

# INSPIRED

55+ lifestyle magazine

SEPTEMBER 2022



ROCK STAR  
PHOTOGRAPHER  
DEE LIPPINGWELL

ONLINE  
LANGUAGE  
LEARNING

HOME GYMS  
REPLACE GYM  
MEMBERSHIPS

PICKLEBALL:  
THE BALL FOR ALL

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



# Trillium

BOUTIQUE SENIOR LIVING



As *unique* as you.

We offer 12 senior living communities with care that is personalized to each resident's unique needs and preferences.

Locally Owned & Operated | [trilliumcommunities.com](https://trilliumcommunities.com)



# content

SEPTEMBER 2022

- 4 Dee Lippingwell: A Moment in Time  
by John Kelly
- 8 Pickleball: The Ball for All  
by Jay E. Nussel
- 10 Go For the Good: Online Language Learning  
by J. Kathleen Thompson
- 12 The New Wave: Home Gyms Replace Memberships  
by Ron Cain
- 14 Recharge in Nature in Belize  
by Melody Wren



## resources

### 55+ TRAVEL CLUB

Club events in Victoria, Vancouver & Nanaimo are postponed until further notice. 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 21, 2023 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.inspiredseniorhousing.com](http://www.inspiredseniorhousing.com)

### “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.

- THRIVE BEYOND 55 2
- MAKEOVER 17
- FOREVER FIT 18
- MARKETPLACE 19
- LIVING ON PURPOSE 20



### Cover DEE LIPPINGWELL

Imagine combining two of your greatest passions into one extraordinary lifelong career. That's exactly what this rock star photographer did!

*Credit: Bag Boy Photo*

## INSPIRED

55+ lifestyle magazine

Head Office Suite 302, 1581-H Hillside Ave., Victoria BC V8T 2C1 | 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 (10 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. 10 issues per year. ISSN 2562-1041 (Print) ISSN 2562-105X (Online)



Bright 2 bed one bath condo in a lovely friendly 55+ building, walking distance to all amenities.

Listed for \$475,000

Call today for more details.

**ANGIE HILL**  
REALTOR®

**c** 250.213.7149  
**e** 250.744.3301  
**e** angiehill@remax.net  
**w** angiehill.ca

**RE/MAX** CAMOSUN 4440 Chatterton Way  
Victoria BC, V9X 5J2



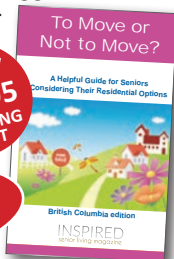
## To Move or Not to Move?

### A Guide for Seniors Considering Their Residential Options

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.

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

**CANADIAN BESTSELLER**



*“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 & \$3.95 S&H)  
Call (250) 479-4705 to order with credit card.

Or send cheque payable to: Stratis Publishing,  
#302, 1581-H Hillside Ave, Victoria BC V8T 2C1

## THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



About six weeks ago, I finally gave up the search for a quick fix to look and feel better.

Instead, I decided on a one-year plan, with a determination to not quit, even if I stumbled along the way. I don’t want to continue writing the same entries in my journal year after year, complaining about the same things.

There’s only one person who can make changes, and it’s me. A year is going to pass whether I do something or not, so I may as well commit to the one-year journey and do something every day to get there. Right?

This month’s magazine has lots of inspiration. Laurie Mueller talks about tackling writing projects and closet cleanouts 15 minutes at a time. Kathleen Thompson inspires us with her article “Go For the Good.” And Ron Cain gives some expert advice on home gyms.

Six weeks ago, I committed to take a walk each day, for 20-30 minutes. I choose a place that inspires me and just walk. Today, my stride is quicker and longer, and my breathing is no longer laboured on a small hill.

I adopted intermittent fasting as a way to coax my body into burning stored fat and repairing damaged cells. I fast every day between 18-23 hours. As I have gradually progressed to longer fasts, I have less hunger and fewer cravings. According to research, my cells have a longer stretch to rejuvenate. I vary my caloric intake; most days, I eat a regular amount, around 1,200-1,800 calories. But at least twice a week, I stay at 500 calories. Some call this 5:2 fasting, and it seems to benefit those with slow metabolism.

I found a seven-minute full-body workout program on YouTube that

cycles me through 12 simple exercises done for just 30 seconds with 10-second rest intervals. I have free weights to pick up for a quick arm toning or upper body workout when I need a break from the computer. Perfect for TV commercials.

Now, with fewer meals per day, I am choosing only foods I find tasty and satisfying. A couple bites of chocolate cake are sufficient to settle the craving for something sweet... a couple cups of buttered popcorn instead of the whole bowl. Contrary to what you were told as a child, you don’t have to eat everything on your plate. Or the broccoli.

A Caramel Macchiato is my occasional treat – with that, I’m fine passing on desserts. I order it with half the syrup and it’s just as tasty, with 40 fewer calories. Yay.

It’s not about depriving myself of something that tastes or feels good. It’s about consciously choosing to eat or do something in a way that satisfies me and works towards achieving my goal.

If I stumble or fail at something, I have already accepted that as part of the process. I’ve told myself I will keep going rather than give up.

It’s difficult to change overnight what has taken years to create. Instead, commit to a goal that is achievable in one year, and work at it in little bites. Like writing a book in 15-minute daily intervals, you can take control of just about any aspect of your life that needs some enhancement. If it’s something you want to change, then it’s worth the time and effort.

Next month will come, and the next... and with consistency you’ll be closer to your goal. Just keep going. You might surprise yourself! |

# ATTENTION, CANADIAN SNOWBIRDS!

When preparing for your travels, make sure you check these items off your list:

- Get travel insurance coverage that meets all your needs
- Find out what medications you are allowed to travel with
- Sign up for the **Registration of Canadians Abroad** service so that we can contact you in case of an emergency
- Consult the latest information and advice for travelling safely on **[travel.gc.ca/sun](https://travel.gc.ca/sun)**

Circumstances abroad can change at any time, so visit our website often. Scan the QR code to check now!



TRAVEL.GC.CA



Government  
of Canada

Gouvernement  
du Canada

Canada



KEITH RICHARDS © 1974  
Lensed Photo 11/10/74  
K. RICHARDS

Rock star photographer Dee Lippingwell  
with a print of her Keith Richards photo.  
Credit: Bag Boy Photo

# DEE LIPPINGWELL: A MOMENT IN TIME FOR ALL TIME

by JOHN KELLY

“I started taking pictures. My grandfather taught me. I actually won my first camera with my grandfather when I was five. It was a see-through box camera.”

This is a simple story about a girl and her camera.

“Throughout my whole life I was always interested in photography. I was always the one who didn’t cut the heads off people. It was basically a hobby. You know, I got married, had kids, and it fell by the wayside.”

For the record, not cutting the heads off people is a hobby everyone should have. Celebrity photographer Dee Lippingwell had other passions. One was concert-going.

“Every time I went to a concert, I thought ‘why didn’t I bring my camera?’” Not again.

“I did have a 35mm camera,” she says. “I didn’t know how to use it. It was an underwater camera, totally manual. My brother had won tickets to see Pink Floyd. My mother wouldn’t let him go without a chaperone, so I borrowed a 500mm lens to put on this 35mm camera. We were in the nosebleed section. For a contest winner, they were pretty poor seats. I had put the 500mm lens on, and my brother had to hold the camera because it was too heavy. So, I took it off and I put my regular lens back on again, and I made my way down to the floor, which you could do in those days. I worked my way to the front. There was no way I could get the guys all in one picture... I had colour film in my camera, too.”

