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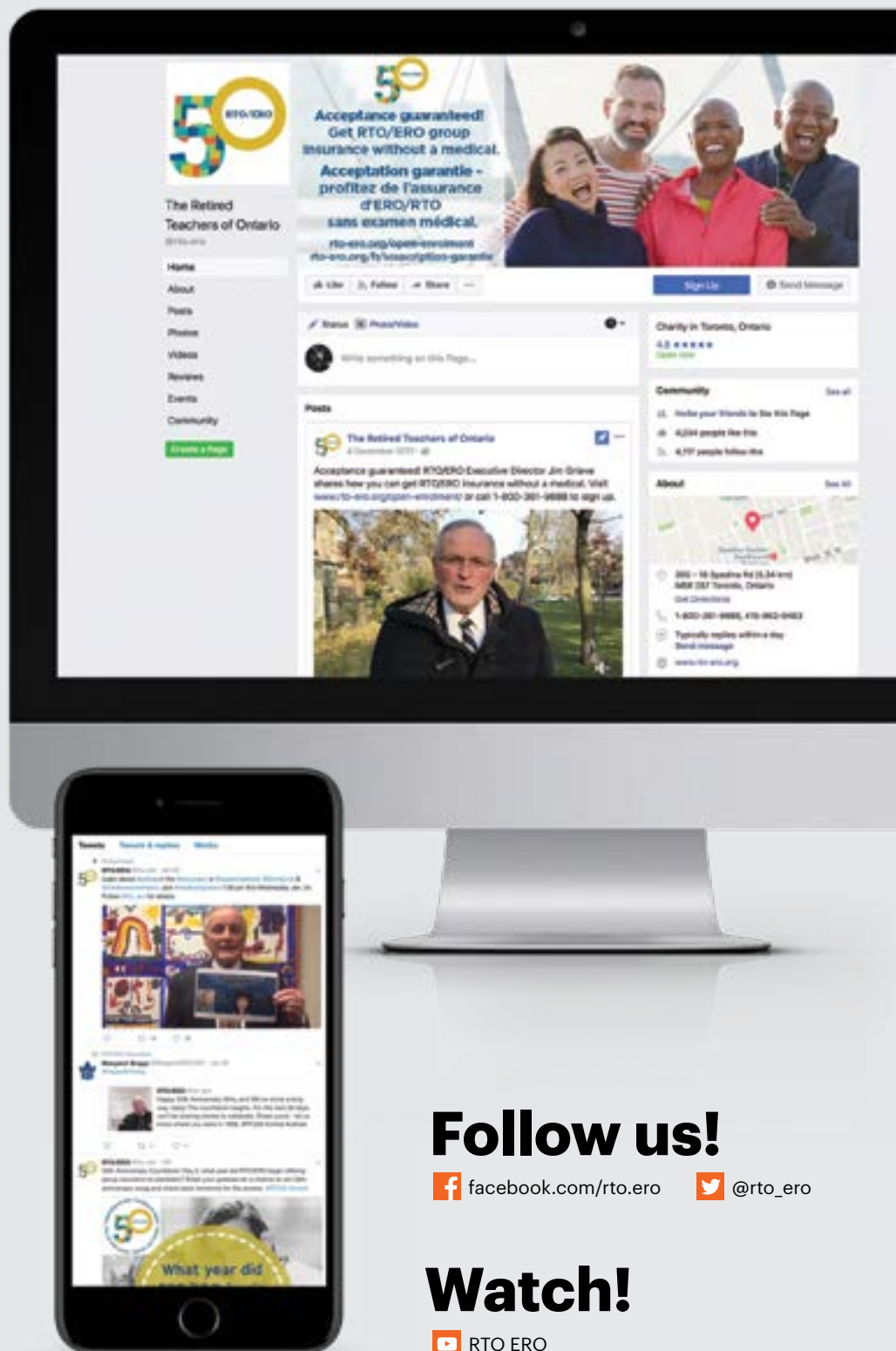
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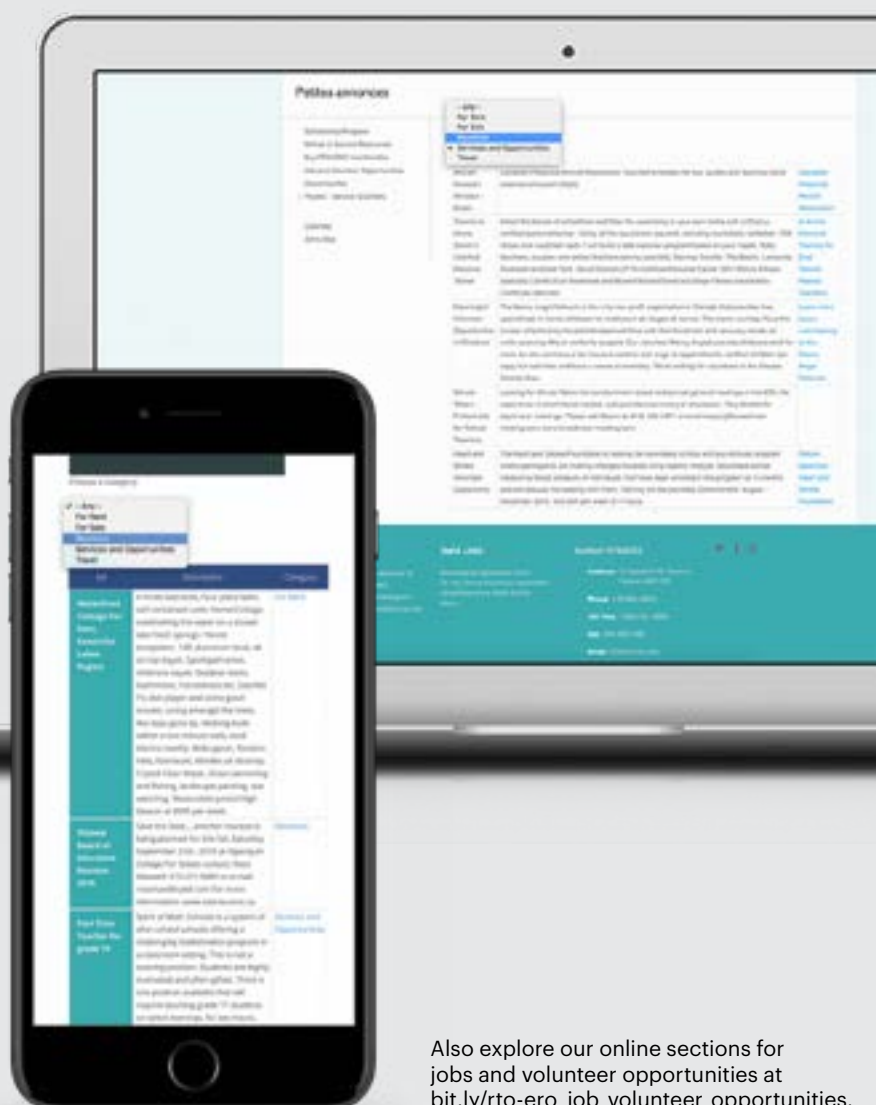
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📍 Cover Photo: The Amalfi Coast, Italy

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We asked contributors Jennifer Lewington, Jori Bolton and Fran Berkoff what “summer on the go” means to them.



JENNIFER LEWINGTON

My summer, recognized neither by the calendar nor the weather, begins in mid-April and lasts through late September. From early morning patrols to remove invasive bugs from the Asiatic lilies to the afternoon pruning of the season’s last rose, stealing scarce time in the garden brings great joy. Almost enough to overcome creaky joints!

—photo, George Pearson



JORI BOLTON

I love a good downpour and thunderstorm, but we didn’t get many of those when I lived on the B.C. coast. So now my wife and I look forward to watching (and sometimes going out in) the rain and lightning every summer.

—photo, Brian Bolton



FRAN BERKOFF

My summer means long sunny days, more smiling faces, abundant and delicious local fruits and vegetables, long walks exploring my city, baseball games, road trips and, of course, the perfect picnic!



Readers have asked about the wrap on *Renaissance*. We only use the wrap when we are including inserts, our annual report, pocket planner and other information of interest to members. We would like to assure you that the wrap on the magazine is not plastic — it’s made of a 100 per cent biodegradable, plant-based substance and can be put into your compost bin in most areas. The magazine is also printed on responsibly sourced paper. We do everything possible to produce *Renaissance* magazine using innovative, environmentally sound materials.

Letters from our readers

Kudos to you and your team for yet another professional and caring edition of *Renaissance*. Your articles are a reflection of what RTO/ERO embodies for its members. I was particularly taken by “Listening to the LGBTQ community.” It is a sensitive article about the inclusion and awareness to which our organization is committed. Bravo!
—*Marisa Agostini (District 23 North York)*

I found some interesting information in the foot-health article and the article outlining changes to the health plan. Putting your home on a diet was timely, as spring is a good time for this to happen. Our daughter works for CHFI/Rogers media and just today posted an article on the same topic.
—*Dave Stabler (District 36 Peterborough)*

My wife, Anna, and I really appreciate your work with *Renaissance*. When we received the last issue, we immediately noticed that the single-use plastic cover was no longer being used, for which we are grateful. We hear so much about plastic pollution; we need a cultural change, and I am pleased to see that *Renaissance* not only uses paper from appropriate sources but also has eliminated the use of plastic. Like many retired teachers, we are concerned about the future for our grandchildren, so any initiatives that protect the Earth are appreciated.
—*John Dorner (District 27 Ottawa-Carleton)*

Your team is doing a great job! The articles are well chosen and laid out in a way that entices readers. In fact, I have returned to a hard copy of *Renaissance* so I can pick it up and reread it from time to time. You are all stars and I am in awe. I am so proud of your staff and their work.
—*Margaret Coleman (District 11 Waterloo)*

I enjoy reading all the articles. Keep up the good work.
—*Mary Cecol (District 15 Halton)*

TALK BACK

Join the conversation — send your comments and queries to renaissance@rto-ero.org. And connect with us on Facebook, YouTube and Twitter!

Exclusively for RTO/ERO members



As a benefit of RTO/ERO membership, you receive a paid print or digital subscription to our award-winning *Renaissance* magazine. With each quarterly issue, *Renaissance* brings you the latest in health and wellness news and resources, inspiring stories of members who are following their passions, exciting travel experiences, book recommendations, membership news and more. Live your best life in retirement—with *Renaissance*!

