

INSPIRED

55+ lifestyle magazine

DEC 2022 | JAN 2023


COMEDIAN
DARRYL LENOX

IF I COULD
SPEAK TO MY
50-YEAR-OLD SELF

ODE TO A CANADIAN
WINTER

GOING WITH THE
FLOW IN SOUTHERN
FRANCE

Inspiration for people over 55 • www.seniorlivingmag.com



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
or scan



Champions for the health of every Island family since 1926.

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND



BC PERIO

DENTAL HEALTH & IMPLANT CENTRE

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.

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





content

DECEMBER 2022 | JANUARY 2023

- 4 Darryl Lenox: Blind Ambition
by John Thomson
- 8 Roaming Great Britain
by Kate Robertson
- 10 Walking Meditation to Reduce Stress
by Nancy Schaaf
- 12 If I Could Speak to
My 50-Year-Old Self
by Martin Donner
- 14 If Horses Could Fly
by Doug Setter
- 18 Ode to a Canadian Winter
by J. Kathleen Thompson
- 20 Kamehameha the Great
by Rick & Chris Millikan
- 22 Going with the Flow in Southern France
by Jane Cassie

THRIVE BEYOND 55 2
HOW WE MET 24
FOREVER FIT 26
MARKETPLACE 27
LIVING ON PURPOSE 28



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

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

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

SENIOR HOUSING DIRECTORY OF BC

A database of retirement residences featuring independent, assisted living and specialized care housing. 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.



Cover DARRYL LENOX

Truly gifted is someone who can not only weather life's challenges, but find humour in them and share that humour with talent and grace.

Photo: Chris Brown Photography

INSPIRED

55+ lifestyle magazine

Head Office Suite 302, 1581-H Hillside Ave., Victoria BC V8T 2C1 |

250-479-4705 | office@seniorlivingmag.com

Publisher Barbara Risto publisher@seniorlivingmag.com


Managing Editor Bobbie Jo Reid editor@seniorlivingmag.com

Advertising Sales Kathie Wagner 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)


VICTORIA SYMPHONY
Christian Kuxen, Music Director



YOUR SUPPORT IS INSTRUMENTAL


Please consider LEAVING A GIFT to the VICTORIA SYMPHONY FOUNDATION in YOUR WILL.

You will help KEEP THE MUSIC PLAYING!



For information, contact Lorraine Tanner at 250.412.1980 or victoriasymphony.ca/plannedgiving

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

THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



Here we are, with this issue, ending one year and beginning another.

Life is a constant cycle of endings and beginnings. We close one chapter and open another.

What did 2022 bring for you? Did it reveal some surprises? Some delights? Something to celebrate?

What were the blessings you experienced? The benefits? What made you smile?

Perhaps a difficult situation got easier? Or you learned something new? Maybe a fresh face arrived on the scene to brighten your day or lend a helping hand? Did you discover greater depth or meaning in your relationships or your activities?

If we take a few minutes to consider the last 12 months, there's surely many things for which to be grateful.

Undoubtedly there has been the opposite, too. Times of challenge and struggle, of pain and sorrow. We've certainly had those crucible moments in 2022, haven't we? Collectively and individually.

And yet, we can often still glean a kernel of goodness from these solemn events. Wisdom, patience, renewal and strength are forged from these most desperate occasions.

Each year we leave the legacy we have built behind and start anew. It's the way of our world; bidding good-bye to the past and stepping across the threshold on January 1st into a blank canvas – searching for fresh ideas, new experiences, stronger faith and greater vision.

So, here we are, embarking on another year – with more promise and adventure waiting to envelope us.

What will we welcome into our experience in 2023?

How will we show up in response?

As we look out into the world, we may be dismayed by the many challenges we still face - but an equivalent force of opportunity awaits on the horizon. New discoveries. Answers to baffling questions. Success over previous failures.

Perhaps this is the year we put some of our grievances aside in order to find more in common with one another. Perhaps this is the year that more people decide to work together, in harmony and goodwill, instead of destroying the fabric of our society with pettiness and one-upmanship.

Perhaps this is the year we adopt a set of values that gives everyone a shot at being their best – for when we are all at our best, the worst can happen, and we can overcome it together. We've proven that, over and over. That is what makes humanity so unique! The ability to rise again and again from the ashes of ruin and despair – to be stronger, healthier, more temperate and harmonious.

May this season of transition greet you with a sense of completion of the past even as it invigorates you with uplifting thoughts and inspiring ideas for the future.

May you be nurtured by hope and infused by goodwill.

Season's greetings to all. |



Trillium

BOUTIQUE SENIOR LIVING



As *unique* as you.

"The best way to spread Christmas cheer is singing loud for all to hear!"

~ Elf, Will Ferrell

...and Happy New Year from all of us at Trillium Communities.

Locally Owned & Operated | 250.383.6509 | trilliumcommunities.com



Comedian Darryl Lenox
Photo: Chris Brown Photography

DARRYL LENOX: BLIND AMBITION

by JOHN THOMSON

Stand-up comedian Darryl Lenox, born in America but now living in Canada, regales the audience at Vancouver's Vogue theatre.

"You love the word humble. In Canada it's a good day if somebody calls you humble. Nobody calls us Americans humble. They always call us arrogant. I mean there's no Real Housewives of Burnaby, you know what I mean?"

The crowd laughs uproariously. He continues.

"Race was never an issue with me in Canada. You never made me feel like just a black guy. You always treated me as a man first, a black dude second, and sometimes a CFL football star third."

More laughter and a round of applause.

Totally blind since 2020, Darryl, 56, is still packing them in. He's sightless but not defeated - he's just come back from gigs in Anchorage, New York, Winnipeg and Toronto - and he doesn't let his visual impairment get in the way of his drive or ambition.

Darryl's a performer but he's also on a mission - to resurrect the comedy scene after years of pandemic restrictions. And to that end, he's trying to purchase the Yuk Yuks comedy club franchise from founder Mark Breslin and expand it into the US.

"I would like to buy him completely out. I would like to take over the entire franchise," he says. "I think people would like to see more diverse acts, so I want to open it up."

Expensive? Sure, but Darryl says a lot of existing clubs closed during the pandemic and the properties are available.

"I think it's the perfect time now for the comedy industry to really launch back into the entertainment world."

And who's to say he's wrong? Darryl's always dreamt big. As a kid, he wanted to be a basketball star and when his comedy career took off, he wanted to be famous. It's been an epic journey, rocky at first, but ultimately rewarding.

Born in Las Vegas, Darryl moved to Seattle and then back again to Vegas when he was four. His Dad was an Army vet who had trouble settling down.

"Ultimately, he didn't want to be tied down to family stuff," says Darryl. His mother re-married and Darryl and his four sisters were raised by a stepfather. It left a hole.

"I loved my stepfather immensely but knowing my real father was out there, I kind of wanted to know why I was the

way I was. I kind of wanted to know where my DNA was at."

So, Darryl moved to Seattle at age 19.

"I chased him down and I found him. He wasn't ready to have me around, so I just stayed there, played a little college basketball and started my career. One day, I found myself on stage at a comedy club in Seattle. It was open mic. I walked up and told a story I made up and I did really well. Then the manager of the club said, 'I want you to audition for a comedy club competition tomorrow' and that was it. Once that happened, I said I'll never do anything else for the rest of my life. I had the ambition of a wolverine."

He played the clubs, got married for a short time and, in 1994, accepted an offer to come to Canada.

"I had one week of work in Surrey at a club called The Comedy Cave. I came up and after the show they said, 'you can stay here until you get your stuff together,' so I stayed here for a while."

In fact, Darryl stayed for years, and Canada became his base. Schooled in the humour of his heroes Chris Rock and Richard Pryor, Darryl found joking about racial tension in America didn't play so well north of the border and he had to adapt.

"It was by necessity," he says. "I came up here and they go, 'huh?' When I'm in Vanderhoof, I'm the only black guy there, so how can I get them to understand the black-white plight in the US? Then when I do some urban shows in Toronto or Montreal, I'm not talking to African Americans, I'm talking to Haitians and Jamaicans. I'm talking to a diaspora."

His new routine focused on Canadian issues like living in the shadow of our big neighbour.

"It doesn't matter where you go, people in Canada love to beat an American in anything. I don't care if it's rock/paper/scissors or a rock concert, you guys are going to have a medal ceremony and a parade afterwards."

Or this bit on Canadian decorum.

"I picked up a couple of new moves living here. I learned something called sentence structure and deep, cognitive thought process. A few please and thank yous."

He credits his second wife, Claire, a Canadian, with turning his dreams into reality.

"Everything I dreamt of doing she just said, 'Well, let's do that' and I never had that before. I was learning more about

Snapshot

with Darryl Lenox

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

"Be mindful that while you're going to be ambitious, you're going to hurt some people, so be a little more patient and a little less aggressive. When you hurt people, you're going to be okay, but you don't know if they're going to be okay."

Who or what has influenced you the most and why?

"If I hadn't chased my dad, I would never have got on the microphone and if I hadn't got on the microphone, I would never have become what I am now. I was inspired by them all, Richard Pryor, George Carlin, Chris Rock, Dave Chapelle. I just loved them all."

What are you grateful for?

"The list is forever. I'm grateful for each person that showed up to help me get to the right direction: I get my work ethic from my mom; I get my dreaming from my pops; Jill taught me how to be a man; Claire taught me it's not impossible; and Canada taught me to be a whole human being."

What does success mean to you?

