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AUGUST - 2019

FRASER VALLEY -
LOWER MAINLAND EDITION

Volume 24 - Number 9

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ACCORDION TO DAN

Seeing an old ad for a nickel bottle of Coke, like Roy Roger's horse, can 'trigger' many a happy memory for seniors. So with a bit of nostalgic 'carbonation', lets 'hop-along' and saddle up with a bit of rhyme to try and quench our thirst for what used to be when we were just a tad younger.

A THIRST FOR THE PAST

Sid Caesar, Milton Berle, Red Skelton, Carol Burnett and Britain's Joyce Grenfell could make us laugh and reprise the past, you bet! Such is the magic of an old cassette, vinyl record or DVD or something perhaps recorded on an ancient Beta or VHS. They help to remind us how things used to be, to provide some soothing comfort from today's fast pace, I guess.

Maybe as far back to when a package of Life Savers was a nickel and so indeed was an ice-cold bottle of Coke. Do you still recall the rich taste of a Revel ice cream bar for six cents or a Fudgsicle for seven cents. How about the comedy of Canada's Wayne and Schuster, Victor Borge and of course, Bob Hope and his sponsors, like Pepsodent and Swan soap.

In the USA today, the term inches, miles and Fahrenheit are still used even though, ironically, they broke away from England in 1776. However, in Canada, a number of us seniors still find the metric system which we adopted a few decades ago somehow doesn't 'measure up'!

DE-'FEET'-ED

The old system remains our 12-inch ruler. That tongue twister 'Peter Piper picked a peck of pickled peppers' has lost its meaning, even though we can still grow peppers in a garden! I'd sooner rely on the old yard stick to measure, because 'pound for pound' it's still part of our school vocabulary. It was drilled into us like those ink wells in our desks, days that were such a pleasure. Dinosaurs like myself warm up to such a degree.

The new system, like a new language, still can create anguish because deep inside it still doesn't make an ounce of sense. We've allowed, five thousand two hundred eighty feet equals a mile to wither. I preferred the old British pomp and circumstance. Those days of Maypole dancing and the Dominion that used to be. One can feel nostalgia for the bushel as opposed to today's many advancing changes.

CARTOONS AND ALL THAT SHOW BIZ

Do you still recall Bugs Bunny exclaiming "What's up Doc?" and Sylvester's "Sufferin' succotash"? And all those other cartoon characters that were so funny. "I tawt I taw a puddy tat" maybe helps unlock memories of Tweety Bird at your local movie theatre, and of course, Uncle Scrooge who was always so tight with his money. Back in the fifties and sixties with Jim Backus who did the voice over for Mr. Magoo and those nostalgic days watching Movietone News, pre-views and cartoons. Those times now projected through memory, help us to renew and suddenly, allow the magic of the past to bloom.

Do you recall the posters of the movie greats, placed outside your favourite theatre? What about those matinees with Ma and Pa Kettle, or the Bowery Boys? Oh what a thrill we experienced as kids. We still recall the thrill when the curtain opened to The Three Stooges or Donald O'Connor and his talking mule, way back when us seniors were still in elementary school.

HIGHER EDUCATION

The chalk dust of the sixties in high school may bring back a memory or two of the following:

HIGH SCHOOL MEMORIES AND REFLECTIONS

Do you remember those days in high school Industrial Arts (IA) for us boys and Home Ec class for the girls. Sure has changed, eh? Did you recall having



There was a time well before the Pepsi Generation when an ice cold Coke cost a nickel! (Photo: Dan Propp)

to write the Provincial Departmental exams for entrance to University.

With just a C+ average, the university would still often open its doors. Today such a possibility would be considered a joke. Mostly those who can afford it and earned the highest scores are accepted. Some suggest it has become an industry that churns out degrees, plus the cost of a few textbooks can be higher than the total tuition fees in the sixties. As well the basic living costs for many are out of this world. Some believe the system these days is driven less by knowledge than ambition. Such by degree sadly so much of reality today has unfurled.

CROSSING STREETS THESE DAYS

Many seniors love to go for a walk in Greater Vancouver but the traffic has increased exponentially. Crossing many a busy street these days is anything but

a picnic. Thus this bit of rhyme this summer to consider.

GOOD LUCK CHARLIE

I'm finding it increasingly a challenge these days. With the increase in vehicle traffic, and the hand signal lights beginning to change half way while crossing the street, we've reached a new phase. The way some drivers try to beat the light turning many a busy corner, heavens to Pete. Making that switch with a second or less before its our turn, some drivers, it seems, perceive us as just dots on a computer game screen. Motorists operate a vehicle, not a virtual reality scene.

Have a safe summer everyone!

Please visit www.Nostalgicroads.Weebly.com

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TODAY'S SENIOR NEWMAGAZINE LTD.
Fraser Valley / Lower Mainland Edition
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8
E-Mail: todayssenior@shaw.ca

Publications Mail Registration #40025695
Printed in Canada, Blackpress

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Next Publication Date:

Wednesday, August 28th 2019

Telephone Contact Numbers

PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188

Main Office (previous) 604-574-1964

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Tuesday, Wednesday, Friday

Online: todaysseniornewsmagazine.com

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By Ursula Maxwell-Lewis

Corsier-sur-Vevey, Switzerland: Charlie

Chaplin is no longer a household name, but tributes to his brilliant film work and intriguing life live on at his former Lake Geneva home. This year, the 130th anniversary of his birth (April 16, 1889,) I was delighted to have the opportunity to drop by Chaplin's World to pay my respects.

Chaplin's early life was the stuff of Victorian tragedies. Born into east end London poverty in 1889, he was sent to the workhouse twice by the age of nine. At 14 he was parentless due to an absentee father and a mother lost to suicide in a mental institution. Perhaps this partly explains why he was later quoted as saying, "Nothing is permanent in this wicked world - not even our troubles." Despite all this - or perhaps because of it - his resilience, ingenuity, talent, perseverance and personality made him a world famous celebrity by 1919.

The Tramp, the silent film character with which he is synonymous, reduced audiences to tears in films like City Lights and left them laughing (and deliberating) in Modern Life. The Great Dictator, his Hitler-based anti-fascism satire, earned five Academy Award nominations. His repertoire as actor, producer, writer, director, and businessman is lengthy and legendary.

Scandal erupted in 1943 when the thrice-married 54 year-old Chaplin married 18 year-old Oona O'Neill. Despite being disowned by her prominent family, the successful marriage produced eight children and was what Chaplin called "the best thing that ever happened to me".

