

INSPIRED

55+ lifestyle magazine

JULY / AUGUST 2024

**MAGICAL PUPPETEER
TIM GOSLEY**

**ADVENTUROUS
WOMEN**

**THE MANY FACES
OF BERLIN**

**BC SENIOR
HOUSING
DIRECTORY**

**INSPIRATION
BY THE SEA**

JIM WEST
MUSIC PRODUCER

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KILLARNEY

INSPIRED

55+ lifestyle magazine



Cover | Jim West

From music distributor to music producer, Jim West has established a name for himself in the jazz world.

Photo courtesy Justin Time Records

resources

55+ PODCAST

Retired broadcasters Michael Forbes & Lisa Marshall bring you a fun, fresh take on INSPIRED people featured in the magazine. Check it out at www.seniorlivingmag.com/podcast

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INSPIRED MAGAZINE

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SENIOR HOUSING DIRECTORY OF BC

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



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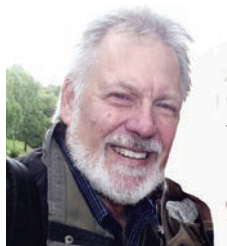
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CORRECTION: Our sincere apologies for the incorrect spelling of John Thomson's last name in the May/June issue. We got it right most places but not in the title above the article. Aaugh!

THRIVE BEYOND 55

Perennially Yours

Some months ago, I wrote about the new cottage garden I am creating in my front yard. In it, I plant only perennials.

I like these plants for their non-fussiness. Year after year they hunker down for the cold months, and then emerge with fresh shoots, eager to spread their beauty and fragrance. Every year the plants seem to grow stronger.

Some plants eventually die out, and some succumb to an erratic cold pattern, but most just keep plugging along.

It reminds me of people. Especially those who are low maintenance and keep showing up in spite of foul and unpredictable life circumstances.

Perennials, in general, aren't known as hearty bloomers. They usually have brief blooming seasons, which means colour pops up and disappears quickly.

Annuals really flaunt their colours and tend to have longer blooming seasons, but at the end of the summer, they are spent and gone.

But perennials quietly make their brief statement and then move on with their life.

Perennials show up best when they are planted in groupings. They are perfectly fine on their own and have a lovely essence as a solitary plant, but gardeners usually plant them in groups of 3 or 5 or 7. It looks better when there's an odd number, for

by BARBARA RISTO



some reason, and strangely, no plant feels left out for the lack of pairing.

I feel like a perennial.

I'm not the life of the party, or keen on taking centre stage with bright plumage. I like being understated, part of a larger collaboration where everyone takes their turn to shine but no one hogs the limelight. Even being the single person among couples is okay with me.

I like that there's a dormancy period - a time when one can withdraw to recharge and regather one's energy for another run at life.

I find perennials to be superb in their uniqueness. It takes time to warm up to them, but once you know their rhythm and their strengths, you discover a very steady and reliable plant.

It's just how I like my friends. No one needs to make a grand show of it. Just be yourself, and the beauty that is unique to you will shine through.

Perennials — constant, consistent, reliable and persistent. It's the garden that suits me to the T. Everlasting in its essence, understated in character, and rarely faltering.

May we all cultivate the perennial essence that exists within; the roots that sink deep into the soil of life and the fleeting bloom that leaves a lasting and positive imprint on the world. |



REVIVING ROSY: A Radiant Makeover Story

by BARBARA RISTO

In March, INSPIRED Magazine held its annual 55+ Lifestyle Show where we did a makeover of three amazing women. We call it turning “drab to fab” and while their transformation on the outside was certainly fabulous, they all came with full-blown vibrant personalities. Nothing needed to change there!

We want you to meet the first of our three makeover ladies.

Meet Rosemary Gahlinger-Beaune, whose infectious personality was just waiting to shine through a new look.

We’ll let Hana Akai of Akai Hair Salon tell you what she did with Rosy’s hair.

“Rosy stepped into my salon with her hair grown out to shoulder length, devoid of color, but brimming with potential. My first instinct was to illuminate her locks while embracing her natural graying pattern, aiming for a low-maintenance color that exudes vibrancy. Enter “babylights” – delicate high-lights seamlessly interwoven to complement her gray strands. I opted for a gentle, golden hue with iridescent undertones, adding dimension and radiance to her hair.”

“Next came the transformative haircut. Rosy’s existing length was weighing her down, particularly with the disparity in density between the front and back of her hair (which I’m sure many can relate to). I decided to elevate her style with a playful and sassy cut, lifting the length in the back while infusing it with texture for added vitality. This textured graduation not only flattered her profile but also balanced out the density of her hair, creating a harmonious silhouette.”

The result? A refreshed and rejuvenated Rosy, beaming with newfound confidence and showcasing her vibrant personality in every strand. This makeover not only brightened her exterior but also revealed more of the luminous spirit within. In the end, it’s not just about the hair – it’s about embracing transformation and celebrating the essence of who you are. And Rosy, with her radiant aura and renewed style, is the epitome of beauty, inside and out.

Our makeover stylist, Gina Lavertu, gave Rosemary a facial using Nezza’s natural organic skin care products. She tweezed and trimmed the eyebrows to define the shape and applied a lovely “Rose at Dawn” OPI nail polish.

For makeup, Gina started with elf Halo Glow liquid filter in medium, to even out skin tone and give it some radiance. To define and hold Rosemary’s beautiful thick eyebrows in place, Gina used elf’s tinted wow eyebrow gel in natural brown. She used matte mauve neutral eye shadow over the upper lid, adding Annabelle eyeliner in a chrome charcoal colour, finished off with elf volumizing black mascara.

For the cheeks, elf’s putty blush in Bora Bora (bubble gum pink shade) melted into the skin to give a natural glow. For the lips, Annabelle lip liner in buff was used and finished off with elf’s plumping lip gloss in sparking rose.

All the makeup used on the makeover models was supplied by INSPIRED Magazine, and each model took the products home with them.

Each model was also outfitted by Blue Sky Clothing Company. Our great thanks to Chris, manager of the Victoria store, and to Marilyn Cobban, owner of the company, for their great assistance and generosity. |



Photo: Regina Akhankina, Couture Photography



JIM WEST: Successful Jazzpreneur

by KERILIE MCDOWALL

With his record label's office located in the cozy Montreal community of L'Île des Soeurs in Quebec, Jim West's roots have always been solidly Canadian.

The accomplished 69-year-old record producer, and founder of Justin Time Records (1983), was appointed to the Order of Canada in 2022 for his outstanding contribution to the Canadian music industry.

Jim West's career has been stellar, from owning a humble record warehouse, to recording the likes of elite blues and gospel artists including Oscar Peterson, Oliver Jones, Diana Krall, Raneé Lee, Christine Jensen and Sheila Jordan, among many others.

The company used to have large warehouses for storing volumes of physical products, but less so now with the changes in the music industry's digital formats. Yet Jim continues to record with the biggest names in the jazz and blues world.

"My parents listened to a lot of music and musicals, and I guess I got indoctrinated with that. I found it all quite fascinating. Subsequently, in high school we had a drop-in center near the school. It was a place where bands could practice. I met a lot of groups coming through there and started getting very involved in the music business at that point."

Jim says he would have loved to play either the guitar or piano. Instead, his love of music became a flourishing business as a distributor and then a record producer.



In 1975 he was hired to set up a large record retailer in Montreal. In 1981 he shifted from retail to work in music distribution. When a distribution company he was working for closed their doors, Jim's severance pay was records, LPs, and record racks, which he used to set up his own warehouse and start distributing records.

The inspiration to start a record label and produce recordings occurred when Jim saw the Oliver Jones Trio playing at a small club in Montreal called "Biddle's Jazz and Ribs."

This transformational experience, combined with his previous experience in retail and distribution, inspired Jim to start producing as a jazz, blues, and gospel music producer-label owner, leading to his creation of over 600 record projects.

As you might have guessed, Jim West started his inaugural recording with the exciting Oliver Jones Trio.

Jim and jazz pianist Oliver Jones have enjoyed a long-term business friendship traveling together globally. The Jones tours in Europe and Africa were exceptional and a highly illuminating experience for Jim.