"If I can make this industry not so much feast or famine – you either have to be Eddie Murphy famous or sleep in your car – and if I can make people laugh and really love laughter, then I'll have done something."



myself and I was learning how to be a better comedian and I loved it. And then my eyes began to deteriorate and, all of a sudden, it was about my vulnerabilities. So, now I'm here sans Claire (they divorced in 2019) and extra vulnerable."

Going blind was a progressive deterioration spanning decades. An injury to his left eye in 1994 went unattended and slowly robbed him of vision. His routine changed once again. It was now about him, his feelings and how he was coping. He had no trouble sharing.

"You know what I can't wait to be? I can't wait to be an eyewitness. I've been dreaming about this ever since I was a little boy. I can't wait to show up at a crime scene."

Then acknowledging his one good eye, he drops the punchline.

"I saw the whole thing officer. Okay, not the whole thing. I saw everything on that side over there."

Or this bit about searching for a surgeon to remove a cataract from his remaining good eye.

"I found a Canadian surgeon who was willing to do [the surgery]. He told me, 'It's risky and there's a chance you could end up totally blind. Are you prepared for that?' I lied. 'Yeah, I'll be okay.' I couldn't imagine two eyes being gone. I didn't think I'd have the strength or courage to do it. I thought I couldn't live that existence. I didn't think I was

strong enough. I started having these serious, suicidal thoughts in my head."

Personal, serious stuff but there's still a joke.

"The minute I heard a voice go would you really off yourself if you were totally blind? I said, 'Yep.' I heard that same voice go, 'How? You'd be totally blind.'"

His cataract surgery was problematic. He developed glaucoma in his remaining good eye and the medicine he took to treat it made matters worse. Now he was facing total blindness. On top of everything else, his biological father was diagnosed with cancer, his first wife, Jill, died and his second marriage to Claire ended in divorce. Emotionally, he hit rock bottom.

"I felt like I was trying to be Atlas and carry the world on my back while going blind at the same time. It didn't make sense to me. I didn't understand why things were happening at that time. And then when I heard the story about the super bloom, it kind of made sense."

Super bloom is an explosion of flowers caused by a rapid change in the weather. Think of a severe drought. The drought starts wildfires. Homes are destroyed, lives are lost. Heavy rains follow causing massive flooding and more despair, a cataclysmic event, to be sure, but out of the ashes, new life emerges. Darryl continues the story in stand-up.

"There were droughts that cause great fires in LA County and what happened was the fire oxidized the soil and the rain flood was so strong that it caused a growth of poppies so beautiful that people all around the world came to see those poppies. It resurrected the commu-

CINECENTA LOVES SENIORS!

Great Movies at Affordable Prices

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

CINECENTA

Student Union Building, University of Victoria • 721-8365 • WWW.cinecenta.com

It's a Wonderful Life, playing December 20 & 21 at Cinecenta

VICTORIA'S COZY CINEMA

nity's economic growth, and they called it a super bloom."

The story struck a nerve. Darryl not only identified with the concept of a super bloom, but he embraced it. He would emerge from the wreckage of his life a new and better version of himself.

Today, Darryl lives alone in an apartment that has been equipped with a special range, a voice-activated telephone, and smart devices that can be operated remotely. He thanks the CNIB for helping him with the transition and has mastered the art of independent living. He relies upon others only when needed, such as travelling for work and pleasure.

Earlier this year, he participated in *This American Life*, a revealing podcast on his transformation from skepticism to trust. There's talk of a book. His album *Super Bloom* is doing well across all platforms, and he continues to work on his dream of taking over the Yuk Yuks franchise. Dad survived the 2019 cancer scare and he and Darryl reconciled.

"I wrote him a letter and said, 'let's just be friends' and that seemed to resonate with him," says Darryl. "We've been pretty good since then."

His mornings start with meditation.

"I get up and I establish that first thought – this is who I am, this is where I'm going and then I come here and sit in my living room and do some breathing exercises and do some energy shifting stuff. Once I've done meditating, I lay on the couch and that's when I do my visualizations."

He says his disability has become a positive influence, taking him out of himself and being more reflective. In the early days, he was flippant and sarcastic. Today, he's more considerate. Don't be afraid of me or my disability he advises fans in this clip from his *Super Bloom* album.

"Don't be embarrassed. I can't see your handshake, so you're going to have to ask me to put your hands on me, so I can shake your hand. Otherwise, I'm going to miss your handshakes and I'll step on some toes."

Ever the jokester, he pauses to reflect.

"I feel I'm supposed to have a bigger impact this way. I feel I have a better grip on the future and the energy I'm projecting and receiving by not having eyes," he says. "Life isn't about me anymore."

"You know what's made the big difference? Not being selfish. I'll say it again, stop being selfish. One more time, stop being selfish. It's not about what's wrong with you, it's about accepting what's wrong with you and allowing time for people to adjust because once they accept you can be comfortable with you, they'll be comfortable with you."

He's blind but he's still ambitious. Blindness, he says is just another element in his journey.

"I like the idea of trying to make people feel good. I chase dreams. I'm very, very 'let's go get it.' I do dream big, so if people find it inspiring or role model, I'll take that, but I really think there's a lot more in all of us that we could be doing, so I try to push as hard as I can. I got a lot in me. My blackness, my blindness, those things are part of it, but neither one defines me." |

Give to a better future

Your bequest today can change someone else's tomorrow



When someone loses their sight, their life can change in many ways. They may have to give up their job or turn over their driver's license. They'll have to learn to adapt to doing everyday tasks without the help of sight. And they'll need to come to terms with the emotional challenges of sight loss as sunshine, colours, and the faces of their loved ones begin to fade from view. You can help.

By making a gift in your will to the CNIB Foundation, you'll ensure people in your community have the support they need to move forward with confidence after losing their sight, and continue to live the lives they choose.



Call Cindi Meyer,
Director of Planned
Giving, at
1-800-563-2642
(ext. 7470) or email
cindi.meyer@cnib.ca
to learn more about
creating a gift in
your will.





ROAMING GREAT BRITAIN

by KATE ROBERTSON

The forlorn screech of gulls is constant, and kestrels hover above the cliffs without twitching a feather. I welcome the brisk breeze from the North Sea, as even Britain, known for its cool, grey weather, has experienced heat waves this year, evidenced by the parched, golden fields.

I'm walking the Cleveland Way, a 175-kilometre trail, officially opened in 1969. It starts at the small inland market town of Helmsley and travels over various hills and dales across the romantic moorlands of the North York Moors National Park, to the coast, where it then follows the North Yorkshire coastline from Saltburn-by-the-Sea to Filey.

The path is part of the new English Coast Path, a national trail that when completed, will go around all of England's coast (4,500 kilometres), making it the longest managed and waymarked coastal path in the world.

The Coast Path routes are based on history (like Liberty Way), famous literary persons (like Bronte Way), or locations. The Cleveland Way was a route dreamed up by the Ramblers

Association (a UK walking charity founded in 1935 to protect and expand the places people love to walk), to run along the edge of the North York Moors National Park and link up the Cleveland Escarpment and the Yorkshire Coast.

Most people walk the Cleveland Way coastal path from north to south, to keep the prevailing winds at their backs, but for me, the gateway is Filey, at the south end. The taxi driver who has brought me here from the York train station, an hour away, tells me that Filey is his favourite seaside village. It's less crowded and touristy than some of the other towns up the coast, and where he likes to take his family for beach time, mini golf and boutique shopping. And, of course, for the fish and chips – there's a shop on every corner.

ABOVE | The author overlooking the Esk Valley from the moors.

RIGHT | Owners letting their sheep out on the moors. TOC | Whitby town with Whitby Abbey in background. *Photos: Kate Robertson*

Marked by signs with distinctive black acorn symbols, the icon for the national paths, the Cleveland Way aims to stay as close to the coast as possible, usually on natural-surface trails. On day one, most of my 17-kilometre walk is easy-going, atop the cliffs overlooking the sea and alongside hay fields and grazing sheep.

I overnight in Scarborough, the largest seaside resort on the Yorkshire coast, snuggled next to a high rocky promontory atop which sits the mid-12th century Scarborough Castle.

The next morning, after a long promenade walk to circumvent town, the coastal route to Robin Hood's Bay is more challenging, with many more ups and downs through lush ferny headland valleys. These parts are slow going, and it takes six hours to complete the 26-kilometre section. My feet are sore by the time I walk up the steep hill through historic Robin Hood's Bay to catch a taxi to nearby Whitby, where my next hotel room is booked.

In Whitby, I join an HF Holidays group tour for another two days of walking, the first day another section of the coastal Cleveland Way, and the final day, a walk in the North York Moors National Park, which boasts one of the largest expanses of heather moorland in England and Wales. You can walk the British paths any time of year, but the best time in the moors is mid-August to mid-September, when the heather is blooming.



I'm used to hiking in the mountains of BC, where if you get off the trail, you can become dangerously lost. As it turns out, getting lost is also a problem on the moors, as the signage is often unclear, but our group leader and her trusty GPS keep us on track.

The sheep wander freely in the moors, laying along the side of roads and haphazardly crossing in front of moving vehicles. They are extremely passive, and barely look at my group as we tromp through their fields. Cows, however, are another story, and the experienced Brits in the group advise they always carry a hiking pole to fend off angry cows, which sometimes gang up to protect their herd (I'd already read that five people a year are killed by cows in the UK).

In the park, there are over 800 "scheduled monuments" (a site that's legally protected because of historical importance, like archaeological sites and ancient burial grounds), and we come across burial sites and boundary stones (stone markers that were

a landmark, or others where the meaning is unclear), some from as far back as Neolithic times.

