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Modern day, old fashioned classic vehicle shows are still popular, like this one captured in Steveston. One ponders whether fifty years from now 'old fashioned' driverless car, truck, and maybe even bus shows will exist for humanity to drool over. (Photo: Dan Propp)

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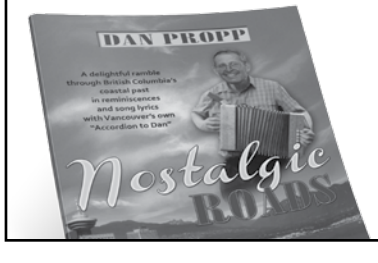

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University hearing study seeks participants.

Connect Hearing, with hearing researcher Professor Kathy Pichora-Fuller at the University of Toronto, seeks participants who are over 50 years of age and have never worn hearing aids for a hearing study investigating factors that can influence better hearing. All participants will have a hearing test provided at no charge and if appropriate, the clinician may discuss hearing rehabilitation options including hearing aids. Qualifying participants may also receive a demo of the latest hearing technology. The data collected from this study will be used to further our understanding of hearing loss and improve life-changing hearing healthcare across Canada.

Why participate in the hearing study?
Hearing problems typically result from damage to the ear and researchers have spent decades

trying to understand the biology behind hearing loss. More importantly, researchers now realize the need to better understand how hearing loss affects your everyday life*. In this new hearing study, Professor Pichora-Fuller and her team are trying to find out how people learn to live with hearing loss and how new solutions could help these people take action sooner and live life more fully.

It is estimated that 46% of people aged 45 to 87 have some degree of hearing loss[1], but most do not seek treatment right away. In fact, the average person with hearing loss will wait ten years before seeking help[2]. This is because at the beginning stages of hearing loss people often find they can "get by" without help, however as the problem worsens this becomes increasingly harder to do. For some people this loss of clarity is only a problem at noisy restaurants or in the car, but for others it makes listening a struggle throughout the entire day. By studying people who have difficulty hearing in noise or with television, we hope to identify key factors impacting these difficulties and further understand their influence on the treatment process.

If you are over 50 years of age and have never worn hearing aids, you can register to be a part of this new hearing study† by calling: 1.888.242.4892 or visiting connecthearing.ca/hearing-study.

UNIVERSITY OF TORONTO | Connect Hearing

* Pichora-Fuller, M. K. (2016). How social psychological factors may modulate auditory and cognitive functioning during listening. Ear and Hearing, 37, 92S-100S. † Study participants must be over 50 years of age and have never worn hearing aids. No fees and no purchase necessary. Registered under the College of Speech and Hearing Health Professionals of BC. VAC, WCB accepted. 1. Cruickshanks, K. L., Wiley, T. L., Tweed, T. S., Klein, B. E. K., Klein, R, Mares-Perlman, J. A., & Nondahl, D. M. (1998). Prevalence of Hearing Loss in Older Adults in Beaver Dam, Wisconsin: The Epidemiology of Hearing Loss Study. Am. J. Epidemiol. 148 (9), 879-886. 2. National Institutes of Health. (2010).

ACCORDION TO DAN

Guess the days of the Pontiac Laurentian are history what with recent news of events of GM departing their plant in Oshawa. These days many classical car shows are still very popular such as the one held in Steveston. Us seniors, when we were kids, every year when a Ford, Chevrolet, and Chrysler was unveiled, it was a huge event. To see a '57 Chevy, an original Ford Mustang and Chrysler Imperial, wow that's still an emotional experience! Now, that driverless cars are just down the road - a decade or less likely reality, one ponders whether future generations will feel a similar nostalgia, viewing collectible old driverless automobiles in this new ever evolving millennium. Thus, this following song.

A VEHICLE OF FUTURE THOUGHT

There once was a driverless car that turned into an automatic chauffeur. It drove humanity so pleasantly far, without spark plugs or oil products for sure. Pulling into a five-star hotel, the bell hops saluted with the deference of upper class. Disguised as humans, they, like the chauffeur, were also robots, oh well. Nevertheless, also expected good tips, alas. The dining room chefs, all the way down to the bus boys were equally digitalized, as well as the synthesized steaks. Providing some food for thought, with the exciting future one toys. Contemplating humanity and its ingenuity, coming to future generations just around the corner for goodness sakes.

PROJECTING BACK A BIT

Whatever happened to the old textbooks at school. They're history now, like the Romans, the Saxons and Picts. Mimeographs, Bell and Howell projectors and that mandatory made in Canada twelve-inch wooden rule. There must still be a few seniors around who remember their nineteen fifty years from grade one to grade six.

THE GOOD OLD INK WELL DAYS

The spring-loaded maps of the world, attached precariously somehow to the top of the board. When us kids pulled them down the wrong way, everything would unfold. Most of us young academics with unreserved laughter roared. Also, so much fun were the ink wells that fit into a hole in our desk. The wonderful straight nib pens were also a delight. There were blotter rolls and all those ink smudges, with frivolity the time we would invest. With a bit of luck, a huge half hour reel from the National Film Board might hopefully melt, get stuck on the projector wheel. We would watch the film frame melt, projected on the screen, what a sight. Whoopee, all that extra splicing time, from a subject like language or arithmetic steal. Just like a Vancouver Sun Norris cartoon, increase our youthful appetite.

Now, early in the year 2019, recent festivities and the January weather might be conducive to try and reprise a few Vancouver memories.

THE WAY IT USED TO BE

Your first experiences on ice at the skating arena at Kerrisdale. Great summer times in Kitsilano by the park at the old showboat. In Dunbar, perhaps many a good garage sale. The days when, if not Conservative or Liberal, folks for Social Credit or CCF would vote. The old familiar architecture was still standing before all that concrete shot up like Jack and The Beanstalk. Remembering the Aristocratic on the corner of Granville and Broadway. The taste of their delicious ninety cents veal cutlet dinners still such good memories unlock. The days of Wosks, Fields, Dunne and Rundle Cameras, Kellys Records and Birks. Do you still recall that recorded familiar radio announcers voice, "We're sorry, the number you were trying to reach is no longer in service". The big, thick BC telephone yellow pages. How sometimes all that nostalgia hurts. No more KE-Kerrisdale, MU-tual, or AM-herst, when that dial phone served such a humanistic localized Vancouver purpose. The old Street photographers like Foncie, where the proofs could be checked on Robson Street, next day. When Vancouver was much more easy going, less fancy. That's the way it used to be, eh.

Talking about photography, meanings themselves have developed, big time. Developers now days are folks who build developments, which often are constructed out of concrete and out of reach financially for increasing numbers, which itself is an interesting development. I always associated developers with Kodak D 76, Microdol X, Dektol, and other solutions from Ansco, Agfa, Ilford, etc. thus the only enlightening 'solution' was to write the following photographic rhyming ditty.

PICTURED DEVELOPMENTS

I miss the Sylvania flash bulb number five. Wow, pow, did it ever explode with light. Without one, shooting inside, it was hard to photographically survive. For the old photography, some of us still have a healthy appetite. When Kodachrome was ASA ten and black and white film about a hundred speed, way back when, both an exposure meter and tripod would often need. In Vancouver there was Gagel Photo, close to 4th and Alma. Their black and white prints were so good. Mortifee-Munshaw, on Richards, processed for practically every format camera, providing great colour and, usually at the end of the day a customer could view their Ektachrome slides or Kodacolor color prints.

It was fun browsing at Dunne and Rundle Cameras off Granville and still is at Leos, close to the Granville Street Bridge. Others had their processing done at Custom Color off Robson and some professional films had to be stored in a fridge. Most of those days have become history; It's become mainly digitalized and pixel-side. Some of us dinosaurs still miss the old chemistry. Those latent images, in us, through memory are still well developed and fixed inside.

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Is this cancer-causing chemical lurking in your home?

Your home is a space for relaxing, recharging and spending time with family. But there is a hidden danger you may not know about — radon.

Found in every home in Canada, radon is a radioactive gas that you can't see, smell or taste. It comes from uranium in the ground surrounding your home and can come in undetected through cracks and gaps in the floors, walls, windows and doors. The harmful gas is the number one cause of lung cancer for non-smokers.

Since we seal up our homes during the winter, radon can build up to dangerous levels. While it's also a concern during the summer, radon has more chances to escape when we open windows and ventilate our homes.

Dangerous radon levels can be found in communities across the country, in both new and older homes. That's why Health Canada is encouraging people to test for radon and take action if levels are high.

The only way to know if you have dangerous radon levels in your home is to do a simple and inexpensive test. You can do so by purchasing a DIY radon test kit, or by having a professional inspect your home. Experts recommend long-term testing for a minimum of three months to get an accurate reading.

But don't worry if your test reveals that your home has levels that exceed 200 Bq/m3, the maximum recommended by Health Canada. Reducing radon in your home is straightforward. A radon mitigation system can be installed in less than a day and in most homes will reduce the radon level by more than 80 per cent, for about the same cost as other common household repairs like replacing the furnace or air conditioner.

Radon is one health risk that is easily preventable. Protect your family, reduce your risk of lung cancer and improve your long-term health by testing your home. Find more information at canada.ca/radon.

www.newscanada.com

Weight loss resolutions: Focus on wellness, not pounds

If you've ever been on a diet and gained back the weight you lost, then you're not alone. In fact, a recent review of 14 studies of calorie-restricting diets found that up to 66 per cent of dieters regained all the weight they lost.

