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Rediscover the joy of learning something new



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Reader letters

Thanks for Renaissance magazine. It keeps me focused on the present but also reminds me of the joys I had while teaching!
Tom Molyneaux
(District 14 Niagara)

I look forward to receiving every issue of *Renaissance*! Many thanks.
Jack Fortin (District 42)
Mainland British Columbia

I received my first issue of *Renaissance* in the mail today. The article “Life after work: Who am I now?” struck a chord with me as I have been struggling for the past couple of months to find my purpose. Thank you for the timely advice to recognize who I am and to realize that now I have the time to make the most of it.
Sandy Sinden (District 50)
Atlantic

We enjoyed the recent issue of *Renaissance*, especially the story “Life after work: Who am I now?” My wife, a long-time public-school teacher, was one of the first to enjoy the “35 and out” opportunity, retiring with a full pension before turning 55. A neighbour encouraged me to retire with Linda. Another friend told me he retired because he felt he was taking a

job he didn’t really need from a younger person who really needed it. I hadn’t thought about it that way – but it’s a significant point.

We decided to make sure we owed nothing, a takeaway from an RTOERO seminar on retirement we attended. We both had saved and invested well, so we had a bit of a safety net. We decided to travel. Before long, we had visited every province and territory and every U.S. state save Hawaii – no bridge! We also fulfilled one of Linda’s dreams: attending the Oberammergau Passion Play in Germany. My family had left Germany in 1709, so the thought of going there intrigued me. We went to Germany, the Netherlands, Ireland, Switzerland and Austria. We found, and met, both our original families in Europe, mine in Germany and Linda’s in the Netherlands.

We are reaching the age where travel and health are arguing with each other, so overseas travel may be finished. Do either of us regret retiring and spending that adventure together? No. Not once. Not ever. Neither did either of us dislike our chosen career. For everything there is a season.

Don and Linda Dulmage
(District 19 Hastings and Prince Edward)

We asked RTOERO members Tom Hennessey and Joyce Hetherington, writer Sue Horner and copy editor Lesley Fraser to tell us about something they learned – with trepidation! – later in life.



TOM HENNESSY

“In life events, I am learning to focus on what is the truth. When I deal fairly with what is, without bias or emotion, I am more content. I try not to react but in

time respond fairly. Then, as the song says, ‘I can see clearly now.’ I am a very thankful man.”

District 8 London, Middlesex



JOYCE HETHERINGTON

“Mercifully, I’m still changing as I learn to live in my own skin on this precious planet, our home. I have become tiresomely passionate and vocal about

the need to support an informed press. Without well-funded journalists, we have a tougher time protecting the vulnerable and holding the powerful to account. ‘Vive une presse libre!’”

District 8 London, Middlesex



SUE HORNER

“I’m mom to two boys, both total hockey fanatics. Practically as soon as they could walk, they were taking skating lessons on their way to the NHL. Practising

with Mom was a problem, though. I hadn’t skated since I was a child – and I was terrible. But I vowed not to be the one who made them fall, so I signed up for lessons with my local parks and rec. I expected to be the only 30-something one there, but there were lots of adults just as wobbly as I was. I accomplished my goal of skating forwards – and backwards! – without falling down.”



LESLEY FRASER

“I learned how to edit! Not necessarily with trepidation, but being a 40-year-old intern at HarperCollins Canada after stumbling into a copyediting

course (following years of working in hospitality and then wine sales) was a funny experience. Starting a new career, and developing the skills that go with it, in middle age is both uncomfortable and kind of exhilarating – and editing a range of material for various clients is a great way to guarantee that I’ll keep learning new things for a long time. Also, I’m finally putting my English degree to good use!”

WE WANT TO HEAR FROM YOU!

We welcome your feedback, so please send your letters to renaissance@rtoero.ca. Letters may be edited for length and clarity at the discretion of the editor.

Renaissance honoured!



RTOERO is excited to share that *Renaissance* magazine won four awards recently, recognized for editorial excellence by the International Association of Business Communicators!

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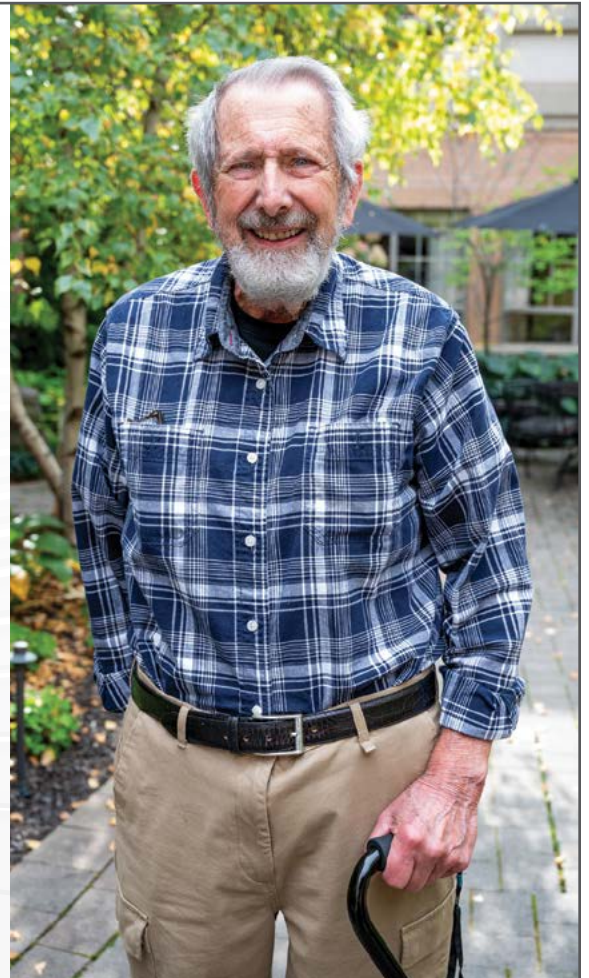
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Take a leap!



by **Martha Foster**,
RTOERO Chair

It's never too late to
learn a new trick

When your career is in education, learning is a part of what you do, every day. But when you retire, it's easy to fall into a pattern of doing things you're familiar with. Research has shown, though, that to keep your mind agile, it's important to keep learning new things and gaining new skills — in fact, exercising your brain can delay and sometimes reduce the effects of dementia.

I practise what I preach. I always loved music. As an adult, I decided to learn how to play the trombone, which was followed by joining a local band where I met and engaged with a whole new group of people with the same interest in music.

Science and math were always my interests; I dropped history as soon as I could and never took home economics. When I retired, I developed an interest in local history and historic cooking. And then I became involved with a local museum and a group of re-enactors. This is absolutely a new area for me. I'm learning new things and gaining new skills — and meeting another group of people and having a great time!

When I was first elected president of RTOERO, I wasn't bilingual, so I couldn't speak with our French-speaking members in the language of their choice. I enrolled in French classes. Talk about being out of my comfort zone! I have now delivered two speeches completely in French, something I never thought was possible.

So, take a leap: Enroll in a class, pick up a new hobby from the internet, learn a new skill. Not only will this keep your brain healthy and active, you may find new areas for socialization and feel really good about yourself and what you can accomplish. 🍀

Happy learning!
Martha

Well-walked and well-read



by **Jim Grieve**,
RTOERO CEO

How I exercise for my
body and my brain

Dr. Paula Rochon, the RTOERO Chair in Geriatric Medicine, wrote the following in a *Toronto Star* article about walking and health in April: "Steps matter to health. While we often hear about the benefit of taking 10,000 steps a day, a study of older women by the Women's Health Study found that taking 4,400 steps or more per day was linked to lower mortality."

In my first ever *Renaissance* submission, back in 2015, I challenged myself and RTOERO members to walk 10,000 steps per day for healthy, active living. For the most part, I have managed to maintain an annual daily average of about 7,000 steps. All of those steps took me outdoors in every type of weather and with all the benefits of exercise, fresh air and loads of natural vitamin D.

But that's not all. For more than 25 years, inspired by a North York colleague, I have been walking (and commuting) while listening to books from Audible.ca and Libby, the public library service. The double benefit of exercise for the body and the latest fiction and non-fiction for the brain has become a daily necessity and pleasure.

During the two-year pandemic alone, I have listened to 116 books, alternating between gripping novels by authors such as John Sandford, Michelle Good and Lee Child and thoroughly researched works of non-fiction by authors such as David McCullough, Thomas King and RTOERO's own Ted Barris.

What began 25 years ago as a way to stay current with the flood of books I wanted to read evolved into this daily joy of getting outside, rain or shine, moving and being moved by inspiring books, performed by outstanding readers.

When you want daily, complete exercise, mind and body, consider adding audio books to your walking or hiking routine. You'll be both well-walked and well-read! 🍀

Best wishes,
Jim

Pedal power

How cycling can
reconnect you to your
community

by **Alison LaMantia**



Left: Volunteer pilot Charmaine Jensen and passenger Mavis Rushak at the end of their ride, back at the Patricia Gardens Minimal Care Home.

Below: Several sponsors, the Cycling Without Age (CWA) volunteer group and RTOERO District 35 members were present for the first official trishaw ride for seniors.

Back row left to right: City of Dryden officials Marty MacKinnon and Steve Belanger; Bruce Taylor from Home Hardware Building Centre; MP Eric Melillo; Domtar Mill representative Dianne Loewen; CWA and RTOERO District 35 members Lynne Pateman, Carol Gardam, Sue O'Grady and Lee Ann Benson. On the bike are volunteer pilot Bob Gardam and passenger Marg Tschumi (mother of District 35 member Kathy Boone).



Reconnecting with your community can be ... well ... as easy as riding a bike.

At any age.

That's the philosophy behind Cycling Without Age, an international movement helping to address social isolation that started in 2012 in Copenhagen, Denmark. The movement has spread to 2,700 communities worldwide, including Dryden, Ont., thanks to Carol Gardam, president of District 35 Dryden.

Gardam had seen a news story about Cycling Without Age, so she quickly recognized the trishaw — essentially, a three-wheeled rickshaw that's an integral part of the organization's program — parked out front of her father-in-law's long-term care home

when she visited him in Ottawa. "It was such a neat thing to see, and I thought how great for these seniors to be out in nature, in their community," she says.

Gardam struck up a conversation with the pilot (the name for the volunteers who drive the bikes). And, not long after, she was at an RTOERO meeting and discovered that another RTOERO district had received a Community Grant (formerly Project Service to Others) to purchase a trishaw for their Cycling Without Age chapter. She knew then that she could bring Cycling Without Age to Dryden.

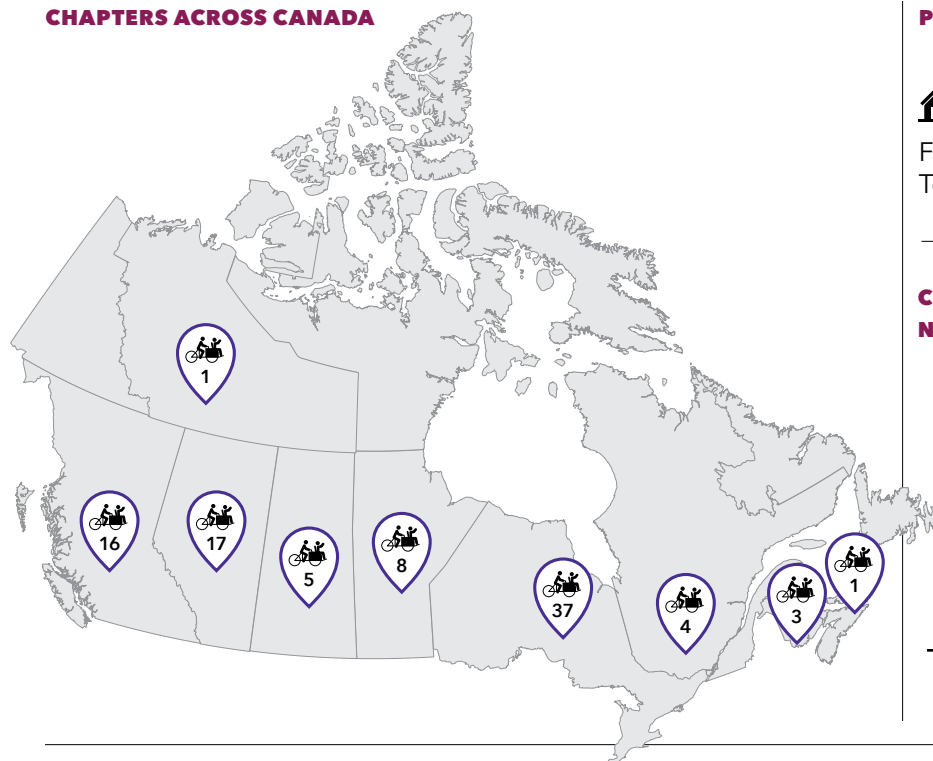
The premise of Cycling Without Age is simple. Volunteers take mostly older adults on bike rides through their

communities. They enjoy conversation, fresh air, the wind in their hair ... and return home joyful, often with cheeks glistening from happy tears and aching from smiling. The well-being impacts are undeniable for both the volunteers and the passengers.