When the United States revoked Chaplin's visa during the McCarthy era Manoir de Ban became the family's safe haven and home until his death on Dec 25, 1977. His response to the Congressional action was: "Whether I re-entered that unhappy country

SWITZERLAND: EXPLORING CHAPLIN'S WORLD



or not was of little consequence to me. I would like to have told them that the sooner I was rid of that hate-beleaguered atmosphere the better, that I was fed up of America's insults and moral pomposity."

In 1972 Chaplin did (hesitantly) return to the US to accept two Oscars and a thundering 12-minute standing ovation. His acceptance was gracious and very moving.

The Chaplin story is told through artifacts and letters in Manoir de Ban. Pictorial insights into family life, a mindboggling array of legendary associates (Albert Einstein was a close friend) and numerous honours and awards - including his knighthood bestowed by Queen Elizabeth II in 1975 - are attracting a new generation of movie enthusiasts.

A few steps down the gravel driveway a Chaplin's World theatre (opened in 2016 after 15 years of planning) shows Chaplin film clips and offers visitors opportunities to insert themselves into recreated film sets for souvenir selfies. Young children were clearly fascinated by Chaplin's on-screen antics and perfectly at home on the sets. I think Sir Charles and Lady Chaplin would be delighted.

Wandering through the manor I was aware of the peaceful expanse of lawns stretching through tall evergreens to Lake Geneva and majestic mountains beyond the long elegant windows. I could imagine why the Chaplins fell in love with the property.

Chaplin's World (with an appropriately named bus shelter) is just minutes by Post Bus up the hill from Vevey, a very walk able town which I regretted not having more time to explore.

Sir Charles and Lady Chaplin are buried side by side in the nearby Corsier-sur-Vevey cemetery. But, I have a feeling that if Sir Charles had known his final journey involved a devious detour it might have



inspired another film.

On 1 March 1978, a Polish and Bulgarian immigrant dug up Chaplin's coffin in a ransom attempt. Police apprehended the pair in May 1978. The coffin was discovered buried in a nearby Noville village field. It was then re-interred in the Corsier cemetery - securely protected by reinforced concrete. Switzerland remains The Tramp's refuge.

Go to www.chaplinsworld.com for more information. An archive of 10,000 photographs from Chaplin's life and career is kept at the Musée de l'Elysée in Lausanne, Switzerland.

If you go: A Swiss Travel Pass offers unlimited hassle free bus, train and waterway access throughout Switzerland, plus many more benefits. Full info at www.SBB.ch or MySwitzerland.com

Air Canada offers regular Vancouver-Zurich non-stop summer services.

Ursula Maxwell-Lewis is a Surrey-based writer and photographer. Contact her at uttravel@shaw.ca

Photos:

TOP: A film set at Chaplin's World, Vevey, Switzerland

BOTTOM: Chaplin's study at Manoir de Ban. Photos by Ursula Maxwell-Lewis

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

Lillian, Surrey



GIACOMETTI COMES TO VANCOUVER ART GALLERY.



By Lenora A. Hayman

This summer from June 16 to Sept.29, 2019 the Vancouver Art Gallery is presenting ALBERTO GIACOMETTI: A Line Through Time.

Alberto Giacometti (1901-1966) is one of the greatest sculptors of the first half of the 20th century. The exhibit includes not only his sculptures, but his paintings, drawings and lithographs.

Giacometti grew up in the village of Bregaglia, Switzerland, where his family were artists, designers and architects. At 13 years old, he produced a bust of his brother Diego.

In 1922, Giacometti moved to Paris, where he encountered the principles of the Cubist and Surrealist artists. Ten years later he had his first solo exhibit. In this exhibit we also see works of his contemporaries, such as Jean Dubuffet, Germaine Richier and Cesar.

After WW11, Existentialism, emphasizing the individual person as a free agent, who determines their own development was made famous by Jean-Paul Satre. Writers Samuel Beckett, Albert Camus and Jean Genet embraced Existentialism too.

The elongated arms and legs and emaciated bodies sculptured by Giacometti shows the underlying post WW11 trauma.

This exhibition has 4 key themes that trace a line through Giacometti's career, Ancient Art and Influences, The Studio, Paris and Post-War Art and Giacometti and British Art.

Enjoy your summer visit.



Photos:

TOP LEFT: Bust of Diego, brother of Alberto Giacometti.

TOP RIGHT: "The Stranger, 1954"

BOTTOM LEFT: Giacometti-04 "Standing Woman, 1958-59.

BOTTOM RIGHT: Man Walking (Version 1), 1960. by Alberto Giacometti

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THE PHARMACIST REVIEW

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

POWER-UP WITH CREATINE

Creatine has had a bad rep over the years. It is often thought of erroneously as an illegal supplement used by athletes and body builders to improve muscle performance. However, it is considered a legal substance by the International Olympic Committee and National Collegiate Athletic Association (NCAA), and is not on the World Anti-Doping Agency list of banned substances. Creatine (aka. methylguanidine-acetic acid) is a naturally occurring amine found most often in red meat and seafood. The body makes 1-2g daily and another 1-2g is sourced from food every day. A small amount is found in the brain, heart muscle, testes, and retina, while 95% of it is found in skeletal muscle as creatine and phosphocreatine. Supplementation is thought to improve athletic performance and enhance muscle strength. Orally, it is commonly used for age-related muscle loss, inflammation of joints, Parkinson's disease, surgical recovery, and many other ailments. Under proper use, it is well-tolerated with minimal risk of side-effects or harm to your kidney or liver.

Age-related muscle loss can have serious consequences. Not only are you less physically strong, but you may experience reduced ability to perform daily activities and maintain balance as you stand or walk, increasing your chances of falling and increasing the risk of fractures. Preventing this muscle loss is crucial, and that is where creatine comes in handy. For most clients, we really like ZIPFUEL™ by PRARIE NATURALS. It comes in a delicious naturally flavoured orange-mango or wild berry powder, which is pH-balanced and easily-absorbed. Its active ingredients consist of 3 forms of high-quality creatine: creatine monohydrate, creatine alpha-ketoglutarate and tri-creatine malate. It improves muscle power, strength and tone, as well as give you a safe burst of energy. The formulation is beneficial for those suffering from traumatic injury or surgical recovery. For those doing physical training, creatine can also help with anaerobic "short-burst" performance via enhanced ATP production. Overall, it can help reduce inflammation from exercise and minimizes lactic acid build-up.