Oliver is a 2023 Canadian Music Hall of Fame Inductee and Order of Canada recipient. He was the one to bring Montreal's popular Raneé Lee to Jim's attention. Raneé, a gifted vocalist, has also been awarded the prestigious Order of Canada.

Oliver played organ in the Montreal Jubilation Gospel Choir - founded and directed by the talented Trevor W. Payne.

Jim recorded about a dozen albums with Trevor and together they produced three European tours, accompanied by 50 choir vocalists.

Surprisingly, Jim West has never owned a recording studio. Instead, he rents studios, traveling to New York, Montreal, Toronto, and Vancouver.

By not owning a studio, Jim aims to keep things simple, even in his day-to-day routines: "I set a little pad [out onto my desk] and I set the things out that I have to accomplish that day."

If he were to do anything differently, it would probably be to have invested more time when he was younger in learning about running a business.

"I think it's very helpful to be able to understand accounting a little better than I did. Even though you can hire people to do it, it's good for you to have a working knowledge of all those things."

Good business practices are important and Jim is grateful for the work habits he's learned from other people in the industry.

INSPIRED PODCAST

Long-time broadcasters Michael Forbes and Lisa Marshall, known as "Forbes and Marshall," now real estate agents, bring their signature banter to bear in their podcast collaboration with INSPIRED Magazine.

Check out this month's interview with Jim West at www.seniorlivingmag.com/podcast





TOP | Early days in Jim's music producer career, with Ian Terry (recording engineer), Skip Bey (jazz bassist) and Daniel Gagné (Radio Québec)

MIDDLE | Nancy Marley (GM Justin Time Records), Jim West, Diana Krall (Canadian jazz pianist and singer), Jean-Pierre Leduc (former A&R and International Director Justin Time Records), Nadine Campbell. (former Promotion and Marketing Director Justin Time Records)

BOTTOM | Jim with Oliver Jones and CBC host Duke Eatmon

Photos courtesy Justin Time Records.



ACCOLADES

Jim's many awards are well warranted.

2001 - Jim was voted the Producer of the Year by the National Jazz Awards.

2004 - he entered the Canadian Music Week's Hall of Fame.

2016 - the Festival International de Jazz de Montréal recognized Jim with The Bruce Lundvall Award, an award given to an extraordinary talent in the music industry who has made an impressive contribution to jazz development within the industry.

2018 - Jim was honoured with the Canadian Independent Music Association's (CIMA) Industry Builder Award.

2022 - Jim was appointed a Member of the Order of Canada.

His record label's artists have received over 15 JUNO Awards and countless JUNO Award nominations.

40 YEARS LATER

For their 40th anniversary, Jim West and general manager Nancy Marley celebrated the label by putting together a compilation, *40 Years of Justin Time Records* (2023). This involved going through over 600 recordings and 6000 songs to select just 40 songs for the compilation.

Gifted saxophonist-composer Christine Jensen's contribution to the label's album, *40 Years of Justin Time Records*, from her latest Justin Time Records release, *Day Moon*, just won the 2024 JUNO Award for Jazz Album of the Year.

“Always return your phone calls. It sounds like a dumb thing but you have to do that in business. The artists have worked so hard to make that demo tape, put a press kit together and do everything that they have to do. At least have the courtesy to respond and maybe put in some intelligent wording when you respond. Sometimes you’re busier than other times, but I think it’s important to do that.”

Jim is grateful for the opportunity to have lived the life he’s carved out in the music industry. “It [has been] a lot of fun... to travel the world and just meet everybody that you can imagine in different places and work with some of the greatest musicians in the world.”

Out of all the acknowledgments over the years, receiving the Order of Canada was one of Jim’s career highlights. “It really meant something closer to the heart.”

Jim West has now created over 600 recordings in his 40-year career as a music producer, but he also has other pursuits.

“I always look forward to riding my kayak on the lake. Kayaking is superb. I also play ice hockey on a team in Montreal.”

Every year Jim’s company does a fundraiser for the two children’s hospitals in Montreal.

“We raise \$40,000 to \$80,000 a year. It might not seem like very much, but it helps, and it takes us almost a year to produce. We give a cheque to each hospital - St. Justine’s Hospital in Montreal and the Montreal Children’s Hospital. We’re very happy to be able to support them in our way. We’ve raised a fair amount of money with silent auctions and different things.”

“To stay grounded you have kids and grandkids. They remind me about the ins and outs of everyday living.”

Despite all his accomplishments, Jim says being together with his family gives him the most satisfaction.

“To stay grounded you have kids and grandkids. They remind me about the ins and outs of everyday living.”

“We have a little country house up north near Mt. Tremblant which our

family enjoys. It’s about two hours north of Montreal. Everyone and the kids love coming up there and jumping in the lake in the summertime, or of course, skiing in the winter. It’s a great get-together, sitting in a little home with a nice fireplace and enjoying a good home-cooked meal.”

“The most important thing for me was always to be home and present as much as possible. There is a fair amount of travelling in this business and when you have kids... the thing for me was always to be home at a certain time. Be there in the morning when they wake up, be there when they go to sleep at night. That’s something I tried to maintain. I could leave at eight or nine o’clock at night and go to the studio and record until two or three in the morning. Then be awake at 7 am when the kids woke up. To have meals together, that’s important.”

Regarding other aspects of balancing out his lifestyle approach, Jim says he eats very healthy food. “But you know, we all have our bad days.”

Jim says he is winding down slowly with retirement but plans on releasing six or seven albums with their accompanying three to five singles this year. He still enjoys working within the jazz industry.

“These days Justin Time operates very differently than it did a few years back. I work out of my home office – while the team at the Nettwerk Music Group in Vancouver handles most of the backend of the label. They do everything from the largest royalty reports to the financial information, everything. They are great partners.”

“I have another management company as well [Wild West Artist Management]. And I work with five or six artists. Nettwerk is taking more and more off my load as we go along. The more they take off, the easier it is for me to do what I want to do. That’s probably the future for me.”

Jim West has built a flourishing music empire as a noteworthy jazz-preneur.

He and his team continue to bring outstanding, inspirational international jazz artists for listeners to enjoy onto the world stage. |

Learn more about Jim’s work, the impressive artists, and the extensive 40-year catalogue at the Justin Time Records website: <http://justin-time.com>



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bc senior housing directory

CAMPBELL RIVER

Berwick by the Sea ■●

250-850-1353; 1353 - 16th Ave.
www.berwickretirement.com

Capacity: (I) 130 units; (A) 30 units; private **Price:** call for rates
Amenities/Services: ocean view; housekeeping; linens; wellness program; theatre; fitness centre; games room; transport; rooftop lounge; coffee lounge; chef prepared meals; 24hr emergency response.

COMOX / COURTENAY

Berwick Comox Valley ■●

250-339-1690; 1700 Comox Ave.
www.berwickretirement.com

Capacity: (I) 170 units; (A) 35 units **Price:** call for rates
Amenities/Services: in heart of downtown Comox; housekeeping; linens; wellness program; transportation; rooftop garden & lounge; theatre; fitness centre; games room; bistro; pub; coffee lounge; chef prepared meals; 24hr emergency response.

Nova Pacific Care - Stevenson Place ■

250-339-7012; 1683 Balmoral Ave.;
www.novapacific.ca

Capacity: 33 units **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 beautiful Comox right by a shopping centre, park & marina.

DELTA

The Waterford ■▶

604-943-5954; 1345 56 St.;
www.WaterfordSeniors.ca

Capacity: (I) 106 units; (C) 36 units **Price:** \$4450+
Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Independent living or licensed 24-hour care centre; pets allowed.

The Wexford ■

604-948-4477; 1737 56 St.;
www.WexfordSeniors.ca

Capacity: 65 suites **Price:** \$4800+
Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; fitness centre; rooftop garden; private dining room; pets allowed.

DUNCAN

Nova Pacific Care - Wedgwood House ■

250-746-9808; 256 Government St.; www.novapacific.ca

Capacity: 40 units **Price:** \$3500+
Amenities/Services: boutique independent retirement living with spacious 1, 1+ den & 2-bedroom suites; full kitchen; evening meals; weekly housekeeping & activities; 24/7 monitoring; on-site; downtown near shops, seniors centre, medical, dental.

