughts, and emotions. Nothing within us works in isolation.

For our immune system, it is not merely a question of how well we eat, exercise, supplement, and sleep to keep it strong. It is even more so a matter of how much we actively liberate this essential system from suppressed emotions, unresolved trauma, and negative beliefs. Put simply, now that we are taking better care of our physical immunity, it is time we address our emotional immunity.

How?

All our emotions, beliefs, and trauma share a common denominator: Stress! No matter if the nature of our stress is physical, mental, emotional or even spiritual, it all impacts the organism (us), especially our immune system. When we experience a stressor, such as fear, we involuntarily move into the “fight, flight or freeze” state, a primordial response to keep us safe from danger.

Nature created us this way to protect us and allow us to live long enough to propagate the species. Brilliant! However, it intended for us to remain in such a state for only very short spurts. Nowadays, our fearful thinking, unregulated emotions, and negative beliefs can keep us in this state for hours, days, weeks, months or longer. As a result, our organism shifts its life-sustaining energy away from supporting normal body functions to keeping us alert of danger.

For our immune system that means we are unable to

defend ourselves properly against bacteria, colds, and viral infections due to insufficient amounts of energy. With low energy stores, we become vulnerable.

And while the solution is simple, it is not always easy. By turning inwards and allowing ourselves to feel our suppressed emotions, reflect on our negative beliefs, and explore our hidden trauma, we can process our blocks and get the energy moving freely again.

For many, destructive thinking patterns, feelings, and beliefs have become a habit, so in order to be free of them, we must break the habit. When we can establish new habits to replace the old ones, we can minimize the stressors that trigger us, allowing our organism and our immune system to function autonomously and naturally again.

## INITIAL STEPS:

- The first step in releasing a negative emotion or sabotaging belief is to recognize you have it. Awareness is the jumping off point.
- Keep a daily journal on situations and thinking patterns that cause noticeable mood changes within you, so you can begin to determine common stressors in your life and enable yourself to face them.
- Explore meditation practices that suit you. Rather than trying to fit yourself into the classic model of sitting in stillness for long periods of time, try walking meditations, full-body movement meditations (like Qi Gong) or guided audio meditations while lying down.
- Reconnect with the sensations in your body. We spend our lives thinking during every waking moment. Take a moment to notice how you are feeling in your body and re-learn what it means to feel yourself being alive.
- Spend time in nature with undivided awareness: feel the nuances of the air; smell the scents of trees and flowers; taking

off your shoes to sense the support of our planet beneath you; and notice the warmth of the sunshine on your face.

- Seek out resources to help you like *The Work* by Byron Katie (a free resource available as a PDF via <https://thework.com>)
- If you need additional support, have a bioenergetic assessment done to uncover unresolved trauma and negative emotions that affect you subconsciously. Process them and relieve yourself of their heavy energy.

Finally, be gentle with yourself as you move through these steps to help improve your emotional immunity. Notice your thoughts, question your beliefs, and be consistent. |

Maximilian Waid is a bioenergetic practitioner in Victoria, BC who empowers individuals to heal from deep within using energy medicine. To learn more, visit [www.wholistic.guide](http://www.wholistic.guide)



**A daily dose of joy**

### In-Home Care Services

- Personal care
- Companionship & housekeeping
- Dementia and Alzheimer's care
- Respite care

**(778) 716-0276**

Uplifting In-Home Care  
[www.parksville.comfortkeepers.ca](http://www.parksville.comfortkeepers.ca)

© 2020 OK Franchising, Inc. An international network, where most offices are independently owned and operated.



## JANE & BRENT

Most people can recall their first love. I never forgot mine. It was a sunny spring day in 1970 and I was careening down a ski run on Vancouver's Grouse Mountain. My arms were bare to the breeze, ponytail flying free, and life was the best. Before I'd reached the bottom of the hill, it got even better. From out of the blue, I literally (and figuratively) fell head-over-heels with a guy I'd one day marry – but not for another 24 years.

As teens, our relationship moved quickly from casually curious to continuously connected. Brent was at my family home so much, I'm sure my parents wondered if they'd adopted a son.

I had dated other guys, but Brent was different from the rest. I attributed it to his strong faith. Although I'd been raised Christian, his belief in the healing power of prayer was new to me. I was going to be a nurse and wondered how it would fit into my future devotion to the medical practice. How could healing happen through metaphysics when our bodies were made up of bones, muscles and physical substance?

