# Index, Including a Selective Concordance 

acceptance
of self and others. See also selfacceptance; 139, 141, 144, 149, 275-77, 287
of things that must be, 186,194 , 196, 238
adolescence, 275
advertising, consumer excesses and, 292
advice, given or sought, 27,35-36,
$44,55,79,81,95,160$
affecting eternity, $127,131,149,231$
The Affluent Society (book), 250
Agamemnon, 77-78, 80, 82
aging
denial of, 214
imagined signs of, 213
as an individual and personal matter, 174
fears of, 222
meditations on, 175-76
as a moral event, 214, 217-18
psychological work associated with, 1, 172-73
regrets and, 218-19, 278, 285
of the world population, 216-17
The Agenda (current-affairs TV
program), 279
Ainsworth Hot Springs, British
Columbia, 6, 26
airport, Kaslo, 19
Alexander the Great, 210
Alice in Wonderland (stage musical), 160-61
amazement, 286, 298
ambiguity, 172
helpful aspects of, 224
Amichai, Yehuda, 291
anger, 269
an antidote for, 302
biblical, 172
the humanity of, 298
longevity in, 271-78
loss of competence and, 177-78, 195
possible sources of, 276
the puzzle of, 273, 285-87
angina, 53, 59
angiograms, 54-55
angioplasty, 56, 63, 124
antlers, 48
anxiety, $18,20,94,102$
as an impediment to perception, 224
apples (wild), 98
arabesque
life as an, 298-300
in storytelling, 302
Arbutus (trees), 305
the arms industry, 273
arrogance, commercial, 292
artistic endeavour, some pleasures of, 189-90
Ate (madness, Greek goddess of ), 77-82, 269
athletes, 114
atomic weapons. See nuclear bombs
attitudes. See also habits; 149
habitual, 223-24
attributions, the central importance of, 168
authenticity, instinctive respect for, 275
authorship. See also readership; 134, 138
autobiography, fictional aspects of, 133, 189
awe. See also wonder; 49, 211, 312
in the eye of the experienced beholder, 212, 298
pain as an impediment to the feeling of, 224

Barthes, Roland, 188-89
BBC (television), 290
BC Tel (telephone company), 61-69
bears, 27, 95, 97-99, 103, 304
beauty, 114
in the eye of the experienced beholder, 212
Beethoven, Ludwig van, Pastoral
Symphony of, 161, 169
begging, 44
beginnerhood
challenges due to, 59, 99-100, $161,168,195$
the ubiquitous state of, 165-68, 311-12
behaviour, the important roles of, 81 ,
192, 293, 295
Beix, Al, 117
belief, difficulties in achieving appropriate levels of, 193-96
bereavements, responding to, 129
Berkeley, California, 4, 106
Berlioz, Hector, 112
berries (wild), 98-99
betrayal, feelings of caused by failing health, 213-14
biases, perceptual, 223-24
biology, 36-37, 80
blackberries (wild), 98-99
blame (self), 287
Boito, Arrigo, 112
boletus mushrooms, 100-101
bombers, water, 20
Bonner's Ferry, Idaho, 11
books
about retirement, 1-2
fiction, 2, 112, 133, 170, 174, 189
non-fiction, $2,78,112,170,174$, 189, 301
boredom, episodes of, 121
bottom-line feeders, 291-92, 295-97
brains, 80, 194, 247
marvels of, 222-23
presumed failings of, 220, 224
Breyer, Stephen, 271
The Brothers Karamazov (novel), 171
brown paper bag
the author's, 111-12, 114, 157, 218, 298, 305
the joke about, 110-11
Lorraine's, 155
Buddhism, 128, 130
bureaucratic capitalism, 198-99, 221
Bush, George W., 289
business-school theory, 221
Butala, Sharon, 175-76, 179

