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THE ENGLISH SEASIDE: AROUND RUSTINGTON AND LITTLE HAMPTON - Article pg 17

SEPTEMBER - 2019

FRASER VALLEY -  
LOWER MAINLAND EDITION

Volume 24 - Number 10

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# ACCORDION TO DAN

Seniors, when they think back to the past, have a story or two to share. The comical and amazing ones are often the most fun. Having

grown up in Gibsons, on the Sunshine Coast, we had one movie theatre that sadly burned down and a TV on rabbit ears. There were two TV channels from Vancouver, the channel KVOS from Bellingham and maybe a couple from Seattle if one had the proper aerials on the roof tops.

I always wanted to be a photographer and eventually became a student at the Art Centre in Los Angeles. Back in 1964, it was located on the corner of Las Palmas and Third. The school was able to find me a free room in Hollywood as long as I helped set up chairs and took them down after weekly meetings. The only other person who lived there and managed the Hollywood YWAC was a friendly little old lady and, no, she was not from Pasadena. There were no residents. I even had a separate entrance, a great bed, beautiful furniture. Hollywood High was just around the corner. A block away was the Perry Mason Studios. Raymond Burr, (from New Westminster), of course, was the star. However, I never saw him. Up the street was Hollywood Boulevard. The only star that I did see, up close for about five seconds, was a famous comedian. Thus, the following rhyme.

## A HOLLYWOOD PREMIERE

It was a hot Hollywood night, off the boulevard, I was watching the big celebrities arrive in their limousines for a premiere. What a sight! What excitement! At the Egyptian Theatre, across from the Grauman Chinese, all those lucky celebrities going inside. The year was 1964. I thought perhaps, I should go around the corner and go inside. Hey, you can never tell. I was in luck the doors were opened. What a score!

I sauntered in and leisurely walked up the aisle, and suddenly I couldn't believe my eyes. There he was, Red Skelton, in person, right in front of me searching for his seat. He was walking in that well known character Clem Kadiddlehopper style. What a surprise, but soon us few daring types were pleasantly shown the door. Was I totally star struck? You bet. Now, it's just one of those senior memories for this dinosaur.

Talking about dinosaurs and show biz, the memories revert to Dinah Shore and Patty Page and, of course, that famous 1950s song 'How Much Is That Doggy In The Window'. This thought takes me back to all kinds of Vancouver memories such as doing amateur theatre at the original Old York Theatre on Commercial Drive with that doggy in the window melody connecting to both the present and the past.

## INSPIRED BY VANCOUVER LITTLE THEATRE AND PRESENT TIMES

How much is that chocolate bar in the window that used to cost a nickel or a dime? How much is a pound of tomatoes? 'Gosh only a dollar forty nine' on the for sale sign. Whopee, I must make a trip to Toronto. I told my sweetheart I can't get a loan. The interest on that credit card set me back pronto.

I've read in the newspaper, a freebie, on Yonge Street that housing is still going through the roof... going to the dogs, woof, woof. Oh well, when I get back to Vancouver we'll meet, join amateur theatre escape for some laughs and try to get bit parts at the York Theatre's in production of Moliere Tartuffe. ↑

Does anybody still remember the Black Ball Ferries that ran from Horseshoe Bay to Gibsons and other vessels of the past?

## CRUISING BC MEMORIES

The Bainbridge and Quillute, the MV Coho, Black Ball Ferries, the Lady Patricia and the Princess of Nanaimo that docked in Vancouver Harbour, for all I know, are all part of our BC experiences and gestalt. They help us cruise the islands of nostalgia. Let's face

it, we're seniors, it's not our fault. It is a natural pleasant symptom and much more pleasant than arthritis, back pain or neuralgia.

## THE NINETEEN SIXTIES

Vancouver's Gastown, the days when the Spaghetti Factory opened and the steam clock drove tourists crazy with their film cameras. There was The Town Pump. We had Peter, Paul and Mary at the Queen E., There was love, peace, and that song about wearing flowers in your hair in San Francisco. Robert Goulet was on stage with Julie Andrews and Richard Burton in the New York production of Camelot. Those were idealistic times. Thus, this song.

## RINGS A BELL

Do you recall the nineteen sixties about going to San Francisco when it was popular to wear a flower in your hair? Do you still remember that nineteen sixties world view? There was so much idealism everywhere, out there. How about the Camelot years, that musical with Richard Burton, Julie Andrews and Canada's Robert Goulet? When there simply was not, a more congenial spot, plus the hopes and dreams we dreamt in the years of JFK.

Some of us seniors remember those days well and many ponder how so much has changed. Looking back can ring many a bell.

From that transistor radio or TV screen the following bit of rhyme might take you back...just a tad.



The famous Capitol Records off Hollywood and Vine during the groovy days.  
(Photo: Dan Propp)

## VANCOUVER MEDIA NOSTALGIA

Eric Nicol, Paul St. Pierre, Don Bruce, editor of the BC Motorist magazine. Bill Bellmen who founded CHQM. All those rich Vancouver memories, we share. Vancouver media that once had been. The CBU studios located in the Hotel Vancouver and, of course, Monty McFarlane on CJOR at the Grosvenor hotel downstairs. Like Jack Benny comment, 'we're still thinking them over'. One still shares.

"Precisely", as Jack Webster always said and who could ever forget Jack Wasserman's Vancouver Sun column. Compared to some of the stuff we are fed today. I suppose we should be stoic about it and less solemn.

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

**Publications Mail Registration #40025695**  
*Printed in Canada, Blackpress*

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**Main Office / Distribution 778-751-4188**

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By Ursula Maxwell-Lewis

Lower Mainland summers are always

hives of activity, but August was even more so this year in the sweetest sense. An abundance of summer flowers encouraged local bees and apiary enthusiasts to maximize their influence to educate locals on bee keeping and the value of bees, related insects, pollens and locally produced honeys.