Though skeptical, the longer we dated, the more I became intrigued. As well as witnessing several healings, I was drawn to Brent's innate joy and love for life. He meditated daily and it was evident that his oneness with Spirit was the most important aspect of his life. But after two years, just prior to beginning my nursing program, we felt compelled to part ways due to our differing beliefs.

Nursing was a good fit for me, yet throughout the following years of clinical practice, I often thought about the healing power of prayer, especially when medical outcomes were grim. I believe it's what many of us do – when all else fails, take our thought to a higher place and ask for help. Regardless of the outcome, I often felt some comfort in thinking this way.

Brent and I ended up marrying different people and starting families. Then, in 1993, when we were both struggling in our relationships, our paths crossed again. Within a couple of years, we were back on Grouse Mountain, exchanging our vows and pledging to respect our differences.

Serendipity? Destiny? Prayer? Now, after being happily married for the past 26 years, I'm pretty sure the latter had a lot to do with it! |





# FINDING SOLACE IN NATURE IN THE YUKON

by KATE ROBERTSON

“We’ve newly dubbed this Gull Island, because we were dive bombed by a ton of gulls on our last trip here,” says David Mason, guide/owner of Yukon Guided Adventures, as we sweep past a tiny dot of silty land strewn with driftwood. Generally, it would be a gentler float, but today on our river raft trip down the Dezadeash River, a few kilometres above Haines Junction, we’re zipping along at more like 15 km/hour. The Southern Yukon has been rainy, making for high levels and muddy waters. Mason says that normally the river runs about one metre lower.

The high waters don’t stop the views, however, and between periods of paddling, we sit back and enjoy the backdrop. The boreal forest on the shores, the snowy summits of the Auriol Range, the unique clouds clipped into long, sausage shapes as they bump into mountain peaks.

Shallow sand bars create unique feeding areas for animals and as a bird migration path, sightings of birds like osprey and nighthawks are frequent. It’s also a critical resting and feeding ground for trumpeter swans, and thousands pass through here each year, noisily honking as they migrate back and forth to California. In a world where it’s estimated that several animal species are lost each year, it’s reassuring to learn that the trumpeter, who was nearly extinct in Canada by 1990, now has a population of over 60,000, thanks to conservation efforts.

I don’t doubt if there’s anywhere in the world that will help numbers come back, it’s the Yukon. The entire territory spans 482,443 square kilometres, but has a total human population of only 41,000, half of which lives in Whitehorse, the territory’s capital. It’s comprised of 80 per cent wilderness.

The next day on a jeep wildlife tour, as we bump and grind along old mining roads into the Alsek Valley, I get an even bigger dose of untouched wilderness. The Alsek is part of the Kluane National Park Reserve, a UNESCO World Heritage site and the largest internationally protected area on the planet (it’s four times larger than Banff National Park).

Glaciation is the most dominant geological process that has determined the landforms, and striations are visible along the valley walls. Layers of outwash sediments indicate glaciation

ABOVE | Glacier flightseeing with Icefield Discovery Tours.

PAGE 16 | (clockwise) Wildlife tracks on the shores of the Dezadeash River. Kate and David Mason, Yukon Guided Adventures, looking down the Alsek Valley. Research site on the edge of the Kuskawulsh Glacier.

TOC | Trumpeter Swans on the Dezadeash River. Photos: Kate Robertson



events up until about 12,500 years ago, when the entire trench was filled with ice (be sure to stop at the Da Ku Cultural Centre in Haines Junction to learn more about the history and culture of the region).

As we carefully navigate through flowing creeks and up steep old riverbeds, I'm fascinated by the ever changing alluvial fans, deposits of sand and gravel carried by the water. "On our drive out, there could be a river where there wasn't one on our way in," says Mason. The terrain is so flat that the course of the flow changes simply if a twig or rock moves. Fragility, but stability.

We don't spot any animals that day, but we've definitely seen evidence of bear scat along the trail and when we stop on the moist, sandy shores of the Dezadeash River, Mason points out fresh moose and wolf tracks.

With a density of approximately one grizzly bear per 15-20 square kilometres, Kluane is bear country. Yukon grizzlies are smaller, because their diet depends almost entirely on berries and vegetation, but that doesn't mean you want to run into one. Mason shows me the bear claw scratches on trees – marks left to show other bears their size and to establish dominance. "Although we haven't spotted a bear, you can bet at least one has spotted us from the high beach ridges above," he says.

To get a birds-eye view of the park, the next day I strap into a small WWII turbo prop plane with Icefield Discovery. First, we lift off over the cobalt blue Kluane Lake, then follow the Kaskawulsh Glacier, which flows down the cols and valleys like an icy mountain highway, gathering debris as it goes.