Caesar, the realm of, 104, 178
Caledon hills outside Toronto, 179
California (northern), 3, 37, 42
Campbell, Joseph, 155-59
Canada, 4, 26, 49, 62, 71, 76, 112, 136, 175, 201, 292
author's move to, 4, 105
Candace. See Frary, Candace
capitalism. See also economics; 250,
270-71,280, 292
faiths placed in, 289, 294
careers, difficulties of recapturing after leaving, 121-22
cats. See also cougars; Sophie; 28-30, 37, 40
CBC (television and radio). See also Ideas (CBC radio series); 19, 71, 75, 116, 161, 218, 243, 290, 298-99
Chamberlin, J. Edward, 204, 208,
211-13
chance (hazard). See also good luck;
luck; 106, 114, 131
the significance of, 108
change
fears of, 112, 166
perceptions of, 166-67
the ubiquitous state of, 167-68
the unnoticed evidence of, 213
chanterelle mushrooms, 100
chaos theory, 152, 154
The Chaparral (Stanford humour
magazine), 288, 293
Cbaracter (book), 218
chemistry (the discipline), 194, 222
cherries (wild), 98
chess, 264
Chris. See Temple, Chris
Christ, the wished-for return of, 171-72
Christie, Officer, 46-48, 53, 95
Chryseis (Greek maiden), 77, 82
Churchill, Winston, 245
Civic Theater (Nelson), 85
the Civil War (American), 227
clear-cutting (logging practice), 51, 58, 82
Clinton, William Jefferson, 140, 142, 145
clues (mysterious), 178
cognitive-behavioural therapy, 278
Colby, Elizabeth, 233
common colds, 152, 154, 188, 263
author's book about. See In Cold Pursuit
the commons (earth's), $98,119,297$, 308
compassion, 191, 198, 218, 275, 278
competition, winners and losers in, 259
complaining, in old age, 202, 213-14, 248
complexity, insufficient allowances made for, 259, 280-81
computers, $84,113,230$
condemnations, the dangers of, 277
conscience
personal, 178, 199-202, 216
social, 198-99, 201
the voice of, 231, 245, 278
consciousness, $129,156,194,246$
hearing and, 247
Conservation Officers (British
Columbia). See also Christie, Officer; 46
Container Corporation of America, 127
contentment, 5, 211, 223, 245
cougars, 41-42, 48, 82, 93-96, 103
courage, $93,158,185,312$
coyotes, 94
Coyote's Morning Cry (book), 175
credit, for a personal achievement, 286-87
criticism
literary, 204-7, 271-72, 311
personal, 142, 201, 234-36
self, 258, 267
Crown land, 50, 52, 59, 94, 98, 308
CRTC (Canadian Radio-television and Telecommunications Commission), 66-67
The Cult of Efficiency (book), 198
cultures (social), 156
clashes among, 206, 265
deaths of, 213
curling (the winter sport), 217, 265-68
customer service, greater needs for, 63-69
Cut Bank River, 27
dams, 211
dancers, 113-14
Daniel Martin (novel), 204-7
Darius (Persian king), 210
Davies, Robertson, 171, 174
deafness, 246
de Botton, Alain, 138
deadlines, effects of, 284
death, $18,36,47,93,147-48,156$, 164, 215-16, 226, 247, 284-85
ceremonies marking, 233-38
imagined timing of, 57, 113-14
perceived as nigh, 238-39
survivor sorrow over, 315
taboos surrounding feelings
about, 216
troubling aftereffects of on survivors, 170
witnessed, 129, 233-34
debates, strengths and weaknesses of, 279-83, 289-90
debts, the psychology surrounding, 236-37
decimal place, the seventh, 151 , 153-54
decipherment, 178
deer, mule, 42, 48
demons, the complex nature of, 217-19
dependency
failing powers and, 224
involuntary, 276
retirement and, 178
deserts
as an archetype, 211-12
the importance of, 210
despair, 269, 275
determinism, perceived arenas of, 193
developmental realism. See also
psychology, developmental; 166-68
diplomats, 225
discouragement, 168, 194, 258
disgust, 269, 275
divorce, 4-5, 130, 217, 260-61
Doctor Olsen. See Olsen, Dr. Phil
Doctor "Rosa," 215, 233-34, 238
doctors, 35-36,53-56, 172, 197, 221, 225, 233, 294
speaking reassurance, 59, 129, 249
Doctor"Tim." See Lombard, Dr. J.
Timothy

Dodek, Doctor Arthur, 55
dogs. See also Page (the Border
Collie); 13, 29, 42, 48, 94, 103, 217, 221
dominance hierarchies, $181-82,184$, 186
Dostoyevsky, Fyodor, 171
doubt, 123, 139, 153, 188
difficulties in achieving
appropriate levels of, 193-96
the importance of, 224
unfortunate, 231, 279, 282
dreams (hopes for the future), 3-4, 78, 120, 260
dreams (while asleep), $43,114,165$, 176, 246
about dreaming, 178
of the author, $93,105,176,210$
sources and interpretations of, 176
Dyer, Gwynne, 228-29, 231
eagles, 48
ease, our human need for times of, 212
economics (the discipline). See also
capitalism; 4, 217, 271, 289, 301
Chicago school, 290
complexity of and in, 230, 259,
280-81, 294
powerful lobbies affecting, 282
psychological, 259
economists, 225
efficacy (skillful dealing with life). See also skills; 190, 218, 256, 258, 293, 312
erosion of one's, 191, 213-14, 276
egocentrism (a limitation on understanding), 166-68, 236
illustrated, 162-65
in book reviews, 206
egos, 148-49, 254, 287
egotism (pridefulness), 52-53, 107, 147, 162, 287
elitism, 107
empathy, 90, 201, 247-48
encouragement, 2, 194
endurability, quests for, 148-49
the environment (natural)
pollution of, $72,83,89$
environmentalism, 116-17
environments (developmental)
their importance relative to heredity, 80-81
environments (personal and situational)
effects attributed to, 80-82
selection of, 79, 81-82
envy, a problem in the workplace, 258
epistemology. See beginnerhood; debates; doubt; egocentrism; experimentation; knowing; knowledge; rationality; "truth"; understanding
Erikson, Eric, 269-70, 275, 279
Erikson, Joan, 270
eternity. See affecting eternity
Evans, Corky, 51-52, 58-59
evidence, distinguished from opinion, 280-81
exercise, See also walking; 263
experimentation, the importance of, 294-95
in psychology, 162-64, 245
faith
found, 193, 289
found lacking, 106, 122, 289
required of one, 293
in the unseen Good, 277
the utility of, 277
fatalism, 118, 199, 231
the fates, 29, 131, 289
fear, 55-56
of change, 294-95
as one source of angers, 272-73, 276-77
the personal origins of, 276-77
fiction. See books, fiction
Fifth Business (novel), 171-74
financial rewards. See salary, as a motivator
fire(s). See also forest fires; smoke; 50, 71,73-74, 188, 191
fired weapons, 46, 228-29
Flamenco at 5:15 (film), 112-13
the Flathead River, 27
force (military), 116
forest fires, 18-27, 50, 76, 132-33
forestry, agencies controlling, 50-53
forests, environmental importance of, 82
forgetting, the appropriateness of, 223-24
forgiveness, $135,139,162,173$, 218-19, 245, 278
Fowles, John, 204-7
foxes, 222, 226
Frary, Candace, 41-42
free will. See determinism
French language, 179, 300
Freud, Sigmund, 123, 178
friends, the importance of, 2,191 , 265, 308, 313
Froman, Sandra, 272-73, 275, 278
fruit trees (wild), 97-99
frustrations, 136, 177, 200-201
anger and, 195, 285
Frye, Northrop, 204
Fryling, Jill, 44-45
Fuller, Thomas, 244
Funkhouser, G. Ray, 288-91, 295