KAMLOOPS

Berwick on the Park ■●

250-377-7275; 60 Whiteshield Cres. S.
www.berwickretirement.com

Capacity: (I) 147 units; (A) 25 units; private **Price:** call for rates

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

LANGLEY

Magnolia Gardens ■▶

604-514-1210; 5840 Glover Rd.; www.MagnoliaSeniors.ca

Capacity: (I) 115 units; (C) 40 units **Price:** \$3200+
Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities. Licensed 24hr residential care centre.

Sunridge Gardens ■

604-510-5091; 22301 Fraser Hwy; www.SunridgeSeniors.ca

Capacity: 145 suites **Price:** \$3200+
Amenities/Services: daily fitness & social activities; Red Seal chef prepared meals; housekeeping; courtesy shuttle; bus outings; hair salon; guest suite; close to amenities; theatre; courtyard gardens; pets allowed.

NANAIMO

Berwick on the Lake ■●

250-729-7995; 3201 Ross Rd.; www.berwickretirement.com

Price: call for rates
Capacity: (I) 120 units; (A) 28 units; private
Amenities/Services: lakeside; housekeeping; linens; wellness program; transport; fitness centre; coffee lounge; bistro; craft room; library; theatre; games room; gardens; chef prepared meals; 24hr emergency response.

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



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NEW WESTMINSTER

Dunwood Place Seniors Complex ■

604-521-8636; 901 Colborne St.

Capacity: 191 units

Price: 30% of monthly income

Amenities/Services: studio & 1 bedrooms; large patio for barbecues etc.; large lounge with view of Mt. Baker; workshop; tenant gardens; bingo; karaoke; cards; church services & bible studies; cafe with patio and garden; 2 libraries.

PARKSVILLE

Berwick Parksville ■●

250-937-0989; 180 Jensen Ave E

www.berwickparksville.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; house-keeping; 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.

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 Killarney ■●▶


672-206-0283; 6325 Clarendon St, Vancouver

www.sunriseseniorliving.ca


Capacity: TBD

Price: Call for rates

Amenities/Services: Opening summer 2024; charming neighbourhood minutes from the community centre; studio, one and two-bedroom suites; fresh seasonal cuisine; rich variety of programs and social events; spa; theatre; activity rooms; serene outdoor spaces.




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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.

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

Avenir - The Vista

778-247-0780; www.avenirseniorliving.com
622 Admirals Rd, Esquimalt

Capacity: 177 units

Price: (I/A) \$4950+; (C) \$8000+

Amenities/Services: Age in place; panoramic views from dining room & meals by Red Seal chefs; french bistro; piano lounge; fitness & art studios; polo lounge/billiards room; library; Suites - climate control; balconies; basic cable/wifi; contemporary fixtures/finishes.

Berwick House

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

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

Price: call for rates

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

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

Price: call for rates

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

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.

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).

Sunrise Senior Living of Victoria

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

Capacity: 93 units; private

Price: Call for rates

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www.atriaretirement.ca

Capacity: 94 units

Price: \$2800+

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The Victorian at McKenzie

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

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Inspiration By The Sea

by LAURIE MUELLER

Dallas Road boasts beautiful early 1900-built houses on one side, while the other side is a place for joggers, dog walkers, bicyclists, kite flyers, and even picnics before the land falls down the cliffs to the water's edge. The view across the Salish Sea to the snow-covered Olympic Mountains is filled with wind surfers, whale watching boats, cruise ships and freighters going by.

It is in one of the houses, a beautiful 1907 built home, in which reside Carol Ann and Gerard Sullivan with twelve older adults, helped by a staff of seven. The pair were inspired in 2000, to purchase and renovate it to Vancouver Island Health Authority standards for a dozen older adult residents that needed assistance in living in their own home.

"I have always remembered the saying that it takes a community to bring up a child. I now know the same applies with seniors because it takes a community to support a person in their senior years," says Carol Ann, who with her husband Gerard, own and operate St. Francis by the Sea.



"We provide a safe home for seniors in gratefulness for the home provided to me at a young age. Our home is an example of the older homes in the South Victoria area that were converted into personal care homes in the mid-1900's, where seniors would remain in a home-like setting."

In the early 2000's the Sullivan's home became a pilot project with the help of the local Health Authority, giving life to the dream to furnish a home-like setting for those who need a supportive environment to enjoy the last years of their lives.

Today it continues to fulfill this mission and remains one of the very few small residences that is supported by the Health Authority.

What is the inspiration that creates a dream and turns it into reality? In some instances, the inspiration may come from within a person's make-up or their personality. In other cases, it may come from what happened to them early in life.

In the case of Carol Ann and Gerard, it may be a bit of each.

Carol Ann, now in her 60's, was a baby who from birth was moved between foster homes until, at the age of three, she was adopted by a loving family. She was good at cheering people up and helping them feel better. Her adoptive father would say "you have healing hands" when she gave family members a massage.

These words confirmed for Carol Ann that she was destined for a life of helping others in times of physical or emotional distress. "It led me to believe that I had some power to make another person feel better."

Carol Ann took her nurse training at UBC and worked in the Vancouver area for several years.

"I felt drawn to the elderly, who are often, due to circumstances, caught in feelings of abandonment if family has moved away, or estranged in some cases."

She also realized that older adults, due to illness, often experience a similar sense of powerlessness.

Her adopted father died prematurely of a massive heart attack and that set her on

the path for prevention.

After two decades of working in hospital nursing, Carol Ann and Gerard moved to Victoria where they decided not to "just patch up individuals in a hospital and send them home, but to be a part of the prevention of illness in older adults."

As she worked in community care she saw many older adults struggled with the everyday ordeals of shopping, cooking, laundry and cleaning.

A turning point for Carol Ann was finding an elderly woman laying on her kitchen floor all night before her visit.

Gerard, the middle child in a family of nine was his mother's little helper, which served as good training for his new-found calling.

As a child he would accompany his father to visit at the "Guest House" in Antigonish, Nova Scotia. It was his father's attention to the details of the older residents that Gerard has always held dear. A friendly conversation and his father would take out his hair clippers and just tidy up some of the men's hair.

With Gerard's professional background as a restaurant and cruise ship supplier, he looks after many of the procurement details of St Francis by the Sea.

When the local Health Authority with help from the Centre on Aging at the University of Victoria were looking for ways to create better living circumstances for adults who needed more help in their home, they targeted single senior men and women, possibly widowed, who were living alone and struggling on a fixed income to cover the costs of basic food and shelter. The Sullivans submitted a proposal and became part of the pilot program for supported living.

The Sullivans purchased the home on Dallas Road which needed substantial upgrades to bring it to the accepted standards, such as sprinklers in the ceilings of each unit, and attached private bathrooms in each suite with walk-in showers.

The elevator was already installed though, and large bright windows looked out over the ocean or to a mature blooming cherry tree in back. Wide hallways

with railings and decorative wood paneling retrieved from another old residence in the area made the environment homey and welcoming.

In July 2000, they welcomed their first twelve residents.

“God’s plan was that I could share love with the seniors,” says Carol Ann. “It empowered us both to be our best selves and each had a deep sense of belonging to the community which developed.”

Carol Ann goes the extra mile to make sure the residents are getting the help they need.

“My sense of accomplishment comes with helping a person through a difficult medical situation, as their advocate. I



will join a person to see the doctor, if they want. Usually, we talk about what they want to tell the doctor about their situation. When we get to the doctor, I listen carefully. If there is anything that person had wanted to ask, I might prompt them to ask that question. Sometimes, I ask questions because it is a great learning experience. When we return home, we talk about what the doctor ordered and suggested. I usually will repeat encouraging or concerning things the doctor has said so that they can focus realistically on the goals that were set out.”

Mealtimes at St Francis find the residents gathered around a large table, each with a view of the ocean. Conversation can centre around the big ships going by,

the events of the day or the appreciation the residents feel for not only Gerard and Carol Ann but also for the staff that prepare the meals, clean the rooms and assist in whatever is needed to be done.