"The smiles on the pilots' and riders' faces speak volumes," says Gardam. "I think about one passenger who rode with us in the fall fair parade. It ended in north Dryden, where she had lived most of her life. She and the pilot spent time touring the places where she and her husband grew up, and she came back thrilled beyond anything." 🍷

PHOTOS, COURTESY OF CYCLING WITHOUT AGE DRYDEN

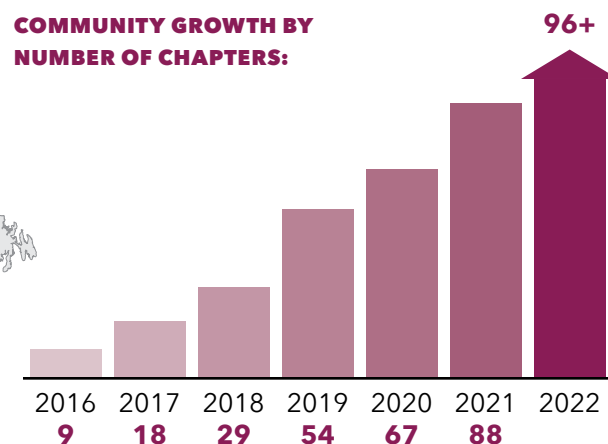
CHAPTERS ACROSS CANADA



PROGRAMS LED BY:



COMMUNITY GROWTH BY NUMBER OF CHAPTERS:



HOW TO START A CHAPTER

Once a Cycling Without Age chapter is up and running, the bike's visibility in the community and word-of-mouth support help attract volunteers, donors and passengers, but getting there takes some work. Gardam connected first with Cycling Without Age Canada and learned there are many different models for how to organize a chapter. Cycling Without Age is grassroots by design to allow for innovation and community-based solutions.

With the support of the national organization, Gardam and her district team applied for and got a \$4,000 RTOERO Community Grant to support the purchase of the \$7,500 bike. She connected with the City of Dryden, and the municipality joined as a partner in the project. This let her use the city's liability insurance for volunteers and its property and electricity for bike storage and charging (the trishaws are electrically assisted). The local Home Hardware donated the storage shed, and she quickly found volunteer pilots within her network. They continued to fundraise, bought their trishaw and geared up for their inaugural ride in August 2021.

It didn't take long to find passengers, despite the pandemic: In 2021, the group trained nine pilots, and 43 riders signed up. They toured the bike to different retirement residences for demonstrations, and word quickly spread. They filled weekly time slots based on their volunteer pilots' schedules, a model they carried into the 2022 season.

Gardam now has her sights on recruiting high school students as volunteer pilots. She's thinking strategically about the impact that might have. "I saw staffing shortages within my parents' residences, especially because of the pandemic. It's a problem that we may be able to help solve. For younger people to be comfortable around seniors, they need to be engaging with seniors. And then they might think about going into that field."

To learn more about starting a Cycling Without Age chapter, or to see all Canadian chapters, visit cyclingwithoutage.ca. Search "Cycling Without Age Dryden Chapter" on Facebook to follow their journey. For information about RTOERO Community Grants for RTOERO districts, visit rtoero.ca/giving-back/grants.

FINDING SOLUTIONS TO SOCIAL ISOLATION

Innovative, community-based projects are essential to solving complex societal issues like social isolation. That's why social isolation is a funding stream for RTOERO Foundation grants. Plus, each October, the foundation's Social Isolation Awareness Month program highlights the issue and offers suggestions on what we can do to prevent and address social isolation in our communities and our own lives.

"Like many others, we're concerned about the pandemic's impact on social isolation for older adults in Canada," says Mike Prentice, executive director of the RTOERO Foundation. "But at the same time, the pandemic has brought awareness to the importance of social engagement and mental health and well-being in general. We're seeing an outpouring of support and interest from RTOERO members and our other donors – people want to be part of the solution." Learn more about the foundation's social isolation awareness activities at rtoero.ca/rtoero-foundation.

Cycling Without Age Dryden is one of more than 96 chapters across Canada. Chapters are run out of care homes, by community groups or by municipalities and First Nations. Jane Hu is the executive director of Cycling Without Age Canada and helps communities and organizations set up chapters. "As awesome as it is that we are getting seniors back outside, what's truly magical is how they re-engage and reconnect in the community," she says.

How to advocate like a pro

Change starts when
you choose a cause
you care about

by **Patricia Ogura**



It starts with an idea — an idea gifted to a community or country, to a person or group of people needing help. Advocacy is a personal or group effort. Whether you initiate or support an existing project, it's a journey with common phases. Drawing on advocacy and direct-marketing best practices, here's a basic guide for the journey.

Recognize a cause

Choose a cause you're passionate about. Your enthusiasm fuels determination and generates results.

Research

Do your research. Understand the stakeholders, the solution options and the rewards versus the cost. You need to know the human and financial resources you need to reach your goal.

Identify stakeholders

Understand the people you hope to influence and why they should care about the issue. Talk about the issue in simple

terms using key phrases to keep you and your team focused on what you want to accomplish. And these key phrases should drive your communication efforts — whether that's a letter, email, petition, presentation or discussion guide for a meeting or interview.

Communication

Be simple, brief and positive. Match your audience to your messaging so it's relevant to their wants and needs — answer the question they'll be asking themselves: Why do I care? What's in it for me? The way you talk about the issue, and what you want to accomplish, may change depending on who you want to bring onside: Federal ministers? Provincial or territorial ministers? City counsellors? Business leaders? Shop owners? Keep it simple, whether you're talking about the issue, solutions, anticipated benefits or the risks of maintaining the status quo. Where you can, support your pitch with powerful images to ground the concepts quickly.

Personal efforts — face-to-face, phone, letter or email — carry more sway than online petitions alone, and how much effort and commitment people think you're putting into this issue.

Test your communication materials before you go live and rethink if you're not getting the response you're looking for.

Evaluation

It's important that stakeholders know you're monitoring the issue, so make sure your advocacy plans include timelines and evaluations on a number of issues. Track relevant indicators such as number of emails sent, number of responses, reaction to phone calls. If you're part of a group, stay in contact.

Key questions

- What situation requires improving?
- Who benefits? Who else?
- Who are the stakeholders? What do they stand to gain? Or lose?
- What are the calls-to-action per stakeholder group?
- What communication is generating positive response?
- When was my last contact with stakeholders? When is my next?

Some don'ts

Don't...

- Be political: seek cooperation
- Lecture: initiate dialogue
- Whine: be firm; show resolve
- Harass: give and earn respect
- Be too emotional: but show you care and why they should

The opportunity to help is an honour with immense rewards. Whether you make a small difference or a large one, remember: It matters.

Helpful resources

Visit rtoero.ca/giving-back/advocacy for more resources, including the RTOERO white papers and more tips for advocating. ☘



Nutrient-packed produce to enjoy now

These six fall favourites serve up a bounty of health benefits

by **Fran Berkoff**, registered dietitian

Farmers' markets are brimming with locally grown fruits and vegetables right now — apples, broccoli, Brussels sprouts, greens, carrots, cauliflower, peppers and more are not only at their flavour peak but also at their most nutritious.

Pears

Aromatic pears are one of the top fruits when it comes to fibre: A medium-sized pear delivers about five grams, some of which is soluble fibre that helps lower cholesterol. Think beyond just a delicious snack — bake a crisp or cobbler, poach for an elegant dessert, toss thin slices into salads, or purée for soups and smoothies. And don't forget to add them to a charcuterie board!

Parsnips

This often-overlooked root vegetable should play a role beyond turkey sidekick. If you're a sheet-pan fan, slice parsnips into batons and roast along with your other favourite vegetables. One-half cup of cooked parsnips is fibre-filled and comes with calcium, vitamin C and potassium. Boiled with potatoes for a mash, they add a nutty, buttery flavour, and they're a tasty alternate topping for shepherd's pie.

Beets

Beets are my fall favourite! Packed with potassium, vitamin C and fibre, they're also a rich source of folate, an essential nutrient that promotes heart health and more. Their vibrant colour comes from betalains, natural plant pigment with powerful antioxidant and anti-inflammatory properties. And they're darned tasty! Roast or steam beets with the skin on; the skins will slip right off when they're done. Baste beets with butter and a drizzle of balsamic, add them to soups and salads, and pickle them to enjoy all winter. And don't throw out the

beet greens. They're rich with lutein, a natural plant chemical that helps lower the risk of age-related macular degeneration, a leading cause of vision loss in older people. Similar to spinach, beet greens are delicious sautéed with olive oil and garlic.

Winter squashes

Colourful winter squashes are rich in beta-carotene, potassium, fibre, folate and more. Boiled or baked spaghetti squash is a smart sub for regular spaghetti since the squash has about 40 calories per cup compared to about 200 for a cup of regular cooked pasta.

Sweet potatoes

Sweet potatoes deliver more taste than squash and, despite their name, have fewer calories per ounce than white potatoes. Rich in beta-carotene, a powerful antioxidant, they're full of fibre, potassium and vitamin C. Bake sweet potatoes whole at 400°F (200°C) for 45 minutes — the skin will magically slip off. Try sweet potato soup, baked sweet potato fries, even scalloped sweet potatoes.

Cranberries

We always associate these tart berries with holiday meals, and for good reason — they're an absolute must with turkey. One cup of raw cranberries contains 45 calories and lots of fibre, plus folate, vitamin C and potassium. Their deep red colour comes from anthocyanins, compounds that help lower the risk of bladder or urinary tract infections by preventing harmful bacteria from sticking to your bladder wall. Use them in a salsa, add them to your morning oatmeal, or bake in squares or cookies. Don't forget about dried cranberries to sprinkle in salads or use as a healthy snack on the go. 🍁

Ramancheurs: A history of help and healing

Quebec's holistic healers treat fractures, strains, joint pain, nerve issues and more

by **Pauline Anderson**



The ramancheurs, or “bone-setters,” of Quebec are a fascinating part of the province’s history but are little known elsewhere in Canada.

The practice of bone-setting is a unique part of Quebec history and culture. For years, these traditional healers (“ramancheurs” is slang for “fixers”) used manipulation and topical herbs to treat not only broken bones but injured joints and other ailments. Their special techniques are practised to this day.

But oddly, little is known about these bone-setters outside the province.

Serge Gauthier, PhD, an expert in Quebec history and folklore whose 1982 master’s thesis profiled a well-known ramancheur family — the Boilys — shared some of his knowledge with *Renaissance* magazine.

The tradition dates back to Hippocrates, a physician in ancient Greece who described the bandaging of injured joints with splints. The practice was later used by healers in Europe, including France, and then brought to Quebec.

Here, the original bone-setters were often blacksmiths who manipulated broken bones of horses. They eventually broadened their practice to include their neighbours, fixing bones resulting from farm accidents.

PHOTO, CARA SHELTON

Bone-setting proficiency — sometimes referred to as a “gift” — was passed from father to son (and sometimes daughter) and involved a lengthy apprenticeship learning about the human skeleton and the art of fixing bones.

Bone-setting proficiency — sometimes referred to as a “gift” — was passed from father to son (and sometimes daughter) and involved a lengthy apprenticeship learning about the human skeleton and the art of fixing bones. Their success stemmed from “proven experimentation,” says Gauthier.

The approach wasn’t scientific in the classic sense; for example, ramancheurs didn’t use plaster but instead used wooden splints. And they certainly didn’t have a diploma or adhere to professional regulations.

Their drawing card was their proximity to rural residents who couldn’t afford a doctor; people had faith in their techniques, and they built a large and loyal following.

Some ramancheurs incorporated prayer or other rituals into their sessions, but that wasn’t central to the practice. Most, says Gauthier, had no other desire than to “relieve human suffering.”

Over the years, the services of ramancheurs became increasingly in demand. Clients often had to wait in long lines to see their trusted healer.

Some bone-setters, including the Boily family, became quite prominent. And many got wealthy, thanks to the generosity of cured farmers.

As time passed and the province became more urbanized, many ramancheurs moved or expanded their practice to cities and began advertising their services in local phone directories and elsewhere.

When Laval University in Quebec City opened a medical school in the mid-1800s and the profession became more standardized — and doctors more accessible — Quebecers continued to put their faith in their ramancheurs.

But mainstream medical leaders didn’t take kindly to these traditional healers. By the middle of the 20th century, ramancheurs were threatened with mounting lawsuits for practising medicine without a licence.

According to Gauthier, complaints came from “undercover police officers” and “never from their clients.” He insists the practice “was nothing outlandish” and originated from “popular medicine before the so-called scientific era.”

Still, the harassment hindered the practice to such an extent that it almost disappeared by the 1980s. At least, from the outside. Healers were driven underground, and the practice became more clandestine — with no paper trail to raise suspicions about practising illegally. Clients paid what they could — in cash.

Clients continue to seek the services of a ramancheur. Take the family of Claude Forand. For years, his father has regularly visited a ramancheur for musculoskeletal problems. His sister uses a healer for back pain.

About 25 years ago, Forand’s wife was scheduled for surgery to treat a spinal issue, but a ramancheur fixed the problem. Forand himself spent close to \$2,000 on traditional health practitioners to treat his sciatica, to no avail. A ramancheur handled that problem, too.

Unlike many other healers who work only on bones, muscles, tendons and ligaments, this particular ramancheur also learned about the nerves in the human body. Her technique involved applying massage-like pressure along Forand’s neck and upper back, without causing any pain. He describes it as a gentler technique than a chiropractor might use.

Forand’s family is not unique. Many French Canadians swear by these traditional healers, often driving for hours to get treated. And doctors regularly refer patients to ramancheurs.

Today, many descendants of ramancheurs are physiotherapists and massage therapists, “which gives them a diploma — something that was lacking for the old ramancheurs,” Gauthier notes.

Chiropractors, too, have drawn from ramancheur techniques to treat spine, muscle and nervous-system conditions and related pain, inflammation and disability.

With growing interest in holistic health and complementary health care, many believe that traditional bone healers can play a central health-care role and should co-exist with modern orthopedic medicine — each learning from the other.