As we soar between the giant mountain peaks, the pilot, Sherpal, shares geographical and historical highlights. Mountain ranges and glaciers make up 82 per cent of Kluane. The St. Elias mountains are also home to the greatest concentrations of surging glaciers in North America. During a surge, a glacier can move 100 times faster than normal.

The goal of our glacier flightseeing is to spot the Big One, Mt. Logan, Canada's highest mountain, then drop the wheel skis to land on the glacier and exit the aircraft for a walk. But despite Mount Logan's 5,959 metres of crowning glory, the peak can be elusive. Today we spot it for only seconds before the clouds close back in around it, like a final curtain call on Broadway's biggest star.

Those same clouds prevent our glacier landing, and despite a second of regret that my once-in-a-lifetime stroll on the largest non-polar icefield in the world has been thwarted, it's hard to remain disappointed when looking down at one-kilometre-deep glaciers and a mountain range that has five of Canada's peaks.

On our flight back to base, with his trained eagle-eye, Sherpal points out a white spot below on a rocky escarpment. A mountain goat, he explains. At certain times of the year, large herds of white Dall sheep, the iconic Kluane species with their massive, curled horns, can also be spotted. The Yukon has more wild sheep than anywhere else in Canada.

Unfortunately, the Kaskawulsh Glacier has retreated about



## MILE ZERO TOURS

Victoria, BC

Now is the time to plan your 2021 epic adventure

---

**YUKON AND NORTHWEST TERRITORIES**  
 12 Days: July 4-15 or August 8-19

**HAIDA GWAAI AND THE INSIDE PASSAGE**  
 9 Days: Several departures in July and August

**\$6499** per person  
(based on double)

**Limited small group sizes**  
**Book Early!**

**\$4299** per person  
(based on double)

\*Prices include roundtrip airfare from Victoria or Vancouver, many meals, all mandatory fees & taxes

\*Complimentary home pickup/return in Greater Victoria and Vancouver - travel starts at your door!

250.590.0811
WWW.MILEZEROTOURS.COM

BC Reg #67275

## To Move or Not to Move?

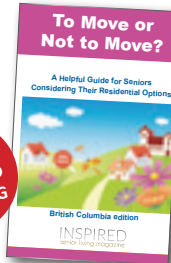
A Guide for Seniors Considering Their Residential Options

**CANADIAN BESTSELLER**

This 128 page book provides helpful, easy to read information and suggestions to help BC seniors and their families understand the decisions they need to make.

Whether you decide to stay in your home or move, this book will help you navigate to where you want to be.

**ONLY \$14.95**  
 + SHIPPING & GST



Information written and compiled by INSPIRED Magazine publisher, Barbara Risto

*"So helpful for our family. We didn't know where to start. I bought copies for all my siblings so we could all be on the same page to help our mom and dad."*

---

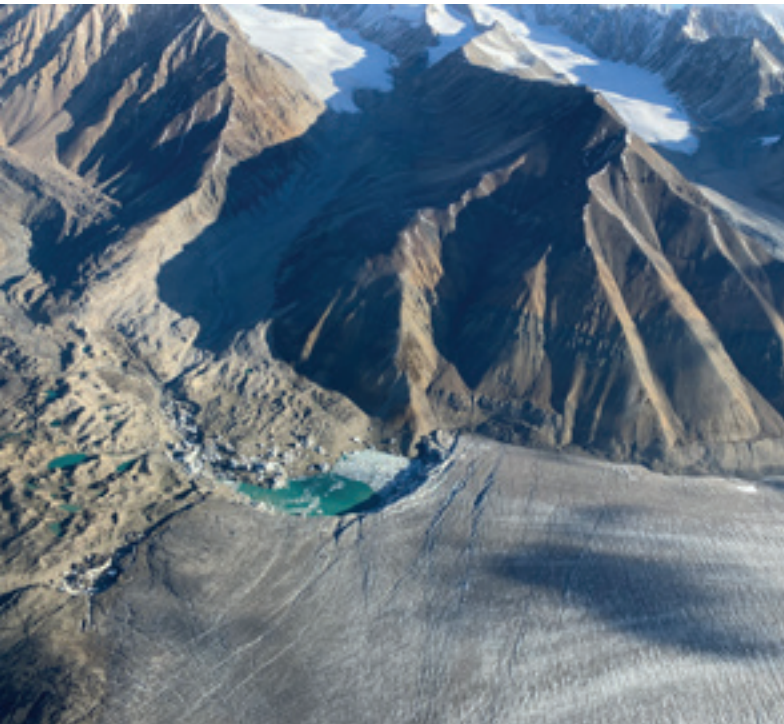
NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