Obesity is a medically recognized condition that almost always comes back. That's because our bodies have a natural tendency to maintain a set bodyweight. Weight loss triggers a biological response that increases the desire to eat, decreases our feeling of being full after we eat, and reduces our metabolism.

All of this is our body's way of defending that change in weight, especially in people who've lived with excessive weight for a long time. In these cases, the body will preserve the highest bodyweight that was achieved. This is why after a period of weight loss we so often see the weight come back.

Regardless of diet, exercise, medication or surgical intervention, weight regain always lurks in the background. Obesity is a chronic disease that is difficult to treat and requires a long-term treatment plan that extends beyond simple will power.

"Dieting and exercise alone are not always enough to help us maintain a healthy weight," explains Sandra Elia, food addiction counsellor. "Sometimes you need a bit of help maintaining a comfortable size. Feel empowered to seek the help you need from your healthcare providers. Your doctor can advise you of the best options."

When used in combination with lifestyle modification such as reduced calorie diets and exercise, weight management medications are another option to help people lose weight and keep it off.

In Canada, there are a number of prescription medications available for the treatment of obesity. If you have concerns about excessive weight, speak to your family doctor and find more information at controlyourappetite.ca.

www.newscanada.com

3 healthy habits for the new year

Kicking off a new year with a resolution to be healthier and to eat more balanced meals is a goal shared by millions of people. But all too often, we make overambitious commitments that are hard to fulfill and easy to drop when day-to-day life takes over after the rush of the holidays.

Registered dietitian Sue Mah recommends opting for sensible and sustainable changes to your eating habits.

"Set yourself up for success by focusing on small, realistic changes that will add up to big benefits over time," she suggests.

Here are some easy breakfast tips and tricks to start the day on a strong note and keep you on track for a new you in the new year:

Think protein at breakfast. Protein helps you feel full for longer. Have a bowl of hot oatmeal made with milk or a fortified soy beverage. Sprinkle on some nuts, seeds and hemp hearts for added protein power. Then, team it all up with a glass of Florida orange juice – the vitamin C boosts iron absorption from the oatmeal.

Get enough greens. Why wait until lunch and dinner to eat your veggies? Throw a handful of spinach or diced peppers in a quick breakfast omelette that's delicious and packed with vitamins and minerals.

Make it and take it. If your mornings are rushed, try a fruit smoothie made with Greek yogurt, fruit and OJ. Make it the night before so that it's grab-and-go. Even a small breakfast is better than no breakfast.

Find more information at floridacitrus.ca.

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THE PHARMACIST REVIEW

By Fred Cheng, R.Ph. and Christine Cheng, R.Ph.

Recovery™, Revisited.

Glucosamine will not work alone to rebuild your joints. This is true of both the hydrochloride and sulphate forms of glucosamine. Adding chondroitin may only slightly increase the benefits. Everyday, we have arthritic clients coming into our pharmacies remarking how they have gone through "giant Costco-sized bottles" of glucosamine/chondroitin products with little or no benefit to their joints. This does not surprise us one bit. Fortunately, Recovery™ has been around for nearly 2 decades, greatly benefiting our human and horse/dog/cat clients at Cloverdale Pharmasave and Pharmasave Steveston Village.

Glucosamine is part of a group of building-block molecules in the body called "glycosaminoglycans" (or "GAG's"). These serve as the materials that the body requires to rebuild perpetually-degrading connective tissues, including being a key player in your cartilage, ligaments, and tendons. However, without the supporting ingredients, such as MSM, betaine, magnesium, hyaluronic acid and strong antioxidants (eg. Vit.C, Vit.E, green-tea extract, black-tea extract, grapeseed extract, resveratrol), the body's regenerative potential in the joint area is quite limited. Recovery Extra Strength™ contain all these molecules in convenient capsules or powder (for you and your furry friends). Not only do they act as strong anti-inflammatory agents, but they can also allow glucosamine to work a lot better by providing a favourable cellular environment (eg. for better nutrient assimilation and utilization at the joint level). There is also indication that products like Recovery™ can help with various gut issues.

Those of you who are suffering from osteoarthritis and looking for a way to reduce pain by rebuilding the lost joint cartilage should consider trying Recovery Extra Strength™. Do not hesitate for too long, though, because it generally takes 2-4 weeks to realize results and 4-8 weeks for maximal benefits. It is something you would need to take indefinitely. Be sure to consult your integrative physician or pharmacist before starting Recovery™, and trust us at Pharmasave Steveston Village and Cloverdale Pharmasave for the best dosing and product information not available at other stores.

(Christine and Fred Cheng are a passionate, charismatic sister-brother pharmacist team at their unique, family-owned and operated Pharmasave stores in Cloverdale and Steveston Village, B.C. They specialize in natural remedies and compounding for both human and veterinarian use. Everything mentioned in their article is available In-Store.)

Don't let dry eye season drag you down

Dry eye is becoming one of the most common conditions seen by Canadian optometrists. The symptoms worsen in the winter months, when the great outdoors are cold and windy and there is little moisture in the air, both indoors and out.

Don't let blurry vision and itchy, watery, irritated eyes stop you from enjoying your favourite winter activities. The first step to preventing dry eye is learning the key facts:

Sometimes tears are a good thing. Dry eye occurs when your eyes produce an inadequate number of tears, or when tears lack the proper chemical composition. There are several tell-tale symptoms that indicate dry eye. If you are experiencing fluctuating vision, burning sensations or scratchy, gritty eyes, it's time to see your eye care professional to talk about dry eye.

Extended periods of screen time can make things worse. Whether it's answering emails, scrolling through social media or binging on the latest Netflix release, we're spending more time in front of screens than ever before. When the weather gets cold and outdoor activities become less attractive, the time spent on these devices increases. Always follow the 20-20-20 rule to give your eyes a break from extended periods of screen time. Every 20 minutes, look at something 20 feet away for 20 seconds. This will help refresh your eyes and combat dry eye.

It's not a cookie-cutter condition. Most Canadians may not know there are a variety of dry eye conditions, and seeing your eye care professional is the only way to really understand what's happening with your eyes. Dry eye comes in three major forms — evaporative dry eye, in which inflamed or clogged glands in the eyelid fail to secrete adequate oil to prevent tear evaporation, aqueous tear deficient dry eye, in which an insufficient quantity of watery tears is produced, and mixed dry eye, a combination of the two. Seeing your eye care professional is the only way to really know what's happening with your eyes.

There isn't a cure, but there is a solution. Although dry eye is usually chronic and can't be cured, comfort can be greatly improved and eye health maintained with artificial tears. As the first all-in-one drop to provide hydration and lasting protection, Systane Complete lubricant eye drops are an ideal first-line treatment option for people who suffer from any type of dry eye.

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Home Improvement

"Ask Shell"

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Shell Busey

Q: Dear Shell, we have an annoying problem that shows up every winter. There is a crack along the ceiling (where the ceiling and wall meet) on the inside wall of our living room and hall. This happens normally in December when the weather gets colder and closes up in the early spring. We've filled, primed and painted the crack; but it comes back every year. What can we do to stop this from happening? Thanks, Frank

A: The problem you're having is called truss lift, caused from warm moist air moving up to the ceiling and being pressured by your heating system. This warm air pushing moisture into the 90 degree angle of your ceiling and wall is being absorbed by the wood truss system causing expansion (truss lift). During the summer months the wood dries out allowing the crack to close up to correct the problem. Your home should be draft proofed which is now part of the building code and extra insulation added to R-50 NOTE: Some home owners will elect to have crown mouldings applied to the ceiling (DO NOT attach to the wall) which will mask the problem and not be visible.

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FINANCIAL NEWS

By Rick C. Singh, Hon. BA, CSA
CRS Financial Group Ltd.

Estate Planning Checklist at beginning of the year

As we start another year I want to thank everyone who reads my monthly articles and have contacted me with their questions over the past nine years. I am delighted when I get calls from readers who have questions about their financial affairs, because it reinforces why I enjoy doing what I do as a financial advisor, specializing in financial strategies for retirees and Seniors. The start of the year is also the right time to take stock of what plans are in place for your finances. If you're like most people, getting your personal financial plan started can be a challenge. And what about planning your estate? Well, that subject might really make you shudder. But why? Too dreary? Too complicated? Too intimidating? Or, simply not on your list of priorities?

Estate planning should be a financial priority at almost any stage of life. In fact, an estate plan can be essential for organizing your financial affairs and providing for the well being of your family members. Simply put, an estate plan is a road map for planning your estate and should be updated on an ongoing basis - particularly as your circumstances change throughout your life. Why is it important to have a plan? To ensure a simple, tax-efficient and organized transfer of your assets to loved ones.

When you start your plan, there's a lot to think about. You want to live your life to the fullest, and ensure that your heirs will get the most out of the assets you're setting aside for them. Here are a few of the things you'll need to know:

YOUR WILL

The will is a legally enforceable declaration of how a person wishes his/her property to be distributed after death. A will can be quick and easy to produce and will generally cover the following:

•Naming the executor – the individual(s) or organization chosen to administer the estate. If you should die without a will (referred to as dying intestate), the province you reside in will step in to administer your estate. In this case, you've essentially forfeited your say on how things are divided and who will be in charge of the process.

•Naming beneficiaries of the estate (e.g. immediate or extended family, institutions, etc.)

•The distribution of assets within the estate (e.g. investments, real estate, possessions)

Probate is the process by which a provincial court confirms the validity of your will. Potentially, it can be quite time consuming, tying up your assets for months or longer. Probate fees are essentially the taxes that must be paid to the provincial government before your executor can begin to administer your will. The fees vary from province to province and are based on the value of the assets in your estate. In most provinces, the fee structure is tiered.