What is a safe dose? With ZIPFUEL™, you would take a 7.5g scoop once daily (or up to twice daily on exercise days). You must consult your physician or an integrative pharmacist such as those at CLOVERDALE PHARMASAVE or PHARMASAVE STEVESTON VILLAGE prior to use (especially if you are on an anti-inflammatory drug, or certain antibiotics) and follow the product label of the creatine you choose. Generally, 25g daily is a safe loading dose (for up to 14 days) and 4-5g daily would be a safe maintenance dose. Regardless of the formulation of creatine, be sure to drink adequate fluid: minimum of 2L daily, and 1-2 glasses extra with each of your creatine doses.

If you are looking for a safe, delicious way to minimize muscle loss, improve muscle performance, while minimizing overall inflammation, then ZIPFUEL™ creatine could be your answer.

(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.)



60 IS THE NEW 40: ENJOYING A HEALTHY, ACTIVE LIFESTYLE

When you hear people say 60 is the new 40, it simply means that nowadays, retirees are enjoying active lifestyles and staying healthier longer.

If you're a retiree and looking for a way to maintain a healthy lifestyle as you age, you could consider purchasing a home in a land-lease community.

When you own a land-lease home, you are part of a community of like-minded individuals who take advantage of the amenities that are available. Typically, in a land-lease community, you find a variety of activities from fitness classes to indoor swimming pools, well-maintained walking and biking paths, exercise rooms, tennis courts, golf and much more.

But being active isn't just about exercise. It also means getting together with friends to play cards, have a barbecue or enjoy group gatherings such as dinners, dances and impromptu get-togethers.

The active lifestyle also goes beyond the actual community. For example, if you purchase a land-lease home from Parkbridge, many of their properties are located in picturesque settings close to larger urban centres.

Within a short walk or drive there are many activities that include golfing, shopping, cafes, restaurants, beaches, wineries and much more. Many communities are situated in sought-after destinations just waiting to be explored.

Land-lease homes are also typically easier to maintain and manage, and because they are a less-expensive way to enter the housing market, retirees are able to spend more of their money on life's other priorities, such as travelling or purchasing a membership in a social club.

Retirees have done the hard work and deserve to truly enjoy an active retirement with ample energy and good health. Land-lease homeownership unlocks a wealth of opportunity to thoroughly enjoy an active lifestyle as you age in place.

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Straight from the Horse's Mouth

By Mel Kositsky

The horse industry is now facing a new problem right across North America. It was bad enough that competition for the sports betting dollar was hurting the sport, now extreme weather conditions are playing havoc with racing schedules.

In late July a number of major race tracks, including Woodbine in Toronto and Saratoga in upper state New York, were forced to cancel racing because of high heat and humidity. Some tracks delayed afternoon racing until cooler evening temperatures made it more comfortable, but any time there are late changes to scheduled events, it makes it more difficult to attract patrons to the sport. There are just too many distractions out there. Even a "live" television broadcast of a major three-year-old race had to be postponed -- but that happens many times in sports like baseball and golf.

While some places suffered from the heat, other locations such as New Orleans, were confronted with flooding issues due to heavy rains and hurricane-type conditions. And on top of it all was this new sensitivity to media coverage of alleged animal abuse, which has the whole industry rethinking training methods and the safety of track conditions. An unusual amount of training accidents and broken legs causing deaths to racehorses has gained national attention and animal rights protesters have renewed interest in an old target.

Accidents happen in all sports, especially car racing, but strangely we don't go overboard when a human athlete is injured or even killed. It is tragic, but accepted as part of a high-risk event. Just ask mountain climbers.

A veteran jockey from Hastings Racecourse in Vancouver is now recovering from injuries suffered in a fall on July 14 and a GoFundMe page has been set up to help with extensive recovery costs. Jeffery Burningham suffered a broken shoulder and ribs,

bruised lungs and a broken L3 in his back. According to the information on that page, it says "We are raising money to help relieve the financial stress to the everyday expenses, assist in funding therapies needed and to his overall recovery."

According to a Hastings news release, Burningham, 47, was injured that Sunday when his mount Proud Cause clipped heels with the horse in front of him approaching the final turn. Burningham was unseated and lay motionless on the track until attendants got to him. Racing Secretary Nichelle Milner, a former jockey herself, helped organize a GoFundMe campaign in support of the Burningham family ... Jeffery, Lacie, daughter Larissa and son Ethan.

Burningham has recovered from racing injuries before. In a 2016 interview with the Vancouver Sun, Burningham said: "A couple of years ago I just about killed myself in a riding accident. I had a collapsed lung, five broken ribs and suffered a severe concussion. Doctors told me I'd never ride again."

This time doctors at VGH were able to operate on his back a few days later. They removed the old hardware he had from a previous injury years ago with new rods and there are more operations to come. Burningham has a long road ahead of him for recovery.

The increasingly popular Friday Night Live race cards are now underway at Hastings Racecourse in Vancouver and will continue throughout August, concluding on September 6. Along with an altered schedule during the Pacific National Exhibition later this month -- when there will be Monday evening racing, starting at 6 p.m. -- thoroughbred racing will continue until the end of October. The start time for the season's traditional showcase events -- BC Cup Day on August 5 and BC Derby/Oaks Day on September 7 -- will be moved to 12:50 p.m., one hour earlier than regular weekend and holiday post times, which are at 1:50 p.m. The summer/fall racing calendar and stakes schedules are available at hastingsracecourse.com.

A familiar face recently appeared in the winner's circle at Hastings. Darrell Jones -- known from his Save-On-Foods grocery chain television ads -- was there as a winning horse owner of Commercial Appeal, who provided up-and-coming trainer Tara Neigel with her first win of the 2019 season. Commercial Appeal, a seven-year-old grey mare, rallied in the stretch under jockey Denny Velazquez to get the nod in a photo finish with P G Star. He is one of two thoroughbreds Neigel trains for D J Racing.

"I know his daughter quite well from racing," she said in a news release. "The Jones family has been involved in the industry for many years, dating back to when Peter Stephen was their trainer."

Neigel acquired her trainer's licence in 2009 after grooming for Dave Forster, Rob Gilker and more recently Glen Todd, where she doubled as a pony out-rider. "I just recently went out on my own and my mission now is fill up my barn."

Darrell Jones' presence as an owner in the winner's circle instantly got the attention of racing fans along the outside railing who warmly acknowledged his celebrity status. Business in Vancouver magazine described the president of Save-On-Foods as "an affable guy with an aw-shucks manner and small-town charm". Jones was born in Cranbrook and began his career bagging groceries while he was still going to school. Today he oversees some 20,000 employees for the largest retail food company in western Canada.