In the heroine’s journey, here comes the moment.

“I took [the roll of film] to a Shoppers Drug Mart to be developed. I took 24, and I told the girl not to print any of the bad ones. And when I got the prints back, there were these gold stars on the outside of the envelope.”

Dee asked the girl what the stars were for. When the girl asked the others in the back if they knew anything about them, they must have assumed Dee was there, and they came running to the front and squealing about what awesome pics she had taken. Dee must have felt like a rock star or at least someone who had taken pictures of them. Her path was beginning to come into focus.

A few weeks later, Dee was walking in downtown Vancouver and as she walked past a record store, she saw a sign that said, “Pink Floyd concert photos on display inside.” Dee went in and had a look.

“They had these black and white pictures. They were just awful. White blobs in black. You couldn’t even tell which band it was. There were no close-ups,” explains Dee.

The budding photog that she was, she went to the manager and told him that if he were going to put a display up, they should be good photos. After a bit of back and forth, Dee raced home to get her photos. When she returned, the manager asked her name.

“Dee Lippingwell.”

“Is that a made-up name, like your photo name?”

“No, that’s my name.”

Down came the other photos, and up went Dee’s.

Working in the medical field, she was one of the first of what came to be known as a unit clerk. The job entailed data collection and organization of patient records. Dee was good at it, and that would come in handy down the line.

But her passion for photography continued to develop. She set-up her own darkroom, went to black and white, and taught herself how to make prints. Off she went to concerts, taking shots, and putting together a portfolio.

Dee knocked on the doors of *The Georgia Strait*, a west coast arts & entertainment magazine. Its editor was Bob Geldof. Yes, that one. He’d been globe-surfing in advance of his other career. He told Dee she’d have to get together a broader portfolio as it would be more than sweaty bass players he’d need photos of. That she did, and eventually Bob said he had some work for her.

“When I went into the office on a Monday to pick up my first assignment, everyone was looking at me kind of funny. They told me Bob and his girlfriend had overstayed their work Visa. Immigration was after them. They’d left on the first plane the night before back to Ireland.”

Dee, too, hated Mondays for a time.

Undeterred, she worked the room, as it were, getting to know

# Snapshot with Dee Lippingwell

What would you tell your 20-year-old self?

"Start sooner."

Who or what are you most grateful for?

"There are so many people that have helped me on my way just by encouraging me. That's what I'm grateful for."

What keeps you grounded?

"Well, my husband has this big, huge pin, and every once in a while, he comes and pops the bubble over my head." |



the relatively small community of record executives in Vancouver. It got her gigs doing a meet and greet or a gold record presentation or a radio station appearance.

"I probably worked photography and my day job from 1976 to 1980. That's when I quit my day job and started photography fulltime. I was also working for *Music Express Magazine* out of Calgary and I was still working for *The Georgia Strait*. I couldn't do just rock and roll because I would starve to death."

Dee published her first book in 1987. It was all photographs called *The Best Seat In The House*. Inevitably, people would ask Dee if she had met all these musicians. She had. 'And? And?' they would ask. The next book was a no-brainer. *First Three Songs... No Flash!* was next. It was the stories that went with the photos. Dee refers to it differently.

"How many running shoes can I get in my mouth at the same time without making myself look like a fool?" she laughs. "People always want to know what goes on backstage."

Hint: it involves a lot of sneakers.

Dee has a picture-perfect CV, too. She's done and is still doing it all: weddings, mitzvahs, models' and actors' headshots, babies.

"I was the photographer for 17 years for the Merritt Mountain Music Festival."

Dee was determined to put together a compilation of all the photos from those festival years. It took 10 years, but it got done. Her fourth book is full of all the country stars Dee's had the pleasure of turning her flash on. Think Johnny Cash, Merle Haggard, Reba McEntire, et al.

Here's where Dee's work experience, its attention to cataloguing and detail, comes in handy.

"While I was compiling the Merritt book, I had to go out to my storage locker, which consists of filing cabinet

after filing cabinet of negatives. My husband had to move a storage container, and he asked what was in it. I told him it was full of slides. He opened it up and said, 'Oh my God!'"

The reason for her husband's gasp was the sheer volume. Probably for the meticulous storage a bit, too. Since the mid-seventies, Dee had been stashing away pics of favourite bands over the years. She also worked Expo '86 in Vancouver and had all the slides from being their photographer for six months.

"Do you realize who you have here?"

Dee had The Rolling Stones, Tom Petty, Tina Turner, The Who.

"Well, this is your next book."

They were photos people had never seen. All in colour. That'll be her fifth book.

Dee has a bone to pick with the industry now. Gone to a large degree are the days of the candid and intimate shot that was such a focal point of Dee's work.

"These days they make us shoot from the sound board because there is no pit. I have to stand on a milk crate. It's a whole different ball game. I haven't done a concert for a couple of years. The last concert I did was Lady Gaga, and I took pictures from my seat," Dee laments.

It's all more material for the book in progress, but she does post a fresh pic on her Facebook page every Friday, usually in the form of a birthday wish or memorial. There is also a series of limited-edition prints. Dee makes 25 copies, and when they are sold out, that's the end of it.

"I'm not in it to make money. I'm in it because I love to do it."

But now, the big pay-off.

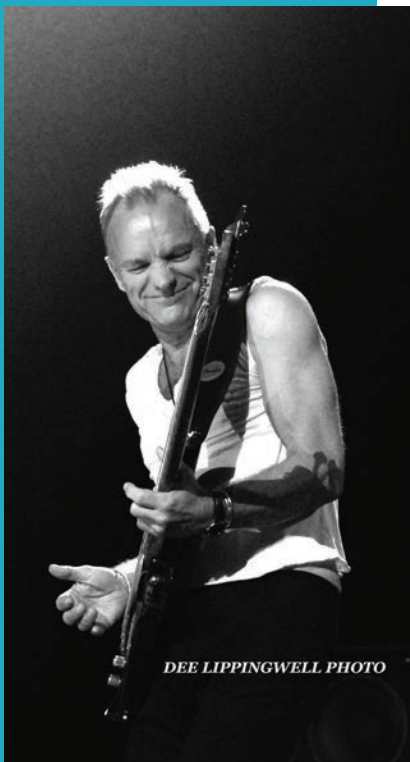
"I got a call from the National Music Centre. They want to do a special section on me... And before I'm even dead, I can't believe it, you know?"

You can almost hear the squeal in her voice.

"So, I'm donating my whole collection."

What?!

"I often wondered what I would do with my collection. All my good stuff,



DEE LIPPINGWELL PHOTO



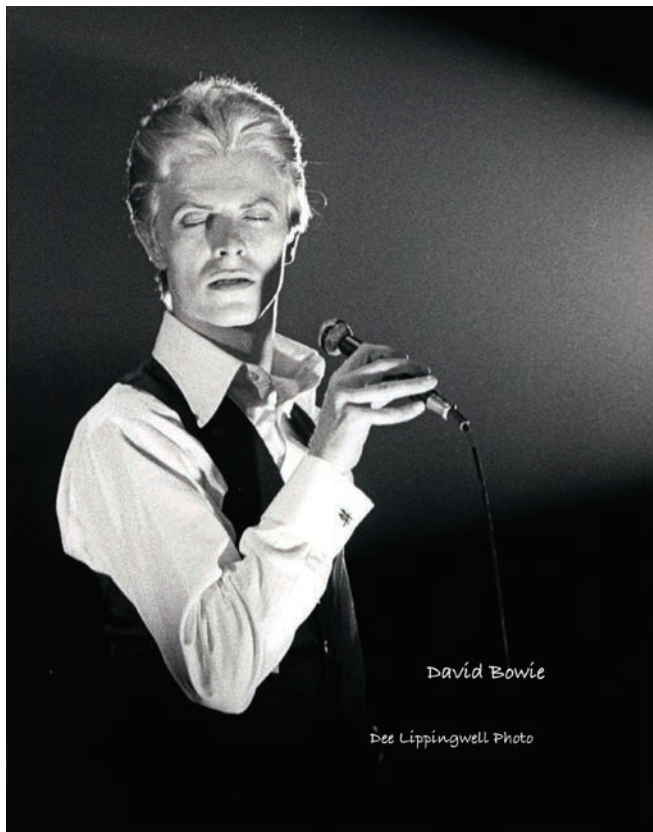
I've digitized. But I still have negatives up the ying-yang," laughs Dee.