Broadcasting wild flower seeds across the scrub land under the power lines between the Fraser Valley Heritage Rail Society's Cloverdale station and their interurban car barn successfully converted a redundant unsightly strip of land into a delightful wildflower meadow. Black-eyed Susans, Queen Ann's Lace, dill, brilliant yellow pom poms and assorted wild grasses now attract bees, butterflies, and hummingbirds to the location. A family of rabbits, discovering it was a safe haven from predatory birds, took up residence there. When the Honeybee Centre owners got wind of the blooming wildflowers they offered to partner in the Society's unexpected eco sideline to keep it on track. As a result, a pair of queen bees now preside over two hives and a total of approximately 80,000 bees in the floral subdivision.

A bee and butterfly-friendly 'hotel' built by a FVHR volunteer offers bees a nurturing place to hatch eggs during the winter.

The honey produced is donated to the Surrey Food Bank, and intrigued rail visitors enjoy an informal multi-layered ecological beekeeping education in addition to a ride down memory lane.

Buzz over to Fraser Valley Heritage Railway at 17630-56 Ave., Surrey, to admire this sweet success story and ride the rails between Cloverdale and Sullivan every Saturday and Sunday between 9.30 am to 4 pm until the end of September. The Honeybee Centre is located at 7480-176 St., and is open year round.

Also in August I had the pleasure of touring the

# VERY IMPORTANT BEES ON THE MOVE



Fairmont Waterfront Hotel's very successful third floor terrace beekeeping operation. With a peekaboo view of Coal Harbour, plus a 2,100 square foot organic herb and vegetable garden on the same level, the 250,000 hotel honeybees are clearly satisfied guests. The well-established Waterfront sustainable living philosophy also receives expert community partnership support from Surrey's Honeybee Centre as well as Bee Master Julia Common, the Hives for Humanity co-founder.

The initiative began in 2008. In 2009 homeless bees in Stanley Park were relocated to the terrace in the sky apiary. An observation hive established in 2012 means that the Bee Butler (when on duty) treats guests to a tour of the impressive eco operation which now produces 600 lbs of honey annually.

Bee tours are available to hotel guests from June to September. The hotel menus feature this magic ingredient and beer drinkers can toast the Waterfront bees with Bridge Brewing's 'Rooftop Buzz' Honey Kolsch.

At the Museum of Surrey in Cloverdale Tales from the Honeycomb attracted enthusiastic audiences to a variety of demonstrations and crafts.



Honeybee Centre co-owner Cassie Gibeau caught the attention of young visitors with fun role playing in the MOS theatre. There was no shortage of volunteer worker bees, mason bees and, of course, a queen bee. A quick Waggle Dance lesson had the youngsters flapping, wagging and spinning in efforts to emulate busy bee efforts to collect pollen to be deposited in the hives.

What's coming up at the Museum of Surrey? Look for the Filipino Celebration on September 21 and don't miss going 'behind the scenes' with Cantonese Opera on October 19. Makeup demonstrations, opera costumes and music are a real treat. Worlds of Wonder LEGO exhibits finish at the end of September. All are free family friendly events.

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

Photos:

TOP: The Bee House at Fraser Valley Heritage rail station in Cloverdale.

BOTTOM: Julia Common, co-founder of Hives for Humanity at Fairmont Waterfront bee seminar. Photos by Ursula Maxwell-Lewis

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Lillian, Surrey

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# BRUNCH AT FAIRMONT HOTEL VANCOUVER.



**By Lenora A. Hayman**

This summer, the 3rd Fairmont Hotel Vancouver at Georgia and Burrard, has celebrated their 80th birthday with several events. Their Sunday Brunch at Notch8 Restaurant and Bar, 604-662-1900, 11:30am-2:30pm, has a real treat, until Sept.1, for 80 yr. old seniors (born in 1939 just like the hotel) or older. Those “youngsters in their 80’s” get a full brunch for \$19.39 and the adults pay \$59.00. Both include one Caesar cocktail or a mimosa! Children are \$29.50.

I took my neighbour James with me who loved the option of a “create your own Caesar bar”. Our vivacious server Alana, offered to make him one. It was like a meal with asparagus, bacon, smoked prawn and a pickled green bean, protruding from a Ketel One Vodka and a red Walter Caesar mix. My Mimosa of Champagne, orange juice and Triple Sec went down well too!

Their seafood salmon appetizer bar provided an amazing choice of hot, smoked salmon, sockeye candied salmon, salmon gravlax and tuna poke! Nice to see red beets and heirloom tomato bruschetta included with their charcuterie, cold cooked meat section.



Chef Dennis Peckham and his team attended the prime rib and egg station. Eggs Benedict, crêpes, French toast, waffles and paella were created.

A beautifully displayed sweet table had 10 desserts. The decadence included Nana-mo pie with a maple leaf cut-out on top, peach almond flan, gluten-free banana chocolate trifle, strawberry cake, salted caramel cake, vanilla panna cotta and cranberry biscotti.

The Notch8 Restaurant and Bar is a glamorous addition to the lobby of the Fairmont Hotel Vancouver. It's named after a train's top speed, and pays homage to a fabulous hotel and its original owner, the Canadian Pacific Railway. Do treat yourself to this fine brunch.