As Forand puts it, ramancheurs are “another tool in the tool box.” 🧰



Your guide to Nordic walking

This easy-on-your-body workout strengthens muscles and improves balance

by **Ylva Van Buuren** Illustrations by **Jori Bolton**

Several years ago, retired teacher Kaarina Gentle (District 16 City of Toronto) took a few Nordic walking workshops with trainer Barb Gormley — and got hooked on the activity as a great way to keep fit.

She goes out with her poles for an hour almost every day, sometimes on her own and sometimes with a friend who enjoys the activity, too.

“The ravine system in Toronto is incredible and allows you to go long distances using your poles. When we’ve done our five miles, we often find the nearest subway and take public transit home.”

Gentle started Nordic walking because she was concerned about her bone density and wanted to do more weight-bearing activity. But she also likes the fact the activity works her upper body, and she has received compliments about her posture.

Nordic walking started in Finland in the 1960s as dryland training for cross-country skiers and biathletes, explains Gormley, a certified master trainer and director of education for

Urban Poling, a Nordic walking company based in Vancouver. The activity reached North America in the 1990s, and over the last 15 years, it has grown dramatically.

And for good reason.

“It’s great exercise,” says Gormley. “You’re outside in nature and you can do it with others.”

Nordic walking uses almost all the muscles in the body: The lower body gets the benefits of traditional walking, using the poles works the upper body, and core muscles are engaged when you swing your arms forward. The activity is low impact, so easy on the knees, hips and other joints, and it helps improve posture by strengthening the upper-back muscles. And like other cardiovascular exercise, it helps manage blood sugar, weight and stress.

The Nordic walking poles make all the difference — and they’re not to be confused with hiking poles, says Gormley. Hiking poles are held vertically in front of the body and used for balance and stability as you plod across stones, boulders and uneven surfaces.

Nordic walking poles are held at the sides of your body and they swing and plant down behind you to push you forward.

“With hiking, you’re lifting poles with bent elbows, but with Nordic walking you’re swinging poles with straight arms.”

Gormley instructs first-timers to hold the handles of the poles lightly and simply walk with opposite legs and arms in tandem (so swinging the left arm and striding forward with the right foot) while letting poles trail behind at a 45-degree angle.

“Once that striding motion feels right, make steps a little longer and swing your arms like long pendulums and up a little higher to handshake-height,” she explains. “Press the outside edges of your hands onto the ledge of the pole handles each time a boot tip lands and begin to plant the poles ... to push yourself into your next step. The poles maximize energy expenditure by actively engaging the upper body with a full arm swing and that ‘plant, push, propel’ action.”



IF YOU’D LIKE TO START NORDIC WALKING, HERE IS A BEGINNER’S CHECKLIST:

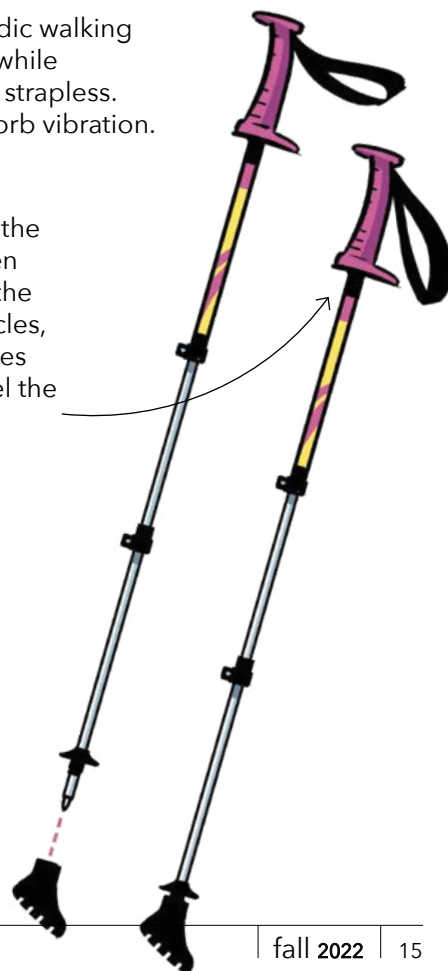
- Buy Nordic walking poles. Gormley recommends high-quality strapless poles (straps are associated with thumb injuries in falls). The telescoping feature lets you adjust the poles’ length. Prices range up to about \$120. The poles should come with boot tips, hard rubber “boots” that go over the metal tips at the end of your poles, to absorb shock as you walk.
- Sort out clothing. Wear clothing that lets your body move comfortably. The material right next to your skin should wick away moisture as you sweat.
- Lace up supportive shoes. Wear whatever you’d wear for a brisk walk, says Gormley. Many people like to wear a light trail shoe with a rugged sole.
- Add other protection. Wear sunscreen and a hat. A small backpack can hold water and a snack.
- Set up poles for the route: Keep boot tips on if you are walking on paved surfaces; remove if you are walking across fields.
- Learn the technique. Gormley provides a demonstration on YouTube and recommends a few private lessons with a master trainer. “It can take a few tries before you feel comfortable Nordic walking, but you’ll get it,” she says.
- Make a commitment. Sign up for a class series or make a twice-a-week date with a friend who Nordic walks, too. An Urban Poling class runs 60 to 75 minutes and includes a warm-up and cooldown and at-stop interval, balance and other exercises. 🌿

ANATOMY OF THE NORDIC WALKING POLE

Handle: Traditional Nordic walking poles have wrist straps, while contemporary poles are strapless. Ergonomic handles absorb vibration.

Ledge: A ledge is part of the handle of each pole. When in motion, pressing onto the ledge engages core muscles, the backs of arms and sides of the trunk to help propel the body forward.

Tip: A removable boot tip provides a springy landing when walking on hard surfaces like pavement. If you will be walking on a soft surface like grass or trails, remove the boot tip to expose the carbide tip on the end of your pole.



A prescription to laugh

Laughter yoga offers surprising health and fitness benefits

by Brooke Smith



American humourist and writer Mark Twain got it right: “The human race has only one really effective weapon and that is laughter.”

You can laugh at a *Seinfeld* episode, giggle at your friend Sue’s punny wordplay — but you don’t actually need a reason to laugh. You can ... just ... laugh.

Welcome to laughter yoga, a series of movement and breathing exercises to help you laugh — for no good reason!

Usually practised in a group, laughter yoga is a variety of specific exercises — simple breathing techniques, clapping and chanting — led by a trained laughter yoga instructor. Once you’re warmed up, your instructor might move to improv exercises, gentle stretching, yoga breathwork and meditation.

“The only part of yoga in laughter yoga is the breathing,” says Lillian Saggiorato, a certified laughter yoga teacher and occupational health nurse (laughteryoga-toronto.com). “And we know how important breathing is, because we need to get the fresh air in and the stale air out,” she adds.

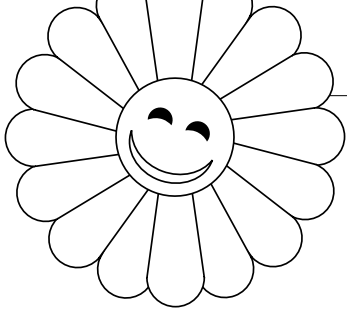
“It’s intentional laughter exercises designed to make us feel good,” says certified laughter yoga teacher Cathy Nesbitt (cathysclub.com). For example, hold an imaginary cellphone to your ear and laugh, or greet everyone — for example, shake hands — but replace words with laughter.

Laughter yoga was started in 1995 by Indian physician Dr. Madan Kataria with a few people in a park in Mumbai. It’s now practised in more than 110 countries, and there are thousands of leaders and teachers around the world.

Studies have proven that the body can’t differentiate between voluntary laughing — simulated — and the real thing; you get the same physiological and psychological benefits, regardless.

“When you fake laughter, it’s better because you’re forcing it,” says Kathryn Kimmins, a holistic professional and certified laughter yoga teacher (laughyourselfhealthy.com). “When you force it, you’re bringing more oxygen in and pushing a lot of stale oxygen out. You laugh longer and louder.”

PHOTO: SABINA BRACHER.
ILLUSTRATIONS: JOSIAH GORDON



"We need to know we need to laugh, even if we're stressed – mostly when we're stressed."

Kathryn Kimmins

And the brain actually needs 25 per cent more oxygen than the rest of the body to function properly. "When we're stressed, we're not breathing properly, so our body's not getting what it needs," says Nesbitt.

With laughter yoga, we can boost our immune system and decrease our stress. "We need to know we need to laugh, even if we're stressed – mostly when we're stressed," says Kimmins. "All those negative emotions – that's when we need to laugh. Don't wait until they happen."

Because, when we're laughing, we're secreting the "love drugs" – dopamine, oxytocin, serotonin – versus cortisol, when we're stressed," says Nesbitt.

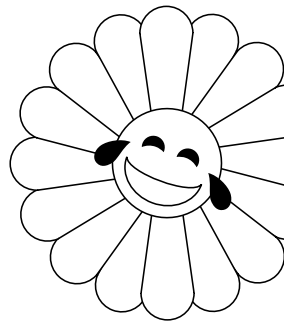
Science bears this out. Laughter Yoga International studied 200 IT professionals in Bangalore, India, to see the effects of laughter on reducing stress in the workplace. The study showed that participants gained big benefits. They experienced reduced heart rate, reduced blood pressure and reduced cortisol levels. Positive emotions increased by almost 18 per cent, and negative emotions decreased by almost 28 per cent.

Say you're having one of those spiralling-out-of-control days. Laugh yourself better, says Nesbitt. "Laughter helps us to cope," she says. "We get those synapses firing [in the brain] and we're flooded with those love drugs to help us come up with solutions."

And consider this: "One minute of laughter yoga is equivalent to 10 minutes on a rowing machine – because of the movement," says Saggiorato. And, it's the only exercise that works the inner and outer organs, she adds. And she should know. Seniors in Saggiorato's laughter yoga class have told her they sleep better and their bowels feel better. In some sessions, they've left in the middle because they have to go to the washroom. "They couldn't handle it anymore," she says. "It was totally hilarious."

And, of course, laughter yoga has a social aspect. "Some people retire and that's their life," says Kimmins. "If they don't have other outlets to help them to laugh, to help them be out with friends, [laughter yoga] gives them an outlet to be silly and childlike. We say laughter yoga is the 'playground for adults.'"

This playground can be anywhere. "You don't have to change, you don't need a yoga mat, you don't need a gym," says Saggiorato.




To get started, consider joining a laughter yoga club – Google "laughter yoga clubs" for locations. Or check into free online clubs. Nesbitt offers a Zoom Laughter Club on Tuesdays at 9:30 a.m. EST. And Kataria offers an online International Laughter Club. (See laughteryoga.org/zoom-laughter-club for times.)

You can, of course, laugh on your own. Kimmins has posted exercises on YouTube "so people can laugh along with me, if they're unable to get out and do a session."

In the end, laughter yoga is about being in the moment. "It really does help us be present," says Nesbitt. "You can't be thinking about yesterday or tomorrow. You're not thinking. You're just completely laughing." 🌸

7 smart ways to age-proof your home



Smart tech picks keep you safe and secure

by Allan Britnell

Smart home devices can make it simple and safe to live your best life in your own home, longer.

1

Smartphone or tablet

“The number-one thing is to have a smartphone or tablet,” says occupational therapist Lesya Dyk. “There’s literally an app for everything now, so you can manage your health care, social life, play games, read, order groceries ...”

There are also apps for help with specific needs. If your eyesight is an issue, TapTapSee uses your device’s camera and VoiceOver functions to take a picture or video of anything and identify it out loud (taptapseeapp.com). LookTel Money Reader recognizes currency and speaks the denomination so you can easily identify and count your bills (looktel.com/moneyreader).

2

Personal assistants

Once set up, voice-enabled smart home systems such as Amazon's Alexa, Apple's Siri or Google Home can take care of a wide range of tasks, from turning on lights or music, controlling the temperature, ordering groceries and delivery meals, to answering the phone.



3

Fall and motion detectors

Fall-detection sensors will contact a monitoring station if you're unable to call for assistance. Most are worn around your neck, but the latest detectors are included in smart watches. There are several models of Apple Watch, for example, that can be linked to a monitoring service that can also detect heart irregularities.

There can be false positives, but monitoring companies will try to contact the user by phone before notifying emergency services and the user's designated contact person.

You don't have to wear radar-based detectors, but they are costlier and only detect a fall in the room in which the equipment is installed.

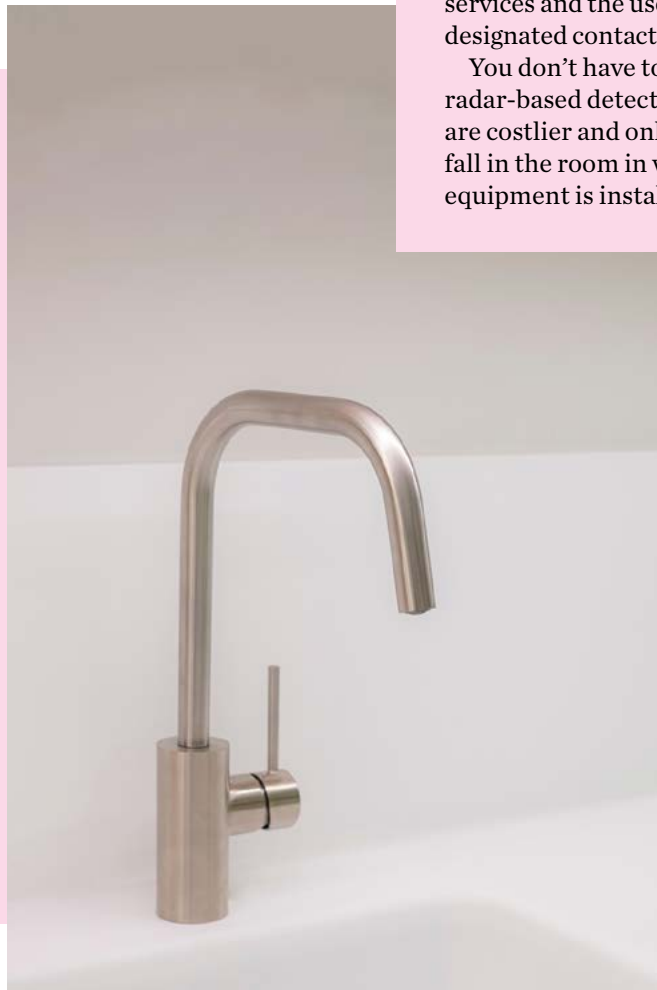
4

Faucet and shower controls

Motion-operated faucets and soap dispensers are pretty common, but the next generation of hands-free fixtures are voice activated. With Kohler's Sensate faucet, for example, your voice turns the water on or off, controls the temperature and even delivers pre-set volumes of water, a great feature if you have trouble reading the markings on a measuring cup, for example.