In addition to probate fees, there are fees payable to the executor for administration services and fees payable for legal and accounting services. In the end, the cost of probate can be significant

We all know the old cliché that the only two certainties in life are death and taxes, but how much do we really know about taxes after death? If you have a will, upon your death it is your executor's responsibility to file a tax return for you. The government will consider you to have sold all your assets immediately before your death and any capital gains/losses will be crystallized. That may lead to a big tax bill.

Minimize Taxes and avoid Probate:

Depending on your individual needs, there are strategies you can employ within your estate plan to minimize the amount of taxes you have to pay and to avoid probate. Below are a few key examples:

- Top up your TFSA at start of the year. Contribution limit for 2019 is $6,000

•If you are turning 71this year you must convert your RSP to either a RIF, annuity or cash

•If you have Income and RSP contribution room, consider topping up your RSP

•If you do not have a spouse consider naming a dependent (disabled) child or grandchild as beneficiary on your RSP, RIF. Proceeds will roll over tax free on your death.

•Maximize asset "roll-overs" - transfers to your spouse that defer capital gains

•Get advice on setting up a trust to ensure your beneficiaries are well looked after

- Give gifts of cash or possessions while you are still alive
- Consider charitable donations to create valuable tax benefits
- Buy life insurance that is paid out to a named beneficiary on a tax-free basis
- Restructure investments with insurance companies to avoid probate on death

In January you will be receiving your year end statements from the respective financial institutions you deal with. This is the perfect opportunity to review if you are on track with your estate planning goals. An interesting point is that most Canadians do not have a plan in place, so it is difficult to know what they are working towards, or what will happen to their assets at death. It is very important to review your year end statements with a purpose in mind, and it is never too late to develop a strategy for your Estate and investment assets.

The reassurance of having a strategy in place to preserve the value of your estate for loved ones is something to value. After all, why pay if you don't have to? Work with your financial advisor to determine what exactly is in your estate, and then devise your plan. If you do not have a financial advisor and need assistance with your Estate Plan call Rick at 604-535-3367 or email: rick@crsfinancial.ca to get your complimentary copy of a Personal records organizer, and Estate planning guide to help you get started.

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55	$ 28.71	$ 59.18	$ 104.85	$ 206.55	$ 24.28	$ 43.65	$ 74.70	$ 146.25
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IN SEARCH OF NORTHERN LIGHTS

Looking for an activity to brighten up the dark winter months? Why not seek out the northern lights?

January through March are the most popular months to hunt the aurora borealis, because the long dark nights make it easier to see than in the summer. Use this primer from Harrowsmith magazine as your guide and enjoy the light show.

Check the forecast. Like the weather on earth, we can predict aurora events a short time in advance. Go to spaceweather.gc.ca and click on Regional Conditions. Select your location. The greater the magnetic activity level, the greater your chance of seeing an aurora that night.

Know what they look like. An aurora usually appears as a faint arc of light low in the northern sky. It may resemble the sky glow from a distant town or city — the difference is that the sky gets darker under the aurora close to the horizon.

The faint arc may slowly brighten and expand upward. Eventually, it may develop vertical rays and, if you're lucky, they may eventually converge into a corona, with rays radiating out from the centre. Alternatively, the aurora may be seen as a large glow extending over half the sky.

The more interesting auroras change in brightness. Patches may pulsate for a few seconds, and particularly intense displays may be bright enough to see colours like red, green or turquoise.

Time your expedition. The displays are usually better after midnight, but some nice ones may be seen in the late evening.

Find the right site. A typical aurora display is easily washed out by urban light pollution, and bright lights in your field of view will prevent your eyes from becoming sensitive enough to take advantage of the display. So, find a dark location with no nearby lights.

Look to the north. You'll need a north-facing spot with a low horizon (no trees or obstructions). It may take a little effort to find them, but glimpsing the northern lights is one of those unforgettable Canadian moments that's truly magical.

Find more winter adventure ideas at harrowsmithmag.com.

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5 TIPS FOR KEEPING YOUR DOG ACTIVE DURING THE COLDER MONTHS

Enjoying the outdoors with your dog can be wonderful, except when the temperature dips down a little too low for comfort. Even if we would prefer to cuddle up on the couch, it's imperative that our four-legged friends still get enough exercise during the winter.

To help ease the transition, here are five things to consider:

Bundle up. Although our furry friends have built-in coats, temperatures can sometimes drop to extremes, leaving you with one shivering pup. Help them keep warm and dry with their own winter jacket for the especially cold days. Don't forget to wear warm clothes, too. The warmer you are, the better experience the walk will be for both of you.

Protect their paws. While many pups love a snowy winter walk, sidewalks and roads are often treated with harsh chemicals and salts that can be harmful to their paws. Use booties to help protect them during walks and be sure to wash your pet's paws when you come in from the outdoors.

Take shorter walks more often. It can be easy to take your dog out for long strolls when the temperature hasn't yet dipped below zero, but it becomes a bit more of a challenge in the winter months. Taking shorter walks more frequently can help ensure you're giving your dog enough exercise, without being overexposed.

Get some extra help. Sometimes our schedules just don't allow for all the walks our pups need. Hiring a dog walker through a service like Rover.com can help your dog burn off some energy while you're out of the house or at work.

Be mindful of weight changes. Just like us, our pets may be inclined to curl up on the couch and snuggle away a cold afternoon, but added weight to their small frames can be harmful. Keep an eye on your pet's shape and weight to ensure they aren't putting on too many extra pounds.

www.newscanada.com

BAKE YOUR WAY TO LESS FOOD WASTE

Canadians are the second worst food waste offenders in the world, wasting more than 873 pounds of food per person every year. But there's a sweet solution to help combat this issue right at home.

Fresh fruits and vegetables are one of the biggest problems, going from "just right" to overripe overnight. To use up leftover or extra fruit, food waste expert Jean-Francois Archambault recommends thinking hot or cold.

When fruit is about to go bad, dehydrate them in a hot oven and add to a granola. Or, freeze overripe bananas and create this moist banana bread to enjoy when family and friends are over.

Banana Bread

Prep time: 15 minutes
Bake time: 1 hour
Makes: 14 servings
Ingredients:
1 egg, lightly beaten
1 cup (250 mL) firmly packed brown sugar
3 ripe bananas, mashed
1 cup (250 mL) Hellmann's real mayonnaise
1 tsp (5 mL) vanilla extract
3/4 cup (175 mL) all-purpose flour
3/4 cup (175 mL) whole wheat flour
2 tsp. (10 mL) baking powder
1/2 tsp. (2 mL) salt
1 cup (250 mL) halved walnuts, chopped and divided

Directions:

Preheat oven to 350° F (180° C). Grease a 9 x 5-in. (23 x 13-cm) baking pan with no-stick cooking spray; set aside.

Whisk egg, brown sugar, bananas, mayonnaise and vanilla in large bowl with wire whisk until blended; set aside.

Combine flours, baking powder and salt in medium bowl; stir in ¾ cup (175 mL) walnuts. Fold into banana mixture just until combined. Turn into prepared pan; smooth top. Sprinkle with remaining ¼ cup (60 mL) walnuts.

Bake one hour or until toothpick inserted in centre comes out clean. Cool on wire rack for 15 minutes, then remove from pan and cool separately.

Find more ways to reduce your personal food waste at www.realfoodrescue.ca.

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EASY DIY PROJECTS FOR A HEALTHIER HOME

Even in the winter, there are plenty of home improvement tasks you can do to give your home a boost. Try these quick and easy projects that will lead to a healthier indoor environment for you and your family.

Replace your filters. This is an easy and inexpensive way to make your home run more smoothly, efficiently and safely. Breathe cleaner air by changing your heating and air conditioner filters, and set a reminder to do this four times a year.

Maintain your chimney. Long nights and cold days mean you're getting great use out of your wood-burning fireplace. To make sure it stays safe all season long, regularly inspect and clean the chimney. Install a chimney cap to prevent water damage and keep debris and animal nests from blocking the chimney and allowing carbon monoxide to flow into the house.

Check your detectors. Every home should have both a fire alarm and a carbon monoxide detector — at least one on each floor. With a fireplace and heaters running, winter is a good time to test them to make sure they are in good working order. Double check that the batteries aren't expired and change them if they are.

Test for radon. A lesser known but very important risk in your home that everyone needs to know about is radon, a radioactive gas that is the leading cause of lung cancer after smoking. It comes from uranium in the ground and is in all homes in Canada. The only way to know if you have dangerous radon levels in your home is with a simple DIY test. It's quick to set up and you should leave the test for three months.

Find a DIY radon test kit or professional at takeactiononradon.ca.