**Photos:**

**TOP:** Chef Dennis Peckham & team.

**LEFT:** James Herbert & Hailey Hutchinson.

**MIDDLE:** James Herbert & Lenora Hayman with salmon appys.

**RIGHT:** James Herbert & Alana Bertrand with Caesar & Mimosa.

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## THE PHARMACIST REVIEW

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

### GETTING AHEAD OF THE COLD

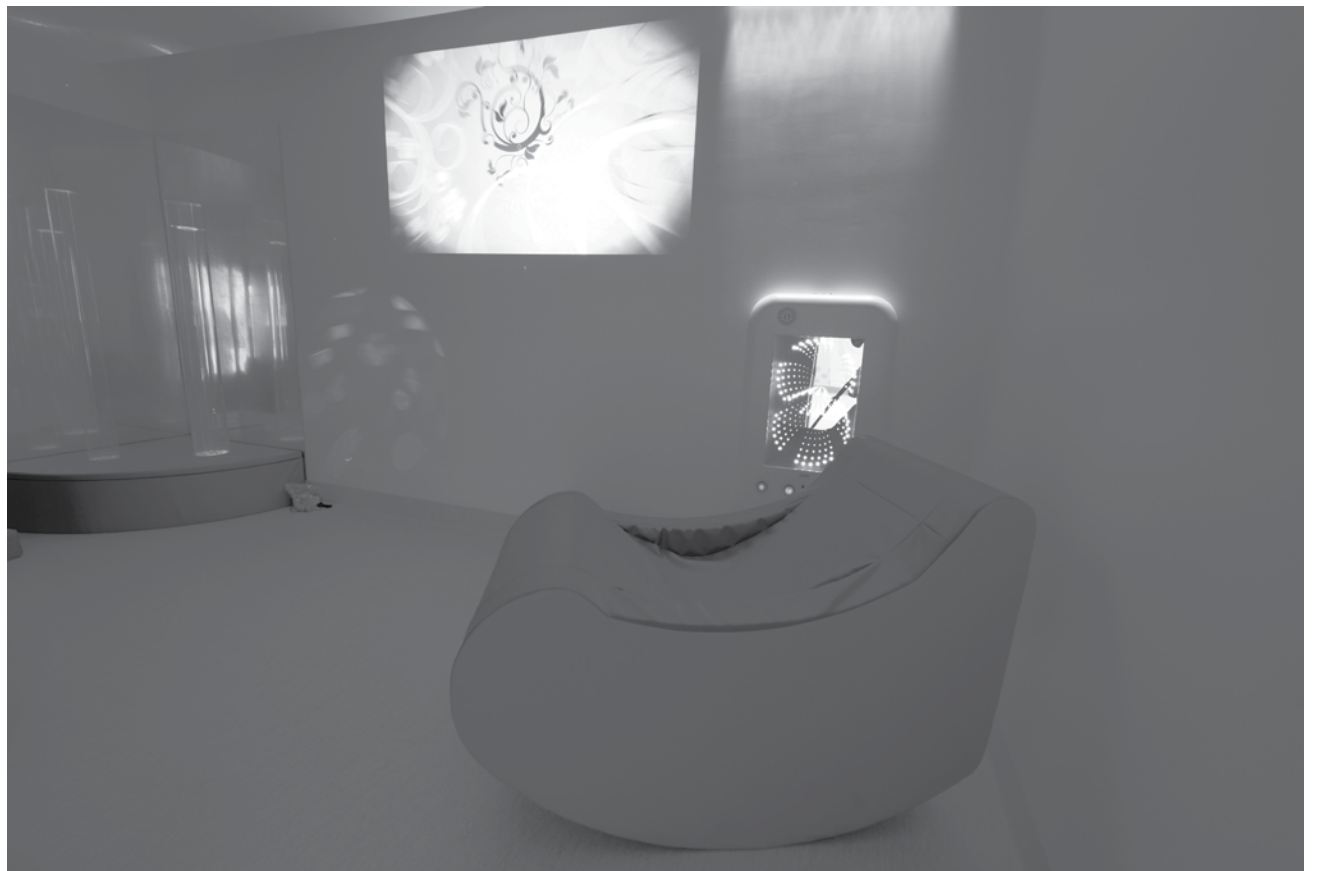
With a beautiful summer in full swing, it is difficult to start thinking about upper respiratory tract infections (URTIs). However, with the school-year starting again and the return of increased “germ sharing”, now is the time to plan your attack on the viruses that cause URTIs. As any hockey nut would know, the best offense is a good defense: keeping the immune system in tip-top shape is key.

Eating a diet rich in many colourful fruits and vegetables is always important to make sure our bodies are getting the vitamins and minerals it needs to keep the basic processes going. Make sure you incorporate adequate amounts of lean protein to provide adequate building blocks for the immune system to use when it kicks into high gear (e.g., when it encounters a bacterium or virus). Stay well-hydrated with water (and not sugary or caffeinated beverages). Keep carbs low to ensure an anti-inflammatory environment for the body (see our Ideal Protein Pharmacists and Coaches for details on our structured low-carb, low-fat, adequate protein lifestyle program). Rest well to give your body a chance to heal.

Immune-boosting supplements that contain echinacea (eg. ESBERITOX) are popular and useful when you actually feel like you are starting to fight a URTI. However, keeping the immune system balanced and prepared to fight is more useful before it encounters anything. PREVENT with IMMUNIDIOL™ is a proprietary formulation containing metabolites of Panax ginseng and Astragalus membranaceus that have been shown to modulate or balance the immune response. This supplement is meant to be taken on a daily basis leading up to and during the cold and flu season as well as during times of stress. Unlike echinacea, PREVENT can be taken by those with auto-immune diseases. Preliminary research suggests that PREVENT can even be taken by those on certain types of chemotherapy without diminishing the effect of the drugs.

Although we may need to get a cold or flu once in a while to ensure that our immune systems are recognizing and mounting a defense against foreign agents in the body, we should not have to suffer the symptoms of a full-blown URTI. Come talk to our Integrative Pharmacists at Cloverdale Pharmasave and Pharmasave Steveston Village to get your FLU SHOTS and discuss how you can best prepare your body for the upcoming cold and flu season.

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



### CAPSU MAKING A DIFFERENCE FOR YOUTH IN CRISIS

The Cloverdale Paint Child and Adolescent Stabilization Unit (CAPSU) opened on May 31, 2017. Since that date 822 children between the ages of 7 and 17 have been helped with their symptoms of mental illness.

The vast majority of children (87 per cent) who are admitted to this custom-built specialty unit are discharged to resume their young, full lives with supports in their school and community. Those youth who require more intensive and longer treatment are either admitted to the hospital's Adolescent Psychiatric Unit, or are enrolled in the Adolescent Day Treatment Program where they receive ongoing counselling and attend school.