IS THIS SIDE EFFECT NORMAL?

We're all familiar with the possibility of side effects when we take prescription pills. But did you know that other health-care tools can also cause concerns? For example, medical devices— everything from pacemakers to prosthetics to bandages—have also been linked to adverse reactions.

Canadians rely on medical devices to maintain and improve their health and well-being. Canada has one of the best regulatory systems in the world for medical device safety. But while all medical devices and medications have benefits, they can also have risks and potentially serious side effects.

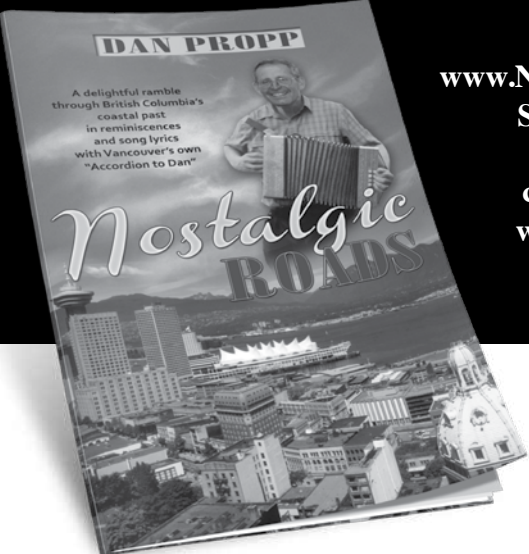
The more you know about your medical device and the more you talk to your health-care professionals, the easier it is to avoid problems. It is important to go to all of your medical appointments and to talk to your team of care professionals—including doctors, pharmacists, nurses or physician assistants—about your medical conditions, the medications you take, the medical devices you use and any health concerns you have.

It may help to make a list of comments, questions or concerns before your visit or call. Also, think about having a close friend or relative come to your appointment if you are unsure or if you would like someone to help you understand or remember answers to your questions.

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D'arcy Hamilton



5 TIPS FOR A HAPPY RETIREMENT

When planning for retirement, many boomers are concerned about the financial aspects, but don't focus on preparing to live the lifestyle they want. In other words, deciding what they want to do with the rest of their lives.

Financial issues aside, there is a lot that retirees can do to make retirement a great time of life. Here are a few tips to help you retire happy and enjoy to the fullest the life you've earned:

Make meaningful plans. It's important to consider what will make you happy. Maybe you'll take up a hobby you've always wanted to but never had the

time for, like painting or writing. Or perhaps you'll set travel goals, like a cross-Canada RV tour or a cruise. Make meaningful life plans and tick off your experiences as you move ahead in fulfilling your dreams.

Increase your financial stability. If you can't afford to retire yet, what about partial retirement? Or do you have the opportunity to downsize? Many Canadians are unlocking the money from their large and now hard-to-maintain homes by purchasing more affordable homes and freeing up money for what matters most during the retirement years.

Develop new friendships. Studies say that those who have strong social networks are 30 per cent happier with their lives than those without them. Many land-lease communities, like Parkbridge Communities, offer an instant social network by virtue of walkable communities with resident-run social clubs and

activities. It's like loneliness insurance.

Stay healthy and active. When you feel good, it's easier to stay positive and be open to new experiences. Be sure to eat well, get a good night's sleep and stay physically active. Many retirees make a commitment to stay active by residing in land-lease communities that have built-in fitness facilities, pools, tennis courts, walking and biking paths and golf courses – amenities that help you easily lead an active and healthy lifestyle.

Volunteer. Getting involved in your community and helping others is a great way to give back. It is also a wonderful opportunity to make new friends. Check out your local community for volunteer groups or organizations that fundraise for local charities, making volunteering impactful and easy.

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A SMALLER HOME CAN CUT YOUR COSTS AND WORRIES

The kids are long gone, you're in a big home that requires a lot of maintenance and is expensive to heat and cool. You're also thinking it's time to explore a different kind of living. So why not downsize?

With downsizing, however, comes hard decisions. Should you stay nearby or leave town? Do you want to live in a condominium or single-family home? Making the wrong move will cost you and maybe you'll have to relocate once again.

According to recent studies, people downsize for a variety of reasons – a desire for lower monthly housing costs, a larger home is too much work, there are fewer family members in the household and not as much space is needed, and the wish to free up cash from a prior home while building equity in another.

Whatever your reason, the solution may be a land-lease home where you buy the home outright and lease the land. By downsizing from a larger house with higher costs into a land-lease home, retirees can free up cash for more important things in life.



The key to the affordability of land-leasing is that you pay for just the home and not the lot it sits on, making it much more affordable. This means you're then free to do whatever you wish with the money you unlock from the sale of your current home, or money you're not paying the bank in big monthly mortgage payments.

What you do with that money is your choice. Many land-lease homeowners are snowbirds or frequent travellers. Some purchase nearby golf memberships or their dream car or boat, or simply create more retirement savings that may not be possible otherwise.

Moreover, land-lease homeowners continue to build equity because they own the home. Market analysis shows that well-maintained homes in land-lease communities appreciate in value similar to freehold homes in the same market.

And, since land-lease communities are also often located in picturesque settings a short drive from larger urban centres, the model may be an attractive housing option for retirees who are considering downsizing as their needs change.

Find more information at parkbridge.com.
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Including fresh mushrooms is a great way to add tasty nutrients to any meal. 100 grams of fresh mushrooms counts as one serving of vegetables. Mushrooms are low in calories, carbs and fat. They provide vitamins, minerals, fibre, antioxidants, and are the only vegetable with vitamin D. Not to mention they also have no cholesterol or sodium.

By blending beef and mushrooms together, you help to bring another serving of vegetables to the plate, add volume to meals and extend portions. Blending also decreases calories, lowers saturated fat and cholesterol content, adds flavour and boosts umami. With one simple ingredient you can elevate your dishes to a whole new level of tasty.

Learn more about blending mushrooms into your meals at mushrooms.ca.

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PROFILE

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HOME IMPROVEMENT
“ASK SHELL”
By Shell Busey

Dear Shell,
We will be re-roofing our 1250sqft two bedroom rancher this summer. We will be changing from cedar shingle to duroid or fiberglass laminated shingle. My question is, once the roof is stripped can I use an O.S.B. board over top of the 1x4 stripping? Or should we use conventional plywood. The house is 13 years young with a roof pitch of 4/12. Shell could you please suggest some building materials and a good pennywise roofer. Thanks for your column and advice. Please continue to keep up the hopes of all us do-it yourselfers.

