

# INSPIRED

55+ lifestyle magazine

JAN / FEB 2024

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Rain or Shine

Practical Ideas for  
a Home Gym

SENIOR  
HOUSING  
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DAVID MALYSHEFF  
VIDEOGRAPHER

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## 55+ lifestyle magazine

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Canada



### Cover David Malysheff

David has devoted much of his life to viewing the world through the lens of a camera.

Photo: Stephen Noble, Deluxe Photography

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Celebrating  
20 Years of  
Publishing



# THRIVE BEYOND 55

by BARBARA RISTO



The title of an article in this issue set my mind spinning. “Sailing Solo” is about a single woman embarking on a cruise through Scandinavia.

Whether by planned choice or unexpected circumstances, many of us find ourselves sailing solo. I’m talking about life in general.

Sailing solo can raise uncomfortable feelings like loneliness, vulnerability and fear. You can be in a relationship and still feel like you’re going it alone.

To those who resonate with the experience of sailing solo, I want to take a moment to validate your courage.

While sailing solo may feel like you’re out on a precipice without a safety net, there’s some exceedingly beneficial traits that come into play.

Resilience — you didn’t get to be 55+ by being a pushover. It took grit, tenacity, persistence and determination to make it this far. Time and time again, life handed you something you didn’t want — and you made your way through it, and out the other side. Huge applause.

Adaptability — when things didn’t go as expected, you corrected course. If there was no way through something, you found a way around it. Give yourself a pat on the back for ingenuity.

Compassion — for yourself and others. Where would we be if making

mistakes couldn’t be part of the experience? The key is to not beat yourself up, and not hold grudges against others for their failings. Abusive behaviour should never be accepted from anyone, and least of all towards ourselves. Learning to let go is a fundamental key to moving forward, releasing stress and acquiring peace.

For many people, 2023 brought crises to our doorstep. Whatever the reasons for these difficulties — and they can be myriad — what stands at the end of the day is how you survived it — and how you nurtured yourself through it.

It may have felt like survival mode at times — but in the end, it was an evolutionary step toward thriving. Congratulations for making it through the challenges.

As we enter 2024, we’re wiser, better equipped and more aware of who we are and what we need. Take some time to plot a course for the year. Determine what actions you can take to resolve any lingering problems. If you can’t change a circumstance, is there a way you can change how you feel about it?

Dig deep to find what brings you joy and do more of that. Infuse every day with something that gives you a sense of wellbeing. Criticize yourself less, love yourself more.

When life deals us a situation for which we don’t have manual instructions, we often rebel.

Why is this happening to me, we ask. What did I do to deserve this? Both are legitimate responses, but invariably lead to few concrete answers.

What if the answer is simply that this is how we create something new for ourselves? How many new inventions, new works of art, started with a mistake, an unplanned error?

What if marrying chaos with what is familiar is the way to creation - and by resisting, we fail to grasp the sceptre of life?

How many times do we look at the routine of our lives and yearn for something more exciting?

We are always pushing our boundaries, exploring our limitations, in anticipation of what’s fresh and new.

Whether it’s a new year, a fresh relationship, a different place to live, or a change in lifestyle — greet it with open arms.

Cherish the memories of the past, and be willing to make fresh ones from the possibilities that lay ahead. |

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QBKPN IS-01 Magazine Full Page  
Version 2.0: 11 Sep 2023

## What is QBKPN?

QBKPN is a new medication in a class known as Site-Specific Immunomodulators (SSI).

SSIs are designed to train and/or improve innate immune function to reduce the risk of infections, improve immune response to cancer, and slow the progression of chronic inflammatory diseases.

## What does the study involve?

If you are eligible and want to participate, you will be:

- Randomly assigned to receive QBKPN or placebo given through a small needle under the skin three times a week for 16 weeks
- We will measure your immune function using blood tests over the course of the study, monitor you for infections, and ask you about your quality of life, over a period of a year.

## Who is conducting the study?

**Principal Investigator:** Dr. Theodore Steiner

Dr. Steiner is a Professor of Medicine at the University of British Columbia. He is also an Infectious Diseases Specialist at Vancouver General Hospital, a Research Scientist at BC Children's Hospital Research Institute, and the Chief Medical Officer for Infectious Diseases at Qu Biologics.



# Snapshot

with David Malysheff

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

"My advice to myself would be to concentrate a little bit more on the business of the business and not rely on other producers to hire me."

Who or what influenced you the most and why?

"I suppose it was my mother that inspired me to get out of fixing cars and pursue something I've always liked as a kid – photography. There's a cinematographer that I admire named Vic Sarin. I think he's one of Canada's little gems. I think a lot can be learned from him." (Editor's note: Vic Sarin was profiled in the February 2018 edition of Inspired magazine).

What are you most grateful for?

"I'm grateful that I've been able to make a living in a career I like. I've got a beautiful partner and a comfortable house and a 46-foot sailboat, so I'm grateful for those things."

What does success mean to you?

"For some people you need a house overlooking the Royal Victoria Yacht Club to be successful but that's not my goal. I'm successful in that I've been able to do a job I love. I can't imagine going to a job every day that you hate."

# DAVID MALYSHEFF: Picture Perfect

by JOHN THOMSON

Victoria cinematographer David Malysheff takes pictures for a living. He's the man behind the camera on productions such as *Amazing Race Canada* and *Canada's Next Top Model*, the news magazine *The Fifth Estate*, numerous corporate and industrial videos and an Irish Rovers special in 2017.

In 2021 he won a Leo, BC's highest film and TV accolade, for his cinematography on a *Nature of Things* episode called "Listening to Orcas."

"I've met a lot of famous people," says David, recalling *The Immortal Beaver*, a one-hour television show involving pilot and actor Harrison Ford. Hired to photograph the restoration of a vintage Canadian bush plane, a DeHavilland Beaver, languishing in the United States, David loaded his car with video gear and crossed the border at Blaine, Washington anticipating some pointed questions.

"What's your business in the States?" the border agent charged.

"Well sir," David replied, "I've been invited by Harrison Ford to do an interview with him."

"*The Blade Runner*? Right on, have a great time and go on through."

David did indeed go right on through and days later found himself in California photographing Harrison and his restored Beaver.

"Harrison was super humble and just so approachable and so nice. He looks at us and says 'You gotta remember I was a carpenter.' And it's true, he was."

*The Immortal Beaver* is just one of many commissions in David's 37-year career. As the owner operator of Gamut Productions, a full-facility Victoria production house, David has seen it all and now, at an age when most of us retire, he's about to begin a new chapter in his varied and interesting career. It's been quite a ride.

"I haven't had a real job for years," he laughs.

Born in North Vancouver, David moved to Victoria with his family in his teens.

"When I got out of high school, I started undercoating cars and ambulances," he says. "My mother took me out for lunch. I was covered in black tar and she said, 'You don't want to do this for the rest of your life.'"