Prior to 2017 and the opening of CAPSU, children in mental illness crisis who presented in Fraser Health's 12 emergency rooms had nowhere to go for immediate treatment. They were kept for long periods of time in crowded emergency rooms, or were placed in children's medical wards. Neither of these locations offered the safe, specialized environment that children in crisis need. Now, Fraser Health, home to 43 per cent of BC's children, can quickly refer children in crisis to CAPSU. Once assessed by a psychiatrist in their community emergency departments, children and teens are transferred to CAPSU in the safety of an ambulance.


The average length of stay in CAPSU is 5 days. During those 5 days the children are assessed by a diverse group of experts including psychiatrists, social workers, art therapists, occu-

pational therapists and lay counsellors with lived experience. They leave CAPSU with new insight, newly found coping mechanisms and connections to community and medical services that can help them transition back to school and home.

Unique to CAPSU is the Youth-in-Residence and Parent-in-Residence programs. The two programs, run by FamilySmart, have a youth and parent working on the unit who have lived experience dealing with mental illness and with being in a mental health unit. The approach to having both of these individuals working together, alongside clinicians and other staff within CAPSU, is unique to Surrey Memorial, the only location in British Columbia offering this approach.

CAPSU has a comfortable single bedroom for each patient, and it is the only unit of its kind in Canada to have a multi-sensory Snoezelen Room.

The CAPSU was created in large part due to the community's generosity and care for our children and youth. It is already changing lives, thanks to your support.



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## Straight from the Horse's Mouth

By Mel Kositsky

As the thoroughbred racing season at Hastings Racecourse in Vancouver enters the homestretch, some of the biggest races of the season are still ahead -- and they promise to be very competitive, starting with the 74th running of the \$250,000 British Columbia Derby.

The PNE Fair winds down on Monday, September 2 and Hastings Racecourse moves forward full-bore with a sensational stakes schedule beginning on BC Derby/Oaks Day on Saturday, September 7. Between Derby/Oaks Day and Saturday, October 20, a total of 12 stakes worth more than \$800,000 in purse money will be staged on the customary Saturday/Sunday afternoon cards, with the exception of Thanksgiving Monday on October 14.

In a recent Hastings news release, Darren MacDonald, General Manager, Director of BC Racing, said: "We have officially passed the halfway mark of our 2019 thoroughbred racing season and the BC Cup Day 10-race card marks the beginning of what we anticipate will be a fascinating second-half schedule at Hastings Racecourse. Heading into this weekend our on-track and all-sources handle has been up substantially compared to 2018. On a day-to-day comparison, our all-sources numbers have climbed to 23 per cent over last year."

He added: "Our challenge now is to keep the momentum going and it is a mission that can be accomplished with the continued support of our racing industry partners: Horsemen's Benevolent & Owners Association (HBPA), B.C. Thoroughbred Breeders & Owners Association (BCTOBA) and Canadian Thoroughbred Horse Society B.C. Division (CTHS).

"It is common knowledge the horse racing industry throughout North America has been struggling over the past few years. Yet, with the addition of some dynamic new initiatives at Hastings, we've maintained a reputation of being one of the most popular entertainment destinations in Greater Vancouver. The Dog Days of Summer featuring the Wiener Dogs, Corgis and British Bulldogs have captured the imagination of racing fans. Live coverage on our jumbo infield screen of the

Kentucky Derby, Preakness and Belmont Stakes are a big hit, as is the ever-popular Deighton Cup that attracts enormous print and electronic news coverage every July, not to mention huge crowds. But when you come right down to it, the horses are and always will be the main attraction."

Also upcoming this month is the 2019 Yearling & Mixed Sale sponsored by the Canadian Thoroughbred Horse Society (BC Division) at Thunderbird Show Park in Langley. The Sales Preview is set for 3 p.m. on Monday, September 9 with the annual CTHS Sale on Tuesday, September 10, starting at 3 p.m. Last year there were 66 yearlings sold for a total of \$982,000. Adopting the theme "It Pays to Buy BC-bred", the CTHS (BC Division) announced last spring -- in concert with the presidents of the horsemen's associations -- the return of its popular rebate incentive that rewards purchasers of BC-bred yearlings with an immediate credit of up to \$1,500 towards the purchase price at the Yearling & Mixed Sale.

Local breeders were once again invigorated this past BC Cup Day when four of the six \$50,000 stake races were won by BC-breds: Here's Hannah (Distaff), Infinite Patience (Debutante), At Attention (Nursery) and Sunburst (Hong Kong Jockey Club). In total there were seven BC-bred winners on the 10-race card. But it was a newcomer who attracted much attention and established himself as the leading Derby contender. Owner-trainer Glen Todd's Five Star General was a 4-5 favourite and was never seriously challenged in winning the Sir Winston Churchill, which serves as the Derby Trial.

Two-time Kentucky Derby winning jockey Mario Gutierrez, who slept in the barns as a 16-year-old upon arriving at Hastings from his native Mexico, won the Sir Winston Churchill aboard Five Star General for the North American Thoroughbred Horse Company (NATHC). Gutierrez had flown to Vancouver after winning the Grade 3 \$150,000 La Jolla Handicap at Del Mar in southern California the day before. The Kentucky-bred, three-year-old son of Distorted Humor was making his first Vancouver start for Todd, who purchased the bay colt for \$180,000 in July at the Fasig-Tipton sale of horses of racing age. Five Star General had been racing on the turf at tracks in the eastern U.S.

It was Todd who took Gutierrez under his wing along with Todd's friend and racing partner of over 55 years Troy Taylor, the original head trainer of NATHC. Taylor, in his 88th year and an honoured member of the BC Horse Racing Hall of Fame, made a surprise visit to the winner's circle and shared in the warm reaction to the win from the huge holiday crowd. Gutierrez is expected to be back here for the Derby, which is shaping up to be a very competitive race, with horses expected from both Edmonton's \$250,000 Canadian Derby and Winnipeg's Manitoba Derby.