Galbraith, John Kenneth, 250, 260
gardens, as an archetype, 210-12

Garnett, Gerald, 76
the Gatehouse, 7, 38, 94
Gawande, Atul, 294
generals, 225-28, 230-31
Gettysburg, battle of, 228-29
gifts (abilities and accomplishments), 286-87
Gilmore, Barney (Jon Barnard). See also dreams (while asleep), of the author; home, author's; retirement, the author's
childhood of, 4, 142, 152
divorced from Elizabeth, 217
his early studies of play, 263
at "home," 213
political views of, $13,141,143$, 198, 289
purchase of his retirement property, 7
retired persona of, 157
self-analysed, 260-61
separates from Elizabeth, 134-36, 170
shamed, 207-8
stressors felt by, 198-99, 201, 216-18
teaching and, 161
web contact with, 312
witnessing death, 129, 233-34
Gilmore, Carole (author's sister-in-
law), 234-35
Gilmore, David (author's father), 4, 27
death of, 129, 133, 139, 170, 232
Gilmore, Helga (author's
stepmother), 4-5, 37, 40, 62-63, 68-69, 118, 221, 270
Gilmore, Page. See Page (the Border Collie)
Gilmore, Scott (author's brother), 55, 129, 141-42, 233-35
Gilmore, Sydnia (author's mother), 4, 27, 93, 130, 134, 141, 145
caregivers for, 210, 215
as a critic, 200-201
death of, 232-38
expectations of, 199-201, 213-16
failing health of, 193, 195-96, 199-201, 209, 213-16, 224
financial views of, 200
political views of, 141
tensions of and with, 195
Glenorky Productions. See Kaslo,
filming in; Magic in the Water
global warming, emotions
surrounding, 279-83, 294
Globe and Mail (newspaper), 208, 244
Go (the game), 264-65
God (upper case), 133, 172-74, 212, 246-47, 296
Gödel, Escher, Bach (book), 174
Gödel, Kurt, 194
the gods (lower case), $78,122,174$, 285-86
golf course (Kaslo), 90
the "Good," 81-82, 172, 190-91, 198,
206, 250-51, 253-54
"(the unseen) Good," 277
good advice, 161, 168, 224
goodbyes, 76, 159, 232-38
good hearts, 139
good ideas, 1, 244
good intentions, 191
good luck, 81, 110-11, 118
good things, $13,56,86,112,146$,
217, 230, 258, 270
Gore, Albert, 289
government, as a bureaucratic
problem. See bureaucratic capitalism
grace, a state of, 75,114
Grand Forks, British Columbia, 198
gratitude, 60, 171, 190, 313-15