It's a massive honour to be in the National Archives, but here's one of the best parts of it all.

"I get calls now or an email 'Oh Dee, remember 1999, I was in a band called blah, blah, blah, and you took our promo picture. Wow, it was so cool, and I just found it, but it's wrecked. Can I get a copy of it? Can I get it blown up?' I get a lot of those calls."

A lesser photographer might hang up on the bald drummer from the defunct hair-metal band. Not Dee.

"Oh no, I tell them I can help them. When I first started, I had to set up a whole filing system because for the first two years, I was doing everything alphabetically."



ABBA, AC-DC... Would you believe the girl Dee hired to help her file didn't know the alphabet?

"Things got misfiled, so I had to set up my own numerical filing system, which I did. I also kept track alphabetically so I could look up a band. I kept index cards on every band and every person that I shot. So, I've got all that, too. If you tell me 'I was in Roch Voisine's band, and you took our picture.' I'll ask what they played. I only charge a fee if I have to go out to my storage vault. But with the fee, I also include an 8 x 10."

Here's the requisite rock 'n' roll story you've been waiting for:

Many road managers, Dee explains, interpret their job as keeping everyone away from the star.

"I was doing a meet and greet with Cher. There were eight people. That was it. That was all the road manager would al-

low. The road manager came in and said to everyone, 'You do not talk to Cher. You do not look at her. You have your photo taken and you leave. Do not ask her for an autograph.'"

Cher came in the room. Dee snapped the photos.

"People stood beside her like at attention. 'Smile' I'd say, and the people looked at me as if to say, 'can we smile?' I never ask to have my picture taken with artists because I just don't. But the record company rep knew how much I like Cher. He asked if I'd like him to take my picture with Cher. I said sure if it's allowed. So, Cher puts her arm around me and asks, 'why is everybody so weird here?'"

Dee explained to Cher about the riot act that had been read to them by the road manager.

"'What?!' asked Cher. 'Listen, I don't think I was smiling for that last picture so let's redo it.' And we heard later that she'd given the road manager holy hell."

The ladies Dee has shot stick out for her.

"Bette Midler serving me a glass of champagne in her dressing room. Diana Ross telling me that I could take her vegetable platter home with me if I wanted," laughs Dee.

Can you picture that?

Dee is keeping busy. Headshots, CD covers, weddings, babies, not always in that order. Aside from all the digital, Dee is kind of old school. From the moment her grandfather introduced her to the art, photography was a passion. Capture, distill the essence of a subject. Make the image as real as the original. This is what Dee does. |

**RIDE THE OPEN ROAD**  
**BETTER**

Experience the difference  
**BETTER** hearing makes.

**NEXGEN HEARING**  
a HearingLife company  
[nexgenhearing.com](http://nexgenhearing.com)

WorkSafe BC and other Provincial WCB Networks, VAC, MSDPR, and FNHA/NIHB accepted  
Registered under the College of Speech and Hearing Health Professionals of BC

# PICKLEBALL: THE BALL FOR ALL

by JAY E. NUSSEL

My friend Rob and I were locked in yet another marathon singles tennis match in the summer heat. I won the first two sets. He won the next two. The match was now creeping up on two hours and I was getting seriously tired.

Rob is 14 years younger than me and had never beaten me. Always a battle. Always fun. Maybe it was fun since I never lost. It was time to start the fifth set.

He is one of those players who never had a lesson and makes up for a certain lack of polish by never giving up on a point. And that makes for some long points and longer games.

I've been a competitive tennis player for most of my life. Originally a doubles specialist, at the urging of a number of players I got serious about singles about 10 years ago.

Meanwhile, my main tennis doubles partner, Kevin, took up this game called pickleball and tried to get me to go along. But my ego said, "Hey, I'm still very competitive in tennis leagues and that pickleball thing is really for a crowd where the demographics are, shall we say, not mine."

Earlier in the summer, I lost to a much younger guy who, frankly, was in better shape and always a better player but one I managed to always beat in the past. I was better tactically but losing to him finally was not a surprise. This Rob match, however, meant my undefeated streak and my ego were at risk.

Kevin's harassment about pickleball never relented but my ego wasn't ready. Until now.

The changing of the season meant it was time to move indoors. A different friend heard me grouching about various sports related things and he (probably tired of listening to my whining) invited me into a church-related pickleball group, and, impulsively, I agreed.

I didn't have a paddle, didn't know the rules, and almost backed out at the last second. But I was committed to him and thought, well, how bad can it be?

Showing up a few minutes late, I thought I would just come in and dominate so I didn't bother to stretch, was handed an extra paddle and assigned to a court with the best player there who patiently explained the basic rules to me and the two other beginners playing with us. That only took about three minutes.

I did not dominate. But it did not seem to matter. I was having fun, getting a good, steady workout and, oh yeah, I



was making new friends. Pickleball is a social game. Fun and laughs are guaranteed.

I then had to get my own paddle and the cost was very reasonable. There are tons of websites and every sporting goods store worth visiting has them. Get one weighing less than eight ounces to get started. A paddle and a decent pair of tennis (not running) shoes is all you need.

If you know these five basic rules, you know 90% of what you need to know:

- 1) The server hits into the opposite box where you have to let it bounce but then he (or she) has to let your return bounce too (the two-bounce rule.)
- 2) The box closest to the net is called the kitchen and you can't hit the ball in the air while you are touching any part of it (the non-volley zone rule.)
- 3) Mostly a doubles game, if you serve a fault (ball not in the correct box) or the receivers win the point, your serve passes to your partner. If you and your partner fail to win the point in their serve, the serve goes to the other team.
- 4) You only win points on your team's serve and you keep serving until you lose.
- 5) The score is announced as serving team score, receiving team score, and which server is serving (1 or 2.)

I didn't think anything much would surprise me about rac-

ABOVE | The author goes after the ball in a doubles game. Photo: Jill Nussel

quet sports, including pickleball, but I was surprised by several things.

- I was surprised how easy the game was to learn and how complicated it was to master. By the way, while I have improved, I'm far from mastery level.
- I was surprised that complete non-athletes, non-racquet sports people, and even those with serious mobility challenges could function and function well at pickleball.
- I was surprised at how hooked I got and how easy it was to get hooked.
- I was surprised how much fun I could have and still be competitive. Men, women, young and experienced all play on the same courts and all have fun.

Rob and I are still friends. Kevin and I are now trying a few pickleball tournaments as I have to feed my competitive beast, and so far, we have been competitive but not winning anything. And we are having fun. For me, that is the most important thing.

Maybe you guessed how that marathon singles match turned out. Rob got me in that fifth set. That night after losing to Rob I was nursing my bruised ego and struggling with my usual nasty leg cramps. Playing two hours, outdoors, in the heat always meant leg cramps

despite lots of water and none of my favourite beverage.