Peter and James Redekop's new purchase Final Jeopardy is expected to run, along with locals Explode, owned by Ole Nielsen, and another newcomer Ranger Up, owned by the Copper Water Thoroughbred Company. Also expected is Oil Money, winner of the \$75,000 Derby at Assiniboia Downs for famed trainer Rober-

tino Diodoro. He may also send another member of his large stable. Other contenders may come from Emerald Downs near Seattle.

The BC Cup Day holiday card also saw a popular female trainer accept four victory bouquets and a local NHL super star acknowledge adoring cheers as a winning owner.

Barbara Heads, notorious for surging in the trainers' standings during the second-half of racing seasons, bounded from an overall ninth place position into a tie for third with \$50,000 stakes wins in the BC Cup Debutante and Hong Kong Jockey Club, plus an earlier Maiden Special Weight victory and a card-closing BC Cup Marathon win. Antonio Reyes was in the irons for all four, lifting him onto the third rung of the current jockey standings.

The flurry of excitement for the Heads-Reyes combination began with two-year-old filly Infinite Patience running away for an 11-length victory in the Debutante for co-owner Ryan Nugent-Hopkins of the Edmonton Oilers and partner Bill Decoursey.

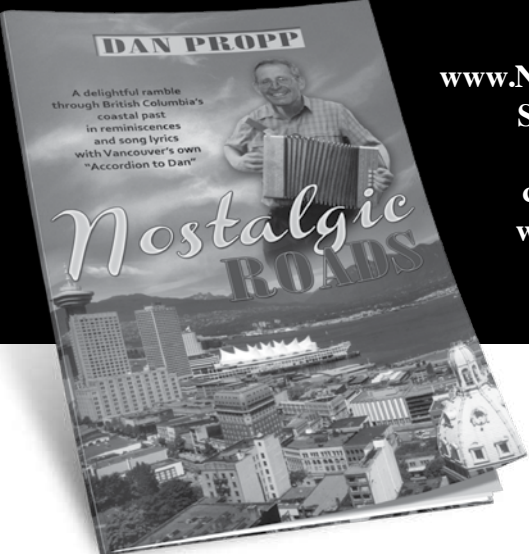
Heads' Hong Kong Jockey Club victory with Sunburst was an upset for owners Russell and Lois Bennett who watched their three-year-old filly at 7-1 odds win handily by almost eight lengths. Odds-on favourite Summerland, looking to extend her winning streak to eight at Hastings, surrendered after threatening in the early going but finishing fifth in the six-horse field while carrying top weight of 128 pounds. Summerland came back to run third at Edmonton's new Century Mile race-track in the \$100,000 Oaks on Aug. 17.

The opening race BC Cup Day saw the incredible filly Here's Hannah score her 11th straight win under Richard Hamel despite toting 129 pounds in the Distaff. While the Phil Hall-trained Bear gave Here's Hannah a brief scare, the 1-9 betting favourite -- with \$54,925 in the place pool -- didn't disappoint her backers.

Hall then saw At Attention, with jockey Rigo Sarmiento, rally in the late stages to win the BC Cup Nursery. Sarmiento, who won two races on the day, was parachuted in from Edmonton's Century Mile to replace Hall's regular rider Enrique Gonzalez, who flew home to Mexico following the sudden passing of his father.

The sixth \$50,000 stake race resulted in robust cheers from track patrons along with some obvious emotional moments from owners Kim Peacock, Lance Giesbrecht and trainer Phil Hall following the third BC Cup Classic win for Calgary Caper. The eight-year-old won the Classic last year and in 2016. With Sahin Civaci up, Calgary Caper went from last to first, drawing clear by three-and-a-quarter lengths at the finish. Hall, with three wins on the day, continues to pursue his third consecutive Trainer title.

In other racing news, harness racing returns to Fraser Downs later this month for the winter season at the Cloverdale track. Live racing starts Thursday, Sept. 19 at the Elements Casino facility and will continue Thursday and Friday nights through October. The first Sunday afternoon races will start on Nov. 3. The Harness Racing BC Society annual "Yearling Sale" will be held on Oct. 2 in the Fraser Downs backstretch.



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**CONNECT** Stay positive by combatting loneliness. Visit a neighbour, make a phone call, join a club—make an effort to make a connection.

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# HOW TO SPOT PSYCHOSIS AND MENTAL ILLNESS

When people think of mental illness, they often picture someone suffering from delusions, hearing voices and acting strangely. But this stereotype is just one of the many faces of psychosis, which is one of the most common symptoms of schizophrenia, bipolar disorder and other serious mental illness.

One mother recently described her son's descent into psychosis not as delusions but "as a series of losses – losses of focus, of being social, and of looking after himself."

Here, Dr. Randall F. White explains how to spot some symptoms of psychosis that can be an indicator of a serious mental illness.

Symptoms aren't always what you'd expect. 'Negative' symptoms are losses in the way a person functions day to day. Some examples are loss of motivation, emotional expression and memory. A loss of speech fluency can go hand in hand with the inability to plan and solve problems.

'Positive' symptoms are thoughts or perceptions that did not exist before the onset of mental illness. They typically take the form of delusions, ranging from false beliefs like excessive wealth or talents, dangerous illness and paranoia. These can also include hearing voices – both friendly or menacing.

Causes are complicated. The reasons why different people develop mental illness vary greatly. And while schizophrenia has a reputation for causing psychosis, the truth is things like traumatic brain injury, dementia, bipolar disorder and the use of drugs like marijuana and methamphetamine can all cause psychosis. It can also occur at any stage of life.

Mental illness isn't always obvious. "Early signs can be subtle, such as a person becoming reclusive, depressed, withdrawn or less socially active – nothing too weird," explains White. Most often the first obvious sign of psychosis, an indicator of potential mental illness – is a lapse in hygiene, when a person stops changing their clothing or bathing. Soon, more 'positive' symptoms become apparent, like disorganized behaviour, paranoia, hostility and talking or laughing inappropriately.


