

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

# TODAY'S SENIOR® NEWSMAGAZINE



Gibsons Landing captured many years ago. The home of Molly's Reach and many a memory.  
(Photo: Dan Propp)

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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<sup>1</sup>, but most do not seek treatment right away. In fact, the average person with hearing loss will wait ten years before seeking help<sup>2</sup>. 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<sup>†</sup> by calling: 1.888.242.4892 or visiting [connecthearing.ca/hearing-study](http://connecthearing.ca/hearing-study).

\* Pichora-Fuller, M. K. (2016). How social psychological factors may modulate auditory and cognitive functioning during listening. *Ear and Hearing*, 37, 925-1005. † 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

I hope the following bit of a rhyme and/or song will reprise a fond memory or two of growing up.

**WHEN MOLLY'S WAS STILL THE LIQUOR STORE**

Now, Fladigers owned the toy store and Marshall did the plumbing, Don Hauka was still testing vacuum tubes to keep our radios running. Jimmy owned the butcher shop and Smitty was still renting wooden boats and old man Connor sold us licorice sticks while the cobbler next door fixed our boots.

When Molly's Reach was still the liquor store and playing the Irish Sweepstakes was a sin, us kids would be down by the Gibsons wharf watching the tide come in to the beautiful Sunshine Coast. Of course, it never rained. It was just a bit of Scottish mist and a Squamish blowing in again. Then we'd go down by the beach listening to the put-put boats wheeze, looking for treasure, at our leisure and life was but a breeze. When Molly's Reach was still the liquor store and playing the Irish Sweepstakes a sin, us kids would be down by the Gibsons Wharf, watching the tide come in.

**LIFE STYLE MEMORIES THAT SHOULD NOT VANISH**

Do you remember the Columbian and Star Weekly. How about the United Cigar Stores, Woodwards, and Wosks, guess for some of us seniors we now just recall barely. Vanished from our once so familiar shores. There was Weekend Magazine and all the Toronto Maclean Hunter trades, the old zoo in Stanley Park and the Sun Salmon Derby. Overnight so fades, and all those demolished houses, everything in such a big hurry. It gives rise to all those concrete ticky-tack elevated boxes, high rises in the sky. Plus delightful parking cubicles way down below, our once familiar yesterdays to defy. How quickly what used to be in a flash did go.

**THE DAYS OF THE OLD LEGISLATURE**

I miss the old BC politics, the days of Social Credit, NDP, and Liberals. It was so colourful to watch, even on black and white TV.

**THE WAY IT USED TO BE IN BC**

Old Cecil came from the interior, proud Maritime roots. He ran a hardware store business selling everything from frying pans to rubber boots. He never had quite the charisma of a Bill Vander Zalm but had the good fortune to make something special of this land. He believed in the PGE - the 'Prince George Eventually', he engineered BC Rail, improved the track record essentially. He took great pride in this province. No problems to invest. On both sides of the political spectrum he tried to balance his very best.

I miss Davie Barrett's NDP and Social Credit's Phil Gaglardi and all that political rivalry, so colourful to watch even on black and white tv. We've had Harcourt Campbell, Clarke Dosanjh, Vander Zalm, Johnson, they've all been in charge but the only admiral of Beautiful BC was good old premier WAC. Give us back the good old days of Beautiful BC when this province in so many ways still belonged to you and me and BC Ferries was our own navy. Give us back the good old days of Beautiful BC and WAC, a conscientious person and a great premier. One of the greatest in British Columbia's history, WAC!

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everybody, the grocery store owner, the butcher, the Ma and Pa couple who ran the hardware store, the electrician who replaced the vacuum tubes for our plug-in radios, the doctor who still made house calls and the undertaker. In Gibsons Landing, where we moved to in the early nineteen fifties up on Seaview Road, for a while there was the sole RCMP member's home, the doctor, the undertaker, and the money lender, in case the local bank was not willing to provide a loan. In fact, our house was situated between the doctor and the funeral parlour - between hope and none whatsoever. To make an extra living, when times were slow, he also ran a barber shop upstairs. I used to get my crew cut up there for 75 cents. Seaview Road was famous. Apparently, many years before we arrived in the village, the Reverend Woodsworth resided on Seaview as well. He was the founder of the CCF Party, now the NDP. A few years later Tommy Douglas in Saskatchewan came along and the concept of Canadian National Medicare evolved. Its a bit of a 'stretch' but without the Reverend in Gibsons, who knows whether Medicare would have become a source of envy, and Obamacare and Obama himself elected as US president. Amazing isn't it sometimes how one person can make such a difference down the road, eh?

Gibsons, of course, is well known because of Molly's Reach. That building became a symbol for the huge CBC success story, the Beachcombers. When we first came to the village, it likely housed the biggest business in town, the government liquor store. Next it turned into John Woods Hardware Store before turning into that syndicated TV series.

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# STAY MOTIVATED AND ACHIEVE YOUR GOALS WITH THESE 5 TRICKS

We all have our mountains to climb – just ask Lisa Thompson, the second American woman to climb Pakistan's wildly dangerous K2 Mountain. At 8,611 meters above sea level, the summit is one of the world's most difficult to climb. In fact, it's estimated that one in four people who attempt the climb do not survive.

Thompson faces hurdles at low altitudes, too. Between everyday challenges and unexpected hurdles, modern life can be stressful. That's why Lisa, a breast-cancer survivor, dedicated dog mom and former biomedical engineer is sharing her top tips for reaching new heights and conquering life's obstacles.

Create a plan and prioritize goals. Setting and prioritizing goals will help you better navigate through busy, everyday life. Keep two lists on the fridge to break up short and long-term goals. The action items on these lists can range anywhere from "buy new sneakers" to "inspire my sister to join me on a climb this year."

Draw motivation from others. Align yourself with like-minded people who have already tackled the goals you're working toward. These people empower you to jump higher, run faster and do more.

Let go of the history that is holding you back. You'll never propel forward if you're stuck in the past. Staying present-minded is key. Try using a meditation app to stay on track. Some apps that work well include Headspace, Calm, or Mindfulness Daily, which are all available on iTunes.

Have fun in the process. Be kind to yourself, take breaks and find the humour in those moments of unbearable frustration. You'll have fonder memories if you do.

Prioritize physical health. Both mind and body are important when it comes to achieving new feats. You can't reach new heights when your body feels crummy. I'm a long-term sufferer of dry eye, which can affect my vision. To ensure my senses remain



at 100 per cent, I count on Systane Complete lubricant eye drops, the first all-in-one drop for all types of dry eye. The solution keeps eyes hydrated and protected, so I can focus on the things that matter most. Being able to see clearly is paramount to my success, for not only big expeditions like K2, but also the day-to-day mountains we all have to overcome."

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## SIMPLE STEPS TO LOWER YOUR RISK OF DIABETES-RELATED HEART DISEASE

In Canada, there are over 3.5 million people living with type 2 diabetes, for whom heart disease is the most common cause of death. Unfortunately, people with diabetes are over three times more likely to be hospitalized for heart-related problems and may develop heart disease 10 to 15 years earlier than those without diabetes.

Someone can develop heart disease when the heart or blood vessels supplying blood to the heart have been damaged – a common risk for people managing diabetes. That's why it's important to talk to your doctor about your heart health and learn about the treatments available and simple steps you can take to lower your risk.

Some of the things Diabetes Canada recommends people with diabetes do to reduce their risk of heart disease include:

- Aiming for good blood pressure control
- Controlling cholesterol levels
- Reducing or eliminating smoking
- Using treatments to protect complications related

to the heart

Having diabetes alone is a major risk factor for heart disease, and one in two people with diabetes will die from heart disease. In addition to diabetes, high blood pressure, high cholesterol, lack of exercise, smoking and poor nutrition are all risk factors for heart disease. The more of these factors you have, the higher your risk is for developing heart disease.

Fortunately, there are new medications that, along with diet and exercise, have been proven to lower the risk of dying from problems related to your heart and blood vessels.

Speak to your doctor about new treatments available to help reduce your risk. And take a risk assessment at [myheartmatters.ca](http://myheartmatters.ca).

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## WORKING ON YOUR FEET TAKES A TOLL

There has been much discussion about the health risks of sitting all day at work. But jobs that require you to be on your feet most of the time can cause health complications too. Experts say prolonged standing can accelerate and cause a range of problems to your overall health, as well as to your feet and lower limbs.

"We all know how much our joints and muscles hurt after spending just one full day on our feet," says Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "Years spent standing all day can cause serious issues, including back, knee and hip pain; swelling in the feet and lower limbs; plantar fasciitis; bunions; varicose veins; and arthritis."

Harper says these issues are compounded as people age, if they are pregnant and if they have experienced past injuries or have pre-existing conditions. People whose jobs require they remain standing in one place, in an awkward position or do repetitive actions further increase the risks.

To reduce your risk of a standing-related injury, he recommends these seven tips:

Take sitting breaks. Make sure you sit during lunch and coffee breaks as well as during periods when work is quiet.

Move around. When you stand still you are using the same muscles, tendons and ligaments all the time, causing them to get tired and soft tissue injuries to develop. Change positions, walk around and shift your weight from foot to foot so that you use different muscle groups and joints.

Wear properly fitted, supportive footwear. Today there are a wide variety of shoe brands that have numerous features to increase your comfort and protect your feet. Consult with a footwear ex-



pert to find a brand and style that offer the best features for your needs. Be sure the shoes fit correctly.

Consider foot orthotics. Foot orthotics shift weight off high pressure areas, correct biomechanical issues, relieve stress on joints and help improve posture. But don't self prescribe. A Canadian certified pedorthist can determine which foot orthotics will benefit you.

Save high heels for parties. High heels are not a good choice if you work on your feet, as they shift your weight onto the ball of your foot and squish your toes. Reserve your high heels for special occasions.

Make stretching a part of your daily routine. Stretch your calves and hamstrings, flex your knees and circle your hips. Your muscles are working hard

for you, so take care of them.

Find more information at [pedorthic.ca](http://pedorthic.ca).  
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## SUN VACATIONS FOR LESS

Now is the time of year when winter seems to drag endlessly on and spring can feel much too far away. If you're craving a sunny escape but need an affordable option that keeps you on budget, check out these savings tips.

Book early. Last-minute bookings can be tricky, as travellers are left to choose among resorts and room categories that are still available. But planning and booking early can actually help you save a lot more money. Take advantage of early-bird deals and discounts and get first dibs on resort and room selections.

Travel during the low season. There are fewer people and prices tend to be lower during the months of April to June or September to November. Avoid travelling during holidays like Christmas or Easter, spring break and long weekends in summer, when prices are highest.

Look for special deals. If travelling with small children, shop for resorts where kids under 12 can stay for free. If you're travelling with eight or more in your party, you can take advantage of special group promotions where one person stays for free.

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## Tax Free Savings Account compliments your RSP

An article written back on Tuesday November 17,

Retirees, and those approaching retirement, have been the quickest to take advantage of the introduction of the TFSA. Older Canadians may be more experienced with investing, and thus quicker to interpret and understand the many positive attributes of the TFSA. TFSAs offer Canadians, particularly retirees and those who've converted their RRSPs into RRIFs, an opportuni-

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## THE PHARMACIST REVIEW

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

### STAY LEVEL HEADED ON THAT CRUISE

Many of us suffer from nausea, headache, vomiting, and overall malaise when confronted with rocking motions, be it a ride on the BC Ferries, going on a whale-watching expedition in Steveston, taking your boat out to White Rock, enjoying the amusement park rides at the PNE, or taking a road-trip into the Rockies. With the cruise season just around the corner, we have a few tips to minimize motion sickness so your trip will be memorable for all the right reasons. Having Gravol™ (dimenhydrinate), ginger and even Benadryl® (diphenhydramine) help, but read on for some less well-known gems.

A compounded medication called MECLIZINE is very popular amongst our adult clients because it is taken just once daily and has a low potential for drowsiness (no prescription required). It works by minimizing the sensitivity of the inner ear. Since compounding is not strictly regulated, be sure to only source meclizine from a trusted and experienced compounder like Cloverdale Pharmasave or Pharmasave Steveston Village. COCCULINE® (by Boiron) is a homeopathic medication that can be used in the whole family, young and old. It is a convenient chew tablet that carries no side-effects or interactions. Meclizine and cocculine used together form a prime combination to battle motion sickness. A homeopathic remedy that we have custom-made for us, called HENRY'S HEADACHE MIX, is great for those that only get headaches when confronted with rocking motions. Also, don't forget to schedule a thorough travel clinic with our travel consultant pharmacists if you are planning travel to a destination that may require special vaccinations and medical precautions.

(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.)

## HOW TO WRITE A CONDOLENCE NOTE



Expressing ourselves during difficult times can be challenging for most, especially when it comes to comforting friends, family or colleagues who have lost a loved one. No matter how difficult it may be, it's worth the time and effort to write a condolence note to show that you care.

Before you put the pen to paper, Arbor Memorial offers the following guidance:

Be timely and consider others. Send your note as soon as possible. Ideally, you'll want to reach out within the first two weeks to show your support and acknowledge the loss. If you know friends or relatives who were close to the deceased, offer your sympathy to them as well. There is no limit to how many notes you can send.

Write from the heart. Focus on the content of the message you're writing, rather than the length.

"Express your sympathy in a few heartfelt sentences by acknowledging the loss, referring to the individual by name," says Genevieve Veilleux, branch manager at Arbor Memorial. "You can mention any special qualities of the person who has passed. End the note with a thoughtful word, hope, wish or expression of sympathy."

Offer help. Depending on your relationship to the bereaved, you may also want to offer help. Be specific instead of offering the vague promise of "if there's anything I can do let me know." You will feel more accountable if your planned action is more defined.

Trust yourself. When writing your note, remember to be yourself and go with your instincts. The words that come from your heart are the likeliest to comfort those in mourning.

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## Home Improvement "Ask Shell" with Shell Busey



Q. On the east side of the house the sidewalk is right up to basement wall and water runs to the house. On the inside it is coming through on a rusted tie, is there a product that would seal from the inside?

Katrina, Delta, BC

A. Before fixing the problem from the inside, you will have to correct the drainage problem caused by the sloped sidewalk to have the water run away from your house. This can be repaired by having a concrete company complete a process called slab jacking.

Over time, concrete will settle and may require lifting. Slab Jacking involves pumping a dense combination of clay, sand, water and other materials through a hole drilled into the concrete by a special machine (not DIY). The mixture is injected by hydraulics under the sunken concrete. Slab Jacking often improves drainage problems associated with water seepage but it will not completely solve water problems if other problems exist in your drain tile perimeter drains. Contact Shell Busey's Home Services at 604-542-2236 to have a drainage professional come out and view the project.

Once the water seepage problems are resolved, your next step may require a penetrating crystallization sealer to be applied to the concrete surface and walls. To repair the area of the inside wall where water is seeping around metal form tie, use hydraulic cement. Hydraulic cement comes in a powder; you mix it to a putty like consistency. NOTE: work quickly following the instructions for it cures very quickly. It's just that easy!

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## DENTURE TIPS

### Did You Know?

Good health depends on many things, including digestion. Digestion begins in the mouth, so if your dentures teeth are worn and smooth on the biting surfaces, you cannot chew efficiently, which can lead to digestion issues.

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If you're determined to improve your eating habits, replacing potato chips and other snacks with healthier options is a good start.

Try this simple recipe for kale chips, created by the staff at Harrowsmith magazine. Kale is a superfood packed with calcium, protein, vitamins, iron, folate and antioxidants.

## Kale Chips with Hummus

Prep time: 10 minutes

Cook time: 20 minutes

Makes: 6 cups

### Ingredients:

1 large bunch of leafy kale

1 tbsp (15 mL) olive oil

¼ tsp (1 mL) salt

½ cup (125 mL) hummus

### Directions:

Wash and pat dry, then roughly chop the kale into chip-size pieces, removing the largest and hardest parts of the leaf's rib.

In a large bowl, massage olive oil, salt and hummus into the kale with your hands until the kale is evenly coated.

Spread the kale on a parchment-lined baking sheet and bake in a 350°F (190°C) oven for about 10 minutes.

Turn chips over and mix them around. Put them back in the oven for another 10 minutes.

Find more easy and delicious recipes at [harrowsmithmag.com](http://harrowsmithmag.com).

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# TURN OVER A NEW LEAF ON SNACKING



## 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 Cana-



dians 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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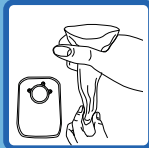
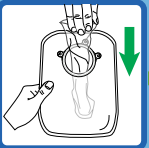

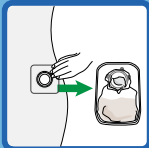
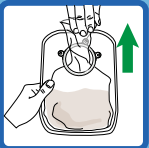

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# All Aboard for Brighter Days!

**Launch into the best days of your life** with these tips on how to stay buoyant when the weather is dark and dreary.

**LIGHTEN UP** Vitamin D from the sun can elevate your mood. Make a point to open your curtains and soak up as much daylight as you can.

**KEEP ACTIVE** Take a daily walk, perhaps to a mall or a community centre with an indoor track. Join a senior-friendly fitness centre.

**EAT WELL** Sometimes comfort foods can slow you down; stick to lean proteins, vegetables, and complex carbohydrates like whole-wheat bread and brown rice.

**STAY CONNECTED** Engage in social activities and connect with others, this is the key to staying upbeat especially during the winter months.

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by Ursula Maxwell-Lewis

Family history - anyone's family history is dramatic when you dig deep. Consider, for example, the Dangberg Home Ranch, and the family after which it is named.

Carson Valley pioneer Heinrich Friedrich Dangberg arrived in America in 1848. He was 18 years old. In 1856 he headed west, staked his claim to 156 acres, built a log cabin, irrigated the land and married Margaret Ferris. Despite considerable differences in their background the couple raised five children, prospered, established a 30,000 acre spread (one of the largest ranches in western Nevada) and in 1902 formed the Dangberg Land and Livestock Co.

In 1905 the family founded the town of Minden.

As a guide describes four generations of Dangberg history it's clear that there were more than a few hiccups as the generations evolved. Without Dangberg Snr's firm hand on the bank account and miscellaneous assets, family feuds erupted involving mishandled finances, lawsuits, and dramas about who would get to reside in the old homestead.

Surrounded by family photos and memorabilia I wondered what the original homesteader would say if he could hear the family 'dirty laundry' being aired with relish in his own living room.

Perhaps he would smile and take comfort from the fact that, despite the impact of the Great Depression, his innovative irrigation ditches, canals and reservoirs continue to benefit the community, and he still features prominently in the Carson City Museum and Cultural Centre situated in Gardnerville, about 30 minutes by car from the ranch.

Designed by architect Frederic DeLongchamps, the Carson City Museum was built in 1915 and is staffed by dedicated volunteers. The \$3 admission fee opens the door to a wealth of wild life displays, a women's history section and an excellent Native American Washo Tribe exhibit. The intricate beadwork, woven baskets, and archival photographs are worth the visit.

# NEVADA: EXPLORING CARSON VALLEY



Photos: TOP: Don't Fence Me In. Middle Top: Dangberg Home Ranch. Bottom Left: Cynthia Ferris-Bennett Bottom Right: Frontier essentials

Naturally, I checked out the 'Newspaper Office' on 'Main Street' in the museum basement. I was reminded an era when there was one local doctor - and he made house calls for miles around.

The all-important textile Dry Goods Store (the forerunner to our department stores) anchored most frontier towns, and the museum 'store' was well stocked.

The Carson Valley Inn Casino in Minden was my overnight home, but - sadly - the slots weren't playing my way that night. The adjacent Carson Valley RV Resort is worth noting if you have a home on wheels.

Also nearby is David Walley's Hot Springs Resort. History links this property to the Pony Express Route as well as noted characters like Mark Twain.

Exploring this valley from Reno to Lake Tahoe offers easy drives, expansive Nevada territory vistas and more than a few surprises.

Genoa, an appealing small town, claims that the Genoa Bar (est 1853) is 'Nevada's Oldest Thirst Parlour'. Since the main street was once part of the Overland Emigrant Trail, the claim may well be true. I can confirm that - judging by the full house - the locals are still thirsty.

Gold miners dreaming of the Mother Lode have been replaced by tourists exploring the surrounding hill trails and colourful shops.

The Mormon Station Historical site (est.1851) is a

proud reminder that Genoa, originally Mormon Station, was renamed by John Reese, an explorer-turned-trader who settled here while researching the area to establish various state lines.

If you've ever wondered who designed the Ferris wheel be sure to stop in and meet Cynthia Ferris-Bennett, owner of the Sierra Chef. Cynthia is directly related to George Washington Gale Ferris Jr. who designed the Ferris wheel after studying the intricacies of the Cradlebaugh Bridge water wheel on the Carson River.

Stocked with confections and foods all freshly made and attractively packaged by Cynthia, it is clear that innovation still runs in the family. At lunchtime locals know that the menu is simply whatever this personable gal feels like making that day. Since the 'menu' invariably sells out everyone seems to be on her wavelength.

More about Carson Valley, Reno and Lake Tahoe in a future column, but travellers should note that Reno is undergoing a facelift due for completion in 2020. The bet is that the infrastructure investments will put Reno back in the game. For more information go to <https://travelnevada.com>

Ursula Maxwell-Lewis is a British Columbia travel writer and photographer. Contact her at [utrael@shaw.ca](mailto:utrael@shaw.ca)

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

Lillian, Surrey



# DANA CLAXTON AT VANCOUVER ART GALLERY.



Article & photos by Lenora A. Hayman.

The Dana Claxton: Fringing the Cube at the Vancouver Art Gallery from Oct. 27, 2018 to Feb. 3, 2019 draws upon the practical and metaphysical functions, the fringe holds for the Indigenous peoples of the Great Plains. The fringe disperses rain and its movement in the wind reminds “its wearer of the connection between his or her body and the elements that shape the surrounding environment”.

Dana Claxton was born in Yorkton, Saskatchewan, and raised in Moose Jaw. Her mother is descended from Kangi Tamaheca and Anpetu Wastewin, part of the Hunkpapa Lakota (Sioux) who accompanied Sitting Bull from the States to Canada, in 1876, after the Battle of Little Bighorn. Claxton’s great-grandparents remained, while Sitting Bull and some others returned to the United States in 1881. Her family reserve is the Wood Mountain First Nation.

Not only is Claxton a multidisciplinary artist,

using photography, video, performance etc. for 30 years, but she is a playwright and associate professor in the dept. of art history, visual art and theory at UBC.

Did you know that during the Colonial Days, crushed buffalo bones were exported to England to create fine British bone china? The loss of the buffalo had a devastating effect on the First Nations people who relied on the animal for their survival. Claxton’s Buffalo Bone China exhibit mixed media installation with video, showing a buffalo skull and a pile of smashed bone china.

Claxton combines traditional and contemporary experiences. What an interesting show!

**Photos:**

**TOP LEFT:** Dana Claxton, Headdress-Jeneen, 2018  
**TOP RIGHT:** Dana Claxton, Paint Up #1, 2009.  
**BOTTOM RIGHT:** Buffalo Woman 1, 2016, Skull by Kevin McKenzie



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## New Canada Pension Plan changes to enhance your retirement

In January 2019, the Canada Pension Plan (CPP) enhancement will take its first step toward improving retirement benefits for all working Canadians.

Starting this January, you and your employer will begin making higher contributions to the CPP. In 2019, the contribution rate will increase from 4.95% to 5.1%. Contribution rates will rise gradually from 2019 to 2025, so you have time to readjust your yearly budget. By increasing your contributions, you'll receive more from the CPP when you are eligible to receive these benefits.

Your employer will deduct the increased CPP contributions from your paycheques as they have in the past. If you file your taxes electronically there will be no extra work for you to do at tax time. If you file on paper, Canada Revenue Agency (CRA) forms will guide you through calculations needed to claim a tax credit on the base CPP contributions and a tax deduction on the enhanced CPP contributions.

The CRA offers resources and tools to help you understand the enhancement, how the enhancement will affect you, and what you need to do in order to be prepared.

Find out more at [canada.ca/cpp-enhancement-employees](http://canada.ca/cpp-enhancement-employees).

[www.newscanada.com](http://www.newscanada.com)



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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. Book before March 8, 2019 to save \$100 pp. **\$5,759** Cdn pp dble occ. **\$7,169** Single. Price includes, Round trip air from Vancouver, Hotel Transfers, taxes and fees. accommodations. Limited seats so book early.



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# AFFORDING THE RETIREMENT YOU WANT



Whether retiring is part of your five-year plan or something of a longer-term dream, it's never too early or late to start thinking about how to pay for the lifestyle you want. In fact, the number one financial concern that Canadians have is saving for retirement.

According to a recent survey by the Chartered Professional Accountants of Canada, 59 per cent of Canadians believe they are either not on track or don't know if they are on track to retire. To steer yourself in the right direction, check out these helpful tips:

Map your finances. Many people believe retirement income should be based on your pre-retirement income. But really the only thing you need to gauge your desired golden years' income on are your planned expenses. If you want to travel the world and live lavishly, you'll obviously need more. But don't forget you'll have fewer of certain other expenses in retirement, too. Things like day care, commuting and saving for retirement won't eat up your income like they do now.

Trim the luxuries. Some expenses are essential, like your mortgage, food and even your kids' education. But look for little luxuries you can eliminate, like your daily latte or pricey gym membership you don't use enough anyway. Bigger treats can also have a big impact — the same survey found that of those who hadn't set aside enough funds for retirement, 73 per cent cut down on travel and 62 per cent cut down on entertainment.

Work with a pro. Over 60 per cent of Canadians have not spoken to a financial advisor about saving for retirement in the last five years. But a financial advisor can help you guide your investments to make the most of your savings. They'll even help you determine the right level of risk for you, depending on how far away your retirement is on the horizon. A chartered professional accountant can look at your spending and find areas for improvement. "Income taxes are a major expense in our lives, so figuring out how to legitimately minimize them is an important goal in planning for retirement," says Blair East, a CPA. "I have worked with many individuals and families over a number of years, often with their investment advisors, and we have been successful in achieving lower income taxes and greater savings for retirement."

Find more information and resources to get on a path of long-term financial health at [cpacanada.ca/financialwellness](http://cpacanada.ca/financialwellness).

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# February 2019

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Seeing Shadow  
Ring  
Love Letters  
Sweet Heart

Ground Hog Day  
Hearts  
Cherubs  
Champagne  
Spring or Winter  
Heart Candies  
Music

Valentines Day  
Flowers  
Candies  
Valentine Cards  
Poems  
Love Hearts  
Better Half

February fourteenth  
Chocolates  
Dinner  
Punxsatawney Phil  
Proposal  
Anniversary  
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# HOW TO HELP YOUR SAVINGS LAST THROUGH RETIREMENT

For many retirees, it can be a challenge to shift mindsets from saving and investing during working years to spending it in retirement. But learning to plan and pace your spending can go a long way toward ensuring your retirement savings will last through your lifetime.

Here are a few tips to get started:

Revisit your budget. As your circumstances change, so will your budget. There are items you may no longer need to purchase, such as commuter passes, workweek lunches or a special work wardrobe. However, other living expenses could increase in later years, such as medical care, supportive living or caregiver costs. Plan for your needs and wants, then be careful about spending outside your budget.

Understand registered plan rules. Be aware of the different features of your savings and investing accounts. Your Registered Retirement Savings Plan, for example, must be converted into a Registered Retirement Income Fund by the time you are 71 years old. Become an active and informed participant in your plans to manage taxes and maximize savings.

Get good advice. Talk to a licensed financial or tax advisor about when to apply for CPP, Old Age Security and your options for drawing on any company pen-

sion plans you may be eligible for. If you have money saved in multiple places (for example, an RRSP, TFSA and bank account), get some advice about where to withdraw money from first. Your advisor can help you plan to achieve your goals so you have peace of mind and are well prepared for your later years.

Find more information online at [investorcentre.ific.ca](http://investorcentre.ific.ca). [www.newscanada.com](http://www.newscanada.com)

# Computer Tech Talk Q & A

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A: Don't forget to use AHCI compatibility mode which is a SATA Controller.

Q: What's the best way to know if the webpage I'm on is secure?

A: Take a look at the address bar & make sure you have an HTTPS at the beginning of the address. This means their website server uses a secure certificate for browsing.

Q: I have an older laptop. What type of issues could I expect when I'm switching suppliers for the Internet?

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## Straight from the Horse's Mouth

By Mel Kositsky

Harness racing continues during the winter months, not only at Fraser Downs in Surrey but at Century Downs in Calgary and some Ontario tracks. Standardbred horses are a hardy breed and can race weekly despite some pretty challenging weather conditions. As long as the tracks' surfaces can be kept in safe and good condition, racing programs will go ahead and that helps to keep the sport a year-round activity.

But once a year the racing industry takes time to honour their athletes and champion horses with award ceremonies and those events are coming up soon, both locally and in Ontario. Harness Racing British Columbia will be honouring the equine athletes and people that have gone the distance to ensure that harness racing continues in B.C. Fans, friends and family members are invited to attend this year's gala event to be held on Saturday, March 2 at Newlands Golf and Country Club in Langley. The evening will feature a buffet dinner, award presentations and dance. This will be a time to reflect on the triumphs of the 2018 racing season and to support your favourite horse or person -- drivers, trainers, grooms and breeders. For ticket information check the website at [www.harnessracingbc.com](http://www.harnessracingbc.com) or call the office at 604-574-5558.

Standardbred Canada will present the 30th edition of the O'Brien Awards on Saturday, February 2 at a Toronto area hotel. The black-tie gala event will honour the best in Canada during the 2018 season and is usually dominated by Ontario interests. Although this year B.C. racing fans will again have a former local trainer to cheer for as Casie Coleman, a five-time O'Brien Award winning Trainer of the Year, is up for more hardware.

In a recent interview with Standardbred Canada, Coleman said she had a pretty good idea there would be a reason for her to attend the awards evening, but was still surprised when she received a call regarding the finalists.

"With the stable getting smaller and smaller,

I know the chance for me to be nominated for Trainer of the Year is definitely going to be a thing of the past soon . . . I thought it wasn't possible now!" Coleman told Trot Insider after her success with O'Brien Award finalists McWicked and Stag Party landed her alongside fellow five-time Trainer of the Year Richard Moreau in this year's balloting. "I never would have guessed with such a small stable to still get nominated for this up against a guy with more wins than I have starts!"

While Coleman in fact only sent 150 starters to post in 2018, 43 wins among them yielded her a 28.7 per cent strike rate, a .412 UTR, and over \$3.1 million in earnings. Her two O'Brien finalists combined for over \$2.3 million of those earnings and 18 wins, among them some high-profile stakes scores on both sides of the 49th parallel.

McWicked cemented himself as a primal force among older pacers in 2018, winning 12 races, banking over \$1.6 million, and completing his season with a five-race win streak including victories in the Breeders Crown and the TVG final. McWicked, an O'Brien Award winner in 2014 as a three-year-old, returns as a finalist in the older pacing category against Nirvana Seelster.

"Wicked was just awesome all season," said Coleman. "Not once was I disappointed with his performance; he gave it all he had every time he stepped on the track . . . that was a fun summer with him."

Despite wins in the Ben Franklin and the William Haughton Memorial along with a 1:46.2 lifetime mark taken in the Allerage at The Red Mile serving as highlights of the son of McArdle seven-year-old season, his victory over the much-hyped Lazarus N in the Canadian Pacing Derby was of special significance to Coleman. (Lazarus came to North America last summer from New Zealand after a fabulous season there.)

In other racing news locally, it was announced that the purse for the 2019 British Columbia Derby will be increased to \$250,000. Racing patron Peter Redekop, who has owned many racehorses over the years, has contributed \$100,000 to the purse of the annual derby at Hastings Racecourse. The Grade 3 Derby, the richest race in this province, will be run for the 74th time on September 7 at the Vancouver track.

Redekop, a member of the B.C. Horse Racing Hall of Fame, won the B.C. Derby three consecutive years - in 2012 with Second City, 2013 with Title Contender and 2014 with Alert Bay.

Hastings will have stakes purses totalling \$2.27 million at its 2019 meeting, which begins April 21 with the \$50,000 Swift Thoroughbreds Inaugural and the \$50,000 Brighthouse Belles. They will be the first of 36 stake races over the 52-day racing season, which concludes October 20.

## THE SURPRISING THING PEOPLE WITH DIABETES NEED TO WATCH FOR

When most of us think about diabetes, feet don't immediately come to mind. However, foot experts say looking after your feet and lower limbs should be a priority if you are living with the condition.

"Over time, diabetes can cause damage to the nerves in the feet, which makes it difficult to feel if cuts or blisters are forming," explains Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "Diabetes can also cause blood vessels in the feet and lower limbs to become constricted, which makes it much more difficult for infections and wounds to heal."

Common foot problems such as calluses, corns, blisters and dry skin can become a serious issue if you have diabetes, as they can quickly develop into deep sores that are slow and difficult to heal. Foot ulcers can easily become infected, and in some cases lead to an amputation if they aren't caught and treated early.

As a healthcare professional specializing in foot care, Harper counsels many people living with diabetes about foot care and ulcer prevention. Here are his top tips:

**Dry skin.** This is a common problem if you have diabetes. Although it doesn't appear serious, dry, brittle skin cracks easily, allowing bacteria to enter which can lead to infections. To keep the skin on your feet soft, use a moisturizing lotion daily. But don't put lotion between your toes, as that area is susceptible to fungal infections. Check your feet daily for cracks.

**Corns and calluses.** Wearing poorly fitting shoes can cause both corns and calluses to form. After your bath or shower, gently remove the excess tissue with a pumice stone. Do not try to cut it off. Speak to your pedorthist about whether foot orthotics or a different brand or size of footwear will reduce the rubbing and shift weight off sensitive areas.

**Blisters.** Ill-fitting shoes can also cause blisters to form. Always wear socks with your shoes and pull them up to make sure there aren't any wrinkles or bumps. If you get a blister, do not pop it. Clean and dry it carefully, apply an antiseptic ointment and a clean bandage.

**Preventative care.** When it comes to diabetes, prevention is best. Wash your feet daily in warm water, but do not soak them. Dry them thoroughly. Check your feet daily for cuts, rubs, redness or any signs of injury. To avoid ingrown toe nails that can lead to infection, trim your toenails straight across.

Always wear properly fitted, closed toe shoes inside and outside. Before putting on your shoes, check them carefully to make sure they don't contain any little twigs or stones. Have your feet examined annually by a Canadian certified Pedorthist or your doctor. Find more information online at [pedorthic.ca](http://pedorthic.ca).

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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.

Most people would prefer to live in their own homes rather than in a care home. Living independently is wonderful and familiar but can be scary when a fall or a medical emergency comes up often meaning one-way trip to the hospital.

I encourage those of you who do live at home to play safe and wear a medical alert bracelet or necklace. "Emergency Response Technologies are important, because falls are the number one cause of death due to injury" in people over age 75. Falls "are also the number one cause of hospitalization due to injury for this age group."

One-third of seniors ages 65 and older fall each year, as do half of people ages 85 and older.

There are different several types of medical alarm systems, but in general, they all include a pendant or a small key chain like device, that has a HELP button that automatically connects the wearer to an emergency dispatch person when pressed.

Thanks to this devise a response button when activated automatically can detect when the wearer falls down. Upon sensing a sudden movement and impact, these devices automatically call the company's emergency dispatcher, who can check with the wearer to make sure everything is all right, and connect the individual to emergency services if not.

That means that devices with this feature can save lives even if the user is unconscious, panics and forgets about the service, or is afraid or embarrassed to call for help.

The latest medical alert devices also have sleeker and subtler designs than older devices, whose designs could be stigmatizing and newer devices use wireless technology instead of radio frequency technology, which means they work everywhere, not just within the home.

For people thinking about getting a medical alert system, there are many options, and the number of

home-based systems can be staggering. Contact your local health authorities for the model that suites you.

I have people say to me all the time I am not old enough. Were all old enough and this could save your life. As we age, mobility often becomes an issue and maintaining good health as well as reducing tripping hazards in your home is most important.

Falls can occur due to any number of reasons as you will read below. I have printed this before and say it again to reduce your risk of falling some guidelines have been listed for you.

Fall Prevention: "stay alert and stay healthy".

Enjoy a walk increasing your physical activity and muscle strengthening. Take a trip to your local community center and relax while enjoying a swim or even better do water exercises to help strengthen your muscles, flexibility and balance.

Proper diet and vitamins are important but consult your doctor first to see that you are taking the right supplements for your body, not mixing properly with your currant medications can cause side effects.

Get yearly checkups ensuring good vision and keep your glasses renewed. Hearing check-ups are just as important for balance.

Find comfortable fitting shoes with good arches for better walking & balance.

I then remembered an old article I had in my files and thought this was worth sharing.

Are you at risk for falls?

Do you ever feel dizzy?

Do you take three or more medications?

Do you drink alcohol frequently?

Do you have foot problems?

Do you have weak muscles or stiff joints?

Do you have to rush to get to the bathroom?

Do you have vision and/or hearing difficulties?

Do you have trouble sleeping?

Do you have trouble concentrating?

Are you ever short of breath?

Have you checked for safety hazards around your home?

Do you walk in places that are uneven, slippery or icy?

Do you have difficulty keeping your balance?

What can I do to prevent falls? If you answered "yes" to several of the risk factors listed above, you should meet with your doctor to discuss your concerns.

Remember:

Falls are NOT a normal part of aging!

You can make changes to your living areas and your behaviors that will help to reduce your risk.

Try to use the same drug store for all of your prescription and non-prescription drug needs. Most drug stores will track your medications and can alert you to any problems or side effects.

If you take a number of different medicines, review these periodically with your doctor.

NEVER share or use someone else's medicine

Some suggestions to make your home safer to help prevent falls.

Safety checklist:

-If you do have to climb make sure you have a proper stool with a balance handle. Do not use your kitchen chairs.

-Make sure electric cords and plugs are in good shape and out of the way.

-Are your stairways well lit, have sturdy handrails and are free of all objects.

-Make sure of your footing before you climb.

-Care full of loose rugs in your home.

-Make sure your bathtub has a tub rail and a non-slip surface.

Over one-third of people aged 65 and over will fall at least once each year. Falls are the most common cause of injury and the sixth leading cause of death for seniors.

Canadians spend about \$3 billion a year on medical care for fall-related injury and women are 3 times more likely than men to be hospitalized for a fall-related injury. 40 per cent of falls that require hospitalization involve hip fractures. Half of the people who have a hip fracture never regain their pre-fall level of functioning.

I have said it before and will once again repeat this article for safety reasons.

Have you done a safety check in the home of your aging parents?

While these were just a few suggestions on preparing your home remember you want your home to be comfortable and safe where everything is easily accessible.

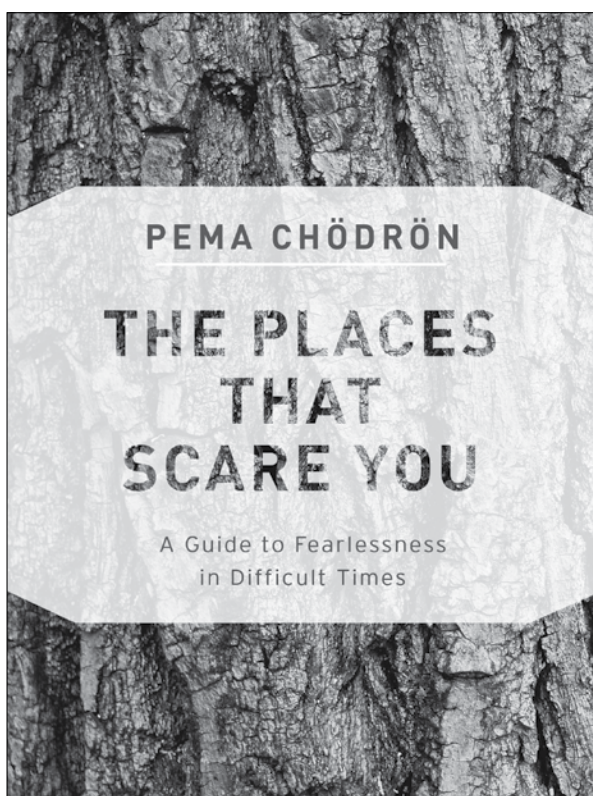
So take care and follow a few simple rules to help you prevent falling.

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

cozycornernews@gmail.com

## AMAZING BOOKS

### THE PLACES THAT SCARE YOU A GUIDE TO FEARLESSNESS IN DIFFICULT TIMES



We always have a choice in how we react to the circumstances of our lives. We can let them harden us and make us increasingly resentful and afraid, or we can let them soften us and allow our inherent human kindness to shine through. Here Pema Chödrön provides essential tools for dealing with the many difficulties that life throws our way, teaching us how to awaken our basic human goodness and connect deeply with others—to accept ourselves and everything around us complete with faults and imperfections. She shows the strength that comes from staying in touch with what's happening in our lives right now and helps us unmask the ways in which our egos cause us to resist life as it is. If we go to the places that scare us, Pema suggests, we just might find the boundless life we've always dreamed of.

"Chödrön has once again proven herself to be one of the very best working in this field." — Library Journal

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can be in bringing order into disordered lives." — Publishers Weekly

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## 3 THINGS ALL SNOWBIRDS NEED TO KNOW

For many Canadians entering retirement, moving to the United States for part of the year is the perfect antidote to our harsh winter months. Yet going for an extended stay is a bit more complicated than simply packing a suitcase and hopping on a plane.

Alain Forget, director and head of sales at RBC Bank, has three must-have items to consider before you leave:

Prepare a cross-border kit to take with you. Border officials will often question your intent when entering the country. To prove your intent to return to Canada, bring your passport, recent telephone or utility bills, your Canadian tax return, driver's license and health card.

Check your insurance coverage. Make sure the policy you have covers hospital and related medical costs, as well as emergency transfer to Canada if needed. Also find out if your policy covers pre-existing medical conditions, consider adding travel coverage and update it if needed before you go.

Keep a record of your medical history handy. This is important if you ever need medical attention because it will provide doctors with details of your medication dosages and other important information they may need. Also, make sure your immunizations are up to date. Before you go, appoint someone as your healthcare power of attorney who can make decisions on your behalf.

Once you get there, watch the calendar. There are different immigration and tax rules depending on your length of stay. For example, if you are in the U.S. for more than 182 days in a calendar year, you



might have to file an American tax return and may even lose your provincial health insurance.

To make day-to-day life easier, consider getting a U.S. bank account and credit card so you will always have easy access to cash, money transfers and payments. Learn more at [www.rbcbank.com](http://www.rbcbank.com).  
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## LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND  
Integrated Health Clinic

### VAGINAL DRYNESS? PAINFUL INTERCOURSE? IT'S ACTUALLY EASY TO FIX!!

One of the most common signs of low estrogen is vaginal dryness & painful intercourse. Bladder leakage & an increased frequency of bladder infections can occur too.

Estrogen is a hormone that thickens, moistens and strengthens tissue in the vagina, urinary tract and in other areas of the body too. Just one week of Bio Identical Hormone therapy can often bring strength back to the tissue, and get rid of unwanted symptoms!

If you are not interested in Bio Identical Hormones there is also an amazing laser therapy with no down time that can strengthen the vaginal canal. This can lead to increased sexual gratification, stronger orgasms & no pain. It is called RenovaLase.

RenovaLase is a painless vaginal laser procedure that works by stimulating growth of the tissue in the vaginal wall.

A healthy vaginal wall is actually not a flat tissue, it is rugated (meaning that it has a series of small folds). These folds give some flux to the tissue. However, when a woman has very low levels of estrogen the folds shrink and the tissue can become flat, thin and

easily torn. When this occurs the woman will experience pain during intercourse, almost like there are small pieces of glass in the vagina!! It's no wonder women lose their sex drive at this point!