Thanks, Rick in Tsawwassen
Dear Rick,

Re-Sheathing your roof good, better, best my choice for the best would be 1/2" plywood, 2nd choice OSB 7/16". After plywood or OSB is applied a roof seal membrane and Roof Eave Starter for 1st row is applied. Consider ridge venting along the length of the roof. Good, better, best roofing my choice would be 30 year or 40 year fiberglass reinforced duroid.
When hiring a roofing contractor, you would be well advised to use a certified (by the manufacturer) roofing contractor to apply in order to be covered by warranties by the manufacturer. Good Luck and thanks for your comments.

It's just that easy.
Shell

Question from Helen in Delta, BC -----

Dear Shell,
After 24 years it is time to replace my shake roof. The type I have now is the 24" long heavy duty type. Today there are so many options so it is difficult to make a choice. My main concern is to purchase a roof of good quality that will be fairly trouble free. One individual I have checked with has suggested either taper sawn shakes or a reinforced fibreglass material. Can you give me your opinion of a good roof for our climate?

Thank you, Helen
Dear Helen,

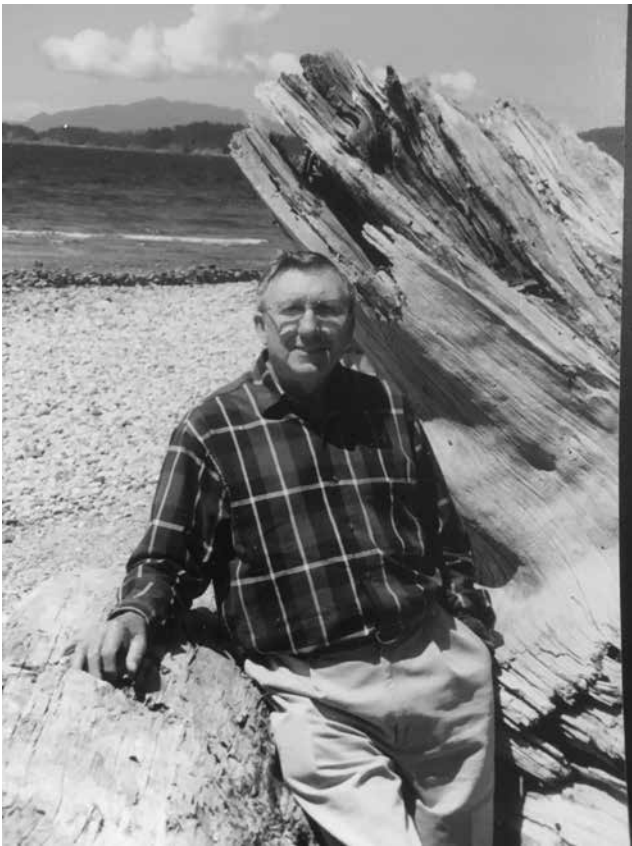
The two choices you mention are totally different from one another. To replace your cedar shake roof with another cedar roof, the taper sawn or 24" split face would be good choice's and even better would be to have them pressure treated before installation. This product is best installed by a qualified cedar producer and installer, your home values will hold up as well because of the street appearance.
The duroid fibreglass reinforced shingles would be my 2nd choice, especially when you consider the 40-year warranty of the fibreglass-laminated membrane. Note: Plywood or OSB (Orientated Strand Board) roof sheathing will be required. The use of a name brand reinforced fibre glass duroid shingle will insure you of the best installation and industry leading warranties. Call Rona Tsawwassen for a qualified roofing installer in Delta and Richmond area for the fibreglass reinforced duroid.

It's Just That Easy -Shell

Happy 90th Birthday Earl Tucker!



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HAPPY BIRTHDAY - EARL TUCKER
Turns 90 years young August 9th. Earl worked in the Credit union reserve board for many years before retiring in Gibson's on the Sunshine Coast. He loves his children and grandchildren dearly and has a happy relationship with Glenna celebrating 30 years together. Earl who loved boating/fishing and everything cowboy (born in Miami Manitoba) will be celebrating his birthday with all his family and friends in eagle bay.

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- Q: What happens if you install an SSD hard drive into my laptop & it doesn't speed it up?
A: There's no obligation & we'll show you for free! You'll be amazed with the increased performance! Everything will respond a lot quicker.

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MAKE THIS YOUR SUMMER OF SELF-CARE

Summer is a great time to relax and unwind, focusing on your physical and mental health. But sometimes the whirlwind of activities and having the kids home can get in the way of making this a time to destress. Get your self-care in check with these tips and ideas:

Spend time outside. There's nothing like enjoying fresh air, sun and nature to make you feel calm and centred. Pick an activity you truly enjoy doing outdoors – whether it's walking in the park, swimming, gardening, golfing or picking berries. When travelling, check with your local hotel on services they offer. The Westin brand, part of Marriott Bonvoy, offers free bike rentals to guests so you can explore cities and parks.

Treat yourself. You don't need a reason or an excuse to do something nice for yourself, like planning a weekend getaway or a day at the spa. If you have a rewards program like Marriott Bonvoy, you might even be able to book a treat using points.

Get organized. Knowing you have a list of things to do can be stressful. Instead of trying to do it all or ignoring it and letting the worry get to

you, focus on a few key tasks or projects to chip away at. Whether it's getting the kids' school supplies or reorganizing your closet, tackle things one at a time with patience.

Recommit to wellness. Between barbecues and days spent lounging in the sun, it's easy for our health goals to fall by the wayside during the warmer months. But eating well and exercising help us feel our best, so make a commitment to balancing out well-deserved summer indulgences with nutritious, in-season produce and regular physical activity.

Diet without dieting. Summer is all about outdoor events, reconnecting with friends and added office parties. If your calendar is full and you're worried about overeating, follow this rule: You can have some, but don't have it all. If you really want that piece of pie at a bbq have it. But skip the other high calorie options like dips, cheese and extra cocktails.

www.newscanada.com



LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

TIRED OF BEING TIRED?

HERE ARE 7 COMMON CAUSES OF FATIGUE COMMONLY FOUND IN SENIORS;

1. **Low Iron:** Many people have suboptimal levels of iron: Ferritin (your storage iron) should be 65 or above. If it is lower than this then fatigue, breath hunger, heavy legs &/or hair loss can all occur. Low iron is common in seniors, partly because to absorb iron we need optimal levels of stomach acid. As we age our stomach acid levels can drop. Or sometimes people have heartburn so are put on acid lowering drugs – which can then lead to lower iron levels.