Greece, 5
green
the colour, $7,14-15,60,83-84$, 88, 91, 308
the political stance, $83,91,308$
greenhouse gases, 282-83
Greenpeace, 225
"Growing Oldness" (one of the Ideas programs), 218
growth
economic, 294
personal, 147-48
urban, 89
The Guardian Weekly (newspaper), 290
guides (through "wilderness"),
177-79
guilt
the experience of, 135, 177-78
over killing, 230
over not killing, 228-30
over wishes to retire, 252
guns, 46, 272-74
habitats, 50, 304, 308
habits, $57,62,136,165,204,224$, 251-52, 276-77
happiness. See also Net Happiness; $5,20,37,57,85-86,100,112,114$, 136-37, 165, 167-69, 175, 187, 203, 217, 237, 256, 265-68, 277, 286, 311
places of, 237
the pursuit of, $147,149,250-52$, 256, 278, 293
harbours, 136, 291-92
Harper's (magazine), 290
the Harry Potter books, 304-5
Harvey, Andrew, 130-31
hearing, losses of, 245
hearths, 137, 291-92
hearts
as assayers of truth, 123
changes of, 203
of a city, 3
conserving acts by, 113, 189
dictates of, 187
doubt-ridden, 122
empathetic, 150
feeling faint, 179
of fires, 21, 191
of forests, 59
hearing well, 244
hope-filled, 45
of gold, 90, 139, 249
gratitude filled, 60, 238
of matters, 191
medical troubles within, 53-57,
$63,130,193,216$
medicines for, 60
the needs of, 45,130
of palms, 5
possessors of golden memories, 112
psychological troubles of, 53, 57-59, 170
teachers to, 254
uplifted, 130
heredity, its importance relative to the environment, 80-81
Herreshoff, David, 76, 133-34
Herreshoff, Jessie, 133-34
Hillman, James, 218
history
military, 226
the significance of, 300-301
world, 226
Hodder, Elizabeth, 5-7, 23, 27-37,
40, 42, 44-45, 53-55, 59, 64, 73-
$74,79,81,85-87,92,95,100,106$, 134-36, 141
children of, 6, 30, 92
divorced from the author, 217

Hofstadter, Douglas, 174
home. See also homes
as an archetype, 122, 210-13
author's pre-retirement, 3, 6-7
author's retirement, $3-7,12$, 38-39, 42, 57, 59, 74, 135-37, 141
departures from, 26-27, 165, 197, 233
encroachments on, 137, 161
as a place of sanctuary, 129, 148-50, 200, 215, 217, 227, 237, 291
the psychological importance of, 135-36, 148-49
returns to, $42,60,63,92,95,114$, 134, 161, 182, 184, 196, 201, 210, 234-35
Homer, 77-78, 149-50
homes. See also home; $7,14,30,44$,
58, 72, 100-101, 183-84, 191, 211
homesickness, 26, 211
honesty. See also "truth"; 191
hospice care, 129, 215-16
hospitals. See Kaslo Victorian
Hospital; Nelson, hospital in; St.
Paul's Hospital in Vancouver; Trail
(British Columbia) hospital
How Proust Can Change Your Life
(book), 138
huckleberries, 99
human nature, the hidden sides of, 247
humour. See also jokes; 305
found in the moment, $33,87,102$, $133,161,168,254$
the utility of, 145, 248, 292-93, 296
hypocrisy, instinctive dislikes for, 275
hypotheses, 122-23, 194-95, 244,
246-47, 259, 280-81, 285

Idaho, 26, 98
Ideas (CBC radio series), 19, 116, 218, 243, 290, 298
ideas, basic and long-standing, 223-24
identity (self). See also retirement, self-image in
the personal sense of, 136, 270
If This Is Your Land, Where Are Your
Stories? (book), 204, 208, 211, 213
ignorance (human), respect and allowances for, 144-45, 162, 166, 193-96
The Iliad (Homer's saga), 77
impatience. See also patience; 78, 178
incentives, in the workplace, 257-59
In Cold Pursuit (book), 27, 57, 78, 84, 136
income, lifetime ceilings on, 252
An Inconvenient Truth (film \& book), 289
index, puzzling self-reference to, 325
indexing
as listening to the written word, 137
opportunities arising from, 227-28, 230
surprising challenges offered by, 203-4
individual differences, generally underestimated, 193
inequalities in resource usage, 292
injustice. See also "justice"; 148, 214, 249
integrity
communal, 283
the personal sense of, 269, 275-78
intuition, 132
IQ, determinants of, 80
Iraq, invaded, 209
ironies, 71, 123, 129, 135, 148-49, 151, 204-5, 213, 280, 297, 302
irritability
loss of competence and, 195
in retirees. See retirement, irritability experienced during
isolation (social). See also loneliness; 144

Janis. See Orenstein, Janis
Japanese, 21, 72-73, 108, 251, 260, 264-65
jargon, 51
Jaynes, Julian, 246-47
Jill. See Fryling, Jill
jokes. See also humour
about an angel offering three options, 296
about bitter academic
disagreements, 116
about a brown paper bag, 110-11
about Kissinger's zoo, 119
about moronic egocentrism, 164
about a physicist's horseshoe, 110-11,114
about retirement looking good, ix told, 102, 106, 222
Jordan, David Starr, 222
journalism, the current state of, 279
journalists, 110-11, 116, 190, 220,
222, 224, 275, 279, 289-90
A Journey in Ladakh (book), 130
journeys, 27,31-37, 157, 178-79,
291,311
significances of, 299
judges, 225
judgmentalness, 87, 147-49
Junipers (author's retirement
property). See also Gatehouse; 7
cliffside stairs at, 21, 39
main house at, 27, 38-39, 42, 57, 64, 84, 92-93, 112
purchase of, 7
waterfront deck at, 21-22, 45
"justice." See also injustice an emphasis upon, 190-91, 202, 236

Kananaskis, Alberta, 306
Kaslo, British Columbia. See also May
Days (Kaslo); 6, 19, 26-27, 29, 37, 65,157, 244
ancient phone equipment in, 62
author's anxieties over, 119
described, 12, 40
early history of, 11-12
filming in. See also Magic in the
Water; 61, 70-76, 84-85
gardens in, $62,83,304,309$
political controversy in, 88-91, 116-19
remote location of, 78
the Kaslo Legion Hall, 50
the Kaslo River, 11, 15, 40, 83, 89, 303-4
the Kaslo River Trail, 303-4, 307
the Kaslo Victorian Hospital, 53, 59
killing, unexpected resistances to, 228-30
Kissinger, Henry, 119
Kivnick, Helen, 270
Klarke, Dr. Dorrit, 55
knowing, 132
knowledge
our limited access to, 192, 194, 196
painful limitations of, 276
"Know Thyself," 145
Kootenay Kiltie Pipe Band (Nelson), 13, 16, 307-8
Kootenay Lake, 6, 21, 24, 57, 211
the Kootenay Lake Ferry, 26, 50
the Kootenay River, 26-27

Lake Claux, 177-78
Lake Tahoe, 4, 6, 134, 141, 210-11, 237, 265
spoiled, 119, 213
Lambkin, Margaret, 181-85
landscapes, 2, 180, 298
Langham Cultural Centre (Kaslo), 88
language
hearing and, 246
limitations of, 179, 299
Lasker, Emanuel, 264
lawyers, 4, 89, 225, 272
Lesser, Elizabeth, 147-48
liars. See also lying; 225
life
blessedness of, 114
personal costs of prolonging, 285-86
unpredictability of, 19
lifestyles, 1, 28, 112
lightning, 19, 23, 113
listening
done carefully, 93, 116, 203-4
done skillfully, 293, 298
an underappreciated skill, 161
lobster mushrooms, 101
Logger Sports Competition (Kaslo), 84
logging, controversy surrounding, 49-53, 57-59, 90, 116
Lombard, Dr. J. Timothy, 209-10
loneliness, 276
lotteries, 121, 151, 153
love, 71, 107-8, 176-79, 187, 190, 244, 276-77, 292, 296, 301
brotherly, 78, 142
as a medicine, 129
of one's work, 138
perceived lack of, 195-96, 201, 236
as a potent antidote, 302
of retirement, 252
of self without pride or egotism, 277
of university, 107
luck. See also chance (hazard); good luck; 6, 105, 118, 252, 258, 286, 292,300
lying, some reflections on, 134, 143
Mackle, Patrick, 13, 76, 88-91, 116
Madrone (trees), 305
MAD theory (of Mutually Assured
Destruction), 228
magic
acts of, 17, 268, 304-7
expectations of, 40
hopes for, 309
times of, 6, 73, 115, 304, 307
Magic in the Water (film), 71, 118, 309
debut of, 84-85
plot synopsis of, 71-73
Mankoff, Robert, 293
maps, literal and figurative, $6,27,68$, 135, 176-79, 299
"Margaret," (dog breeder). See
Lambkin, Margaret
marriages, $6,165,170,251$, 260-61
the dissolving of, 134-36
May Days celebrations (Kaslo)
in 1992, 11-17
in 1995, 83-84, 88-89
in 2008, 303-4, 307-9
Maypole dance (Kaslo), 11-12, 15, 303,308-9
meanings
attributions of, 108-9
to and of our lives, 105-6
measurement theory, wide
unfamiliarity with, 256,258
the medical-industrial complex, 285-86
medical security
compromised, 44, 197-98
enhanced, 63, 174, 221, 294
meditation, 128, 147
memoirs, 299, 301, 311
questionable accuracies of, 133
memories
changing utilities associated with, 223
winnowing of, 222-24
memory, workings of, 132
memory loss, 220-24, 276
Menken, H.L., 116
Michelangelo, 123
Michigan, 35, 210
the Milk River, 27
Ministry of Health (British
Columbia), 89, 117-18
the Mississippi River, 27
the Missouri River, 27
mistrustfulness, 49, 302
Mitchell, Alana, 244
money. See also wealth; 111
chances to command, 296-97
chances to lose, 79, 200-202
Montana, 18, 26, 132, 298
moose, unpredictability of, 306-7
Mother Jones (magazine), 290
motives, 128, 149, 189, 280, 295
the hidden depths of, 205-7
mountaintop cairns or towers, 22
Mt. Kaslo, 21-26
Moyers, Bill, 155
the Moyie (sternwheeler), 14-15, 73, 87-88, 308
muses, $v, 131,134,189,286-87,311$
mushrooms. See primarily
boletus mushrooms; chanterelle mushrooms; lobster mushrooms;
pine mushrooms; 97
four categories of, 102
music, 4, 111-12, 160-61, 169, 307, 309
myths, the uses of, 156