Moen's U system controls shower settings by voice, an app or a wall-mounted controller, so you can pre-set the volume and temperature to your preferences.

Interactive smart mirrors can display daily to-do lists and check the weather forecast before you get dressed.



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5 Camera systems



A camera-equipped doorbell, such as the Ring system, lets you know who's at your door and allows you to communicate from inside your home.

Another consideration for the exterior door: biometric locks that open the door with a fingerprint so you don't have to root around for your key or remember the digital passcode.

6 Smoke detectors

You have smoke and carbon monoxide detectors, of course. But the new smart smoke detectors not only sound the alarm but can also alert friends, neighbours or family via smartphone alerts.

7 Lighting



Smart lighting, including in-wall switches/dimmers and LED bulbs, allows you to put your lighting on a schedule, turn your lights off or on using your smartphone, and have the lights triggered by movement. 🏠



House hacks that really work

It's not as hard as you might think to do it yourself

by **Sue Horner**

DIY is back, and it's not as hard as you think.

If you darn socks, reuse the waxed paper from your box of Cheerios, and turn used envelopes into scratch pads, your parents or grandparents probably went through the Great Depression. Motto: "Use it up, wear it out, make it do, or do without."

While that approach may have seemed overly frugal before, you may well be embracing it now.

Supply chain shortages and rising prices are hitting food, gasoline and just about every other aspect of our lives. Two years of the pandemic drove many of us back to basics: baking bread, knitting or sewing, and doing our own maintenance.

And we're not just saving money; we're taking pride in doing it ourselves.

The good news: It's easier than ever to find inspiration and

detailed how-to instructions to DIY. If your own friends aren't sharing their sourdough starter or your kids aren't handy, fire up your computer.

Someone who was building her knowledge of DIY tips long before the pandemic is former television writer and host Karen Bertelsen. On her blog, *The Art of Doing Stuff* (theartofdoing-stuff.com), she recalls being a child who "wanted to hammer stuff, open it, take it apart, fix it and recreate it."

Now, you'll find tips on her blog for a wide range of challenges she's taken on, like growing garlic (plant in October), removing stickers from glass (hair dryer and olive oil), hanging something on brick (a masonry drill is key) and choosing and installing a toilet ("one of the easiest home improvement jobs you can tackle") among them. When she's faced with something new, she finds out how to do it, jumps

right in and improves her skills as she goes.

As Bertelsen says, “It’s not as hard as you think. You can do it yourself — cheaper, faster, and it will make your life simpler.”

While online personalities like Bertelsen often cover a range of tips, others aim to be the go-to source in a specific niche.

Melissa Maker calls herself “an accidental cleaning expert,” saying she hates cleaning but has cracked the cleaning code. She founded a housekeeping service and hosts a YouTube channel with the same name, called Clean My Space. Here, you’ll find her housekeeper-tested tips for exactly that.

Maker recommends starting with simple cleaning products and working your way up to heavier-duty products only if needed. She creates her go-to spray cleaner by shaking together a squirt of dish soap in two cups of water. Glass cleaner is equal parts water and white vinegar, applied with a microfibre cloth. Tough jobs like tiles get a mixture of equal parts baking soda and dish soap, scrubbed with an old toothbrush.

Her detailed instructions include cleaning shower doors (vinegar helps cut the soap scum), kitchen cabinets (watch out for abrasive cleansers that can damage the finish) and toilets (“glove up and pre-treat”).

Her attitude is “It doesn’t have to be complicated or harsh — you just have to know what you’re doing and have a plan of attack.”

Mark Cullen is the passionate garden guru and author people have turned to for gardening advice since the early 1980s. He and his son Ben share tips online (markcullen.com), in an e-newsletter, in newspaper columns and magazines, and on radio and podcasts. In 2016, Cullen was awarded the Order of Canada for his connections with everyday Canadians through his gardening and environmental messages.

Cullen takes a low-cost and environmental approach to gardening DIY. Your neighbours may be raking and bagging leaves, but if you have one, he suggests you rake them onto your garden, “where hungry earthworms will pull them down into the soil next spring.” Lamenting the fact that Canadians throw out too much food, he advises composting and describes what you should and shouldn’t put into your composter (kitchen scraps, yes; oak leaves, no).

What if you don’t have a yard or need greenery indoors, or want some help for those extra houseplants you bought during the pandemic? Cullen has tips for indoor plants for those with a black thumb (pothos and spider plants are “incredibly robust”), branching out to exotics like hibiscus and expanding your collection with cuttings.

Cullen’s philosophy: “Give it a try — and have fun!”

We’d love to hear from RTOERO members. Have you mastered any new DIY projects over the past two years? How do you “Use it up, wear it out, make it do, or do without”? Share what you’ve been up to at renaissance@rtoero.ca! 🐾



HOW TO REMOVE STICKERS

Karen Bertelsen
(theartofdoingstuff.com)

Materials

- Cotton ball
- Any edible oil

Tools

- Hair dryer

Instructions

1. Set your hair dryer to medium or high, point it at the sticker, and heat the sticker up.
2. Be careful not to let the glass get so hot that it cracks.
3. Pull off the sticker!

Notes

Most stickers won’t require the extra steps I’ve outlined below, but a few will:

If some goo remains, use the sticker like a lint brush to remove the residue.

If there’s *still* something sticky left, it’ll come off if you rub it with a cotton ball dipped in olive, avocado or any vegetable oil.



HOW TO CLEAN A BURNT POT

Melissa Maker (cleanmyspace.com)

Dishwasher tablets and dishwasher detergents are created specifically to break down food. That’s what makes them so great at tackling stubborn pot burns. But don’t just throw your pot in the dishwasher with a tablet; try this hack instead.

Scrub as much of the burnt area off as possible. Then, fill your pot with enough water to cover the burnt parts. Add a dishwasher tablet or one tablespoon of detergent. Bring this to a boil and then simmer for 10 minutes. Dump the water and scrub thoroughly. If there are still stains after the first round, repeat until clean.

It's never too late to...

Rediscover the joy of learning something new

by **Stuart Foxman**



As a child, Dianne Waun (District 9 Huron-Perth) took piano lessons. “I hated every second of it!” she recalls. Piano didn’t last. When her kids were young, Waun tried playing trumpet in a community band. “No luck there,” she says.

She thought her musical aspirations were over. Not quite. Waun, who lives in Exeter, Ont., was 18 years into retirement when she heard the Bayfield Ukulele Society at a community event. “They were having so much fun. I wanted to be one of them,” she says.

In 2018, Waun was 72; she asked her children to give her a ukulele that Christmas. They did, and she started taking classes weeks later. Seeing other players made her confident instead of intimidated. “I thought if they can do it, I can too,” she says.



Dianne Waun, living her dream to play the ukulele.

Many adult beginners have the same can-do attitude. They realize that it's never too late to pick up an instrument, learn a language, start a hobby, return to school, or pursue a long-held dream.

Young people may be wired to learn, but it isn't their exclusive domain.

In the recent book *Beginners: The Joy and Transformative Power of Lifelong Learning*, author Tom Vanderbilt describes the “awkward, self-conscious, exhilarating dawning of the novice.” He writes that beginning is “about small acts of reinvention, at any age, that can make life seem magical — it's about learning new things, one of which might be you.”

That was true for Waun. Within a month of starting her lessons, she learned that the Bayfield Ukulele Society wanted more players to fill out a stage. Waun only knew two chords but asked if she could join. She did, faking it but having a blast.

Since then, Waun has continued learning. During the pandemic, she joined virtual jams with ukulele groups all over North America. Now she plays with the ukulele society weekly and has picked up the banjolele (ukulele neck and banjo-type body) and the bass ukulele. Waun can manage about a dozen chords now, but proficiency isn't the point. When she plays, she says, “I feel invigorated, inspired and uplifted.”



Karen Miller wanted new ways to keep busy, so she took up painting — and loved the challenge.



Painting affects Karen Miller (District 37 Oxford) in a similar way. “It feels calming, almost meditative,” she says.

When she retired in 2015, Miller considered new ways to keep busy. A few acquaintances asked if she wanted to come out for a night of painting. “I didn't set out to be a painter. It was just a way to keep connections and be social,” she says. But at age 60, Miller caught the art bug. She wasn't worried about what the final product looked like. “I enjoyed the creativity and the completion of it. And it gave me a purpose to challenge myself.”

Miller began picking up painting tips online and from other artists in the community. Now she paints about three times a week in her rec room. She works in watercolours, oils and acrylics, and mostly does landscapes (@kmartpainting on Instagram).

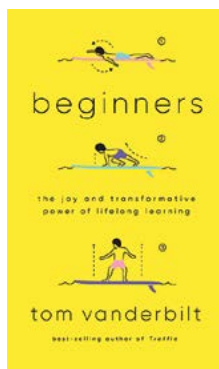
As an adult beginner, Miller says her learning curve was a bit longer, but she also had the hours to devote. “Retirement gave me the time to dive into it,” she says.

She has never let a fear of not being great stop her from trying. “Not being perfect in my painting never bothers me,” Miller says. “I'm doing this for me. I can always strive, but I'm not afraid to make mistakes and experiment.”

It helps to remember that nobody is judging you.

“That's the biggest thing. There's no test,” says Deborah Bonk Greenwood, executive director of the LIFE Institute, a leader in lifelong learning for adults 50-plus through continuing education at Toronto Metropolitan University (formerly Ryerson University) in Toronto.

Bonk Greenwood says older learners often feel that young people pick up things more easily and quickly, so why bother learning past a certain stage in life. “Society has programmed us that way,” she says, and many older adults internalize that ageist attitude. “But you never lose your curiosity.”





Aubrey and Judy Millard aboard *Veleda IV*.

Eighty-four-year-old Aubrey Millard (District 3 Algoma) has satisfied his curiosity the world over since his retirement in 1998.

He left teaching that January, at 59, and in July 1998 he and his wife, Judy, made a huge life change. They sold their Toronto home, took their 32-foot sailboat around the Great Lakes, and just kept going. The couple ended up living on the boat for the next 20 years.

Many people fantasize about chucking their old life to hit the road (or seas), but few have the nerve to do it.

“The night we sold our house, my wife said, ‘Do you have the smell of burning bridges?’ We wanted to see the world,” says Millard.

And that they did, sailing more than 65,000 nautical miles: down to the Gulf of Mexico, into the Caribbean and Bahamas, across the Atlantic via Bermuda and the Azores to England, up the Seine to Paris, down the Rhone to the Mediterranean ... Spain, Tunisia, Malta, Croatia, Italy, Greece, Turkey, Cyprus, Syria, Lebanon, Israel, Egypt, Bulgaria, Romania, Ukraine, the Canary Islands and Cape Verde Islands, Mexico, Belize, Guatemala, Honduras, Nicaragua, El Salvador, Costa Rica, Colombia, Venezuela, the west coast of British Columbia and Alaska.

TOP PHOTO, SILAS BAISCH.
BOTTOM PHOTO, COURTESY OF AUBREY MILLARD

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Millard had been a Royal Canadian Navy reserve officer throughout his teaching career, and the Millards had their boat for a few years before embarking on the two-decade odyssey, so they had the sailing competencies. Still, sailing the world full-time requires another level of skill and confidence. “You have to be very independent. There are no plumbers or mechanics when you’re in the middle of the ocean,” says Millard.

The couple returned to Canada in 2017 and now live in Elliot Lake. The pandemic slowed their travel, but the winds and currents may take them on more journeys. “I’m not sure what the next stage is, but we’re not finished yet,” Millard says.

A 2017 study in *Human Development* noted that across life we go from broad learning (many skills as a baby or child) to specialized learning (expertise in an area, like work skills). The study argued that older adults can find success by returning to the mindset of childhood learning: Be open-minded, leave your comfort zone, let yourself fail, find teachers and mentors to guide you, and understand that effort reaps rewards.

You’ll likely experience physical and mental health benefits, too. Some studies show that your mood can be elevated when you learn and do something new — not surprising, given the sense of fun and achievement you can experience.

A study in the *Journals of Gerontology* in 2019 also pointed to improved brain health. Research subjects aged 58 to 86 took three two-hour classes a week, two on one day and one on the next, for three months (anything from Spanish to photography). Participants completed cognitive assessments before, during and after their studies. After just 90 days, participants improved their memory and cognitive control (switching between tasks) to a level similar to adults 30 years younger.

The researchers concluded, too, that learning several new things at once is part of what’s beneficial. So if you’re anxious about tackling one new thing, try two, three or more.



Above, Andy Hanson. Top right, Andy waiting for his paddling partner in Northern Quebec.



Andy Hanson (District 19 Hastings and Prince Edward) has taken that to heart. Since retiring in 2010, He has tried one new pursuit after another.

It started with earning a PhD in history from Trent University in 2013, at age 64. The degree was a means to an end: He wanted to write a book about the teachers’ union movement but lacked the research and analytical skills. After graduating, Hanson shopped his dissertation around. Several publishers rejected the idea, but Between the Lines Publishing thought it had potential, and Hanson’s book, *Class Action: How Ontario’s Elementary Teachers Became a Political Force*, was published in 2021.

Getting his PhD gave Hanson the confidence to go on a run of new pastimes. He took ballroom dancing and French lessons and became a movie extra. His claim to fame: a glimpse of him in the background of a Jessica Chastain-Idris Elba scene in *Molly’s Game*, filmed partly in Toronto.

Now, Hanson is thinking of getting a surfboard and learning to kayak. He already canoes, and that has also taught him something about taking the plunge. “When you’re running a river and entering a rapid, there’s a point where you can’t turn around. You’re engaged, and there’s no fear. You don’t have space for it,” he says.

Learning to embrace risks is part of a never-too-late attitude. Hanson says the time it takes to complete a PhD, or do anything new, will pass regardless. The question is how you’ll feel when you look back.

“Will you feel better if you tried,” he says, “or if you didn’t?” 🌀

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Explore the charms of Northern Thailand and its many captivating experiences. Then embark on the mv Mekong Pearl for an exciting, unique voyage along one of the world's most adventurous rivers. Delight in the magnificent scenery from Thailand's Golden Triangle into the heart of Laos... tropical jungles, mountain peaks, awe-inspiring gorges, pristine sandbanks and secluded villages offering authentic encounters and a warm welcome. Discover the richness of the Buddhist culture and experience firsthand the traditional Laotian way of life.

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Caribbean cloud nine

Find your place in the sun at one of these idyllic island vacation utopias

by **Doug Wallace**

Get a jump on the season with a solid plan for the sunny south. These island retreats will spoil you rotten with beautiful weather, great food and unique cultural charm.

Antigua and Barbuda

This twin-island paradise on the northeast corner of the Caribbean is an independent nation with British ties. Antigua enjoys more than 150 kilometres of coastline and 365 beaches — one for every day of the year — while Barbuda is the celebrity hideaway, famous for its pink sand and frigate bird sanctuary.

Extracurricular: Antigua is a big hiking island, with easy routes including the three-kilometre Jones Valley Trail, which yields plenty of sea views. English Harbour is the yachting mecca, home to Nelson's Dockyard and other nautical heritage.

Taste to try: Local specialties include conch fritters and chowders, salt cod, blood sausage and ducana — a dumpling made of grated sweet potato and coconut.

Bonus tip: Book your time to coincide with the annual Carnival at the end of July, which celebrates the abolition of slavery with a 10-day fete.

VISITANTIGUABARBUDA.COM

PHOTO, PRZEMYSŁAW SKIBINSKI





Puerto Rico

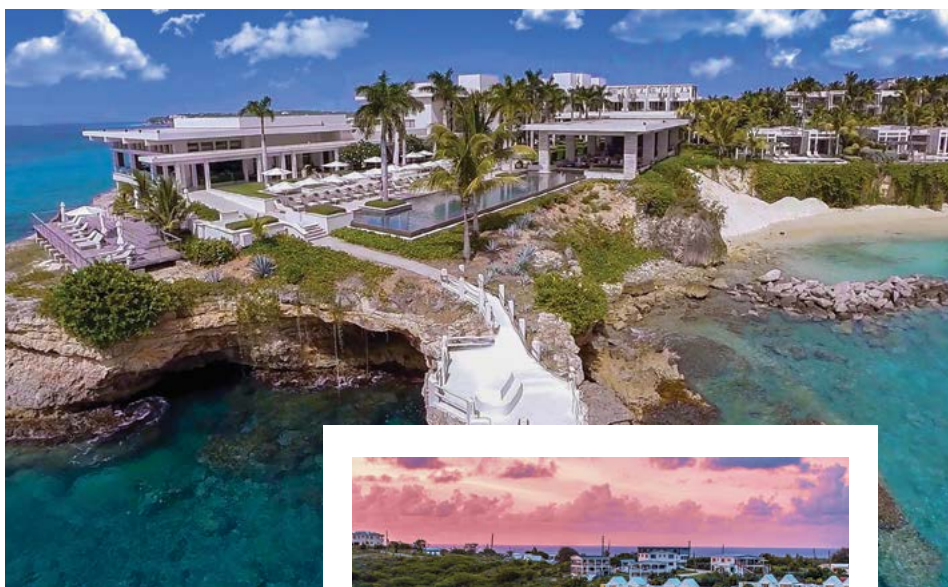
This cosmopolitan American territory in the northern Caribbean hits all the right notes — waterfront fun, luxe beach clubs, great restaurants, historic charm, a café culture. There's so much going on that the challenge will be trying to fit it all in.

Extracurricular: Hiking in the El Yunque National Forest is an exercise in complete rejuvenation, a true nature bath. Hopping on a boat tour to the nearby islands of Vieques or Culebra serves up a stop at the stunning, top-rated Flamenco Beach.

Taste to try: San Juan is a culinary wonderland. The traditional mofongo comprises fried and mashed plantains dotted with crunchy pork skin served swimming in olive oil and garlic with meat or seafood.

Bonus tip: Puerto Rico has three bioluminescent bays, an ecosystem in which microscopic algae produce glow-in-the-dark light caused by the movement of your kayak paddle.

DISCOVERPUERTORICO.COM



Anguilla

Just a short ferry ride north of Saint Martin, this British territory offers 33 white-sand beaches, gorgeous sub-tropical weather and plenty of water sports to bring you fully into the moment.

Extracurricular: An afternoon of sailing from bay to bay on a classic sailboat or powerboat are just two cruise options. Live music is very much a part of Anguillan culture, with locals and tourists moving to reggae, jazz and R&B almost every night throughout the island.

Taste to try: Expect a full restaurant culture here, high- and low-end. Crayfish is the local specialty, with lobster, snapper and mahi mahi rounding out the menus.

Bonus tip: Earmark Wednesday or Sunday for lunch on Scilly Cay. The whole island is a rustic open-air family-run restaurant on a tiny coral islet off the village of Island Harbour.

IVISITANGUILLA.COM

Turks and Caicos

Tucked underneath the Bahamas, the series of islands and cays that make up Turks and Caicos deliver mile after mile of almost-empty beaches under sunny skies, 350 days of the year. Providenciales, on the Caicos side, is the top spot for the chic resorts lining Grace Bay Beach, once again the winner of TripAdvisor's Travelers' Choice award for best beach.

Extracurricular: Seek out ecoadventure with a paddling or boat tour of the wetlands and mangrove networks. There are many miles of estuaries to explore.

Taste to try: Grouper is the delicious fish of choice, served a dozen different ways, followed closely by conch fritters and delectable conch ceviche.

Bonus tip: Between December and April, be on the lookout for migrating humpback whales moving through the Turks Island Passage on their way to the Dominican Republic.

VISITTCI.COM



Grenada

The tri-island haven of Grenada, Carriacou and Petite Martinique at the bottom of the Grenadines boasts white sand, azure shorelines, hidden waterfalls and unspoiled nature.

Extracurricular: Pushing through the clouds on a hike up forest-covered Mount Qua Qua in the Grand Etang National Park delivers incredible views of Grand Etang Lake, a crater lake within an extinct volcano.

Taste to try: Curried conch, grilled barracuda, ginger lobster — Grenada's cuisine hits the spot thanks to spices the island is well-known for: nutmeg and mace, turmeric, cinnamon, pimento, bay leaves, cloves and ginger — not to mention the tree-to-bar chocolate.

Bonus tip: Be sure to snorkel or scuba dive through the Molinere Bay Underwater Sculpture Park, an artificial reef teeming with marine life. The haunting *Vicissitudes* is the most noted work: 26 life-size children standing in a circle.

PUREGRENADA.COM





Curaçao

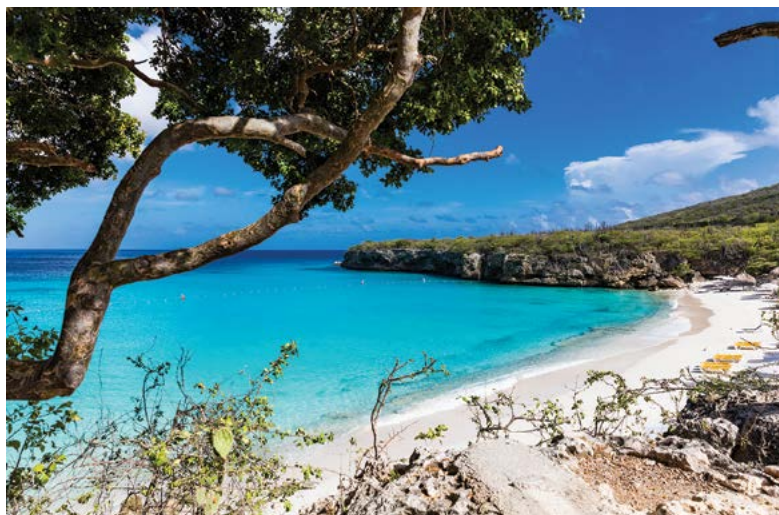
Dutch colonial roots lend a European vibe to the islands of Aruba, Bonaire and Curaçao, just north of Venezuela. The capital city of Willemstad is continually turning once-derelict districts into chic little enclaves of arts and culture — cocktail bars, fine dining, music, art and all.

Extracurricular: Beach-hop your way along the island's 35 beaches, slipping into the nooks and crannies, swimming with turtles and snorkelling the coral reefs.

Taste to try: Keep an eye out for keshi yena, the island's signature dish — a baked cheese ball stuffed with spicy meats, olives, capers, onions and tomato.

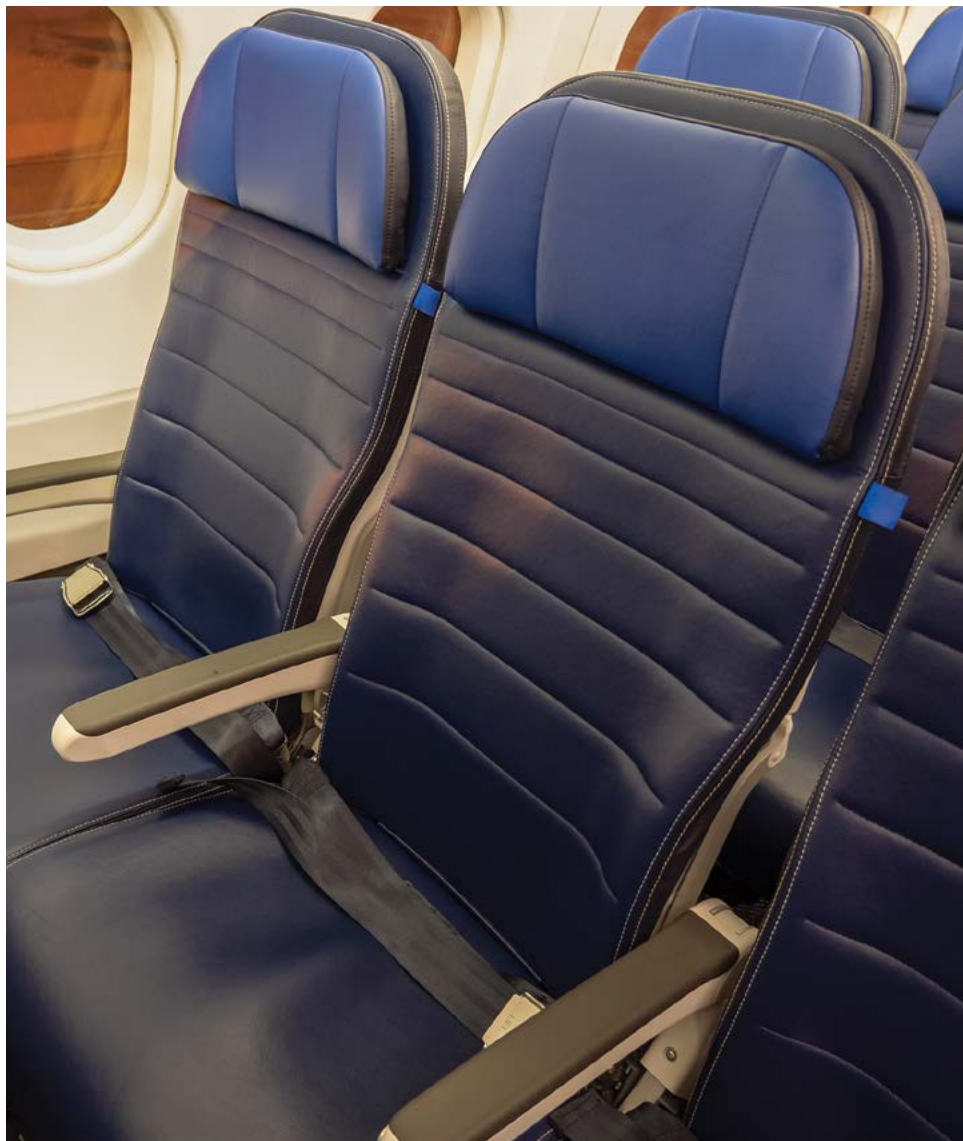
Bonus tip: Kurá Hulanda Museum holds the largest African collection in the Caribbean within 15 buildings, chronicling the African slave trade and West African empires, along with pre-Columbian gold, Mesopotamian relics and Antillean art.

CURACAO.COM



When you're stuck in the middle

"How do I make the most of a middle seat?"



Wouldn't it be nice if they made the middle seats just a little bit bigger? If you always seem to draw the short straw, there are ways to make your trip more palatable.

First, try to check in online as early as possible to sidestep the problem completely. If this fails, ask at the airport counter if any other seats have become available since you checked in.

If you are destined for a middle-seat fate, put as much of your hand luggage in the overhead bin as possible so you can have maximum legroom. Try not to worry about asking the person in the aisle seat to let you out if you need to get in your carry-on. Hopefully, they will be young or slim or both. As soon as everyone is seated, stake your claim on the most comfortable parts of both armrests. This is an unwritten rule of aircraft entitlement.

During the flight, pretend your seatmates don't exist and that you are in your own little bubble — read, work, watch a movie, meditate, sleep. Keeping busy makes the time go faster. For the sake of convenience, try to time your bio-breaks with everyone else in the row.

And if none of the above will work for you? Simply shell out for the Premium Economy upgrade and be done with it.

TOP 10 WAYS TO BE A BETTER TRAVEL COMPANION

You don't have to be the life of the party nor as quiet as a mouse — you simply have to go with the flow.

1. Be on time for the airport. No one wants to start a vacation stressed by your tardiness.
2. Don't be: whiny, fussy, grumpy, hoity, bossy, shirty — or anything ill-tempered that ends in "y."
3. Never complain unless it is imperative to your comfort — and then do it nicely.
4. Don't fixate — on how bad lunch was, on last night's mattress, on your aching feet.
5. Be ready to adapt when plans change. Everybody likes a good pivoter! This ability is what separates travellers from mere tourists.
6. Learn how to nap. Sleeping when you can gives you the energy you need to be an amusing and intrepid travel mate.
7. Know when to shut up — especially if you talk to yourself. No one wants to hear you vocalizing every thought that comes into your head.
8. Be honest. If you need some time alone, say so. If you're asked for your opinion, give one.
9. Be helpful. Offer suggestions, take your turn at leading or navigating or driving, carry your weight.
10. Be quick with your wallet — no one wants to travel with a tightwad. ☹

Do you have a travel question?

Doug has the answer! Email your question to renaissance@rtoero.ca and it may appear in an upcoming issue.



Doug Wallace
Editor & publisher,
TravelRight.Today,
and your in-the-know
friend for travel tips
and trends.

"What can I bring?"

Welcome quick-to-put-together contributions to any celebration

by **Elizabeth Baird**



I hear **"What can I bring?"** a lot when we invite family and friends to share our table. Salads are an especially popular "bringable," as are desserts and a most-often-requested make-ahead side dish: mashed potatoes. Nowadays, I especially like the looks of a charcuterie board with cured and smoked meats — an impressive quick-to-put-together contribution to so many occasions.

PHOTO, AJA KOSKA



A CHARCUTERIE BOARD

What's appealing about this splendid array of cured and smoked cold meat, with its sweet, salty and tangy tidbits, is its versatility: Bring it for the first course of a dress-up dinner, or partner it with cocktails or, when there's a game to watch, beer and cider. For a crowd of 12, you need a generous pound and a half of cured or smoked meat. Choose from the following suggestions, keeping in mind the amount you need. Feel free to tinker with amounts, but be wary of too many varieties or guests will have a hard time choosing.

- 8 oz (225 g) prosciutto or Virginia ham, very thinly sliced and overlapped on the board**
- 6 to 8 oz (170 to 225 g) smoked duck breast, thinly sliced**
- 4 oz (112 g) of the following:**
 - Mennonite summer sausage,**
 - Hungarian salami, hot or mild soppressata or capicollo, folded over or rolled**
- 4 oz (112 g) kielbasa and/or Spanish chorizo or Portuguese chouriço, in thin slices**

Cheese: Something spreadable like herbed cream cheese or easy-to-pick-up wedges of bloomy Camembert. Keep meat the focus and let the cheese tempt vegetarians.

- Slice sourdough baguette and, for colour and taste contrast, dark pumpernickel rye, adding plain or whole grain crackers and the Seedy Crackers below for the soft cheeses.
- Add-ins: a pint of cherry tomatoes and small bunches of seedless grapes, roasted peppers, green olives and glossy wrinkly black olives, sharp little cornichons or dills, dried apricots and figs, walnut halves and pistachios in shells (both unsalted), chutney and eggplant salad.
- Include a couple of containers of toothpicks for snaring the treats and another for the used picks.

SUPER SEEDY CRACKERS FOR CHEESE

A favourite of New Zealander Jocelyn Buchanan, whose teaching career included years with the Toronto District School Board. The recipe has been slightly adapted.

- 1 3/4 cups (430 mL) all-purpose flour**
- 1/2 cup (125 mL) each flax seeds, pumpkin seeds (pepitas), sesame seeds and sunflower seeds**
- 1/2 cup (125 mL) steel cut oatmeal, also known as Irish or Scottish oatmeal or pinhead oats**
- 2 tsp (10 mL) fine sea salt**
- 1 tsp (5 mL) baking powder**
- 1 cup (250 mL) water at room temperature**
- 1/2 cup (125 mL) canola oil**

Set out 4 rimless baking sheets (cookie sheets). Cut 5 pieces of parchment paper, each long enough to line a baking sheet. Set aside. Arrange racks in top and bottom thirds of the oven.

In a large bowl, whisk together the flour, seeds, oatmeal, salt and baking powder. Pour in the water and oil; stir with a wooden spoon until the mixture forms a soft, elastic and moist dough. Divide the dough into quarters and shape each into a thick square.

Preheat oven to 400°F (200°C).

Place 1 piece of parchment paper on the work surface. Set 1 square of dough in the centre and cover with a second sheet of parchment. Press down on the paper that tops the square to enlarge slightly; with a rolling pin, roll the dough as thin as possible, ideally to a 12- to 13-inch (30- to 33-cm) square. Remove top layer of parchment and reserve it to use as the bottom parchment for the second piece of dough. With a long knife, without cutting into the bottom parchment, score the dough into cracker-size pieces. Slide the entire piece of dough and parchment onto 1 of the baking sheets. Repeat with remaining dough, parchment paper and baking sheets.

Bake 2 sheets at a time, rotating and changing racks halfway through, until the crackers have darkened slightly and are firm to touch, about 12 to 15 minutes. Slide the whole sheet and crackers onto a rack to cool. Make-ahead: Layer crackers in airtight containers to store at room temperature for 4 to 5 days, or freeze for up to 2 weeks. Makes about 120 crackers.



HONEY CREAM PUMPKIN PIE

A delicious twist on classic pumpkin pie – perfect for Thanksgiving or any other fall celebration.

3 large eggs

1 2/3 cups (410 mL) pumpkin purée

1 cup (250 mL) whipping cream

2/3 cup (160 mL) liquid honey

2 tsp (10 mL) vanilla

1 tbsp (15 mL) all-purpose flour

1 1/2 tsp (7 mL) ground cinnamon

1 tsp (5 mL) grated fresh ginger or 1/2 tsp (2 mL) ground dry ginger

1/2 tsp (2 mL) grated nutmeg

1/2 tsp (2 mL) salt

One 9-inch (23-cm) deep single-crust pie shell

Topping:

1/2 cup (125 mL) whipping cream

Set oven rack to lowest setting. Preheat the oven to 425°F (220°C).

In a large bowl, whisk the eggs until smooth. Whisk in the pumpkin, cream, honey and vanilla. Scatter flour, cinnamon, ginger, nutmeg and salt ontop; whisk gently until well blended.

Pour the filling into the pie shell; it will come very close to the rim. Very steadily place the pie on the lowest rack of the oven. Bake for 15 minutes. Reduce the heat to 350°F (180°C) and bake the pie until the centre is set but still very slightly jiggly and the tip of a paring knife inserted 1 inch from the edge of the pie comes out clean, about 45 minutes. Let cool on a rack. Pumpkin pie is at its best the day it's baked, but you can make it ahead by covering and refrigerating it for up to 1 day.

Topping: Whip the cream and either garnish the whole pie for bragging purposes or invite the indulgers to spoon cream over their piece.

Makes 6 to 8 servings.

MAKE-AHEAD MASHED POTATOES

Some say that the turkey is the linchpin of a fall feast, but we know it's the mashed potatoes! Here's how to make them a day or two ahead and just heat up as the turkey is being carved.

- 6 large oval russet potatoes,**
3 1/2 lb (1.5 kg)
- Salt**
- 1 1/2 cups (375 mL) sour cream**
- 1/2 cup (125 mL) 18% cream**
- 1/2 cup (125 mL) butter, cubed**
- 2 tbsp (30 mL) each minced parsley and chives**
- 1 tbsp (15 mL) Dijon mustard**
- 1/2 tsp (2 mL) pepper**
- Salt, to taste**

Peel potatoes; cut into chunks. Cook, covered, in a large saucepan of boiling salted water until tender, about 20 minutes. Drain and return the potatoes to low heat for about 30 seconds.

For the best smooth mashed potatoes, put the spuds through a food mill or ricer. Second best, but still delicious: mash. Have a full workout. Mash in the sour cream, cream and butter, finishing off with the parsley, chives, mustard and pepper. Taste, adding salt if desired.

Spread evenly in a 13x9-inch (33x23-cm) baking dish. Let cool; cover with foil and refrigerate for up to 2 days. Ideally bring to room temperature and reheat in 375°F (190°C) oven for about 30 minutes.

Makes 12 servings.

Variations: For Horseradish Mashed Potatoes, add 4 tsp creamy horseradish with the mustard. For Garlic Mashed Potatoes, boil 6 large cloves of peeled garlic with the potatoes; mash potatoes and garlic together.

**FALL GREENS WITH EXTRAS**

A salad that has it all – dried cranberries, salty feta, tangy vinegar – all balanced with the nicely bitter of baby arugula.

- 8 cups (2 L) baby arugula**
- 3 cups (750 mL) shredded radicchio**
- 1 cup (250 mL) thinly sliced mini cucumbers**
- 1 cup (250 mL) very thinly sliced radishes**
- 1 cup (250 mL) crumbled feta**
- 1 cup (250 mL) dried cranberries**
- 1 cup (250 mL) roasted sliced or chopped hazelnuts**

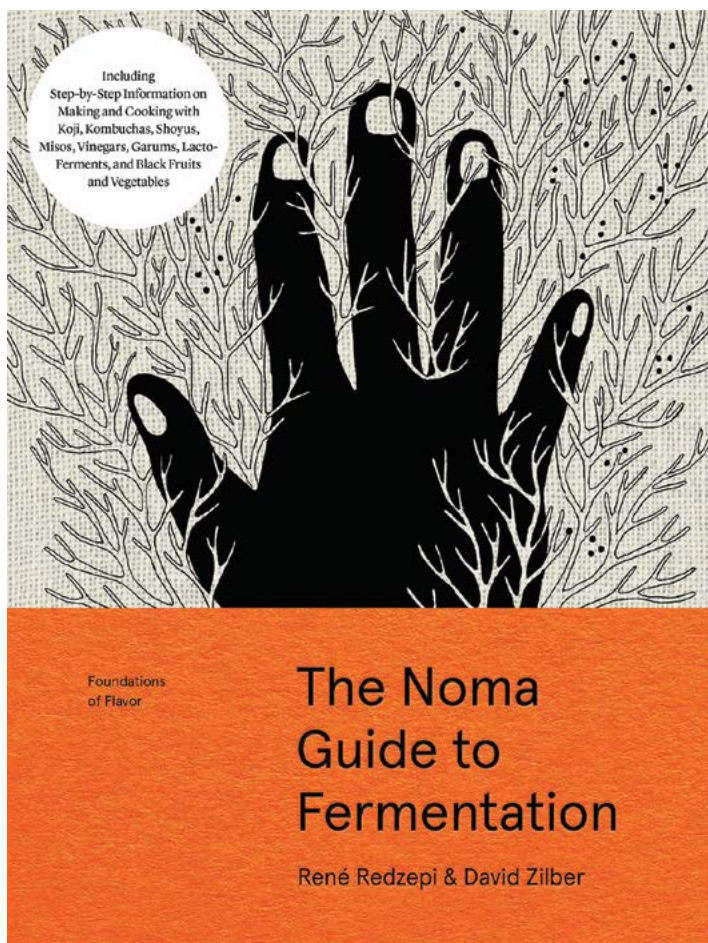
Dressing:

- 2 tbsp (30 mL) minced shallots**
- 1 tbsp (15 mL) Dijon mustard**
- 1/2 tsp (2 mL) each salt and pepper**
- 3 tbsp (45 mL) white balsamic vinegar**
- 1 tbsp (15 mL) white wine vinegar**
- 1/3 cup (80 mL) hazelnut oil or olive oil**
- Granulated sugar, optional**

Dressing: In a jar, shake together the shallots, mustard, salt, pepper, balsamic and wine vinegar, and oil. Taste, adding a pinch of sugar if desired. Make-ahead: Refrigerate dressing for up to 4 days.

To assemble the salad, toss the arugula, radicchio, cucumbers and radishes together in a large bowl. Add the dressing and toss to coat evenly. Divide among 8 salad bowls and dress the top of each with sprinkles of feta, cranberries and hazelnuts.

Tip: Bring the salad undressed; pack the cucumbers and radishes separately from the arugula and radicchio. 🥗



DIY fermenting

Fermented foods are rich in good-for-you probiotics, and they're tasty, too!

by **Andrew Dobson**

Enjoy the health benefits of fermented foods

Canadian farmers' markets are showcasing the season's beautiful bounty, so kitchen MacGyvers can have fun fermenting.

Over the past two years, home cooks have become obsessed with making sourdough. Take your newfound knowledge of microbial science from the banneton basket to fermentation jar. Fermented products like pickles, kimchi and sauerkraut are known for contributing to gut health.

The award-winning *Noma Guide to Fermentation*, published by the Copenhagen restaurant voted number one on Pellegrino's annual 50 Best Restaurants list by a panel of more than 1,000 gastronomes, offers plenty of gourmet recipes to get you started. ([amazon.ca](https://www.amazon.ca))

Fermentation kits can be purchased at [nellacutlery.ca](https://www.nellacutlery.ca), Amazon and local DIY beer shops.

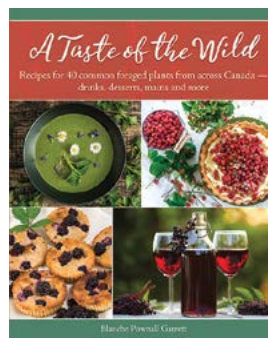


Homemade butter

We're smack dab in a nostalgic foodie renaissance, with some of the world's top food influencers sharing videos that showcase pioneer food-prep how-tos.

Kilner's Butter Churner lets you make creamy butter at home: Just put cream into the jar churner and turn the handle for about 10 minutes. A lot easier than in the old days!

Available at Walmart, Bed Bath & Beyond or online at Amazon.



Canada's edible bounty

Canadian cookbook author Blanche Pownall Garrett celebrates the joy of foraging in your own backyard with *A Taste of the Wild*, with 160 recipes for drinks, mains, desserts and more using 40 commonly foraged plants that can be plucked from coast to coast. The book is organized by season and features multiple recipes for each edible plant, with a handy section of useful info about where to find them. It even comes with full-colour photography to help you identify what you're foraging for. Available at [chapters.indigo.ca](https://www.chapters.indigo.ca).



Sustainable kitchen tools

Cuisinart's six-piece Oceanware Collection is crafted from recycled ghost fishing nets pulled from the Pacific Ocean. The durable, eco-friendly teal-coloured tools come with nylon heads that can resist heat up to 420°F (215°C). You can use them on nonstick cookware and they're dishwasher safe.

Available at your favourite kitchen supply or department store, or online at [cuisinart.ca](https://www.cuisinart.ca).

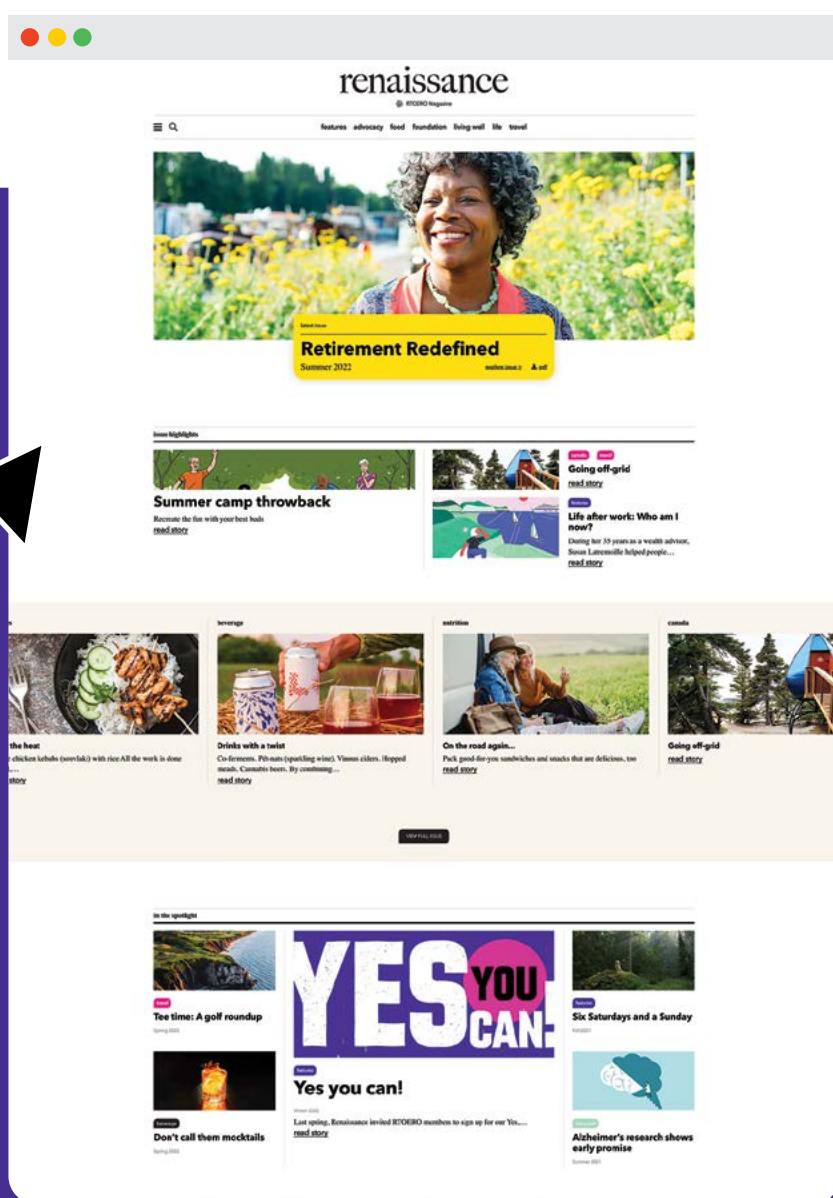


A healthy dose of fresh flavour

Acid League, founded by an eclectic group of personalities including food scientists, a serial entrepreneur and a wine and sake expert, is a one-of-a-kind pioneer in acid-driven food and drinks. Using ingredients like coffee, bourbon, cantaloupe juice, saffron, fresh strawberries and kombu, the Living Pantry collection is transforming pantries with unique, flavour-forward living vinegars, vinaigrettes, hot sauces and condiments.

Available online at [acidleague.com](https://www.acidleague.com) and gourmet grocers. 🍷

eRenaissance has arrived!



eRenaissance is **RTOERO's** fresh, new, user-friendly digital version of the magazine you count on to live a healthy, active life in retirement.

eRenaissance will be updated as each new issue of *Renaissance* magazine goes to press. You can still read the PDF versions of past issues on the **RTOERO** website, and printed copies will continue to be mailed to members who prefer a hard copy.

Explore eRenaissance at erennaissance.rtoero.ca



Good-for-you fresh fall drinks

Pick from autumn's new-generation crop of flavoured, better-for-you and bubbly beverages

by **Charlene Rooke**

Buzzy right now: adaptogenic beverages with ingredients like minerals, vitamins, probiotics and fibre to help you handle stress, increase relaxation, sleep better — and improve your immune system.

For gut health: Toronto-founded Crazy D's contains prebiotic plant fibres, including yacon and chicory root plus baobab and acacia, to support a healthy gut. Try the Rockin' Rolla Cherry Cola with bourbon or non-alcoholic Seedlip Spice (cocktailemporium.com or soberlicious.ca) for a fun highball.

Doctor D's sparkling drinks, made with live probiotic cultures, also support immune-system and gut health, and the Lime Mint Mojito has the zing and sparkle of a cocktail on its own. It's delicious with a shot of white rum or Lumette non-alcoholic LumRum added (enjoylumette.com).

For mental calm: Leilo ("lay low") comes with a kick of l-theanine and kava, the South Pacific root known for calming qualities and a tingly effect on your tongue. Leilo Lite with pineapple, mango and coconut has 10 calories and less than a gram of sugar.

For detox: When life gives you lemons, drink Lemon Perfect cold-pressed lemon water. The low-calorie lemonade alternative claims antioxidant and detox benefits and boosts collagen synthesis and digestion. Mix it half-and-half with unsweetened iced tea for a guilt-free Arnold Palmer.

For hydration: In a glass of water, dissolve a tablet or packet of Hydralyte (sweetened with stevia), SOS Hydration (keto-friendly, with 10 calories and three grams of carbs) or No Days Wasted Hydration Replenisher (30 calories and seven grams carbs). The natural salts and electrolytes rehydrate you faster than water alone, without the sugar of bottled electrolyte drinks.

Homegrown innovation

Bearface's Wilderness Series launches with whisky infused with rare, umami-packed matsutake mushrooms (foraged in B.C.'s Monashee Mountains) for notes of spice, nuts and earth on the finish. Sip it over a big cube of ice around the firepit.

Another global-first whisky comes from the Grimsby, Ont., distillery that makes Forty Creek. The Forager Botanical Whisky is infused with wild-foraged Canadian botanicals like juniper, Labrador tea, spruce tips, mugwort and sweet fern. Mix this love-child of gin and whisky with tonic for a fresh fall cocktail.

The mimosa is the new spritz

For those last patio brunches, sip the hottest bubbly-spiked drink: a citrusy mimosa.

Darling Mimosa is made with Ontario wine and real fruit juices, with the classic in an orange can and a pink-can grapefruit version. Collective Arts' Daily Forecast contains 30 per cent fresh-pressed orange juice blended with a sour beer base.

Or make your own mimosas, by the glass or pitcher, with a 1:1 ratio of sparkling wine (such as Prosecco, cava or a dry Canadian bubbly) to pulp-free orange juice. Pour the wine into chilled flutes or globe wine glasses, then slowly add the juice and gently stir. Level-up with fancy blood-orange juice or garnish, or spike them with Grand Marnier or triple sec orange liqueur. 🍸



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Caring, compassion, commitment

100-year-old former Spitfire pilot decided to walk 100 kilometres
to support homeless vets

by Tom Hennessy and Joyce Hetherington (District 8 London, Middlesex) as told to **Martin Zibauer**



Joyce Hetherington

“Tom turned 100 on May 31 this year. His fundraiser — he’s going to walk 100 kilometres to raise money for homeless veterans — started, I think, with him needing a goal or a purpose in turning 100, and because he’s a World War II veteran himself. The Legions in London are very active in finding these men — it is mostly men — who, after discharge from the military, become lost. Tom can identify with that. In 1946, when he was only 25, he’d spent six years flying a Spitfire, when most kids are finding out what they want to do in life. All he knew was moving around, and he found it difficult to settle down. He was fortunate to come to Canada, and that people recognized in him the personal skills that eventually took him to teachers’ college.”

Tom Hennessy

“Very simply, I’m going to be walking. Two guys from the Legion are looking after all the fundraising details; my contribution is just to walk. I wanted to

raise money for homeless veterans after reading an article in the *Legion* magazine, and an editorial that said we’ve got to go all out and help the homeless. I can’t dive from a great height or do some incredible feat, but I can walk. When somebody 100 years old staggers around for 100 kilometres, I guess that’s impressive. Maybe I’ll do a bit more.

“It won’t be all at once, though. I can do eight to 10 kilometres a day, and I find I can do about two kilometres in three-quarters of an hour. I’m getting a bit faster each time I do it.

“I enlisted in 1941 — wasn’t yet 20. I started flight training in Oklahoma and returned to England for Spitfire training. We flew escorts on the north-Atlantic run; later I was assigned to southern England to intercept German aircraft bombing British cities. My squadron moved to Sicily and Italy; we flew support missions for Yugoslavia’s Marshal Tito. I was posted to Suez to train other pilots ... in 1945 I was ordered to prepare for the



Joyce Hetherington and Tom Hennessy back in the day.

Singapore invasion from India, but it was cancelled — the bombs were dropped on Hiroshima and Nagasaki.

“I was very lucky. There were a lot of Spitfire pilots who didn’t make it. I was always on the move during the war. After six years of that, I was demobilized and I had a job in London. But I just couldn’t settle. I saw a sign one day that said ‘Come to Ontario.’ I walked in off the street and signed up, and I was on the move again.

“Work was a challenge because there wasn’t much call for fighter pilots after the war. I did odd jobs in Toronto for a while. I drove a truck for Eaton’s. I worked in a bank for a year. At that time, I was renting a room on Nealon Avenue from a couple whose son was in Grade 6. I got along well with him, and one day his mother asked if I’d ever thought about teaching. I hadn’t. I hadn’t really thought about doing anything in particular. But the teachers’ college was in the next block, near Pape Avenue. To cut a long story short, I got in.

“I was teaching in Cabbagetown when a notice came around that a new school would be opening, and one of the positions was for a phys ed teacher. I put in an application, but I didn’t have any of the qualifications, so I forgot about it. I was caught completely off guard when I got the job on the condition that I take summer courses in physical education.

“A few years before I started teaching, phys ed was still called PT, for ‘physical training.’ It was all army-style calisthenics and relay games — four kids are moving and 34 are doing nothing. It always bothered me. Too many kids standing around and not enough activity.

“In elementary grades, if you’re using sponge balls or beanbags or whatever, you need one for every child. Then all the kids are active all of the time. And you give them a



Hetherington on the green.

challenge. As a simple example, it could be ‘Move the ball around the room. Now make it touch the ground. How many times can you make it bounce? Count how many times you can make it bounce in 30 seconds.’ One kid can bounce it three times, one can do it five, one can do it 20. They’re all challenging themselves.

“The basic goal with young children is to have them enjoy moving. The little ones couldn’t care less about the score. They want to get a ball; they want to get a rope; they want to be jumping. Get them comfortable with a ball: handling it, pushing it, kicking it, throwing it. And then as they get better, they can try to hit a mark on the wall. Asking kids to see how many times they can hit a mark on the wall challenges every kid.”

J.H.

“I always wanted to be a phys ed teacher — I met Tom through work and was his boss for a while! I was never a terribly good athlete, but I was good enough. When people hear that I was a phys ed teacher, sometimes the first thing they say is ‘Oh, you won’t want to talk to me. I was never very good in gym.’ Hearing



UPDATE: TOM HENNESSY'S WALK OF GRATITUDE

Tom Hennessy knows that he's blessed: He came home when so many others did not.

And many who did come home suffered the effects of their war experiences.

That's why he decided to walk 100 kilometres – a few hours a day over a couple of weeks – in Victoria Park in downtown London, Ont., to raise \$10,000 in support of homeless veterans.

But the walk's GoFundMe page (at [gofundme.com/f/tom-hennessy](https://www.gofundme.com/f/tom-hennessy)) quickly topped that amount, and Tom decided he could walk 100 miles and raised the goal to \$100,000.

At press time he'd raised more than \$50,000 – and still counting!

London has one of two veterans' hospitals in Ontario and offers a range of veterans' services. The city tends to draw veterans in need, some of them experiencing homelessness, so it's a particular focus of the city's Legions.

The money Tom raised will flow through the Legion's Poppy Fund to help veterans who are homeless or are at risk of becoming homeless. The support will be tailored to individual circumstances and will be short-term – the idea is to give people a bridge to help them when they need it.

Tom completed the walk on Canada Day, finishing onstage at the local Canada Day celebrations.

"It's absolutely marvellous that Tom did this for homeless veterans," says Randy Warden, past president of Vimy Legion Branch 145 in London. "Even if Tom had only raised \$1, he raised awareness of homelessness. He's a great educator and spokesperson."

that, to me, is a failure. It's a failure of our profession. A student told me that sport and movement were important, but the games and lessons became secondary ... they were the vehicle by which students felt valued.

"My philosophy, and Tom's, was always that everybody plays and everybody wins.

"Our culture is filled with competition, some of it unhealthy. Kids are naturally competitive. And we can use competition to generate enthusiasm and team spirit. We can recognize specific skills; kids naturally do that. As teachers, Tom and I certainly wanted the kids to be fit, but the competition can come from goals we help the kids set for themselves. Phys ed is a vehicle to get kids happy, laughing, smiling and moving – without feeling self-conscious. It should ensure that kids' self-esteem stays intact, and they are loving – or at least liking – their bodies."

T.H.

"I would use the challenge approach because I believe that as a teacher, you're responsible for every single kid in that class. You're not responsible for just the good kids or the bad kids or whoever is skilled; you're responsible for everyone.

"After I was teaching phys ed for about two and a half years, I somehow got the idea that I could make more money selling insurance. So I quit teaching and started selling insurance. And I did make more money, but I hated what I was doing. I went in to



Above: Tom Hennessy has used a Bullworker for over 60 years. Right: Hennessy carts firewood at the couple's lake house.



see my old boss and told him I had made a mistake and wanted to come back to teaching. ‘You didn’t make a mistake,’ he said. ‘You found out you’re going to be a good teacher.’

“Later, I became the phys ed supervisor in Sarnia, which developed into being a consultant. I spent the rest of my career going ‘round to elementary classrooms and helping teachers do physical education, because we didn’t have specialists in the elementary schools at that time.

“And when I retired, I started doing workshops on the healing power of laughter. That was great fun. Getting people to forget themselves and let go; I really enjoyed doing those.”

J.H.

“Tom is extremely disciplined with staying active — more so than I am. There’s a line I like from *Chariots of Fire*. One character was running along the beach, I think, and he says something like, ‘When I run, I feel God’s pleasure.’ This is someone who is a competitive athlete, and he’s feeling God’s pleasure.”



Hennessy and Hetherington at his 100th birthday celebration.



T.H.

“I live with a very thankful heart. I have been very, very fortunate in my life. I’ve been in hospital several times but never for a sickness. It’s always a broken bone or something like that. I was blessed with pretty good genes. And I’ve always been active. I was running long before jogging was invented. And so I find myself being so thankful to be living in Canada. I’m healthy. Everything is looked after. I’ve got a good pension. It’s just so positive.

“By walking for the veterans, I’m trying to say thank you. If I’m healthy enough to do that, and it raises money for people who are nowhere near as fortunate as me, then that is what I’m doing.”






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DIY investing

Want to try your hand at day trading? Here's what you need to know

by **Lesley-Anne Scorgie**



Practise with a mock account

Mock accounts can be set up with most self-directing investing companies for free. You use fake money, usually \$100,000, on their trading platform to “invest” in stocks, funds or ETFs (exchange traded funds), sometimes even crypto, and track your performance and analyze the investments you may be interested in adding to or removing from your real portfolio. For the best results, complement your practice trading with books, articles and courses to help sharpen your knowledge about various investing techniques.

I don't generally recommend do-it-yourself investing because the return on investment is almost always below the market rate of return. That said, it might well be right for you. Here are the fundamentals you need to know.

Make sure it's right for you

There's a massive surge in DIY investing that we can chalk up to so many Canadians spending more time at home, and having accumulated savings during the pandemic lockdowns; frustration with high investment fees (DIY is a fraction of the cost); and a red-hot stock market from mid-2020 through to the end of 2021. With the volatility in 2022, the opportunity to “value invest” — kind of like buying stocks on sale/discount — has further enticed DIYers. Technology has levelled the playing field with access to real-time news and securities statistics, making it possible to invest with ease.

Research shows that to be successful, you'll need:

- A clear strategy
- To be comfortable with numbers and analysis
- The ability to remove emotions from your investing decisions
- A reasonably high level of market knowledge
- A passion for the craft of investing
- Time to spend on the above points

Without these elements in place, it's extremely hard to achieve optimal returns. So, have a heart-to-heart with yourself before you jump in.

Establish a “play” account

Retirement is too important to put all your RRSP, LIRA and TFSA money at risk, especially if you're new-ish to DIY investing. When you're ready, set up an account and invest in what you want with money you would be comfortable losing.

Play with this account. Learn to do basic financial analysis (should be rooted in the numbers, by the way, and not speculation). Start to develop your own strategy or align with a well-known strategy such as “couch potato” (ETFs), “dividend growth” (stocks that pay the highest dividends), “emerging markets” (investments in new tech, growing sectors or countries). These are not recommendations! Learn to calculate your rate of return on your total portfolio, not just the individual stocks, funds or ETFs you buy. You need to see the complete picture to know if your strategy is working. If it is, you can slowly add more funds.

Still, leverage your accountant and/or financial advisor

It can be extremely helpful to stay close to your advisors while you're DIYing. They'll be able to weigh in on market assessments and tax implications with your investments and raise any red flags about your strategy. More information from qualified professionals is better, and can help you round out your strategy.

One of Warren Buffett's most famous sayings is “Rule No. 1: Never lose money. Rule No. 2: Never forget rule No. 1.” No one has a crystal ball showing where this wild market is heading. So, exercise some caution, keep yourself informed, and set personal limits such as how much return you're willing to accept, or what you're willing to lose, before getting out. ☘

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The golden age of TV?

We asked: What was your favourite TV show when you were a kid?



Gunsmoke. The best episodes were when Festus and Doc got into squabbles. I could do without any other shows as long as I had my weekly episode of Matt, Kitty, Doc, Festus and Sam. Even the town drunk, Louie, was great to watch.

Sandy Stewart
(District 13 Hamilton-Wentworth, Haldimand)

We didn't watch much TV as kids, but we did watch a lot of *The Flintstones!* And, of course, if we were sick, we watched *The Price Is Right!*

Suzanne Scanlon
(District 28 Region of Durham)

The Jackie Gleason Show, The Red Skelton Show, The Ed Sullivan Show, Lassie.

Merla Buote
(District 16 City of Toronto)

Romper Room, The Flintstones, Batman, The Brady Bunch, The Partridge Family, and, surprisingly, we enjoyed watching wrestling as a family.

Angela Pidone
(District 23 North York)

The Mickey Mouse Club.

Elaine Marentette
(District 42 Mainland British Columbia)

Get Smart, The Ed Sullivan Show, Bonanza and sometimes *The Bugs Bunny Show.*

Gabriele Southby
(District 36 Peterborough)

That would be a toss-up between *Bonanza* and *The Ed Sullivan Show.* Also, *Lost in Space.*

Heather LeCraw
(District 18 Haliburton, Kawartha Lakes)

Lassie.

Shirley Criscione
(District 24 Scarborough and East York)

The Ed Sullivan Show was a weekly staple for our family. It's where I first fell in love with the Beatles. And who can forget Topo Gigio? "Eddie, kiss me goodnight"! Or Tiny Tim tiptoeing through the tulips with his ukulele.

Linda Skeries
(District 17 Simcoe County)

The Mickey Mouse Club.

Elizabeth Fraser
(District 24 Scarborough and East York)

The Bugs Bunny Show.

Lorraine Knowles
(District 36 Peterborough)

American Bandstand.

Carolyn Romanin
(District 14 Niagara)

The Brady Bunch.

Kerry Black
(District 22 Etobicoke and York)

Bewitched!

Megan MacFarlane
(District 27 Ottawa-Carleton)

I Love Lucy!

Donna Martin
(District 16 City of Toronto)

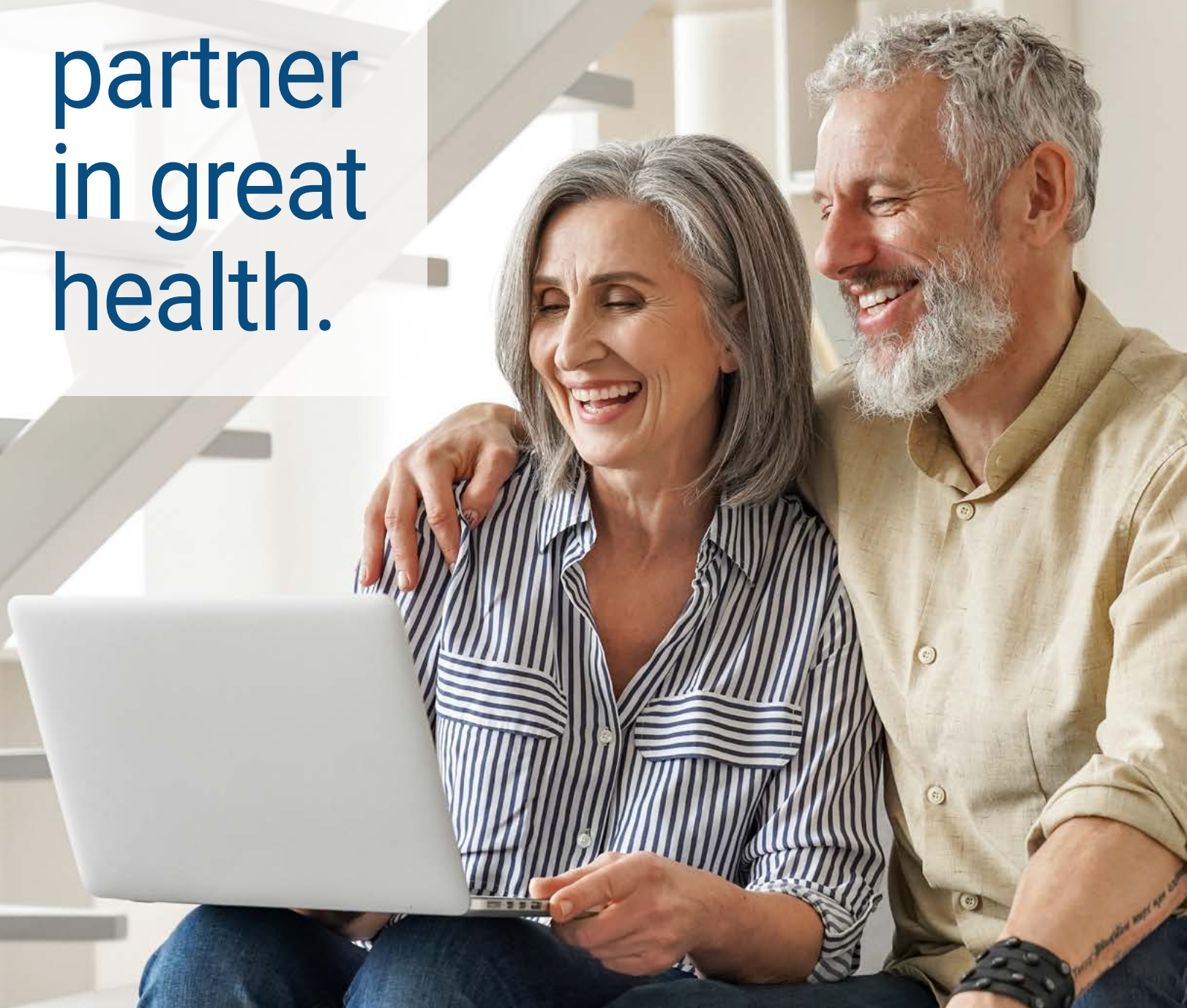
When I was three years old, we lived in Toronto and were one of the first houses to have a TV. My mother said I sat on a stool and watched the test pattern. Later, my favourite was a western with Johnny Mack Brown.

Joan Hambley Bennett
(District 43 Nipissing)

The Gene Autry Show, The Lone Ranger, The Adventures of Wild Bill Hickok, later *The Mickey Mouse Club.* In 1953, when I was about to enter Grade 1 in Holland Marsh, my mother got a lottery ticket for buying my lunch pail. She won a TV and it came to live in our farmhouse.

Dianne Mathies (District 15 Halton)

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