2. **Low Hormones:** For women Estrogen, DHEA and Testosterone provide us with energy! If your hormones are low your energy can be negatively impacted. For men it is mostly Testosterone & DHEA that impacts the energy. As men age they tend to shunt their testosterone to estrogen which can also impact the energy negatively and increase the size of the breast tissue.

3. **Low Thyroid:** Sometimes people do not convert their storage Thyroid (T4) to their active form of thyroid (T3). We need zinc, selenium, iodine, progesterone and iron in order to do this effectively. Synthroid is a form of T4.

4. **Adrenal Fatigue:** Chronic stress & malnutrition can lead to lower levels of cortisol. If you get dizzy when you stand, get sick often or can't clear flus very fast - low cortisol may be the issue. Sometimes adrenal fatigue will present as low energy all day followed by feeling better after 8 pm. The adrenals thrive with vitamin C, B5 and herbs called Adaptogens – along with stress management techniques.

5. **Insomnia:** This is basic – but most people need 8 hours of sleep & if you are not sleeping through the night due to low magnesium, low melatonin, adrenal fatigue or low hormones for example – then your energy will often be very low.

6. **Blood sugar problems:** Type 2 Diabetes can also cause fatigue: A meal that has sugar in it or not enough protein can cause a big lull in energy for the day. So focus on really high fiber food, lots of protein, lots of vegetables, nuts and seeds & healthy fats. Skip the refined foods that are processed & avoid sugar and sweets. Try having fresh fruit as a treat instead.

7. **Vitamin & Mineral deficiencies:** A whole foods diet is amazing for the body. That means eat everything in its whole form: ie, meat, vegetables, fruit, nuts, seeds, whole grains (like brown rice, quinoa, millet). Take your time to chew your food & you can always add in a basic digestive enzyme too. A basic Multi Vitamin/ Mineral supplement can really help also.

You can live super optimally in all decades of your life. Finding the cause of your fatigue is the first step to living your best life. Every step you take toward your health will have a huge impact on your life. You are worth it.

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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.

Every now and then I enjoy sharing bits and pieces of the past and hope you have not forgotten. Last month I shared a few and now

"The Apron"

Every house had one in my day and I hold fond memories of my mom baking and her apron covered with flour.

The principal use of Mom's/Grandma's apron was to protect the dress underneath, but along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the fall, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

My mom was also a big believer in cedar chest.

I too followed her example and purchased all my girls each one. Unfortunately cedar chest or hope chest as we called then are dying out but I do smile to myself when I see them all still sitting somewhere in each their homes.

Cedar Chest, Wiki tells us: A hope chest is based on older cultural ideas and expectations. It was a chest or trunk for a young woman to collect the things she'd need to start off a household -- in "hope" of marriage and starting her own home.

After that use, it would be used for storage. Sometimes it is used for regular storage, and sometimes for special, sentimental mementos. Hope chests are often lined with cedar making them a good place to store linens.

The cedar lining is a natural repellant for many pests, especially moths.

When I visited my mother's sister many years ago we were pleasantly surprised when my cousin Claire presented us with my mom's original baby outfit, which had been stored in her cedar chest the last 60 or so years.

Hope chests often have sentimental associations and may be passed from generation to generation.

An old tradition was to use it to collect the things a young woman would need to start her own household. And once that household was started, the chest could serve practical purposes, but it often was used to save precious mementos, such as a baby's Christening gown, a wedding dress, a quilt made by a beloved relative, love letters or other items needing protection from the elements and pests.

The cedar chest's rich history shows:

Ancient Egyptians used cedar chests to protect their golden treasures and keep important papyrus

documents in prime condition. Carved from a single solid block, one-piece cedar chests remained unchanged for thousands of years.

During the European Renaissance, cedar chests experienced a revolution, when one-piece carving was replaced with panels. Now easier and cheaper to make, cedar chests became more prevalent. With the addition of drawers, they also became more useful.

Colonists making the great oceanic crossing often had but one piece of luggage for the entire family: the chest. Cedar chests of this time were based on popular coffer owners by wealthy Europeans.

In America, the traditional construction continued in New England. Even if a chest was made from mahogany, cherry, or walnut, cedar lining was added due to its natural protective qualities. Were other woods fail, cedar chests repel insects and fungus.

An essential vessel for keeping clothing and valuables, colonists found many ways to use cedar chests. Because chairs were additional expenses, cedar chests provided convenient benches. They also kept blankets and warm clothing for the long winters. With no space for closets or wardrobes, cedar chests helped colonists use space wisely and efficiently.

Many families sought opportunities in the west. Crossing the plains was long and dangerous. Traveling light was essential, and entire lives were crammed into a single cedar chest. The contents represented hope and the foundation of a new beginning.

The cedar chest's rich history is filled with stories that you can read today, each sharing their own secrets and memory pieces.

Oldie but goodie;

Interesting facts about a Banana that we could benefit from:

Bananas contain three natural sugars – sucrose, fructose and glucose combined with a fiber, a banana gives an instant sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

Energy isn't the only way a banana can help keep us fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by Mind amongst people suffering from depression, many felt much better after eating a banana. This is because Tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills. Eat a banana. The vitamin B6 it contains regulate blood glucose levels, which can affect your moods.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so help in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so the US Food & Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Tw Ickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore bowel function, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and with the help of the honey builds up the depleted

blood sugar levels, while the milk soothes and rehydrates your system.

Heartburn: Bananas have a natural antacid in the body, so if you suffer from heartburn try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work: Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be high-pressure jobs.

The report concluded, that to avoid panic-induced food cravings we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperatures of expectant mothers. In Thailand for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD suffers as they contain a natural mood enhancer Tryptophan.

Smoking: Bananas can help people trying to give up smoking. The B12 they contain as well as the potassium & magnesium found in them help the body recover from the effects of nicotine and withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine" eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin V and iron and twice the other vitamins and minerals.

It is also rich in potassium and is one of the best value foods around. So maybe it's time to change that well known phrase to "A banana a day keeps the doctor away!"

For you summer gardeners:

I just learnt that if you take the banana peel

Cut it up, soak the pieces of peel in water for a few days, drain and throw out the peel, the juice left makes excellent plant fertilizer.

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

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Write as I Please

By Mel Kositsky

It's time to roll out those "lazy, hazy, crazy" days of summer as the late Nat King Cole used to sing. And these days are getting crazier than ever.