Unlike Canada, where the federal government owns national parks, the UK National Park authority owns less than one per cent of the moors with 80 per cent owned by private estates and farmers who manage the land to support grouse shooting and sheep.

Historically, private moors were highly guarded by land-owners for these purposes. Since 2000, however, due to public pressure, the government legislated a Countryside & Rights of Way Act, which gives the public the conditional right to walk in certain areas of the privately-owned countryside, including the moors.

Moorland owners continue to invest heavily in their grouse moors, employing gamekeepers to manage the land with the best interests for grouse preservation. Guests, including international hunters, pay exorbitant per diem rates for the privilege of a day's shooting.

"Whichever way you feel about grouse hunting," says Helen, our group guide, "without it we would lose the heather to invasive species like bracken. Grouse like the heather shoots and flowers, so they are carefully tended."

As we cross through our third moorland of the day, along a well-worn trail sandwiched by swaths of heather blazing in a smoky pink fashion show, I see her point. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/coastal-path-uk

paramount
TOURS | CRUISES | EXPERIENCES
TRAVEL

Serving Lower Mainland
& Island customers
for 20 years.

Vacation Getaway



Northern Lights in Yukon
20TH Anniversary Cruise
San Diego
Viva Las Vegas!



Palm Springs Getaway
February 20 | 5 Days
3 Experiences

Great Getaways



Springtime in Oregon
Okanagan Experience
Watermark Beach Resort
Tulip & Silver Reef



America's Music Cities
May 11 | 9 Days
14 Experiences

Escorted Small Groups • Door-to-Door Services
Easy Booking Experience • Frequent Traveller Rewards

604.575.6200 | 1.866.262.1414
Full tour line-up at wegothere.ca

BC REG 27078

WALKING MEDITATION TO REDUCE STRESS

by NANCY J. SCHAAF

A recent survey by Nanos Research found that 46 per cent of Canadians feel more stressed, up from 21 per cent pre-pandemic.

Stress is a natural response to any event in our lives, and triggers may include work, family, finances or health. And while it is crucial to reduce and eliminate everyday stress, no one can avoid it entirely. When stress becomes overwhelming, it affects us with detrimental consequences to our well-being. It manifests in physical, mental and emotional symptoms such as abdominal and intestinal upsets, frequent headaches, body aches, high blood pressure, depression and anxiety.

How do we relieve stress in our lives and become happier and healthier? Stress management strategies can be tremendously helpful. Perhaps the best approach is to combine the stress relievers of meditation and exercise using a walking meditation. We relieve some of the physical stresses by walking, and meditation is a means of calming our inner spirit. Integrating our spirit, mind and body, we can use walking meditation to explore our life's purpose and the next steps on our journey.

Meditating while walking means we are essentially asking our mind to participate in what our body is doing. When focusing on the present moment, we reach a deeper connection with our body and surroundings, bringing awareness to what is happening within and around us.

Imagine how many more memories we could create, how many more details we may notice if we are actively experiencing life as we live it. Walking meditation is a way to experiment with this sort of awareness because we continuously navigate and interact with our environment for the duration with our eyes open, absorbing everything.

Walking meditation is more than just strolling around. Remember that you are training to be as mindful as possible. This practice is about being aware of your body and physical sensations as you move, and your mind and body are rooted in the present.

Choose when and where to practice. Most people prefer to practice walking meditation in a natural environment like a trail, park or by an ocean or lake. Set aside time for a planned walking meditation in nature, activating all your senses.

BC is home to 10 major mountain ranges, innumerable lakes, rivers, waterfalls, plus the ocean, the strait and countless bays. Your neighbourhood and local park areas also offer suitable locations for walking. Of course, going for a walk around a local park encompasses other elements that can give your mood a boost. Spending time in nature, being exposed to sunlight, and taking an interesting view can all help lift spirits.

What do you do in inclement weather? A cold, snowy, or rainy day or even a sweltering, humid day can test your desire for walking meditation. Try mall walking. Shopping malls of-



Every year from November till February thousands of eagles descend on the Harrison River to feed on the spawning salmon.

Spend a few days in Harrison, take a river boat tour, see the eagles and reconnect with nature.

www.tourismharrison.com

ten open their doors early for walkers, and it is common to see people circling the mall on foot before the stores open.

Mall walking offers an indoor environment to avoid harsh weather and to walk on level ground, reducing the risk of trips and falls. Restrooms, water fountains, and benches to sit and rest are a bonus.

Before you begin your walk, take a moment to stand still, close your eyes, and breathe deeply, preparing yourself to let go of outside worries. Walk at a comfortable pace. How does your body feel moving? How do your feet feel planting into the ground on each step? As much as possible, walk at a steady pace. Decide what feels comfortable. Connect with your breath and be present.

Consider rolling your neck gently from side to side, letting go of tension in your shoulders. If the mood strikes, stop walking at a scenic location and take in the surroundings. What do you see in the distance? What is directly in front of you? How does the sky look? Do you hear birds or water? If you start worrying about your to-do list or other things, try focusing on your breath.

Before you finish, take a few deep breaths. As you inhale, be aware of how alive you are. Thank your senses for all the experiences they have allowed you to enjoy.

Walking meditation can leave you feeling calm and centred and help you connect to the experience of being in your body. Many people practice this form of meditation because it makes them happy and brings joy to their lives.

I walk every day, but after researching for this article, I realized I needed more focus for my thoughts. I tried the above suggestions and now my morning walk fills me with joy to calmly begin my day.

Ralph Waldo Emerson said, "It's not the destination, it's the journey."

Walking meditation is a powerful exercise inspiring the mind, body and spirit. Enjoy the journey and live in the moment. |



AGELESS ADVENTURES

A division of Mandate Tours & Transportation Inc.

100% BC owned and operated!

Escorted Tours

604.542.5566 or 1.877.277.5577

Serving B.C. Seniors for 36 years

Specializing in quality tours of Canada & Beyond

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

More than 30 tours annually, upcoming departures include:

 <p>Wickaninnish Inn Experience March 26 - 30 9 incl. meals from dbl: \$2,814.⁰⁰</p>	 <p>St. Lawrence Seaway Kingston to Quebec City June 2 - 11 22 incl. meals dbl: \$7,186.⁰⁰</p>	 <p>Iceland Land of Wonders June 15 - 24 27 incl. meals dbl: \$9,887.⁰⁰</p>
<p>Annual Haida Gwaii Tour July 17 - 23 & July 29 - August 4 16 included meals dbl: \$4,669.⁰⁰</p>	<p>Yukon & NWT July 9 - 20 23 included meals dbl: \$7,623.⁰⁰</p>	<p>Our 2023 Brochure Will Be Available January 2023</p>

Call for a brochure. Ask about our 5% early payment discount. Single rates available.

#260 -1959 152nd Street, Surrey, BC V4A 9E3  www.agelessadventures.com  Prices include all taxes



NORTH ISLAND WILDLIFE RECOVERY CENTRE

Your planned giving will create a legacy for generations of wildlife to come!

YOU can make a difference in the lives of ill, injured and orphaned wildlife for years to come.

WILDLIFE LEGACIES

It's easier than you think!

- Charitable Estate Planning
- Life Insurance
- Annuities: Remainder Trusts
- 'In Memorial' Donations
- Friends Forever Remembered

Contact us for more info on how you can help.



BN 115060549RR0001

250.248.8534 • niwra.org • 1240 Leffler Road, Errington, BC

IF I COULD SPEAK TO MY 50-YEAR-OLD SELF

by MARTIN DONNER

For those of us in our 70s and beyond, it seems like just yesterday we were 50! If time travel or other scientific marvels would allow us to send a message back to our 50-year-old selves, what would that message be? What have we learned in the last 20 or so years we wish we had learned earlier? I reached out to several people whose judgment I value, and here is what they say.

Educator Cynthia Prasow says, “I would remind myself to play, which is not childish in the least!” Paraphrasing from Stuart Brown’s book *Play: How It Shapes the Brain, Opens the Imagination, and Invigorates the Soul*, Cynthia adds, “Play is the lubricant that enables us to work and be close to each other. Without it, it would be hard to live together.”

Paul C., a successful businessperson, says at 50 he “was focused on goal-setting and achievement.” He was clearly successful in that regard, but if he could go back, he says he would tell his 50-year-old self “to balance goal setting and achievement with community engagement and making time for meaningful friendships.”

Making sure we make time for the people in our lives, especially family, was one of the common themes. A retired librarian says she would implore her 50-year-old self to “make more memories with family and friends. After all, there is always the chance some of them won’t be here in 10 or 15 years.”

Many say they wished they hadn’t worried so much. Beverly Rossoff, a bone-marrow transplant survivor, who for

decades worked with special needs children, says she would tell her 50-year-old self, “no matter how bad things are, don’t worry. Life will happen for better or worse. Just remain strong and be positive – things will work out.” Quoting writer Erma Bombeck, Beverly says, “Worry is like a rocking chair; it gives you something to do, but never gets you anywhere.”

Lesley Larscheid says when she was in her 50s, she didn’t worry about health issues, but now, “even though I know worrying doesn’t help, I do worry about health issues, especially Tom’s [her husband].”

Knowing Lesley, I expect she used the word “worry” instead of “concern” because as the author Harold Stephens noted, “there is a great difference between worry and concern. A worried person sees a problem; a concerned person solves a problem.” Lesley says she and Tom, both avid golfers, follow the advice of the legendary golfer Walter Hagen, “you’re only here for a short visit. Don’t hurry, don’t worry. And be sure to smell the flowers along the way.”

Several years before his retirement from the practice of law, Tim Sehmer was keenly aware of the importance of planning for the future. He recognized the need for activities to replace the many long days spent at the office. For Tim, a lifelong sailor, that included purchasing several years before he retired a “new” sailboat (new for him, but actually 35 years old), which allowed him to set sail for Alaska shortly after retiring. Tim appreciated the importance of planning with his wife activities they could enjoy together following his retirement. He also

recognized the need to replace work with other avenues of social interaction – these will be different for each of us, but for Tim they included bridge and getting involved in discussion groups.

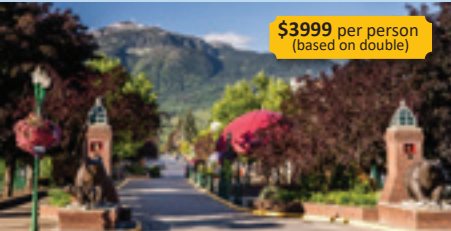
Leonard Shane, a retired teacher, would urge his 50-year-old self to “not be too hard on himself.” He adds, “don’t put others or yourself down. Instead, be encouraging, say positive, uplifting things to yourself and others. If you do, the end results will surprise you.” Another retired teacher, David Ellis, says he would encourage 50-year-

**MILE ZERO TOURS**
Victoria, BC

SOUTHWEST WONDERS
8 Days: March 27—April 3, 2023

**\$4899 per person**
(based on double)

THE KOOTENAYS
8 Days: May 19—26, 2023

**\$3999 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

olds, “to walk away from people who don’t value you because they don’t know your worth, but you do.”

Frosty Wooldridge, the 74-year-old cyclist/adventurer, says he would give his 50-year-old self the same message he gave his 20-year-old self, because that is when he “roared into each day with a sense of excitement, whether it was to climb a mountain, bicycle 100 miles or canoe into the sunset,” all of which he says gave him great joy. Frosty adds, “cherish each moment because it will never come again. What we leave behind is not as important as how we have lived.”

A few offered practical advice. One retiree says she would tell her 50-year-old self, “retirement isn’t too far away, so start preparing! Think about how you will finance the (hopefully) 30 to 40 good years following retirement. Robertson Tait, the romantic/comedy novelist of *Scot Free in Hollywood* put it even more succinctly: “Buy Amazon stock!”

Investment portfolio manager A. Datani advises, “retirement isn’t about playing golf every day. It’s having a number of interests, to be engaged in life, to cultivate and explore different things to enjoy, and to stay active both physically and mentally.” Finding what those interesting activities are or taking those art, dance or acting classes you wish you had taken 30 years ago is as important as any other life-changing decision one can make because those choices could affect the rest of your life.

As someone in his 75th year, I can attest to the fact that life moves at an amazing speed, and as we age, it seems to move even faster. However, at whatever age, we can always learn from others.

The clarion call of Mary Ann Evans (George Eliot), “It is never too late to be what you might have been” is as true today as it was when she said it. Today, we may not have a 50-year-old self with whom to share these thoughts, but I expect there are family members, friends and acquaintances in their 50s with whom we can. And let us not forget, as long as we’re still breathing, we can make the most of this life! |

Are you caring for a loved one at home?

As one of Canada's largest non-profit home care providers, Elizz helps people live safely and age at home as independently as possible with home health care services such as;



Personal
Care



Nursing
Care



Dementia
Care



Care Planning &
Navigation



Let our team of experienced care advisors help create a customized care plan that works for you and your family.

Call us today
1-866-565-0065
or visit elizz.com

elizz
by SE Health



Canuck Place is:

where memories
are made



Canuck
Place
CHILDREN'S HOSPITAL

Give the gift of a memory.
Leave a legacy that ensures lasting
memories are filled with joy.

To learn more about making a gift to Canuck Place in your Will,
please contact James Highet at
mylegacy@canuckplace.org | 604-730-3311

IF HORSES COULD FLY

by DOUG SETTER

As the outfitter and his chief pilot shivered by their small fire, they could hear an angry bull moose grunting and crashing through the bush 25 metres away.

At the tail end of another 100 days of flying daily in the remotest part of BC, the Cessna 185 floatplane experienced an engine failure and the men had to conduct a forced landing (read “crash”) through trees and into a lake along the BC/Yukon border. They forced their way out of the sinking plane and swam to shore.

Being experienced woodsmen, they immediately started a fire and hung their wet clothes to dry while they waited for help. Everything went down with the airplane, except their clothes, an axe, and a lighter.

Having grown up in the northern bush, they had a healthy respect for the wilderness. The outfitter, Nic Weigelt, 55, a former Canadian army paratrooper, lawyer, and pilot, is the manager and part owner of Jennings River Wild Adventures. He figured the fire would keep an angry visiting bull moose and local wolves away. But prepared a “safety tree” just in case.

The pilot of the ill-fated Cessna was 74-year-old Dale Trottier (*pronounced Trotter*), but everyone north of 55 degrees latitude knows him as “Trapper.” If you ever fly into a ranch, float plane base or remote airstrip north of 55, from Churchill to Scoop Lake, from Fort Simpson to Yellowknife, and ask, “Hey, you seen Trapper around?” chances are the people will know exactly who you are talking about.

Lots of guys in the North are called Cowboy Smith or Trapper Joe, but there is only one Trapper. At age 15, he ran his own trapline and hence the nickname “Trapper” took hold. But it was horses that made him famous. Not the trotting or showy kind. The kind that bucked. This love of rodeo led him to become Canada’s most winning profes-

sional rodeo cowboy, with seven national bareback titles.

Born in Black Diamond, Alberta, Trapper began his rodeo career in 1963. From 1968 to 1980, he placed fourth or higher in the Canadian standings. In 1970, he was the only Canadian to compete at the National Finals Rodeo held in Oklahoma City, Oklahoma.

Later, Trapper taught and coached young bareback riders and acquired his commercial pilot’s license. After retiring from the Pro-rodeo circuit, he began operating his own airplane service, which spread the cowboy’s legend further.

Trapper is famous. A few years ago, Nic sent Trapper south to Kamloops and lost contact with him. One hour away from the mandatory 24-hour reporting period before calling SAR (Search And Rescue, which, of course, they have on speed dial), some ranching folks phoned Nic to say that Trapper had just topped up on fuel and had departed.

When he arrived back at Nic’s hunting lodge, Trapper explained that strong head winds had “burned most of the fuel,” so he had landed at a float plane dock at a ranch near Prince George. The ranch owners invited Trapper in for dinner and put him up for the night. The following day, they fueled up the plane and Trapper was off. When he arrived at his employer’s dock, Trapper explained, “They knew who I was, I didn’t know them at all. But really nice people. You owe them 350 bucks. Adios.”

Such is the way of the Northern courtesy and candour.

One time, north of Clinton (former gold rush town between Vancouver and Prince George) Trapper’s plane ran out of fuel, forcing him to land on the highway and park the plane at a rest stop. So, he took out his jerry cans and started hitchhiking. As he walked along the Cariboo Highway, a group of Satan’s Angels bikers rode up on their motorcycles and began teasing Trapper.

They asked Trapper if his horse had run out of gas.

He bluntly replied, no, his airplane was out of gas.



When they looked over at the Rest Stop and saw his airplane, the bikers invited Trapper to hop on and gave him a ride to the gas station, and then back to his airplane.

"I ran into them guys at Falklands stampede a couple of weeks later and had a few beers with them in the beer garden. Nice guys."

Even at 74, the cowboy pilot still hand pumps thousands of gallons of fuel, sometimes 100-gallons a day. Standing 5'8" and weighing only 160 pounds, he lifts 150-pound moose quarters in and out of the airplane and is not averse to fighting bigger men or telling a police officer to "get the f... off my airplane." You do not mess with Trapper.

Friends find that Trapper is an enigma, a walking contradiction. The things Trapper does, he's a master at. It's not that he says he's better than anyone, he just does it – 'it' being anything to do with airplanes, the bush or bucking horses. For instance, if you can't tie a proper bowline, you might be considered "dumber than a day-old coyote." If the tail of the knot is on the right, instead of the left, you are only worthy of a shake of the head.

When Trapper says, "I don't mean to be ignorant," fasten your seatbelt, because he's about to be unapologetically blunt. If you offer your opinion, like the bowline with a Yosemite finish is an even better knot, well, you better have your big boy pants on when he comes back at you.

One night, Nic went down to his dock and retied all the float ropes as re woven figure 8s, which is a pretty reliable knot.

By 7 a.m., they were all back to bowlines. "He's the hardest man I know and I know quite a few," says his friend and employer. "If he's ever been scared, he wouldn't show it. Not surprising, coming from a guy whose favourite line is: 'Shut up and die like a man.'"

But under that hard, sometimes foul-mouthed, often sarcastic exterior is a sophisticated, highly intelligent, honourable man of merciless wit who is worldly wise and even had the opportunity to dine with the Queen.

As for being stranded, shivering, injured, listening to the wolves coming closer throughout the night and next morning and being visited by a couple of bull moose, Trapper and Nic managed to stay alive through the minus-seven-degree night. Fortunately, the aircraft's emergency locator transmitter's signal was picked up by a satellite.

Half-frozen and falling into hypothermia, they were finally located by 442 (SAR) Squadron and rescued. On the helicopter flight back into the town of Teslin, when they were told they were being MedEvaced to Vancouver, Trapper said, "Well, that ain't gonna happen." It was the end of the hunting season and, banged up as they were, they still had camps to tear down, horses to bring in and a whole bunch of other work to do. CAT scans could wait.

Such is the way of the North. |

Doug Setter, BSc is a former soldier, paratrooper and competitive kickboxer. He works as a fitness trainer and is the author of seven books, including Flat Gut After 50. He can be reached at www.dougsetter.com



Make the protection of Burns Bog your lasting gift to future generations.

BURNS BOG
CONSERVATION SOCIETY

To make a donation today visit our website or call the number below:

604-572-0373 | www.burnsbog.org
4-7953 120 St, Delta, BC V4C 6P6

Charitable Tax No. 12916 6682 RR001



WestWorldTours Where Inspiration is a Tradition **WOMEN EXPLORERS** BY WESTWORLD TOURS

Beat the winter chills and Spring into 2023 with a SAVINGS of \$150 per booking on any one of these exciting adventures!

*book by January 31, 2023, promo code: inspired55

Africa	May 3, 2023
Peru & the Amazon	May 10, 2023
Alaska & Yukon Cruise Tour	June 11, 2023
Iceland	July 23, 2023
Newfoundland & Labrador	July 28, 2023
Ireland & Scotland	Aug 20, 2023
Bavaria Christmas Markets	Dec 3, 2023

Visit Westworldtours.com for more information on our worldwide destinations.

Contact your local Travel Consultant or give us a call!
Toll Free: 877-522-8687

How would you like to be remembered?

Be a celebrated guardian of Canadian wildlife.

We have a special title for those who name us in their will or estate plans: **Wilderness Guardians.**

But we can only give benefits if you let us know your intent.

Join today. Notify us. See the benefits.*

*Benefits: personalized updates, guided field trips and more...

Learn more at: WildernessCommittee.org/legacy



Michelle Johnson ☎ 46 E. 6th Avenue, Vancouver, BC V5T 1J4
Direct (778) 708-9179 ☎ 1-800-661-9453 (toll free)
Victoria (250) 388-9292 ✉ plan@wildernesscommittee.org



ODE TO A CANADIAN WINTER

by J. KATHLEEN THOMPSON

Travel having lurched to a near standstill these past few years, those winters spent under a palm tree in Mexico or a golf cart in Arizona are, for some of us, but distant memories. The list of those sun-lit pleasures we shelved in the name of a pandemic - walking barefoot on long, sandy beaches, reading under palm-thatched palapas, painting en plein air – forced us to confront what we truly needed to survive a Canadian winter. Perhaps it needn't be all about hammocks and poolside margaritas, perhaps it could simply be relishing the warmth we mustered by just staying home.

As a former snowbird now content to winter at home, may I refresh your memory of hibernations you 'endured' in winters gone by that were more than bear-able. Likely it started with the ritual harvesting and collecting in the summer and fall. Do you remember how important it was to be the 'ant' and not the improvident 'grasshopper' in your story, and the pride you felt in carefully stocking the provisions you needed to heat, clothe, feed and entertain yourself while in situ and housebound for an entire season?

The joy you experienced in gathering the things to bring warmth and hygge to a long winter's night – firewood, coloured lights and candles, an assortment of teas and soup

recipes, a library of good books and films and board games? And when you were well and truly buried for the winter, how those projects you always wanted to finish - the quilt, the woodcarving, the memoir you were writing, the Beethoven sonata you were learning – became cherished companions on a winter's day.

And do you recall that moment in a northern winter that always had a touch of magic to it; the one where you realize the snow cascading down in front of your window wasn't going to end anytime soon? And when you awoke, everything had succumbed to a blanketing of white, and one step outside had you knee-deep on a snowy Russian steppe waiting for Omar Sharif to arrive?

You would stand there transfixed, treasuring the brief time before that 'vast and soundless similitude that interlocks all' (thank you, Walt Whitman!) disappeared under the blades of shovels and plows, and a world that just wanted to get back on its feet again.

Eventually you would venture outside, donning those colourful handknit hats and mitts and sturdy fur-topped boots that all other hardy winter folk had also just pulled out from their winter chests. Winter wear wasn't just about comfort, it was about solidarity.



Yes, after the ease of southern living these past winters, you might find that the nostalgia aroused by all this stay-at-home time recently is the one for your Canadian roots. For that toughness that nudges warmth and beauty out of unfriendly winters and unhuggable terrain. For that exclusive and hard-earned citizenship in the ‘true north strong and free’ that you are beginning to see is worthy of honouring and renewing each year.

And should you need any further convincing that you are truly a northerner-at-heart, perhaps you have yet to try forest-bathing a la Canadian? All you need to do is choose a slope of towering evergreens, strap on your snowshoes, and set forth, under a bower of spruce and fir, into a shimmer of snow, silence and sweet aromatic air. I don’t think you’ll miss those noisy air conditioners and mosquitoes on that walk into heaven on this side of the 49th parallel! |

*Celebrating 25 Years
of Conservation*

*Honour someone you
love this holiday season
with a charitable tribute
gift to protect BC's
most vital habitat*

Visit www.conservancy.bc.ca/holiday
or call 1-877-485-2422 to give today!

WOW & POW

ENTER TO WIN

#FindingAwesome
NELSON AND KOOTENAY LAKE
Tourism
NKLT.TRAVEL/WINTER

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

Photo: Keri Medig



KAMEHAMEHA THE GREAT: HAWAII'S FIRST KING

by RICK & CHRIS MILLIKAN

Exploring the life and times of Kamehameha the Great often enriches our sundrenched holidays on Hawaii Island...

A lifelike statue in little Kapa'au town honours this extraordinary king. Heading west, we find his secluded birthplace near Mookini Heiau, a 5th century temple outside Hawi. Born circa 1758, auspicious year of Halley's comet, Kahuna priests prophesied a noble infant like Kamehameha would become island king. Threatened, the ruling chief ordered his execution.

For five years, an uncle hid Kamehameha, secretly raising him in north Kohala's mountains. He and his father then moved into the lush Waipio Valley. As a youngster there, he practiced lifting and carrying heavy rocks. Along a quiet road outside Kapa'au, Kamehameha Rock demonstrates his astonishing boyhood strength.

When his father died, another uncle reared Kamehameha as his royal son. On their way to Kau, they stopped in Hilo at the sacred 12th century Naha Stone, an artifact now fronting the public library. Its plaque recounts how toddlers placed on the stone proved their chiefly bloodlines by simply not crying. When 14-year-old Kamehameha overturned the 5,000-pound lava slab, he far surpassed that standard! Attending Kahunas confidently foretold his future as the king who would unify Hawaii's Islands.

At Kealahou Bay, we contemplate the white obelisk acknowledging Captain Cook's Hawaiian discoveries. Our catamaran skipper explains, "Cook arrived during Makahiki

festivities honouring Lono, god of peace and prosperity. Gathered chiefs, including a young Kamehameha, sighted Cook's magnificent ships offshore, white sails billowing. They eagerly welcomed him believing he was Lono." When they met, he bedazzled them with alien gadgetry and potent gunnery.

Later, Captain Vancouver reported on Hawaiians' robust statures and skills. Kamehameha's 7-foot, 300-pound physique stood out. As six warriors hurled spears at Kamehameha, Vancouver observed him catch three with one hand, break two with his spear... and dodge the sixth!

Nearby Pu'uuhonua o Honaunau provides glimpses into old Hawaii. Strolling its royal compound shaded by coconut trees, we visit palm-thatched workhouses displaying hand-made bowls, tapa cloth and stone tools. A-frames shelter dugout canoes and fishing gear. Green turtles bask in the sandy cove where the ali'i launched outriggers. Lava-slab tables are set to play an ancient strategic game. By moving its coral pieces and lava bits wisely, Kamehameha became a renowned kōnane champion.

A huge basaltic stone wall separates Place of Refuge. At the ocean's edge, fierce ki'i guard Hale o Keawe, a mausoleum holding 23 revered chiefs' bones. Desperate kapu breakers

ABOVE | Place of Refuge.

RIGHT | Statue of Kamehameha the Great. *Photos: Rick and Chris Millikan*

swam to the adjacent rocky shore and entered the refuge. Eventually exonerated, Kahunas encouraged their return to village life. Even Queen Ka'ahumanu escaped here after quarreling with husband Kamehameha. Our map pinpoints the boulder she hid under.

The 1782 Battle of Moku'ohai occurred close by. Straddling outriggers in Ke'ei Bay, warriors threw spears, flung rocks, and clubbed foes. A shark-toothed knife killed warring cousin Kiwala'o. Leaderless, his warriors fled to Place of Refuge. Although subduing the chief of Maui, Molokai, and Lanai in 1795, Kamehameha had yet to subjugate another combative cousin who undermined his governing of Hawaii Island.

North of Kohala coast resorts, an immense reconstructed



temple tops Hill of the Whale. Storyboards tell us Kahunas counseled Kamehameha to summon his war god's support to defeat cousin Keoua. He built Pu'ukohala heiau, dedicating it to Ku. The construction strengthened his soldiers, who passed heavy stones hand-to-hand over 23-kilometres to the site. Considering Pu'ukohala's early completion a good omen, Kamehameha dispatched his army to crush Keoua at Kau.

Signboards on Kau Desert Trail illustrate the furious fighting along Moana Loa's slopes. One pictures the volcano's untimely eruption that devastated Keoua's army. Volcanic ash preserved their footprints. Convinced of his gods' disfa-



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

Our 2023 line up is in the works. Check our website for details and updates.