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Advocacy on the go

Working to secure the
retirement you deserve.

by **Martha Foster**



The more I work with retired people from the education community, the more I realize how they live life on the go. It's the same at RTO/ERO. We're always on the go — lately, more than ever.

You may not realize that *Renaissance* articles need to be written months before you receive the magazine in your mailbox or inbox. Between when I write this column and when you'll read it, we'll have held our annual general meeting, where a number of decisions made by your representatives will affect the information I'm sharing with you.

Last time, I mentioned our Vibrant Voices activities at Queen's Park. There, we met with MPPs and addressed the issues of better geriatric training for our medical professionals, age-friendly communities and elder abuse prevention. With the federal election approaching, the board of directors has taken our campaign to a broader level. We brought together nine organizations representing more than two million seniors to join the Vibrant Voices campaign and we have galvanized around three issues we all consider essential — the National Seniors Strategy, retirement-income security and pharmacare.

On Feb. 20, the nine organizations held a lobbying day on Parliament Hill and met with MPs to discuss the above issues. We attended Question Period and held a reception in the evening for MPs, senators and their staff; Minister



(Clockwise from top left) Patricia Walsh, National Association of Federal Retirees; Jim Grieve (RTO/ERO); Dave Palmer, Canadian Federation of Pensioners; Martha Foster (RTO/ERO).

of Seniors Filomena Tassi was a keynote speaker. You can learn more about our three federal advocacy issues by reading our position papers. Each paper includes questions you can ask your local candidates before the election. Visit rto-ero.org to read our blog on the Vibrant Voices campaign.

Another activity has kept the board of directors busy: our outreach to members who live across Canada in regions that don't have RTO/ERO districts. Jim Grieve's column in this issue speaks to how we're moving forward to better serve those members.

There are other important topics heading to the AGM for decisions by your representatives. For example, we're working to build a brand for our organization that better tells our story to current and future members and stakeholders. And we're recommending modernizing our fee structure in the interest of fairness and long-term sustainability. I explained these two issues in detail in the March *Chair's Newsletter*, another way for you to learn about board news. Working for you — on the go and non-stop — is a pleasure and an honour! ■

Summer fun on the go

Active summer experiences
celebrate the awesome years.

by **Danielle Norris**

This issue of *Renaissance* is all about summer fun on the go. In the short time I've been with RTO/ERO, I've come to realize that we are an active bunch — travelling, volunteering, supporting advocacy issues and exploring new adventures.

Take our story about George Caesar's 26-year canoe journey across Canada in the company of a canine companion. Alison LaMantia captures his motivation and the highs, lows and unexpected encounters in "26 years, 18,000 kilometres" on page 20.

If you're thinking about a less ambitious adventure, our travel expert, Doug Wallace, suggests that you channel your inner child and experience adult summer camp. Because why should kids

have all the fun? And Stuart Foxman helps you plan the great Canadian road trip and make memories to last a lifetime. Both stories remind me of the beauty of Canada from coast to coast, and they invited me to reflect on my halcyon days as a young camper.

If you're sticking closer to home, check out our exclusive top-to-toe outdoor workout program that's park perfect. In fact, make a day of it and pack a picnic lunch. Our story "Planning the Perfect Picnic" serves up simple how-tos and scrumptious recipes, because nothing says summer like dining alfresco.

Experiences such as finding new ways to incorporate nature into your exercise routine, using waterways to explore the beauty of our country or chowing down

on sloppy joes at a summer camp for grown-ups confirm what we know about the "awesome years" — that it's never too early or too late to try something new or rediscover a favourite pastime.

Best of all, you can enjoy this "on the go" issue of *Renaissance* wherever you are, in print or online.

Happy reading!

Danielle

P.S. I always love to hear from you. Please contact me at renaissance@rto-ero.org if any of the stories in this issue send you on a new adventure. ■



PHOTO. RAPHAEL BISCALDI

A member is a member

Our Listening Tour
opens new opportunities.

by **Jim Grieve**

I love our On the Go theme for this issue of Renaissance because our vibrant members live the active lifestyle the theme inspires. The theme also captures the way RTO/ERO continues to grow and evolve. In my four short years, we've increased membership from 70,000 to almost 80,000, thanks to the hard work of district volunteers and our creative and energetic staff.

One of the questions I have been asking myself is this: How can we better serve the almost 2,000 members who live in the Prairies, Atlantic Canada and Quebec?

I know those of you who are connected to a local district value the opportunities to get together for social gatherings and group travel. You give back to RTO/ERO and your community through volunteering and Project – Service to Others (PSTO) grants and scholarships. You appreciate that you have a voice in

decision-making at your district annual meeting and in selecting your representatives for our RTO/ERO senate and AGM.

But we wanted to know more, so this winter, board chair Martha Foster and I organized a Listening Tour in Calgary, Halifax and Montreal to hear directly from members who live in parts of Canada without direct RTO/ERO representation. We were met with infectious energy and enthusiasm! They told us they want to be directly included in our organization. They expressed appreciation for our benefits insurance. And, of course, they love *Renaissance, Liaison* and *Communiqué*.

These members also told us they want to connect with other RTO/ERO members where they live now. As one participant from Alberta said, "We want to create a group of like-minded people with whom we can socialize and share activities and interests."

We also see that RTO/ERO has an opportunity to recruit members in these regions from the broader education community. We have an agreement not to actively recruit retiring teachers in other provinces, since they may choose to belong to organizations equivalent to ours in their province or territory. However, many others in the education community have no organization like RTO/ERO and need the health benefits and other programs and services we offer.

Last year, we affirmed that "a member is a member" by moving to a single membership category for everyone. This year, it's time to make sure that all members, regardless of where they live in Canada, feel fully included and have access to the full range of excellent services and wonderful local resources, programs and connections. ■



PHOTO, MURIEL HOWDEN

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Making a difference in seniors' lives

The Sf7 Toolkit is helping seniors in Canada receive the health care and assistance they need.

by Ylva Van Buuren

As our population ages, there's a growing need for integrated and sensitive approaches to care for seniors. "Without it, a frail senior's quality of life will decline rapidly, and the burden on family and the health-care system will multiply," says David Patrick Ryan, a clinical psychologist and director of education and knowledge processes at the Regional Geriatric Program of Toronto (RGP).

A leader in frailty-focused care for 25 years, RGP created the Senior Friendly 7 (Sf7) Toolkit following extensive literature reviews and consultations with experts, older adults and their caregivers, and frontline health-care providers. The toolkit identifies seven areas of care that help prevent frailty and preserve quality of life and independence of older adults. It details each area of care — delirium, mobility, continence, nutrition, pain, medication management and social engagement — and provides clinical best practices and intervention guidance for health-care providers.

Now, with funding from the RTO/ERO Foundation, the toolkit is also being customized for specific care providers on the health-care continuum. One initiative supported by the Foundation grant will help refine the Sf7 Toolkit for home and community care service co-ordinators and personal support workers (PSWs) in supportive housing, adult day programs and home-based care.

"The RTO/ERO Foundation chose this project for funding out of a number of applications because it's based on strong evidence and input directly from seniors," says Jo-Anne Sobie, the executive director of the Foundation. "In addition, it focuses on developing skills in PSWs, who are often excluded from traditional health-care training programs."

"Customization of information and tools is important because the things a PSW can do in detection and treatment are different compared to what a primary care



doctor, for example, can do," says Ryan, who is the lead on toolkit refinements and co-creating more specific tools and resources. "While there are things that PSWs intuitively understand, they have never been engaged in a formal way."

Ryan points to preserving functional mobility during personal care tasks and helping seniors who are socially isolated. The future plan is to further customize the Sf7 Toolkit for other care providers, too, in acute and emergency department care, primary care, long-term care and self/family care.

Senior Friendly Care is an evolution of the Senior Friendly Hospital Framework that was created to improve care for older adults in hospitals. "At the heart of both of them is an approach to organizing care at

an organizational level that can improve things for older people, in particular frail older people," says Barbara Liu, the RGP's executive director, a geriatrician at Sunnybrook Hospital and an associate professor at University of Toronto.

The framework is a way to guide improvements and actions in the health-care system to enhance care. "But it's not just quantity of care," adds Liu, "it's also the way the care is planned and designed, and the quality of that care." The goal is to weave senior-friendly care into everything being done in the health-care system. "It should become part of the fabric of care we provide and how services are organized," says Liu, "and it should be a continuous cycle of improvement." ■



“It should become part of the fabric of care we provide and how services are organized, and it should be a continuous cycle of improvement.”

—
Barbara Liu

The Sf7 Toolkit in Action

AFTER ATTENDING AN SF7 WORKSHOP, A CARE TEAM WAS BETTER ABLE TO ASSIST AN OLDER PATIENT LIVING AT HOME

The patient, despite having home and community care services, kept ending up in the emergency department of a local hospital. The personal support worker and her supervisor determined that the patient was repeatedly unstable because medications weren't being taken appropriately. They also discovered that the patient enjoyed meeting with the staff in the emergency department, especially the pharmacist.

With information from the Sf7 workshop on loneliness and social engagement in mind, the care team wondered whether they could improve medication use and reduce the need for unnecessary emergency department visits by enhancing social-engagement strategies in the care plan, and that's what they did. It worked. Thanks to Sf7 innovation and improved social engagement, the client's medication compliance began to improve and the hospital visits stopped.

Inside the Sf7 Toolkit

While the Sf7 Toolkit isn't meant to replace the advice of qualified health-care providers, it does provide a framework for assessment, prevention and treatment strategies.

- **Delirium:** This is an acute disturbance in mental abilities resulting in confusion and a risk factor for several negative outcomes, including falls, escalating severity of disease symptoms and cognitive impairment. Delirium is preventable but often goes undetected.
- **Mobility:** Being able to get around and do things when you're older is important to function and for independence. Even small amounts of activity can make a difference. Building movement into daily activities is one simple strategy.
- **Nutrition:** Research shows that nutritional risk increases with age, and missing important nutrients can severely affect mood, muscles and bones, the heart, immunity and gastrointestinal health. Malnutrition is preventable.
- **Pain:** Common in older adults, pain is under-reported. Two in five older Canadians experience chronic pain, and it's one of the most frequent causes of emergency department visits. Pain can be managed with medication as well as non-pharmacological approaches such as meditation and body therapies.
- **Polypharmacy:** Multiple medications may be appropriate for a patient, but it's important to identify when medications are inappropriate and may put the patient at an increased risk of adverse reactions. Research shows that 66 per cent of older adults take five or more medications, which increases risk.
- **Continence:** The prevalence of urinary incontinence increases with age, and it can have an enormous impact on quality of life. The good news is that it can be treated and managed.
- **Social engagement:** Loneliness and social isolation have a direct and sometimes severe impact on physical and mental health. Research has shown that one in five Canadians, mainly older adults, experience some degree of loneliness.