A career in cinematography seemed a long way off but his mother persevered.

"She kind of pushed me into it," he says. "As a kid I always took photographs. I liked photography a lot."

So he enrolled in a communications program at Camosun College and worked at two Victoria radio stations to pay his way through school.

After graduation, he worked in the sound department at CHEK-TV and when a job came up in the commercial production department as a cameraman, David made the jump to camera work. After six years at CHEK-TV, he left the company to strike out on his own.

"I had to challenge myself and be better than a furniture or car commercial. There comes a point in your life when you want to tell more meaningful stories and I was able to do that by having good gear. I've always prided myself on owning the best gear in Victoria."

## INSPIRED PODCAST

Long-time broadcasters Michael Forbes and Lisa Marshall, known as "Forbes and Marshall," combine their love of broadcasting and helping older adults with their real estate needs in a new podcast, in collaboration with INSPIRED Magazine.

Check out this month's interview with Dave Malysheff at [www.seniorlivingmag.com/podcast](http://www.seniorlivingmag.com/podcast)







Photo: Stephen Noble, Deluxe Photography

David founded Gamut Productions in 1992 with his first Sony Betacam, a state-of-the-art professional camcorder, a big deal back in the day. Today he owns two high-definition Canons and three drones.

"I love when things work, but I'm a bit of a MacGyver," he admits. "I go to great lengths to prepare my gear and maintain it."

If he doesn't have it, he'll get it, hiring people and resources on a per

occasion basis as he needs them.

"My main sources of revenue are shooting television shows and a bit of corporate work here and there. Documentary is what I really enjoy the most because I end up learning about something I knew nothing about before. I've seen things that many other people have never got to see."

Places like Senegal, Mexico, Britain, Japan, Germany, Spain, and the Philippines come to mind. One of the most

memorable trips was accompanying a young Canadian dance troupe to the USSR, albeit under the supervision of a "minder."

"KGB," he explains. "The project was called Youth Ambassadors for Peace and it was pre-perestroika."

Or living aboard the Canadian submarine HMCS Victoria for 18 days.

"The mission was to sink a hulk off Hawaii. It was pretty high action. When we finally got back to Honolulu, I bought every person on that submarine a beer. I'm not a submariner, I'm a sailor. I've been sailing for years but I definitely like the top of the water rather than underneath it."

Then there's the time he participated in "The Garden of Alice", a 90-minute musical adaptation of *Alice in Wonderland*. It was 2020 and the pandemic had killed live theatre. Pacific Opera Victoria didn't want to shut down; it wanted to reach its audience at home with streaming video so it hired David to take care of production. It was a mammoth undertaking involving five interlocked cameras shooting against a green screen in Victoria's Baumann Theatre.

"The first stage was getting the singers and the musicians in and they recorded the entire opera," says David. "Then the performers came in and they sang out loud but they were singing to playback."

He edited the production himself.

"I'm a content editor. I like to create the story and I like someone else to do the polish. I had put in 700 hours on the rough cut and then I brought in an editor for an additional 200 hours to lay in the images and replace the green screen with some really great imagery."

It was this which helped both David and Pacific Opera weather the pandemic.

Much of his work has been with First Nations. He's particularly proud of the documentary *Kuper Island; Return to the Healing Circle*, which he photographed 27 years ago. The film focuses on community reaction to physical and sexual abuse at a BC residential school on Kuper (now called Penelakut) Island.

"If there was that one moment that

sent me down a path where I wanted to work with First Nations people, it would have been that documentary,” he says. “It made me question how is it that as Canadians we didn’t know about this? How could this have happened? It made me want to do more research about the horrors that happened to our indigenous people.”

He says the production gave the community a voice.

“It gave the community strength to begin the process of confronting the abusers. Consequently, I’ve done a lot more [productions] with First Nations people.”

“Kuper Island started a relationship that has lasted for decades. Other indigenous themed productions he has photographed include *Tillicum Lelum*; *A Saving Grace* about a Nanaimo aboriginal friendship centre offering education, counseling, and sports activities for children.

Another is *Ocean Warriors*. When the tour boat *Leviathan II* overturned in rough seas near Tofino in 2015, the nearest vessel, an aboriginal fishing boat, came to its rescue. It spurred the Canadian Coast Guard to instigate a program called Coastal Nations Coast Guard Auxiliary in which coastal aboriginal communities get formal training in search and rescue. That series will air on APTN and CHEK.

“Generally, on the ocean there’s an indigenous fisherman somewhere and that spawned the idea,” says David. “If there’s an emergency on the water, skin colour doesn’t matter.”

*Winds of Change, Truth, Art and Reconciliation* is David’s latest in-

digenous story. The 37-minute documentary profiles the life of indigenous artist Daniel Elliott and his reaction to colonialism and reconciliation.

“I felt very marginalized and muted,” says Daniel. “I couldn’t express what I was thinking about and around reconciliation so I said, ‘Hey, I’m an artist and I can create something that tells a story and shows a pathway out of this in some way.’”

The result is a deeply personal account about using art to arrive at a new understanding. It’s the third project they’ve worked on together since 2017 and the impetus for forming Raven Sky Productions, a new venture in which David’s friend Daniel is the majority partner. David continues the story.

“Daniel and I looked at one another and Dan said, ‘You know what, I’m indigenous’ and I said ‘Yep,’ and he said, ‘I bring years of cultural wisdom to the table’ and I said, ‘Yep and I’ve been in TV forever.’ So we formed this symbiotic relationship. We didn’t go into this blindly. We are both bringing our strengths and elements together to form a company with the intent to produce quality indigenous programming.”

“I have creative control over what we’re going to do and where we’re going to go,” adds Daniel. “I have an enormous level of respect for Dave and I see him as a real, true ally, someone who can champion reconciliation alongside me.”

Raven Sky Productions represents David’s latest attempt to expand his gun-for-hire business with more personal projects. It’s a familiar tale among creatives. Artists are often

wrapped up in the creation of their “babies” but not so much with the mechanics of financing and distribution. Pitching an idea, retaining control, and stick-handling it through to completion in today’s film and TV market is a lonely, soul-crushing enterprise.

“On the broadcasts I’ve done, somebody else has done the homework and managed all of that. I get in and out easily,” says David. “To my detriment, I probably didn’t learn the business of the business as I should have and I’ve relied on people that know the business to generate the funding.”

Undaunted, he forges ahead putting his time and money on the line. *A 20th Century Survivor*, the story of a Holocaust survivor who wrote an oratorio in the mid-1970’s but never saw it performed, is one such project. David’s been working on it for the past eight years as a labour of love, raising money and shooting footage to bring the oratorio to life.

“It’s getting pretty close to being finished. For me it really has become a passion project.”

Passion projects, commissions, managing a new venture - it all contributes to a busy lifestyle.

An avid sailor – he bought his first boat at 21 - David takes to the water in his vintage 46-foot Nautor Swan sailboat to relax. It’s a beautiful boat designed to go fast. Really fast. He used to race when he was younger but he hasn’t had the Swan on any spectacular runs lately. There’s no time.

Gardening is another activity that keeps him centered. Living in a heritage house with his partner, David tends the backyard garden. It’s “Japanese style,” as he puts it.

His life sounds idyllic but don’t expect him to sail into the sunset anytime soon.

“I’m not done yet. As a kid we grew up on Freedom 55 commercials. I joke with my friends that I’m currently on the Freedom 83 plan.

“I have to ask myself; even financially could I retire now; would I retire now? The answer to that is no. There’s still stories I want to tell.” |

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250-937-0989; 180 Jensen Ave E

www.berwickparkville.com

**Capacity:** 188 units;

**Price:** call for rates

**Amenities/Services:** ocean views; pickle ball courts; fitness centre; top floor lounge; craft room; poker room; theatre; wellness program; games room; transportation; pub; coffee lounge; chef prepared meals; 24-hr emerg response.

## QUALICUM BEACH

### Berwick Qualicum Beach ■●

250-738-6200; 120 First Ave. W;

berwickretirement.com

**Capacity:** 94 units

**Price:** call for rates

**Amenities/Services:** downtown Qualicum; ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; rooftop lounge; transport; pub; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

### Nova Pacific Care - Hawthorne Place ■

250-752-4217; 750 Memorial Ave; www.novapacific.ca

**Capacity:** 33 suites;

**Price:** \$3500+

**Amenities/Services:** boutique independent retirement living with spacious 1 & 2-bedroom suites; full kitchen; evening meals; weekly housekeeping & activities; 24/7 monitoring; in quaint Qualicum Beach near shops, services, medical, dental, etc.

## housing directory legend

Three housing categories are used to define residences:

### Independent/Supportive Living (I) ■

Includes a combination of housing and hospitality services for retired adults who are capable of directing their own care.

### Assisted Living (A) ●

Offers housing, hospitality services and personal assistance to adults who can live independently but require regular help with daily activities. By law, all Assisted Living residences must be registered with the Assisted Living Registrar of BC.

### Residential Care (C) ►

Sometimes called Complex Care, these units also provide care and supervision for retired adults who are no longer capable of directing their own day-to-day activities. Complex Care settings typically provide a combination of housing and hospitality services, as well as extensive support services.

The **Housing Directory** on INSPIRED Magazine's website also has senior housing options:

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

## SIDNEY

### Legion Manor ■●

250-652-3261; 7601 East Saanich Rd.;

www.legionmanorvictoria.ca

**Capacity:** (I)78 suites; (A)68 suites

**Price:** \$3125+

**Amenities/Services:** affordable housing suites at \$1000; fitness classes and activities; entertainment; outings; situated on 5 acres in the beautiful Saanich Peninsula & close to all amenities.

## SOUTH SURREY/WHITE ROCK

### Suncrest Retirement Community ■●►

604-542-6200; 2567 King George Blvd.;

www.belvederebc.com/suncrest-community

**Capacity:**(IL/AL) 78 Suites, (LTC) 126 Units – Funded: 81 units, (PP) 45 units

**Price:** (IL/AL)\$3950+ (LTC/PP)\$250/day

**Amenities/Services:** 24 hr staff; tea, coffee, snacks; recreation/leisure activities; lounges; outdoor spaces; resident/family centered living; access to physicians. (IL/AL) 2 meals + continental breakfast; weekly housekeeping & laundry. (LTC) 3 meals.

## VANCOUVER

### Sunrise Senior Living Lonsdale Square ►

604-259-6375; 2141 Eastern Ave, North Vancouver

www.sunriseseniorliving.ca

**Capacity:** TBD

**Price:** Call for rates

**Amenities/Services:** Opening spring 2024; wide array of services & amenities in a beautifully appointed community; Set on the North Shore, our premier location places you at the intersection of art, culture, serenity & vitality, exciting cuisine & world-class entertainment.

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7601 East Saanich Road, Saanichton

### Southview Terrace ■

604-438-3367; 3131 58 Ave E;  
www.southviewterracesa.ca

**Capacity:** 57 units

**Price:** Call for rates

**Amenities/Services:** Southview Terrace offers 1 & 2 bedroom apts. Rent incl lunch & dinner; utilities; cable; phone; housekeeping; flat laundry; 24hr emergency response; activities; & more; located beside Champlain mall.

## VICTORIA

### Abbeyfield House St Peters ■

www.abbeyfieldstpeters.org; info@abbeyfieldstpeters.org  
1133 Reynolds Road

**Capacity:** 12 units

**Price:** subsidized

**Amenities/Services:** Family-style independent non-profit seniors' residence. Your own private studio suite, patio, and garden plot. Bright spacious common areas, fresh nutritious meals. Walk to shops, medical, churches and bus service. Subsidy if you qualify.

### Berwick House ■●▶

250-853-5492; 4062 Shelbourne St.  
www.berwickretirement.com

**Price:** call for rates

**Capacity:** (I) 99 units; (A) 35 units; (C) 37 units; private

**Amenities/Services:** housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; bistro; coffee lounge; chef prepared meals; 24hr emergency response.

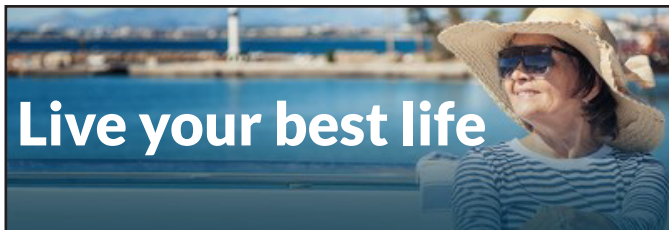
### Berwick Royal Oak ■●▶

250-386-4680; 4680 Elk Lake Dr.  
www.berwickretirement.com

**Price:** call for rates

**Capacity:** (I) 201 units; (A) 25 units; (C) 27 units

**Amenities/Services:** housekeeping; linens; wellness program; transport; fitness centre; library; theatre; games room; gardens; coffee lounge; bistro; pub; chef prepared meals; 24hr emergency response.



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### Nova Pacific Care - The Camelot ■

250-384-3336; 455 Kingston St.;  
www.novapacific.ca

**Capacity:** 34 units

**Price:** \$3600+

**Amenities/Services:** boutique Independent retirement living; spacious 1, 1+ den & 2 bdrm suites; full kitchen; evening meals; weekly housekeeping & activities; 24/7 monitoring; in James Bay close to banks, salons, medical, dental, shops, arts & entertainment.

### Cherish at Central Park ■

250-478-4431; 100-917 Avriil Road;  
www.cherishvictoria.ca

**Capacity:** 130 units

**Price:** \$3650+

**Amenities/Services:** home made whole foods; warm & friendly place to call home.; all amenities like workshop, putting green, greenhouse, theatre, bistro, gym, salon, etc.; family owned and operated. Please call Cherish - a human is waiting to talk to you.

### The Cridge Village Seniors' Centre ■●

250-384-8058; 1307 Hillside Ave; www.cridge.org

**Capacity:** 38 units (I); 38 units (AL)

**Price:** \$2725+

**Amenities/Services:** beautiful heritage building; walking paths; excellent food; modern addition; grand lounge; extensive recreation programming; common areas; visiting pets; subsidized (AL).

### Parkwood Place ■

250-598-1565; 3051 Shelbourne St.  
www.parkwoodplaceseniors.ca

**Capacity:** 101 units

**Price:** \$2495+

**Amenities/Services:** spacious studios; 1 & 2 bdrm suites; 3 chef-prepared meals daily; fitness studio; 24hr emergency response system; full recreational package; near Hillside Mall, doctor's offices, pharmacies; pet friendly; walk score 87.

### Sunrise Senior Living of Victoria ■●▶

250-383-1366; 920 Humboldt St;  
www.sunrisevictoria.com

**Capacity:** 93 units; private

**Price:** Call for rates

**Amenities/Services:** Age in Place community; assisted living; long term care, memory & palliative care; secure environment; 24/7 nurse & care; emerg call system; nutritious meals; walking club; activities; lovely gardens & patios; bistro; library; hair salon; pet friendly.

### The Victorian ■

250-477-1912; 1773 Feltham Rd;  
www.atriaretirement.ca

**Capacity:** 94 units

**Price:** \$2800+

**Amenities/Services:** 3 chef prepared meals/day; housekeeping; shuttle bus; all day cafe; life line; 24/7 on duty personnel; calendar of activities; exercise classes; games room; library; residents' computer; quiet Gordon Head neighbourhood; pets welcome.

### The Victorian at McKenzie ■

250-381-9496; 4000 Douglas St;  
www.victorianatmckenzie.ca

**Capacity:** 117 units

**Price:** \$3200+

**Amenities/Services:** 3 chef prepared meals/day; housekeeping; shuttle bus; all day cafe; life line; 24/7 on duty personnel; calendar of activities; exercise classes; games room; library; residents' computer; pets welcome.

### Wellesley of Victoria ■●

250-383-9099

Community Relations Manager Jeff Nahnybida 250-514-5114  
2800 Blanshard St;

www.retirementconcepts.com

**Capacity:** 204 units (I & AL)

**Price:** \$2900+

**Amenities/Services:** salon; store; bistro; housekeeping; room for private functions; library; recreation; shopping shuttle; rooftop gardens; patio; theatre; AC; secure parking; pets allowed.

- Independent/Supportive Living (I)
- Assisted Living (A)
- ▶ Residential Care (C)



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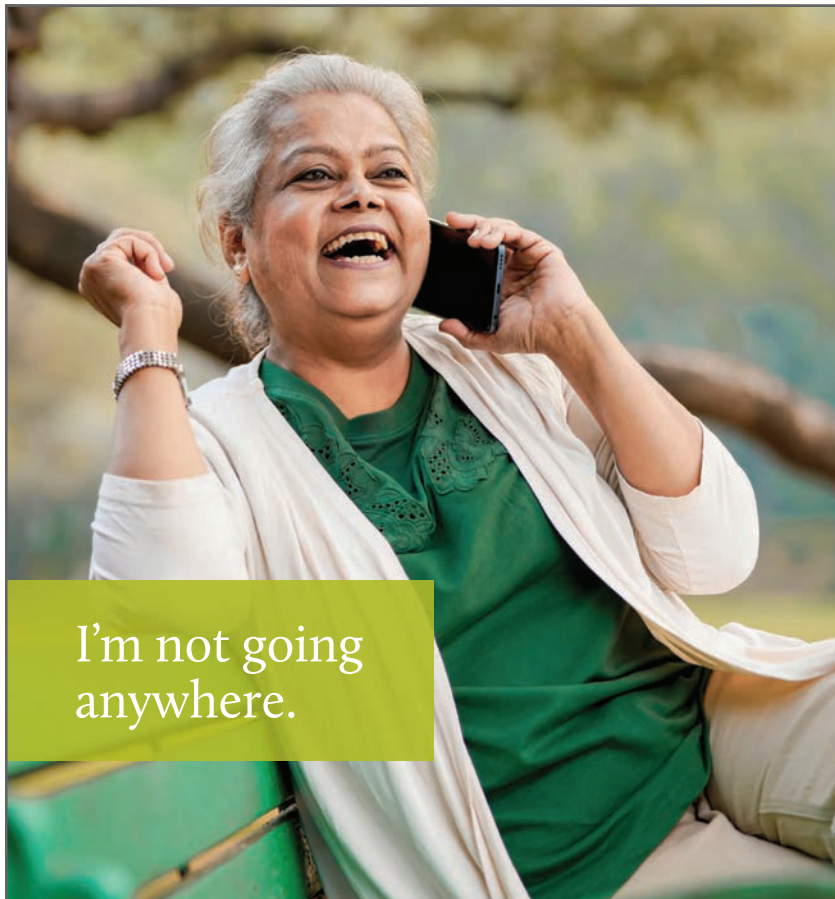
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**1-866-522-2122**



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# AMAZING ALASKA

## Rain or Shine

by JANE CASSIE

“Be prepared for liquid sunshine,” an experienced traveling friend says, while I prepare to pack for our Carnival cruise. “And don’t forget to layer up. Alaska can get pretty chilly.”

At the last minute, I stuff in a few more essentials; three woolly sweaters, a rain slicker and of course, an umbrella. I want to experience it all; mighty glaciers, misty fjords, and majestic snow-capped peaks. A few raindrops aren’t going to get in the way. Being a Vancouverite, I’m used to a little sprinkle.

Bizarrely enough, during our departure, the city has never looked so beautiful. Afternoon rays ricochet off high rises that frame Vancouver’s skyline,

dapple over the lush green acreage of Stanley Park, and light up the coastal mountains to create a stunning backdrop.

Unfortunately though, precipitation is the word for the week and we know inclement weather is no stranger to the 49th state. Much of the Inside Passage is rimmed by the Tongass Rainforest, a 16.8 million acre greenbelt. The 800-km waterway and lush maze of channels is often blanketed by low-lying cloud. So far so good. We have sunny skies and clear sailing!

Our northbound route hosts a cornucopia of natural wonders along the way. While plying the Inside Passage we spot soaring eagles, leaping por-

poises and whales that spout from the deep. Bordering the sliver-thin waterway are hills choked with evergreens and saw-tooth summits that tower above like looming sentinels.

Their craggy faces are blemished with glacial remains and laced with waterfalls that spill like streamers onto driftwood shores. It’s untamed wilderness in the finest form and we’re awed by its magnificence.

Although the vistas and wildlife sightings are certainly added bonuses on this spectacular excursion, there’s definitely no shortage of top-notch amenities onboard *The Spirit*. From the moment we step over this floating resort’s glitzy threshold, the Carnival fun begins.

Our daily guide outlines everything from gaming and grazing to entertainment and activities and believe me, there’s no way anyone can do it all. But we try.

We check out team events like the match game and Trivia, play ping pong, and shuffleboard, and plunge into swimming pools that dot the sun-splashed decks. There are lectures about wildlife, whales and glaciers, and a line up of professional performers that captivate us every evening.

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While the casino lovers hover around slots and blackjack tables, spa denizens are lured to the heavenly rooms that promise exotic treatments at sea. And splayed over two levels is a state-of-the-art fitness centre where we attempt to burn off those extra calories – for me, an unattainable task.

As we all know, grazing is a big part of cruising. And Carnival goes all out to make sure we are more than satisfied!

Our personal waiters provide silver service at the elegant Empire Room, an exquisite establishment that's mirrored after the Napoleonic 19th-century era. Beneath a ceiling domed with murals and chandeliers we savor culinary classics that would impress the House of James Beard.

Bonsai Sushi, Nouveau and the Chef's Table are three of our favourite fee-dining options. And when we want to go casual, we head to Fat Jimmy's C-Side BBQ, Guy's Burger Joint or La Playa Grille where buffet style spreads include everything from pastas and pizza to grilled specialties and ethnic creations.

During the week we enjoy 'up close' encounters with four different ports, each boasting a mind boggling line-up of onshore opportunities.

We roam Ketchikan's rugged back-country while on a canoe and jeep safari, check out the impressive Mendenhall Glacier during our day-stint in Juneau, retrace Gold Rush history on Skagway's scenic White Pass Railway and relive some of Sitka's Russian heritage while strolling its winding streets and totem-studded trails.

Each coastal community offers a unique flavor and personality. And beneath bluebird skies, all are stunningly gorgeous.

On our final day we're scheduled to cruise through Prince William Sound, another glacially-carved corridor that's riddled with lush beauty and wildlife.

Beneath cloudless skies, we look forward to sightings along the way; seal pups sun basking on translucent blue ice flows, black bear lumbering along timbered shorelines and whale flukes breaking through glint-tipped

waves. But as the days and views roll by, we discover these visual highlights may not all be on our agenda.

"The weather pattern seems to have taken a turn today," our naturalist, Michelle, reports as we ply close to the cloud-enshrouded hillsides. "But we're approaching Harvard Glacier and the mist may dissipate enough to give us a view." In spite of the drizzle, passengers flock to the port side of the ship and prepare for that photo moment.

We, on the other hand, remain riveted where we are – at our table in the

Empire Dining Room. Soon, framed by our gilded floor-to-ceiling port-hole, we have a breathtaking scene. Beyond the aquamarine sea, dotted by cerulean ice floes, is a mammoth river that has been frozen in time. The glacier bisects towering peaks that are pocketed with snow drifts, and gouges out a wide white pathway from skyline to shore.

Once again, we're mesmerized by the magnificence and captivated by the beauty. It is Alaska – and pretty amazing, rain or shine! |



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- We offer both subsidized Assisted Living suites through Island Health, and private pay Independent Living suites.

***"Why didn't I make this move sooner?"***

**For more information, or to book a tour, call 250.384.8058.**

**We look forward to meeting you!**



# The Beauty of Small Movements

by MONICA YUZAK

It was in a mall on a rainy Vancouver afternoon that I was inadvertently caught. A pro was selling Gold Crown pool tables and pocketing balls in rapid succession.

“Whoa!” He slammed the white ball into a red one which sped into a corner pocket, and the white ball returned right back at it him!

“What the...?” I stammered, “How’d you do that?”

Broad smile, gold front tooth, “Take a lesson.” he replied. How hard could it be with a straight stick and a smooth table with six holes? Then and there, I decided to invest a bit of time and money to learn the game.

Sometimes I wonder if I had taken a different route or visited another shopping center on that particular day, I might have become a Nobel Peace Prize winner or discovered a solution to world hunger. Instead, I have dedicated two decades and countless hours to practice, am still a novice at 68 years old. I am still at the table.

Around the same time, I was also caught by a local glass artist, Yves Trudeau, whom I fell in love with. He had a 10-year jump on me with the game. A born teacher, a lover of technique, perfection, and finesse, he found in me a willing student.

We worked together to master the fun-

damentals and extensively studied books and videos to comprehend the physics of the game. We recorded videos of each other to identify the slightest misalignments. Yves created a mobile full-length mirror to help us view our movements from different perspectives.

I place my cue near the white ball (cue ball) and visually line up the shot. My hand is placed 6 inches behind an imaginary line on the cue, and my right foot moves beneath my hand. My left foot moves 1.5 feet forward at a 45° angle. Hips bend straight back, right knee straight, left knee slightly bent, weight 80% on the left forefoot.

Now my right arm is the pendulum, the right hand cradles the cue as if it were a baby bird. Every finger, except the fifth, feels the cue’s weight equally. The left-hand bridge is firm on the table and lets the cue slip smoothly, in perfect rhythm.

The speed varies depending on the shot, but the rhythm stays the same. 123, set, pause, and accelerate through the cue ball; the tip lands on the table. Nothing moves but my right arm and my heart.

From the start, I was attracted to the beauty of small movements.

I recognized the complex body-mind pathways involved and noticed how any tiny change, intended or not, changed

everything. The endless learning curve appealed to me—conscious concentration and repetition to achieve unconscious mastery.

I immersed myself in the pleasures of precision. A smooth stroke, the thrill of a cue ball dancing with precisely executed English, the elegance of a perfectly hit eight ball rolling into the centre of a pocket. An intense emotional roller coaster.

I endeavour to focus on what I want to achieve, simultaneously concentrate on several body parts, breathe calmly, and quiet my mind.

When any piece of this circuitry goes awry, the shot is missed—immediate feedback. I loved that. So unlike my work as a family doctor where, if there is feedback, it may come months or years later.

“Doctor, that advice you gave me ten years ago saved my life,” or “I tried your treatment, and it made me sick, so I stopped it last year.”

Yves and I teamed up with two seasoned players in my second year and entered a league.

These men were skipping school in primary to hang around pool halls, those dens of iniquity. Learning tricks, stealing smokes, and catching the odd nugget tossed their way by the pros, they were stung by the pool bug early, then developed their game as their lives unfolded.

When I was in primary, women were not allowed in pool halls. The ostensible explanation was that we ‘delicates’ must be shielded from the smoking, drinking, cussing, gambling, spitting, and who knows what else... that went on there. I remember my father leaving me and my sisters sweltering in the car, in the Saskatchewan summer, with a six-pack of Cokes while he went in ‘to shoot a few.’

Being the neophyte and losing almost every game I played for 15 years has given me much to chew on. I have quit the game and threatened to leave my relationship because of it numerous times.

A long cry, some fierce self-compassion, and a good shake...(think ‘duck shaking off rain droplets’) and I’d re-emerge, jaws clenched. Ready to resume practice.

Men playing pool don’t say, “There,





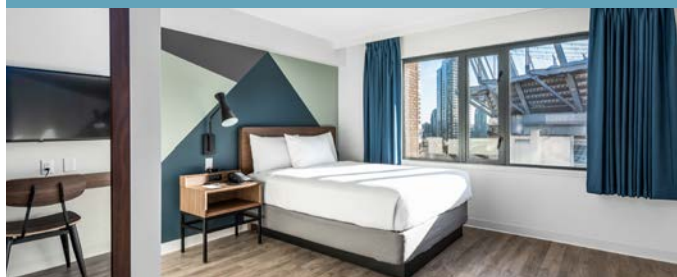
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there, dear, you did your best.” They are generally nonverbal with expressionless faces, leaving me alone with my internal dialogue.

Facing self-criticism, feelings of inadequacy and disappointment head-on, I grew more determination, distress tolerance, resilience, and grit.

I am now the queen of the relaxation response and feel qualified to write the ultimate ‘self-soothing manual.’

Pool players represent a cross-section of male society; women are anomalies. There is a pie-shaped wedge in that section that I would be unlikely, at my age, to rub shoulders with. Young men.

A middle-aged woman does not usually have the opportunity to spend extended amounts of time with young men, and since I had no brothers, I have found this fascinating. After a time, when they would get used to me, they’d sidle up, tell me the most amazing things and ask the most surprising questions.

“Monica, how to catch a doctor like you, younger of course, who like to play pool,” asks Danijel, recently from Serbia.

A selfie at 3 a.m., face all bashed up – “Dr. Monica, should I go to hospital? I have no insurance.”

Or Lucky, who asks if he can put a considerable amount of money in my bank account for a short while.

Frankie, released from earth and his addictions in the summer of 2020, would walk across the pool hall to bow

at the waist and kiss my hand when I sunk an eight ball.

One memorable Christmas invitation in Surrey, after 13 hours of play and innumerable beers, I saw Frankie break and put five balls down. I have never seen this before or since. His foot slipped as he stretched to pocket the eight, and his face planted on the table. This was deemed a foul, and he lost the game.

Observe the skinny guy with his butt crack exposed and a Blue Jays baseball cap on backward. Unable to walk a straight line, he tells his mates to “Fuck off,” breaks the balls in an explosion, then clears the entire table without thought or aim. It gives me pause and lots to ponder.

My pool journey has taken me to Phoenix for a two-day private lesson with Jerry Brysak, a man who is now over 80 and began pool standing on a milk crate to reach the table. He dedicated his entire life to the game. He was the prototype of ‘Cool Hand Luke.’

The best advice I got was to “relax, wiggle around, get comfy, and forget what you’ve been told about body position.” Yves’ eyebrow shot up.

I have played on a cruise ship where the table was on a gyro, so the balls stayed put. I remember a memorable New Year’s Eve playing in a bathing suit on a beach in Belize, and reggae beats pounding the warm air.

On motorcycle trips, Yves and I often



LEFT | Monica in action

ABOVE | Best Female in the League Award

Photos: Yves Trudeau

found ourselves in small-town bars in BC and Washington State. We met the locals – the good, bad, and the ugly.

“Play ya for a beer,” the posturing dude tosses my way.

“Rack ‘em up,” I flip back.

I’m careful, methodical, thoughtful, and unshakable. I hook him on the eight, and he angrily picks it up and throws it down a pocket. Cursing, he buys me a beer, and he ramps up his attitude when I refuse a rematch. I signal Yves to meet me at the door. We’ve been run out of a bar on more than one occasion, and once I (yes, gentle reader “I”) was close to fisticuffs with a girl who refused to remove her butt from the edge of my table.

I now have a better sense of my fundamentals. I am relaxed and comfortable at the table, win the occasional game, and enjoy myself. “I got this” is what I say to Yves after a win.

My friends ask me how I was able to hang in. I tell them it’s because I’m a Capricorn. But closer to the truth is that my relationship may not have survived Yves’ late nights and weekends at the glass studio without pool. He worked, I practised shots, and we were together. Both happy and challenged.

Our retirement plan is to find a senior’s home with a pool table where we can kick ass and clean up. (wink) |





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# Sailing Solo

by MARILYN JONES

I recently embarked on my fourth solo cruise with Viking River, Ocean and Expedition Cruises.

When my flight arrives in Stockholm for the Viking Homelands Ocean Cruise, I go through passport control, and in baggage claim, the Viking Cruises representative is there to welcome me with a bright red shirt and a warm smile. When everyone on her list has gathered, she leads us to another red-shirted employee who guides us to the coach which will take us to *Viking Jupiter*, the gateway to two weeks of sightseeing and exploration.

Viking's ocean fleet features a modern Scandinavian design with elegant touches, intimate spaces, and attention to detail. Every stateroom has a veranda. The smaller ship design also allows direct access into most ports, so guests can quickly embark and disembark—allowing for more time in port.

Viking ships also feature several restaurants offering various fine dining options, the most al fresco dining at sea, an infinity pool, a Nordic-inspired spa, and the two-deck Explorers' Lounge with panoramic views.

## STOCKHOLM

I had arranged to meet my cousin Jenny, her partner Billy, and their baby Sam in Gamla Stan - The Old Town - the city's oldest settlement dating back to the Middle Ages.

A helpful Viking customer service employee, Tan, helps me get a taxi and a friendly taxi driver drops me close to the restaurant.

After catching up at lunch, we take a walking tour. We pass centuries-old buildings along narrow, winding cobblestone streets, most from the 16th and 17th centuries including, the Royal Palace, the Stockholm Cathedral, the Medieval Museum, the Nobel Prize Museum, and the Royal Armory.

It is an excellent way to catch up with my Swedish relatives before sailing to other ports.

My first stop after Stockholm is Åland Islands. The 6,700 islands make up an autonomous territory under Finnish sovereignty. Located between Sweden and Finland, the capital is Mariehamn.

From the seaport, I follow a pathway lined with lingonberry trees that leads to

the center of the city's commercial area. Beautiful streets lined with shops, restaurants, flowers, and smiling faces await. I peruse several gift shops, purchasing souvenirs and gifts.

Near the ship is the Åland Maritime Museum. It is the most important museum on the islands and a monument to the history of Åland as holder of the world's largest fleet of wooden sailing ships. A central exhibit is a four-masted ship *Pommern*, built in Glasgow in 1903, and anchored behind the museum.

Gdańsk, Poland, is known for the amber found along the Baltic Sea and the beautiful historic center, illustrating what was when the city was part of the Hanseatic League, the mercantile powerhouse of the Baltic.

After a fascinating tour of the historic city center, I purchase a few amber treasures, including an angel, a small jewelry box, and a necklace.

## GERMANY

At our stop in Warnemünde, Germany, I tour the charming seaside resort and Rostock.



Our guide tells us that Rostock served as a Hanseatic trading city. In 1356 the first Hanseatic Convention was held. It was the central power of the Hanseatic League, where the delegated councilors of the Hanseatic towns discussed problems at hand and tried to bring about joint decisions.

We walk past the 13th-century Town Hall and Gothic St. Mary's Church and learn about its astronomical clock, built in 1472 by Hans Düringer.

We continue past University Square, the terra-cotta Hauptgebäude, the university's main building, and watch as the Fountain of Happiness comes to life, spraying water over the figures.

After our formal tour, we explore the pedestrian district of Kröpeliner Strasse, which runs east from the Neuer Markt to the 14th-century Kröpeliner Tor, a former town gate.

I set out with another passenger I met on the Rostock tour to Warnemünde, a peaceful seaside resort town. We stop at nearly every shop lining the Old Channel. From the promenade, you can admire a view of the Baltic sea.



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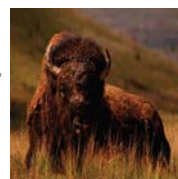
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## IN COPENHAGEN,

I board a coach to see some of the attractions of this lovely city, including “The Little Mermaid” sculpture, one of the city’s most iconic tourist attractions inspired by Hans Christian Andersen’s famous fairy tale, and then to Amalienborg and the changing of the guards. The guards march from their barracks through the streets of Copenhagen and end up at Amalienborg for the ceremony.

Our tour continues at The Royal Danish Opera House. The main stage of the opera seats an audience of 1,400. It totals 41,000 square meters. It is spectacular.

Our tour finalizes as the local guide explains what we see from the coach - essential landmarks, buildings, and statues.

PREVIOUS PAGE | The included tour takes guests to the historic centre of Gdańsk, Poland.

ABOVE LEFT | In Bergen, Norway, the famous row of small, vibrantly painted buildings overlooking the picturesque Vågen Harbor are a UNESCO World Heritage Site.

ABOVE | Åland Maritime Museum and the four-masted ship *Pommern*.

## DENMARK, NORWAY, AND BACK TO SWEDEN

In Ålborg, Denmark, I spend the day learning about the Vikings.

Fyrkat, a reconstructed farm is our first stop. At this living museum, we witness firsthand local traditions, chores, and cultural practices dating back to the Viking era.

We head next for Fyrkat Fortress, the hometown of Viking king Harald Bluetooth dating to 980 A.D. It is known as one of the oldest ring fortresses in Denmark.

Our final stop is Lindholm Høje, a museum with artifacts uncovered after centuries of being hidden by shifting sand and dirt. We walk to an ancient Viking and Bronze Age burial site featuring more than 700 gravesites and 150 stone ships.

In Oslo, from the coach, we see essential landmarks before we travel to the world-famous ski jump set atop the most prominent hill in the city. This impressive structure dates back to 1892.

We tour Vigeland Park, named after the sculptor whose work adorns this expansive green space. More than 200 stone and bronze sculptures depict the human life cycle.

Gothenburg, Sweden, is special to me as I walk the same street where my great-grandmother walked from the train station to the dock 150 years ago where a ship was waiting to take her to England and then to America.

Stavanger, Norway, has a beautiful and delightful Old Town with cobblestone streets lined with historic wooden homes dating to the 17th and 18th centuries. The houses are considered the best-kept wooden houses in Northern Europe.

Walking along the narrow streets, our group learns that most privately owned houses, tiny in size, served the community in the preceding centuries.

After the tour, I walk along the streets, admiring their simplistic beauty and small flower gardens, and then shop in an open-air market.

We sail into picturesque Flam, Norway, at the innermost



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banks of the Aurlandsfjord. This little village is the starting point for the Flam Railway, hiking, biking, boating, kayaking, and coach tours to discover the beauty of the river surrounded by fjords, waterfalls, high mountains, and deep valleys.

On the coach, we make our way up a steep incline to Stegastein viewpoint, more than 2,000 feet above the Aurlandsfjord.

We also stop at the beautiful 13th-century Vangen Church, located in Aurlandsvangen.

Our final port is Bergen, Norway, and the famous parallel row of small, vibrantly painted buildings overlooking the picturesque Vågen Harbor. The area is a UNESCO World Heritage Site.

It is a wonderful two weeks aboard *Viking Jupiter* with its excellent employees, fine amenities, and a fantastic itinerary. Traveling solo doesn't distract from my adventure at all. I have had a wonderful time.

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# When I was 17...

by LORRAINE BARNER

When I was 17, I took the city bus to college. I felt so clean...so polished...so groomed.

As I began my day, steps were light and my smile was bright. My hair was glossy and styled to the T.

Skin was glowing—flawless! Blouse and skirt pressed, angora sweater shrugged fashionably around my shoulders. I was armed to save the world.

My goals were modest...when I was 17. I wanted to right the wrongs and reverse the evils.

I would start by taking Social Work. On the first day of my class the words, “Who Am I?” were scrawled on the blackboard. This is the question I was to answer.

I am still asking that question 60 years later.

I know who I WAS...it's easy in retrospect to see where you made your mistakes, where you truly triumphed...and what you would, if possible, do differently.

How would things have turned out if I had chosen B over A? I will never know and have given up speculating. What has happened cannot be reversed.

Now, I am facing the prospect of turning 77. The college I attended for two years is now a university. My plans to become a Social Worker with an impressive degree became a diploma — first of all in the school of life and later in Early Childhood Education.

Married at 18...four children for whom I would lose a limb...and four grandchildren...ditto.

I am on my own for the very first time in my life. If I count the dog, well then not really.

However, when the man who has been in your life for 60 of your 77 years dies, leaving you in a state of shock, all the clichés are there; a train without rails...a ship without sails...or plain and simple...a hole in the middle of your heart.

The path is fresh, to be trodden alongside whoever joins me along my way from here forward. Who knows? Not I!

Although today, I dragged myself out of bed — feeling slightly rumpled even after a shower...makeup over the lines and liver spots...thinning hair washed...dressed in my colourful second hand threads — I did accomplish something!

Today I chose to be strong, to get up, get out...and as my old aunty of 96 instructs me... “Look good doing it.”

After a morning of fun at a garage sale and walking on the beach, both activities involving adult children or my dog, I marched on.

I strongly advise physical labour, such as ripping out a dying honeysuckle bush, or making a tea cozy, and then sitting down and writing about it. That's the best part.

Who knows what my life will be like at 77? No matter what, I will do my best to “Get up, get out— and (maybe!) look good doing it!”