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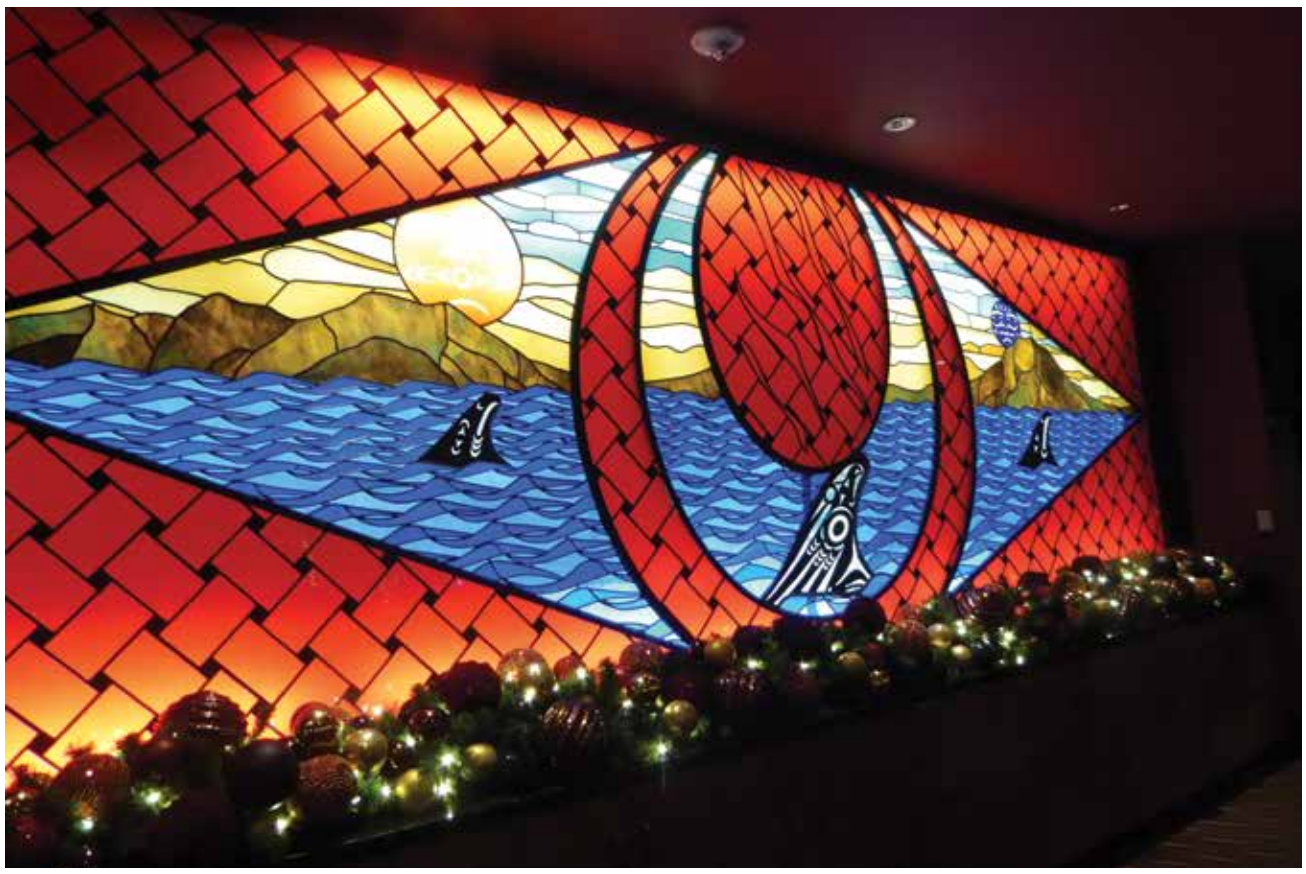

Article & photos by Lenora A. Hayman.

November was a great month to get away for a quick overnight stay at the Tulalip Resort Casino, prior to the Christmas and Festive Season.

The Quick Shuttle bus (www.quickcoach.com 604—940-4428 or 1-800-665-2122) provided an easy 3hr ride from the Vancouver Holiday Inn at 111- Howe St.to the US border and the Tulalip-Seattle Premium Outlets, located 25miles north of Seattle. You must pre-book your return ticket, since the Tulalip-Seattle Premium Outlets is not a regularly scheduled stop.

It's just a 15min walk over to the AAA 4 Diamond Tulalip Resort Casino which is owned by the Snohomish, Snoqualmie and Skokomish bands and other allied tribes. Contrary to popular belief Native Americans do not receive special treatment from the Federal Govt, simply because they have native blood. The Tulalip tribe maintains a legal relationship to the US Govt. through the binding Point Elliott treaty they signed in 1855, which does not preclude them from paying federal income taxes. As a sovereign entity, their tribal govt. has the power to levy taxes on their reservations lands to support roads, utilities, police and other services.

The logo of the Tulalip tribes, is the Killer Whale, who during the great famine, drove salmon into the shallow water, for the folk to harvest, saving the Snohomish people. Behind the reception desk is a beautiful, multi-coloured, stained glass mural, designed by James Madison with a red/orange "eye" design depicting what would be seen inside the mind of the viewer. The 3 whale fins represent 3 brothers. Three story poles (totems) rise 20 ft. in the 2 story lobby. I liked the hotel carpeting, paying homage to the Tulalip cedar basket designs.

There are 2400 slot machines and 40 gaming tables. My room had a 55in smart TV, free Wi-Fi, and a shower with 3 adjustable body sprays. Next time I shall enjoy a dip in their large, indoor lagoon pool.

I met friends in the Destinations Lounge to sample their fantastic drinks created by Rishi Brown, who I called "the cocktail queen"! The Pumpkin Spice Kahlua, Fratello Hazelnut Liqueur, pumpkin purée, fresh lemon juice and heavy cream was "heaven in a glass".

There are 6 dining outlets and we chose the Wild Salmon Grill and Bar for a magnificent 5 course food and wine pairing meal, created by Chef David Buchanan and Sommelier Tom Thompson. All the wines were new to me.

The trio appy of house smoked sockeye salmon, crab cake and smoked pork belly was paired with the citrus Domaine des Ardoisieres 'cuvee argile' Blanc, Savoie, France 2014.

The Homare Shu 'Aladdin'Yuzu Junmai Sake, Fukushima, Japan tasted like Limoncello and was perfect with our Caesar salad!

The Alaskan sockeye was traditionally prepared, pierced on ironwood sticks and roasted on Alderwood coals. It was perfect with the Orin Swift '8years in the Desert 'Red California 2016.

Seared scallops with porcini dust and truffle oil and fillet mignon with Twin Sisters Bleu Cheese and hazelnuts were other courses

After dinner Ron White, the comic certainly gave us a "belly-full of laughs" in the Orca ballroom. The Blazing Paddles, after the show was offering pizzas with limitless toppings. My dessert one had a ginger and pineapple topping!

The next morning, Machias Bechan gave me a soothing 80min TSpa signature massage with calming, gliding Swedish strokes.

Do treat yourself to a Tulalip experience. It's wonderful!

Photos:
TOP LEFT: Tom Thompson-Sommelier.
TOP RIGHT: Mural by James Madison at reception desk.
MIDDLE LEFT: Chef David Buchanan with Alaskan Sockeye.
MIDDLE RIGHT: Rishi Brown with pumpkin pie martini.

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And lord and behold I can eat and chew after 15 years.

So, if you are in this same boat, give him a chance, you will be pleased.

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WELCOME TO 2019! MAY YOU LIVE LONG AND PROSPER!

by Ursula Maxwell-Lewis

New Year, for me, is a relief. The weather outside may be frightful, but 12 pristine months stretch ahead full of possibilities.

Being Scottish and a writer is a mixed blessing. Superstition is ingrained into my DNA, so I adhere to many Celtic customs.

By Hogmanay (Dec 31 and my Munro grandmother's birthday) the house would be spotless. All bills had to be paid (this was the pre-credit era). No 'rubbish' in the bin (critical!). By midnight the dining room table groaned under home-baking ready to welcome Open House well-wishers.

The 'First Footer', the first person over the threshold after midnight, was preferably a tall dark handsome stranger (I've given up on that one!). In days or yore a piece of coal was the First Foot pre-requisite token gift. Later, in the absence of the symbolic coal, any small 'first foot' token was acceptable, but the tradition was firmly adhered to wherever we lived.

In my grandmother's home a piano, an organ, a mouth organ and Aunt Isa's Salvation Army tambourine complemented the voices which, unlike mine, could effortlessly carry a tune. Music was an integral part of the celebration. Optimism, love, warmth and camaraderie were never in short supply.

Orthodox Ukrainian New Year will be celebrated on Jan 14. Based on the Julian (solar) calendar dating back to Julius Caesar, this religious observance also features intriguing food traditions.

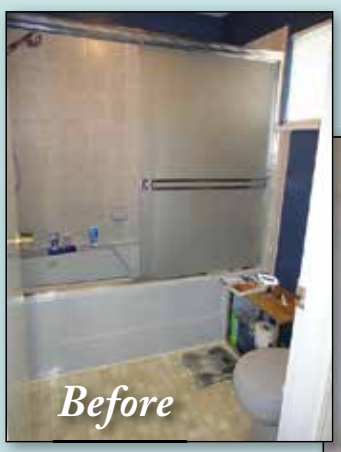
Our calendar, the Gregorian Calendar, was named after Pope Gregory XIII when introduced in 1582. It's a complex tale, so let's move on to the colourful Chinese New Year.

Our Chinese friends will usher in the Year of the Pig on Feb 5. Again emphasis is on spick-and-span homes, paid debts, well-set tables, pot-banging, fire crackers and much music. I'm still a little miffed that my clansmen omitted dragons from our festivities. Fortunately I can join their fun (plus celebrate my birthday) at Spring Lunar Festivals in Chinatown on Feb 10 or in Richmond during the same week.

Gong xi fa cai and Happy New Year!