Thanks to the invention of social media we have a world controlled by sometimes inappropriate postings, which invariably get someone into trouble -- be it politicians, celebrities or just ordinary folk trying to get in the game. The "lazy" media -- which is forever threatened by employment cuts, now uses social media comments, photos and videos as the basis for the news. You can't misquote someone who sends out a tweet or comments on a posting, but you can distort it or take it out of context. That seems to be happening everywhere with the lack of staff reporters chasing down the news. Broadcasters just read the script -- and sometimes they read exactly what is written, even if it makes no sense or is outdated. And you rarely hear a correction.

But then everyone is a "celebrity" these days thanks to social media and smart phone addiction. And if you don't have hundreds of "followers" or "friends" on your sites -- you will be considered a real loser. Such is modern life!

This has already been one crazy summer weatherwise, and climate change experts keep predicting the worse. It doesn't matter what ordinary people do and what measures various governments take to help solve some issues -- it is never enough for the protesters and their media friends who keep giving them a free public forum for their complaints. Such is modern journalism -- take a position and go out and find "so-called" experts or street interviews that support that position. These days one must be careful what they read, see or listen to, as it may just be a "select" version of the truth -- or what is commonly now known as "fake news".

With Canada's federal election expected October 21, the campaigning is already in full swing and is going to get crazier before the formal campaign period starts after the Labour Day weekend. At least Canadi-

ans are having an election this year. Unless a minority government is elected, the constant campaigning will stop for four more years, which is supposed to be the benefit of fixed election days. Not so for our friends to the south! That country is so divided now that there is never-ending campaigning from the White House and the people who want to occupy the White House next term. We are going to hear all about it every day until November 2020.

So maybe this month is a good time to shut things down and go outside. Leave the phone alone and enjoy family gatherings and the great outdoors without modern technological devices. Try to forget about politics and Hollywood nonsense and do something positive. There is much too much negativity out there and it is not going away -- no matter what you do. So just try to enjoy life. Get a little sunshine and smile!

One summer pastime that is always a winner is an old-fashioned baseball game. Whether you play the sport or enjoy it as a spectator, or just go to a game for the hot dogs and beer, it is a great way to relax for a few hours. Baseball is the only major sport where the clock does not ruin the game and it pits athlete vs athlete in the spotlight -- pitcher against batter. Tennis ranks a close second and its stars are bringing new followers to the sport.

For now baseball has the only all-star game where the players perform to the best of their ability as hitters and pitchers are out there for all to see and evaluate. They play a regular game and must get the required 27 outs to end the game. There is no time clock to rule the sport as in football, basketball and hockey - and despite the cries of some sports experts, the game is not boring and the stadiums are still being filled, although not always to capacity in a long season. Ironically, despite the efforts to speed up the games to meet broadcast schedules, tradition still rules the game.

In fact, many games this season have gone much longer than expected because of the home run bonanza fans are being treated to. High scoring games have suddenly become the norm -- and many are lopsided results! Why, because they are now using a new tightly wound baseball. It was not too long ago that baseball officials were complaining about the use of steroids by players -- and that record home run performances were being tainted by alleged drug use. Now their own decision to create a new "juiced" ball, that seems to jump out of the stadium like a golf ball, is making home run hitters out of average players. Sure there is the odd pitchers' duel this season, but just check the box scores and you will see this new trend of running up the score.

Baseball remains one of the few team sports left these days where fans get to know the home team players a little longer. There is little "team" loyalty left as players seek big contracts and basically go to the team that will pay them the most. Good business, yes, but hard on the fans who support certain teams. It is unlikely we will ever see players anymore who

spend their entire Hall of Fame career with just one team. Last month when former Seattle Mariner hitting star Edgar Martinez was inducted into the Coopers-town museum, it was a fitting tribute to a great career -- 18 seasons with just one team. And he is still there as a hitting coach. Players like the great Ernie Banks (Mr. Cub) performed at the old Wrigley Field in Chicago for 19 years and all his home games were played in the afternoon as there were no lights at that famed stadium. It is hard to find a modern superstar who might stay in one place his entire career. Los Angeles Angels' outfielder Mike Trout might be the one, but will he stay there much longer if they can't build a championship team around him.

It gets pretty bad when sports reports mainly focus on free agent status and contract talks. Do fans really care how much these players are making? Does it stop them from cheering for their favourite teams? No -- they just want to watch a winning team and see a competitive performance. They are not in the stands to count someone's dollars. But that is what sports has become for much of the media. That's all they ever talk about. Just give us the results of a game -- not the players' bank accounts.

SHOULD YOU STOP TAKING THAT MEDICATION?

Many of us have been tempted to stop or change a medical treatment on our own. But whether that's because you're feeling better, think the treatment isn't working, are worried about its cost or are having uncomfortable side effects, stopping the use of a medication or medical device on your own can be dangerous. It can even make your condition worse.

It's always important to remember that if you stop taking your medication or using your device before you are supposed to, you may not get its full effect. For example, if you stop taking antibiotics early, you may get sick again. Or if you remove a cast or brace before a fracture has fully healed, the bone can break or heal improperly.

Instead of stopping your medication or not using your device, talk to your health-care provider before making any changes. Find out what to expect, as some medications and devices may take more time to make a difference. They may change your dose, change your medication or device to a different kind or give you suggestions on how to feel better.

You can also talk to your health-care provider if you don't have enough money for your medication or device. They may be able to change your medication to a generic brand that costs less. Some pharmacies, drug companies and medical device companies have programs for reducing the cost for patients.

Practice talking to your healthcare provider and pharmacist about the medications and devices that you use, so that you can make decisions together to help you feel well.

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GAS PRICES TOO HIGH? WHAT TO KNOW ABOUT ELECTRIC CARS

With gas prices continuing to climb, more families are considering making the switch to an electric vehicle (EV). There are a variety of makes and models to choose from and lots of fueling stations popping up across the country, making these eco-friendly vehicles are now more accessible than ever.

Here are some things parenting expert Maureen Dennis wants Canadian parents to know about electric vehicles:

Not just for city folk. If you live in the country and fear a limited driving range, worry not. EVs have come a long way in the past few years. New technol-

ogy allows them to go much farther -- for example, the Hyundai Kona electric leads its class with up to 415 kilometres of range on a full charge. Plus, charging stations are easy to find if you need them.

Speed and performance. EVs have greatly evolved from little city cars designed for short distances - they offer far longer ranges than before as well as incredible speed and pick-up. Many even say it takes some time to get used to how quickly the car responds!