Naddaff, Sandra, 299
Nagasaki, 227
Napa Valley, California, 305
naps, 175, 178-79
Nark-Orn, Willie, 86-87
narratives, life. See also stories; storytelling; 223, 293, 298-99
National Ballet School of Canada, 112
The National Rifle Association (American), 272, 278
Nelson, British Columbia, 11, 20,
46-48, 51, 63, 65, 68, 85, 95, 197, 221, 307, 313
hospital in, 54
Net Happiness, 259
neurophysiology (the discipline), 222
The New American Spirituality
(book), 146
The New Yorker (magazine), 204, 290,
292-96
New Zealand, 3
NGOs, 225
Nichol, Barbara, 298
9/11. See September 11, 2001
Nobel Prizes, 105, 274, 276
noise, disturbing volumes of, 245
non-fiction. See books, non-fiction
novels. See also books, fiction; 170, 174
nuclear bombs, 213, 227, 230
nurses, 164, 216, 294
speaking reassurance, 59, 129, 249
obligations, felt as owed to you, 236-37
O'Brien, Margaret, 87
oedipal dreams, 178
old age, $7,41,130,170,213-14,261$, 270, 297
Olsen, Dr. Phil, 59, 61

Olympiads, 239
Olympic Games, winter, 267, 306
Ontario, 211
Ontario Hydro, 199
opinion(s), 142, 279
distinguished from evidence, 280-81
Orenstein, Janis, 29-37
The Origin of Consciousness ... (book), 246-47
Orky. See also Kaslo, British
Columbia, filming in benign water monster, $71,76,83$, 91
mechanical facsimile of, 73-75, 83, 88
oversimplifications. See also
complexity, 152, 166, 261

Page (the Border Collie), 181-87, 217,303-4
Paikin, Steve, 279
pain, as an impediment to perception, 224
Pamuk, Orhan, 274, 276, 285
paranoia, deafness and, 246
Parker, Richard, 250
passivity, unfortunate, 231
patience. See also impatience; 79
needs for, 39, 186, 218-19, 286-87
as a virtue and a luxury, 162 , 167-68, 278, 298
patronus (the author's), 307
PBS (U.S. public television), 155, 290
peacekeeping, 116, 118
pecking order. See dominance hierarchies
pensions
fixed nature of, 39, 173
future funding of, 217
supplements to, 7, 70, 203
penumbras, 194-96
The Perfection of the Morning (book), 175
perjury, 140, 143
Persepolis, 210-11
Peter and the Wolf (symphonic story), 205
Phelps, William, 208
phenylketonuria, 80
pickup trucks, 20, 27, 113
pine mushrooms, 99
placebos, 154
planning
hubris and, 133
pitfalls of, 28
Plato, 149, 259-60
play, 259
in children, 263
distinguished from work, 262-63
during the work of growing old, 261
playfulness. See also retirement, playfulness during; $1,4,29,113$, 120-21, 170, 312
pleasure, the wish to share, 189
Point Reyes National Seashore, 5
poker (the game), 225, 264
political correctness, 290
politicians, 198, 225
politics, 143, 190, 198, 221, 260
popularity, skewing assessments of merit, 254-57
post-traumatic stress disorder, 230
Potter, Harry. See the Harry Potter books
Powder Creek (Kootenay Lake), 23-26, 50-52
Powell, Marilyn, 218
power, politics and, 221
The Power of Myth (TV documentaries), 155
powers (personal), granted in the
world of work, 258-59
pranks, planned against us, 248
preaching
at us by others, 295
to oneself, 161, 278
pride, $14,77,162,178,189,277,287$
difficulties created by, 107-8
privacy, as a value to be respected, 137
probabilities (statistical), the theory
of, 151-54
Profit, Net, 259
propaganda, 289, 295
psychologists, 220, 225
psychology (the discipline of ), 80 , 222, 230, 244, 263
the author's discomforts with, 122-23, 193
developmental, 160-67
insights concerning, 305
Freudian, 178
Pavlovian, 186-87
popularity of, 256
research studies within 62,73 , 194, 245
teaching of, 4
psychology (human and animal)
complexity of and in, 259
of dogs, 181-82, 184
of humans, 156
of retirements, 312
of seniors, 311
Psychology, Department of (Univ. of
Toronto), 157-58, 160
psychosomatics, 263
psychotherapy, 72, 148, 203, 205,
244, 260, 278, 293, 295
publication frequencies, popularity and, 254-56
Puerto Vallarta, Mexico, 5
Purcell Mountains, 22, 72
the Pursuit of Happiness, 147