Ursula Maxwell-Lewis is a writer, photographer, and dedicated traveller. Contact her at utravel@shaw.ca

Photos:
TOP: Holiday baking plays a major role in any festivity Bottom: Getting my tartan on to welcome 2019



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Alberni Inlet & Pacific Rim Park: Vancouver Island June 11-13, 2019: 3 Days

Ferries, ships and coaching are in store on this tour over to the West Coast of Vancouver Island. Take a scenic boat tour from Port Alberni along the West Coast, through the Broken Islands to Ucluelet on the MV Francis Barclay. Explore Pacific Rim Nat'l Park, the cedar giants of MacMillan Cathedral Grove and the famous Coombs Country Market. 3 Meals - **$875** Cdn pp dble occ., plus gst. **$1135** Oregon Coast, June 23-27: 5 Days Cdn Single plus gst.

Oregon Coast, June 23-27: 5 Days

There is a sense of calm as you listen to the waves on the Oregon Coast. Visit the spectacular Rose Test Gardens in Portland. Included highlights; Ocean front rooms, Evergreen Aviation and Space Museums, home to Howard Hughes Spruce Goose, a drive over the sand dunes and along the beach on a specialized giant dune buggy and touring the Tillamook Cheese Factory. If you love the Oregon Coast you will love this tour. **$1,155** Cdn PP Double Occ. **$1,495** Cdn. Single. NO GST. 4 Meals.

Olympic Peninsula & Washington Coastline, July 21-24: 4 Days

The Washington Olympic Peninsula is diverse in landscape and home of many of the world's largest old growth trees. Join us as we explore the temperate Hoh Rainforest, Hurricane Ridge in the Olympic National Park and the West coast of Washington. Discover Port Townsend, the Olympic Game Farm, Astoria Column and the Norwegian town of Paulsbo. 3 Meals - **$1,095** Cdn PP Double. **$1,395** Cdn Single

Kettle Valley Steam Train and the Okanagan, August 17-19: 3 Days

A great summer get away to enjoy some of the beautiful attractions of the Okanagan. Stay in the heart of downtown Kelowna for two nights and experience a ride on the Kettle Valley Steam Railway operating on the only remaining section of the historic Kettle Valley Railway; enjoy a boat tour from Kelowna on Okanagan Lake; Wine tasting at a local Summerland Winery. Lots of fun and adventure packed into these 3 days. 3 Meals - **$785** Cdn pp dble occ, plus GST. **$ 995** Cdn single plus GST

Maritimes Coastal Wonders; featuring the Cabot Trail, Sept 8-19: 12 Days

Join Bob and Teresa as they host this Collette Vacations tour of the Maritimes. Highlights: Halifax, Peggy's Cove, Cape Breton Island, Cabot Trail, Prince Edward Island, Anne of Green Gables Museum, Hopewell Rocks, Fundy Trail & Lunenburg. Savour a traditional Maritimes lobster feast! 16 meals. Book before March 8, 2019 to save $100pp. **$5,759** Cdn pp dble occ. **$7,169** Single. Price includes, Round trip air from Vancouver, Hotel Transfers, taxes and fees.

Leavenworth and Warm Beach Theatre: December 12 - 15: 4 Days

An entertaining dinner Theatre at a camp covered in dazzling light displays and the holiday sounds of Victorian Carolers. Tulalip Casino Hotel stay. Horse drawn sleigh ride, the lighting Festival in the Bavarian Town of Leavenworth, with a traditional Bavarian dinner. A favorite for the Christmas season. **$975** Cdn pp dble occ, no GST. **$1,255** Cdn Single no GST.

Butchart Gardens & Miracle on 34th St. December 4-6: 3 Days.

Join us on Vancouver Island as we experience the spectacular Butchart Gardens Christmas lights and the Chemainus Festival Theatre. Tens of thousands of coloured lights, wreaths of holly and winter berries line walkways at Butchart Gardens. Other highlights include a Christmas plat at the Chemainus Theatre, lunch buffet and the Christmas lights of Ladysmith. **$ 785** Cdn pp dble occ plus gst. **$925** Cdn Single plus GST.

Panama Canal Cruise, January 5-24, 2020

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Save time and money with these essential saving tips

If you're like many Canadians, you may not find it easy to set aside additional savings. You may not even know if you have anything extra, after monthly payments and purchases.

Here are some tried and true tips to help you start saving:

Before you make a purchase, ask yourself "why?" Is this something you need or something that's just caught your eye? Hot trendy items can easily grab your attention; don't let them grab your money too.

Pay yourself first. Every payday, put some money aside before you take care of your other expenses. Even if you start small, this helps you get into the habit of saving regularly.

Save separately. Let your savings build up separately from your spending money. You may have the very best saving intentions, but if you mix your savings in with your everyday cash, it can be very tempting to dip into those savings for in-the-moment spending. To make it even easier to stick to your savings plan, you can set up automatic transfers between your chequing and saving accounts.

You can also try a new way that makes saving money easier than ever before. Artificial intelligence (or AI) is a technology that's already familiar to us in many areas of our lives, including through appliances and home entertainment systems.

AI technology from RBC called NOMI Find & Save works by learning customers' transaction patterns, finding extra money in their bank accounts and then automatically saving that money for them in a separate account. On average, active customers are finding and saving an extra $140 a month.

Find more information at rbc.com/nomifindandsave.

www.newscanada.com

Happy New Year Everyone!!

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A	S	F	I	R	E	W	O	R	K	S	L	C	E	L	E	B	R	A	T	I	O	N	X	A
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A	H	R	X	P	I	C	E	S	K	A	T	I	N	G	J	T	R	A	D	I	T	I	O	N
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P	D	H	O	S	T	A	P	A	R	T	Y	R	E	S	O	L	U	T	I	O	N	S	G	M
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Q	X	B	G	O	O	D	W	I	S	H	E	S	B	B	A	L	L	D	R	O	P	K	R	E
E	J	M	I	D	N	I	G	H	T	N	E	W	Y	E	A	R	S	B	A	B	Y	D	G	A
G	H	P	J	A	N	U	A	R	Y	F	I	R	S	T	S	M	X	V	J	C	F	H	A	L
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R	U	H	A	P	P	Y	N	E	W	Y	E	A	R	S	K	U	L	N	L	A	Z	U	F	H

Happy New Year
Prosperity
Parties
Ball Drop
Old Lang Syne
Dancing
Noisemakers
Twenty Nineteen
January First
Fireworks
Leaving Money Outside
Cheers
Times Square
Tradition
Host a Party
Health
New Years Baby
Midnight
Champagne
Singing
Festivities
Ice Skating
Happiness
Banging Pots
Dick Clark
Good wishes
Celebration
Resolutions
Bringing in the New Year

Protecting privacy while using electronic devices

(NC) Many of us are whipping ourselves into shape and organizing their lives with the help of electronic devices, such as fitness trackers and voice-controlled personal assistants. Those gadgets, however, come with privacy risks attached.

Increased connectivity offers many benefits, but it also allows your activities to be tracked, measured and analyzed by the manufacturer of the product or the developers of the apps you use. That's why the Office of the Privacy Commissioner of Canada is recommending that Canadians not be too quick to trade away their privacy rights for innovation, efficiency or someone else's commercial gain.

We can all take steps to protect our privacy and to prevent electronic devices from collecting too much personal information. Simple steps such as checking how your personal information will be used and shared as well as turning off internet-connected devices when you don't need them can help reduce privacy risks.

Before buying an internet-connected device, check how it uses and shares personal information. Check whether it is possible to not provide some information and still use the product as intended. You might also decide that, for you, the risks outweigh the benefits.

Learn about protecting your privacy while using electronic devices at priv.gc.ca/mobile-devices.

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Computer Tech Talk Q & A

Q: **I've heard lots lately about Block Chain & Mining Rigs that make $. Do you currently have any computers set up for 'Block Chain Mining Rigs'?**

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Straight from the Horse's Mouth

By Mel Kositsky

More Friday Night Live cards and earlier start times on two of the biggest days of the year: these are two major changes to the 2019 live thoroughbred racing schedule announced by Darren MacDonald, General Manager, Hastings Racecourse and Director, B.C. Racing.

"We're excited about the adjustments" MacDonald said in a news release. "The 2019 season will encompass 52 live racing dates beginning Sunday, April 21, running through to Sunday, October 20."

The popular Friday Night Live 7 p.m. cards have been increased to eight, beginning on July 19 and continuing on consecutive Fridays through August, concluding on September 6.

"It's a concept that was introduced several years ago to attract a younger demographic and it has worked beyond our expectations," MacDonald said. "Racing under the lights at Hastings has become a favourite destination on Vancouver's entertainment scene."

Historically, the two most popular dates on the local thoroughbred schedule are BC Cup Day and BC Derby/Oaks Day that stand out as "can't miss" attractions when Hastings showcases the best of B.C. racing. In 2019, start times for both will be moved to 12:50 p.m., one hour earlier than in past years. BC Cup Day is set for the Holiday Monday on August 5; BC Derby/Oaks Day goes Saturday, September 7.

Two Monday evening dates – August 19 and August 26 – will be part of the Hastings schedule on dark days during the 2019 PNE Fair. A month-to-month breakdown of the 2019 race-day season includes three dates in April, eight in May, nine in June, July and August, eight during the month of September and six in October.

MacDonald said the 2019 stakes schedule will be released in January. The regular 2019 racing calendar is available on the Hastings Racecourse website at www.hastingsracecourse.com

The thoroughbred racing community held its annual awards dinner in late November at Newlands Golf and Country Club in Langley. For some it was a memorable night - and the silverware never gets too heavy in the arms of Paul Caravetta and his fellow owners from B.C. Stables.

Capping a 2018 thoroughbred season that saw Here's Hannah win four stake races at Hastings Racecourse, their brilliant three-year-old filly also galloped off with Horse of the Year honours. Trained by John Morrison, Here's Hannah captured the BC Oaks, Hong Kong Jockey Club, Supernaturel and Ross McLeod with veteran jockey Richard Hamel in the saddle.

"It never gets old making that trek to the winner's circle and it never gets old being called up to the podium for these presentations," Caravetta said. In overwhelming numbers from the Selection Committee, Here's Hannah was named B.C. Bred Horse of the Year, Open Horse of the Year, Champion Three-Year-Old Filly B.C. Bred and Champion Three-Year-Old Filly Open Division. Here's Hannah was the only multiple winner in more than two categories.

Others included: Champion Sprinter – Blue Law owned by Tim Bankers, trained by Cindy Krasner; Champion Older Male open division – Calgary Caper owned by Kim Peacock, Lance Giesbrecht & Phil Hall, trained by Phil Hall; Champion Older Male B.C. Bred Division – Driller owned by Don Danard & Mel Snow, trained by Mel Snow; Champion Older Filly/Mare Open Division – Victress owned by Rob & Vicky Gilker, trained by Rob Gilker;Champion Older Filly/Mare B.C. Bred Division – Notis the Jewell owned by Mark Fielding, Larry Fielding, Cherie Moryson & Chris Derose, trained by Larry Fielding;

Champion 3-Year-Old Male B.C Bred & Open Divisions – Weekend Wizard owned by Riversedge Racing Stables, trained by Craig MacPherson; Champion 2-Year-Old Male Open Division – Explode owned by Canmor Farms, trained by Mark Cloutier; Champion 2-Year-old Male B.C. Bred Division – Dat Day owned by Canyon Farms, trained by Craig MacPherson; Champion 2-Year-Old Filly Open Division – Summerland owned by George Gilbert, trained by Phil Hall; Champion 2-Year-Old Filly B.C. Bred Division – Dancin Shoes owned by David and Delaurlyn Pihl, trained by Barbara Heads; Upper Level Claimer of the Year Over $15,000 – Under Par owned by Canmor Farms & Maureen Goss, trained by Mark Cloutier; Lower Level Claimer of the Year Under $15,000 – Shooting Jacket owned by Hastings Racing Club, trained by Keith Pedersen; Champion Juvenile Sire – Stephanotis; Champion Sire – Rosberg; Champion Broodmare – Dreams Start Here; Leading Breeder – Tod Mountain Thoroughbreds.

Inducted into the BC Horse Racing Hall of Fame were the Dittloff family – Ed, Gladys & Karen in the Breeders Category and Leif Nordahl in the Builders Category. Amadeo Perez won the Leading Jockey Award for a third time in his career at Hastings; Lenny Seecharan was Leading Apprentice Jockey. Phil Hall took Leading Trainer honours for a second consecutive year and acknowledged daughter Sara for her work as assistant trainer; Glen Todd for a second successive year was Leading Owner under the North American thoroughbred horse Company banner. Erik Gutierrez and Alvina Helfenstein shared the HBPA Backstretch Person of the Year Award.

In other racing news, the man who has called more than 20,000 thoroughbred races at Hastings Racecourse was among those in the winner's circle when the BC Sports Hall of Fame announced its Class of 2019 inductees.

Dan Jukich, 'Voice of the Races' at Hastings for the past 28 years, was named to the Media Category along with five athletes, three builder-coaches, one team, one pioneer and the W.A.C. Bennett Award winner. The inductees will be officially recognized as Honoured Members of the B.C. Sports Hall of Fame at the Banquet of Champions on May 23, 2019 at the Vancouver Convention Centre.

There have only been three Honoured Members from thoroughbred horse racing elected to the Hall of Fame since its inception in 1966: jockeys Hedley Woodhouse in 1972 and Chris Loseth in 2009, as well as track announcer Jack Short in 2001.

When Dan was just a toddler his late father Roy Jukich, Sr. worked on the horse racing and soccer beats for the Vancouver Sun in the 1960s.

Dan Jukich

"Dad used to take me to the track and one day he introduced me to the legendary Mr. Short in the broadcast booth," Jukich says in a news release. "Mr. Short asked me what I wanted to be when I grew up and I told him I wanted his job."

Jukich was inducted into the British Columbia Horse Racing Hall of Fame in 2015 and was named winner of the Doug Gillespie Award in 2008 at Fraser Downs Race Track for his contributions to the standardbred racing industry in recognition for calling harness racing at Cloverdale Raceway dating back to 1978.

Besides his broadcasting duties, Jukich is Director of Simulcast for B.C. Racing, negotiating and overseeing television network feeds for both thoroughbred and standardbred tracks throughout North America, Australia and Hong Kong. He has also made numerous guest appearances calling races at Northlands Park in Edmonton, Emerald Downs in Washington and Albuquerque Downs in New Mexico.

As the "face" of racing in Vancouver, Dan is a regular volunteer at community and charity events as master of ceremonies for corporate fund-raising events.

A respected member of the community, Jukich has coached amateur baseball and soccer teams on Vancouver's east side where he and wife Stephanie have maintained a residence for the past 35 years, while raising son Matt and daughter Courtney. Following in his father's footsteps, Matt left Northlands Park in Edmonton when it closed this past summer to take on managerial duties with the new Century Mile Racetrack in Leduc, Alberta.

"I have the best job in the world and I'm happy to do just about anything to help bring people together to enjoy our product," he says. "Being named to the B.C. Sports Hall of Fame is a thrill I will cherish with my family forever."

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Cozy Corner "Lets Talk"

By Janet Isherwood

A place for seniors and their families to speak out, share stories and ask questions.

Times are changing and as we all move into 2019 hopefully we enter with a good foundation.

A sense of happiness and wellbeing and a new attitude for looking after ourselves.

Today people are living to be 100 and I must say cannot see the old scale working any longer. Our parents seemed old in their sixty's and as many of us have long passed that mark in life, we can all tell you we are active, fit and cognitively with it.

There is tons of information out there, eat right, walk every day, engage in outdoor activities, and keep our social life active. Meet new friends, have fun and add a little laughter in your life no matter how small.

I recently enjoyed a lunch with a group of friends and could hardly contain myself as the conversation turned to yoga. They must be kidding I thought but no, one swam every day, one was enjoying the gym he had installed in his new office and the chatter was all around fitness and health.

Well they did all look great, seemed happy and if I had to guess at their ages would have been surprised. I myself walk 5 km a day, swim for fun certainly keep myself busy with my writing, volunteering and time with my family but this group was really active and it showed. They all looked "great".

Now with saying that the joy in life is we all work. Whether it be volunteering, keeping house, running a business, retired and traveling we all have busy active lives. We all have a focus, goals to be set and met and although most of us are on our own clock we are not as they say slouched on the couch with a bag of chips, pop in hand "you heard this before", we are busy.

One of the nice things about the lower mainland is we are surrounded by parks. Beautiful manicured parks where we can spend a few hours enjoying nature, walking for exercise and it seems there is always friendly chatter about as people share their warm good day hellos.

Time to think things over for 2019 I thought, what more can I do to keep healthy, happy and enjoy life. Some ideas are:

- Live with a purpose, find a way to be happy, volunteer find more time for family and friends…

- Keep healthy sleep patterns, Try for 8-9 hours a night and remember go to bed at the same time.

- Where possible have a little walk in the afternoon giving yourself more energy.

- Exercise to maintain balance and keep your body flexible. Understand your needs but be aware of your body's requirements. Do not fall and remember walking each day can shed a pound or two.

- Embrace your age…..join in the fun of life, visit a community center, make time for friends, enjoy change and keep yourself positive.

- Eat healthy, make your own meals and try new fruits and veggies.

- Understand oneself, know your limits, and face new challenges with a smile. Know your medications and when not sure…ASK.

- Maintaining a healthy life style is the key. What works for others might not work for you. Try new things a little at time. Find what "works for you"

We all get stuck thinking we can't do something but surprises await you. Try new things, go to a different restaurant, walk a new mall, do something you've never done before.

As we age it is so easy to get comfortable, the same chair, the same movie, the same food. Get adventrous…… there is a whole world to be rediscovered with aging.

If you need help, ask a friend, talk to your doctor, write things down, and keep a calendar.

Keep your brain active, read, do puzzles, play mind games.

Age is an issue of mind over matter. If you don't mind, it doesn't matter' -- Mark Twain.

Age is just a number, but aging is the peak of beauty. Our entire lifetime is dedicated to reach the old age. It is a period of life which experiences the zenith of wisdom, grace, and maturity. It is the body that ages, but the mind remains forever young. Growing old is everybody's chance to discover the beauty of mind. Whoever wrote this was right on!

We all have so much to offer, our years of experience, our own trials and tribulations.

Our generation for sure reinvented the wheel now it's the next generations time to shine but with a longer life line we are all experiencing four generations of changes. Life is wonderful, full of new things and a time to share your memories, thoughts, ideas and viewpoints of a changing world.

Join a discussion group, talk about old movies, and all the different music over the generations.

Enjoy your new lifestyle, try something different.

If we have reached the time to live in a care home then life is just starting. Be couragous,

Join an art group or the in-house library. Invite yourself into the coffee corner, play bingo and engage in all local entertainment.

If where you live does not have these activities start your own group. Have a tea or travel group, you will be surprised at what people have experienced.

You are not alone but if you are the solitude type and like to be left alone fine, sit on the sidelines, take in everything you see and hear and enjoy the moment. There is something for everyone and I say it again, take a chance "try something new" Open up your mind to change and be courageous.