To access a copy of the Sf7 Toolkit, visit rgptoronto.ca/new-sfcare-resource-the-sf7-toolkit.

Protection doesn't stop with sunscreen

Everything you need to know to stay safe in the sun.

by Jennifer Lewington

Ah, the pleasures of summer: a day at the beach, on the golf course or the tennis court, or simply puttering in the garden. But while the “vitamin D factor” of sunshine is good for us, too much exposure to the sun’s ultraviolet rays is a major risk for most skin cancers.

“We know skin cancer is directly related to UV exposure, so it’s also one of the most preventable cancers,” says Sunil Kalia, a clinician scientist with Vancouver Coastal Health who is leading efforts in British Columbia to prevent skin cancer in young, elderly and high-risk patients. “We know what causes skin cancer, and we can do something to prevent it.”

The incidence of melanoma, a tumor associated with skin cancer, has increased over the past several decades, according to the Canadian Cancer Society, which reports an increase in incidents of 2.1 per cent a year for men and two per cent for women between 1992 and 2013. Moreover, the risk of cancer rises with age, making it especially important for retirees to protect themselves from the sun.

Exposure to ultraviolet (UV) radiation from sunlight, tanning beds and sun lamps appears to be a major risk factor for melanoma. Other risk factors are a fair complexion, the presence of skin moles, a personal and family history of skin cancer, a weakened immune system and a history of severe blistering sunburns. But we don’t always pay attention to warnings of the sun’s harmful effects, say skin specialists.

Of particular concern is a general tendency to apply too little sunscreen, says Dr. Cheryl Rosen, the head of Toronto Western Hospital’s dermatology division whose research areas include public education for skin-cancer prevention. UV radiation is a carcinogen and increases the risk of developing skin cancer. Both Rosen and Kalia advise common sense as the best strategy to enjoying a sunny summer day. “We still want people to get out there and enjoy physical activity, and enjoy the outdoors,” says Rosen, “but protect yourself as best you can.” ■

Sun protection 101

Eye protection

- Wear sunglasses. “The sun doesn’t care if you are lying flat on a beach or walking,” says Rosen.
- Choose sunglasses that offer protection, with labels such as UV 400 or 100 per cent UV protection

Clothing

- Wear a broad-brimmed hat; a baseball-style cap provides insufficient protection
- Cover up with cotton or polyester clothing; the tighter the weave, the better it will prevent penetration of ultraviolet rays
- Some clothing is labelled for sun protection. An ultraviolet protection factor of UPF 50+, for example, means less than two per cent of harmful rays passes through the fabric

Sun safety in cars

- Apply sunscreen before going for a drive; skin can burn when an arm rests on a rolled-down window
- Wear a hat if your sunroof is open or you’re driving in a convertible

Chemical UV filters

Chemical UV filters work by absorbing UV radiation and converting it into a small amount of heat. Examples of chemical UV filters include avobenzone, homosalate, octocrylene, octisalate, octinoxate and oxybenzone. These are classified by Health Canada as drug ingredients, and products containing one or more of these UV filters will have an eight-digit drug identification number (DIN) on the label.

Physical UV filters

Physical UV filters are mineral compounds that are believed to work by scattering and reflecting UV radiation. Examples of physical UV filters include zinc oxide and titanium dioxide. These are classified by Health Canada as natural ingredients, and products containing only this type of UV filter will have an eight-digit natural product number (NPN) on the label.

Combination

If your sunscreen contains both chemical and physical filters, it will have an eight-digit drug identification number (DIN) on the label.



CONFUSED BY SUNSCREENS LABELLED CHEMICAL, PHYSICAL OR A COMBINATION?

Canada.ca, the federal government’s official website, sorts it out for you.

Sunscreen

What is it?: Sunscreen, in lotion form or liquid spray, contains ingredients to protect the skin against the sun's harmful ultraviolet radiation:

- UVA (linked to skin wrinkling, leathery and other examples of light-connected aging)
- UVB (the main cause of sunburns and other types of skin damage)

How it works?: Sunscreens are rated by the strength of their SPF (sun protection factor), an indication of the product's ability to screen or block out UVB rays. For example, SPF 15 blocks 93 per cent of UVB rays while SPF 30 blocks 97 per cent.

Medical experts recommend:

- At least 30 SPF
- An SPF of at least 50 if you have sensitive skin or a history of skin cancer or you're a transplant recipient

Types of sunscreen: Look for broad-spectrum sunscreens that protect against UVA and UVB. Some products are labelled water resistant, which is good if you're a swimmer, jogger or play tennis, golf or another outdoor sport.

Read the label: Look for sunscreens that match your activity. Water-resistant sunscreen is greasier than other products, and so popular with swimmers, but not the best option if you wear makeup. If you're not sure which sunscreen to choose, check with your pharmacist.

- Some sunscreens mark UVA in a circle to indicate broad-spectrum coverage. Others list protection for UVA and UVB
- Apply sunscreen spray before heading outdoors. Don't apply sprays to your face
- Read instructions on when to apply the product, usually at least 30 minutes before you step outside

How to use: Generously apply sunscreen to all areas exposed to the sun. "Most people don't put on enough sunscreen to provide adequate protection," says Kalia. "People usually put on half the required amount, on average."

- Apply two to four tablespoons on your body and a teaspoon for your face and neck, including ears, chin, nose and bald spots
- Reapply every two hours and always after a swim
- Use lip balm with SPF as needed
- Apply sunscreen before insect repellent
- If you forget to put on sunscreen, apply it when you remember

Preventive measures: Check Environment Canada's daily Ultraviolet Index. The higher the reading, the higher the risk of sunburn, eye cataracts, skin aging and skin cancer.

- A moderate index reading is 3–5 on an 11-plus scale, with 6–7 listed as high and 8–10 extremely high

- Those with sensitive skin should avoid going out between 10 a.m. and 3 p.m., when the sun's rays are strongest
- Apply sunscreen even on cloudy days, as UV rays still penetrate through the clouds

Expiry dates: Sunscreen ingredients evaporate over time and can be affected by extreme changes in temperature.

- Respect the expiry date
- Regardless of expiration, throw out sunscreen if it changes colour or starts to smell

Select for skin type: Typically, the more pigment in your skin, the better protected you are from harmful ultraviolet rays, but darker-skinned people can't go SPF-free. Check with your pharmacist if you aren't sure what kind of protection you need.

Your summer survival guide

10 tips to manage your fun in the sun at home and away.

by **Pauline Anderson**

1.

Dehydration

As you age, it's harder to adjust to changes in your internal body temperature. This is especially true if you're taking a diuretic, often prescribed for high blood pressure, says Dr. Orli Shachar, a family physician at Women's College Hospital, Toronto. When the temperature rises, take lots of water wherever you go, especially on a long hike or drive.

2.

Heat-related illnesses

People at risk of dehydration are also more susceptible to hyperthermia. Beware of tiredness, dizziness, headache and muscle cramps, which may progress to heat exhaustion with symptoms of nausea, vomiting and fainting. In addition to keeping hydrated, Shachar advises staying inside in an air-conditioned place such as the mall or a library during peak sun hours. If you must be outdoors, wear loose, light-coloured clothes, a hat and sunglasses that block harmful UV rays.

3.

Sunburn

Your skin may be thinner and more fragile than it used to be. Some medications, including diuretics, can make it more sun-sensitive. One such medication, hydrochlorothiazide, has been linked to an increased risk for non-melanoma skin cancer, says Shachar. If you take this drug, be especially mindful of adequate sun protection using barriers such as protective clothes and sunscreen with a minimum of SPF 30. Shachar stresses applying sunscreen regularly, not just once for the day.

4.

Food poisoning

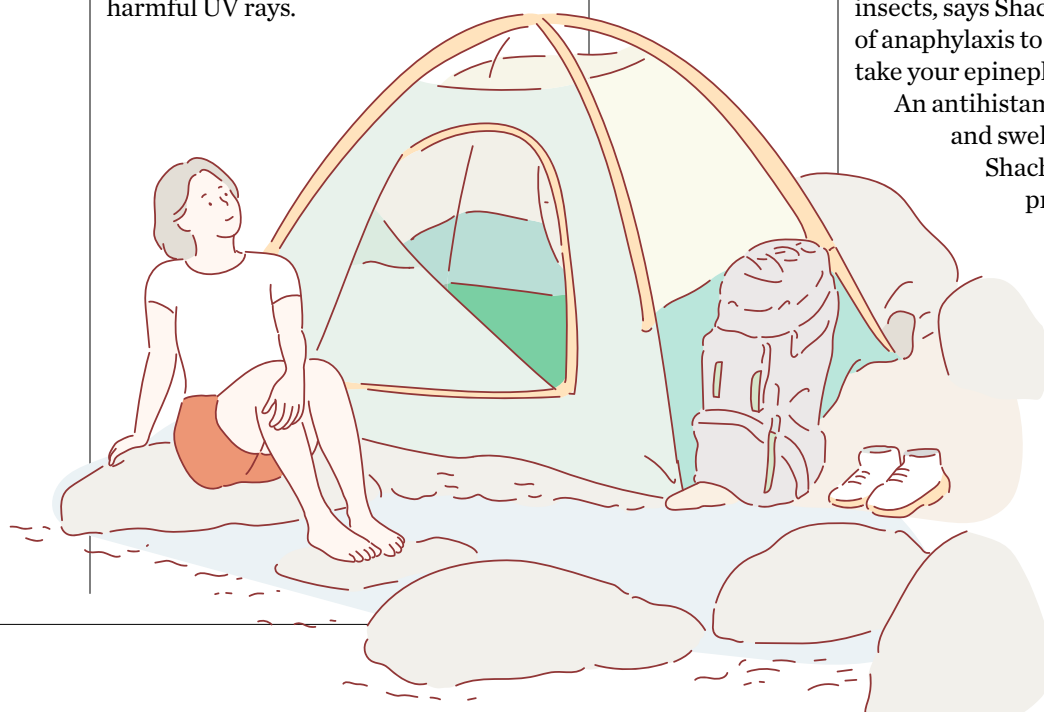
Proper storage and handling of food, especially meat and seafood, is critical to avoiding bacterial contaminants. An underlying medical condition may make you immunocompromised and therefore more susceptible. If you eat contaminated food, dehydration from vomiting and diarrhea may worsen the situation. That's another good reason to always carry water.