Queen of Kaslo Maydays, 14-15
Queen Victoria, 17

Radium Hot Springs, British
Columbia, 6
rain, $6,17,19,23,39,48,99,131$, $176,188,212,304,309$
randomness, defined versus achieved, 152-54
rants (civil and supportable). But see also anger; 63-69, 79-81, 106-8, 171-73, 198-201, 204-8, 217, 252-60, 270-74, 279-83, 289-97, 311
rationality, limitations of, 278, 280
ravens, 48
RCMP (Mounties), 13, 45-46, 61, 307
readership, 104, 109, 112, 122, 130, 134, 138
skillful, 188-91, 293
reading, 27
approaches to, 79
as a means to understand more, 311-12
in retirement, $170,174,179-80$
solace to be found through, 191
realism (a limitation on understanding), 195
illustrated, 164-65
the Red Cross (organization), 225
the Red River, 27
the Referential Communication Task, 162-64
regret. See also aging, regrets and; 236
relationships (personal), changing
importance of, 223
religion
divisive aspects of, 143
hopes supported by, 156
studies of, 104, 108-9, 192, 301
religious fundamentalism, 210
research (academic)
difficulties in evaluating, 253-58
rewards associated with, 252-54
Retired Husband Syndrome, 251, 260
retirement
anger and. See anger
arabesque-like aspects of, 299-300
at a crossroads, 178-79
attractiveness of, ix, 7, 309
author's achievement of, 7-8
author's preparations for, 3
changed personal status upon, 40-41, 114, 135
changing priorities during, 223
considered as a "stage" in life, 260, 269
dependency and, 178
difficulties anticipating, 123, 133, 137
"early," 3, 7-8, 28, 40, 110, 120, 250-51, 260
experienced as a waiting room, 178
fears concerning, 158
finances and, 39-40, 113, 121, 137-38, 151, 153, 160, 203
forced or unexpected, 102, 114, 140, 251
guilt and, 252
interruptions of, 133, 137-38
irritability experienced during, 33-35, 195-96, 201, 213, 251, 285, 312
a job description for, 139, 276, 283, 299
love of, 252
as a moral event, 250-51
new job responsibilities following, 120, 203
opinions about, 27
opportunities offered during, 276
play and, 262-63
playfulness during, 120-21,312
recognizing the time for, 258
religion and. See also meanings, to
and of our lives; religion; 104-5
risks associated with, 251
second thoughts about, 121
self-acceptance attempted during, 144
self-image in, 40-41, 44
similarities of to adolescence, 275-76
the skillful use of its opportunities, 202-3, 275, 309
subjective time during, 285
unfinished work of, 312
Return on Investment, Net, 259
revenge, 13, 272-73, 275
RHS. See Retired Husband
Syndrome
Rice, Condoleezza, 271
Richardson, John, 183
right versus wrong (actions), tensions between, 278
risk
assessments of, 95-96, 154, 191, 251, 281, 289, 294-95
attempts at minimizing, 186, 191, 228, 281, 294-95
perceptions of, 55, 63-64, 117, $136,166,210,231,274,281$
rituals
for retirement, 155-59
the uses of, 155-58, 232-38
The River of God (book), 192
roads, logging, 50, 52
Robledo, Susana \& Antonio, 112-13
the Roman Catholic Church, 156
Roosevelt, Franklin D., 245
"Rosa." See Doctor "Rosa"
rose gardens, 210-12
Rowling, J.K., 304