Look forward to speaking with you all again next month. Let's talk, email your comments to:

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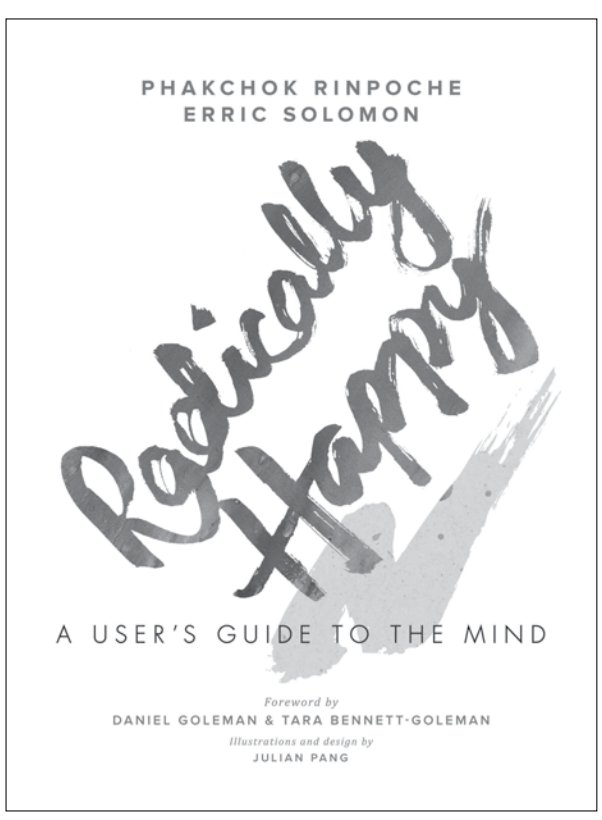

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"Phakchok Rinpoche and Erric Solomon believe meditation should not lead to guilt, but to happiness; their Radically Happy: A User's Guide to the Mind, guides readers to a joyful meditation practice. Tech entrepreneur Solomon and Tibetan Buddhist master Rinpoche synthesize scientific research with personal stories and step-by-step exercises."—Publishers Weekly

"Radically Happy is perfectly adapted to the modern mindset, which is constantly overwhelmed by the frantic pace of our world. In these times, we have lost the root of happiness. Rinpoche and Solomon guide us to discover the authentic basis of happiness, and it's compassionate, loving expression. Radically Happy is an essential guide to getting the most out of your heart and mind, which will help make our world a better place."—Tsoknyi Rinpoche, author of Open Heart, Open Mind

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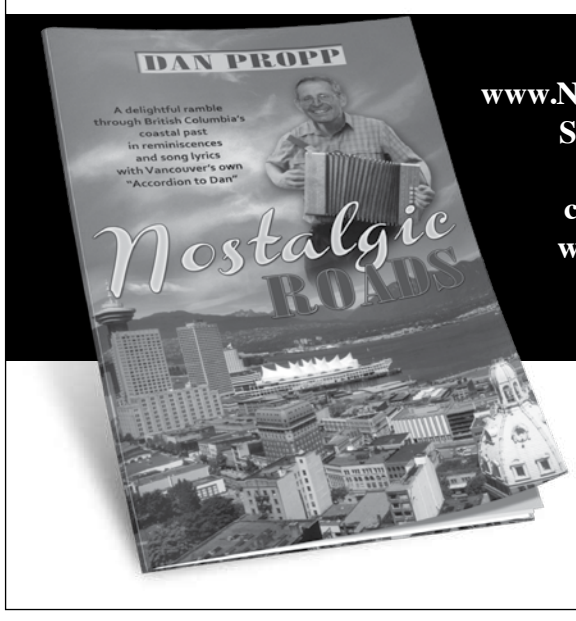

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A Gift That Keeps Giving

Edna and Susanna lived in the same community for many years, but they never met. And yet, they will be forever linked and remembered at Surrey Memorial Hospital because their generosity made it possible for thousands of Surrey residents to regain their sense of hearing.

In many ways, Edna and Susanna's stories are similar. Along with their husbands, they were both long-time residents of the Surrey community. During their lifetimes, the two women donated to Surrey Memorial Hospital for about 10 years each. Both expressed their wish that they could provide larger gifts to help the hospital.

Edna and Susanna became widows around the same time. When they updated their wills, they each included a gift of $20,000 to the Surrey Hospital Foundation.

Those two gifts made it possible to start the inner ear surgery program at Jim Pattison Outpatient Care and Surgery Centre, the only hospital in the region to provide inner ear surgery to children. The surgical instruments purchased with their donations are still in use today. To date, Edna and Susanna have helped improve the hearing of more than 3,000 people.

You can help others, just like Edna and Susanna did. Please consider including a gift to Surrey Hospital Foundation through your Last Will and Testament. These gifts have a huge, lasting impact on local health care.

Visit surreymemorialhospital.com/legacy or contact Yolanda at 604.588.3371 for more information.

Dr. Matt Dickson performing pediatric ENT surgery at Surrey Memorial Hospital.

LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

Let's Talk About Snoring & Sleep Apnea:

Latest Research Shows That Laser Innovations Can Halt Freight Train Snoring In It's Track!

Do you ever wake up gasping for breath in the night? Do you wake up feeling unrefreshed or with a headache after a night's sleep? Are people whom you live with complaining about your snoring, comparing you to a freight train, motorbike, tractor or chainsaw?

You may have sleep apnea or maybe you "just snore", regardless, snoring and sleep apnea can have huge impacts on your health.

People often joke about their partner's snoring, but don't really realize how serious Snoring and Sleep Apnea are.

Here are just some common health risks associated with snoring:

Stroke, Heart Disase, Arrythmias, GERD, Injury (often motor vehicle, due to fatigue), Mental Health Issues, Nocturia, Less Sexual Satisfaction, Morning Headaches & the list goes on.

If you are looking for solutions here are 3 basic solution options that I recommend:

1. Nightlase Laser Treatment: This is a gentle & effective laser solution for snoring & sleep apnea. It works by stimulating the collagen in the soft palate (the roof of your mouth to your uvula) causing it to tighten and lift away from your tongue. (Most people snore because the airflow is getting obstructed between their tongue and soft palate.)

The Nightlase treatment protocol involves three to five - 20 minute laser treatments. There is no downtime and no pain.

Research shows that after the 2nd Nightlase treatment, 80% of patients are showing better than 50% improvement. Also the average improvement after 1 treatment is 45% & after the second treatment 68%. (J.LAHA 2011, vol 1)

After laser, I always recommend a diet high in vegetables, fruits, nuts, seeds, beans, fish, meat, eggs & and at least 2 litres of water per day. Water is vital to laser treatment success as it supports collagen.

2. Sea Pap Machines: This is another solution to sleep apnea. For some they strap that mask on and fall into dreamland, happy as can be. For others though, they just can't stand it and tear it off after an hour and refer to it as their Darth Vader mask.

3. Weight loss: Once a patient starts sleeping better it becomes much more reasonable for them to lose weight. A good sleep & a healthy diet, with good hydration, generally will lead to more energy.

More energy often triggers better food choices and inclinations to exercise start to arise:

Good Sleep
+ Exercise
+ Healthy Diet
= Weight loss

Weight Loss also helps with snoring as it creates more space in the throat area. At this point my patients catch momentum in a positive direction, which is exciting & wonderful.

If you are ready to take a step in the direction of

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health I invite you to come have a converstation with me about Nightlase. Every positive little step we take in our lives can lead to exceptional results & a more fulfilling life. Anything is possible…..especially after a good nights sleep.

Dr. Michelle Willis ND
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World Heritage Delos: Ancient Greece's Most Sacred Island

By Chris Millikan

The elegant Viking Star carries us through the Mediterranean and into the sun-drenched Cyclades. Stopping at Mykonos proves especially memorable.

A morning ferry transports our group of history buffs to Delos, a small island forty minutes offshore. There, a surprising story of grandeur unfolds amid ruins and marble slabs.

"Visualize this prosperous trading centre flourishing during the 3rd century BC," local guide Esther suggests. "Then, a cosmopolitan population lived in elegant villas around the Sacred Harbour. Only traces of their bustling marketplace and splendid public buildings remain."

The stone-paved Sacred Way takes us past the ancient agora, gymnasium and into the exclusive theater district. "Over 40,000 privileged young couples and singles lived luxurious lifestyles here," she recounts. "To keep Delos pure, a decree forbade births or deaths on this sacred island."

Esther leads us into houses enclosing marble-columned courtyards still decorated with original mosaics, murals and remnants of fine sculpture. Many were named for their distinctive mosaics. House of Dionysus features a renowned depiction of the wine god himself…winged and riding a tiger wearing a necklace of grapes, House of Trident, a whimsical female conch, three-pronged spears and cupid flying. In House of Dolphins, eight sleek porpoises encircle an ocean motif; House of Masks depicts several different mischievous faces of Dionysus. "Ha! Likely an actors' drinking hole," quips Esther. And two graceful, headless replicas of its wealthy owners still front the once sumptuous House of Cleopatra.

Some structures suggest a two-story design. One partial stairway helps us imagine covered passageways to upstairs rooms. Delos, we learn, was as parched then as today. Households collected rainwater in cisterns under their courtyard floors.

The hillside amphitheater seating 5500 patrons impresses us, yet adjacent ruins of a vast reservoir prove unique. "Built about 300 BC, it supplied much of the town's water," Esther points out.