If you or if you know someone who is beginning to show symptoms that may be psychosis, seek medical advice immediately. B.C. Schizophrenia Society can also help you find additional resources and support in your local community. Find out more at [www.bcsc.org](http://www.bcsc.org). [www.newscanada.com](http://www.newscanada.com)

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# PROFILE

Marble & Bath





HOME IMPROVEMENT  
“ASK SHELL”  
By Shell Busey

Q) Hi, from time to time, we get a drip from our ceiling bathroom fan. As far as I know this goes into the attic. Why would this drip? What do I do? Thanks Paige in Delta

A) The cause of your problem is because you are exhausting warm moist air up into a duct that passes through a cold cavity like your ceiling cavity or roof cavity.  
Two things you should do to eliminate the problem is...

- #1 – insulate the duct from the back of the exhaust fan to the roof jack vent exit using reflective foil insulation such as Reflectix available at most building supply stores. Insure the seams are tight and use foil tape.
- #2 – Before having a bath or a shower turn on the fan for at least 15 minutes before. The warm air passing up through the duct will warm the ducting (metal) and cut down the chances of condensation forming (called cutting off chances of arriving at dew point).

Q) I am so grateful that you are still doing this. My question – I’m going to add insulation to our attic that presently has cellulose. Our house is 19 years old, and I should have done this a few years back. Should I only consider putting in cellulose again on top or should I consider the pink blown in insulation? I believe code is now R50, would I be wise to take it up to R60? David in Ladner

A) Adding insulation to increase the R-value, I would suggest that you use the cellulose for continuity and compatibility. Before you go ahead with your selected insulator, have them include in their quote draft proofing of the ceiling area which requires foam sealant sprayed around pot lights (insure this is a heat resistant foam) and any wiring, plumbing pipes and ducting penetrating the ceiling. Your selected contractor should be aware of what draft proofing is that you’re requesting. I would suggest R-60 installed for the difference in price from R-50 to R-60, you will receive the benefits.

Q) Hi Shell: My front sidewalk is in so-so shape, with some sections having an eroded/pitted surface. Would it make sense to have a sealing product, such as epoxy, applied to my walk to renew it? It is a 40' walk, so I hesitate to have it replaced. The concrete only has a crack here and there, so I would save money by using a surface treatment. Thanks Michael in Tsawwassen

A) Old concrete surfaces can be damaged very easily if you use a power washer to clean. They will become very pitted and attract algae looking very unattractive. (Thank you for including photo of your sidewalk on AskShell.com, it was worth a thousand words).  
To give your sidewalk a new look follow these instructions:  
1 – Clean the surface with my Shell Busey Home Cleaning Formula available at most building supply stores (throughout the Lower Mainland and Fraser Valley). Wash and rinse well and allow to dry overnight.  
2 – The products required are the following:  
i – Top-N-Bond Cement Mix or Bonded Topping Mix

SEPTEMBER

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Summer	Fall	Harvesting	Crops
Autumn	Corn	Apples	Apple Pies
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Tractors	Combines	Getting Ready for Fall	September Rain
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- ii – White wash melamine brush
  - iii – Concrete Sealer
  - iiii – Heavy knap roller and tray
- Directions:
- Best time to do this project is in the morning (not raining) when concrete is cool.
  - Mix Top-N-Bond to a thin slurry (like a milkshake). Puddle out on surface and spread with the white wash melamine brush.
  - Allow to cure for over 24 hours.
  - Apply water sealer with roller from paint tray and give two applications – 4 hours apart.
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## VANCOUVER ORPHEUS MALE VOICE CHOIR - "FOR THE JOY OF SINGING"

To say that singing in a choir is "fun" is a serious understatement. In addition to enjoyment there are significant side effects. The deep breathing associated with singing is itself a good exercise. The memorization associated with learning music helps to reduce memory loss in the same way as doing crosswords or learning a foreign language.

The Vancouver Orpheus Male Voice Choir is open to men of all ages, but a glance at our website photographs will show that the majority of our members are approaching or have reached retirement age. It could be the retirement or the "empty nest" syndrome allows people to have more free time and an opportunity to find a new interest. The great thing is that you can take up singing at any age, having never sung before, and you don't need to be able to read music. The excellent training given by artistic director Liana Savard and assistant conductor Luke McAndless-Davis has proved to be more than adequate to turn a group of mostly average singers into a choir which delivers outstanding and well received performances.

We sing, for the most part, "off book". Having the words and music memorised allows us to pay close attention to our director. Before I joined Orpheus, I often wondered what the purpose of a director/conductor was since all of the required information was available on the music score in front of each singer/musician. By relying on our memories and receiving precise directions, the choir becomes cohesive; we sing "together" and by looking forward and outward allows us to connect with our audience.

Orpheus, established in 1992, is a touring choir. Each year we "go on the road" alternating between a big tour and a more modest one. One of the more memorable was in 2015 when we travelled to Wales "the land of song". Other recent tours have been to Ontario, the Maritimes, Alberta, Saskatchewan and the North Coast of BC.

Before I joined Orpheus the idea of being on a stage in front of an audience was both ridiculous and frightening but I had a good friend, a Welshman, who was constantly encouraging me to try it out. My wife added her support to the idea and after this had gone on for some time I finally weakened and agreed to go along to a practice just to watch; thinking "what's the harm". Arriving at the practice I was introduced to Liana and surprisingly she asked me to sing a few notes that she played on the piano ("sing Ah") to check my vocal range. Having established that I would fit in nicely into the first bass section I found myself in the ranks of a friendly group of guys who were always helpful and supportive. Then we started to warm up, singing just a few notes up and down the scales in harmony. But what a sound and what a feeling – I was hooked. It is a feeling that is hard to describe – you have to be there and try it but it is summed up in our motto "For the Joy of Singing".

If this has stirred your interest enough to look into it further contact our recruitment secretary Ron Davies and see for yourself.  
Phone: 604 541 1118

## T5 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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## Cozy Corner "Let's Talk"

By Janet Isherwood

Cozy Corner  
"Let's Talk"

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

Life in a care home should be about addressing our personal needs, our beliefs and our care. Not an easy job, yet somehow over the years the care industry has learned to do this not just for one but for hundreds of seniors across the province.