**TOTAL \$19.85** (includes GST and \$3.95 S&H)  
 Call 1-877-479-4705 to order with credit card.

Or send cheque payable to:  
 Stratis Publishing, 3354 Tennyson Ave., Victoria BC V8Z 3P6

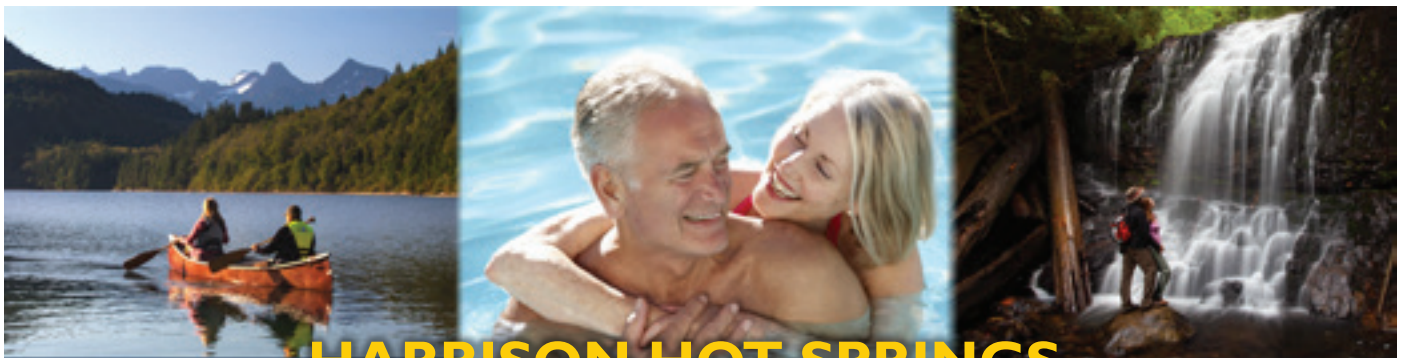


a mile in the past century affecting the flow of rivers and drying up lakes. Over a small patch of open water Sherpal says he often drops scientists here who are researching how climate change is affecting the glacier’s movement dynamics. They drill into the glacier and use heated, pressurized water to monitor it from the inside.

In a world that’s plagued with uncertainty about the future due to climate change, it’s clear that we need to move away from our addiction to fossil fuels and do our part to help slow climate change.

But just for a moment, as I fly over this amazing ice highway and soaring land formations, I seek solace in the scientific theory that this region has experienced at least seven ice ages. There were times during the last ice age when it was almost entirely free of ice, while during the Pleistocene epoch an ice sheet called the Cordilleran Ice Sheet advanced from the mountains into the Central Yukon at least six times. And we’re still here, surviving. |

*For IF YOU GO information, visit [www.seniorlivingmag.com/solace-in-the-yukon](http://www.seniorlivingmag.com/solace-in-the-yukon)*



## HARRISON HOT SPRINGS

**Hike ... Bike ... Soak ... Paddle ... Golf ... Fish ... Relax ...**

Whatever your pleasure the Harrison Hot Springs region has something to offer.

As restrictions begin to ease, remember we are “just up the road”

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



# FOREVER FIT

by EVE LEES



## GETTING BETTER SLEEP

Sleep is an important and often overlooked component of good health. The basic recommendation for adults is to achieve at least seven hours of sleep every night – although some of us may require more.

Fortunately, instead of resorting to sleeping pills, there are many remedies, practices, foods and supplements that can help you achieve a good night's rest. With a little experimenting (and for some, perhaps an okay from your doctor), one of the following suggestions may work for you.

Practise good sleep hygiene: Establish a regular bedtime and waking time. Avoid using electronic devices (television, cellphone, etc.) at least one hour before bed as their artificial light may interfere with your sleep/wake cycle. Avoid intense exercise too soon before bed (but do get enough moderate exercise throughout the day). Keep your bedroom cool, quiet and dark – use black-out curtains or an eye mask, if necessary. If noise is an issue, use a fan, a white-noise machine, or wear sleep-appropriate ear plugs. Limit or avoid caffeine and alcohol before bed. A light snack, especially if you are hungry, is not a problem just before bed, but a large meal is not advised.