Palm Springs- San Francisco	Mar/Apr	13 Days
Whistler and Barkerville	June	5 Days
Oregon Coast	July	5 Days
Grand Canyon, Bryce, Zion Canyons	Sept	14 Days
Discover Croatia, Slovenia and the Adriatic Coast with Collette Vacations & Teresa	Sept 21-Oct 4	14 Days
Cascades Fall Foliage	Oct	4 Days
Leavenworth and Warm Beach	Dec 14-17	4 Days
Northern Lights of Finland with Collette Vacations & Teresa	Jan 20-27, 2024	8 Days







**DOOR-TO-DOOR PICK UP AND RETURN
WITHIN THE LOWER MAINLAND
CALL FOR YOUR 2023 BROCHURE**



**TRAVEL
PROTECTION**



BOB & TERESA MARSHALL

CELEBRATE TOGETHER

BETTER



**Experience the difference
BETTER hearing makes.**

**Call to find a clinic near you 1.866.362.6434
or visit nexusgenhearing.com**

NEXGEN HEARING
a HearingLife company

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.

WELLS GRAY TOURS
a world to experience

WE PLAN. YOU PACK. NO WORRIES.



Ontario Waterways Cruise

Storm Watching at Wickaninnish Inn	Mar 7	5 days	from \$2620
Shen Yun in Vancouver (EB)	Mar 22	3 days	\$995
Trans-Atlantic Cruise to Spain (EB)	Apr 5	21 days	from \$7195
Machu Picchu & Lake Titicaca	Apr 10	20 days	\$10,685
The Yukon's Northern Lights	Apr 10	6 days	\$2610
San Diego to Vancouver Cruise (EB)	Apr 20	9 days	from \$3400
Cruising the Gulf Islands (EB)	May 8	5 days	\$2795
Ontario Waterways Cruise (EB)	Jun 23	11 days	\$6095
Croatia by Land and Sea (EB)	Aug 29	17 days	from \$9930

The Wells Gray Tours Advantage

- * Early Booking Discounts (EB)
- * Single Fares Available
- * Escorted Group Tours
- * Home City Pick-ups
- * Experience Rewards Program
- * COVID-19 Vaccine Required
- * Knowledgeable Tour Directors
- * Small Groups

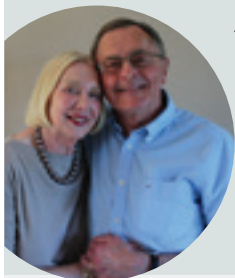
VICTORIA OFFICE: 102-736 Broughton St.
250-590-7889 or 800-667-9552
www.wellsgraytours.com

BC Reg. #65842

Support Local Hospitals in Your Will Today

Donating in your will is one of the greatest acts of generosity you can make. No great wealth is required to give, just the willingness to plan.

After falling off the roof of his house while window cleaning, John was rushed to Victoria General Hospital. Seven hours of surgery and months of recovery later, John and his wife Marg had local hospitals top-of-mind while preparing their estate plans.



"This experience made us realize that hospitals have to survive, expand, and do what they do best. It's nice that you can support them through your will."

—Marg & John Bowron, VHF donors

250-519-1750 | vhf@islandhealth.ca
victoriahf.ca/will-and-estates



your, Keoua journeyed to Pu'ukohala to be sacrificed and secure peace. Kamehameha now controlled Hawai'i Island.

In Kailua-Kona, King Kamehameha Hotel showcases this eventful era. The lobby's large canvas pictures Kamehameha's royal compound, at one time encompassing hotel property. In the hallway, glass cabinets display feathered capes and helmets, shields, and bone-tipped spears.

Hawaiian artist-historian Herb Kane's paintings vividly portray village life, mythology, Kamehameha's key battles, and accomplishments. One represents 'law of the splintered paddle.' Responding to a shameful incident, Kamehameha's 1797 decree protected commoners from chiefs' aggressions and human sacrifices believed to enhance their mana, spiritual power. His proclamation renounced these brutal acts.

Our favourite depicts Kamehameha's fleet of 800 double-hulled war canoes. Carved from giant koa trees, they hoist European-style sails; some mount swiveling cannons over forward crossbooms.

The most dramatic work conveys Kamehameha's final triumph. Landing at Honolulu's original site, his veteran warriors drove Oahu's army upward through Nu'uau Valley. Using long pololu spears, Kamehameha's phalanx of men pushed Oahu's defenders off high ocean cliffs... tumbling into swirling mists.

The chief of Kauai and Niihau agreed to peacefully join the Hawaiian kingdom in 1810. In uniting Hawaii's islands, Kamehameha fulfilled early prophecies. Two years later, he returned to live in his royal Kailua compound.

Beyond the hotel's white sand beach stands a replicated heiau once devoted to Lono. Healing golden plover ki'i flank Ahu'ena's entrance. Kamehameha administered his islands from its thatched drum house.

One problem involved Vancouver's gifted cows. Their feral calves were wreaking havoc in surrounding villages. He assigned a former sailor to wrangle these rampaging critters. John Parker's success led to Hawaii's profitable cattle industry. Still exporting beef and leather, Parker Ranch exemplifies a long-term success of Kamehameha's reign.

South of Kailua at Keauhou Bay, a small park's monument marks Kamehameha's second son's birthplace. He celebrated his birth by creating a Holua for land-sledding. Royal riders like his sons sped down this slick, pili-grass-covered track splashing into He'eia Bay a kilometre below!

Upon Kamehameha's 1819 death, Queens Ka'ahumanu, Keopuolani and eldest son Liholiho ruled the kingdom. They soon broke the kapu on women and men eating together. Just south of their Kailua compound, a stone cairn in a rugged lava field indicates the consequence.

Just above Kuamo'o Bay, Kamehameha's traditions-bound nephew and wife led their warriors into the bloody Battle of Kuamo'o to defend and reinstate ages-old practices. Using English firearms, Liholiho's forces overwhelmed these rebels. This victory ended restrictive religious and social conventions; heiaus were abandoned. Three months later, Queen Ka'ahumanu authorized missionary landings.

A New England-style church dominates Kailua's historic


heart. Artifacts inside include a model of the *Thaddeus*. This first missionary ship landed here a year after Kamehameha's death. A newspaper clipping states that whaling deserters had replaced their small, thatched church by 1837. Salvaging coral and lava blocks from 15th century heiaus, they built stately Moku'aikaua, Hawaii's first Christian church.


Princess Ruth resided across the street in two-story Hulihe'e Palace. Like her great-grandfather, she presented a commanding figure. Among precious heirlooms, a sturdy bed and chairs accommodated her regal 400-pounds. Signifying hospitality, engraved pineapples embellish her finely crafted koa hardwood furniture. Family portraits of five distinguished Kamehameha kings and queens adorn living room walls.

Another great-granddaughter, Princess Bernice Pauahi Bishop became Kamehameha I's last descendent. Believing Hawaii's future depended on education, she founded Kamehameha Schools applying her enormous inheritance. Through reinvestments, financier husband Charles increased her endowment to over nine billion dollars. And to preserve Hawai'i's cultural heritage, he established in her memory Bishop Museum.

In pursuing Hawaii's storied past, we deepen our understandings of Kamehameha's remarkable legacy. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/Kamehameha-the-Great-Hawaii







**AFFORDABLE ALL-INCLUSIVE LIVING
FOR INDEPENDENT SENIORS**

*Located steps from the Inner
Harbour and James Bay*

250-383-4164 | 606 Douglas Street

Visit our new website: theglenshiel.bc.ca  

THE FARQUHAR
AT UVIC

WEDNESDAY JAN 25
7:00 PM
tickets.uvic.ca
250-721-8480



THURSDAY JAN 26
7:30 PM
cowichanpac.ca
250-745-2722

INTERNATIONAL GUITAR NIGHT

The 23rd Anniversary Tour featuring
Stephanie Jones, Jesus Guerrero,
Jocelyn Gould and Itamar Erez.

www.internationalguitarnight.com

**Your everlasting
love will always
protect them.**



Forever Guardian
your legacy of love



As a Forever Guardian, you can create lasting change for animals facing cruelty and hardship. Contact us today to learn more about how you can leave a gift in your will.

BCSPCA
SPEAKING FOR ANIMALS

Clayton Norbury
cnorbury@sPCA.bc.ca
1.855.622.7722, ext. 6059
foreverguardian.ca

Charitable Number: 11881 9036 RR0001





GOING WITH THE FLOW IN SOUTHERN FRANCE

by JANE CASSIE

When Mother Nature opens her floodgates, all you can do is go with the flow. Pre-Covid, my husband and I were on a Viking European River cruise from Budapest to Amsterdam, but because of high water levels, we ended up being bussed more than we were boated. Although it had been disappointing, the company did everything they could to make sure the trip was memorable and gave us a partial refund to be used on a future booking. We are back in Europe on this cruise to Southern France.

“The Saône River is too high,” the pony-tailed cruise rep explained after we entered the train station at Chalon-Sur-Saône. “So, we’ll be shuttling you to Lyon, the second stop on your itinerary.” It was impossible to hide our shell-shocked faces. “Are you kidding?” It felt like instant déjà vu. “Not to be concerned,” she said, nonchalantly. “It will all work out.”

Clearly these unplanned occurrences happen more often than we realized. And it was not boldly outlined when we booked both pricey holidays. But there was no point shedding tears over it – no need to add more water around us!

The bus trip to Lyon took an hour and a half, during which time we quickly made new friends with a couple from Baltimore and another from Vancouver. The six of us soon became inseparable travelling buds.

When we arrived, the cruise staff seemed laissez-faire

about the situation, brushing it off with cordial service. Check-in was organized, and within short order, we were introduced to our stateroom, our floating (hopefully) oasis for the next eight days.

Every night, prior to dinner, the ship’s director gave us the following day’s itinerary and an outline of tour options for us to choose.

Because they didn’t want to veer off promised plans, all original tours were a-go. We could get on another bus for a two-hour ride back to Beaune, in Burgundy, where we’d partake in a wine tasting tour. Or we could go to Cluny, which was even further, for a paid optional tour. Lastly, our choice, was a leisurely day on board with shopping in nearby Lyon. No bustle, no busyness and NO busses!

Even though we would rather be cruising, there was plenty to do over the next three days in France’s third largest city. We wandered the crooked streets that veered away from large courtyard squares where the likes of Louis XIV and other historians were immortalized in bronze.

ABOVE | Tournon-sur-Rhône Steam Train ride. RIGHT | Group photo Avignon Bridge backdrop. TOC | Old Town Lyon. Photos: Brent Cassie

Trendy shops and boutiques bordered these pedestrian pathways and nearly two thousand restaurants offered gastronomical delights. As well as luring the gourmands, Lyon is known for its textiles and silk production. I walked away after our first day with three colourful scarves.

With so many historical and architectural wonders (some dating back to Roman Times), it's no surprise that Lyon has been deemed a UNESCO World Heritage Site. On our second day, we toured the oldest area, Vieux Lyon, that snuggled up to the right side of the Saône River.

A labyrinth of ancient streets led us away from the epicentre where the Roman-Gothic cathedral of St. Jean still proudly stands. And connecting these laneways are over 300 passageways, known as traboules. "These were used to transport looms during the era of silk production," our tour guide tells us. "They also came in handy during the Second World War as escape routes."

Speaking of escaping, on the third day we finally cast off and were soon breezing by villages, scooting beneath bridges and dipping down into concrete locks. Over a dozen of these engineered marvels were lodged along our route, making the river levels passable.

Despite the hiccups, Viking maintained their reputation for cuisine excellence throughout our voyage, from breakfast buffets to full-course meals, topped off with complementary wine and beer. They were even able to accommodate my special dietary requests with delicious and beautifully presented meals.



Although we were finally cruising, a lot of water travel on this route was done at night, so there was little opportunity to enjoy that iconic river cruise experience. And even when we were coasting, because of the higher water levels, the top-viewing deck never opened while we were on the move.

We had three ports of call over the next three days and all the land tours were great. In Vienne, we explored its ancient roots by checking out the amazing Roman museum. In the town of Tournon-sur-Rhône, we boarded a steam train and got postcard

SPREAD KINDNESS AND HELP LOCAL SENIORS



Cook. Sheet metal worker. Mechanic. Handyman. **Bill** was able to make just about anything with his hands until chronic illness and a stroke robbed him of his ability to work and care for himself. Your donation to Eldercare will give seniors like Bill the chance to be creative and work with their hands again by funding art and gardening therapy programs.

Please give today at www.gvef.org/Kindness

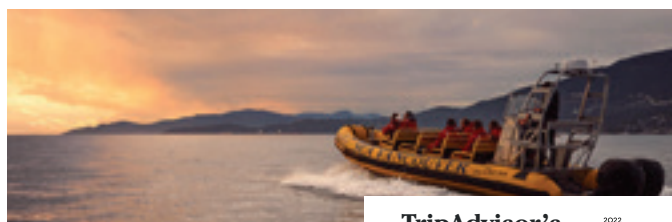
Your gift of \$10, \$20, or \$30 each month will Spread Kindness to more than 1,500 local seniors every single day who need your help to receive care, enjoy quality of life, and to age with dignity. Thank you!

www.gvef.org | 250-370-5664
1450 Hillside Ave.,
Victoria, BC V8T 2B7



**ELDERCARE
FOUNDATION**

Registered Charity #98816095R0001



YWCAHOTEL
733 BEATTY OFF ROBSON

**TripAdvisor's
Traveler's
Choice winner**



**Come visit Vancouver!
And feel good staying at
Our non-profit hotel.**

A comfortable, convenient & affordable
accommodation in the heart of downtown.

ywcahotel.com | +1 604 895 5830



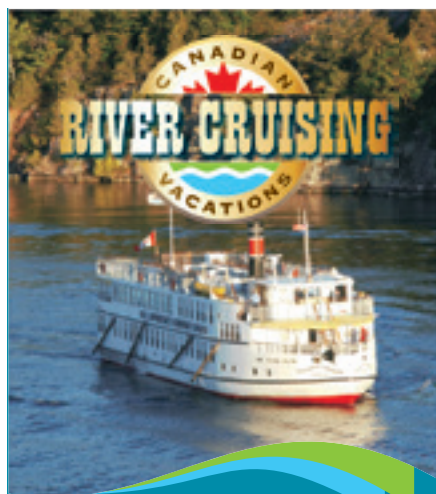
**Your stay helps fund YWCA community programs
for single moms and families.**

views of lush valleys and flourishing gorges. And in Viviers, we wandered the twisted lamplit streets and learned about life in this community that dated back to the Middle Ages.

While spending the final two days docked in Avignon, we were bussed to Arles, the place of inspiration for Vincent Van Gogh. And as a grand finale, we ended up cruising one more time up the Rhône, to the famous Avignon bridge.

Lights illuminated the four surviving arches on this structure that was built in 1345. It was a perfect backdrop for one last group photo and a final au revoir to new-found friends. Though there were glitches along the way, some wonderful memories and friendships were made. And over the past eight days, while voyaging Southern France, we all managed to go with the flow. |

For IF YOU GO information, visit www.seniorlivingmag.com/articles/cruising-southern-france



RIVER CRUISE VACATIONS NOW BOOKING

Experience the beauty and history of Canada's rivers. 4, 5, 6, 7 nights of small ship cruising on a classic riverboat with departures from Kingston, Ottawa, and Quebec City. Call to request our free travel brochure.

1-800-267-7868

www.StLawrenceCruiseLines.com

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



DEBBIE & RANDAL

"I had to believe that love still existed," reflects Debbie, widowed nine years ago from her high school sweetheart, whom she met at age seven, dated at 17, and eventually married.

"We had been married for 32 years when I lost him to cancer at 50."

The writer and retired lawyer said she eventually started dating because she felt there would be someone else out there that would be right for her. But she had only ever been with her late husband, so she had a thing or two to learn.

Debbie tried out different dating sites, started blogging about her various experiences, and eventually wrote a memoir-style book about it all.

"I liked being married and I really wanted another forever," she says, "so I persevered."

In her fifth year of online dating, after she had learned how to short-cut prospective dates that didn't align with her "forever" goal, she was messaged one day by Randal. He had not only taken the time to read much of her blog about dating, but also noticed and liked her VAN shoes, and then invited her to tea for a first date.

"He was chivalrous and respectful," says Debbie, "and he gave us time to get to know each other. First, we decided to try being friends, and we had a lot of fun together. When we later started going on weekend trips, he always booked two rooms."

Randal also accepted her late husband into their growing relationship. "He likes George, too," she says, and made room for his memory in their life together.

"And when my AC broke down," she adds, "he cared about helping me deal with it. He was interested in me and my life and not just in our romance."

The couple kept separate residences, 35 minutes apart in different towns, for a long time. They would see each other on weekends and during the week, while he was still working, and she was completing an MFA in creative writing.

"We missed each other a lot," they echo.

Three years into their relationship, they decided it was time to live together.

"We were tired of driving back and forth."

They each sold their houses and found one, seaside, they both loved.

"I had been in my home for 27 years and moving on from it was really a good thing to do," says Debbie.

Now, four years after their initial date, and both retired, they are happy to have found each other.

"I liked her because she was always herself," adds Randal. |

Available As Is: A Midlife Widow's Search for Love, by Debbie Weiss, is now available on Amazon.

Wishing you and your loved ones a vibrant festive season and a blessed year in 2023!

- 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

Your future home awaits! Enjoy a community where your *spirit, body & mind* flourish every single day.

Book your
personal tour
**CALL
TODAY**

INSPIRED SENIOR LIVING WITH



verveseniorliving.com



7051 Moffatt Road,
Richmond
(604) 273-1225



4088 Blundell Road,
Richmond
(604) 271-7222



1550 West 49th Avenue,
Vancouver
(604) 563-3540



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



3920 198th Street,
Langley
(604) 427-3755

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

Discover how you can make the most of your 55+ years.
Inspiring ideas, products, services & opportunities.

55+ Lifestyle Show

PRESENTED BY **INSPIRED Magazine**

Inspiration for people over 55

Tuesday, March 21, 2023 9am - 3pm

Pearkes Recreation Centre, Victoria BC

100+ EXHIBITORS • PRIZES • MAKEOVERS • FASHION SHOW • MUSIC • SPEAKERS

EXHIBITORS! RESERVE YOUR BOOTH SPACE NOW

Call Kathie 250-388-5279 • Email kathie@seniorlivingmag.com • www.55pluslifestyle.com

leisure • travel • wellness • fashion • financial • housing • and more

FOREVER FIT

by EVE LEES

SHOULD YOU EXERCISE WHEN ILL?



Feeling under the weather? Let your symptoms decide whether to skip your workout.

Light exercise is generally safe, especially if you're a reasonably fit person with 'above-the-neck' symptoms of illness, such as a running nose, sneezing and no sign of fever.

If you have 'below-the-neck' symptoms, however, rest and get over the illness before working out. These symptoms include extreme fatigue, muscle aches, vomiting, diarrhea, chills, swollen glands or a hacking cough. And never exercise with a fever. When your body temperature is above 37 C, your body is fighting a virus. Exercise during this time will increase the risk of dehydration, heatstroke and possible heart failure for the very susceptible.

Heavy endurance exercise increases stress hormones that will impair the immune system. Between three and 72 hours after a tough workout, a weakened immune system can't fight viruses and bacteria. A sore throat may indicate an infection, and your immune system won't be as strong to fight it if you continue to stress it with vigorous exercise.

Feeling rotten indicates your body is shutting down everything except essential functions so your energy is used to fight the invading viruses. The body needs to use all its available protein to strengthen it, not rebuild exercised-stressed muscles. You can't "work out" the illness with a strenuous exercise session. You'll just make the sickness worse.

Light to moderate activity is fine for a mild cold, so if your symptoms are minor and you decide to exercise, lighten the intensity of the workout. Gentle exercise may help increase your circulation enough to help the body remove the offending virus or bacteria. But don't let your heart rate or body temper-

ature increase too much.

Even if your symptoms are mild, don't infect others.

A crowded gym is not the place to be if you're sneezing and coughing. Exercise at home or outdoors as weather permits.

Don't let temporary illness discourage you and cause you to stop your exercise program permanently. Instead, do gentle stretching exercises at home while you rest and drink plenty of fluids. Think about returning to exercise when your body is ready. When you return, allow at least two days at a lower intensity for each sick day. Give your body time to get back into a regular routine.

Also, consider exercising sensibly so you won't become sick - especially during flu season. Physical activity of light to moderate intensity can keep your immune system strong. Researchers have linked regular exercise to an improved immune function response. During light to moderate exercise, immune cells circulate more quickly throughout the body and are more efficient at destroying viruses and bacteria.

Highly intense exercise will temporarily "shut down" your immune system and weaken it over time. Therefore, hard trainers should get sufficient rest after a gruelling workout. A healthy, well-balanced diet will also help fight disease. In addition, "carb-up" before, during and after prolonged and intense exercise. Carb-up means eating carbohydrate-rich foods like whole grains, fruit, vegetables and root vegetables.

Also, keep your stress levels to a minimum; for example, space out your more strenuous workouts throughout the week, such as alternating light workouts with the more vigorous ones.

Generally, the fitter and healthier you are, the stronger your body will be, even during illness. Mild activity can still be pursued. But if you're really feeling run down, especially for those who are less fit, take a few days off. |

Can You Please Help?



Critter Care Wildlife Society provides short and long-term care to native mammal species and, through rehabilitation and public education, helps prevent suffering of injured and orphaned wildlife.



481 216th Street | Langley, B.C. V2Z 1R6
crittercarewildlife.org | www.facebook.com/CritterCareWildlife

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

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

YOGA 65+. Improve your strength, flexibility and reduce stress. With over 15 years experience, Wendy offers classes online, in Vancouver and teaches privately. www.vancouvergentleyoga.ca or 604-710-3234

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

Book your appointment today!



North Delta 604-589-2233
rentals@sunstonevillage.com
www.sunstonevillage.com

Out & About Single Seniors Meet & Greet Victoria

Join our weekly email newsletter for
info on upcoming events.

singleseniorsvictoriabc@gmail.com

SPONSORED BY
INSPIRED MAGAZINE

TUSCANY - HOLIDAY RENTAL: Restored farmhouse surrounded by award-winning vineyard. Stunning views overlooking Val-dichiana. Near Cortona, Montepulciano, Siena. 1-647-297-1954 www.tuscany-villa.com

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

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 info@thediscoverytours.ca Call 1-800-417-0250

EVER WONDER what happened to Run-around Sue, or My Boy Lollipop? Find out in the *Where Are They Now?* 2023 Calendar! grahamharrocartoons.com

YOU DON'T HAVE TO BE CRUEL to be kind. Please donate only to cruelty-free medical charities. See list at www.humanecharities.ca



Hidden Maui Paradise

2 Bed, 2 Bath Condo for rent
Central Kihei • 250-882-1963
www.hiddenmauiparadise.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

Runaround Sue

Known for her flirtatious ways, Sue continued her dallying until her early forties, appearing on *The Dating Game* and *Who's a Tease?* Long since married, she has three great grandchildren who constantly run around Sue.

from *Where Are They Now?* 2023 Calendar



GRAHAMHARRO.CARTOONS.COM

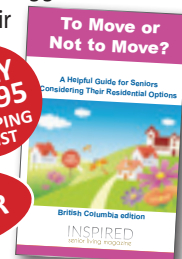
To Move or Not to Move?

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

INSPIRED 55+ Travel Club

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.



Living
on purpose

by LAURIE MUELLER

CHOOSING THE 'RIGHT' MUG

Each morning, my husband makes me coffee and delivers it wherever I am: just waking up and still in bed; in the easy chair journaling; or at my desk writing a draft of something to be submitted. This morning, as I hurried into the shower because I knew he was making coffee, I started wondering how he chooses the mug he hands me each morning.

A romantic by nature, I carefully select my mug whenever I make myself a hot drink. And I spend time looking at ads for new mugs or walking through gift shops looking for the right mugs to add to my collection. When friends come over, I give them a mug I think is appropriate or ask them to choose one.

You see, we have many different mugs. Some are functional, some are pretty, some have writing on them. Some are bigger and some are smaller.

My favourites include a hummingbird on a blue and grey background and the one I'm drinking from right now, which is white with red writing and a black line drawing of a woman lying on a couch facing us with only two red pillows in front of her naked body. The slogan says, "If you're going to make wild passionate love to me, I've only got one thing to say... HURRY!"

And my other favourite is a taller mug that my successor gave me upon retirement. It says, "Drink tea, read books, be cozy." Some days I feel like the red mug from Hawaii, other days I prefer a fancy fine China mug bought at the BC Ferries gift shop.


But, back to my question of the day. How does my husband choose the right mug for me each morning? Is he giving me a wish for the day? Is he influenced by his mood? Does he grab the one nearest?

And so, I asked him as he handed me the "make wild passionate love" one this morning and he stopped and looked at me, looking pleased that I asked. He raised his hands to demonstrate as he said, "I always take the back one." He motioned his hands as if moving the cups out of the way to reach one at the back.

I had to ask, didn't I? There should have been no question at all. One of the reasons he and I make such a good team is that I'm the romantic one while he is the rational (witty) one.

But now I know how to arrange the mugs in the cupboard. |



SCALP MICROPIGMENTATION



**COME IN AND BOOK YOUR
FREE CONSULTATION TODAY**

250-383-3227

AKAIHAIRDESIGN.COM

 **AKAIHAIRDESIGN**  **AKAI HAIR DESIGN**

GUARANTEED RESULTS

NONSURGICAL

CAMOUFLAGE SCARS

IMMEDIATE RESULTS

GAIN CONFIDENCE

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 or www.lauriemconsulting.com or on Facebook.

Your story continues at...



Columbus Homes

AFFORDABLE
HOMES FOR SENIORS

CAREFREE
INDEPENDENT LIVING
SAFE & SECURE
CLOSE TO ALL AMENITIES
WELCOME HOME!



Columbus Lodge
North Delta



Columbus Manor
Chilliwack



Columbus Tower
Joyce St., Vancouver



Millennium Tower
Broughton St., Vancouver



Columbus Christopherson House
Maple Ridge



Columbus Kilmartin Gardens
Maple Ridge



Columbus Kaien Place
Prince Rupert



Columbus Wayne Place
Prince Rupert

All inquiries: 604.250.6444

Office: 604.439.2443

Email: cca@colchar.org www.colchar.org

'Everyone deserves the comfort of home.'

Powered by the
Knights of Columbus



THIS HOLIDAY SEASON, BEING IT

Full Circle
GIVE THE GIFT OF SPORT



A chance for you to be twice as nice this holiday season!

We're on a mission to raise \$30,000 to support local kids in financial need this holiday season! That's a gift of sport for 100 children and youth who would otherwise be left out of the action.

Thank you to Peninsula Co-op for their amazing commitment to match up to \$15,000 in donations received this season!

Give now at www.kidsportvictoria.ca
and double your impact.

Please scan code with your
smart phone camera to link
to donation site.



Canadian Guide Dogs for the Blind
We provide *freedom* to Canadians

HELP MAKE A DIFFERENCE WITH YOUR GIFT!



*By way of your will,
endowment or life insurance
policy, you can ensure that
Canadian Guide Dogs
for the Blind provides visually
impaired Canadians with
greater mobility and
independence through the
use of a professionally
trained Guide Dog.*

4120 Rideau Valley Dr. N.
P.O. Box 280
Manotick ON K4M 1A3

Ph: 613 692-7777

info@guidedogs.ca

www.guidedogs.ca



DATE NIGHT NEVER GETS OLD

At Amica Senior Lifestyles, the day is yours. So you get to share it with whomever you want. Host your family for an elegant Sunday dinner, play poker with the girls, or get to know someone new. Together we'll create a senior living experience that's all yours, including personalized, professional care that evolves to meet your needs, even as those needs change. And, like quality time with the ones you love, that never gets old.

AMICA

SENIOR LIFESTYLES

LEARN MORE AND FIND A RESIDENCE AT [AMICA.CA](https://www.amica.ca)