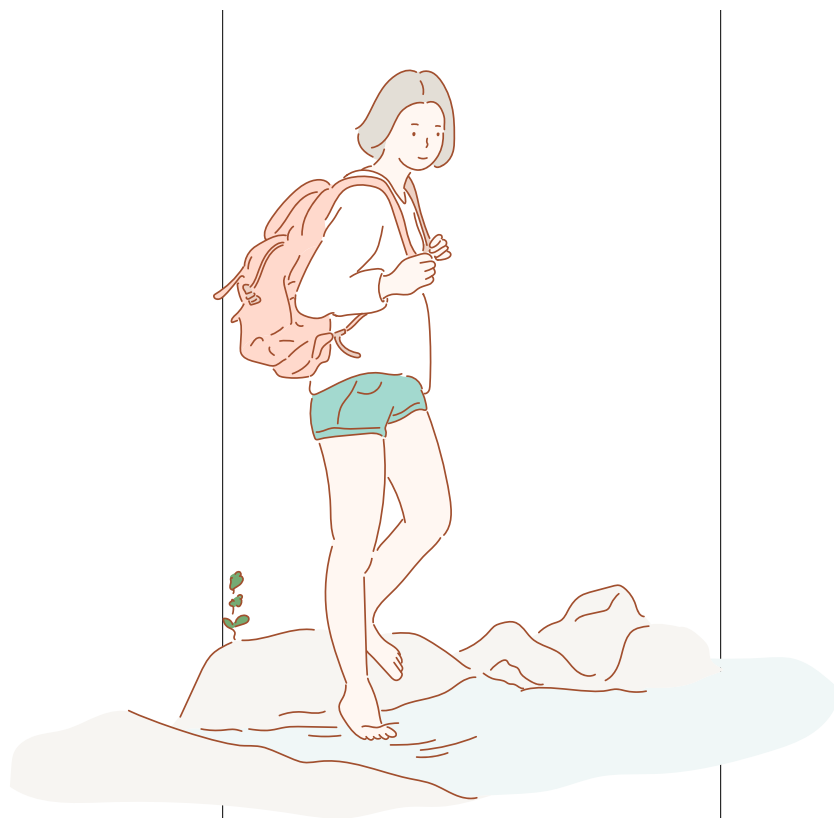
5.

Bee & wasp stings

If you're in an area awash with wasps or bees such as a park or the cottage, wear long-sleeved shirts and pants. Use insect repellent; products with DEET are generally more effective at repelling insects, says Shachar. If you have a history of anaphylaxis to stings, remember to take your epinephrine injection (EpiPen).

An antihistamine can ease the itching and swelling of an insect bite, but Shachar cautions that these products may be sedating and can interact with other medications.





6.

Ticks & Lyme disease

Lyme disease, which is caused by the *Borrelia burgdorferi* bacteria, is spread through bites by infected ticks that can attach to deer, birds, other animals — and to you. If you're hitting the trails in areas known to be endemic, Health Canada advises that you use bug spray with DEET or icaridin (always follow directions); wear closed-toe shoes, long sleeves and pants; tuck your shirt into your pants and your pants into your socks; and walk on paths. Back at home, check your skin for signs of a tick (it might look like a tiny black dot). If you see one, use tweezers to remove it entirely. If you need assistance, call your doctor.

7.

Poison ivy, oak & sumac

If you're in contact with poison ivy, which is found everywhere in Canada except Newfoundland and Labrador, or the plant's less common cousins — poison oak or sumac — your reaction, including a rash and blisters, may be more severe than it used to be thanks to thinner skin. Shachar suggests learning what the plants look like and steering clear when you see them. If you've touched either of the trio, some experts recommend over-the-counter topical treatments such as calamine lotion, oatmeal baths and cool compresses.

8.

Swimmer's ear

This inflammation or infection of the ear canal can be very painful, so make sure you dry your outer ears completely when you get out of the water. Consider wearing earplugs to keep the area dry and control the moisture that increases the risk of swimmer's ear and the resulting pain, redness and swelling of the ear canal. But don't insert cotton swabs or anything else inside the ear, warns Shachar. Worth noting: you don't have to be a swimmer to get swimmer's ear. Other irritants include hearing aids, excessive ear cleaning and eczema in the ear canal.

9.

Smog

With summer heat and humidity come urban smog, which can make it hard to breathe, especially if you have diabetes, an underlying heart disease or a respiratory condition such as asthma or chronic obstructive pulmonary disease (COPD). Pay attention to local air-quality warnings; anything above seven on the Air Quality Health Index is high risk and 10 and up is very high risk. If you feel unwell or have difficulty breathing, see your doctor right away, says Shachar.

10.

Diverticulitis

Staying hydrated helps prevent not only heat-related illnesses but also diverticulitis, an inflammation or infection of the little pouches in the colon that is typically treated with a liquid diet and antibiotics. A high-fibre diet is another important preventive tip. ■



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26 years 18,000 kilometres

A love of canoeing became a cross-country journey.

by **Alison LaMantia**
photos courtesy of **George Caesar**





W

hen George Caesar (District 11 Waterloo) pulls up to the Arctic coastal town of Tuktoyaktuk this summer, it'll mark the end of a 26-year journey. The 79-year-old has paddled his canoe across Canada, completing solo trips every summer since 1994 — well, almost solo; he's always had a West Highland terrier as his first mate.

Caesar grew up in Sarnia, on the shore of Lake Huron, and has been an avid canoeist and water lover most of his life. He still travels with the compass his father gave him at the start of his first canoe trip 71 years ago.

Caesar's canoeing odyssey started with a dream to travel to the North. "I knew I was going to do a series of trips, and I decided to see how far north I could get from the southern tip of Canada," he explains. "So I paddled to the southern tip and from Ohio went north."

That first trip included paddling along the busy Detroit River, not a common canoe route. Caesar faced incredible waves on Lake Erie, and while the challenge was humbling, it didn't change his mind to canoe Canada.

At first Caesar's trips offered a welcome interlude at the end of the teaching year, but when he retired he continued his adventures. Every summer he picked up where he left off, completing journeys ranging from 300 to 1,550 kilometres, paddling for two to seven weeks. In total, he estimates he's covered about 18,000 kilometres, and his route has included 10 provinces, two territories and five states.



George Caesar's grandfather's compass, a Second World War U.S. army compass. Ted Danson wore a similar one in the movie *Saving Private Ryan*.

PHOTO: BEN CAESAR

“There’s nothing that approaches someone that’s as unthreatening as a single person in a canoe.”

The rewards outweigh the risks

Caesar is adamant that canoeing solo isn’t as dangerous as you might think — provided you’re prepared. “It’s a lot safer than it used to be,” he says. “For one thing, there’s much more technology available now. I always take a satellite phone and a cellphone, and the cellphone range is expanding every year.”

Caesar also carries a device called a spot tracker so he can send location signals to his wife’s computer; Joan supports him fully and follows his trips closely. The spot tracker can also signal the closest RCMP detachment using a 911 button, something he fortunately has never had to do.

That doesn’t mean Caesar hasn’t faced sticky situations. He has navigated hundreds of rapids and encountered big waves on the lakes and oceans. His closest call came on the Namakan River in Ontario. “I wiped out. I went over a waterfall by mistake — one that wasn’t supposed to be there, according to my maps. Once I recognized what was happening, I couldn’t stop. In the end, the only thing I lost was my pride.”

That one-time loss of pride is a small price to pay for a big adventure, exploring parts of Canada many people never see. “Canada is such a terrific country for this,” says Caesar. “It’s the only really large country in the world where you can go from east to west and north to south by water. No other country even comes close.”

There are advantages to travelling solo, too. “For one thing, you will see more animal life because you’re much quieter,” says Caesar. “But you’re also going to have a different kind of contact with people. There’s nothing that approaches someone that’s as unthreatening as a single person in a canoe.”



Memories of the majestic Mattawa



A river's current can carry you away.

When you've grown up around water, you may become so comfortable that the gentle rocking of a canoe will drift you off to sleep.

Falling asleep lying in his canoe is one memory Raymond Colbourne (District 44 Région du ciel bleu) has of the many years he spent exploring Ontario's Ottawa and Mattawa rivers. When he woke, the fog was so thick that he couldn't see the shoreline, and he used the direction of the water's current to find his way home.

Colbourne found himself drawn to the Mattawa River, in part because of its beauty but also because of his interest in, and respect for, the history and significance of the waterway. "I became enchanted with the Mattawa River, which had been used for centuries by Indigenous peoples, especially the Algonquin [the river's name comes from the Algonquin word for 'meeting of waterways']. It was the primary access to the Canadian interior for fur traders, explorers and white pine seekers."

Colbourne has enjoyed many multi-day trips with family and friends, and together they'd explore the Canadian Heritage Waterway, including the portages named by fur traders long ago. "It's not difficult to understand why people from far-away countries continue to travel the Mattawa River each year," he says. "Like me, many nature and canoe lovers will return to enjoy the unforgettable experience. It's not surprising that at times their entire families will accompany them."

Mattawa Voyageur Country (visitmattawa.travel) offers information about the river and surrounding area. And guided trips are available through the Algonquin North Wilderness Outfitters (algonquinnorth.com).



Raymond Colbourne
(District 44 Région du ciel bleu)

PORTAGE

- **Noun:** the carrying of a boat or its cargo between two navigable waters
- **Verb:** to carry (a boat or cargo) between navigable waters


As it had been for the First Nations peoples, the Mattawa became the major westbound highway for the European traders and missionaries who followed Samuel de Champlain. Alexander Mackenzie called the Mattawa La Petite Rivière and considered it the most difficult section of the entire trans-continental fur-trade route. Nine of the original 11 La Vase portages are much as they were found by the voyageurs, and all still have their original French names.


Source:
*The Canadian
Encyclopedia*








MUST-SEE CANADIAN LOCATIONS


-  The Mackenzie River's Camsell Bend

-  Nahanni River Canyons in Northwest Territories

-  Lake Superior

-  East Arm of Great Slave Lake in Northwest Territories

-  Quebec North Shore of the St. Lawrence River

-  Benjamin Islands in the North Channel of Lake Huron





Human connection is an unexpected benefit

Caesar has made friendships he maintains to this day, and he shares happenstance stories about the people he has met along the way, including the wife of a local chief he met while portaging along a road from Alberta to the Northwest Territories.