Other ideas to experiment with: cut back on added refined sugars (uneven blood sugar levels can disrupt sleep). Expose your eyes to morning sunlight by exercising outdoors or use a light therapy lamp. Early light exposure tells your body it's time to wake up, helping balance your circadian rhythm to stimulate relaxation near the end of the day.

Manage how you react to stress. Practise deep breathing or learn to meditate.

Foods and supplements should also be considered if you have issues with the quality and duration of your sleep. Herbal tea is an old remedy to stimulate relaxation and encourage sleep. Try chamomile, lemon balm, lavender, passionflower, or valerian. Have a cup an hour before hitting the sack – perhaps while you soak in a warm bath with Epsom salt.

Magnesium is important for many bodily functions, including restful sleep. Many people are deficient in magnesium, due to diets high in refined foods (which are notoriously low in magnesium). You can take a magnesium supplement before bed, but it is wiser to increase it in your diet. Good food sources include nuts and seeds, spinach and other green-leafy vegetables, legumes, whole (unrefined) grains, avocados, and bananas.

**TIP:** If you've had a stressful day and doubt you'll sleep well, try a small bedtime snack of a quarter avocado mashed into a quarter cup of black or brown rice. Or spread one or two teaspoons of any nut butter on half a banana.

GABA (gamma aminobutyric acid) is a neurotransmitter produced in the brain that can improve sleep quality. You can help your body produce more GABA by eating more food sources daily of this neurotransmitter. These foods include tomatoes, broccoli, legumes, mushrooms, sweet potatoes and whole grains (such as red or black rice, and whole-grain oats, wheat, barley or buckwheat).

Melatonin is a hormone well-known as a natural remedy to encourage sleep. Melatonin can also be derived from food sources as well as in pill form. Rich food sources are eggs and fish – higher than in other meat or animal foods. Rich plant sources are nuts, whole wheat, whole grain barley and oats, tart cherries, grapes, pistachios, legumes, tomatoes, mushrooms and peppers. Studies have shown eating foods rich in melatonin is just as effective as supplements in improving insomnia. Be sure to include melatonin-rich foods throughout the day, especially at your evening meal.

Foods rich in tryptophan (an amino acid) may encourage healthy sleep. Your body converts it into the molecule 5-HTP, which is then used to make the hormones serotonin and melatonin (both necessary for good sleep). Tryptophan is rich primarily in high protein foods like eggs, salmon, turkey, chicken, nuts and seeds, and soy products. If you include one or more of these foods in your evening meal, you can help boost your tryptophan levels before bed.

You don't have to practise every suggestion above. Just one change, no matter how small it may seem, could be the one that works for you.

Consult a Registered Dietician (RD) for other dietary suggestions to encourage a good night's sleep. Getting to the root of your sleep problem with diet (or exercise) makes much more sense than only treating the symptoms with sleeping pills. |

**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 businesses and private groups on various health topics. To learn more, visit [www.artnews-healthnews.com](http://www.artnews-healthnews.com)

# PROCESSING ANTICIPATORY GRIEF

By WENDY JOHNSTONE

When I was in my 30s, my grandmother died. Her last five years were punctuated by the effects of dementia, including a move into long-term care.

Thirty-six weeks pregnant, I was unable to make the trip back east for her funeral. Her death was a mix of emotions — sadness, relief, and the finality of life tempered by awareness that new life was days away. I remember grieving most when her dementia made it difficult for her to remember who we were and who she was. To this day, our last visit replays in my mind like it was yesterday.

*I enter the room of her long-term care facility (pre-COVID times), scanning the sea of faces looking for her. Suddenly, I hear a familiar voice, “I know you! I know you!” I turn, hold back tears, and give my grandmother the biggest grin possible. She starts clapping her hands excitedly and repeats, “I know you and you know me!”*

*“That’s right, Nana! I’m your granddaughter, Wendy.”*

*She opens her arms and takes me in for a hug.*

*“Where are you?” she asks. I think she is trying to ask where I live now. Well into the advanced stages of dementia, she isn’t always able to find the right words to express herself, but her rhythm in conversation doesn’t waiver.*

*“I live in British Columbia,” I say. “I go to school there. Your brother, Harvey, sends his love.”*

*She smiles, claps, and says, “Baby brother. I know you and you know me!”*

*It’s hard saying good-bye to her, knowing I will be on a plane back to BC the next day. Sadness creeps in, but I try to remind myself of the joy shared during the visit. Even if it’s just for that moment.*

Anticipatory mourning (or grief) is described by Therese A. Rando as the process in which we begin to mourn past, present, and future losses.