I have visited many care homes over the years finding some excellent ones and some not so special.

We are living in a whole new area of care and homes are becoming "state of the art" as well as life for the "rich and famous" I cannot think of anything more wonderful, it is like living in a hotel year-round with all your needs attended to.

How wonderful is that?

White Rock, British Columbia has just that with the grand opening this September of the new Amica residence.

This home offers a premium experience for discerning, independent-minded seniors, whether they want an active lifestyle, assistance with daily activities or cognitive support for Alzheimer's or other forms of dementia.

It is designed to modernize misperceptions about senior living, Amica White Rock supports the physical, social and cognitive well-being of all seniors, including those in memory care. With attentive assistance from highly trained team members who engage residents with activities designed to meet their unique cognitive needs and preferences, here's what seniors can expect from memory care at Amica White Rock.

5 Reasons Families Trust Memory Care at Amica:

### A DEDICATED AREA:

Memory care residents will have their own private suites, each thoughtfully designed with simple décor and personalized memory boxes to help residents identify the entry to their suite.

### PERSONALIZED, PROFESSIONAL CARE:

Residents choose their own routines, meals and activities. Team members certified in dementia care keep seniors engaged and comfortable by catering to each resident's needs.

### FAMILY SUPPORT:

The Memory Care Coordinator connects staff, residents and family through the transition to Amica and beyond. Families are invited for activities, dining and monthly support meetings.

### ENGAGING ACTIVITIES:

Whether they're interested in music, animals or volunteering, residents will find purpose and joy in a variety of individual activities, social programs and scheduled excursions.

### FLEXIBLE DINING:

Whether in their dedicated dining room or the comfort of their own suite, residents decide when and where to enjoy exceptional meals and snacks prepared fresh daily by in-house Red Seal chefs.

This state-of-the-art residence will include premium amenities such as a salt water pool, hobby kitchen, fitness centre, cinema, resident bus for outings and four rooftop terraces to take in stunning view of the oceans and mountains.

The building also shares space with BC's largest medical centre, including offices for physicians, dentist, labs and more. "Having a first class medical clinic within our residence not only makes this location convenient," it provides care, stability and expertise all within the place their residents call home.

Seniors can make one move to Amica knowing their evolving needs will be supported even if health

issues arise. The residence's continuum of care philosophy caters to residents no matter what they desire, from an active independent lifestyle to specialized programming for living well with dementia.

Instead of asking residents to change their routines to fit a schedule, Amica at White Rock does the opposite. The team gets to know every resident's taste and preferences, and provides support tailored to each individual. Through ongoing wellness assessments, staff create personal wellness plans used to identify services according to every resident's wishes and/or needs.

A Red Seal-certified chef will prepare delicious fresh meals daily from seasonal ingredients sourced from the Fraser Valley. Seniors can decide what, when and where they'd like to eat: in the dining room staffed by professional servers, on the terrace, in the bistro or as a take-out.

Amica at White Rock is Canadian-owned and -operated, and in the hands of experienced staff.

They are working diligently to get to know the White Rock Community and here's your opportunity to get to know them.

### Her Story:

Adjusting to life at Amica White Rock went very well for 86-year-old Ruth, who moved to the senior living residence. "The staff have created the best home-like environment possible while allowing my mother personal freedom and privacy," says her daughter, Deborah, who describes the personal support workers as friendly and professional while they assist her mother with dressing, transportation and meals.

"They tend to her needs with tenderness and warmth and they communicate regularly with me. One day while I was visiting, one of the staff was covering my mother with a blanket and my mother gently kissed the caregiver on the cheek. It was such a tender moment and it made me realize just how much my mother loves living at there."

General Manager Kelvin Monteiro offers a warm welcome to all and encourages you to learn more about senior living with flexible, personalized care. Amica White Rock is located at 15333 16th Ave South Surrey.

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

## IS YOUR NEXT MOVE SENIOR LIVING OR AGING IN PLACE?



As our senior population continues to grow, many Canadians will have to make a series of decisions. Among the most crucial is living arrangements. These conversations aren't easy, but they are essential for ensuring ongoing quality of life.

"It's important that families come together well ahead of time to discuss major choices for later in life and end of life, and this includes making plans for senior living that address all factors," says Justin Schultz, funeral home director at Arbor Memorial, a national funeral and cemetery services company. "These candid conversations will allow everyone involved to feel that their opinions are being considered and heard."

When creating this long-term living plan, there are some things to keep in mind.

Know your options. Consider the type of care that will be needed. Retirement, nursing and long-term care homes offer various levels of care and support, not to mention an array of options for accommodations and activities. Weigh these choices to ensure you're making the best decision for your family.

Evaluate all services. Whether it's a retirement or nursing home, consider all services available and whether there will be a need to make another transition in the future if health or mobility changes.

Think about lifestyle changes. Maintain an open and honest dialogue with everyone involved to help make things easier if it becomes necessary to make a change. Whether it's aging in place with added home care or moving to an assisted living facility, always consider health, wellness and safety. Think about both current and future lifestyle needs to reduce the need to make multiple moves.

Active listening is important when having conversations about a long-term living plan to ensure options are understood by all. Remember, this could be a difficult or unwelcome change in a loved one's life. Being an advocate can do a great deal to ease the transition.

Having a long-term living plan and advance care plan in place will ensure all wants, needs, budgets and concerns can be considered so everyone involved is ready for the future.

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## Computer Tech Talk Q & A

### Q: What do you carry for starting back to school?

A: New & used laptops, desktops, tablets, monitors, printers & ink & quality paper(\$5.99), batteries & power adapters & cables. We also have daily tech here to always help.

### Q: What are the benefits of upgrading my memory?

A: When your computer needs a boost upgrading your Ram is an easy & inexpensive upgrade for your PC or Mac significantly increasing performance.