“A truck came along the road and stopped and a woman asked me if I’d like a ride,” he recalls. “She said I could put the canoe in the back of the truck, and I told her I really appreciated it, but I had this rule that I’d do all of this under my own power. She said, ‘Well, that’s some rule’ and took off down the road. About an hour later, I was still on the portage. She came back in the truck and handed me a Häagen-Dazs ice cream bar and said, ‘Is this also against the rules?’”

Most often though, Caesar is offered tea — he calls it the drink of the North — by the people he chances upon. “When I was going along the Churchill River, there were two Indigenous men down by the shore. I hadn’t seen anybody in days. When I got within hailing distance, one yelled out, ‘The tea is ready.’” Caesar stopped, of course.

Loneliness hasn’t been an issue on the trips. The human contact helps, but Caesar has found the flow of the activity to be enough. “I often feel lonely and apprehensive before the trip begins. Once I’m on the trip, doing the paddling is enough to take care of it. I also have my dog.” His current canine partner is two-year-old Kate, the fourth West Highland terrier to join Caesar on his journeys. The first, Misty, lived for 16 years, and her death was a painful loss.

Caesar remembers Misty as a courageous companion. “We had a mother black bear swim after us once because she was worried about her cub on the shore. Misty never barked, but this time she barked once at that bear, and it turned and swam back to shore.”

The main benefits of having a dog along are less dramatic than Misty’s bear encounter. “They’re very good on portages because they will memorize the route instantly once they’ve been over it,” says Caesar. “Plus, if you have a small animal with you, you tend to take care of it and won’t take chances as you might otherwise.”

While Caesar doesn’t consider his trips to be risky, they do take courage, which has taught him a lot over the years. “You learn that you can do it, which is a great thing. You hope the courage you use on a trip will transfer to other areas of your life.” He can’t say for sure how that courage has helped him, but he’s sure it has.

Caesar is at home in a canoe, so of course, it’s something he encourages others to try. If you’re new to the activity, he suggests you take lessons first and then join a group on some trips. He’s a member of the Wilderness Canoe Association (wildernesscanoe.ca), a national organization that welcomes beginners and provides helpful information. ■

“You learn that you can do it, which is a great thing. You hope the courage you use on a trip will transfer to other areas of your life.”



FROM PADDLING TO ART

Caesar's love of water doesn't stop at canoeing. He has built tiny metal-ship models since he was a teenager. He uses jeweler tools to create intricate designs, some just millimetres in length, which are inspired by the large vessels he watched on Lake Huron as a child. You can see his ships at georgecaesar.com.





summer camp for grown-ups

Who says kids should have all the fun?

by Doug Wallace



Ever find yourself wistfully remembering hazy, halcyon summer days and nights singing around the campfire, making s'mores and roasting weenies, acting out skits and doing crafts, canoeing and kayaking? Relive those cherished childhood memories with one of these fun Canadian camps for young-at-hearts.

Camp Yoga

Various locations in Canada and the United States

Overview: Camp Yoga operates in nine camp locations, including B.C., Alberta, Ontario and Quebec, plus New York, Florida, Texas, Colorado and California, with more to come. Each camp has its own personality and list of activities, but the core health-and-wellness fundamentals reach across the board with the region's top instructors.

Details: A typical day is anything but, comprising a wild mix of active and meditative pursuits, including yoga classes, creative movement, Pilates, archery, high-rope courses, hiking, dancing, wall-climbing and boxing, plus massage, meditation, campfires and sunset canoe rides. Camp Yoga Quebec is hosted in mid-June at Camp Minogami, midway between Montreal and Quebec City, catering to both English and French campers. Camp Yoga Alberta takes over Camp Chief Hector YMCA in Kananaskis Country in mid-September, right on the edge of Banff National Park.

Bonus: Throw in the odd live band, board games and wine, and you've got a party, too.

campyoga.ca



SOS Wilderness Camp

Bruno, Saskatchewan

Overview: Outdoor enthusiasts flock to this survival training camp to learn lifesaving skills and increase wilderness know-how via courses that are fun, educational and memorable — you will be dining out on your experience for months. Survive potential life-threatening situations with combined field and classroom training covering orienteering, fire- and shelter-building, finding food and water, and signalling for help.

Details: The five-day Complete Survival course also includes bush-craft skills such as making weapons, traps and tools. The three-day Wilderness Navigation course focuses on orienteering and compass training. Some first-aid training is also included.

Bonus: An increased respect for the environment.

soswildernesssurvival.ca



Adult Community Camps

International Peace Garden, Canada–U.S. border, near Boissevain, Manitoba

Overview: Straddling Manitoba and North Dakota, the International Peace Garden is 930 hectares of parkland in the Turtle Mountains region that has been commemorating our friendship with the United States since 1932. The summer music camp, primarily for schoolchildren, opens its doors to adults for a four-day workshop in July to let grown-ups revisit the camp environment of their youth while getting in a little band practice.

Details: Campers immerse themselves in classes for Community Bands (three levels), Brass Band, Mixed Choir, Community Orchestra (string and symphony), Women’s and Men’s Barbershop, Harp, Handbells, Studio Art and World Percussion. Flexible schedules let you choose more than one activity. Guests sleep in dorms, eat in the grand dining hall and play music all day long.

Bonus: The Formal Garden itself is worth the visit.
internationalmusiccamp.com, peacegarden.com



Haliburton School of Art + Design

Fleming College, Haliburton, Ontario

Overview: Offering summer art-education programs since 1968, Haliburton School of Art + Design schedules more than 300 week-long courses and workshops through July and August, surrounded by the hills of the Highlands. The small art classes are led by some of the best instructors in Canada.

Details: Myriad drawing and painting classes are available, along with a variety of ceramics and sculpture classes, plus jewellery casting, glass-blowing, blacksmithing and iron sculpture, woodworking, woodcut printmaking, even spinning and weaving. Learn how to make winter moccasins, play the guitar or ukulele, or start writing your first novel. An artist retreat class melds yoga, meditation and drawing.

Bonus: Be sure to visit the Haliburton Sculpture Forest.
flemingcollege.ca

Live and Learn

If improving your French is a goal this summer, these two Quebec programs take you outside of yourself and into Quebec's rich culture with total French immersion.

- The French Immersion School at Trois-Pistoles on the banks of the St. Lawrence will help you take your French to a new level with a one- or two-week course in August. Anchored to a homestay in this rural Quebec region about 230 kilometres east of Quebec City, the course lets you and 10 others focus solely on French in the comfort of a local family's home, with group conversations and cultural excursions. Other activities include hiking, kayaking and whale-watching, music and dance. Trois-Pistoles families have been welcoming students and adults for more than 85 years.

frenchimmersion.uwo.ca

- French programs for adults from Edu-Inter run in the summer and fall in Quebec City, combining classroom study with workshops and cultural activities. Nine to 15 students per class improve their fluency in entertaining and diverse ways: museum visits, guided tours, a variety of sports, beer-tasting, market visits, city tours, a boat cruise, kayaking and karaoke. A range of accommodation offers everything from homestays to on- and off-campus residences to furnished apartments.

learningfrenchinquebec.com



Canadian Adventure Camp

Temagami, Ontario

Overview: For Labour Day weekend or the whole first week of September, camp lovers slip up to lake country five hours north of Toronto for campfires, canoeing and camaraderie. This oasis has been privately owned and directed since 1975.

Details: The camp is big on water sports like kayaking, sailing and surf biking, with a big focus on water-skiing, including instruction from a pro team on barefoot skiing and wakeboarding. The fun also includes two giant water slides, a Tarzan swing, a basketball court, an archery zone and a double-face climbing wall, plus a state-of-the-art 836-square-metre open-sided gymnastics and trampoline centre.

Bonus: A European sauna and starlight cruises make downtime all the more relaxing.

canadianadventurecamp.com





a growing community



How community gardens bring people together.

by Kimberly Braithwaite

T

here's something magical about planting vegetables, watching them grow and enjoying the fruits of your labour during the harvest. There was a time when everyone had a vegetable garden, but the

arrival of supermarkets made it easy to shop for produce — including exotic and out-of-season fruits and vegetables — and people seldom planted tomatoes, beans, peas or berries in their backyards.

Today a renewed interest in farm-to-fork produce has translated into a renewed interest in gardens. Community gardens invite people to plant together in public parks or vacant land, reconnect with nature and experience the joy of sharing and eating their own harvest. Food from a community garden can benefit the larger community, too, according to Food Banks Canada, by providing local food banks with fresh produce to complement current food-bank offerings.



Not Your Traditional Community Garden

Abbey Gardens in Haliburton, Ont., is a not-for profit on a mission: to create opportunities to learn about living more sustainably. Located on a 300-acre former gravel pit, Abbey Gardens is a green space that provides economic and recreational opportunities for the local community, including a sustainable garden that grows a variety of plants, from garlic to leafy greens.

The soil can be difficult to work with, so the garden doesn't provide public plots; instead, staff and community volunteers help maintain the garden. "We offer different types of opportunities for people to come out with their families and get their hands dirty," says Heather Reid, the operations director at Abbey Gardens. They sell the harvest to the public and, for the most part, the revenue goes back into the ground to nurture the soil, sustain the garden and subsidize some of the educational workshop costs.

Rob Taylor (District 18 Haliburton Kawartha Lakes), who retired 17 years ago, has been volunteering and working part-time as a community facilitator at Abbey Gardens for seven years. He has always had a love affair with nature and is especially proud of a workshop series called *How to Fall in Love with Nature*. He encourages others to get involved in their neighbourhood garden. "It's more about the people and the volunteers that makes Abbey Gardens what it is," he says.



"It's more about the people and the volunteers that makes Abbey Gardens what it is."

—
Rob Taylor

Enjoying farm-fresh fruits and vegetables isn't the only benefit, either. According to the Community Garden Council of Waterloo Region, community gardens contribute to a healthy lifestyle by providing fresh, affordable herbs, fruits and vegetables; helping relieve stress and increase a sense of wellness; inviting people to get active, which improves overall physical health; providing social opportunities that build a sense of belonging; and giving people an opportunity to learn and share knowledge on gardening, nature and cooking.

You don't have to have a green thumb, or even be interested in developing one, to contribute, according to *Nourish* (nourishproject.ca). Hundreds of people also get involved by providing land, donating tools, seeds and plants, by building sheds, composters and water systems, by leading workshops and even throwing garden parties.