I want that 17-year-old girl in me to be proud of me— well, at least content in the end. |



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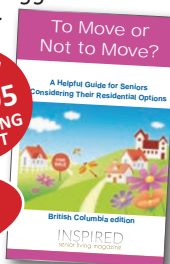
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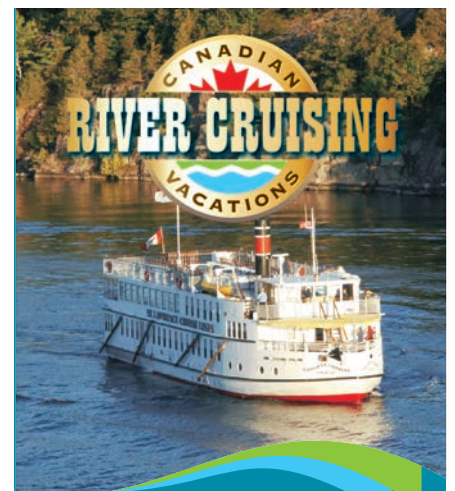
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## Practical Ideas for a Home Gym

Exercising in the privacy of your own home has many advantages, including an increased chance you'll stick with your exercise program because of the convenience.

You can design a gym for \$500 or less unless you plan to train for a bodybuilding or strength competition (or want an elaborate sound system!).

Your designated exercise room or area should be at least 10' x 10'. This will offer enough room for limited equipment while still providing space for stretching or wide range-of-motion exercises (swinging arms or side-to-side movements).

Essential items in a home gym are resistance bands and hand weights (or dumbbells). These are practical items for either a small or large space. Both are inexpensive, space-saving, and can accommodate a variety of exercises for all your muscles.

If your space is small, avoid buying big, bulky equipment helpful in working only a few body parts. You'll waste money and valuable space when cheaper space-saving devices like dumbbells and

resistance bands can offer a full-body workout. Instead, consider items like fold-up benches, folding wall-mounted weight-stack systems, or even collapsible treadmills and exercise bikes for more complex equipment. If you decide on a single, heavy-duty machine, be sure it's a multi-station or multi-purpose one, able to exercise all the major muscle groups (chest, back, and legs).

Cardiovascular or aerobic exercises can be accommodated with simple, inexpensive, and space-saving items such as a stepping bench or a skipping rope. And, if you'd rather not buy any "aerobics" equipment like a bike or treadmill, do non-stop movements like knee raises, jumping jacks or stepping jacks (stepping side to side without jumping).

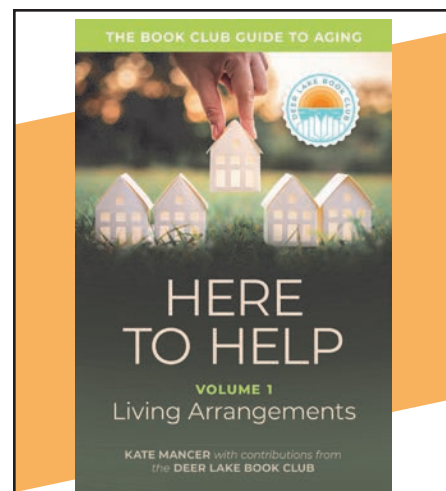
Treadmills and stationary exercise bikes for cardio exercise can be costly and often require lots of space. But of the two options, a treadmill is a sensible investment for runners who regularly train and compete. However, if you aren't a regular runner, a stationary exercise bike requires less room and is less expensive than a

treadmill. Exercise bikes also offer various uses: Sit on the floor (or on a low chair) behind the bike to ride 'recumbently,' which puts more stress on your hamstrings than sitting upright on the seat. You can also increase the pedal tension and push on the pedals to increase leg strength – like using a leg press machine. Or you can position the bike to pedal with your hands, giving your upper body a workout when recuperating from a leg injury. NOTE: Learn proper technique if attempting these 'improvised' ideas!

If you aren't knowledgeable about exercise physiology or exercise equipment, it's wise to consult with a Certified Fitness Instructor to help plan your gym and design a workout. A fitness specialist can recommend the equipment you'll need to reach your goals and ensure you use it safely and for maximum results. A physical checkup or a doctor's consent may also be advised for some.

Plan to spend 30 minutes to an hour, at least three times a week, in your home gym for the best fitness results. With consistent training, you may see results in as little as two to four weeks. |

**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)



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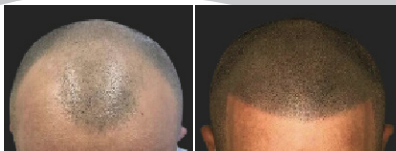


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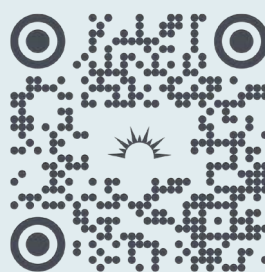
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# LIVING ON PURPOSE

by LAURIE MUELLER

## Pep Talk

I think it's time I gave myself a pep talk. You can listen in if you want.

So, Laurie, it is the New Year and you've just had a birthday. You are now 72 years old. It's not the time for New Year's resolutions or even for long term planning. Just because you have a 92-year-old friend who still dances the Charleston at African fundraisers and she is still going strong, doesn't mean you will be in 20 years unless you do something about it. She also walks every day!

Take your friend Dave, for instance: Dave's physio said to him at his first meeting, I can't fix you. Think of yourself as a used car. No matter how much work I'll do on you, you will

never be a new car. But with proper care and maintenance you can keep on running smoothly. Even with a complete rebuild, (new hips, new knees) you will never be a new car!

So, Laurie, there is no more time to put things off. Waiting for tomorrow isn't an option anymore. Get those things done you want to get done. It doesn't really matter how you do it, you can take it on in marathon style, or do something toward your goals every day for 15 minutes. Just stop saying "tomorrow."

And that isn't just for writing your book or tidying up the mess of papers that should be filed, it means looking after your health too.

How many steps are you getting

a day? I know you reset your goal coming out of the lockdown because you had been pretty much sedentary. But have you thought of increasing the steps a little more each week until you get up to that healthy number again? You can exercise inside or outside -- why not try a balance of both?


Sure, you are old (ok, pardon me, older), but do you really think you can eat all that junk food and still be healthy? Stop with the "well, I deserve it" attitude.

Put some balance in your life. One of the ways to keep healthy and alert is to put more variety into your days. Have activities that are solitary as well as ones with other people. In other words, don't spend all day sitting in your easy chair reading a book. Get some fresh air, chat with your friends, join something active, go for a walk with Dorothy and take nature photos. Take the stairs!

I know you know that New Year's resolutions don't work for you (or most people). But how about legacy planning? Yes, I did just make that up, but I know you have some goals that you want to complete in this lifetime and, well, there is no time like the present.

What's that you say? You have completed your goals? I don't believe you. |



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**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.



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