Budget-friendly. Many Canadians assume that all electric cars are expensive and out of their price range. As technology has advanced and interest in EVs continues to grow, there are now a wide range of affordable EV models that are perfect for families. Additionally, government rebates and the money you'll save on monthly gas bills can also take a significant chunk out of your overall costs.

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VENERABLE HANOI

VIETNAM'S LONGTIME CAPITAL



by Rick and Chris Millikan

Extending our Uniworld cruise itinerary, we add extra days in Hanoi. Delving into history, our initial excursion investigates Vietnam's 11th century Temple of Literature and first university.

Once heralding royalty, a bronze bell hangs atop the white, three-story gateway. Two prominent courtyards enclose peaceful shady lawns ideal for scholarly studies. A third encloses a large rectangular pond lined with ornamental bonsai trees and large stone epitaphs. Names of esteemed writers, sages and doctors are etched on each stele.

In a fourth courtyard, a dragon-handled incense burner stands before artifact storage halls, the House of Ceremonies and red columned temple. The temple's two tall bronze cranes stand atop turtles. Told of the gift of long, happy lives, shipmates stretch out, simultaneously rubbing one crane's chest and its turtle's back...

Statuettes of Confucius and his four main disciples sit on tables behind worshippers' offerings of cookies, oranges and beer. Glass cases beyond display students' inkwells, books and robes. One encloses a gilded rendition of Vietnam's beloved Hoan Kiem turtle.

Our next stop's Ho Chi Minh's Mausoleum, where white uniformed guards direct us into a long line-up. Here, guide Tri recounts Ho's endeavors to liberate Vietnam from French colonists, Japanese invaders and U.S. interventionists. Filing solemnly past his embalmed body, we exit past the French

Indochina's administrative headquarters that later became Ho's presidential palace. Proving too grandiose, he moved into a humbler abode beside the garage. Loving such humility, the Vietnamese called him 'Uncle Ho.' His last house rises on stilts nearby and overlooks a large pond. He died in the bunker below.

Our day ends at Hoa Lo Prison, now a museum reflecting Vietnam's struggle for independence. From 1896, France jailed and guillotined rebellious nationalists here. Dim communal cells exhibit gray sculpted prisoners shackled and cramped on long platforms. Plaques describe their desperate conditions and failed escapes. During the 1965-1973 US interventions, Hoa Lo incarcerated American bomber pilots, who dubbed it the 'Hanoi Hilton.' A long hallway displays photos of John McCain's and his cohorts. McCain's cot remains in an adjacent room.

Heading next day to Hanoi's historic heart, an iconic mosaic wall borders the highway. Tri explains, "World businesses and nations presented this series of pictorial sections in celebration of Hanoi's thousand years as capital."

At Hoan Kiem Lake, we transfer onto open-air electric cars and fully experience Hanoi's narrow 13th century lanes. Thanks to government and UNESCO support, heritage low-rise buildings sustain bustling shops, galleries, tiny cafes and boutiques.

Navigating amid motorcycles, scooters and

bicycles, we pass shops selling gorgeous silks, mysterious vegetables, spices and quirky keepsakes. Being Tet holidays, red and yellow lanterns adorn numerous blocks. Individuals burn faux money to revere ancestral spirits. Returning on a wide boulevard, we see modern buildings, monuments to revolutionaries and a park encircling an island temple honouring Vietnam's unique lake turtles.

Returning to the old quarter that evening, we attend a traditional water puppet show staged in a turquoise pool. Four splashy dragons soon enter through a green curtain zip around, spitting sparks and spraying water. As other porcelain puppets appear, musicians sing, blow horns, bang gongs and thump bamboo xylophones to dramatize the action. A two-stringed violin, wooden flute, lute, oboe and drums present haunting melodies accentuating further vignettes: men fishing with nets and poles, boys swimming, boaters racing and a gala royal procession. One memorable scene presents water buffalos plowing a rice paddy, ladies planting and harvesting flourishing fields. Our favorite portrays exotic birds chasing each other in a very splashy mating ritual. The resulting eggs hatch into playful chicks.

Our excursions reveal Vietnam's determination, artistic culture and reverence for wisdom!

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Standard or Precision Dentures?

Everyone's mouth is different and the type of denture you choose should best reflect your individual needs. Most Denturists offer standard and precision dentures however, determining which type to choose will depend on your current situation and the expectations you have for your restoration. Fit, function, and aesthetics are the three goals to keep in mind when making your final decision. There is much more to making dentures than taking impressions and setting teeth. Let's look at what they are:

Materials & Selection

Denture teeth come in a wide variety of shapes, sizes, shades and degrees of hardness. Standard dentures do cost less, but standard denture teeth have limited selection and are made with softer materials that wear down more quickly. Consequently, you will need to replace them more often. Precision dentures use high quality durable materials. A wide range of shapes, sizes, and shades of teeth are available to choose from. Precision Dentures have a more lifelike appearance and you can expect them to last longer with proper care. Brookwood Denture Clinic is BPS Certified and uses the SR Ivocap® Injection System to finish its precision dentures. This method

ensures that the pink portion of your denture does not shrink during processing as it does with traditional processing methods. Shrinkage can cause a host of problems, including an inaccurate bite and sore spots. The SR Ivocap® system ensures superior fit with reduced pressure points. These dentures are stronger and resist odour and stains.



Function

Standard dentures include a Tactile or Intra-oral Pin Tracing Device to measure your "bite". Proper alignment of your bite is very important because it affects how the jaw will function when the teeth are in contact during chewing. Precision dentures use both an Intra-oral Pin Tracing Device and a Face-bow Bite Registration Device. This is the most accurate method to measure and align the

relationship of the jaw and the position of the temporomandibular joint (TMJ). The upper jaw in the human skull is positioned uniquely to the lower jaw and is different for every person. After the 'Bite' registration is complete your results are mounted on a fully-adjustable articulator to duplicate your jaw relationship. This ensures the best fit, function, and aesthetics.

Comfort

Standard dentures provide for some customization, but not at the level of precision dentures. Precision dentures work with your jaw and allow for more natural motion. They tend to be more comfortable and can make a significant difference when chewing.

Gum (Gingiva) Appearance

Precision Dentures also include "gingival contouring". It is the process of reshaping the dentures around the denture teeth prior to processing the denture in acrylic. It creates a more natural gum appearance. Brookwood Denture Clinic includes gingival contouring for Composite Precision Dentures, Lower Suction Dentures and Dentures on Implants.

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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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