Estrogen levels naturally drop in menopause, but in some women their estrogen levels go down to zero & that is when they get symptoms. In menopause (anytime in a woman's life after periods have stopped) there are optimal levels of estrogen, progesterone & testosterone for women. When hormone levels drop below these optimal levels, many symptoms can arise including:

- depression & anxiety
- drooping of all tissue
- hair loss
- insomnia
- hot flashes
- vaginal dryness
- loss of sex drive
- irritability
- bladder infections
- headaches
- low energy
- osteoporosis or osteopenia

We have hormone receptors all over our body and that is why having hormone levels that are too low can cause so many unwanted symptoms.

I am a strong advocate for supporting women in their path to optimal health. I believe that many women suffer unnecessarily & accept the suffering as normal, when there are actually incredibly options out there to support their path to health.

If you are ready to optimize & nourish your body I invite you into my practice for a thorough assessment to help you find the REAL YOU, the OPTIMAL YOU.

Dr. Michelle Willis ND  
Integrated Health Clinic Fort Langley 604-888-8325

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## RETHINKING RETIREMENT FOR FREELANCERS

Trying to plan ahead and staying on top of financial obligations may be hard. It can be even harder when you're one of a growing number of Canadians who have joined the "flexforce," a group that includes gig workers, job jumpers and postponed professionals whose untraditional and sometimes unpredictable employment status make it difficult to feel financially secure.

A recent TD survey reveals that 72 per cent of Canada's flexforce admit that saving for retirement is difficult, while more than half saying they're unable to save as much as they need to meet their retirement goals given their inconsistent cash flow and need to focus on immediate financial obligations versus planning for the long-term.

"Planning for retirement can be overwhelming for most of us – add in the complexity of unpredictable or postponed employment and the challenge gets even tougher," explains Jennifer Diplock, associate vice president of personal savings and investing at TD Canada Trust.

"Our survey results prove that this group has real concerns about their ability to manage their finances as they get older and stop working. For those working in untraditional roles, it's important to plan ahead and schedule regular check-ins with a financial advisor as a way to manage the variables and unpredictability they may experience at work."

Given evolving trends in the workplace, coupled with the changing views of retirement, your financial advisor can help keep your money goals on track when it comes to planning for retirement.

[www.newscanada.com](http://www.newscanada.com)





# Acropolis of Lindos Another Side of Ancient Rhodes



By Rick Millikan

From the medieval port of Rhodes, a Viking Star excursion shuttles us to point near an acropolis predating Athens' own.

Stepping from the bus, guide Cora points out a bronze statue across the street. "That's Cleoboulos known as a benevolent tyrant," says Cora. "Those marble columns rising from that distant mesa form the Acropolis of Lindos, his 6th century BC creation."

Our stroll descends into the whitewashed village of Lindos. Beyond the main square, tethered donkeys await sightseers wishing to ride the steep route to the Acropolis. We walk onward, negotiating the colourful pebbled, but slippery laneways. Occasionally pausing, many of us sniff out open-air bistros, admire a little church...and check out shop souvenirs.

A long, steep stairway takes us between sugar-cube captains' houses and out of the village. Our ascent continues on a cliff side pathway that spirals upward under shady cypress trees. Basking on rocks, cats of all kinds and colours observe our steady progress. Around one bend, embroidered shawls and tablecloths cover patches of grass. Lindos, we learn, has long marketed beautiful handcrafted textiles.

Passing through a stone gateway, we sight a massive trireme relief. "This Rhodian warship was carved into the rock in 180 BC. A General's statue once stood on the prow," Cora notes. "Looking above to the right, you'll see 13th century Basilica of St. John."

The knights' stairway leads us up through another gate and into their castle's small courtyard. "Votives were uncovered throughout the site. Pilgrims often brought terra-cotta statuettes to honour Athena, protector of women," Cora explains. "Some refer to religious banquets and portray males reclining with drinking vessels. Animal figurines like lions praise Athena's power over nature." Passing through a dimly lit castle chamber, we see large bases for religious offerings bordering the walls.

Emerging onto a terrace, Cora points out the foundation of a temple dedicated to Roman Emperor Diocletian and an Ottoman era building. Forty-two lofty columns still outline the Hellenistic Portico's 87-metre length. Cora tells us the Portico served as an art gallery and shelter for pilgrims. A plaque illustrates its grandeur and the magnificence of the monumental Propylaea above.

Its marble stairway still rises skyward, as if ascending to heaven. Climbing to the top, we try to imagine the pictured Propylaea. We learn its

buildings, as the gateway to the main sanctuary, hosted sacred celebrations and feasts. From here, another stairway to heaven led to the entrance of the Athena Lindia's temple.

Bordering the cliff, two rows of four smooth columns identify the 3rd century BC Temple of Athena Lindia, which replaced the temple Cleoboulos built three centuries earlier. Two structures remain inside: a marble table for offerings and a stone base for its famous gold-capped wooden statue of Athena. Finding neither remnants of charcoal nor sacrificial altars suggest animals were not sacrificed for Athena Lindia. Excavated votives such as terra-cotta figurines and baskets further indicate this Athena valued only vegetables.

The natural citadel's wall reflects a history of occupations. Knights of St John Byzantines and Romans built upon and restored the foundations of the Dorian Greeks. Only two of four medieval towers overlooking the harbour, village and principal roadway now remain.

Through wall gaps made for archers, we view St. Paul's southern harbour and small, picturesque beach. Northward, Grand Harbour embraces a more developed beach. And just below lies popular Pallas Beach. Here, we discover, is the sandy shore where Rhodians beached their strong navy of 500-oared triremes.

Our walk through the island village of Lindos and visit to the Acropolis is extraordinary. The reward for our effort is a delightful, insightful overview of Greece and Grecian history.

For Your Planning:

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## Lower Suction Dentures

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

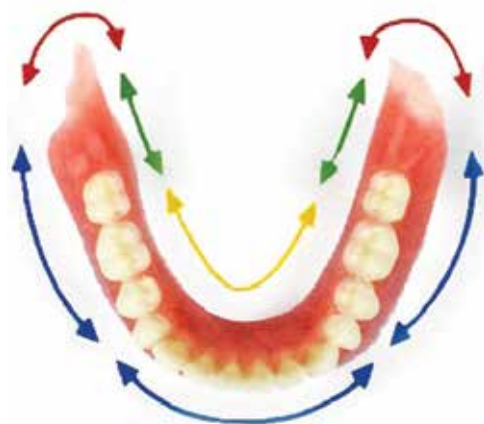
### Why The Excitement?

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.

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Darren Sailer R.D.  
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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](http://www.yourdenture.com) or call the clinic to set up an appointment for a complimentary consultation.



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