Rubinsky, Holley, 24
Rushdie, Salman, 146-50

Saffran, Denis, 266
St. Lawrence River watershed, 27
St. Paul's Hospital in Vancouver, 53, 55-56
salary, as a motivator, 258-59
Scheherazade, mistress of storytelling, 301-2
Schopenhauer, Arthur, 248
science
the history of, 80-81, 122, 192-94, 301
judgments about, 253-54
Scott, Cynthia, 112
security (national and personal), emphases upon, 191
self-acceptance, bases for, 144-45
self-disapproval, feelings of. See also anxiety; meanings, to and of our lives; 105-7
self-esteem. See also conscience; guilt;
pride; shame; 260
self-image during retirement. See retirement, self-image in
Selkirk Mountains, 22, 243
separations
marital, 4, 134-36, 141, 260-61
physical and psychological, 129-30, 143, 179
September 11, 2001, 188-91
sermonizing. See also preaching; 78, 174
serpents, 49, 59
sewer systems, ambivalences
concerning, 76
shadows. See also penumbras; 149, 195
passing over our lives, 106-8, 170, 192, 236
Shakespeare, William, 108, 112, 149
shame. See also self-disapproval; 143, 266
the experience of, 78, 207
Shiraz, Iran, 211
simplifications, the dangers posed by, 281
singers, 114
skepticism, 279, 290
healthy and relaxed, 186, 193
skills. See primarily efficacy. See also listening, done skillfully; readership, skillful; retirement, the skillful use of its opportunities at sports, 263-68
smoke, 76
cigarette, 54
forest fire, 19-26
snakes. See serpents
snow, 19, 26, 42-43, 53, 57, 83, 89, 188, 198, 309
Sontag, Susan, 188-89
Sophie (the cat), 40, 92-94, 96, 185
her move to Kaslo, 29-37
Sparks, Verne, 120-23
spouses, why one may be chosen and not another, 244
the stag, 40, 43-48
stage theories, 261, 269
stairs. See Junipers, cliffside stairs at Stanford University, 4, 104-7, 222, 226-27, 245, 270-71, 288
statistics (the discipline), 120, 151, 256
status
desires for, 107
in the world of work, 257-59
Stein, Janice Gross, 198
Stevenson, Rick, 86, 88
stoicism, as a bargaining chip, 214
stones (various), 214, 264-68
stories. See also narratives; 44, 156-57
the central roles played by, 204-8
our hungers for, 300-302
significances of, 286, 298-302
storytelling, 211, 299-302, 305
stress (psychological), 54-55,57, $63,130,136,165,185-87,190$,
197-202, 216-19, 230, 234-36,
238, 284-85
suicides, inadvertent, 230
The Sun (magazine), 290
Sunday Magazine (CBC Radio), 71, 73,75-76
Switzerland, 3
Symmes, Audrey, 305, 315
Symmes, Lt.-Col. Lee, 226
Symmes, Lorraine, 137, 141-42, 146, $155,170,174-75,179,185,191$, 199, 213, 217, 221, 226, 234, 303
talking aloud to oneself, 248
taxes, 113, 199
teachers, "great," 206
teaching (the profession), 84, 105, 127-28, 151
teaching (university)
difficulties in evaluating, 253-58
second-class treatment of, 252-54
telephone. See BC Tel; Kaslo, ancient
phone equipment in
Temple, Chris, 39
terrorism, 273-74
theories, 122-23, 144, 151-54, 176, 186, 193-94, 221-22, 254, 256, 260-61, 281-82, 293
excessive faith in, 194
thimbleberries, 99
The Thousand and One Nights (saga), 298-99, 301-2
thunderstorms, 17, 19-20, 23, 61, 243
"Tim" (Doctor"Tim"). See Lombard, Dr. J. Timothy
time
different species and uses of, 285-86
foreshortening of with age, 239, 285
limited availability of, 178-79
past/present/future, 149-50
perceptions of, 79
Tolstoy, Leo, 291
Tomlin, Lily, 63
Toronto, Ontario, 3, 6, 19, 26-27, 30, 38, 68, 112, 128, 136-37, 157, 160, 191, 204, 252, 260, 264, 306
tourism, ambivalence about, 71,76
the tragedy of the commons, 297
Trail, British Columbia, 197-98, 202
trips
eastbound to Ontario, 18-19, 26, 175, 179, 298
westbound to Kootenay Lake, 29, 31-37, 210
Truckee, California, 232
trusting, 298
love as a trigger for, 302
"truth"
biographic and fictional, 134, 138-39
declared confidently, 220
scientific/rational, 122, 153, 194
the search for, $175,194,296$
temporary, 311
transcendent, 156
TVOntario, 279, 290
uncertainty
experienced, 55, 176, 216
patience and tolerance in the face of, 191, 231
the unconscious. See also
consciousness; 57, 130, 168, 193, 239, 244, 265, 273, 286
understanding, impediments to,
$133,152,166,191,194,218,230$, 247-48, 285
universities
love of, 108
shadows cast by, 106

University College (Univ. of Toronto), 3, 157, 226
University of California, Berkeley, 4, 106
University of Toronto, 3, 18, 206, 252-54
University of Waterloo, 4
unknowns, severely relativizing what we know, 192, 195-96, 231, 278

Vancouver, British Columbia, 6, 53-55, 65, 115
veterinarians. See also Richardson, John; 29, 35
victimization, feelings of, 236-37
Victoria, British Columbia, 5, 89, 136
Victoria Day (holiday). See May Days celebration
Victorian Hospital, Kaslo's, 221
viewsheds, 50
virtue(s), 107, 147, 253, 271, 312
viruses, 98, 149
Vital Involvement in Old Age (book), 270
vitamin C, 154
voices
commanding, 247
personal, 247-48
qualities of, 244, 247
soothing, 243, 248-49
volition. See determinism
walking, 4, 57, 100, 217, 263
in another's shoes, 247
in Kaslo, 40, 59, 303-4
walking sticks, 41, 303-7
Wall Street Journal, 279, 282
wands, 304-6, 309
war, 116, 210
behaviour during, 228-30
fear of, 227
unremarked casualties of, 213

War (book), 228-29
War and Peace (novel), 291
water, as a key part of our commons, 119, 308-9
watersheds, 24-27,50
Watson, David, 179
Wayne, Sarah, 86-88
wealth. See also money; 1, 250
unacceptable disparities in, 297
wilderness, 176-79, 213, 308
as an archetype, 210-12
wills (testaments), 4, 232, 238
Wisconsin, 35, 298
wisdom, $78,107,176,192,231,296$
creating possibilities for, 81-82, 172-73, 223
the search for, 104
wishes (experienced), $71,118,129$, 140, 158, 190, 194, 200, 214, 216, 258, 276, 285, 295
unwise, 297
WISR (Western Interior Survey
Research), 121
witches, 67-68
wonder. See also awe; 5, 156, 189, 224, 268, 298, 302
Wood, James, 291
work, distinguished from play, 262-63
the world
actual versus assumed, 152,186 , 311
wider perspectives of, 138,300
writer's block, 286
writing. See also authorship;
readership; 134
because it is time `twas done, 27 , 129
for pay, 7
found on mountaintops, 22
as a means to understand more, 286, 311-12
motives for, 188-91, 274
to share, $78,131,190$
sources encouraging, 131
to understand, $79,106,118,129$, 190
Wynndel Box and Lumber Co., 50, 60

Xerxes (Persian king), 210
youth, as a form of punishment, 174
zero-sum resources and situations, 297
Zimbardo, Philip, 245