### Q: Is there a downside when using Free Security programs?

A: First off not all free security programs can be trusted. Some are scams & amount to malware themselves. Don't use one unless it's professionally recommended. Secondly free security programs either remove some viruses & no malware or some malware & no viruses. It never does both! As they say you get what you pay for!

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## Write as I Please

By Mel Kositsky

With the official start of the federal election campaign set to begin this month, it is appropriate to take a look at how political scientists view the wonderful world of "Politics". With so much going on in the world today, from the pro-democracy demonstrations in Hong Kong, to the embittered government battles in the U.S., it is very important for Canadians to pay attention to their own politics this fall -- and get out and vote!

Here are some of the top "Ps" of politics:

Government is supposed to be for the PEOPLE and politicians are supposed to serve all the people - not just the ones who elect them or contribute to their campaigns. But North American systems, though quite different, have become all about the PARTY and the quest for POWER by party people. Once elected the government rewards its supporters with key positions and contracts. The challenge to attain control of the government and then maintain it becomes, at times, a bitter struggle. That is why most people say government is "big business".

Some cynical experts will say the main goal of any politician is to get re-elected. That is not always the case, but it is no surprise modern journalists believe it and that is how they report the news. PARTISAN politics controls the flow of information and POLICIES. That is why lobbyists can exert political PRESSURE on all orders of government. They are paid "big bucks" to make sure one side of the story gets more attention than the others. And in politics there are usually more than two sides to every story. But that is not always understood by the average voter. And that is why some politicians rely on "apathy" in order to get and keep control of government.

Some politicians want to bring about POSITIVE change and are PERSISTENT in following their own agendas in order to get things done. The wheels of government grind very slowly so one has to have strong PERSEVERANCE and PATIENCE in order to accomplish their goals. It takes time to change such a large and unwilling system. But it can be done. The biggest problem facing modern politicians is the growth of social media as a communication force and all the PROPAGANDA that is found on it. The so-called "fake news" that is driving authorities crazy. You would think people are smart enough to sort things out by themselves, but the governments do not believe that -- and are spending millions of taxpayer dollars trying to fight "collusion".

Government's main role used to be PROBLEM solving. Government does not have all the answers, but should be working for the people to fix any problems that arise. Instead more often than not these days, government officials are accused of creating the problems. That is why elected officials must learn not to take things PERSONAL and not to make things personal. There should be respect among all the players and debate should be limited to the government chambers.

But of course that is not happening in the modern world. It has become all about PERSONALITY and how a "wannabe" politician comes across in the media (24 hours a day). There is a new term that has emerged recently in politics - PROGRESSIVE. It is still early to define this term and how the media plans to use it. But watch for it to be used in various ways as election campaigns get into full swing.

Besides the election, there are many community events scheduled for this month. One of interest to seniors will be a one-day forum on Saturday, Sept. 7 on seniors housing from 10 a.m. to 4 p.m. at the United Churches of Langley facility in Murrayville (216th Street at 48th Ave.)

Marilyn Fischer, president of the Triple A Senior Housing Society, is hoping for a great turnout from all those concerned about or involved in providing for the well being of seniors. She said at the "HOPE4HOMES" Conference, you will hear from the community and the City and Township of Langley on what's been done, is being done or is planned to ensure economically vulnerable seniors access to affordable, accessible and appropriate housing. You will hear about new projects to improve seniors' chances of finding housing to allow them to remain in Langley. The event features workshops, a keynote speaker and a resources fair. A lunch will be served.

Fischer said we need to consider the housing situation of our aging population. "Our 2014 Senior Housing Summit looked at housing needs and preferences shared by respondents to our Langley Senior Housing Survey. We looked at solutions and made recommendations, a few of which have come to pass. If you are a property owner, a non-profit organization familiar with older clients' housing struggles, or a developer who cares about more than profit margins, perhaps you will be inspired to consider a project collaboration and truly offer seniors HOPE4HOMES!"

The provincial government recently announced a new program to look at housing needs. Local governments will benefit from nearly \$1.5 million in provincial grants for developing housing needs reports to plan for long-term housing needs and support strong local economies. The first intake of the program approved 30 applications, involving 50 municipalities and 10 regional districts. Langley Township received \$70,000.

New legislation will ensure local governments collect data, analyze trends and develop a report every five years on current and anticipated housing needs. To support this work the province is providing \$5 million over the next three years through a program administered by the Union of B.C. Municipalities. (UBCM).

The reports will assess key housing needs, including the need for affordable housing, rental housing and homes for seniors, people with special needs, families and people at risk of homelessness. They will also help inform decisions to develop workforce housing to help employers retain employees and support local economic growth. The province has made most of the data required by local governments, such as demographics and household income levels, available online at no cost. Once complete, each report will be presented to a local government council or board. The reports will also be publicly available online to anyone seeking to better understand local housing needs.

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## 5 TIPS TO REDUCE SIDE EFFECTS FROM MEDICAL DEVICES AND MEDICATIONS

Medical devices and medications help to treat or prevent illness and disease. They also help to relieve symptoms and manage health conditions. However, sometimes they can cause problems.

Problems can happen if your body responds badly to a drug or medical device. Allergies are another type of reaction. Symptoms may be mild, such as a rash, or severe, such as anaphylaxis.

Anyone can experience a negative side effect from a medical device or medication. Fortunately, there are some steps you can take to minimize your risk. Here are some tips from Health Canada:

Follow the directions. The best way to reduce your chance of having a medical device incident or adverse drug reaction is to use your device and take all medications according to the instructions.

Talk to your doctor. Tell your health-care provider about all the medications you take, both short- and long-term. Don't forget to mention over-the-counter medications, vitamins and supplements, as these can cause drug reactions as well.

Use an extra set of eyes. You may want to use only one drugstore or pharmacy, which allows the pharmacists to get to know you and the medications you take. Pharmacists are trained to look at medications and know how they interact and if they could cause an adverse drug reaction.

Watch what you eat. Some foods can interact with medications, causing an adverse reaction. For example, grapefruit and its juice may affect how some drugs work. