

# INSPIRED

55+ lifestyle magazine

SEPTEMBER 2023

JAZZ  
SINGER  
LORRAINE  
NYGAARD

THE EDIBLE  
GARDEN PROJECT

GEO THERMALLY  
GROUNDED

THE ELDERLY  
NOMAD

Celebrating  
Our 20th  
Year in Print

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

# Breakthrough for Women with Urinary Incontinence

The PureWick™ System is a non-invasive option to help you take control over urinary incontinence.



Helps keep the skin dry by wicking away urine



May help to reduce the risk of nighttime falls, by staying in bed.\*



Can make better sleep possible.\*

\*Based on survey responses (01/19) by 141 caregivers and users who purchased the PureWick™ System and a subsequent supply of PureWick™ Female External Catheters.



Get started today

[purewickathome.ca](http://purewickathome.ca) | 1 800-387-9473

BD, the BD Logo and PureWick are trademarks of Becton, Dickinson and Company or its affiliates. © 2023 BD. All rights reserved. BD-94776



# Happy

YOU HER

BD PureWick™  
Urine Collection System



Natural Fibre • Fair Trade  
XS-4X

9 locations across B.C., including:  
• Victoria (1316 Government Street)  
• North Vancouver • Kitsilano • Commercial Drive

Order online at [blueskyclothingco.com](http://blueskyclothingco.com) or phone 604-363-6664

Now Open  
Wednesday  
to Sunday

Imagine  
Create  
Customize

Come visit our  
GALLERY!

Personalized &  
customized metal art

1830 Koksilah Rd, Cowichan Bay  
250-893-3546

[info@islandmetalarts.com](mailto:info@islandmetalarts.com)

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

FREE  
shipping  
on most  
website orders



# content

SEPTEMBER 2023

- 4 Lorraine Nygaard: A Calling to Sing  
by Kate Robertson
- 8 Loutet Farm and Its Multiple Hats  
by Joan Boxall
- 10 Geothermally Grounded  
by Jane Cassie
- 12 The Elderly Nomad  
by Jocelyn Garwood
- 14 Age is Just a Number... Or Is It?  
by Jocelyn Garwood
- 16 Tales of La Recoleta Cemetery  
by Linda Blair



- THRIVE BEYOND 55 2
- MAKEOVER 3
- FOREVER FIT 15
- HOW WE MET 18
- MARKETPLACE 19
- LIVING ON PURPOSE 20

## resources

### 55+ TRAVEL CLUB

Club events in Victoria, Vancouver & Nanaimo. Join our monthly newsletter and stay informed. More information at [www.seniorlivingmag.com/travelclub](http://www.seniorlivingmag.com/travelclub)

### 55+ LIFESTYLE SHOW

100+ exhibitors, all day entertainment, makeovers, fashion show, speakers & more. Next show March 19, 2024 at Pearkes Recreation Centre, Victoria, BC. More information [www.seniorlivingmag.com/55-lifestyle-show](http://www.seniorlivingmag.com/55-lifestyle-show)

### 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.



### Cover LORRAINE NYGAARD

A midlife career change returned this jazz singer to her natural gifts and the thing that brought her joy – her voice.

Photo: J. Abram Photography

## INSPIRED

55+ lifestyle magazine

This project is funded in part by the Government of Canada



Head Office Suite 302, 1581-H Hillside Ave., Victoria BC V8T 2C1 | 250-479-4705 | [publisher@seniorlivingmag.com](mailto:publisher@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)



## Cascades Fall Foliage

**Oct 10-13: 4 Days WOW!** What an explosion of colour you will experience. Waterfront Lake Chelan, private lake tour. Leavenworth is a great town to discover treasures in the European shops and a group Bavarian dinner..6 Meals - \$1,495 Cdn pp dble occ, no GST. \$1,855 Cdn single. no GST. Book by Sept 10th.



## Christmas lights of Leavenworth and Tulalip

**December 12-15: 4 Days** Two night stay in the heart of Leavenworth, a horse drawn sleigh ride, Bavarian style dinner. A drive through the millions of lights at Warm Beach Camp and the new displays of the Tulalip Casino Hotel. Tour the Boeing Future of Flight.. 5 Meals - \$1,255 Cdn pp dble occ, no GST. \$1,595 Cdn single no GST

Home pick up within lower mainland

TRAVEL PROTECTION

Manulife



info@pitmartours.com

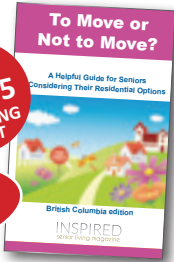
## To Move or Not to Move?

### 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 \_\_\_\_\_

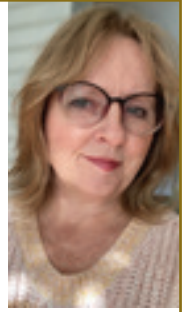
PHONE \_\_\_\_\_

**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

## THRIVE BEYOND 55

by BARBARA RISTO, PUBLISHER



Several months ago, our columnist, Laurie Mueller, wrote about coffee mugs – how their shape, colour or message impacts us. Today I was thinking about the message on one of my mugs that says, “Life isn’t about finding yourself. Life is about CREATING YOURSELF.”

To be clear, there have been times in my life when I’ve lost some element of myself, when I’ve abandoned something of value or significance in order to be something else – often a misguided response to a situation or person who didn’t approve of who I was. Eventually, I found my way back to reclaim that part of myself I had abandoned.

And sometimes we uncover (find) some latent gift or element within ourselves that has laid dormant or unrealized until some catalyst reveals its existence within.

Finding ourselves is about returning to that place we once were, or a place that always existed but we never fully explored.

Which is why the second directive to “create” yourself is so important to consider.

Creation is about taking steps into the unknown, often accompanied by the feeling of uncertainty and maybe a touch of panic or overwhelm. It can be uncomfortable and scary.

Creating can also be fun and exciting.

Creating is about bringing an idea or intention into manifestation through an act of choice accompanied by courage.

It’s often said that most of the thoughts we think aren’t ours – they are pockets of energy floating through the ethers; replays of past thoughts vibrationally hovering in our energy field that our mind captures and claims as its own. Sometimes thoughts are mere regurgitations of what others have told us.

So how do you know when a thought is actually yours and not just some rumination recycling through your mind?

The best answer I have heard is that original thoughts begin with the words “I choose...”

Rarely do we stop, sit with ourselves and ask, “What do I want in this moment?”

When you do, the answer that arises often comes in the form of a desire or declaration.

When we take that sacred moment to be still and listen to our heart, be present in our body without the distraction of old repetitive, whirling, cluttering thoughts, we provide the space for a desire to surface, an intention to arise, and a choice to be made.

When we take the time to go beyond what IS, there’s a whole new life awaiting that can’t be found, only created.

This month’s cover story about Lorraine Nygaard is about creating oneself.

Several years ago, I was invited by a friend to attend the first home concert by Lorraine as she gave voice to her aspirations as a jazz singer. I witnessed a mature woman leaving behind a settled life to embark on a new career. It was a clear and awe-inspiring “I choose this” declaration.

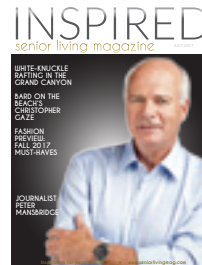
Deepak Chopra says, “An intention synchronistically organizes its own fulfillment.”

This certainly has been the case for Lorraine, and it becomes true for anyone who decides they want something different for themselves and takes a step in that direction. |

*As we celebrate our 20th year of publication, we are grateful for the many “creators” who have graced our covers over the years. Here are just a few:*



JULY 2018



JULY 2017



APRIL 2021

# INSPIRED MAKEOVER: NORMA REID

by **INSPIRED Staff**

During a time of transition, Norma Reid was presented with the opportunity to participate in the *INSPIRED* Makeover, which she called a “perfect visual representation of change.”

After leaving her government career at 48, Norma became a certified coach, started her business and began working with clients. A lifelong learner, she is studying Spanish, line dancing and various courses through Mindvalley online.

Norma’s inspirations are many: from the natural beauty of the west coast to her grandchildren and the people with whom she continues to work.

“I work on-call at Camosun College with students with diverse abilities and I am inspired by their commitment and courage,” she says.

Travelling abroad, e-biking the Galloping Goose trail and a tandem parachute jump this summer add spice and adventure to life, which Norma plans to continue embracing her next chapter.

Of the makeover experience, she felt fortunate to be chosen.

“Each experience was top notch,” she says. “The ladies at Blue Sky Clothing were great! Love the outfit! Gina’s facial was lovely, and Hana was amazing with my hair. I am blown away by what a difference a new hairstyle and makeup makes in how I feel. When I see myself in a mirror, I feel younger!”

Since the makeover, Norma has returned to the gym and enjoys her workouts, and her friends and family have all responded positively.

“I would highly recommend this experience to anyone wanting an uplift!”

**HAIR:** When I first met Norma, we chatted about her commitment to keeping up her hairstyle and her preferences around cuts. What works best for her lifestyle is a colour that only needs to be revitalized every three months or so. I knew I needed to do something very blended to make the cool of her natural colour and the warmth of the dye work together to enhance the warmth in Norma’s skin tone.

I chose baby lights to even out the look because, like most clients, Norma had more greying in the front and less in the back. To tone her highlights, I used a soft gold Violet from the Redken Shades EQ hair gloss.

For Norma’s haircut, I decided on a graduated cut because it creates more volume in the hair. I took some volume out near her jawline and the back to create more volume on top. At the front, I added interest with a textured, choppy asymmetrical fringe.

For styling, I used the Redken Root Lifter Volumizing Spray Foam, the Redken Anti-Snap for heat protection and finished off with the Powder Grip texture powder and the Redken Triple Take 32 Extreme High-Hold Hairspray.

This was a fun haircut and it’s not going to take her a lot of work to style in the mornings. Additionally, it won’t take a lot of upkeep except for a quick fringe trim on a regular basis.



**COSMETICS:** To start, I applied ELF primer and ELF CC foundation for flawless skin. Norma is blessed with very nice full eyebrows. I applied ELF tinted brown brow gel to help cover, lift and keep her brows in place. Then I applied a sparkly off-white cream eyeshadow, an off-black eyeliner to the top lash line and a soft black water resistance mascara to top lashes. I applied a warm-toned rosey blush and followed up with a nude lip liner and pop of colour with a fuchsia lip: all colours to coordinate with her black and white outfit. Most of the products I used were from ELF, which is an affordable makeup line, non-toxic, vegan, cruelty-free and can be purchased from London Drugs, Walmart or Superstore.

**CLOTHING:** Jaya Blouse, Wood Circle – A Handmade Batik Art blouse made in Indonesia with 100% plant-based rayon. |

## SPECIAL THANKS

**Hair Stylist:** Hana Akai of Akai Hair Salon, visit online <https://akaihairdesign.com>

**Makeup Stylist:** Gina Lavertu of Gina Lavertu Esthetics, part of Wild Oak Hair Collective 778-533-2486 Gina not only did the makeup application, she provided a facial and a manicure to all the models.

**Fashion Stylist:** Marilyn Cobban of Blue Sky Clothing Co. Victoria store manager Christine Blainey worked with all the models and assisted them with fittings and clothing selection. Blue Sky gifted the models all the clothing that was chosen for them free of charge.

**Photographer:** Jan van der Hooft of J. Abram Photography. |



Jazz singer Lorraine Nygaard performing with her quartet at JazzFest in Bullen Park 2023 presented by The Victoria Jazz Society. Photos: J. Abram Photography

# LORRAINE NYGAARD: A CALLING TO SING

by KATE ROBERTSON

Few people begin a singing career after the age of 50. For Lorraine Nygaard, it was never even on her list of things to do, though she has been singing her whole life.

“It was an innate part of me as a little girl. I was always singing little jingles, making up commercials. Like while brushing my teeth, I’d make up a song about why we use this particular toothpaste. I loved singing, but I didn’t know that it was my calling,” says Lorraine. “In Grade 9, I said to my home economics teacher, ‘What should I do with my life?’ She said that I was a very good seamstress and that I should become a fashion designer. I said ‘Okay, that’s what I’ll do.’”

Lorraine went on to study fashion design and then travelled to Tokyo, thinking she was going to start a fashion design career. Within a month of landing in Japan, however, she met and fell head over heels in love with the man who would become her husband, and eventually her ex-husband.

After getting married, Lorraine put aside her own dreams and aspirations to support her husband’s desire to open a café in Tokyo, where they lived for 13 years.

“I kind of let myself be put into this box, and that’s fine, we were very successful, we had beautiful children and the café went very well,” says Lorraine.

While in Japan, Lorraine still found ways to incorporate singing into her life. For example, she would sing to her kids when they were on her bike – a kid on the front and a kid on the back. Or when she wanted them to do something and they were resisting, she would sing it – in a way that they knew she meant business – which they thought was funny.

“I never stopped singing,” says Lorraine. “I did sing for a couple of people’s weddings in Japan, and when we went to karaoke, all of my ex-husband’s friends would be impressed with my singing.”

In 2008, Lorraine’s family had been living back on Vancouver Island, where she grew up, but after 24 years of marriage – the last four of which were very challenging – the marriage dissolved.

“I lived unloved for a long time, and I was really kind of in a bad way, overweight and sad,” she says. “I remember going to church and trusting in what’s going to happen next. I said, ‘Give me inspiration God, what am I supposed to be doing, what’s ahead in the journey?’”

With a stack of self-help and forgiveness books, Lorraine experienced exponential personal growth.

“Within a couple of years, I was 100% the person that I had been when I was married,” she says. At the time, Lorraine was

# Snapshot

## with Lorraine Nygaard

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

*"My 20-year-old self was very determined in her goals, so I doubt she'd have listened. However, I'd tell her to slow down and evaluate her heart's desires."*

Who or what has most influenced you and why?

*"I bow to many phenomenal musical mentors along the way; their teachings have inspired my work. Thank you all. YogaFit teacher training has lightened the journey with the ongoing mantra: 'Letting go of expectations of ourselves and others. Letting go of judgment of ourselves and others.' It allows me to accept what is and keep going."*

What keeps you grounded?

*"If there's little time, I will stop, close my eyes and notice my breath. Exhale: Let go of that which does not serve me. Inhale: Welcome the positive. A few breaths will do it. If there's a lot going on in my heart and head, then I'll go cycling for a couple of hours, as close to nature as possible. Being deeply aware of my own breath and heartbeat while other senses are ignited is enthralling. Life's issues soon sort themselves, and it doesn't take long before I'm singing while pedalling."*

What are you most grateful for?

*"With gratitude as an underlying current, optimism prevails. Luckily, I learned at a young age to count my blessings. My children are stunning human beings, and it's a joy to witness their journey. Good health helps my own journey, which has been an amazing ride." |*



running a B&B and a guest had recommended the book *The Artist's Way* by Julia Cameron.

"As I read it, I thought I was going to be re-finding my fashion design, because the book is kind of 'find whatever your creative juices are.' By the second chapter I knew, 'Oh, it's my singing. It's my voice that brings me joy. Okay, cool.' I wasn't raised to know that singing could be a career, or you could actually pursue it. I didn't believe that my voice was outstanding... I just loved it."

"The book encourages you to chip away at those things that bring you joy, those things that you recognize are your calling, not to become famous or to make a fortune, but just to pursue that which is obviously a bubbling, innate thing," Lorraine continues.

That "chipping away" led 47-year-old Lorraine to enroll at the Victoria Conservatory of Music. "My hands were just shaking when I first called the Conservatory and said, 'Can old ladies take lessons?'"

While still attending the Conservatory, Lorraine took the next step. She went to a local club in Victoria called Hermann's Jazz Club to perform at the Thursday jam night. "Oh my God, it was so daunting," she says. "I think I recognized pretty quickly that I didn't really understand how it worked. In jazz, where you sing – one person gets a solo, then another person gets a solo, and then you have to figure out when to come back in – it was tricky."

But the jam appearance went well, and Lorraine continued to pursue a couple of summer "combo camp" workshops through the Conservatory, where you learn how to play with other musicians.

"I had no idea the quality of people I was working with," says Lorraine. "Don Thompson, kind of a godfather in the Canadian jazz scene, was my combo leader. I was the singer in my combo and, on the last day, we performed in front of everybody at the Alix Goolden

Performance Hall. I got to just belt out songs with this incredible accompaniment, and everybody's reaction was 'Whoa!'"

"Musicians like Neil Swainson, Gord Clements and Misha Piatigorsky, who were also leaders at the camp, and huge names in the industry, were at the pub later and were saying to me, 'That was great, you should be doing work.' All those little notes from people were like, 'Okay, neat, I didn't know that.' It was just encouraging," says Lorraine.

When Lorraine first started getting up on the stage, she was hyper-focused on how she looked and on how the audience would like a particular note. Then one day before she went up on stage at Hermann's a co-musician told her: "Stop, you don't have to be anybody. You don't have to be anything special, you don't have to perform, just think of the words and deliver the message."

"I got up on stage that night and that's what I did," says Lorraine. "I just focused on the message and delivered in a way as if I was speaking to people, then the coolest things were coming out of my body. There were high notes that I didn't even know I had, or enunciations, or a little riff. I didn't even know it was happening."

Lorraine finds that her age and years of experience have helped her with her singing. "I have all these kinds of experiences and stuff that come into how I deliver a song now. I can dig into those life lessons and joys, and I can deliver in a way that is maybe different than someone who is 17 and goes to jazz school and they want to bebop because it's really cool," she says.

After the summer combo camps with the Conservatory, Lorraine knew if she wanted to get more gigs, she'd need a demo CD to send to potential venues. "Within a few weeks, I was up-island in a recording studio with incredible musi-

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

**Join our semi-monthly email  
newsletter for info on club events.**

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

**SPONSORED BY  
INSPIRED MAGAZINE**



cians, and we did my first CD, *First Off the Floor*, in one day,” says Lorraine.

Also at that time, in 2011, to make money to stay in the business, you had to get your music on iTunes, and to be on iTunes you had to have a CD with cover art. “The demo took things to the next level,” says Lorraine.

All this forward movement with her singing career took a lot of effort, however, and by 2015 Lorraine started feeling burnt out. She yearned for more focus on her singing. She was also running a B&B and teaching fitness to make ends meet. After a particularly difficult summer, Lorraine decided to close the B&B she had been running for 18 years, and by the next summer, she had written 10 original songs – songs that had been percolating over the years. With another set of musicians and one 10-hour-day of recording, it was done. “The future has fallen into place because of that decision,” says Lorraine.

An interesting part of Lorraine’s learning curve has been the business aspects of the industry. Pre-COVID proceeds from the door were generally split between the musicians, but in post-pandemic times finances have been leaner. It’s also a very different era than previously where you could sell CDs for income.

“So, how do you make it work?” asks Lorraine. “Do you make it work with hits on your videos? I don’t know. I’m still trying to figure that out as I go.”

Recently, Lorraine’s been taking a film-making course to try to strengthen her online presence through the world of YouTube and Vimeo.

The last couple of years have been busy with other things in her life, including a lumpectomy, falling in love again with an old classmate, a couple of kids getting married and some grandchildren.

“So, I haven’t really been able to sink my teeth into what comes next, but the timing is interesting,” says Lorraine. Her

daughter recently suggested that Lorraine was most passionate when she was doing *The Artist’s Way*, so she’s working through that again to remove any blocks to her musical process.

What possibilities are yet to come for Lorraine?

“I’m really looking forward to evolving now as a songwriter to deliver stuff that isn’t quite so simplistic,” she says. “Now when I’m riding my bike, or things that I feel about social justice or in church – there’s so much that inspires me in this world – how to deliver an image of that without saying directly, ‘we need to stop the pipeline now’ or whatever it is. I’m looking forward to digging in and doing that.”

Lorraine performed at the 2023 Victoria Jazz Fest, and she’s also planning a Burt Bacharach tribute at Hermann’s, that she’s been wanting to do for years.

“Like my father-in-law who copied the calligraphy of the masters, I think sometimes it’s important to dig into what the masters have done,” she says. “The lyrics of Burt Bacharach and Hal David, they’re so great, and it’s going to be different because it won’t be big band stuff (Bacharach had huge orchestrations behind his songs), but those lyrics make the songs.”

Lorraine has also set up a studio at her house, in what was originally a two-and-a-half bay garage.

“Because I’m a singer coming into it later in life – and this is cool with jazz – you can kind of pick and choose musicians and everybody mixes up who they’re using on a certain gig. However, I’d love to collaborate with musicians that would be on board to work regularly as a band: creating new music, recording, gigging and, for the first time, touring. The ground-work can happen in my studio space,” says Lorraine.

No doubt, whatever direction Lorraine chooses, the journey will be a musical one. |

For more info and a list of venues where you can find Lorraine, visit [www.lorrainenygaard.com](http://www.lorrainenygaard.com)



Swan Lake Christmas Hill Nature Sanctuary

# Native Plant Workshops

Learn about gardening with drought-resistant native plants!

Advance registration required.

September 16, 17, 30, & October 1; 12 - 3PM

In person and online!

Proudly supported by the 

# LOUTET FARM AND ITS MULTIPLE HATS

by JOAN BOXALL

I arrive at the Loutet Farm to write a story. I become the volunteer who works in the field and the market. The Loutet team is hard at it, farming in my backyard (FIMBY), and it entails farm duties whether on harvest or market days.

Since 2005, the Edible Garden Project has done the groundwork. They have forged relationships with the University of British Columbia as well as North Shore schools, churches, shelters and childcare centres – networking with the Food Bank, the North Shore Food Hub, and a half dozen community gardens along with like-minded organizations, donors and funders. The groundwork paid off when Loutet Farm broke turf in 2011 as the first Canadian urban farm on public parkland.

Twelve years have passed, and Loutet Farm is now a program of the North Shore Neighbourhood House. Urban farming has mushroomed around the world (although mushrooms aren't yet on the plate). Most salad greens are.

Ready in early summer – scallions, cucumbers, beets, carrots, kohlrabi, salad turnips, garlic, fennel and zucchini combine with floral bouquets (prepared by Helen, a volunteer with a knack for composition) for tasty, fragrant offerings.

One month into summer – garlic, cucumber and tomatoes are on their way. On tap for late summer/early fall are eggplant and winter squash (Red kuri is their chest-nutty variety resembling a small, smooth-skinned pumpkin).

The Loutet Farm's .2 hectare is situated in North Vancouver's lower Lynn Valley. Jack Loutet was a founder from the first half of the 20th century who wore multiple hats as city mayor, reeve, provincial councillor, realtor, postmaster, notary and insurance agent. So too, farm staff (two full-timers), part-time workers and around 100 volunteers now wear many



garden hats. They fulfill a mandate – to grow fresh-picked produce, to share within the community, and to teach adults and children about sustainability and healthy-eating practices.

Statistically...

- 6,350 kg were grown and sold in 2021
- over 2,721 kg were donated to 1,200 vulnerable residents
- 2,000 children and adults were trained and taught about food security

I discover the farm while touring Gerry's Garden, next door to the Loutet Farm, as part of 10 North Shore gardens on show with the Arts in the Garden initiative sponsored by North Vancouver Arts Commission. Gerry, grieving the loss of his son, created the garden in his '80s before passing away last spring.

A plaque dedicated to Gerry sums up what gardening can do:

"He lived to be one hundred and two  
Shall we last as long – me and you?  
...In the paradise patch that he grew."

I tour the farm with one of 11 interns on site. She coins one crunchy vegetable "an alien-baby kohlrabi." I am inspired to do a volunteer orientation with the Education & Program Coordinator, Becka. By the time I return to the garden, I look fondly at the purple aliens, big as grapefruits.

ABOVE | Irma sorts green onions as if to say, 'When life gives you onions, make onionade.'

RIGHT | Joanne, in one of three greenhouses, snips cucumber tendrils to maximize growth.

TOC | Larry and Shari put the final touches on produce for market. Photos: Joan Boxall

Seniors, youth volunteers and workers set up tables and shade – providing tents on a hot summer’s day.

Farmer Claire, as Farm Coordinator, buddies me with Jane who’s been volunteering for a year at the farm. “It’s like meditation,” says Jane of the simple pleasures of working outside on a community project.

Jane likes the seasonal changes from topsoil mulching in the fall to harvesting in the summer. Harvest days happen the day before market days, which are Wednesdays (2-4 p.m. with no vendors) and Saturdays (10-2 p.m. with vendors selling everything from craft to confection).

Today’s harvest covers salad turnips (looking like white golf balls of goodness minus the dimples). The greens are good to eat too, both raw and stir-fried.

“Jane, how come your turnips are bigger than mine?” I say. “They’re just inches apart.”

“I’m picking from the south-facing side,” she says. “It makes all the difference.”



That’s been a surprise for me along with the clean efficiency of agribusiness. Surfaces are soaped and scrubbed. We wash our hands and roll up our sleeves.

Farmer Claire demonstrates how to layer and stack produce in crates – for easier washing, bunching and weighing later. Volunteers work both ends of the row and fill crates. Jane and I grab snippers and half-full vases. We make our way to the perfumed shade of the sweet pea section.

Passersby call out from the adjacent walking/cycling path that loops Loutet with Sutherland Secondary School and its

Shared Garden: “When’s the garlic ready?”

“How are the tomatoes and cucumbers coming along?”

There’s more buzzing than honeybees at this hub. Loutet partners its hives with Alveole, a company connecting bees to people in urban areas.

Back at the tent, more pickers join us with crateloads of beets, a popular seller. We pick off yellow leaves and under-sized pickings for the compost bin, or the volunteers’ take-out at the end of shift.

I meet Rita in the salad-bagging area. She started out weeding at Loutet six years ago and is a seasonal volunteer. She switches up services with the garden club, North Shore Streamkeepers, and the library.

“Put your fingers here,” she shows me. “Spin the bag and knot it. That way the bags are fluffy and the leaves aren’t crushed.”

Rita reminds me that it’s a philosophy at work here as we gather greens.

“Some people come here to remember their childhood gardens,” she says. “For others, it’s a bridge between cultures. There’s a mix of ages. All types can be what they need to be.”

Fellow salad keepers with Rita are Irma and Tina. I help Irma bag and weigh the greens. She’s been bagging for five years with her friend, Tina, who’s had knee surgery. Irma plans to visit afterwards with some veggies.

“Oh yes, very good friends here,” says Irma with her gorgeous smile.

Saturday Market volunteers have been laying out produce and picking sweet peas by the time I arrive. If we run out, Larry restocks.

“We used to work on the farm,” Larry says. “For now, it’s market days.”

His wife, Shari, is my shopping buddy. “The baskets are numbered,” she says. “We basket the produce that the customers point out.”

By the time we fill one basket, another 20 patrons are waiting their turn in line. It’s fast and furious for the first hour.

“Fun, eh?” says Shari.

There’s something intimate and satisfying about handing over locally-grown produce to a community, my community, about to consume it with their families. Hands-on, farm-to-table fare doesn’t come by air, by truck or by train. That’s farm fresh food security.

WorldBank.org says, “Based on the 1996 World Food Summit, food security is defined when all people, at all times, have physical and economic access to sufficient, safe and nutritious food that meets their dietary needs and food preferences for an active and healthy life.”

Upcoming is the Loutet Harvest Festival in mid-September, and Pumpkin Patch, October 14th. This backyard bounty leads us with freshness and grace in the weeks leading up to Thanksgiving. |

*For more information, visit [www.seniorlivingmag.com/articles/loutet-farm-edible-garden-project](http://www.seniorlivingmag.com/articles/loutet-farm-edible-garden-project)*



# GEOOTHERMALLY GROUNDED

by JANE CASSIE

How can we, as homeowners, manage to keep up with our rising energy bills and still keep warm and cozy? With all the push to ‘go green’ these days, doesn’t it make sense to check out the resources that nature provides? These are questions that we grappled with when designing our log home on Big Bar Lake in the Cariboo and, after doing a little research, we were able to come up with a solution.

“Let’s go geothermal,” my husband had suggested, intrigued not only by its cost efficiency but also by this environmental pleaser. He’d read a few pamphlets and deciphered the principles to me in layman’s terms. “The temperature at two metres below ground level is a constant 10 to 15 degrees C year-round,” he explained. “Pipes and a ground source heat pump will transfer the earth’s warmth right into our log home. It’s similar to the way our refrigerator works.” Although science had never been my forte, I could relate to anything in my kitchen.

As well as heating our dreamscape during the Cariboo’s chilly months, I discovered that this energizer would dub as a summer air conditioner by moving the temperature from the cooler ground into our cottage’s interior. I was starting to like this idea of becoming geothermally energized.

But there were still questions that needed answering before we could make our final decision. And who better to ask than a couple of pros? Keith and Marg Tjosvold, the owners of Markey Mechanical, have been in business for over 30 years and over that time they’ve installed hundreds of geothermal units.

“As fuel prices continue to escalate, so does the interest in geothermal,” Keith says when we inquire about this product’s

popularity. “It comes as no surprise,” he continues. “They’re 300-400 per cent more efficient than most conventional systems and less expensive to operate.”

Although our initial outlay for installation would be pricier than a typical furnace, we liked the idea that it would pay off in the long run. Our monthly bill would be much cheaper than going with natural gas, oil or propane, and up to a third less than if we chose straight electric heat. Within seven to 10 years, we’d be able to re-coop this cost and literally cash in on this unlimited natural supply.

We also discovered that our savings wouldn’t be the only perk. While lowering the need to generate power, there’d be no emission of greenhouse gases that pollute our environment. That would sure please our supplier, Mother Earth. And without burning fossil fuels, the cleaner air would make its way indoors. I could already hear my lungs breathe a sigh of relief. There’d be no risks associated with carbon monoxide, no concern about open flames, and no fluctuation of our thermostat. With the continuous geothermal supply our heat would always remain at a constant and comfortable temperature – even when arriving at our cottage on a cold wintry night. Yes, we would all be happy cottagers, indeed!

ABOVE | The end result after “going geothermal.”

RIGHT | (Top) The author’s husband, Brent, digging two-metre trenches.

(Bottom) More than 1,200 metres of pipe is laid in ground. Photos: Jane Cassie

But before we could fire up the system, there was work to do. Keith explained the four basic ways that we could transfer geothermal energy into our 3,000-square foot retreat. We could go vertical, and literally strike it rich by drilling six, 60-metre wells. That would mean bringing in a rig and crew which would end up being costly. The adjacent lake offered a vast reservoir of renewable thermal power. Even though an open loop system could draw on this natural resource, Big Bar's eco-sensitive council would likely frown. Our well could be tapped into, but it was already overloaded, so we quickly ditched this third option. Speaking of ditches, that led to our fourth and final choice – the horizontal system. Fortunately, we were blessed with having an additional acre of unused land, where two-metre-deep trenches could house the 1,220 metres of pipe.

We brought in the local excavator and our field of desert-like grass was soon transformed into a maze of giant, gopher-like gullies. Tubes of high-density polyethylene were laid to rest, after which these graves were backfilled. The closed loop system was filled with an ethanol solution that dubbed as a highly efficient heat conductor. Warmth was then absorbed from the ground and pumped into the geothermal unit located in our house. The unit extracted the heat from the solution, distributed it through our vents, and we soon had one very warm and cozy abode!

We not only save money every month, but by heating from the ground up, we are also contributing to the go green approach. How down to earth is that? |





# THE ELDERLY NOMAD

by JOCELYN GARWOOD

After 12 years in China, at age 69, I was finally faced with “forced retirement.” Then came the decision: should I return home to BC or should I continue discovering the world. Not without some trepidation, I chose the latter.

For many people, this could be a major challenge. It can be a very scary world out there, especially being female, being older, being on one’s own and living on a significantly reduced pension income. However, for me, these concerns evaporated quite quickly.

As a transition from being fully employed to being fully unemployed, I undertook a three-year volunteer stint in Jordan. Not only did that allow me to continue teaching, which I love, it also provided me with free accommodation and meals, and that, in turn, allowed me to feed my travel bug.

I was able to explore all of Jordan – a stunningly beautiful country – with visits to Lebanon, Egypt, Cyprus and Turkey. To this day, my favourite experience is having slept out on the desert sands of Wadi Rum under a brilliant starry sky.

At the end of my three years in Jordan, I was ready to make the transition to being a full-time nomad. I was 72.

I limited myself to one medium-sized backpack, which I used for almost an entire decade. (I finally traded the old

backpack in for a ‘wheelie’ on my 81st birthday.)

My wardrobe is ‘easy care,’ consisting primarily of jeans, t-shirts and sweatshirts.

On the road, I live fairly frugally. I’ve found that studio apartments tend to be cheaper and far more convenient than hotels.

I don’t eat the standard three meals a day. Rather, I snack throughout the day. I don’t eat at restaurants; I typically head to local produce markets and buy what’s in season. I supplement snacks with various types of nuts and with small cans of fish, Portuguese sardines being among my favourite foods.

In any given destination, I walk just about everywhere. That allows me a leisurely exploration of cliffs, coves, caves and hiking trails.

As a single female, I’ve often found it useful to wear a wedding ring. This idea really paid off when I was in Beirut. Some

ABOVE | The author with a new friend in Essaouira, Morocco.

RIGHT | A visit to Giza, Egypt. *Photos: Jocelyn Garwood*

young military guy, dripping in bandoliers, came running over to me belligerently demanding to know, “WHERE is your man?”

My first inclination was to tell him to take a hike, but then, seeing all his ammo up close, I reversed strategies. A little white lie was in order. I looked down at my ring, squeezed a few tears out of my tear ducts, and quietly said, “He’s dead.”

His whole demeanour changed instantly! He took me by the arm and gently led me across the intersection, then insisted on walking me back to my hotel. One of the greatest assets one can have in a nomadic lifestyle is the ability to quickly adapt to unexpected situations.

Like most other choices in life, the nomadic lifestyle comes with both pros and cons.

Some of the pros include:

- The ultimate sense of freedom. I am not chained to ‘things,’ such as property or a vehicle, with all their associated costs.

- The excitement of novelty. This excitement was ignited when I first stepped foot in China many years ago.

- The sheer joy of discovery – castles, cathedrals, palaces, museums, art galleries, mosques, madrasahs and synagogues. The more I learn, the more I want to learn.

- Most of what I find delight in is free, harms no one, and leaves no hangover – sunrises, sunsets, seascapes, landscapes, deserts, forests, gardens and parks. Above all, solitude.

And a few of the cons:

- Takes considerable time and effort beforehand to find affordable and acceptable accommodation. This can be a hit or a miss. For example, in Bulgaria, I inadvertently ended up at a ‘love’ hotel. However, it turned out to be one of the funniest 90-day experiences I’ve ever had.

- Potentially a very lonely lifestyle, as it’s difficult to cultivate friends within the typical 90-day visa-free stay. Nomads have to like their own company and feel comfortable in their own skin.

- Requires patience in dealing with a foreign language. This is especially true when dealing with health issues. I contracted Lyme’s disease in Poland, but I

didn’t get it diagnosed and treated until after I’d arrived in Serbia. That was a bit of a challenge because I speak neither Polish nor Serbian and, contrary to common opinion, English is not always a lingua franca.

- Requires extra vigilance when handling a foreign currency. For example, I became a millionaire in Uzbekistan and had to be extra vigilant with high denomination notes: \$100 USD bought me about 1,150,000 Soms.

- Requires a huge sense of humour when dealing with a foreign culture. For example, in Bulgaria, an up-and-down nod of the head indicates ‘no’ and a side-to-side nod indicates ‘yes.’ Can result in some embarrassment.

- Being a resident of nowhere is almost impossible for residents of somewhere – that’s most people – to understand. This situation can be incredibly frustrating when dealing with bureaucracies.

In the past several years, I’ve managed to explore 24 different countries, and I’ve found that the more I experi-



ence, the more I want to experience.

I expect that with the bulge of baby boomers coming up behind me, there will be a few more ‘elderly nomads’ doing exactly what I’m doing. And, what an inspiration they’ll be to those who follow them. |



## AGELESS ADVENTURES

## Escorted Tours

*Serving B.C. Seniors for 36 years*

### 604-542-5566 or toll free 1-877-277-5577

### ESCORTED TOURS OF CANADA, THE U.S., & BEYOND SMALLER GROUP SIZES & HOME PICK-UP



Yukon's Northern Lights

Palm Springs

Rome, Umbria, & Tuscany

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

#260 -1959 152<sup>nd</sup> Street, Surrey, BC V4A 9E3



agelessadventures.com



# AGE IS *JUST* A NUMBER... OR IS IT?

by JOCELYN GARWOOD

Age is *just* a number' is an interesting concept. Sometimes the just is warranted; sometimes, it's not.

While my age – 82 – has never been a particular problem for me, it has sometimes been a problem for others.

Cases in point:

As I headed into middle age - now many years ago - I met a wall of ageism when trying to find a full-time, permanent job.

At 39, I was referred to by one personnel manager as “that elderly lady.” I never got the job. It was given to a 21-year-old who left the job after less than a year when she became pregnant. For me, age, in this case, was not just a number.

At 48, I returned to university to pursue a master's degree.

The first comments I heard from two different profs, as I trekked from office to office trying to scout out a potential graduate advisor:

1) “Well, it has been over 25 years since you completed your under-graduate degree. Do you really think you could cut the mustard now?”

And 2) “Wouldn't you just be happier at home baking cookies for your grandchildren?”

If ever I needed a muzzle, it was then. My first inclination was to tell these two guys to sod off, but I bit my tongue, kept my eye on the prize and persevered.

When I finally walked across the stage to accept my degree a couple of years later, I felt my major accomplishment hadn't been so much in achieving my degree, but rather in having overcome all the obstacles along the way, most based on my age, which had indeed not been just a number.

At 55, I decided once again to return to university for an ‘unclassified year’ while trying to decide what to do with the rest of my life.

By then, my many years as a single parent bringing up two sons had come to an end. My chicks had flown the nest, and I dreaded falling victim to the empty-nest syndrome.

Originally, from a science background, I decided to tackle something completely unrelated to science and enrolled in a Chinese language course. By the end of that one year, I'd been awarded a China-Canada Scholarship for one year's study in China – all expenses paid.

Over the next dozen years or so in China, I found myself more and more in demand. My primary employment was as a full-time university English teacher. However, there were all kinds of other activities I became involved in: tv commercials, textbook editing, audio recordings, International English Language Testing System (IELTS) testing/teaching, and freelance writing/photography for local publications. Age here really was just a number.

There was one exception and that was due to Zhang Hao. Zhang Hao was a self-styled movie agent who used to prowl

university grounds looking for a ‘new face,’ and my face just happened to be ‘new’ on the afternoon he was prowling around my university.

One evening at about 10:30, almost in a frenzy, he rang me up to tell me that his brother would be picking me up within the hour. Apparently, a director wanted to meet me.

It was nearly midnight before we entered the sound stage, all lined with movie-star wannabies in costume, most of whom were half asleep.

As we headed over to the director's office, Zhang Hao asked me, almost as an after-thought, how old I was. When I told him, he gruffly instructed me to tell the director I was 20 years younger. I burst into gales of laughter. No way could I, then in my mid-60s, pass myself off as someone in her mid-40s.

In we went to the director's office. The director had a careful look at me, asked me a few questions, told me to read a few lines, paused again, looked me over again and then told Zhang Hao that I was definitely worth considering for the part. (At that stage, I still wasn't even sure what the part was.)

Then, as an after-thought, the director asked me, “How old are you?” When I told him, dead silence.

He looked at Zhang Hao; Zhang Hao glowered at me, and all I could do was laugh. Not surprisingly, I didn't get the part.

According to a very angry Zhang Hao, I should have lied about my age. Age in this instance was not just a number. It was the death knell to alleged fame and fortune, and still all I could do was laugh.

As my clock continued to tick towards my 70s, I found myself at an NGO in Jordan. The staff there was delighted to have me, and I was equally delighted to be there. Age here was just a number.

Again, with one exception – perhaps with tongue in cheek – was the boss' remark that I got wind of several months after I'd arrived.

Immediately prior to my arrival, it seems she was worried as to whether, at my age, I'd be able to climb the stairs to the second floor to reach my accommodation.

When I heard this, I simply couldn't stop laughing. The boss herself was about 18 years my junior and never seemed to be without a cigarette hanging from her face. When she wasn't wheezing, she was coughing out huge plumes of blue smoke and struggling to talk let alone walk.

Within mere days of my arrival, she was loudly complaining that I was walking far too fast, and she simply couldn't keep up with me.

Now, I don't think of age as just a number or not just a number. Age, for me, is not pretending to be someone I'm not. Age, for me, is not trying to look half my age; rather, it's trying to look good for the age I am. |



# FOREVER FIT

by EVE LEES



## ADDING OIL TO YOUR COFFEE?

Coffee is probably our most common and popular beverage. And many of us can't seem to live without several variations of this drink.

There's 'Mud' or 'Mushroom' coffee (mostly mushrooms with some coffee beans), 'Bulletproof Coffee' popular among ketogenic dieters, and now Starbucks has introduced their version: Oleato Drink (not yet in Canada at time of this writing). Starbucks adds a spoonful of cold-pressed, extra virgin olive oil to the beverage. They promise a velvety smooth concoction.

We are all wired differently, and coffee's high caffeine, acid, and sulphur content won't be tolerated well by everyone. But coffee does provide beneficial antioxidants for those who can drink it. Olive oil also provides properties that are associated with heart health. However, combining the two doesn't trigger some magical chemical reaction that can boost your health. It simply offers variety to your coffee-time routine.

It's likely olive oil's 'superfood' status is behind the new drink. Ditto for MTC oil added to Bulletproof coffee. But unfortunately, 'superfood' is a highly overrated and overused term, and misleading if you aren't nutrition savvy. Focusing on superfoods may risk filling up only on these touted foods, potentially excluding other healthful food choices.

All foods are 'superfoods' because they all have a different nutritional makeup, each offering many vital contributions to our diet. It's not one food – instead, it's the combination of various foods that ensures good health. But the term 'superfood' confuses and interferes with understanding this fact.

A spoonful of olive oil can add up to 120 calories to your coffee, and if you drink a few (or more) cups a day, it will have an impact over time. This could lead to weight gain if you aren't mindful of your diet. If you are prone to drinking several cups a day, perhaps it's best to reserve the olive oil for your salads or as a butter replacement. Mixing it with coffee won't provide additional benefits beyond what coffee and oil offer individually.

On the plus side, olive oil offers a healthier type of fat (monosaturated) than saturated oil. So, it's a better choice than coffee creamer for those with heart health concerns. And olive-oil infused coffee is probably a better option than other high-calorie beverages on your coffee shop's menu: it doesn't contain added sugars, syrups and other types of fat.

As for the other variations of coffee drinks: Mud or Mushroom coffee also offers antioxidants but is less acidic than regular coffee. However, it still contains caffeine: about half the amount of a regular cup. Made from a variety of mushrooms and a small amount of coffee beans, Mushroom Coffee smells like the real thing and may taste like it if you never liked your coffee too strong.

Bulletproof Coffee, also known as 'Keto Coffee,' is a combination of grass-fed unsalted butter and medium-chain triglyceride (MCT) oil. It's intended to replace breakfast. Advocates say it can boost brain health. However, MTC oil (similar to coconut oil) does have a high saturated fat content. And if you consume this high-calorie drink instead of breakfast, you get a poor substitute for a nutritious meal.

Nutrition is a vast, complicated and continually changing science. It can't be put into a nutshell – or a coffee cup. So be sensible: if you like and can tolerate coffee, drink some but not a lot. If you want to add MTC, coconut, or olive oil to your coffee (or food), have it sometimes, but not a lot. Alternate these oils and all your food choices regularly to get a wider variety of nutrients. Enjoy – in balance and moderation – all the 'superfoods' nature has created! |

**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)



# TALES OF LA RECOLETA CEMETERY

by LINDA BLAIR

A prime location to see some of the most magnificent sculptures and architecture in Buenos Aires Argentina, can be found at the illustrious La Recoleta Cemetery.

Most cemeteries are thought of as sad or dark places to visit. However, Recoleta Cemetery, sometimes known as “The City of the Dead” will most certainly have you thinking differently. The 5.6-hectare cemetery that houses more than 6,000 remarkable and superbly crafted vaults, tombs, and mausoleums, quietly resides on a knoll within a well-heeled area of the city.

Franciscan Monks arrived in 1732 and settled on what they believed to be holy ground. A church, convent and gardens alongside a small cemetery were soon constructed. This sect, however, was ultimately disbanded and the burial ground, including the garden area, then became the city’s first public cemetery, located on the outskirts of Buenos Aires back in 1822. Conversely, in today’s market, this cemetery now occupies some of the most expensive real estate in the city.

More than one million tourists annually stroll for hours among some of the most exquisitely carved statues and grandiose family vaults and crypts here at Recoleta Cemetery. Frequent visitors, artists, art lovers, and locals alike, wander the neatly and evenly laid aged brick labyrinth of streets and lanes. It would not be out of the norm to see someone sitting in a shaded corner with a sketch pad. There is no doubt that any artists’ mind would flourish here among such flawless examples of creative expression.

Lofty marble busts gaze down at you enigmatically, weathered and discoloured figures safeguard elaborate mausoleums, sentinels stand at attention, statues with Mona Lisa smiles stare at you, and perfect angels look on with expressions of serenity. Sadly, there are a few that show their age and neglect in dust and disrepair.

The superior quality and craftsmanship is evident as you admire the outstanding and delicately detailed life-sized sculpted statues. Tombs that look more like elaborate Roman temples will definitely catch your eye as you stroll along, as will the towering mausoleums, intricately crafted and grandiose family vaults and crypts. Many of these burial sculptures are considered to be among the finest collections of Baroque, Neo-Gothic, Art Deco and Art Nouveau found anywhere in the world.

Some of the older and more elaborate tombs are constructed with imported French or Italian material. The high social standing of the departed becomes evident by the imposing size and complexity of the mausoleums and crypts. Photos, flowers, and other small tokens left in front of many of these tombs are like clues that raise the question of who might be buried

ABOVE | One of the many aisles of the famous La Recoleta Cemetery.

RIGHT | Statue of Liliana Crociati de Szaszak and her dog.

TOC | A feuding couple remain forever back to back. *Photos: Linda Blair*

there. Ninety of these tombs are listed as historical monuments, and as such are maintained by the government, while the rest are the responsibility of the families of the deceased.

This cemetery reads like a registry of some of Argentina's most notable residents. People from around the world come here to pay their respect to world-renowned persons buried within these stone walls. Twenty-six presidents, military commanders, heroes, Nobel Prize winners, famous poets, writers, musicians, actors, and some of the wealthiest entrepreneurs are buried here alongside Argentina's most controversial, yet idolized First Lady, Evita (Eva) Peron.

Unquestionably, the most popular tomb with the highest number of visitors is that of Eva Peron, who died in 1952. Her vault will not be found under her name (Peron) but rather her maiden or family name, Duarte. It was not until 20 years after her death that her body was finally interred in the Duarte family mausoleum. There, she lies in a heavily fortified crypt five metres below the ground to ensure her remains are protected and not disturbed.

Of course, every cemetery has a story to tell and this one has several that range from bizarre to tragic, about some of its most elite residents, as well as some not so famous ones. One of the more peculiar stories told belongs to that of a very wealthy businessman who was upset with his wife because he felt she spent money frivolously. She began to accumulate debt all around town so, he publicly announced he would not be responsible for her debts. This caused her a great deal of public humiliation. An argument ensued which continued until the time of their deaths. Outliving her husband, the woman insisted that rather than have her statue erected side-by-side with his, she demanded they face in opposite directions. They now sit back-to-back on opposing sides, just as they were in life.

A more bizarre tale is that of David Alleno, a man who worked hard for 30 years as a grave digger in this cemetery. With great prestige attached to being buried in this cemetery, he diligently saved his money to buy his own plot, then hired an architect and commissioned a vault and statue of himself. The story goes that very soon after the project was complete, he went home and committed suicide. It is said that you can still hear the jangling of his keys at night as his ghost patrols the paths and lanes of the cemetery.

One of the more poignant stories told is of Liliana Crociati de Szaszak. She died along with her husband in a skiing accident as a result of an avalanche, while on her honeymoon in Austria. Her parents were so overcome with grief from their loss, they recreated Liliana's bedroom inside her tomb. At the entrance stands a statue of her in her wedding dress, impeccably detailed right down to the embroidered lace on the dress and wedding rings on her finger. Her beloved and faithful dog sits at her feet, who as the story goes, died on the same day as Liliana.



Dr. Toribio de Ayerza, a physician who trained in Madrid and Paris, arrived in Argentina in 1845 and was instrumental in treating children with diphtheria. He later went on to become a co-founder of the Red Cross in 1880. His bust sits atop his monument. A winged and half-robed, curly haired nymph leans against a staff entwined with flowers just below him, head bowed as if observing the mother sitting with her children at the base. Etched on the mother's face you can see an expression of immense love as she watches her baby nuzzle closely while breastfeeding. The placement of the hand of the suckling baby on the mothers' breast, and the relaxed position-



**MILE ZERO TOURS**  
Victoria, BC

*Your next great adventure awaits*

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



**\$6699** per person  
(based on double)

**QUEBEC WINTER HOLIDAY**  
7 Days: December 2-8



**\$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

ing of the infants' body are so realistic, you might think you are looking through a window and seeing this in real time. The mother's free arm is wrapped around her impish-looking elder child, as he leans rather complacently into her side. Her fingers are intertwined with his as he looks on. You can feel the mother's love for her children as you admire this tomb.

There are many powerful and thought-provoking expressions such as these portrayed in the sculpted figurines, and white marble statues of winged angels and cherubs found here at La Recoleta. It's almost impossible not to be deeply touched by the sentiments invoked, while walking amongst some of the world's finest, most elaborate and artfully crafted tombs, crypts and monuments.

People visit this cemetery for several different reasons. Families come to visit loved ones who have passed on, while others come simply for a peaceful respite from the bustling streets of Buenos Aires. Whatever your reason, you will leave with an unexpected reverence for and appreciation of the fabulous pieces of artwork you would normally expect to see only in a museum or gallery.

The best way to see La Recoleta would be to hire a local guide to accompany you through the cemetery. Your guide will steer you toward many of the most impressive and/or important tombs. You will hear the history and stories of some of the most memorable and intriguing residents of this cemetery.

You are free to wander as you please among the grand structures. There are free maps available at the entrance, but it would be wise to arrive early as they sometimes run out. Without a map, it would be difficult to navigate the avenues and lanes on your own, if you are looking for specific tombs of the more celebrated residents. |

*For IF YOU GO information, visit [www.seniorlivingmag.com/articles/la-recoleta-cemetery-argentina](http://www.seniorlivingmag.com/articles/la-recoleta-cemetery-argentina)*

Linda A. Blair is a freelance travel writer and photographer.



## JAMES & KEAGAN

"It was our sense of humour that brought us together, almost instantly, 20 years ago," says James, reflecting on meeting Keagan in a gay bar in Vancouver in 2003. "We were otherwise complete opposites."

"But the fun banter between us ignited an immediate connection. We exchanged phone numbers and have been together ever since."

"It's respectful. And loving," adds Keagan when he sums up their 20 years together.

"We get each other," they agree. "And we take good care of each other."

James, a master teacher, and Keagan, highly accomplished in his art form, have been taking turns with the at-home chores and their professional work from the get-go. When James was still teaching full-time, Keagan took on all the housework, cooking, shopping and cleaning for 10 years.

Now that he's retired, James says he has "three more years" to even the odds of having taken on the house management, so Keagan can devote equal time to his studio work.

Life wasn't always fun or easy for either of them, though. "We both had similarly horrific upbringings, and that led us to a deep understand-

ing of each other," says James.

On top of that, prior to their 2003 meeting, each had just spent 10 years putting their respective lives back together after the tragic losses of their previous long-term partners: one to AIDS and the other to a serious accident.

The couple, who combine travel with their love of exploring ancient historical sites and living in warm winter climates, are usually away from the city for five months of the year.

"We are a great combo when we travel," says James. "I organize everything to make the trip happen: transportation, accommodation, and all the necessary trip details. Keagan then fills in the blanks with his photographic memory and far-reaching knowledge about our destinations. I have general history and he knows the detail."

"We've seen every Mayan site in the Yucatan, for example," explains James.

Both are also serious foodies and love to cook. "We take turns, or we cook together," they say.

But above everything, it's been good for them to find each other.

"We are rock solid," says James, as he signs off to enjoy breakfast with Keagan. |

# 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

**WANTED!** Scandinavian Teak & Rosewood furnishings from the 50s and 60s. Email danishartifacts@gmail.com Call 250-380-7022.

**CHERISH YOUR MEMORIES FOREVER.** Affordable family sessions capture togetherness, creating timeless moments. Book with J. Abram Photography today! (250)884-0673. j.abramphotography@icloud.com www.jabramphotography.com

Discover **Valley Liquidation**, your premier liquidation company specializing in the acquisition of entire estates, collections, as well as overflowing basements, attics, and storage lockers. When you require a swift and efficient solution to clear out your possessions, look no further - just give us a call! Transform your items into cash with **Valley Liquidation**.  
**Call Bryce 778-678-5386**

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

**Professional Vehicle Buyer**  
Need help getting rid of your vehicle?  
**Call Colby**  
Turn your Vehicle into Cash!  
Estates, Trustees, Loss of Driver's License, Health Reasons, Down Sizing  
Hassle Free  
Quick and Easy Transactions  
Same Day Payment  
**We Come to You**  
**(250)216-7104**  
colby@callcolby.ca

**Overwhelmed with End of Life Planning?**  
Call Karla  
*Holistic Funeral Director and Companion*  
Document your wishes, Empower your loved ones, Find peace of mind.  
**778-350-7369**  
connect@karlakerr.ca www.karlakerr.ca

**MARKETPLACE ADVERTISING:**  
**An affordable way to reach new customers every month.**  
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

**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

**Club Events are Resuming!**  
**Vancouver - Oct 12 Victoria - Sept 20**

Details will be sent out through our monthly newsletter. Be sure to register as a member of our club to get monthly updates and an invitation to join us at our events.

**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



*Living*  
on purpose

by LAURIE MUELLER

# A “KIND” REVOLUTION

I’ve been thinking about the folks in health care. Since the pandemic, we seem to have slammed into a lack of staffing in so many areas and the last thing I want to do is blame the emergency room nurse, the bus driver, the patient service receptionist who is doing their job as best they can in whatever circumstance is around them. Services are understaffed through no fault of their own.

These folks are needed more than ever. Even when we are in pain, scared or exhausted, we can be especially supportive and appreciative. Our behaviour or responses to those helping us can go a long way to helping us recover quicker. Our frustration is just another component in burning out overworked staff.

We can be a light in another’s life, if only in a short interaction. We all shake our heads when we see others feeling entitled and yet, sometimes we may also come across in that same way. When we say or act in a way that we notice is not the way that we want to act, we can simply say, “Cross that out, I didn’t mean to say that.” Then carry on with a more reasonable statement or even an apology.

This started me thinking. Let’s start a revolution! A revolution to be kind.

Here are some tips to remind you of how you can make a small (or big) difference in another person’s day. And by doing that, find it comes back to you!

In teaching customer service workshops, my friend, Brenda, would often have participants wanting to tell her about the bad customer service experiences they had, but Brenda would stop them. “I don’t want to hear about the bad

stuff, let’s concentrate on the good examples.”

I consider this a parable for life. It can be the battle cry for our Kind Revolution.

**STEP 1:** Find something that you genuinely appreciate and start your conversation with that.

“I noticed your colourful blouse, those are my favourite colours. You look great in them!”

“This pain is really bothering me, just having you to listen to my story has helped me feel better.”

When said genuinely, it usually puts others in a more positive mood.

**STEP 2:** Find some way to show others they are special.

I learned from my friend Pat that going out of your way to say something nice to someone can make a difference to both of you. She bought little cards with positive sayings on them and handed them out.

We would be walking out of a store, and Pat would dart off to a salesclerk in another aisle and hand them a little card with a positive message on it. She always got a smile, a thank you and often a conversation.

**STEP 3:** If you are having difficulty arriving at an agreement or resolving an issue with someone, remind them, “We are both on the same side.”

An online inspiration of mine, who I have mentioned before in this column, Samantha Bennett of The Organized Artist Company, brought this technique up recently. Having a positive patient service experience is a goal of yours and the people who are looking after you. Ask, “How can we work this out so both of us win?”

I think committing to a Kind Revolution is just what our world needs right now! |

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

**CINECENTA LOVES SENIORS!**  
Great Movies at Affordable Prices  
Seniors 65 & older: \$7.00    Matinees: \$6.00  
**CINECENTA VICTORIA'S COZY CINEMA**  
Student Union Building, University of Victoria • 721-8365 • [www.cinecenta.com](http://www.cinecenta.com)

**The Miracle Club**  
Back by popular demand! See Cinecenta website for September show times.

You can create  
loving change

Loving animals is  
who you are.  
With a gift in your  
will, it's forever.

Contact us today to learn more  
about leaving a compassionate  
gift that creates a brighter future  
for vulnerable animals.



Clayton Norbury  
foreverguardians@sPCA.bc.ca  
1.855.622.7722

foreverguardian.ca

## NEW WRITERS

INSPIRED Magazine is inviting those with solid writing skills and a passion for people to consider becoming a contributing freelance writer for the publication.

We are seeking writers who are willing to interview and write about accomplished people over the age of 55 who are living life to the fullest.

We often have a list of potential candidates waiting to be interviewed. From artists to hobbyists, to celebrities and people around us who are making significant contributions to their communities - we want to celebrate their achievements in INSPIRED Magazine.

A moderate remuneration is paid for each contribution.

If you think you have the skills to write an interesting and inspiring article, email us with a short description of yourself and why writing for INSPIRED would appeal to you.

Contact Barbara Risto  
publisher@seniorlivingmag.com

## DO YOU OWN YOUR HOME?

### ASK ME ABOUT A LIFESTYLE MORTGAGE.



*After saving for 40 years, we thought we had enough for a comfortable retirement. We were surprised to learn that we only had enough to last us 4 years.*

*We had few options and feared we would end up living a lifestyle we did not want. That was when we discovered we could access some of the equity in our home, which had significantly increased in value since we moved in. And best of all, we can stay here as long as we want. - G & R*

**There is no cost to you for my services when arranging a Lifestyle mortgage. If you have any questions or want to learn more, please call Rich Ulvild.**



Phone: 604-803-1456

Email: rich@mylendingexperts.ca

Website: mylendingexperts.ca

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

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



*Island kid Ephraim*

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



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



*Champions for the health  
of every Island family since 1926.*