Interesting in joining a community garden or starting one with neighbours? Reach out to your municipal government, parks and recreation department or gardening club for information. If you'd like to support your local food bank with a community garden, Food Banks Canada has a Community Gardens Toolkit at foodbankscanada.ca/getmedia/community-gardens-toolkit. ■

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The great Canadian road trip

Head out on the highway this summer and make memories to last a lifetime.

by **Stuart Foxman**

"The experiences we encounter along the journey define who we are when we get there," wrote Aaron Lauritsen in his book *100 Days Drive* about his epic 48,000-kilometre trip across the United States and Canada. He did it without a plan or even a map.

You don't have to be as ambitious as Lauritsen to enjoy your own summer road trip discovering Canada's breathtaking scenery, iconic landmarks and multicultural heritage. Here's how.



Before You Roll Out

Your destination and the stops along the way are only part of your planning.



- **Get a tune-up:** Make sure your vehicle is roadworthy: tires, oil, battery, brakes, etc. The last thing you want is a breakdown in the middle of nowhere.



- **Pack emergency supplies:** CAA recommends a flashlight with extra batteries, a first-aid kit, plenty of water and non-perishable foods, a basic toolkit with a tire-pressure gauge and wrench, windshield washer fluid, jumper cables and emergency flares or reflectors.



- **Avoid fatigue:** Long-distance driving is demanding. Transport Canada says about 20 per cent of fatal collisions involve driver fatigue. Watch for warning signs such as frequent blinks or yawns, eyes closing or losing focus, wandering thoughts, slowing down or drifting unintentionally, braking late and forgetting the last few kilometres.

Before you head out, make sure you've had a good night's sleep. On the road, stop every few hours to stretch your legs and get some air. Eat light meals and snacks and keep hydrated. Still drowsy? Pull over for a nap, switch drivers if you can or shut it down for the day.



- **Plan in-car entertainment:** Create a road-trip playlist. The right songs can keep you energized and put you in a road-trip mood, from "Born to Run" by Bruce Springsteen to "On the Road Again" by Willie Nelson. Audio books are another terrific way to help the miles, and the hours, fly by. Check out a huge library with the Audible app. A single book can easily fill one or two days of driving.



- **Load useful apps:** Here are four worth checking out:
 - **Waze:** navigation and live traffic
 - **Roadtrippers:** save itineraries, explore travel guides, discover interesting places on your route
 - **GasBuddy:** find the cheapest gas in your area
 - **Discover Ontario:** find nearby attractions and travel information centres

Destination Canada also has a site, caen-keepexploring.canada.travel, that offers ideas about where to go and what to do across the country.

Plan your route

Exciting road trips are as endless as Canada's roadways. At ontarioroadtrips.ca, you can enter start and end points and see a host of attractions along the way or look up pre-planned trips. Visit ontariotravel.net, Ontario's official tourism website, for more itineraries and a custom trip-planning tool. Or go to roadtrippers.com/canada to plan a journey and find awesome places and detours all over Canada.

Here are four inspired trips, all planned out in the links.



Take two weeks to explore the country from Calgary to Vancouver. These folks charge to arrange the trip, but you can get an idea of a possible itinerary. authentikcanada.com/holidays/west-coast-travel



Discover the best of southwestern Ontario, with stops in London, Kingsville, Windsor, Oil Springs, Arkona, St. Mary's, Stratford and Woodstock. See everything from world-class theatre to historic villages. ontarioroadtrips.ca/london-west-road-trip



Festivals, culinary treasures, lakes, history and arts and culture are on offer in a variety of Manitoba excursions. tourismwinnipeg.com/plan-your-trip/manitoba-day-trips



Travel Quebec from Montreal to the Gaspé, with stops in the Eastern Townships, Quebec City, La Malbaie, Tadoussac (one of Canada's top whale-watching destinations) and Saguenay Fjord National Park. tripsavvy.com/the-ultimate-quebec-road-trip-4141206

Whether you follow a suggested route or map out your own itinerary, leave breathing space, advises Kevin Forget of Destination Ontario. Planning each day down to the last second means missing out on pleasant surprises you couldn't have planned for — and they are often the highlight of a trip.

Forget recalls a road trip to Collingwood that included a spur-of-the-moment tour of the waterfalls at Owen Sound. "Make your own discoveries along the way," he says. "That's the fun part of a road trip."

What's the secret to a successful road trip?

RTO/ERO members share theirs.

"Who shares the trip with you."

—Helen Rostoker
(District 27 Ottawa-Carleton)

"Twice the money and half the clothes."

—Marsha Lecour
(District 16 Toronto)

"Flexibility."

—Pamela Carson
(District 15 Halton)

"Enjoy the trip rather than focusing on the destination."

—Helena Olorenshaw
(District 24 Scarborough & East York)

"Extra-large travel coffee mug."

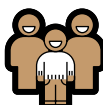
—Lynn Opre
(District 39 Peel)

"Laid-back plans. Destinations don't disappear overnight if you don't get there today."

—Brenda Atcheson
(District 11 Waterloo)

"Being open to adventure."

—Helene Pfeiffer
(District 22 Etobicoke and York)



Take Care Before You Share

An empty home can be an invitation to a break-in if word gets around. Johnson Insurance suggests four alerts you shouldn't post on social media:

- **Trip countdown.** That tells would-be burglars exactly when you're away.
- **Trip details.** Social media amplifies your messages to audiences you don't even know. According to police, criminals use Facebook to identify potential victims.
- **Current location.** Photos or posts can reveal where you are (in other words, not at home). Learn how to turn off location settings and geotagging on your devices.
- **Travelling companions.** Tagging who's along for the ride (pictures, videos) alerts their social networks that they're away too.



Travelling with Pets

If you're travelling with your much-loved animal companion, petfriendly.ca offers these tips for a problem-free trip:

- Before you head out, visit the vet. Make sure your pet is up for travel, especially if it's older or has a medical condition.
- Keep your pet in the back seat. That's safer for everyone. Think about using a kennel or a pet seatbelt for protection and to reduce driver distraction.
- Take regular breaks. Keep food and drink handy. When you stop to eat, think picnic and give your pet a chance for paw stretching.

Book accommodations in advance to make sure the hotel, motel, resort or other lodging accepts pets or search pet-friendly accommodation across Canada at petfriendly.ca. ■

WHAT ABOUT RENTING AN RV?

An RV can be the ideal command centre for a road trip. Go RVing Canada (an industry group) offers these tips on rentals:

- **Cost:** An average 25-foot class C motorhome runs about \$1,000 to \$1,200 a week. Ask what's included, like maximum mileage, convenience packages (dishes utensils, bedding, towels) or emergency assistance. Travel trailers (you need the proper vehicle for towing) cost about \$500/week.
- **Dealers:** Find a list at go-rving-canada.ca. You may have to book as far as one month ahead, so don't wait until the last minute.
- **Insurance:** Talk to your broker to see if you're covered for the RV you want to rent. A rental company might offer additional coverage.

Planning the perfect picnic

Nothing says summer like dining alfresco.

by **Fran Berkoff**
Registered Dietitian



Some of my happiest childhood memories are of big family picnics, fun and carefree times that I still hold dear. You can have a picnic anywhere — in a park, at a beach, at an outdoor concert or in your own backyard. It can be a romantic, sunset dinner for two or a boisterous potluck gathering with neighbours. When you have grandkids visiting and the weather isn't co-operating, why not create a picnic on the floor in your family room?

So what belongs in today's picnic cooler?

- An eco-friendly strategy is lots of finger foods, no utensils needed. Fill your hamper with prime seasonal fruits and vegetables. Local strawberries are seductive right now. Blueberries and cherries on the stems are easy eating. Consider wedges of tomatoes and slices of zucchini and cucumber. Don't forget a healthy dip: hummus, salsa or herbed yogurt. Pack dips in small containers and use them one at a time, keeping the rest stashed in the cooler until ready to eat. Remember to wash melons or tomatoes before cutting and then keep them cold.
- Sandwiches are always popular. Swap white bread for whole grain or go the wraps or stuffed pita pocket route. No need to worry about limp

bread if you pack the ingredients separately and assemble on-site.

- Vegetarian sushi, salad rolls, crackers and cheese, or a selection of meats and olives from the deli department, are other no-work options.
- Healthy up salads by using sweet potatoes, whole grain pasta, brown rice, quinoa, bulgur, farro, barley or whole wheat couscous as the base. Do a simple update on classic bean salad by adding chopped jalapenos, cilantro and Asian-flavoured dressing.
- If making a vegetable salad, use darker greens such as spinach, arugula or kale. Throw in red peppers, mushrooms, carrots, snow peas, broccoli or cauliflower florets or red onions for extra flavour, crunch and nutrients. Add lentils or chickpeas, edamame or cooked beans and you have a vegetarian entree.
- Quickly put leftovers back into the cooler. If food is left in the heat for more than an hour, throw it out.
- Stay hydrated with cold water, sparkling water, unsweetened iced tea or diluted fruit juices. Freeze Tetra Paks or water bottles the night before and they can do double duty as a cold beverage and an ice pack.

Eating outdoors is a favourite summer activity, but you must be mindful of potential food spoilage and food poisoning.

- Pack your cooler properly. Cold air sinks, so put the food below the ice or sandwich it in between layers of ice or frozen ice packs. A full cooler maintains its cold temperature longer than a partially filled one, so fill extra space with ice or freezer packs. Put the ice in reusable bags or it will leak over everything.
- Keep hot food hot and cold food cold.
- Have two coolers, one for perishable items and one for beverages. Make sure all items that go in the coolers are chilled before packing.
- Keep coolers in the air-conditioned passenger compartment of the car, never in a hot trunk. Once you arrive, put them in the shade.
- If the cooler isn't an option or you aren't sure how long food will be in the heat, take "safe" foods like well-washed fruits and vegetables, unopened cans of meat or fish, muffins, whole wheat pita rounds, dried fruit, nuts, sunflower seeds, trail mix, peanut or other nut butters, whole grain crackers or homemade cookies.

When planning your perfect picnic, go green. Emily Alfred, waste campaigner at the Toronto Environmental Alliance, stresses reducing or eliminating waste by choosing reusable dishes, cutlery and other picnic supplies.

- Use cloth napkins, small reusable containers or small jam jars and a picnic blanket that can be washed and used more than once.
- Throw a potluck picnic and ask guests to take their own reusable dishes and utensils.
- Use refillable water bottles rather than bottled water.
- If you do use paper plates, recycle them, don't throw them in the trash. When the picnic's over, take home the organic food waste for your green bin or home composter.