Caregivers and families don’t always recognize the loss or give themselves permission to grieve the loss of someone living with dementia while they are still alive. Families are faced with the gradual loss of the person they are caring for and the person living with dementia can experience fear of loss of self and grieving their own changes in memory, independence and their relationships.

Caregivers often experience a continuous and profound sense of loss and grief, one that intensifies as the care recipient’s symptoms increase. When death does occur, many caregivers describe the loss as liberating or express sheer relief at the end of suffering. Yet, for others, the loss of their caregiving role leaves a big hole. Many express a lack of focus or an inability to find meaning in the here and now.

There is no right or wrong way to mourn or process anticipatory grief. Finding support with a trusted source or a support group is helpful to process information, to be heard, and to validate your feelings. If you need support to help you through anticipatory grieving, FCBC can help. Reach out today.

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



**CAREGIVER AWARE 2021**  
Join us May 2021 for  
**Caregiver Awareness Month**  
www.familycaregiversbc.ca

Family Caregivers of British Columbia  
Access themed resources for caregivers by subscribing to our Enews, attend virtual events and use the #CaregiverAware on social media to join in the celebration

# Marketplace

**WANTED:** Old stereo/audio equipment. Any condition. Amplifiers, turntables, speakers, receivers etc. Honest/friendly. Victoria and V.I. Call Bob, 250-896-2268, northtowns26@gmail.com

**SENSUAL MESSAGE.** Are you missing touch? I'm a Certified Sexological Bodyworker, I work with Couples and Individuals. Sher 250-889-4166 or email sexeducator@telus.net

**ORDERLY AFFAIRS.** Need help getting your affairs in order including help with advance care planning? Visit our website at [www.orderlyaffairs.ca](http://www.orderlyaffairs.ca)

**HERE and THERE for SENIORS** is a Companion Service for those who need assistance. Please call Louisa 250-885-7799 in Victoria. [www.hereandthereforseniors.com](http://www.hereandthereforseniors.com)

**CAREGIVER** for quadriplegic lady with limited speech in her home in Victoria. 3 shifts midweek plus covering other staff occasionally. Must be compassionate, attentive, reliable. Some lifting required. Looking for a good fit with existing staff and client. Quiet environment. Perfect for a semi-retired nursing professional who prefers to work one on one in a private home. Not allergic to pets. \$19/hr. Email resume and references to [barbararisto@gmail.com](mailto:barbararisto@gmail.com)

North Delta's newest  
Independent Living Retirement  
Community for ages 55+.

Book your appointment today!



**SUNSTONE**  
VILLAGE | APARTMENTS

North Delta 604-589-2233  
[sunstonebookings@shaw.ca](mailto:sunstonebookings@shaw.ca)  
[www.sunstonevillage.com](http://www.sunstonevillage.com)



### Hidden Maui Paradise

2 Bed, 2 Bath Condo for rent  
Central Kihei • 250-882-1963  
[www.hiddenmauiparadise.com](http://www.hiddenmauiparadise.com)

**MARKETPLACE ADVERTISING:** Affordable for small budgets, easy to place. Basic: \$49 for 20 words + 5% GST + \$2.25/extra word. Red color 10% extra. Small box ads start at \$159, Large box ads start at \$295, plus tax. Ads must be paid when you book your ad. Phone: 250-479-4705 Email: [publisher@seniorlivingmag.com](mailto:publisher@seniorlivingmag.com)

## SUBSCRIPTION ORDER FORM



12 issues for \$36.75. Includes tax.  
CANADA ONLY SHIPPING.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Prov \_\_\_\_\_ Postal Code \_\_\_\_\_

**Make cheque payable to:**

Stratis Publishing  
3354 Tennyson Avenue  
Victoria BC V8Z 3P6

### OFFICE SPACE TO SHARE.

### Looking for a quiet space?

600 sq. ft. - strip mall, very modern inside. Month to month. Use existing desk space or bring your own furniture. Starting \$300. Includes washroom, microwave, fridge and coffee-making station. Access to free wifi. Near Uptown Mall, Victoria.

Email [publisher@seniorlivingmag.com](mailto:publisher@seniorlivingmag.com) for details

### Out & About Single Seniors Meet & Greet • Victoria

Our gatherings have social distancing protocols in place. Join our weekly email newsletter for info on upcoming events.

