

INSPIRED

55+ lifestyle magazine

APRIL 2022

A portrait of Alfie Zappacosta, an older man with long, wavy white hair, wearing a dark grey double-breasted suit jacket over a bright green button-down shirt. He is looking directly at the camera with a neutral expression. The background is solid black.

ALFIE
ZAPPACOSTA

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HARBOUR GRACE

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Cover ALFIE ZAPPACOSTA

A multiple award-winning star in the '80s, Alfie Zappacosta continues to stir and inspire audiences with his prolific songwriting gift and outstanding vocal range.

Photo: Grant Olsen

INSPIRED

55+ lifestyle magazine

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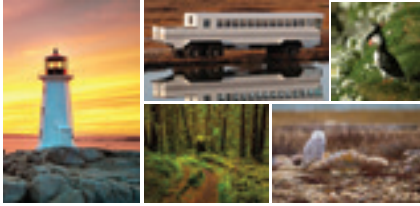
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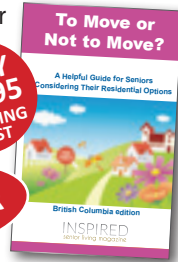
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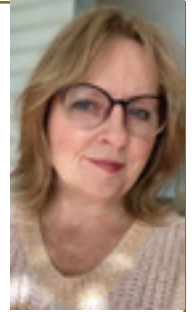
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THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



Gratitude is often an underrated and overlooked civility.

Expressing one's thankfulness not only releases a blessing outward, toward the intended target, but it does something to one's own energy. Don't you always feel good after saying something affirming to another person, especially when it is in appreciation for something they've done?

Gratitude isn't always expressed toward another person. Sometimes it is a feeling of appreciation that wells up in response to a life situation. Perhaps there's a moment of thankfulness when you look out over a landscape, noting its beauty, intricacy or expansiveness?

Maybe it's the sense of gratitude at the end of a long day, for having accomplished what you set out to do. Well done, you say to yourself.

Gratitude is one of those expressions that, when cultivated consciously, pays dividends in all directions.

I may never meet all the people who have read this magazine and benefited from its content, but I'm grateful for the opportunity I have had to communicate with all of you, and to have provided a platform for inspiring people to have a voice and be seen.

I'm grateful for my staff – those who are with me today and those who have been with me somewhere along the way. Together we have carried a vision and a hope that what we are doing is benefiting others and making this world a better place.

I have been very grateful over the past two years to my suppliers and connections in the community – who collaborated in countless ways to help me survive through some very challenging circumstances. Here we are, still standing, and ready to forge forward into the future.

I'm grateful for my health and wellbeing. This week I gave a ride to a dear friend who is undergoing chemo treatments. I felt so blessed to be a part

of her healing journey in this small way. And very grateful that my body has sustained me all these years with relatively few complaints.

I'm grateful to my small circle of friends and colleagues, who make up the fabric of my social life and contribute such colour and texture and amplitude to it.

As we witness the turmoil in various parts of the world, I'm grateful when I wake every morning from a peaceful sleep, uninterrupted by bombs and missiles, knowing that there is plentiful delicious food waiting to be consumed, and knowing my loved ones are safe and protected. What a treasure this is.

The world most of us want to live in is built not on power or greed or corruption, but upon caring relationships where collaboration replaces competition. It's increasingly more difficult to imagine a world in which war is an acceptable replacement for peace.

There is much for which to be grateful. For freedom, for health, for prosperity, for friendship.

Thank you to each and every one who has been part of *INSPIRED Magazine*. However close or distant your connection, I want you to know the gratitude I hold in my heart for you.

I'm glad we got to share this space together - to perhaps think about the things in our lives we take for granted and that are so worthy of our gratitude and appreciation.

If someone comes to mind that you haven't said "Thank you" to in a while – perhaps this is a gentle reminder that there's no time like the present. Make that call, send that email. Tell your barista or your grocery store clerk how much you appreciate their service. Tell your friend, partner, or family member how special they are to you.

May the energetic signature of gratitude spread far and permeate deep. May it become the handshake that crosses great divides and stirs us to see one another as friends instead of foes. |



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Passionate about music,
Alfie Zappacosta says
he'll never retire.
Photo: Arnie Conrod

ALFIE ZAPPACOSTA: THE REVIVAL OF A GREAT TALENT

by HANS TAMMEMAGI

“Passing by one of Zappacosta’s events in Nanaimo on Vancouver Island, I heard his voice and stopped dead in my tracks,” says Toby Reinhart. “I didn’t know who was singing, at first, but I was captivated by the vocal prowess. It was hard to believe that caliber of music could be found outside a bigger stage, say, like in Las Vegas.”

So inspired by his music, she contacted him and soon became his promoter on Vancouver Island; Toby had no public relations experience at the time. Little wonder she was impressed; Alfie Zappacosta was a huge talent and pop-rock star in the 1980s. It didn’t take long for her to recognize his distinctive baritone vocals.