Nutritional Facts

Serving size: 1 muffin
Servings per container: 12

Amount per serving

Calories 316

Fat 14 g

Fibre 4 g

Sodium 220 mg

Carbohydrate 43 g

Protein 7 g

Recipes and photos courtesy of **Foodland Ontario**

Berry Streusel Muffins

Bursting with fresh juicy local strawberries, blueberries and raspberries, these large streusel-topped muffins are brunch- or hostess-gift worthy.

PREPARATION TIME: 15 minutes

BAKING TIME: 25 minutes

INGREDIENTS (Serves 12)

TOPPING

- 3 tbsp (45 mL) each quick-cooking rolled oats and whole wheat flour
- 3 tbsp (45 mL) chopped walnuts
- 1½ tbsp (22 mL) each brown sugar and vegetable oil
- ½ tsp (2 mL) ground cinnamon

BATTER

- 1¼ cups (300 mL) each whole wheat and all-purpose flour
- ½ cup (125 mL) each quick-cooking rolled oats and chopped toasted walnuts
- 2 tsp (10 mL) baking powder
- 2 tsp (10 mL) grated orange rind
- ½ tsp (2 mL) each baking soda and salt
- 2 cups (500 mL) mixed raspberries, blueberries and chopped strawberries
- 1 egg
- 1¼ cups (300 mL) 1% milk
- ¾ cup (150 mL) packed brown sugar
- ½ cup (75 mL) vegetable oil
- ¼ cup (50 mL) freshly squeezed orange juice
- 2 tsp (10 mL) vanilla

DIRECTIONS

TOPPING

- In small bowl, stir together oats, flour, walnuts, sugar, oil and cinnamon; set aside.

BATTER

- In large bowl, whisk together whole wheat and all-purpose flours, oats, walnuts, baking powder, orange rind, baking soda and salt. Stir in berries just until coated. In medium bowl, whisk together egg, milk, sugar, oil, juice and vanilla. Pour over dry ingredients; stir just until moistened.
- Spoon into paper-lined muffin cups; sprinkle with topping. Bake in 375°F (190°C) oven for 25 minutes or until tops are firm to the touch. Let cool in pan on wire rack for 10 minutes. Transfer to rack to cool completely.

TIP: For an impressive presentation, cut out 12 5-inch (12.5 cm) squares of parchment paper. Press them into each muffin cup and scoop in batter (an ice cream scoop makes it easy).

Turkish Tomato, Cucumber and Pepper Salad

This refreshing salad is served at pretty much every meal in Turkey, and variations of it are even served for breakfast. Sumac is a ground spice, available in the spice section of large supermarkets or Middle Eastern stores.

PREPARATION TIME: 15 minutes

INGREDIENTS (Serves 4–6)

- 3 greenhouse mini cucumbers, sliced into ½-inch (1 cm) pieces
- 2 greenhouse tomatoes, cut into bite-size pieces
- 1 greenhouse sweet yellow pepper, cut into bite-size pieces
- ¼ cup (50 mL) chopped fresh mint
- 2 tbsp (25 mL) chopped fresh parsley
- 2 tbsp (25 mL) olive oil
- 2 tsp (10 mL) fresh lemon juice
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) ground sumac
- Freshly ground black pepper

DIRECTIONS

- In large bowl, combine cucumbers, tomatoes and yellow pepper. Add mint, parsley, oil, lemon juice, salt, sumac and black pepper; toss to combine. Taste and add a little more lemon juice, if needed.



Nutritional Facts

Serving size: 1
Servings per container: 6

Amount per serving
Calories 65

Fat 4.5 g
Fibre 2 g
Sodium 200 mg
Carbohydrate 6 g
Protein 1 g



Nutritional Facts

Serving size: 1
Servings per container: 4

Amount per serving
Calories 410

Fat 8 g
Fibre 6 g
Sodium 375 mg
Carbohydrate 72 g
Protein 13 g

Picnic Couscous Salad

This salad is full of flavour and not the least bit heavy. It's ideal for a hot summer day and will travel well if you're taking it to a picnic. Toss with a squeeze of lemon juice just before serving, if you wish.

STANDING TIME: 5 minutes

PREPARATION TIME: 10 minutes

COOKING TIME: 10 minutes

INGREDIENTS (Serves 4)

- 1½ cup (375 mL) chicken broth
- 2 tbsp (25 mL) olive oil
- 5 dried apricots, thinly sliced
- 2 tbsp (25 mL) fresh black currants
- 1½ cups (375 mL) couscous
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tbsp (15 mL) minced fresh gingerroot
- 2 tbsp (25 mL) fresh lemon juice
- 1 field tomato, coarsely chopped
- 2 cups (500 mL) small cauliflower florets
- 2 carrots, thinly sliced diagonally
- 1 tsp (5 mL) ground cumin
- ½ tsp (2 mL) each paprika, cinnamon and turmeric
- ¼ tsp (1 mL) cayenne
- 1 small zucchini, thinly sliced
- 2 tbsp (25 mL) finely chopped fresh coriander
- Salt

DIRECTIONS

- In small saucepan, bring broth, and 1 tbsp (15 mL) of the oil to boil. Remove from heat; stir in apricots, currants and couscous. Cover and let stand 5 minutes. Fluff with fork; turn into serving bowl.
- In large skillet, heat remaining oil over medium heat. Add onion, garlic and ginger; cook, stirring for 3 minutes or until onion is softened. Add lemon juice, tomato, cauliflower, carrots, cumin, paprika, cinnamon, turmeric and cayenne; cook, stirring just until vegetables are tender-crisp, 3 to 4 minutes.
- Add zucchini; cook 2 minutes. Remove from heat; stir in coriander. Gently toss vegetable mixture with couscous; season with salt to taste.

Garden Antipasto Salad

Colourful and packed with fresh flavour, this salad is perfect for a picnic or your next family gathering.

PREPARATION TIME: 15 minutes

COOKING TIME: 10 minutes

INGREDIENTS (Serves 9)

- 8 oz (250 g) fusilli or other short pasta (2½ cups/625 mL)
- 2 cups (500 mL) each small broccoli and cauliflower florets
- 3 green onions, thinly sliced
- 2 field tomatoes, cut into wedges and halved
- 1 sweet green or red pepper, seeded and chopped
- 1 cup (250 mL) mini or cocktail bocconcini cheese
- ½ cup (125 mL) torn fresh basil
- ¼ cup (50 mL) chopped fresh dill or parsley
- Salt and pepper
- 2 oz (60 g) prosciutto, chopped (1/2 cup/125 mL)

DRESSING

- ½ cup (75 mL) extra-virgin olive oil
- 2½ tbsp (37 mL) red wine vinegar
- 1 tsp (5 mL) Dijon mustard
- 2 cloves garlic, pressed through garlic press

DIRECTIONS

- In large pot of boiling salted water, cook pasta according to package directions until tender but firm, adding broccoli and cauliflower to last 2 minutes of cooking time.
- Drain and rinse under cold water. Drain again and place in large serving bowl. Add onions, tomatoes, green pepper, cheese, basil and dill.

DRESSING

- In measuring cup, whisk together, oil, vinegar, mustard and garlic. Pour over salad and toss to coat. Season with salt and pepper to taste; toss again. Cover and refrigerate for at least 1 hour or up to 6 hours. Stir in prosciutto just before serving.

TIP: For added flavour, add ½ cup (125 mL) pitted black olives.



Nutritional Facts

Serving size: 1 glass
Servings per container: 6

Amount per serving

Calories 66

Fibre 1 g

Carbohydrate 16 g

Protein 1 g

Jasmine Mint Spritzer with Peaches and Plums

This fresh fruit and green tea spritzer will fuel and refresh you. Prepare it the night before so it'll be ready to enjoy the next day. Maple syrup combined with the juice from the peaches and plums rounds out the sometimes-bitter flavour of green tea. Garnish with mint leaves, if desired.

PREPARATION TIME: 20 minutes

STANDING TIME: 20 minutes to 1 hour

INGREDIENTS (Serves 4-6)

- 2 cups (500 mL) boiling water
- 2 cups (500 mL) room temperature water
- 4 tea bags, Jasmine tea or green tea
- 4 sprigs of fresh mint
- 3 plums, pitted and sliced
- 2 peaches or nectarines, pitted and sliced
- 3 tbsp (45 mL) maple syrup
- 2 cups (500 mL) ice
- 1 cup (250 mL) soda water

DIRECTIONS

- In large heatproof container, combine boiling and room temperature waters. Add tea bags; let steep for 20 minutes to 1 hour. Discard tea bags.
- Pour tea into glass pitcher. Add mint sprigs, plums, peaches and maple syrup; stir. Refrigerate for up to 2 days.
- To serve, place ½ cup (125 mL) ice in glass (or enough to fill halfway). Top with tea mixture until three-quarters full, ensuring some fruit and mint sprigs are in each glass. Top last one-quarter of glass with soda water. ■

Nutritional Facts

Serving size: 1
Servings per container: 9

Amount per serving

Calories 229

Fat 11 g

Fibre 2 g

Sodium 290 mg

Carbohydrate 24 g

Protein 9 g



Renaissance summer fitness program

Our top-to-toe outdoor workout builds strength and improves balance.

by **Ylva Van Buren**

Erin Billowits, the founder of Vintage Fitness (vintagefitness.ca), a personal-training company focused on energizing the lives of people aged 50-plus, created this easy workout to do in the great outdoors. All you need is a resistance band and a piece of chalk, along with a spot with trees, a staircase and a paved sidewalk. Wear supportive footwear and comfortable clothing, stay hydrated and get going! Check with your doctor before starting this or any fitness program.

Stair Climb

(leg muscles, heart and balance)

Stand facing a staircase. Raise right foot to first step, then follow with left. Lower right foot, lower left. Repeat for 1 minute. Change sides and repeat, leading with your left. Hold on to the railing for balance or pump with arms.

Challenge yourself: Increase the speed or, if your balance is good, climb the entire staircase, return to the bottom and repeat for 1–2 minutes in total.



Tree Push-up

(chest and core)

Stand about 2 feet away from a tree. Place palms on tree at shoulder height. Bend elbows and lower yourself toward tree. Pause for a few seconds, then straighten arms. Each rep should take 4–6 seconds. Inhale as you move toward the tree and exhale as you push away. Keep movement controlled with back straight and shoulders relaxed. Repeat 10–15 times.

Challenge yourself: Stand farther away from the tree (this will create more resistance) and slow down the push-up motion.



If you need motivation to get more active this summer, look no further than 76-year-old Dee Simpson. “Keeping active is all about doing the things I love,” she says, “and being able to keep doing them.”

An adventure traveller, Simpson has cycled in Macedonia, hiked and biked in Japan and trekked across mountains in Bhutan. And that’s just in the last few years! She’s also a personal trainer at Vintage Fitness (she was certified about 10 years ago following a career as a documentary filmmaker) and supports other people’s fitness goals.

Simpson meets her 15 clients every week; the youngest is 38 and the oldest is 94. “I’m a huge goal-oriented person,” she says. “I help my clients set fitness goals, and I’m there to give them accountability, too.”

Fun? You Bet!

Pickleball

Pickleball combines elements of badminton, tennis and table tennis — and it's a fantastic sport for an older person, says Marcel Latouche at Pickleball Canada and an ex-ranked tennis player. The game is easy to learn, doesn't require the agility of tennis and "suits players like myself, with bad knees and a bad shoulder who need a game that is easy on the body and joints," says Latouche. "At my club, we play from one until four, then retire to the pub." Two or four players use paddles to hit a ball over a net. The sport was developed when a man was playing ball with his dog, Pickles. Visit pickleballcanada.ca to find out where to play in your province.

Hoopng

Remember the hula hoop craze? Now think hooping for fitness! Jo Anne Tudor of Tudor Therapeutics and Seminars teaches beginners to hoop around their hand or arm; once they get a feel for it, she shows them how to body hoop. "Hooping helps find movement in the ribs, hips, neck and arms, all areas that can get bound up by a sedentary lifestyle." The activity helps improve cardio fitness, range of motion and brain function. "Plus, we associate hula hooping with childhood play, so it's fun," says Tudor. Visit tudortherapeuticsandseminars.com for more information.

Round Dancing

Round dancing is a fun form of choreographed ballroom dancing. Couples follow the instructions of a "cuer" to progress in a circular, counter-clockwise pattern around the dance floor. Round dancing provides cardiovascular, co-ordination, balance and memory benefits, and it improves your social life, too. Contact the Canadian Square & Round Dance Society at csrds.ca to find a club near you.

Row with a Band (upper body)

Loop a resistance band around a tree (or a bench) and hold each end with one hand. Breathe out slowly and pull both elbows back until hands are in line with hips. Keep shoulders relaxed and release to starting position. Repeat 10–15 times. Each rep should take 4–6 seconds.

Challenge yourself: Shorten the band on each side to increase the tension. Slow down the rowing motion.



The Canadian Society for Exercise Physiology recommends that people over 65 get 150 minutes of moderate to vigorous aerobic exercise each week. It's still beneficial if you do it in 10-minute sessions, says Patty Clarke, the national executive director of Active Aging Canada. A fitness program should include both cardiovascular activities and strength training.

Walk the Line (balance and brain health)

Use chalk to draw a straight three-metre-long line on a sidewalk. If necessary, choose an area with a fence or wall you can use for balance. Start at one end and, placing one foot in front of the other, heel to toe, walk the line. Turn around and repeat. Continue for 1–2 minutes.

Challenge yourself: Walk more slowly and lift your knees waist high as you take each step.



Tree Squat (upper legs and balance)

Stand with your back to a tree, feet hip-distance apart. Bend knees to a 90-degree angle, using the tree for support. Hold for 10–15 seconds. Stand up and pause. Repeat 4–6 times.

Challenge yourself: Hold the position for 30 seconds. ■

Lost in the universe

A true account inspired
by Frederick Forsyth's story
The Shepherd.

by **Anthony Ketchum**



A

Anthony Ketchum
(District 16 Toronto)

At 19, I was far too young and foolhardy when I agreed to fly a Second World War surplus trainer for a mechanic who knew engines but nothing about flying. It was 1956, and the planes at an old hangar were being sold off by a contractor as war surplus. Guy, the owner of one of the tandem trainers, just wanted to get the plane home without dismantling it. He raced his new possession up and down a bumpy, obsolete airstrip, anxious to get it to the private runway at the mill at Asbestos, not far away in the Eastern Townships/Cantons de l'est of Quebec. Guy convinced me the flight would be easy using his simple gas station road map.

My university classmates had urged me to go to the sale knowing that I had spent the summer flying Harvard trainers in the RCAF. I had told them stories of a NATO student at our base in Claresholm, Alberta, landing on his belly on a foam-covered runway because he neglected to put down his landing gear. The Belgian student who argued in broken English that he couldn't hear the controller in the tower shouting, "Get your...gear down" because of the screaming buzzer behind his ears was also telling him to put his wheels down.

PHOTO: CANADIAN WARPLANE HERITAGE MUSEUM/KOOL SHOTS

Anthony Ketchum at the time of the adventure



Guy assured me there would be no problem spotting the runway once we were in the air. The smoke from the huge asbestos mill could usually be seen for many miles. The contractor wanted to get rid of the planes for \$500 cash. Like the pilot in Frederick Forsyth's story *The Shepherd*, we had an air-speed indicator and an altimeter but no radio. The thrill of flying and Guy's urging dampened any hesitation I had. Running on super-grade gasoline station fuel, I taxied up and down to test the engine, did a circuit and all seemed well.

Dusk would soon be closing in. Did we have plenty of fuel? This was a short trip, but as I watched Guy empty several large jerry cans into our fuel tank, the rusty instrument-panel gauge hovered around the half-empty mark. Did we have maps? Our simple road map would suffice. With the overconfidence of youth, I was convinced the mill would be clearly visible once we gained altitude.

We climbed to 1,500 metres on a late Sunday afternoon with farmland below us in all directions, but no smoking mill could be seen. Behind me Guy undid his safety harness, leaned forward and held the road map in front of me, pointing to where he was sure we would soon see the mill with its high exhaust plumes. His English was extremely limited, as was my French, but the noise of our aged single-engine aircraft was deafening in any case. Alas, as I banked and circled, neither Guy nor I could see our destination. It was getting dark, and we clearly could not return to the old Second World War airstrip we had left behind.

We were obviously lost.

We descended to 450 metres as visibility became extremely limited. Cars on the roads had their headlights on. We banked and turned, hoping against hope we would find the mill and its runway before our fuel gave out. I remembered one of my earliest flying instructors telling me to always look down for a possible forced-landing site in case of engine failure.

Suddenly, we were blanketed by a thick cloud. In a nanosecond, I recalled flying my Harvard trainer in Alberta and my instructor pulling the curtain over my head, then cleverly turning the plane upside down while I remained convinced we were still straight and level.

I knew I had to ignore my senses and rely totally on my instruments, but we were only minutes from possible disaster. I was bathed in an out-of-body cosmic ocean. Perhaps the poem *High Flight*, which I had memorized at age 15, had triggered my transcendental state? This famous sonnet that 19-year-old John Magee composed while flying at 9,000 metres in his Spitfire in the Second World War is a favourite of young pilots everywhere:

Oh!, I have slipped the surly bonds of earth,
And danced the skies on laughter-silvered wings;

And while with silent lifting mind I've trod
The high untrespassed sanctity of space,
Put out my hand, and touched the face of God.

Or perhaps I was in some miraculously way in touch with the spirit of my uncle after whom I am named, a young Canadian pilot who died in the first weeks of the Battle of the Somme in the First World War. To say I regained consciousness fails to describe my state of mind. I had experienced a new "consciousness" that could not be measured by normal time scales.

Back in an aircraft, in a cloud over lush farmland, I had to make critical decisions immediately. I had to descend and find an emergency-landing field. Incredibly, the mist and cloud dissipated. There were hydro poles beside a road, and I could see farm buildings. Beside the road was a dark, ploughed field, my only hope for a forced landing.

Throttling back, I began to circle the field at what I judged was just enough speed to avoid a stall. I held my thumb down to signal to a terrified Guy that we were going in for a crash landing. We had to clear the hydro line, but the ploughed field was short. We would need all the skill I could muster. Throttle right back, nose up, then...thump, bump, whump! Amazing! We had dropped down and come to rest on the ground without even a scratch on ourselves.

In no time, farmers Justin and Lise and their neighbours appeared. They could tell we were in trouble when I noisily circled their farm before landing. Gradually, Guy and I collected ourselves and our nerves and tramped into their cozy kitchen. I felt I had just been dropped miraculously from another planet to find myself among the warmest new friends, beside a wood fire with tea and homemade bread.

It wasn't long before Guy had telephoned his family and arranged to have me picked up and driven back to my university. I never saw Guy again, though we did hear that the next day the RCMP arrived to investigate the surplus sales at the old airstrip. Apparently, they had a lot of questions. Wisely, I found myself too busy with my studies to help them with their enquiries. I gave Shakespeare the last word about my adventure: "We are such stuff as dreams are made on." ■

Summer flicks

What movies capture the summer spirit?



We asked you to tell us the movies that shout “summer”! Here’s what you had to say.

Summer Rental

A stressed-out air-traffic controller nearly causes a mid-air collision and is ordered to take a break. Better than a pink slip, except that the kickback family holiday at the beach turns into one high-stress mishap after another.

Blue Hawaii

Discharged from the army, Chad Gates returns home, but instead of joining the management team at the Great Southern Hawaiian Fruit Company, his family’s business, he signs up as a tour guide at the agency where his girlfriend works.

Jaws

Duunn duunn... duuunnn duun... When a young woman is killed by a shark near the town of Amity Island, chaos — plus the mayor’s fear of lost revenue — ensues as the sheriff, a marine biologist and a curmudgeonly captain join forces to hunt the great white down.

American Graffiti

It’s the last day of summer vacation, and the last night before the grown-up lives of four newly minted high school graduates begin. They cruise the strip of a California small town and come of age as the sun rises.

Caddyshack

A millionaire wants to turn a snooty golf course into an even snootier development, a caddy needs college tuition and a gopher steals the show. Seriously.

Grease

Goody two-shoes exchange student Sandy falls for “bad boy” Danny over the summer. In September, when they discover they’re going to the same high school, everyone wants to know — is their love a many-splendoured thing?

The River Wild

A couple takes their 10-year-old son on a white-water rafting holiday as his birthday gift. Bad idea. Armed killers take the family hostage, and Mom, a former Montana river guide, is the only one who can get the family home.

Stand By Me

After four fast friends hear that a boy has been killed outside their small Oregon town, they set out to find the body. What they discover is the hero hiding inside each of them and the power of friendship on the road to becoming men. ■



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