"Tax-free, this international port attracted merchants and mariners from faraway. While recognizing Apollo as chief deity, they were also welcome to build grand temples for their own gods," says Esther. "Looking toward the foot of Mount Kythnos, you'll see their sanctuaries. The Egyptian temple was dedicated to Isis, another to Assyria's Baal."

Doric columns identify Temple of Apollo. "Greeks dedicated this temple to Apollo in the 7th century BC near his mythical birthplace," She explains. "The Delian League of Greek states also established their headquarters here, storing their treasures in massive vaults…until Pericles removed this common wealth in 454 BC to fund Athens' monumental Acropolis."

In the distance, weathered leonine replicas still crouch along Avenue of Lions. We learn that at one time sixteen fierce marble lions guarded Sacred Lake where legendary Leto birthed Apollo, god of light and his twin sister Artemis, goddess of the moon.

Esther tells us that most of the island's finest artwork was pillaged. The inhabitants from neighbouring islands even ground marble statuary into lime to whitewash their homes. Valuable sculptures and other artworks were transferred to national and foreign museums. Only caretakers now live here, overseeing the site.

In the onsite museum, we view treasures unearthed during the archeological excavations. Walls exhibit mythically themed mosaics and festive murals. Glass cases present collections of intricate jewelry and figurines. Small galleries exhibit remarkable sculptures including the five original lions and Artemis with a deer.

Feral cats lazily watch us return to the wharf. "Over time, trade routes shifted, leading to the decline and abandonment of Delos. By the 3rd century AD, only a small Christian settlement prevailed," concludes Esther. "These restored ruins and the museum honour Delos Sanctuary's past splendour."

Day tripping to this World Heritage site, we glimpse ancient life on an extraordinary island.

- www.vikingcruiselines.com for Mediterranean itineraries
- www.mykonos-accommodation.com/local-transportation.htm for transportation on Mykonos.

Write as I Please

By Mel Kositsky

Welcome to the wonderful world of 2019! The new year promises to be an exciting one with lots of interesting developments in all fields -- from politics to sports to coping with everyday life. And of course, the unpredictable weather around the world will cause lots of anxiety and unfortunately much damage. Hopefully there will not be loss of life due to poor forecasting or ignoring the warnings of emergency services officials.

For many 2018 ended on a sour note as predictions included the rise in taxes, rise in the costs of fruits and vegetables, rise in gas prices, and the possible rise in interest rates. This is especially bad news for those facing large household debt as according to Stats Canada, most Canadians are now $1.70 in debt for every dollar earned. Other government agency say that in the Vancouver area that figure is now averaging $2.40 due to high housing costs. In many cases renters are now paying more than 40 per cent of their income in monthly rent (if they can find a place) -- so there is not much left for other basic necessities - especially for seniors living on fixed incomes.

Canadians are still bragging about the good economy here, especially in British Columbia for now. But with the state of world in flux, what will happen in the immediate future?

At this point all sorts of trade deals are still up in the air and it is getting harder to follow the bouncing ball. In North America, NAFTA is being replaced by USMCA (or whatever name you want to call it) but not everyone is happy with the deal. Meanwhile our provinces are not getting along and interprovincial trade is now at its worst level. The December meeting of premiers with the prime minister did not end in harmony.

The U.S. and China are talking, Canada and China are talking and Europe is awaiting England's final decision on the BREXIT deal. All this will have major effects on future economic conditions - but for now life goes on and most people ignore all the politics around it. Recently in B.C. there was another poor turnout at the polls for the local government elections and a very low turnout for the mail-in referendum to consider changing the provincial election system. Is it a sign that people are just too busy or a symptom that they really don't care?

The experts are always saying that small business is the backbone of economy yet people are changing their buying habits and going online to buy their goods and services - and governments and financial institutions are encouraging it. That is only going to lead to more empty storefronts in many communities and a loss of local jobs, City planners are going to have to rethink the need for all these older commercial areas and start a rezoning process to bring more (and much needed) housing to these commercial cores, sometimes in the heart of those cities.

For those who seek to escape normal life by watching the millionaires in the world of sport perform, be prepared for all sorts of changes ahead, And be prepared to start paying for the privilege of viewing your favourite teams perform. It is coming. There is no loyalty in sports anymore and players are switching teams in search of the "holy grail" championship - and of course, more money. For hockey fans here the announcement that Seattle will get the 32nd National Hockey League team is good news but don't be surprised if that new team performs better than the Vancouver Canucks. It will be years before that operation begins play but the hype between the natural rivals has already started.

It is used to be that this was the time of the year to make predictions and resolutions but change has become so rapid that it is more difficult than ever to figure out future champions -- yet that has not stopped people from betting on the potential winners. The rise is sports betting will continue and governments are loving their take of the action.

But overall, despite all the challenges facing us, things are pretty good for those living in North America. Canadians love to go to States and Americans always want to live in Canada and complain about their former country from abroad. Can the Canadian identity survive? We will find out more later this year with the federal election. How much of a role will American controlled social media play in that election?

Have a Happy New Year!

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HEART TO HEALTHCARE - Promoting Independance and wellbeing for services: Laundry, Shopping, Personal Care, Meal Preparation, Light Housekeeping, Dementia Support, Transportation, Errands, Contact Caroline 604-813-5175 12-7

CLEANING LADY FOR YOU! - I do residential house cleaning and apartment buildings. I have alot of regular customers that I have once a week, twice a week, every other week or just once a month. I have a great attitute, working very hard and efficient contact 604-813-5175 12-5

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COMMUNITY

CRITTER CARE WILDLIFE FUNDRAISER - Early bird tickets now available! Gala held APril 21st Coast Hotel Convention Centre. 20393 Fraser Hwy Langley. Info and tickets - Eventbrite.

WANTED

DELIVERY DRIVERS - Todays Senior is looking for dedicated delivery drivers. Must have insured vehicle and good driving record. Part-time one route per month. Please apply through our website contact form. Future routes including Shuswap, Salmon Arm, Kamloops, Kelowna, Vernon may be possible.

Blood in the urine is the most common symptom of bladder cancer. Don't ignore this warning sign. It could save your life.

BLADDER CANCER CANADA

FOR INFORMATION AND SUPPORT
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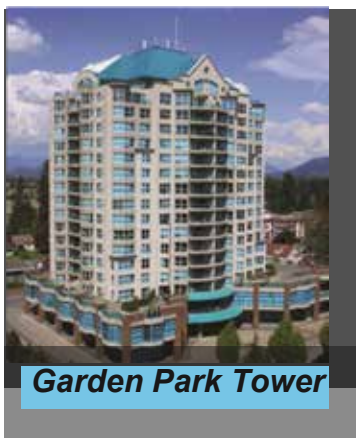

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Your Neighbourhood Denturists

Darren & Colin

Lower Suction Dentures

The latest in lower dentures has the industry abuzz. It is the first major advancement in denture fabrication in over 20 years.

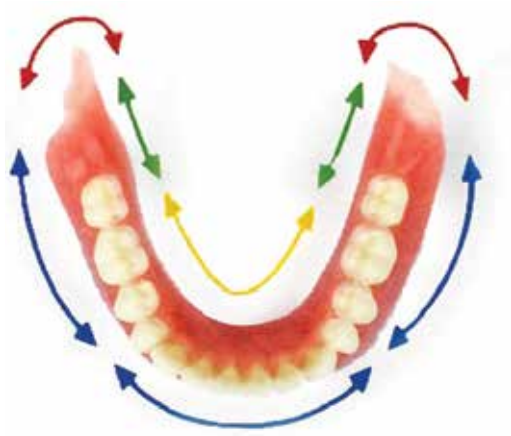
Why The Excitement?

Denturists strive to create dentures that fit well, stay in place, and provide stability so your dentures work harmoniously with your tongue muscles and jaw movements. This is an ongoing goal for the denturist and hard to achieve with conventional dentures.

Lower suction dentures offer an excellent alternative for denture wearers who struggle with a lower denture that lifts or floats. Since the technique relies on suction, it can even work when there's advanced resorption (bone loss) of the lower jaw, an ongoing challenge for conventional denture wearers. Many lower suction denture wearers find they can eat foods they didn't dare tackle with conventional dentures.

What Are Lower Suction Dentures?

As the name suggests, these revolutionary dentures stay in place due to suction. They do not require adhesive or dental implants to stay in place.



No adhesive! No Implants!

Until now, no one thought it was possible to get suction with lower dentures. The complexity of the oral cavity and muscle movements made it too difficult to create a seal.

Dr. Jiro Abe of Japan developed a special impression method that captures the natural shapes of the oral cavity. The result is a strong seal around the entire periphery of the denture and suction to hold dentures firmly in place.

This impression method requires patients to make specific sounds and movements while the impression material is in their mouth. The impression material captures the movements so that they are incorporated into the new lower denture.

Who Is A Candidate For Lower Suction Dentures?

Lower suction dentures are an exciting option for 80% of upper and lower denture patients. A thorough oral examination can determine whether you're a suitable candidate. The denturist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your denturist determines you will not achieve full lower suction you will still benefit from the lower suction denture technique and the stabilization result. Lower suction dentures do not suit patients who have had recent extractions and immediate or post immediate dentures because the gums will continue to change as they heal from the extractions. After about a year from extractions the denture wearer may be eligible.

Call for your complimentary consultation 604-530-9936

To learn more visit www.yourdenture.com or view our Lower Suction Denture videos on www.youtube.com

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604-530-9936 | 102 – 20103 40th Avenue, Langley

Darren Sailer R.D.
Denturist

Colin Harty R.D.
Denturist

Both Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.

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