I still play tennis but pickleball will keep me competing for quite a few years. And I make new friends playing all the time and many of them have never competed in anything athletic in their lives. Women's doubles, men's doubles and mixed doubles are all played. Singles, too. I am just glad I found pickleball or maybe pickleball found me.

You too can have fun at pickleball. BC has a growing population of players in more and more locations. Check out <https://www.pickleballbc.ca/where-to-play.html> for a huge list of playing options. If you travel to a warmer climate, be sure to take your paddle as pickleball is all the rage there, too. |



**MILE ZERO TOURS**  
Victoria, BC

*Your next great adventure awaits*

**ENCHANTED IRELAND**  
13 Days: October 8 –20



**\$5799** per person  
(based on double)

**QUEBEC WINTER HOLIDAY**  
7 Days: December 3–9



**\$3799** per person  
(based on double)

\*Prices includes fully guided tour, all attractions, many meals, and all mandatory fees & taxes  
\*Complimentary home pickup/return in Greater Victoria or Greater Vancouver- travel starts at your door!

**250.590.0811**
**WWW.MILEZEROTOURS.COM**
BC Reg #67275

# Relax to the Max



**NKLT.TRAVEL/STAY**



Ainsworth Hot Springs | Balfour | East Shore | Kaslo | Nelson | North Kootenay Lake

# 'GO FOR THE GOOD': ONLINE LANGUAGE LEARNING

by J. KATHLEEN THOMPSON

Looking back on perhaps the strangest period of our collective history, I realize that some of the brighter moments came during my weekly lessons with my Greek language teacher in Thessaloniki. Sure, learning another language is challenging, but it is also full of unexpected delights. In my online lesson with Maria, I respond to the greeting of *ti kaneis* ('how are you') with *mia xara* ('one joy'). When I thank her for her instruction – *eucharisto* – I offer gratitude as deep as the disciples' for the eucharist, or Last Supper. And when we sign off, she reminds me to *sto kalo* ('go for the good'). I can't imagine better advice!

Much of the joy of learning a new language is discovering how a culture's character and values are inscribed in its language and idioms. Beginning with the ancient Greek philosophers, who had a lot to say about the 'good life,' striving for the best that one could be was expected of each self-respecting Athenian citizen. With the commitment to *arete*, excellence was as much about unimpeachable standards of conduct as it was about achieving professional success. Happiness or *eudaimonia* was similarly broadly conceived as something that resulted from self-fulfillment, or flourishing, as a human being.

Given the bar was so high, it's not shocking that prized codes of honour hovered about day-to-day life for Greek citizens. *Filitimo* or 'love of honour' was, and still is, considered to be the highest of all virtues, and compels people to do what is honourable and right and good, without expecting anything in return. A sense of duty to uphold one's family reputation is instilled in childhood, serving to promote only that behaviour which is exemplary. *Filitimi* underlay Greek heroism during World War II, such as the assistance rendered Allied soldiers on the island of Crete upon the invasion of the Axis forces and the sheltering of Jews on the island of Zakynthos, despite the severe penalties.

Reaching out to those beyond one's family and borders is also behind another of Greece's most enshrined codes of honour, that of *filixenia*, or 'love of strangers.' Besides, one never knows when, by welcoming and caring for a guest, one has unwittingly entertained angels! Today, Greek hospitality is legendary; often a few complementary items are given at a restaurant or a local store, no matter how modest the owner's means.

That nothing should be done sparingly or offhandedly,



Greek ruins overlooking the Aegean Sea.  
Photo: J. Kathleen Thompson

Greeks also try to live up to a code of workmanship known as *meraki*. When you are given something made with *meraki*, it has been created with love, creativity and soul; in short, with every gram of a person's being. Every time a foaming cafe latte, with obligatory glass of water and a biscuit, is brought to your table at the local cafe, or you are trying to choose between a selection of exquisitely crafted baked goods or ice cream treats at a bakery, you are experiencing the blessings (and conundrums!) of *meraki*. And that person who does everything with unstinting zeal and singlemindedness? They're known as *meraklis* (miraculous, indeed!).

In addition to its enshrined codes, or cultural laws, we can learn a lot by examining our cognates with the Greek language. No less than 150,000 words in English have Graeco-Latin origins (compare that to 20,000 derived from Spanish). Some well-known ones are kudos, nostalgia, and euphoria, symphony and enthusiasm. Interestingly, enthusiasm means to be filled with *theos* or God, something which would likely identify each and every *meraklis*!

Symphony, or 'sounding together,' is also the verb 'to agree' in Greek. A good percentage of the other cognates we would be familiar with are scientific or medical in nature (think 'phobias' and 'ologies'), but those, too, invite a little unpacking. For example, with the root word of *techne*, which means 'art,' technology means 'the science of art.' That throws a whole new spin on it!

And then there is the etymological debt we owe to Greek mythology and stories, such as: Achilles Heel (a weakness that can lead to downfall), Midas touch (the ability to turn everything you touch into 'gold'), Pandora's Box (the forbidden box which, when opened, releases all manner of misery and misfortune), Herculean task (a feat of endurance and strength),

Gordian knot (an intractable problem solved only by thinking ‘outside the box’), Draconian measures (unusually cruel and harsh punishment for relatively innocuous offences), and Pyrrhic victory (a victory achieved at a great cost).

An abundance of common idioms in English, such as cry wolf, sour grapes, spill the beans, touch wood, call a spade a spade, between a rock and a hard place, leave no stone unturned, wrong end of the stick, and resting on one’s laurels are also Greek (think Aesop’s tales!) in origin.

Like our own more colourful idioms, however (like ‘break a leg,’ or ‘bite the bullet’), it is the idioms in everyday Greek language that blaze with the most warmth and colour. One doesn’t sunbathe, one engages in ‘sun therapy,’ the playground is known as ‘children’s joy,’ when you feel utterly confused, ‘you’ve lost your eggs and your basket,’ and when rain is streaking down, it’s raining ‘chair legs.’ Rich in image and metaphor, they reflect the spirit and humour that have long sustained the Greek people.

Given the lexicon of traditional and contemporary expressions, some which have found their way into the English language, you can understand why it’s easy to get sidetracked in lessons! Maria and I are often guilty of abandoning verb conjugations and the accusative

case to ponder our connections and what truly lies at the heart of our teacher/student exchange.

We share photos of our families and tell tales of pandemic perseverance. She’s astonished to hear of our warm spring weather – temperatures approaching 30 degrees on some days – and I am intrigued by the flourish of rituals that accompany Orthodox celebrations (such as the highly competitive egg cracking contests that are held every Maundy Thursday!).

It is not just a language we are exchanging; it is about exploring the range of what it means to be human, and the joy experienced in uncovering both its cultural specificity and its universality. For while the Greeks may have coined it, I suspect that we are all going for the good! |

# BROKEN PROMISES

Exploring the dispossession of Japanese Canadians in the 1940s

EXHIBITION EXTENDED UNTIL NOVEMBER 13  
Learn more at [rbcm.ca/brokenpromises](http://rbcm.ca/brokenpromises)



ROYAL BC MUSEUM

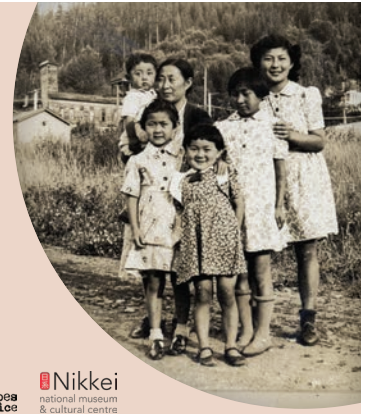
SUPPORTED BY:



Landscapes of Injustice



Nikkei national museum & cultural centre



## Your future home *awaits!*

- Outstanding dining options
- Enriching activities & community outings
- 24-hour emergency response
- Health & Wellness expertise
- Unique & spacious suites with kitchenettes
- Weekly light housekeeping
- Pet-friendly environment
- Passionate & caring staff

Book your personal tour  
CALL TODAY

Enjoy a community where your *spirit, body & mind* flourish every single day.

INSPIRED SENIOR LIVING WITH



[verveseniorliving.com](http://verveseniorliving.com)



7051 Moffatt Road,  
Richmond  
(604) 273-1225



4088 Blundell Road,  
Richmond  
(604) 271-7222



1550 West 49<sup>th</sup> Avenue,  
Vancouver  
(604) 563-3540



649 Eighth Avenue,  
New Westminster  
(604) 524-6100



3920 198<sup>th</sup> Street,  
Langley  
(604) 427-3755

Various levels of care available, find out more about which Verve residence is the best fit for you!

# THE NEW WAVE: HOME GYMS REPLACE MEMBERSHIPS

by RON CAIN

The pandemic changed everything about how we shop, work, play, socialize and exercise. Gyms were shut down for much of early 2020 and gradually reopened with significant restrictions. For many, especially Baby Boomers, going back to a gym with proximity to others was a major deterrent.

Fortunately, the option to train at home is easier than ever before with better equipment and online training, plus fantastic training programs that are available to purchase.

Training at home has advantages: convenience, time saved driving, fuel costs, and reduced social contacts. For others who never have been gym fans, they love the independence, the 24-hour convenience, the privacy, and not feeling intimidated by spandex-clad gazelles or pumped-up hulks.

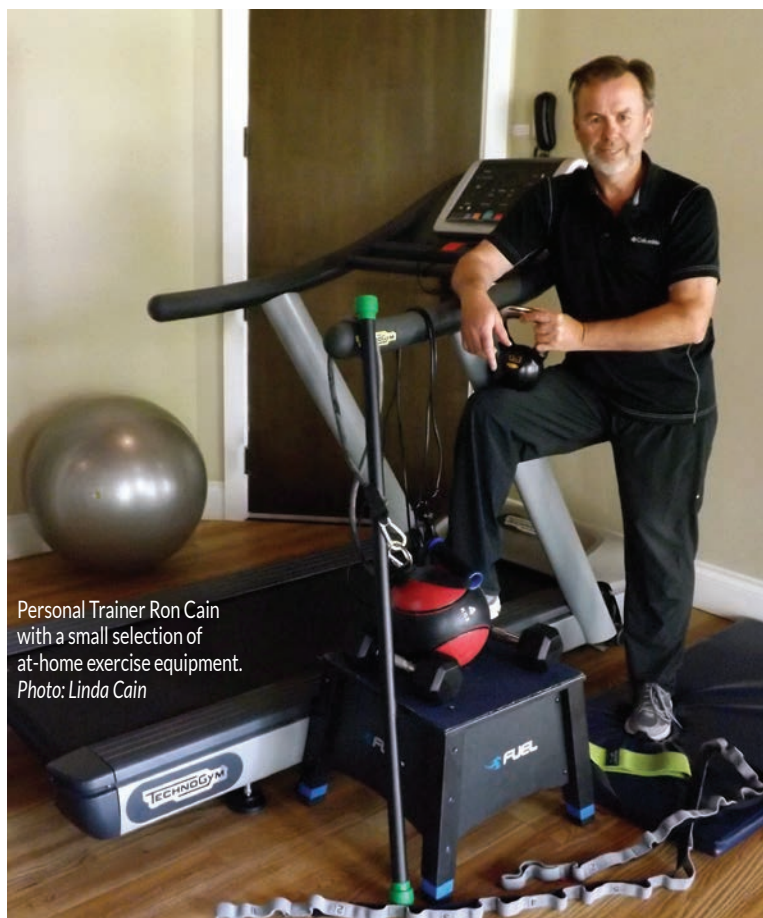
For adults over 60, the new method of training is functional fitness. The focus has shifted from cardio to strength as the science has shown that getting stronger as we age is very important. By moving away from traditional strength training towards functional exercises and circuit training, it's possible to get cardio training while getting stronger.

Walking is not the perfect exercise. Functional fitness is movement that is natural, such as walking lunges, and multi-joint movements (in traditional strength training the muscles are trained in isolation). The focus shifts from building bigger muscles to core (abdominals, lower back and hips) conditioning and balance.

Older adults don't need big biceps – the ability to carry two bags of groceries up two flights of stairs and look after the yard without help are goals we can relate to and are realistic.

Functional fitness training focuses on movements using a variety of affordable tools: tubing with handles, medicine balls, flat bands, kettle bells, adjustable steps, balance boards, foam rollers and pulley systems.

The cost of a home gym has plummeted. If you walk or run



Personal Trainer Ron Cain with a small selection of at-home exercise equipment. Photo: Linda Cain

for cardio, you can head outside most days. If you want to do cardio inside, my favourite is the treadmill. Walking and running are natural motions, and there is some weight bearing to it, which is important for adults over 50, especially women.

Alternatively, an elliptical, stationary bike, recumbent bike or rowing machine are great options. Look on Facebook's Marketplace for gently used equipment as there were many purchased with good intentions during the pandemic only to become a place to hang jackets. It's not uncommon to find a near-new treadmill and pay only 25 per cent of the purchase price. For tubing, bands, balls, etc., Amazon is a convenient shopping option.

Guidelines for home exercise for 55+:

- If you are new to exercise and have been sedentary, consult your doctor. Download a free document called the PARQ plus and fill it out to see what your risks are. Most of my clients over 50 have several medical complications and should avoid certain exercises. The key is not using medical issues or injuries as an excuse to abandon being fit. There is always a way to accommodate a problem.

- If you are cleared to exercise, or if your PARQ plus form shows no risks, draft a schedule you can commit to. Enter your workouts on your calendar. For example, you could attach a large print calendar to a wall (where you will see it!) and mark down your workouts. Schedule your appointments around your workouts, making YOU a priority. Health and fitness are not a side order, but the entree.

- Take an inventory of your space and budget. A closet can be used to store your equipment and a clear space the size

of a small bedroom can suffice. Movements such as walking lunges need hallways or outside space. If you don't need to buy a treadmill or other large piece of equipment, you can assemble your gym for only \$200-\$400 dollars, which is less than a one-year membership at any gym.

- Assess your personality, as well. Are you a person who needs to train with others for motivation? Training at home for a very social person can be difficult. Having a workout partner greatly increases your chances of sticking to your program because you know they'll be counting on you to show up. However, if you are a disciplined lone wolf or enjoy exercising with your partner, having a home gym is ideal.

- Finally, consider the benefit of hiring a Personal Trainer who will come to your home to train you. Look for one with a university degree that includes exercise management and has experience and courses in adapting exercises for older adults. A good trainer can also help you select your home gym equipment, so you don't spend money on things you don't need. Avoid trainers who are certified through online learning only and have no academic qualifications. Caveat emptor applies here!

Ron Cain is a Victoria-area mobile Personal Trainer specializing in adults 50 plus. A graduate of UVIC with a degree in Human Performance, he has been an instructor in the fitness industry since 1982. Ron can be reached at 50pluspersonaltrainer@gmail.com

# COMFORT IN EVERY STEP

Introducing the **847** walking shoe for your active lifestyle. Where support, flexibility and cushioning meet in every step.



**GUARANTEED TO FIT**



**1-18 SIZES**  
**2A-6E WIDTHS**

**new balance**  
VICTORIA  
1205 Government St  
T 250 382 9327  
newbalancevictoria.ca

NANAIMO  
#3-1825 Bowen Rd  
T 250 591 1995  
newbalance.ca



Island kid Ephraim

## Where there's a Will, there's a way...

A gift in your Will is a promise today of care for tomorrow.

To learn how you can support the future health of Island children, contact [legacy@islandkidsfirst.com](mailto:legacy@islandkidsfirst.com)

or scan



Champions for the health of every Island family since 1926.

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

formerly  
**QUEEN**  
ALEXANDRA  
FOUNDATION FOR CHILDREN



# RECHARGE IN NATURE IN BELIZE

by MELODY WREN

We awoke early to loud howling, growling, and barking noises echoing through the dawn forest at Lamanai Outpost Lodge. Could it be a lion? My husband said, “There aren’t lions in Belize.” Wild pig? Tapir? (The Belizean National animal.) We creaked open the door of our thatch-roofed cabin. An outdoor light popped on, stopping the noise abruptly.

At breakfast, we asked our guide, Eduardo, about the noise, and he answered without hesitation, “howler monkeys.” Troops of howler monkeys are the roosters of Belize though their howls are mostly in annoyance with each other. Later, we spotted one in a tree, and it was much smaller than its sound.

After dousing ourselves in bug spray and sunscreen, Eduardo, who also leads bird-spotting tours, drove us to a local Mennonite farm, stopping frequently to photograph some of the small field birds. A black-and-white fork-tailed flycatcher was highlighted by the red backdrop of a sorghum field. A tiny vermilion flycatcher made the sorghum look dowdy, and a yellow eastern meadowlark was as bright as the sun.

With over 600 species of birds, hobbyists, serious birders and photographers all flock to see and photograph species indigenous to Belize including toucans, parrots and macaws. Even non-birders can’t help but be interested in the names that are as tropical as their surroundings.

We arrived at the farm of Cornelius and Anna, a traditional family among the 12,000 Mennonites in Belize. Their grandparents arrived from Russia, at the invitation of the government because of their expertise in agriculture. They started a farm growing sorghum for cattle feed. The Mennonite community now supplies most of Belize’s poultry, vegetables, cattle and dairy products.

That afternoon we took a short pontoon boat ride to the Lamanai Archeological Ruins. A visit to the ancient Mayan world is a highlight of any trip to Belize and arriving by boat adds to the adventure. The Lamanai site dates to 1500 BC and covers 900 acres along the banks of the river, surrounded by tropical jungle and is rich with birds, sun-bathing iguanas and crocodiles. Lamanai means “submerged crocodile.” The worn remnants of eight-foot-tall jaguar masks and the reconstruction of royal faces on the High temple take the visitor back to a time when the site was flourishing and instill a sacred feeling even today.

ABOVE | South Water Caye kayaks rest before the crystal clear waters of Belize.

TOC | Pelican Beach Resort. *Photos: Melody Wren*



After sunset, we stumbled down to the river along ink-dark pathways to where Eduardo waited with a boat. Out on the New River Lagoon, Eduardo turned off the running lights and boat engine. Darkness has always discomfited me, so my heart started to race as the boat drifted. "Look up," Eduardo said gently. I gasped and tears pricked my eyes because of joy, not fear, as I gazed at more stars than I have ever seen. After an hour spent in wonder, we were guided back by the North star.

The next morning, we flew to Dangriga in a four-seater plane – a common way to travel in Belize. Ian Avilez from Uncharted Jewel Belize drove us to the world's only jaguar preserve at Cockscomb Basin. This rainforest preserve is also home to other beautiful and reclusive cats – ocelots, pumas, margays and jaguarundi – as well as tapirs, anteaters and armadillos.

Ian said that armadillo is the jaguar's favourite food – crunchy on the outside, soft and chewy inside – and he and many locals eat it regularly.

No jaguars showed up, but the rainforest was true to its name. In a local manner, Ian cut large palm leaves to make effective umbrellas. We saw scarlet macaws, keel-billed toucans and egrets – only a few of the 600 exotic species. As we walked by the river, a flotilla of bright yellow inner tubes and their laughing passengers glided past – a different perspective on the preserve.

The following day we went through the forest from a different, exhilarating outlook, as we viewed Mayflower Bocawina Nature Park from Central America's highest and longest set of zip lines. (Travellers that lack strength or confidence to zipline can tandem with a guide, as I did.)

The adrenaline rush continued later as we were whisked across the sea in a high-powered boat to the island of South Water Caye. The combination of small, simple, isolated cottages overlooking quiet beaches with waves crashing on the barrier reef, gave us the feeling of being on a deserted island. Traditional meals were simple yet exploding with flavour.

I spent the afternoon floating in the sea to soothe zipline-weary legs from the previous day, while my husband fly-fished off the dock for bonefish, catching none, his version of relaxation.

## YOUR *Life* YOUR *Way*

Your home is more than just a roof over your head. It often contains a lifetime of memories, is a symbol of your independence and adds immensely to your quality of life.



## LENDING FOR *Seniors*

### Securing Your *Independence*

*Rebecca Awram, BA*  
Mortgage Advisor

TEL. 604.614.2382  
rebeccaawram@gmail.com  
www.communitylendingcentre.com  
Office locations available  
throughout the Lower Mainland

Our government licensed brokers will guide you through the options, including Lines of Credit, Conventional Mortgages, Equity Loans and CHIP Reverse Mortgages.

We specialize in your demographic!

**CONTACT US TODAY** to ask questions or to arrange a FREE no-obligation evaluation.



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



**Tracy Merkley**

## Curious about how Dentures can help you?

We offer free, in-depth consultations to help you identify the denture solution to suit your needs and budget

### Central Park Denture Clinic

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

**250-388-4100**

[smilestylists@shaw.ca](mailto:smilestylists@shaw.ca)

201 - 1711 Cook Street, Victoria BC • Free parking

**COVID-19 protocols in place for your protection**





604-596-9670  
pitmartours.com  
info@pitmartours.com

## Storm Watch Nov 8-10, 2022

Experience the raw power of the mighty Pacific Ocean as the waves roll in from Asia and pound the shores of the rugged west coast - nature in all it's fierce majesty! Feel the pulse of a winter storm from the comfort of your ocean view room with breathtaking vistas. \$885 PP Dble occ. \$1125 single, plus GST.



## Butchart Gardens & Chemainus Theatre Dec 6-8, 2022

Join us on Vancouver Island and experience the spectacular Butchart Gardens Christmas lights and "A Tiny Christmas Carol" production at the Chemainus Festival Theatre. Other highlights include lunch buffet and the Christmas lights of Ladysmith. \$855 Cdn pp Dble occ plus GST. \$1,025 Single plus GST.



Book 60 days in advance and save \$50 per person.

Southern Rockies **SOLD OUT** Sept 18 - 25, 2022 / 7 Days  
Leavenworth & Warm Beach Lights Dec 15 - 18, 2022 / 4 Days



DOOR-TO-DOOR PICK UP AND RETURN  
WITHIN THE LOWER MAINLAND  
CALL FOR YOUR 2022 BROCHURE



BOB & TERESA MARSHALL

# BENEFIT CONCERT

PRESENTED BY OAK BAY ROTARY FOUNDATION

JAZZ LEGEND  
**JOE COUGHLIN**  
& HIS QUARTET

SATURDAY  
OCTOBER 8, 2022  
DOORS: 6:30 PM  
SHOW: 7:30 PM



DAVE DUNNET COMMUNITY THEATRE  
2121 CADBORO BAY ROAD

TICKETS: \$49<sup>50</sup>  
GENERAL ADMISSION

www.rmts.bc.ca  
MACPHERSON BOX OFFICE  
SCOTIABANK — OAK BAY

MEDIA SPONSORS:

TIMES COLONIST



During the night, a heavy tropical storm made the cottage cozy. Dark shades of gray-blue lightened to bursts of buttery, soft yellow as dawn broke drying puddles on the porch. An invigorating hour-long ride on the choppy sea, two flights and a cab ride through the bustling streets of San Pedro took us to our final stop on the trip: Las Terrazas Resort on Ambergris Caye, a luxury resort with a restaurant featuring gourmet food at every meal.

Ambergris Caye shelters behind a barrier reef, part of which is protected as the Hol Chan Marine Reserve, a short 15-minute boat ride from San Pedro. I snorkelled its gin-clear coves able to spot angel and parrotfish, puffers, snappers, barracuda, eels and enormous green turtles in the healthy reef more than seven metres below.

In a section called Shark Ray Alley, I was nervous to swim with sharks, but they ignored us completely. My husband held my hand and didn't let go, and the romance of the moment was not lost on me.

Our final adventure was a morning of fishing for jacks, snapper and bonefish. As I relished the sun, this saying came to mind, "Any time spent on the water is not deducted from your total life span." All adventure time in Belize should be similarly credited. |

For IF YOU GO information, visit [www.seniorlivingmag.com/articles/recharge-in-belize](http://www.seniorlivingmag.com/articles/recharge-in-belize)

## Local giving. Local impact.

Donate today to support veterans, seniors and youth in our community



To learn more, contact Amber at the Legion Foundation 604-579-0087 or [amber.stewart@legionbcyukon.ca](mailto:amber.stewart@legionbcyukon.ca)

Legion Foundation  
BC/Yukon Command

[legionbcyukonfoundation.ca](http://legionbcyukonfoundation.ca)

# INSPIRED MAKEOVER: MARILYN KRAFT

by INSPIRED Staff

With a curious, persistent, even tenacious personality, Marilyn Kraft's professional life was devoted to careers in retail management, computer analysis, and seniors' activity.

"My passions have led me in many directions, allowing me to meet new friends and explore new cultures while travelling to distant locations," she says.

Now retired, this North Vancouver resident enjoys time with her two "rambunctious" grandchildren.

"Dabbling in artistic hobbies, such as jewellery-making, pottery, mosaic design and music continue to nourish my creative spirit," she says.

Like many people, Marilyn felt isolated over the last two years and thought a makeover would inspire her to climb out of her rut and re-engage with life. What better way than to trust in a process she's never tried before!

"Giving someone permission to change your appearance in whatever way they choose can make an introvert feel very vulnerable," she says. "However, being optimistic enough to leave the familiar behind, I soon found the process to be a lot of fun."

"I found all the people on the makeover team, as well as the other participants, to be very talented, interesting and inspiring."

Marilyn's new look has re-energized her and she's ready to take on new challenges.

"I have always been a lifelong learner," she says. "The learning that was reinforced for me is that following my heart and trusting my intuition is usually the best path for me."

## WHAT THE STYLIST DID:

**HAIR:** "Marilyn had the most beautiful, long hair with almost all natural colour and some grey coming through. Because she had so much length to her hair, I decided to take the cut to just below her shoulders.

Marilyn didn't want a lot of upkeep with her hair colour, so I decided on a balayage highlight, which is a soft diffused highlight that grows out very nicely and blends well with her natural hair colour.

I also added some low lights, which mimic her natural hair colour and, blended with her darker natural colour, it adds brightness and richness to her colour.

I also gave her a longer, cheekbone-length curtain bang, again to modernize her style and frame her face."

**MAKEUP:** "For Marilyn's makeup, we started with the primer. A primer's purpose is to fill in pores and any fine lines, so when we put on the concealer, it glides over the skin rather than falling into any cracks.



Next, I chose a concealer that had BB cream in it. BB cream is a moisturizer and foundation in one, it blends well on the skin, and it skims over some of the fine lines. I also used a concealer with a slight yellow tone to help cancel out

some of the slight purple from the darker tones under the eyes.

For the eye shadow colour, I went with a slight triangle of brown on the outer corners of her eye lids and lighter brown-beige along the crease of the eye. I used a light white-beige just under the brow to highlight it.

The light colour was also used in the corners of the eye. Adding a shimmery highlight to the inner corners of your eyes creates a bright, open, and youthful appearance, perfect for day or night. It reflects light and counters the look of fatigue.

Finally, I added false lashes to bring more attention to Marilyn's beautiful eyes. A light peach lip gloss completed the look." |

## SPECIAL THANKS TO:

- Hana Akai of Akai Hair Design & Esthetics in Victoria for Marilyn's hair and makeup. 2559 Quadra St Suite 101, Victoria, BC. 250-383-3227.
- Chelsea Michelle Esthetics for Marilyn's manicure and facial. 350 Marigold Rd, Victoria, BC. 250-580-2799.
- Suzanne & Jenny's for Marilyn's outfit. 777 Royal Oak Dr #190, Victoria, BC. 250-658-3618.
- "After" photography by Timothy West. [timothywest.com](http://timothywest.com)

# FOREVER FIT

by EVE LEES



## SHOES FOR WALKING

If you're an avid walker, pay close attention to your footwear.

The proper shoes prevent blisters and calluses, support the feet, and adequately absorb impact from hard surfaces. However, blisters and shock absorption aren't the only protection a good pair of walking shoes should provide.

The right shoes can correct any foot alignment problems to lower your injury risk further. If you're not stepping right, it's like building a poor foundation for a house. If your feet aren't aligned correctly with the rest of your body, it can throw unnecessary stress on areas like the knees, hips or lower back.

When shopping for walking shoes, comfort is essential. It may also be wise to shop where professional fitters can look at how you walk.

Bringing your old shoes may be helpful too, as wear patterns can assist in foot analysis. A knowledgeable person can check for pronation, arches of the feet, and past or present foot injuries.

How a person moves is just as important as looking at the foot's shape. That's why it's not always accurate to use the "footprint" analysis – where you dip your foot in water and make an imprint on a piece of cardboard. This may be a good way to determine things like arch type, etc., but it's not an accurate indication of how the foot moves during activity.

There isn't one shoe appropriate for every foot. Running shoes may be better for some walkers, owing to their more flexible design and shock absorption capabilities. Some walkers prefer the breathable mesh construction of running

shoes instead of the solid leather of walking shoes. However, certain foot types may need a walking shoe's "stiffer" shoe construction for better stability.

If you buy shoes without the help of professional fitters, here are some tips when you're on your own: Take along or wear the socks you'll wear when walking. Then, put on both shoes and walk around the store to try them out. If you feel your toes pressing along the top or the side of the shoes, try a larger or wider size. There should be at least a half-inch between your longest toe and the end of the shoe.

Women with very wide feet may consider men's or boy's shoes, which are larger through the heel and ball of the foot. Know your arches: Be sure your shoe gives the proper support in this area. If not, you may need to use inserts or custom orthotics.

Walking shoes must also be flexible to allow your foot to roll through each step (different mechanics than running). Grip each end of the shoe in your hands and twist as though wringing a wet cloth. It should twist easily. The shoe should also bend easily at the ball of the foot, not at mid-arch.

Shoes won't last forever, especially if you're an avid walker. Even if your shoes still feel comfortable, their shock absorption or support may have deteriorated over time. Pay attention to signs of wear on the soles. In addition, feet widen and flatten with age, and the fat padding on the sole can wear down.

Foot problems can impair balance and function in older people, so don't drag your feet about checking your shoes often and replacing them when necessary. |

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

### CINECENTA LOVES SENIORS!

Great Movies at Affordable Prices

Seniors 65 & older: \$7.00    Matinees: \$6.00



**Hallelujah:**  
Leonard Cohen, A Journey, A Song  
Sept 11 & 12th

### CINECENTA VICTORIA'S COZY CINEMA

Student Union Building, University of Victoria • 721-8365 • [www.cinecenta.com](http://www.cinecenta.com)

# Marketplace

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

**SENSUAL MASSAGE.** 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

**FURNISHED OCEAN VIEW** Home for Rent, Nanaimo. Oct 21 - Apr 20. \$2,900/month, all utilities incl. Details, photos upon request. Text/Call Dave 250-619-2860.

**VISUAL ARTS SESSIONS.** 1-on-1 (in person or online) with retired accredited university lecturer, Lycia Trouton. Designed for personal, intuitive growth & modern art appreciation. 250-383-8580

**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

**ISLAND OUTFITTERS** Your Hunting and Fishing Headquarters. We buy used firearms! Now located in View Royal! 1681A Island Highway Victoria, BC V9B 1H9. 250-475-4969

**WATERCOLOUR CLASSES** from the comfort of your home. Be inspired In-person or Online. Contact Richard, Artist/Instructor. [www.richardwongwatercolors.ca](http://www.richardwongwatercolors.ca) Email [wong2894@telus.net](mailto:wong2894@telus.net)

**COSTA RICA, Guatemala, Ecuador & Galapagos, Peru and New Zealand.** Small groups, unique experiences, and incredible value. Leisurely paced tours balancing culture, nature, and history since 1995. [www.thediscoverytours.ca](http://www.thediscoverytours.ca) [info@thediscoverytours.ca](mailto:info@thediscoverytours.ca) Call 1-800-417-0250

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

Book your appointment today!



**SUNSTONE**  
VILLAGE | APARTMENTS

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

**MARKETPLACE ADVERTISING:**

Basic: \$55 for 20 words + 5% GST + \$2.50/extra word. Red color 10% extra. Small box ads start at \$180, Large box ads start at \$340, plus tax. Ads must be paid when you book your ad. Phone 250-479-4705. Email [publisher@seniorlivingmag.com](mailto:publisher@seniorlivingmag.com)

**Marketplace ads really work.**

For a small investment, you can be in front of our readers every month. Call or email us today.

## 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

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.

**Club events postponed until further notice.**

SUBSCRIPTION ORDER FORM

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

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_

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

**Make cheque payable to:**  
Stratis Publishing Ltd  
302, 1581-H Hillside Ave.,  
Victoria BC V8T 2C1

To Move or Not to Move?

A Guide for Seniors Considering Their Residential Options

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.



ONLY \$14.95 + SHIPPING & GST

CANADIAN BESTSELLER

"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 & \$3.95 S&H)  
Call (250) 479-4705 to order with credit card.  
Or send cheque payable to: Stratis Publishing, #302, 1581-H Hillside Ave, Victoria BC V8T 2C1



**MEMORIAL SOCIETY®**  
of British Columbia

Helping people access simple, dignified and affordable funerals for over 65 years

\$50 for a lifetime membership & peace of mind

**It's easy to join!**

**Call or visit our website**  
**1-888-816-5902**  
**www.memsoc.org**

Office hours:  
Monday to Friday, 10am - 4pm

*Current members: we always enjoy hearing from you. Give us a call for membership updates.*

# THE 15-MINUTE CHUNK



*Living*  
on purpose

by LAURIE MUELLER

I'm writing another book, a memoir. I may or may not publish it, but I'm writing it for my family and myself. At first, it seemed like an overwhelming task, but now that I have committed to writing it only in 15-minute chunks each day, I am progressing at an amazing rate and the stress level has decreased.

I've been inspired to finish projects by reading a book by Samantha Bennett entitled, *Get it Done* in which she talks about the 15-minute chunk. I had a manuscript I wanted to publish at the beginning of the pandemic. I had sold a PDF version, but I needed to put it in publishable book form. Inspired by Bennett, I contacted a friend and former colleague, Mame, dubbed her my business manager and, within a short period of time, we got it done. Now, it's selling around the world on Amazon.

Writing a second book seemed more daunting than the first and it's much different than working for an organization and writing to their deadlines. I decided to try the 15-minute chunk each day.

It's working!

Want to write a book? Write for 15 minutes each day, no slip ups. No, you don't have to spend all morning or all afternoon, or all day, just be consistent with 15 minutes a day.

Want to get that mess in the craft room cleaned up? Spend 15 minutes a day on it, then close the door and walk away until tomorrow.

Judy was tasked with the project to clean up her parents' home. A lot of memorabilia needed to be labelled, catalogued, and put into a form that the family can understand and enjoy. An overwhelming process? Not so bad, says Judy, when you only do it 15 minutes a day.

The thing is, doing things in small

chunks isn't new. My friend Polly always has such a neat and tidy home. I asked her one day how she did it. "I just clean up after myself," she said. "I don't leave it to do it all at one time. That's too much work." I tried it. No one had told me I could do it that way and I discovered it worked so much better than piling things up for Saturday morning!

In the summer, I read a book about meditation I had picked up at a garage sale. *How to Sit* by Thich Nhat Hanh. I felt overwhelmed just thinking about learning how to meditate but I decided to break it into small pieces. I read a page a day and shared it with my Facebook friends. Every day for 54 days, I read and posted what I had learned from this book. The book consisted of one-page chapters with only one thought per chapter. I didn't spend more than 15 minutes a day on the reading and the writing. I now have new knowledge about a subject I had wondered about for years, and so do a few of my friends.

I am writing every morning, as I usually do, and 15 minutes of the time is for putting words into my memoir. I'm writing less and enjoying it more – and getting more accomplished with less stress.

Maybe there's something you want to get done that could benefit from the 15-minute chunk. I recommend it! |

**Laurie Mueller, M.Ed** is retired and lives in Victoria with her husband, Helmuth. She recently published *The Ultimate Guide on What to Do When Someone You Love Dies* on Amazon. To reach Laurie: [laurie@lauriemconsulting.com](mailto:laurie@lauriemconsulting.com) or [www.lauriemconsulting.com](http://www.lauriemconsulting.com) or on Facebook.



**NSAC**  
NORTH SHORE  
ART CRAWL

**OCTOBER 14 - 16, 2022**

VISIT OVER 125 ARTISTS IN A  
SELF-GUIDED TOUR OF  
**ART, DESIGN & CRAFT**

[f](#) [t](#) [i](#) [@northvanarts](#)  
[northvanarts.ca](http://northvanarts.ca) 604-988-6844



# 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)



## THE LIFESTYLE YOU DESERVE. THE CARE YOU NEED.

When the support and care you need becomes more than what your family can provide, it may be time to start thinking about senior living. You don't have to do this alone. Amica Senior Lifestyles offers exceptional, personalized care that evolves as you do, in a premium setting with safe social activities that make life easier, and better, for everyone. Right now.

# AMICA

SENIOR LIFESTYLES

SEE FOR YOURSELF. BOOK A TOUR TODAY AT [AMICA.CA](https://www.amica.ca)