[singleseniorsvictoriabc@gmail.com](mailto:singleseniorsvictoriabc@gmail.com)

SPONSORED BY INSPIRED MAGAZINE

## INSPIRED 55+ Travel Club

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

### Join our monthly newsletter.

- Meet other 55+ travellers • Find travel buddies
  - Exchange travel experiences
  - Discover new travel destinations

### Club events postponed until further notice.

Sign up and receive a copy of our monthly newsletter with updates on what's happening in the travel industry and with local travel agencies at this time.

Until COVID-19 restrictions are lifted, we are not hosting our club events, but monthly newsletters are being sent, providing information from our sponsoring travel agencies. Many have pivoted to hosting successful local excursions within Canada. Safety protocols are in place and carefully monitored. INSPIRED Magazine supports the efforts of these companies to provide a safe and valued service.

# BRIGHTER DAYS AHEAD!



by LAURIE MUELLER

*We are happy to announce that Laurie Mueller will be writing a regular column of inspiration and personal musings in this space. Please help me welcome Laurie to INSPIRED Magazine. You can reach her through her website below.*

~Bobbie Jo Reid, Editor

I'm over the moon! (Is that a dated expression?) I am having my second eye operation to remove the cataracts that are dimming my vision. The miracle that happened after my first eye operation was a life changing event.

It's been a long haul for me. I haven't driven for over a year. My glasses weren't working anymore. I couldn't see far enough and on top of it, I was seeing two of everything. I couldn't even sit in the front seat of the car without freaking out. "Careful!" I'd scream at my husband. "That car is in our lane and coming at us." But it wasn't even a real car; my two eyes were telling my brain something different. It became easier to stay home.

I spent the last 11 pandemic months reading, writing, and attending Zoom meetings. I noticed I was always sitting with my head next to the camera while other were sitting back. Why were they so far away from the screen? I wondered.

And when the eye specialist saw me, and I was on a wait list – lengthened even more when the hospitals stopped elective surgeries – I was advised my surgeries were finally scheduled!

Many of you have already had this experience. In my group of friends, most have been through the process. Before my first operation, I was on the phone with my friend Jannice, who had her operation just two days before. As we spoke, she was telling me about the ease of the operation, and when she looked up and out her picture window that overlooks the Esquimalt Lagoon and onto the Pacific Ocean, she exclaimed: "Oh! I can see the tree-tops! Oh! And when did they build those houses over there?" It was such a wondrous moment.

And then my first eye operation was over. At 10:30 a.m. I was sitting on a bench outside the hospital waiting for my husband to pick me up. The operation had been a snap. With apologies to my dentist friends, it was so much easier than going to the dentist! And yes, the sun was shining, and yes, I could read the time so clearly on the clock tower. And I could see the drivers in their cars. And, miraculously, I was only seeing one of everything. The world was brighter, so much brighter!

This winter has had its ups and downs. I lost my dear friend, Pat, and I got my sight back. They don't balance out, but they certainly have been major events in my life. And then I was accepted as a contributor to this magazine!

April is bringing us into spring which represents new beginnings and hope for the future. This year, we have the promise of vaccines, longer days, and time outside. And, for me, brighter vision. |

## INSPIRED

55+ lifestyle magazine

Please support the advertisers in this magazine. They are here because they value the patronage of their 55+ customers. Especially now, as we recover from COVID-19, many businesses are experiencing the financial hardships caused by having to temporarily close or limit the number of customers they can serve.

Local businesses make up the fabric and stability of our communities. Let our advertisers know you appreciate their support of *INSPIRED Magazine*.

Laurie Mueller, M.Ed is retired and living in Victoria with her husband, Helmuth. She recently published *The Ultimate Guide on What to Do When Someone You Love Dies* on Amazon. More about Laurie can be found at [www.lauriemconsulting.com](http://www.lauriemconsulting.com) or on Facebook.



# RETIREMENT CONCEPTS

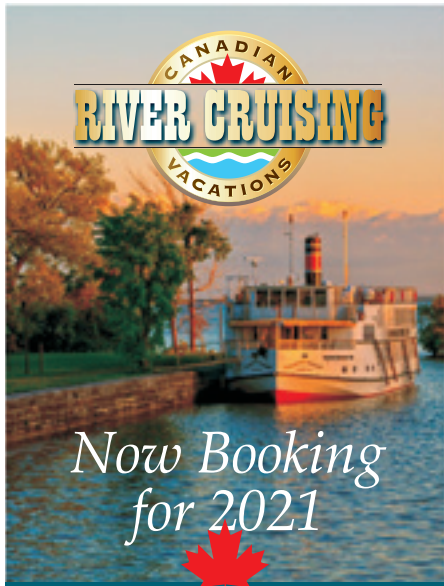
Independent Living, Assisted Living and Complex Care



*Accepting  
New Residents*

Enjoy retirement living in British Columbia  
Contact us about our move-in incentives for 2021

1.844.603.4663 | info@retirementconcepts.com | www.retirementconcepts.com



*Now Booking  
for 2021*

TRAVEL SAFELY IN CANADA

Experience the beauty and history of the St. Lawrence and Ottawa Rivers on a classic Canadian riverboat.

\*Covid-19 Safety Measures in Effect\*  
Call to receive our free travel guide

**1-800-267-7868**

www.StLawrenceCruiseLines.com

253 Ontario St., Suite 200 Kingston, ON K7L 2Z4  
TTCO #2168740



**AGELESS  
ADVENTURE**  
*COACHES*

A division of Mandate Tours & Transportation Inc.

100% BC owned and operated!

**ESCORTED TOURS**

**604.542.5566 or 1.877.277.5577**

*Serving B.C. 55+ Seniors for 33 years*

Discover Your Own Backyard, when its safe to do so. Maximum 20 passengers and safety protocols in place. Call for a brochure.

30+ tours Annually, Upcoming Departures Include:



**Haida Gwaii**

Masset, Agate Beach, Queen Charlotte City, Skidegate, Moresby Island ...

**July 4 - 10 & 16 - 22**

17 incl. meals • dbl. \$4,216.<sup>00</sup>



**Yukon & NWT**

Whitehorse, Dawson City, Dempster Highway, Inuvik, Klane ...

**July 7 - 18**

23 incl. meals • dbl. \$7,219.<sup>00</sup>



**Historic Barkerville**

Gold Rush Trail, Quesnel, Barkerville, Quaaout Lodge ...

**July 11 - 14**

7 incl. meals • dbl. \$1,365.<sup>00</sup>

**Desolation Sound**

*Desolation Sound Cruise*

**Aug 29 - Sept 2**

6 incl. meals • \$2,149.<sup>00</sup>

**Fabulous Kootenays**

*Osoyoos, Nelson, Nakusp, Vernon*

**Sept 12 - 16**

8 incl. meals • \$2,049.<sup>00</sup>

**Women's Wellness**

*Kingfisher Resort & Spa*

**Sept 13 - 16**

8 incl. meals • \$2,114.<sup>00</sup>

COMFORTABLE ACCOMMODATIONS DIVERSE SIGHTSEEING  
QUALITY MEALS SMALLER GROUP SIZES & MORE INCLUSIONS

**agelessadventures.com**

#260 - 1959 152nd Street, South Surrey, B.C. V4A 9E3



*The Harrisons, Langley's Premier Retirement Living Communities*

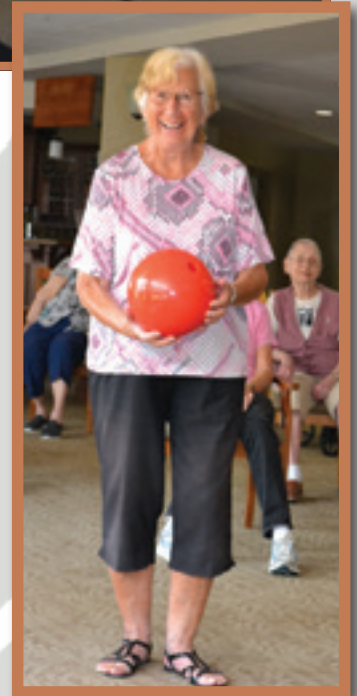
*Independent & Assisted Living*

**Are you ready to join us for some *Post-Pandemic* fun?**



*Welcome Home*

**The Harrisons are vaccinated (residents and staff alike) and are ready to get the go ahead for more activities, parties, and outings!**



***The Harrisons Offer:* Complete Condo-style Suites, Chef Prepared Meals, Active Lifestyle Options, Assistance 24/7 if needed, Outstanding Essentials, Amazing Amenities, Wonderful Optional Services and so much more!**

**Come for a *TOUR & COMPLIMENTARY CHEF PREPARED LUNCH* anytime and see *Why The Harrisons Really Do Offer A Better Way of Life!***

Harrison Landing  
20899 Douglas Crescent  
Langley, BC V3A 9L3  
604.530.7075  
[www.harrisonlanding.com](http://www.harrisonlanding.com)



Harrison Pointe  
21616 -52 Avenue  
Langley, BC V2Y 1L7  
604.530.1101  
[www.harrisonpointe.ca](http://www.harrisonpointe.ca)