Born in Italy in 1955, he came to Canada at six months old and has spent his life here, although he still speaks Italian. His family settled in the Toronto area and Alfie’s love of music and abilities soon came to the fore. He began his music career in the late ’70s as a founding member of Canadian five-piece rock band, Surrender, scoring two successful 1981 singles with “It’s All Been Done Before” and “Start Again.” Surrender quickly became a sought-after group and made three albums in the early 1980s.

Alfie then embarked on a solo career, continuing to write, sing and play guitar but on his own terms.

“I’m a writer and I like to write as many different kinds of songs as I can,” he says. “Record labels want you to have a certain style, but now I can do anything I want.” Today, he writes everything from opera to rap.

In 1984, he released the album, *Zappacosta*, which ignited two Canadian hits with “Passion” and the chart topping “We Should Be Lovers.” This success earned him a 1985 Juno award for ‘most promising new male vocalist.’ He was not yet 30, but already a star.

During his appearance on the 1986 Northern Lights benefit song ‘Tears Are Not Enough,’ organized by David Foster, he met many big names like Joni Mitchell. “I found

that they’re all human, just like the rest of us,” he says. Shortly after, he released his second solo album *A-Z*, which featured the hit singles “When I Fall (In Love Again)” and “Nothing Can Stand in Your Way.” Following this, Alfie’s song “Overload” was included on the 1987 *Dirty Dancing* soundtrack, which became one of the best-selling albums of the 1980s.

Then, 1988 became a golden year as he was awarded JUNO awards for Album of The Year and Most Promising Artist. He also received an American Music Award for Most Popular Album of The Year and was named the Canadian Publishers Music Association’s Best Rock Star. He had arrived!

At the time, Alfie also dabbled in acting. In 1986, he was selected to play one of the lead roles in Andrew Lloyd Weber’s musical *Evita*. He spent about four months strutting the stage as Che Guevara at the Neptune Theatre in Halifax. Soon after, he was picked for the lead role in *Jesus Christ Superstar*, another popular Andrew Lloyd Weber musical, this time playing in Edmonton at the Mayfield Dinner Theatre. In between, he starred in *Danger Bay*, a special Walt Disney TV feature, filmed in BC and the Aquarium in Vancouver.

“Although I had opportunities in the acting business, it frightened me,” he says, “I felt like Forrest Gump, lost among all the professional actors that had had theatrical training.”

Then life slowed down. Zappacosta – he used only his last name during his early career – continued to record in the ’80s, ’90s, and 2000s but he never duplicated the success he had in the early ’80s.

Opposed to the commercialization of music, he took a step back and began reinventing himself. The release of the 1996 album, *Innocence Ballet*, had an international feel with strong jazz stylings and romantic ballads.

“The album was absolutely pivotal in my embarking on a new Alfie direction,” he says. He continued to write and sing, producing a new album every couple of years.

From his meteoric success of the ’80s to redefining himself as

Snapshot

with Alfie Zappacosta

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

"Get a real job," he says, laughing. "But seriously, learn your craft. Study music. Study vocals.

Most people at 20, have no idea of what they want to be, of where they want to go, so get a mentor, someone who has been through it, and can lead you."

Who or what has influenced you the most? And why?

"I don't have any specific person or experience. You know, I bounced around like a pin ball and have not led a normal life. Really, life has been the most influential. Just getting up every day, and learning."

What does success mean to you?

"To me success is just being happy. The best thing in life is to get up in the morning and be happy to be here."

What are you most grateful for?

"I'm very grateful that my kids are happy. I love spending time with children and family, and seeing the kids are happy. It's so good to know that I helped, and they're better off than I was. At one time, I could have gone on the road for years, pursuing my career, but I'm glad I didn't, and spent time with them. Of course, now that they've left the house and are independent, I can now live selfishly. I'm free now." |

To catch a live show this summer, visit the Alfie Zappacosta Facebook page or zappacosta.ca for the tour schedule.



a musician had its challenges. Drugs and alcohol became a coping mechanism – a reflection of the times and the industry – and it took a toll on his health.

Alfie became very ill with type 2 diabetes and a pancreatic disease that nearly ended his life. His stamina and will to live brought him back to the stage in Edmonton two years later. Astounded by his recovery, his medical team attended his performance. They named him "the miracle guy."

"I don't think anyone expected me to make it," he says.

The acting in Edmonton brought him to a city he fell in love with.

"Toronto was too hectic with lots of diversion, such as drugs and alcohol. Edmonton is great for family life," he says, into which Alfie has settled very comfortably. He overcame his drinking problem and he and his wife had two children, a son and a daughter, and now four grandchildren.



He plays frequently at the Blackbird Café, which is only minutes from his home. The North Saskatchewan River valley park system is nearby and draws him for long walks almost every day when he is not on tour.

His talent is what made him a superstar in the 1980s, and he continues to hone his chops. His vocals are better than ever, covering two octaves. A true artist, his passion for music and his genuine respect for his audience motivates him to continue.

Alfie is also an accomplished guitarist and studied with renowned guitarist Hank Monis for several years. But although at the pinnacle in both singing and guitar playing, his greatest gift is his writing talent. Fans love his powerful storytelling, which makes an emotional and long-lasting impression. Of the nine songs on his latest album, *Saved*, which came out last year, he wrote both the lyrics and melodies for all of them except two, which were co-written.

"I take regular things and describe them," he says. "It just comes naturally."

It must, as he has written hundreds of songs during his career.

"I'll get an idea, then think out a melody and then put words to it. I work with my guitar to build a base structure with chords. Then I usually bring in a bass player and we work together to further build the structure until I feel it's time to bring in other instruments and enter the production and recording part."

Alfie's success philosophy remains grounded: "I have good respect for money, but it doesn't mean a lot to me," he says. "I just need enough to get by."



The important thing in life is to be happy. I enjoy what I'm doing and will keep doing it."

Tours to the eastern and western regions of the country are planned for 2022. Another album is in the works.

"I just want to keep busy making music," says Alfie. "I don't want to retire."

Listening to his silken voice explaining his outlook on life, I couldn't help but think, now with the pandemic ending, that Zappacosta will have a late-life comeback and his star will rise again. |



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BIRTHDAY ADVENTURES WITH MY INNER CHILD

by JANE CASSIE

When I was eight years old, I had hopes of being a gymnast. Even though it was well before the trampoline craze, I had one in my backyard. And I was forever bouncing, twisting, and flipping to my heart's content. I'm sure my parents were relieved they finally found an activity that resolved my endless energy.

That was six decades and a hundred or so pounds ago. Today, as I pan the 80 trampoline mats that sprawl out before me, I'm wondering if I can still jump for joy. Although I'm looking forward to rejuvenating my kid-like spirit, this day with my two friends is more about trying some 'out-of-the-Boomer-box' adventures in celebration of our recent birthdays. Here, at Langley's Extreme Air Park, we literally and figuratively discover that we can reach new heights!

"Push with your feet, bring your arms up and bend slightly when landing," explains, Karn, when walking us through the bouncing basics. Does this athletic, lean agile machine even realize how challenging it just was for us to bend over and put on the mandatory Air Sox (that I'm secretly hoping won't add extra spring to my step)?

With trepidation, we move into the freestyle main court where sky-soaring options await. Some jumpers head to The Foam Zone where they fly through the air into the world's largest and cushiest pit. Others bounce off walls in the 15-metre Half Pipe. And a few play zero-gravity-style sports, like basketball, knockerball, and 3-D dodge ball.

Although we're feeling young at heart, the popular adage, 'we're older and wiser' comes to mind. We know our limits and are aware of the risks; sprains, fractures, concussions, oh my! But we've also read about the benefits that this activity



has for the aging sector: improved balance, stability, and circulation. The g-force that's produced by bouncing builds muscle, and a 20-minute session on this springy mat can burn the same number of calories as a 60-minute walk. After this experience I may be exchanging my Merrells for these magic socks!

And magical they are. Soon after putting Karn's advice into action, we're bouncing with gay abandon, squealing on every rise, and loving this mid-air hang-time together. Even though advanced trampoline tricks are no longer in my wheelhouse (and we contend with our aging bladders a few times), during this aerial escapade we master a few tucks, many butt drops (not always intentional), and bounding hops from one tramp to another – and all the while reviving our inner child!

The same child-like spirit returns a short time later when trying out our second birthday adventure, Fast Track Indoor Karting,

PHOTOS | (Clockwise) The author and her friends jumping for joy at Extreme Air Park. Getting their race on at Fast Track Indoor Karting. Capping off the adventures at Haven Kitchen & Bar. (Inset) The author as a small child trampoline jumping. Photos: Jane Cassie

located in the heart of Langley City. There's no age limit for driving these hot wheels. As long as you're 122 cm tall, you can put the pedal to the metal. And contrary to our last skyward experience, you sit just five cm off the ground. But we soon discover getting air isn't the objective here. It's all about speed and having fun, even for us golden girls who have absolutely no experience.

After a short safety video, waivers are signed, helmets are distributed, and we're snuggly strapped into our low-slung speed machines.

"These karts can travel up to 70 km/h," we're informed by a helper who prepares us for the track. "Keep a firm grip on the wheel and enjoy!" My heart does a drum roll, palms perspire, and my competitive side wells up with delight.

The three of us have been pickleball pals for a few years, and when on the court, it's often about the win. I sense that our rendezvous with these roadrunners will be no different. And because our visit is mid-day, we have the entire course to ourselves. Who will end up being ace of the race and queen of the track? After exiting the holding pen, single file, we're given the two-thumbs-up and, like speed demons, we're off to claim our victory.

The smooth, concrete track is bordered by protective barricades, similar to those used for bumper cars. But these hot wheels are nothing like kiddie rides. When accelerating, the g-force is so strong I can feel the wrinkles flatten against my face!

In my peripheral vision, I'm aware of my two kart cohorts bringing up the rear and tightening the gap. But while veering around hairpins, navigating zig zags, and gunning it on straight-aways, we take turns with the lead role. Even though none of us are Mario Andretti wannabes, during each 14-lap race we feel the exhilaration and thrill that drives this racing desire. And when the final checkered flag is eventually dropped, we're all winners, and craving more!