“Although our obstacles have been many, we are determined to do the right things to help older adults on their journey. This inspires us to persevere and persist through these obstacles.”

The same community that raises a child is the community that needs to be in place as we age, to offer support. More volunteers and more professionals are needed to offer multi-faceted help to older adults.

Carol Ann and Gerard Sullivan are themselves now in their retirement years, and yet they remain dedicated to carry on.

“My dream is to have a society built, Companions of Saint Francis Manor, who offer a variety of services to the seniors,” says Carol Ann. She is inspired to be an example “so the next generation will understand what community means.”

Gerard agrees. “When you get to know people, you don’t see them as old. You just see people who are in community with us.”

With Carol Ann and Gerard Sullivan as the roots, the tree of community continues to grow and blossom forth as a nurturing home for the residents of St Francis by the Sea.

With one dream lived to its fruition, another one may well be on its way. |

MAGICAL PUPPETEER TIM GOSLEY: Creating His Own Little Worlds

by MARION LOUGHEED

Victoria native Tim Gosley might be more familiar as Basil the polar bear. As a puppeteer, he spent four years on the original *Fraggle Rock* and nine seasons on *Canadian Sesame Street*. He's done everything from shooting music videos to parading a giant tree stump through the streets. He even won a Gemini.

As a boy, Tim helped his father Jerry Gosley perform the long-running *Smile Show*.

"I grew up behind the stage," Tim recalls. "When he was dressed as Queen Victoria, he was in a throne that my brother and I built. We had him raised up in what is called 'the gods' [the highest part of the theatre], and my brother and I would lower him down onto the stage to the tune of 'Rule Britannia'. So that was my daily reality and my summer job for quite a number of years, and I think it set a precedent for not becoming an accountant."

As a young man, Tim studied acting in Alberta. But he felt too shy to be an actor and soon developed an interest in puppetry.

"When you're shy, you kind of like having your own little world."

The gig on *Fraggle Rock* gave him a crash course in professional puppetry. "It was like a MA in terms of technique. Their technique is really fabulous."

Later he trained a performer who works on the second *Fraggle Rock*. "I feel like the work is continuing and being passed down."

After *Fraggle*, he ended up in a tiny Quebec town.

"Trying to kill my career as best I could," he laughs. He married and raised a family, working on TV shows in Montreal.

He loved the Muppets.

"It's very bright and out there, but there's this other part of my need, which is kind of dark and shadowy."

Compelled by his creative nature, Tim explored other aspects of puppetry. He found fulfillment in just trying things. "I would do these odd experiments in shadow puppetry and live video puppets, to meet my heart."

In the 1980s, contemporary dance captured his interest too, although not as a dancer himself. He combined different arts and technologies to create puppet shows with his own signature vibe.

He now lives in a house with a 50-seat theatre inside it. A few decades ago, he returned home from Quebec to be closer to his mother. As fate would have it, this house with the theatre was for sale about a kilometre away from his mother's place.

Tim's career has taken him down many paths. In 2020, he received an artist-in-residence fellowship at the University of Victoria. He created a project called The Heart Coffer, which explored the concept of "the universal heart."

He also organized the Puppets for Peace Festival in Victoria. This event included a parade of giant puppets, sock puppet



Photo: Natali Leduc

workshops, and First Nations dance performances. Rather than an activist event, Tim wanted to focus on "just existing and being peaceful."

Tim even performed at the elderly beat poet Michael McClure's birthday party: "He was up in Victoria for his 86th birthday. We did one of his mini-plays called *The Meatball* with puppets for him in this theatre. And it was really silly. But it was really great and he was sort of sitting there on his throne, and all us guys were turning into kids. Those sorts of things really are special for me."

These days, Tim shows no sign of slowing down. He's gearing up for a potential TV show, preparing a live video performance with Spanish poetry and classical guitar, and writing an "embellished memoir."

Meanwhile, he offers puppet-building workshops: one on Muppets and a more unique one on his own original techniques, which he calls "Visual Musician" translating musical elements into visuals using objects and light to produce moving shadows.

To demonstrate the visual, he pulls out a flashlight, an ordinary glass, and a 3D printout of Paul McCartney. "You work it kind of like a camera. So you can do pans and basically do camera work [with the light]."

His gear is simple, things like vases and small mirror balls bought at the dollar store. He uses an old document projector for layering. The effects are stunning.

Tim believes puppetry can speak to different kinds of people, whether as participants or as audience.

“There’s just so many directions you can go with it. You can sit and sew in a corner. You can get up and wiggle a giant jellyfish in a protest march.”

The physicality of puppets contrasts with the highly digitized world we live in.

“Right now, because there’s so much AI and artificial stuff going on, one of the appeals of puppetry is that it’s very analogue and hands-on, and people are relieved. You can see people physically breathing better because they can see that this puppet is being worked by a human.”

Ultimately, Tim says, “It’s just a lot of fun to play with.” |

BELOW | Basil the Bear from *Canadian Sesame Street*, displayed at Toronto’s CBC Museum

BOTTOM | Tim’s “Visual Musician” technique - music inspired shadow puppetry using common objects

Photos courtesy Tim Gosley



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PHIL FOSTER: A Perfect Fit

by ELLA HARVEY

A sure way to “beat the aging blues” is to meet older men and women living full and dynamic lives, like octogenarian Phil Foster.

On first meeting, Phil seems a quiet and unassuming man, but a wealth of experience lies behind his 80 years. His career was in education, teaching mathematics, and later social studies.

When he retired at 60, it was not a time to step down for Phil. On the contrary, he stepped up to multiple fulfilling activities.

In 1999, at a New Year’s Eve party, Phil met a woman who had just acquired the franchise to run tours of the Empress Hotel. Soon after, Phil, fitted with

an Edwardian suit and top hat began a post-retirement career working as a guide, a perfect fit for an ex-teacher and once upon a time actor.

“I began at the Empress and six years later progressed to historic walking tours of Victoria. Like many things in my life, becoming a tour guide was a whim of the gods,” says Phil.

Amusing incidents often occurred on Phil’s tours.

“As we proceeded down Government Street, we could hear a commotion up ahead – a ‘parade,’ consisting of a large group of naked cyclists, peddling a variety of contraptions. The men and women were of all shapes, sizes, and ages. They

passed in complete silence, like a funeral procession.

“My clients, a group of elderly Australians, were struck dumb. I had spent a good part of my tour telling stories about prominent Victorians, but their lasting image of the city would be less than proper. We never did know why the cyclists were parading nude or if they were arrested!”

Another of Phil’s community activities is the Probus Club, retirees meeting for the purpose of fellowship, friendship and fun. Probus provides a venue for its members to connect with the community, meet interesting guest speakers, take field trips, and socialize over lunch at their monthly meetings.

Phil is the only Probus member to serve as president twice in his 20 years with the club.

Phil thrives on the camaraderie and the opportunities to learn. He is a firm believer in the purpose and power of community and social engagement as a key component of a well-balanced life.

Having a deep appreciation of foreign cultures Phil joined an intercultural group hosted by Broad View United Church. The group is a place for newcomers to Canada to meet and enjoy the company of Canadians, practice their English, and explore the beauty of Victoria.

The Covid pandemic shut down the in-person program, but conversations continued on weekly ZOOMs. This was a lifeline for many. For Phil, it became the highlight of his pandemic week. Phil had the pleasure of greeting a new Brazilian couple when they arrived at the airport and witnessed their first wondrous impressions of fall in Victoria.

Phil proclaims the benefits of mixing, not only with people from around the world but with young people. “They keep me young!”

Phil began a creative writing course at 75. Compiling old travel stories from 50 years earlier, he wrote his first memoir, *Travels with M*. It was 1968, when he left his home in England with his new wife, Maggie, to see the world.



For two years they circumnavigated the globe, most of the journey in a Land Rover that fell apart in India. By 1970 they had arrived in Canada and decided to call it home. *Travels with M* vividly captures their youthful adventures and hilarious, if not risky, escapades.

“It wasn’t the places but the people that made our trip - from the ragtag banjo-playing Liverpudlian band who travelled with us for three months, to the cast of a Gilbert and Sullivan opera in Australia, to the sheep farmers of New Zealand and all the wonderfully hospitable people in India.”

His second book, *Odds, Clocks, and Odd Clocks* delves into the characters of his Yorkshire upbringing. It was a working-class family that worked in the coal mines, the steel mills and had a clothing store, but they made their living on the side in the illegal betting business – though Phil’s dad and grandad had no interest in horseracing.

They ran the business for 50 years without setting sight on a horse race! For Phil, a bookie’s boy, it was a colourful childhood in post-war England, never knowing his family was on the wrong side of the law.

“With a healthy dose of curiosity, a desire to learn, and a good measure of luck and serendipity, my life has been good.”

At 21 years of age, Phil spent three months in New York City and Alabama at the height of the Civil Rights Movement. At that time, he had not heard of Martin Luther King nor any other momentous events in the USA in the summer of 1963.

“I knew more about the events in England - The Great Train Robbery and the Profumo affair.”

Forty years later he heard Martin Luther King’s impassioned speech, “I Have a Dream.” This experience sparked the writing of his third book, *Coming to America -1963*.

Phil has a ‘silent angel’ in his life. His granddaughter, Ella, has a rare genetic condition called Rett Syndrome that has left her unable to speak. This syndrome, seen most commonly in girls, robs them of their ability to speak at about two to three years of age.

Ella is now 13 and has an Eye Gaze Computer, first developed for the physicist Stephen Hawkins, who lost his ability to speak in his 30s.

She is a joyful child and loves horse-riding and fast rides at Disneyland. “The faster the better,” Phil states.

All proceeds from Phil’s books are donated to the Ontario Rhett Syndrome Association and Reverse Rett in the UK.

“With a healthy dose of curiosity, a desire to learn, and a good measure of luck and serendipity, my life has been good,” says Phil. “I try to solve problems, rather than create them. I’d like to think that I also know how to improvise. I plan the basics, then let things happen and try and keep out of serious trouble.”

Phil does not want to dwell on the “good ole days,” but as a seasoned octogenarian, he looks forward to the next chapter. |



ABOVE | Ready and eager to show visitors the sights of his city, Phil leans upon his teaching background for inspiration.

OPPOSITE PAGE | Phil makes a smashing Victorian in his top hat and tails at the Empress tearoom.

Photos courtesy Phil Foster

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Wake Up And Smell The Paints

by DORIS VON TETTENBORN

I turned 60 last year. I still have not recovered.

I spent the previous year trying to get used to the concept by changing my computer password frequently. CRAZY60, LOVELY60, NOWAY60, STUPID60, HAPPY60, CRAPPY60, FRICKIN60.

It didn't work.

Why does this milestone feel so painful? I hate to admit it, but after digging through my heart and soul, I didn't find anything amazing or unique about my angst. I am not afraid of dying – that still feels like it could be many years away. It's more like "Really? I'm 60? Where did all that time go? I've been alive for 60 years and I have nothing to show for it."

Oh, my dreams! I had Multicolor, Feature length, Cineplex worthy dreams. I was going to be a missionary, whacking my way through the green, steaming

jungles of Borneo with a huge machete, shooing annoying flies away from my disgusting jungle grub. Sleeping in a tent and peeing in a bucket.

I was going to live on an acreage with a cute white English style cottage; pink roses in a row inside the low stone fence. There would be a carefully tended vegetable garden and a loosely tended, wild flower garden; tall fragrant lilacs, more roses, pink potentilla, bunches of purple alyssum. Kitties would scamper around the honeysuckle bushes.

I was going to be a writer, but not just a writer. I was going to write beautiful, poetic, lyrical inspirational pieces that would magically inspire people, make them laugh and cry and get off the couch to change their lives. I would write for a living and majestically help out struggling writers who wanted to know where I got all my ideas.

Many years ago, I started down that path, wrote a few things, and even submitted a few pieces. I started a blog, joined Twitter. I read Julia Cameron's "Artist's Way" and faithfully did all the exercises and months of Morning Pages. To my surprise, the message I got was "you need to paint".

I thought the message was from the Universe. I thought the Universe would never send me that message without the prerequisite talent. I enrolled in a drawing course at Alberta College of Art and Design. I sucked. I enrolled in a water color painting class at Mt Royal College. I sucked. I enrolled in an acrylics course at Mt Royal. I sucked.

I had such fun though. I loved having charcoal grit under my fingernails, paint splotches on my face, the smell of the paint, and the thinners, the joy of buying brushes. But the paintings were awful, so I quit all the classes, and hid my paintings under the stairs behind the Christmas decorations. I simply could not translate the beautiful, joyous pictures in my head down onto the paper or the canvas or even my butt.

My butt doesn't even look like I imagined it would. I was going to run (or walk) in marathons. I started the

training and three months later I did the 5k CIBC "Run for the Cure". It was wonderful, even though it was lightly snowing. I was pumped, ecstatic to be a part of that crowd, pink bras, pink hair, and pink shoes. It was more like a party than exercise. Then I got sick for several months. I gave up marathons too.

I have dozens (probably hundreds, but I'm not going to admit that) of books on writing, painting, diet, spirituality. I read them; I don't "do" them. It's as if I think if I put the books under my pillow at night, I will eventually wake up thin, rich and beautiful, a bestselling author, accomplished painter and a Zen master to boot.

My youngest son moved to Germany the spring before I turned 60 so I was dealing with the empty nest syndrome as well. He is an energetic, boisterous, and affectionate young man, so I wasn't surprised that I missed his talks and his hugs. I was, however, shocked at the emptiness of the empty nest. I thought it was going to be easy peasy. It caused me to question who or what I am. Really. Am I a mother, a sister, a gardener, a wife, a friend, a retired pharmacist? Who am I if it is not in relation to another human being?

Am I a mother, a sister, a gardener, a wife, a friend, a retired pharmacist? Who am I if it is not in relation to another human being?

Temper tantrums raged in my head. If I can't be the best, I won't do anything at all. I put away the blog, the journals, the brushes, the paints, the shoes, and the pedometer. I wanted to make a living as a writer since I was about eight years old, voraciously reading everything I could get my hands on, including our old World Book Encyclopedia. But I'm not good enough, so I won't do anything at all. Things slowed down, turned gray, my heart rate decreased, my smile faded. Nobody read my writing, nobody saw



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my paintings, and nobody caught my smile.

Occasionally the pesky Artist Mind pops up – while driving it says “look at what a wonderful painting that dilapidated, crumbling, graying shed slowly sliding into the banks of the brackish pond, wild flowers profuse...”. I slap it back to sleep. Or a fully formed character pops into my head for coffee and a chat, and I push her down the imaginary stairs in my mind.

Months later, my youngest son flew back for a quick visit over Christmas. He seemed distressed at how boring and empty I had let my life become. After another night out with his friends, he bounded into the living room where I was surfing the net on my iPad.

“Mom,” he says as he swoops down for a hug. “That’s the same place I found you yesterday. What are your plans for today? You need a hobby.” He heads to the kitchen to make himself breakfast, pulling out eggs and bacon from the fridge. “Isn’t there anything you like to do?”

I try explaining because everything makes so much damn sense in my head. “I used to think I would be a writer or a painter.”

“Didn’t you take some courses on painting and writing before?”

“Yes,” I tell him, almost embarrassed to continue. “But I’m terrible. All my paintings were terrible so I hid them. And I’ve never been able to show anybody anything I’ve written.”

“So what?” he says. “So what if you aren’t good enough to get rich or even sell anything, or even to show anyone your work. Can’t you write and paint just because you love to write and paint?”

Can I really reconcile myself to doing something I love that I’ll never be great at?

I sat there looking at him, stunned. His words struck me full in the face, electricity jolting my heart. Can I really reconcile myself to doing something I love that I’ll never be great at? Is it better to have painted and sucked or never to have painted at all? Over the next few days his words haunt me.

I wondered how my paintings from years past had held up in the space time continuum under the stairs. I dug past the surplus Christmas decorations, past the abandoned lilac knitted baby blanket, with enough extra yarn to knit a queen size coverlet, past the decades old box of ancient diaries, love letters, school term papers. Why did I keep that box? Someday I would go through it. But not today. Today I found the stashed but not trashed paintings. There were more than I remembered, maybe 10 or 12. I spread them out in the media room. They weren’t half bad and a couple were even kind of good. Not good enough to show anybody, but good enough to appreciate.

I opened my abandoned social media posts, Twitter, Facebook. I found my old blog. It would take time to figure out how to access the dashboard, to edit and publish pieces, but I figured it out once, I can do it again. Enough time had passed making the blog pieces seem like they were written by a stranger. Like the paintings, she wasn’t half bad either. A couple essays made me laugh, one brought tears. I sat back on

my barely used computer chair in front of the beautiful cherry desk my husband had bought for me to write on, the desk that was so beautiful it intimidated me into silence.

I don’t know why I’m so hard on myself. It’s time to put down the tough childhood expectations of teachers and parents and pick up the pieces of life for sheer enjoyment.

My son was right. I could do these things for an audience of one. I could write, I could paint, I could dance by myself if it made me happy.

My oldest son is artistic but he hasn’t picked up a pencil or brush in years. I decided to buy him a grab bag of art supplies for Christmas as a “gentle hint”. In the art supply store, my pulse quickened, my eyes were brighter, and colors sparkled, as I picked out paints, brushes, canvases, pencils, pastels, paper. I’m not sure what medium he would prefer, so I buy it all. It’s so much fun; I keep putting more things in my basket.

At home, I wrapped the art supplies, lovingly fondling them. I caressed a fan brush, picturing on the blank canvas in my mind, where I always seem to be able to imagine beautiful, haunting paintings, a crisp fall setting, orange and red trees emblazoned around a calm pond. I sat back on my heels, surprised by the waves of joy washing over me just from fondling the brushes.

Ah, who needs the “gentle hint” here? I realized I may still be FRICKIN60, but I also want to be ALIVE60.

I unwrapped the art supplies for my son. Eyes closed, deeply sighing, I admit I bought them for myself.

Now I just need to figure out the WordPress dashboard and post this essay even if nobody reads it. |



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ADVENTUROUS WOMEN: Boldness has Genius, Power and Magic

by JOAN THOMPSON

‘Adventure’ is a relative term. For some it can be the day you lock yourself out of your car, negotiated the public transport system in Bangkok, or simply got off course on an organized tour. For others, it’s setting out alone on an uncharted path with nothing but vision, pluck and determination to achieve the so-called “impossible.” And doing it so often it becomes an unproblematic habit and lifelong feature of one’s way of life.

Notable among these bold adventurers have been a number of women, all who made their mark as writers as well.

In the early 20th century, Freya Stark’s treks into the Valley of the Assassins in western Iran and along the Frankincense Trail in Arabia stunned the world with their sheer novelty and bravura.

Having been infatuated with *One Thousand and One Nights* as a child, and introduced to Arabic while at university, Stark writes of the thrill of finding oneself engulfed in the sounds and textures of an entirely different world: “to awaken quite alone in a strange town is one of the pleasantest sensations in the world.”

Her wanderlust unquenched, she was leading expeditions into remote corners of Afghanistan well into her seventies.



Freya Stark

Library of Congress Public Domain

Having set the bar for subsequent explorers, Stark’s experiences inspired two women – Dervla Murphy and Bettina Selby – to ‘tour’ the mountains and high deserts of Western Asia by bicycle.

Setting forth from Ireland and England respectively in the 1960s, they were to face every danger and deprivation that might beset the self-propelled female traveller: helmet-crushing rain storms, over-zealous innkeepers, merciless cold,

unscrupulous police officers, packs of circling wolves, tire-swallowing roads, and days when water was too scarce for washing and the bike pannier pantry too depleted to maintain anything other than a pulse and a steely resolve.

Moments brushed with beauty – waking to skies seared with the pink glaze of the rising sun, being hijacked by kindness when it was the most needed – helped to dissolve the knot of anxiety that must have been ever present for these women adventurers.

Refusing to be restrained by motherhood, Murphy had her daughter, by the age of five, exploring the knife-edged valleys of the Indus River on horseback with her, “existing on unmentionable things cooked in rancid fat, a few apricot kernels and little else.”



Dervla Murphy

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Bettina Selby

Library of Congress Public Domain

Grandchildren followed suit, with grandma, into her eighties, piloting them on journeys through Cuba and the newly emerging countries in Eastern Europe.

And if it wasn’t ‘trusty steeds’ like single-speed touring bikes that were providing the adventurous with the means to navigate off-grid areas of the world, it was the small single-engine plane.

Beryl Markham, daughter of a British horse trainer who relocated to Kenya, took up flying in between her duties as her father’s apprentice, and became one of the most legendary bush pilots in the world.

Scouting big-game animals in the Kenyan highlands and the Serengeti plains for prospective hunters, Markham’s reputation as a skilled and daring aviator rivaled that of Denys Finch-Hatten, who many of us met in the movie *Out of Africa*.

Fearless and unstoppable, Markham took on the challenge of being the first person to fly from London to New York across the Atlantic.

She fell short of her destination (crash landing her plane in Cape Breton), but not her goal – to successfully make the



Beryl Markham

Library of Congress Public Domain

more difficult non-stop east-west transatlantic flight.

Flying at night, pitting her will against a wall of westerlies on a venture that no one had yet survived, it is hard to imagine the presence of mind it took to keep the plane airborne and terror at bay.

Recapturing that experience in her memoir *West with the Night* won the accolades of both Ernest Hemingway and *The National Geographic* who, in 2004, ranked it #8 of its 100 best adventure books, securing her reputation not only as an audacious aviator, but a compelling wordsmith.

And while Markham was “turning right at the next star and flying straight on till morning” (thank you, J. M. Barrie!), American journalist Martha Gellhorn was travelling around the US, chronicling the everyday lives of the hungry and the homeless during the Great Depression.

Funded by the Federal Emergency Relief Administration, her investigation was abruptly discontinued when she joined in solidarity with her respondents at an anti-government demonstration. It would not be the last time Gellhorn put her humanity before professional obligations.

A nose for the harrowing and the heroic soon plunged Gellhorn into work as a war correspondent. Beginning with the civil war in Spain, Gellhorn, along with her then-husband, Ernest Hemingway, were called to a number of battlefronts in both Europe and the South-East Asia during World War II. She was the only woman to land in Normandy on D-Day June 6, 1944, a feat achieved by passing as a nurse on a hospital ship bound for the area, and as a stretcher bearer once ashore.



Martha Gellhorn

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A compulsion to “follow the war wherever I could reach it” was to end her marriage but fan her career.

Hired to cover the Vietnam War and the Arab-Israel conflicts in the 1960s and 70s, she enjoyed a particular fruitful decade in her seventies reporting on the civil wars in Central America, and establishing a home base in Kenya.

Peripatetic by nature, Gellhorn’s nesting places served as refuges while on assignment and as oases when off-duty.

Irked by domesticity and “the certainty of the shape of the days,” she confessed that “the aimless life of a gypsy is all that now charms me.”

To her, it was travel that offered “the final joy of living, the delight of surprise, the delight of glimpses into lives, the lightness and the freedom.”

These are but a handful of the many women in the past who have blazed inspirational paths for others to follow.

Joining them most recently has been filmmaker Dianne Whelan, who, in 2021, completed a 24,000 kilometre trek on the world’s longest multi-use trail network in the world: The Trans Canada Trail.

Propelled by bike, boots, a paddle and a knack for averting danger, the trek - over 487 different land/route routes that straddled three oceans and a gazillion wildlife habitats - took six years to complete and another three to turn into the moving documentary *500 Days in the Wild*.



Dianne Whelan

Flickr Public Domain

For Whelan, and all the bold women before her, “walking one’s own path, on one’s own feet, using one’s own eyes and mind and heart, despite one’s own fear” was as essential as breathing. And the fact that their vision and courage continued to burn bright throughout their lives is a positive reminder of the power of action, the genius of human resourcefulness and the magic of the indomitable spark within us all. |

The Many Faces of Berlin



by JOHN THOMSON

Octoberfest is party time in Berlin and Alexander Platz, a huge outdoor plaza in the middle of the city, is overflowing with happy Berliners quaffing beer at communal tables singing, laughing and dancing.

I'm nursing a lager, four euros for the drink and another for the glass stein which I get back after returning it to the bar. The Germans are nothing if not practical.

It's hard to imagine this raucous plaza was once a marshalling yard for Soviet troops immediately after the Second World War when Berlin, like the rest of Germany, was split into East and West until reunification in 1990.

That's the thing about Berlin, it wears its schizophrenic heart on its sleeve. Witness the many landmarks that acknowledge its Nazi past and the East – West divide that followed sitting next to modern additions such as the new interactive Futurium on Alexanderufer or the plethora of high-end shops along Kurfürstendamm.

Führerbunker, a reproduction of Hitler's subterranean hideout (the original has been paved over) is one of many reminders of Berlin's past.

Another is the Jewish Holocaust Memorial, a maze of concrete blocks across

the street from the federal Ministry of Finance. The complex dips in the middle and, as I walked towards the centre, I felt dread and oppression, much like the Reich's victims felt, I'm sure, as I imagined the columns closing in on me. The Memorial is intended as a place of reflection, and it works.

The Reichstag, once again the seat of the German Parliament, sports a new glass dome overlooking the Spree River and the collection of parks, cafes, and new office buildings which now line its shores.

Nearby Brandenburg Gate is Berlin's "people place" where everyone flocks for concerts, events and yes, protests.

Berlin has done a fantastic job of rebuilding. Expunging 46 years of Soviet influence hasn't been as easy. I took a bus tour of the city and the moment we crossed into the former East Berlin the change was unmistakable.

Karl-Marx Allee, the sector's main road was designed with May Day parades in mind. Think tanks. Unadorned, blockish Soviet-style apartment buildings still pepper the neighbourhood and Café Moskau, a former hangout for Communist Party officials still sports a mock Sputnik on its roof. The Berlin Tower, a communications tower erected in 1969 by the Soviets remains the highest vantage point in the city.

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Other Cold War landmarks include the disappointingly kitschy Checkpoint Charlie. The checkpoint is a replica, moved from its original location to a busy intersection and thus a tangle of tourists and traffic.

Yep, I confess. I contributed to the mayhem by jostling for selfies. I rested at nearby Charlie's Beach, a bizarre outdoor food court complete with beach

sand and deck chairs and gobbled my kebab next to a chunk of the Berlin Wall.

Make no mistake, the Wall and its impact on the city is still a fresh wound. Over 140 Berliners died trying to escape to the West. Their names and portraits are on display in the Tiergarten next to the Brandenburg Gate.

The East Side Gallery is another

reminder of Soviet incursion. When the Wall was first erected in 1961 Berliners covered it with slogans and graffiti.

When the Wall came down in 1989, some of those painted sections were relocated to Mühlenstraße, beside the Spree river, and the original artists invited to recreate their iconic works.

The result is a blaze of colour and protest. East German leader Erich Honecker kissing Soviet boss Leonid Brezhnev on the mouth is the most famous and most photographed of the lot.

There are 170 museums in the city. Five of the most noteworthy are clustered at a fork in the Spree called, naturally, Museum Island. Each of the five specialize in a different facet of world history including Byzantine, Etruscan, Roman, Greek and Islamic.

I didn't make it to all 170, surprise, surprise, but my favorite was the German Museum of Technology, a sprawling collection of planes, boats, cars and in a nearby train shed, mid-century steam locomotives and coaches.

I'm not a gearhead but the Technikmuseum is the most comprehensive transportation collection I have ever seen. It also documents the evolution of computers, photography and printing.

Berlin is not all about facts and figures. The Tiergarten, Berlin's own Central Park, with over 210 kilometers of hiking trails, a zoo, and an aquarium smack dab in the middle of the city was a welcome respite from sightseeing.

Nearby Spreebogenpark with its wide lawns and waterfront promenade was another picture-perfect place to sit and watch the Spree and assorted water craft move by.

And the food? I ate well.

My Airbnb happened to be kitty corner to Zur Letzten Instanz, the oldest restaurant in Berlin. I swear the menu hasn't changed much since 1621. I dined on pork knuckle, potatoes and red cabbage and washed it down with a refreshing pilsner. Back in the 1960's, West Germany was awash in beer production. It's fallen off now but, not to worry, there are still plenty of suds around.

The next day the city hosted the Berlin Marathon. Streets were closed, barriers were erected and audience vantage points were determined. The streets crackled with excitement as the city came alive with hundreds of tourists

PAGE 17 | Brandenburg Gate
BELOW | East Side Gallery
BOTTOM | Oktoberfest



for one of the world's premier sporting events.

Afterwards, I paused at my favorite coffee shop, Berliner Kaffeerösterei, and took stock of my visit. Maybe it was acknowledging the ghosts of the past or being swept up in the city's high-pitched energy but I couldn't help feeling I had stepped into something beyond the here and now.

More to the point, I realized how fortunate we Canadians are. Freedom is something we take for granted.

History comes alive in Berlin but it is also home to modern enterprises, "smart" office towers, companies that make satellites and the Technical University of Berlin which turns out those folks that make the satellites.

"Ich bin ein Berliner," President Kennedy said to his West German hosts in 1963 at the height of the Cold War, correctly predicting that Berlin would re-emerge as a unified and influential capital city.

"I am a Berliner," he proclaimed. Me too, Mr. President, I thought to myself as I sipped my cappuccino overlooking multi-faceted Berlin. |



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Chill Time on Kontogialos Beach

by JANE CASSIE

My office look-out today is Kontogialos Beach, one of the less crowded yet sensational strips of golden shoreline that edges the island of Corfu.

The tiered patio deck that stretches out before me is flanked by straw umbrellas that look like mini versions of fancy cocktail decorations. Beneath each umbrella is a pair of shaded loungers which will soon become magnets for beach lovers. And beyond are lapping waves and the inviting Ionian Sea stretching out to the horizon.

There are lots of tourist attractions on this popular Greek Isle. We could have walked a short distance from our cruise ship to saunter through Old Corfu, where its Venetian narrow laneways are infused with beauty, culture and history. There, we could have strolled through the 100-year-old Achillion Palace, a neo-Classic that was built for Empress Elizabeth of Austria, gone through the glitzy church of St Spyridon and maybe even taken in a folkloric show.

We also had our choice of quaint townships beyond these sanctioned city

walls.

Paleokastritsa, a pretty little village, just 25 miles northwest of the main hub, boasts crystal clear bays that are rimmed by black rocks.

Pelekas, a mountain village on top of a 270-meter high hill, is home to ruins of the famous Kaiser throne. Nearby Paleopolis is a fascinating archaeological site that's surrounded by walls from ancient Kerkyra.

All would have, undoubtedly, offered a fabulous history lesson for us first-time visitors.

There are also lots of action-packed options to help burn off the cruise food calories.

We could have explored Corfu via mountain bike and pedalled to the picturesque villages of San Marcos, hiked from sea level up Bella Vista Hill, where we'd be rewarded with a stunning panorama, or zigzagged through olive groves and vineyards in a four-wheel drive.

Yes, there are lots of pastimes to choose from on this beautiful Greek Is-

land. But, after doing so many fabulous tours over the last eight days, we just needed to chill.

"Let's escape the crowds," my husband, Brent, had suggested when we disembarked earlier in the day. "There are some pretty awesome beaches here."

With five cruise ships in port, the decision was an easy one. Choosing which sandy strip to splay out on was not so simple.

The long sandy shoreline of Dassia, just 12 kms from the town core, boasts a line-up of water sports and restaurants. Just a little further is Ipos, where we could even go diving. The pebbled Barbaty Beach is fronted with an array of beach bars that lure the locals. And one of the most popular, Glyfada has it all; recliners, umbrellas, water toys and even beach volleyball. It sounded perfect!

While the masses wove their way out of the cruise terminal, the four of us hailed a taxi, bound for the other direction.

"Kontogialos Beach is just a little further," our taxi driver, George, informs.

“And it’s truly a piece of heaven.” This is one local who would know. His family-owned taxi business has been escorting sightseers like us since 1968.

It’s clear he’s driven this route a few thousand times. While scooting along the pencil-thin streets, he takes short-cuts through neighbourhoods, zips over quiet canals and flies through busy shopping areas. And while getting us safely from our boat to the beach, he shares some of Corfu’s rich colourful past.

“Back in 1815, when the British took control, Corfu was prosperous and our Greek language became official,” he proudly explains. “Roads were built and water was improved.”

In May of 1864, after the Greek Revolution, these Ionian Islands were donated by the British to the new King of Greece but then during the Second World War, Corfu was invaded by Italy who had plans to resurrect the Roman Empire.

“When Italy surrendered in 1943, the Germans massacred masses of occupying Italians and sent thousands of Corfu’s Jewish population to Auschwitz.”

Following the war, emigration continued. Then in the late 1960’s, tourism shed a new light on the economic life of Greece. Over the last forty years, the explosion of tourism, coupled with the island’s natural beauty, has made Corfu one of the most popular holiday destinations in the world.

And after chilling out for the afternoon on our shaded lounge chairs and dipping our toes into the tepid Ionian Sea, we can attest to that fact! |



PAGE 24 | Old Corfu

ABOVE | Dipping our toes into the Ionian Sea

ABOVE RIGHT TOP | The author’s office view

ABOVE RIGHT BOTTOM | Beach and chill time

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Preventing Summertime Food Poisoning

With the arrival of warm weather, there will be more outdoor mealtimes. Unfortunately, food poisoning is more common in the summer months. Picnics, BBQs, and camping trips are the perfect environment for creating bacteria that cause food-borne illnesses.

Summer gatherings outdoors can make it difficult and inconvenient to practice handwashing and utensil hygiene. Contaminated surfaces and hands are more likely to spread food-borne illnesses that can lead to food poisoning. In addition, bacteria flourishes in warmth and humidity (especially between 4°C and 60°C).

Bacteria can likely multiply if meat or other foods that require refrigeration are stored improperly (as in a cooler not at the right temperature). Improper cooking of foods (hotdogs, etc.) can also increase presence of bacteria.

Foods left longer than two hours at room temperature — around 21°C — should be tossed out. And on more hot and humid days, the time line reduces: at over 30°C, bacteria can grow to very high levels in one hour.

You can't see bacteria, and even odour is an inaccurate gauge as food can look and smell normal after the two-hour danger zone. If in doubt, toss it out. Saving a couple of leftover hotdogs really isn't worth the risk.

You can reduce the risk of food poisoning with the following tips:

- Before and after preparing the food, clean any tools you use with hot, soapy water. Use only one specific serving tool, like tongs, as you cook your meat, and avoid using it to prepare or serve other foods unless it is thoroughly cleaned. This will avoid contamination of other foods.
- Wash hands before, during, and after food prep with hot, soapy water (do the same before eating).
- Vegetables and fruit should be kept apart from meats. Store them in separate containers and prepare them on separate surfaces. If stored together in a cooler, keep the meat on the bottom to avoid its raw juices dripping onto other foods.
- Thoroughly wash fresh fruits and vegetables, including melon rinds. But avoid washing meat and poultry as it may spread bacteria, increasing risk of cross-contamination.
- Use a meat thermometer to be sure the temperature of your meats range from 63°C for a steak cooked medium-rare to 82°C for a whole chicken.
- Eat foods as soon as they are cooked. Avoid letting them sit around and cool into the danger zone of below 60°C. Refrigerate them as soon as possible.

Symptoms of food poisoning go away after a few days. If you are ill longer than a week, see your healthcare provider. Symptoms may last longer and be more intense particularly for people with weakened immune systems, those pregnant, young children, and older individuals.

Food poisoning symptoms can appear within a few hours of

eating infected foods, or up to a few days. Although some may not feel symptoms for weeks. General symptoms include nausea, vomiting, stomach cramps, diarrhea (watery or bloody), and fever.

The symptoms will also vary depending on the type of bacteria or microorganism that infected the food. With *Clostridium botulinum*, symptoms will also include drooping eyelids, blurry or double vision, facial paralysis and slurring of speech, and constipation. If *Listeria* is the culprit, additional symptoms may include muscles aches, headache, confusion, stiff neck, loss of balance, loss of consciousness, and convulsions. *Salmonella* poisoning may have the added symptom of sudden headaches. And with a *Vibrio* infection you may also suffer headache and chills.



The best treatment for food poisoning is to avoid eating but maintain hydration by sucking on ice chips or taking small sips of liquid. Avoid juices and sodas because of their high sugar and lack of electrolytes. Stick with clear liquids like water, herbal tea, and broths. Avoid caffeine and alcohol until fully recovered.

Diarrhea, vomiting, and rest can help your body expel the bacteria, therefore taking anti-nausea or antidiarrheal medicine can prolong your suffering. Talk with your doctor. Water and electrolyte-replenishing liquids are best as dehydration is a frequent complication of prolonged vomiting or diarrhea.

Most cases of food poisoning can be treated at home. Seek medical care, however, if your symptoms don't resolve, or if they become severe. Extreme dehydration is a very serious issue and intravenous rehydration could be necessary. Antibiotics may also be advised in more serious cases. If you are vomiting severely and are unable to keep liquids down, or if you can't urinate or the urine is very dark, you need to see a doctor. And if there is any paralysis, rapid heartbeat, confusion, blurry vision, or bloody diarrhea, these symptoms signal a medical emergency.

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

LIVING ON PURPOSE

by LAURIE MUELLER

INSPIRING SUMMER READS - And a Touch of Laughter



Retired or not, summer seems to bring out the desire to spend more time reading.

As part of several writers' groups, I have discovered a whole new library of authors, expanding my reading choices from best-selling American and British authors to talented Canadian authors.

Jennifer Mariani, author of *All Forgotten Now*, is a ballet dancer and poet who grew up white in post-independence Zimbabwe. At age 17, the family moved to England and later to Calgary, Alberta. She portrays beautiful pictures in

her poetry of that African country. But there is more than just beauty, there is heartbreak.

"We took the pieces of home that we could not carry with us and stuffed them into our souls," writes Jennifer.

I had a similar experience. The land of my childhood dissolved with the death of my father, becoming a place I could only return to as a tourist. The pain of disconnection was so real and yet unexplainable - until I read Jennifer's poems of leaving Zimbabwe.

For all those who have ever left one location for another, whether it be from one continent to another or simply one island to another, this book of poetry will remind you that you are not alone. And somehow that may bring you solace.

When Life has Other Plans by Dorothea L. Gordon is about how life tested her with endless tribulations but she noticed there were always angels around to help take the edge off the pain and move her forward.

After each chapter, she sums up the gift she received from that adventure.

In one chapter, her Graphoanalysis expertise leads her to participate in a documentary about reincarnation where she analyzes the handwritings of volunteers who have been regressed into a previous lifetime and compares them to their present-day handwriting.

Her findings and observations make her aware that there is an invisible world which looks after her when the going gets tough.

She also discovers her healing abilities and intuitive gifts.

Regardless of whether you are a believer of such an idea or not, it will give you something to ponder.

In my younger years, I read biogra-

phies of successful people to give me clues on how to steer my life.

Now, memoirs show me we've all done some travelling.

Some adventures were successful, some not so much! But they brought us to where we are now. I don't think we are ever too old to learn something new.

Dorothea gives us a good roadmap on how to take stock of our lives, the gifts we received, the successes we achieved and the lessons we've learned, not to mention a good read for your deck chair this summer.

If all this is too serious for you, pick up a copy of Ian & Will Ferguson's comic whodunit *I Only Read Murder*, where a washed-up has-been actress receives a note from her estranged husband which she misinterprets to mean, "Let's get back together."

With money that isn't hers, she takes a bus ride to a small Pacific coast town to re-unite with the husband who now runs his own bookstore. Misadventures abound with lots of laughter for the reader.

Not a cozy, not a thriller, just a light murder mystery written by two Canadians, one a resident of Victoria, the other of Calgary.

Happy summer reading!

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 or on Facebook.



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