Craving is what our final stop of this birthday celebration is all about. Langley's Haven Kitchen and Bar touts itself as offering modern casual dining with a global, adventurous approach. The innovative menu is the brainchild of Spencer Watts, and all delicious options are executed by executive chef, Antonio Martin.

Based on its Google rating of 4.5, this independent and trendy eatery has a lot of be proud of. And we can see why. As well as an impressive line-up of intriguing cocktails, we browse over the unique Starts and Shares; dill pickle fried chicken wings, Albacore tuna poke, almond-crusting fried brie. We share miso truffle fries and tempura cauliflower, both exquisite down to the last bite. Our entrees are equally amazing; spicy peanut noodle bowl, vegan coconut curry and roasted half chicken that's divinely coupled with herb gnocchi and wild mushrooms.

From our balcony seating, we overlook the bar below. In neon lights above this popular meeting spot the sign reads, 'Choose Your Own Adventure.' And we raise our glasses for a final toast to this kid-loving birthday and just that! |

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HARBOUR GRACE HEROINE

by ALAN G. LUKE & JACQUIE D. DURAND

“Women, like men, should try to do the impossible. And when they fail, their failure should be a challenge to others.” This was a prophetic statement, indeed, by the “Queen of the Skies,” who took to the air, leaving an indelible impression on a Newfoundland coastal community. Amelia Earhart’s prominence has since characterized the town of Harbour Grace.

An “Historic Harbour Grace” welcome sign depicts a ship and a plane representative of a town defined by a prominent pirate and pilot. The latter was a lady who lifted off in her Lockheed Vega from Harbour Grace Airfield on May 20, 1932, for her solo flight across the Atlantic Ocean 90 years ago. Amelia Earhart weathered the journey across the Atlantic in 14 hours and 56 minutes when she landed in a cow pasture in Londonderry, Northern Ireland. “Lady Lindy” (due to her resemblance to the aviator) achieved this on the fifth anniversary of Charles Lindbergh’s solo flight.

Major Edwin Aldrin, father of Apollo astronaut “Buzz” Aldrin, was responsible for determining the correct fuel mixture for her flights to and from Harbour Grace. The Kansas-born Earhart did not drink coffee or tea, so she stayed alert during long flights by using smelling salts. She also did not drink alcohol, so when she was invited for a dinner engagement with King George V, she toasted him with buttermilk.

Receiving worldwide recognition, this feat became a stepping-stone for her attempt to circle the world five years later. Following this historic flight, she published a book entitled:

The Fun of It. Earhart stated that “flying may not be all plain sailing, but the fun of it is worth the price.” Two years following her solo flight, Earhart designed a clothing line, which was sold in the renowned Macy’s Department Store.

During Earhart’s career, while she had set several records, promoting equal opportunity for women in aviation was paramount. As an exceedingly humble individual, she asked that any expenses incurred due to public demonstrations in her honour be waived with the funds diverted to unemployed American women.

“Amelia pushed the envelope and advanced both aviation and women in general,” notes Daphne Mercer, Harbour Grace Tourism Coordinator.

For the 75th anniversary (2007), a bronze plaque and a statue honouring the aviatrix can be viewed at Kearney Memorial Park. This was funded by Roger Pike who also donated a 1943 DC-3 plane nearby. Named the *Spirit of Harbour Grace*, the Douglas Aircraft was formerly utilized by the US Airforce in North Africa during World War II, and then subsequently as a cargo plane. Five years later, in 1988, the plane was retired, and the Pike family generously donated it to the town.

ABOVE | Amelia Earhart statue and plane in Harbour Grace, Newfoundland.
Photo: Jacquie D. Durand

TOC | Earhart statue, plaque and photo insets. Photo: Alan G. Luke

This year marks the 85th anniversary of her disappearance on July 2, 1937, in which she attempted to be the first female pilot to circumnavigate the globe. Earhart had completed more than two-thirds of the journey with her navigator (Fred Noonan) when just a few weeks shy of her 40th birthday they lost contact in the South Pacific Ocean. Many theories surround the disappearance with the possibility of her being financed by the navy in exchange for her reports of suspicious Japanese activity in the Marshall Islands.

Enhanced photographic analysis has indicated evidence of landing gear consistent with her Lockheed Electra protruding from the water off the remote island of Kiribati.

Earhart was befriended by Eleanor Roosevelt, who she intended to teach how to fly. Consequently, FDR (President Roosevelt) deployed 10 ships and 65 planes over a 16-day period in an extensive search, unprecedented by the US Government for a civilian.

“Amelia dared to reach new heights and, like Icarus, fell into the sea, and will always remain a legend,” says Mercer.

It would be another 27 years before a woman would achieve her goal of world flight.

Earhart is honoured in one of the theme rooms at the Conception Bay Museum, occupying a former 1870s Custom House. The Earhart exhibit in the Aviation Room displays replicas of her aviation attire and literature, and photographs illustrate her successful flight from the Harbour Grace Airstrip.

A model and history of the 1,220-metre-long gravel landmark is provided. Pioneering relics from Trans-Atlantic Aircraft and text about pilots utilizing this acclaimed take-off point are among the artifacts identified.

Just down the road along the Historic

Water Street District is Harbour Grace Hotel (formerly Archibald’s Hotel) where she stayed. Earhart received a thermos bottle of soup and a can of tomato juice for her flight from the proprietor, Rose Archibald.

In 2009, a biopic featuring the iconic aviatrix was released. Simply titled *Amelia*, the film stars Hilary Swank and Richard Gere (as her husband, George Putnam). This is the eighth time Earhart has been cinematically immortalized.

A student providing a museum tour admits to us that “many people are aware of Amelia Earhart’s famous solo flight, but don’t realize that it originated in our town.”

Mayor Don Coombs asserts: “We are proud as a town to have Amelia Earhart as part of our history, to be able to walk where she walked and relive her stories with visitors, knowing it all happened here in historic Harbour Grace.” |

For *IF YOU GO* information, visit www.seniorlivingmag.com/articles/harbour-grace-heroine

Editor’s Note: This article is dedicated to *INSPIRED* travel contributor Alan G. Luke who passed away suddenly in late 2021. Godspeed, Alan!



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SIMPLE SOLUTIONS TO GIVE JOY & MEANING BACK TO SENIORS IN LONG-TERM CARE.

There's no denying that the mental health of all Canadians has taken a beating lately. A year ago the Centre for Addiction and Mental Health reported that 1 in 5 Canadians have been experiencing high levels of mental distress during the pandemic, and that was before we faced additional lockdowns and the crisis in Ukraine.

For seniors in long-term care, however, high levels of depression are nothing new. Even before COVID-19, nearly half (48%) of care residents in BC were being prescribed anti-depressants.

Certainly mental health is a complex issue, and many factors contribute to that statistic, but it's not hard to imagine why so many seniors are in need. By the time they are eligible for long-term care, they've lost almost everything that's given their lives meaning.

In Canada, 37% of Canadian seniors are now living with at least two chronic illnesses like heart disease, COPD, diabetes, arthritis, Alzheimer's or dementia. These diseases slowly rob seniors of their abilities, their independence, and their family relationships too, gradually transforming spouses and parents into patients dependent on their family caregivers.

Finally, when they reach the point of needing 24-hour nursing support, or when family caregivers can no longer keep up, they become eligible for long-term care. They then lose their home, and access to almost all of the possessions they've spent their lives collecting.

Is it any wonder that so many seniors in long-term care are depressed?

Fortunately, there are some very simple ways to help seniors regain confidence, and a sense of joy and purpose in their lives.

A 2014 study in the Journal of Neuroscience found a direct link between the region of the brain responsible for taste memory and the area responsible for encoding the time and place we experienced the taste. Additionally, the study found that the brain associates taste with memories of being in a location where either positive or negative things happened.

If you've ever enjoyed a chocolate dipped cone on a hot summer day and found your mind wandering back to happy childhood memories of eating ice cream

at the beach, you've experienced this connection firsthand.

In long-term care, this link means that something as simple as ice cream can provide a powerful tool to remind a senior of happy times in their lives. Such memories can, in turn, help them regain confidence by reflecting on who they are, and all that they've accomplished.

Music therapy works much the same way. If you've ever heard a familiar tune come on the radio and were transported back in time to a special summer, a first date, or a first dance, you have some sense of how a trained music therapist can help uplift a senior in need.

Both music and food can even help seniors with dementia access memories in parts of their brain not yet affected by their disease. This can provide a calming effect that allows these seniors to communicate meaningfully with those around them.... a pretty profound impact for an hour of music therapy or a sweet ice cream treat!

A 2019 study suggests similarly impressive potential for gardening therapy programs in long-term care. Seniors who were given the opportunity to provide care to plants experienced improved quality of life, improved physical and cognitive effects, and decreased anxiety and depression. We all feel good when given the opportunity to care for others – seniors in care are no different. Gardening is an easy way they can feel useful again, and experience a renewed sense of purpose.

As simple as these solutions are, there is little funding for ice cream, music therapists, or specialized garden tools and raised wheelchair accessible garden beds within our government healthcare system. That's why a local charity, Greater Victoria Eldercare Foundation, has launch a new Gifts of Kindness program that aims to raise funds to provide these kinds of supports for those in need, in the hopes of reducing the overwhelming rates of anxiety and depression among seniors in long-term care



To find out more, visit: WWW.GVEF.ORG/GIFTS



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NEW BRUNSWICK: OUTDOOR ADVENTURES GALORE!

by KATE ROBERTSON

I'm cutting across the Acadian peninsula on one of the Veloroute cycling trails, through what I call Maritime Moose Country – bogs and wetlands that make up a great portion of the geography of Canada's East. The trails are lined with saffron-coloured patches of tansies and a couple of eagles soar above me, making high-pitched cries. There are songbirds aplenty, and one especially catches my eye as he folds his wings into a perfect diamond shape on his little back. I don't know my Eastern birds well and make a note to self to Google this one.

Small water tributaries are filled with wispy sea grasses and perfect cattails – the ones that are brown and velvety, before their stuffing explodes. The Acadian Peninsula is predominately a Francophone area of New Brunswick, and the colours of the Acadian flag – blue, red and white – are regularly displayed enroute on picnic tables, garbage barrels and even little bird houses.

Completed in 2018, the Acadian Peninsula Veloroute covers over 610 kilometres (more than 310 of which are paved) and is comprised of 14 circuits that connect 14 municipalities – a unique opportunity to experience Acadian culture as you go.

Even though it's mid-August, on today's 40-kilometre section of hard-packed gravel and boardwalk trail, I passed only four other cyclists. And that was in the first five kilometres close to Tracadie, my beginning point (and where I also rented my hybrid bicycle and helmet from at the Villegiature Deux Rivieres Resort). Otherwise, the trail was quiet, with just the sound of the wind blowing through the poplar leaves.

The next day, I meet local cycling enthusiast Daniel Landry at the Grand Anse lighthouse. He's keen to show me a mostly road-cycling circuit along the coast of Chaleur Bay from the lighthouse to Anse Blue, and then to Caraquet. As we ride, Daniel tells me he's a descendent of Alexis Landry, who

founded Caraquet when he was fleeing the Acadian deportation and settled here in 1758.

Today's winds are gusting up to 45 kilometres an hour, enjoyable when the wind is blowing at my back, but not so much when I turn direction. The terrain on most of the Veloroute is flat but riding into a headwind can be a formidable task. Daniel tells me that when he used to travel to mountain areas to cycle, he was afraid he wouldn't meet the challenge of the steep terrain. As it turns out, he learned that riding in high winds is an equivalent cardio workout.

The final leg of the Veloroute I ride is the circuit from the drawbridge at Shippagan over to Miscou Island. Daniel says it's his favourite, and it's easy to see why. The bulk of the ride is on roads along the coastline and through forested inland areas. I pass several churches and make the stop at St. Cecile to admire the artwork and hear the acoustics famous for Baroque concerts. There are more cyclists on Miscou Island, but the roads aren't that busy and motorists are respectful of cyclists.

Closer to the Miscou Lighthouse on the tip of the peninsula, the spongy peat bogs on the sides of the road are a stunning textured patchwork. The 1856 lighthouse is still functioning; paying the entrance fee and climbing the stairs is worth it for the view of Chaleur Bay, across the St. Lawrence, all the way to Quebec's Gaspé.

ABOVE | Views of Long Beach on the Fundy Footpath.

TOC | The Veloroute passes by Shippigan Lighthouse. Photos: Kate Robertson

Later that week, after exploring Saint John, a lovely old city surprisingly rich in Loyalist history and architecture, but also filled with modern-day attractions, including trendy shopping and food and drink establishments, I take my first step onto the Fundy Footpath Trail. I'm hiking a 15-kilometre section, heading east, starting at the footbridge that crosses the Big Salmon River.

Compared to British Columbia's West Coast Trail, the 64-kilometre Fundy Footpath, located in the Fundy Trail Parkway (drivable from one end to the other as of 2020), remains relatively under-utilized. I don't see another soul until I come to Long Beach, where some tourists get out of their vehicle to look down the expanse of beach, which at low tide, exposes a half kilometre of sandy ocean floor. After all, this is the Bay of Fundy, home to the highest tides in the world.

This challenging wilderness trail hugs the coastline, with a fairly constant up-and-down terrain. Scenery ranges from pretty, mixed forest to amazing



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headland views, and long stretches of beach. Although the views are best from the areas where the trail borders high sea cliffs, I also enjoy my time of rock hopping across streams and muddy patches, scrambling over tree roots, and wading through patches of waist-high ferns.

It's easy to slip into a peaceful lull through the emerald green forests, but I quickly realize I need to keep my wits about me to follow the path, especially on the second half of the trail, where the white blazes are posted less often and where the dappling of the sun on the trees can look deceptively like the markers.

As I finally come to the end of the McCumber Brook access trail to where my ride is waiting, I feel so full of the natural world that my heart aches. Sometimes it takes experiencing a pandemic for us to make a trip that's been on our "adventure list" for years, but never gotten around to planning. |

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by VERENA FOXX

It started as an idea in the thick of the pandemic – fall 2020 – by a member of Vancouver's Brock House, a Point Grey Senior Centre. Linda's invitation proposed a walk-and-talk plus lunch activity. The motley crew of fit seniors that now form the group range in age from late 60s to early 80s and has taken on a strong life of its own.

When Linda first put out the email calling for any BH members interested in joining a Monday noon walk from Kitsilano Beach to Granville Island Market for lunch and back, about eight people responded. It soon became clear that a certain level of fitness was necessary to do the circa 10,000-step walk, rain or shine. The group solidified with about six members.

All were at least semi-retired and stemmed from various professions: the law, health care, education, and business. Several were widowed, some were married, others divorced; most had grown children, some with grandchildren. All were avid readers, travellers, and movie aficionados.

Everyone initially approached the new group with a modicum of uncertainty, but it soon became clear they had much more in common than the love of walking and a commitment to their

health. They walked two by two or three and chose different conversation partners on the way back. They all managed a brisk pace.

Lunch was eaten outside, the first year, rain or shine, at the Public Market, under a tarp of sorts and, more recently, at distanced tables inside. Animated discussions, and occasional debates about everything became the focal point of lunch.

Eventually the group bonded to the point of finding occasional new lunch venues to celebrate markers of time passing; the winter and summer solstice, holidays, storms, and whatever else they felt was worth toasting with a special meal and with a glass of something fun.

A random group and an idea plucked out of Linda's wish to share lunch and exercise with others turned into a group of friends committed to their weekly get-togethers, and who reach out and share in-between as well.

Making friends at any age is available if a few common denominators are there. The members of this group all liked the idea and then showed up for it.

"It's so important to reach out," says Linda, "especially during these times, and then, who knows what will become of it." |

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TIMES COLONIST

FINDING AND USING YOUR VOICE

By WENDY JOHNSTONE

Alison was enjoying early retirement knowing that her differently-abled adult son, Michael, was living independently in his apartment in another city, supporting himself with a job he had held for many years. Then, their comfortable lives changed when Michael was diagnosed with skin cancer and a heart condition.

Alison knew that while her son was highly capable in his established routines, he would not be able to cope with navigating the complexities of treatment his new conditions would require.

She made the difficult decision to uproot herself and move in with Michael to care for his daily needs and advocate for and with him. Alison had been introduced to Michael's health care providers but didn't always get invited to voice her concerns.

Although their experience with the health care team is overall positive and her role is acknowledged, no one on the health care team has referred her to caregiver supports or asked about her well-being. Alison worries about her son's future, especially when she is no longer able to support him.

Family and friend caregivers are partners in care. Yet sometimes it may not feel like that. While our health system has embraced the patient and family-centered health care approach, it will take time to transform how family and friend caregivers are included on the front lines of care.

Finding and using your voice as a partner in care isn't just for the person being cared for – it's also for you. Speaking up can be challenging; there are peaks and valleys, and it requires consistent energy. Yet, it's critical. You are often managing many aspects of care and know the care recipient better than the care team.

One of the keys to managing a caregiving role is to have a reliable network of formal and informal support, including a trusted team of compassionate, competent, and caring people. The first step is often raising your hand to say you need help to start building your circle of support.

Identifying your needs can help you direct your voice to the right people and resources. Your role is unique to you and that means one size will not fit all. Getting to know what you need and how to find the right supports can go a long way to ensuring your own well-being is prioritized.

Like showing up for an important event or meeting, caregiving has a lot to do with our mindset. Shifting our mindset to acknowledge that our needs are as important as the person we care for is hugely impactful. It won't make caregiving all roses, but it can positively affect the way we show up in our caregiving role (and sometimes can even result in the positive by-product of self-improvement).

Being organized and prepared leads to good information management, which leads to better care and the ability to make more informed decisions. Preparation varies but can include tracking essential information about the health and well-being of both the person you are caring for and yourself.

These are only a few strategies to increase awareness of your role to health care professionals. We invite you to check out our Caregiver Learning Center and to use our support at FCBC to help you meet your needs and strengthen your caregiving voice.

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



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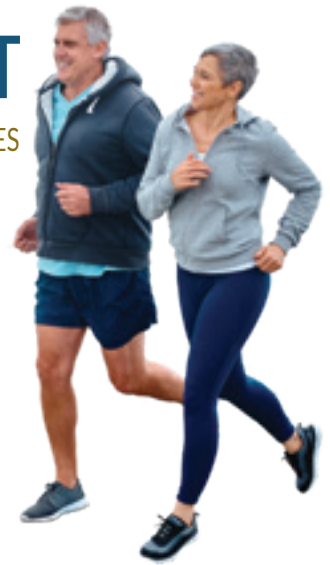
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FOREVER FIT

by EVE LEES



CALCULATING YOUR CALORIC NEEDS

There are many formulas and online tools to help you determine your personal calorie needs – or the amount of ‘food energy’ you need to function. But counting calories is really ‘old school’ as well as tedious and potentially inaccurate. Eating when you are hungry is a better method (see August 2019 article in *INSPIRED Magazine*, “Counting Calories is Old School”).

Obsessing over calorie counting is not advised, but it’s smart to be aware of how much or how little you are eating. It can be helpful and motivating for some to at least have a ballpark figure of how much ‘food fuel’ they require. If you aren’t eating enough food, there is no way you are getting the amount of nutrients your body requires to function properly. This creates imbalances, which leads to health problems. And if you are getting too much food, well... we all know the consequences of that.

Everyone will differ in their caloric needs due to many factors such as age, activity level, body size, and metabolism.

Women generally need from 1,600 to 2,000 calories daily for weight maintenance. Men may need 2,000 to 2,400 daily. Again, these are just general recommendations.

A simple and general way to calculate your calorie needs is one that’s based only on your body weight: Multiple 25 calories per kilogram of your current weight for weight loss, 30 calories/kg for weight maintenance, and 35 calories/kg for weight gain.

Another calculation that’s a little more accurate involves first determining your basal energy expenditure (BEE) also known as your basal metabolic rate (BMR). BEE or BMR represents the minimum number of calories your body needs to maintain basic bodily functions. It takes into consideration age, weight, and height.

Next, you add your daily movements or activities, including your exercise routine, to your BMR calculation. It’s a long, detailed formula you can calculate yourself, but here’s a convenient, credible online source that does the work for you: <https://www.niddk.nih.gov/bwp>

There really is no formula or calculation that will be completely accurate for most of us. At best, they are sufficient approximations. And for certain individuals, calorie calculations may be dangerously *inaccurate*.

Some of us may require more specific calculations and guidance, such as those who are overweight or obese and anyone with a chronic health condition. Also, those working or exercising at high intensities and very muscular individuals may risk calculating less than their actual caloric needs.

Visit a Registered Dietitian (RD) if you have specific concerns and require more dietary information. To find an RD in your area, visit <https://www.dietitians.ca/> (click on “Find a Dietitian” on the top right of the page). |

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



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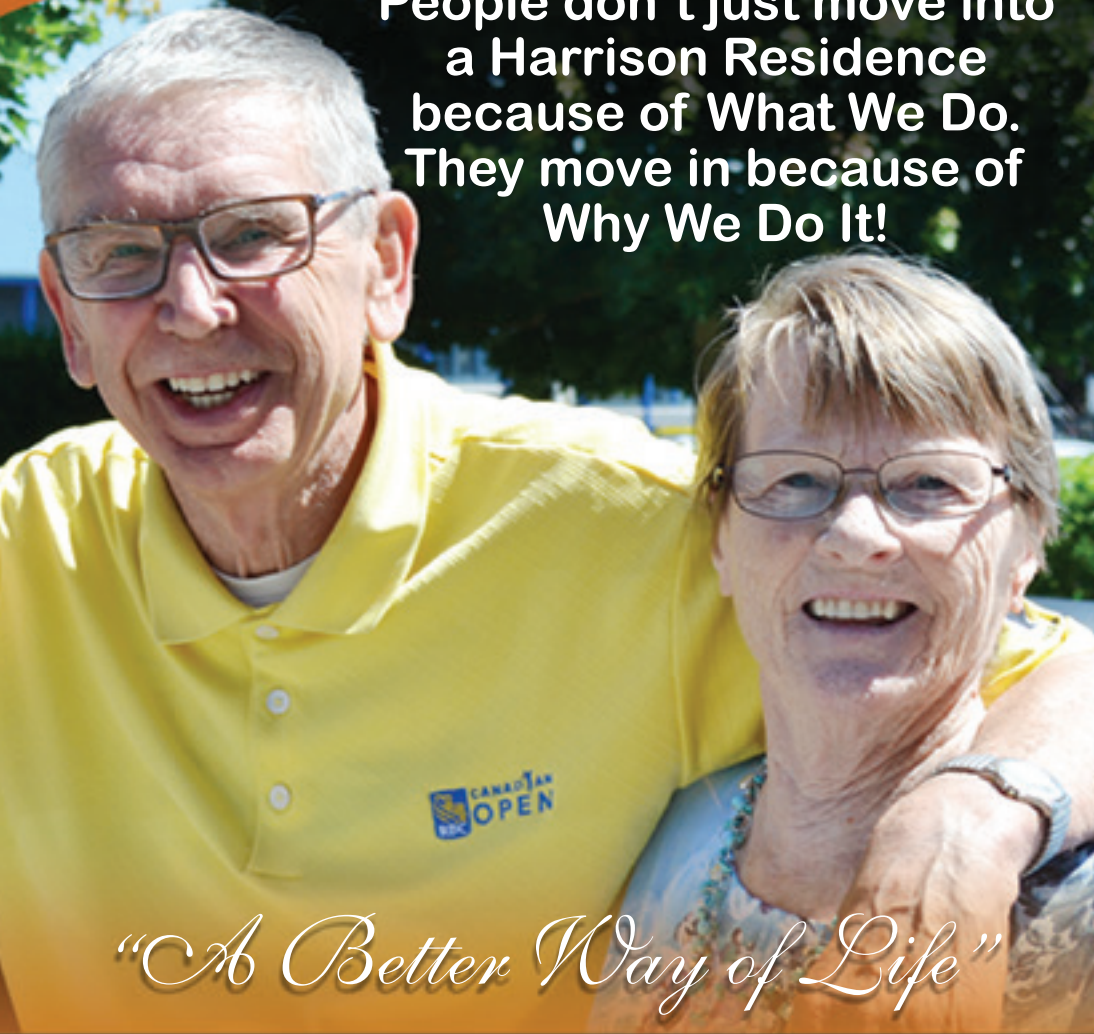
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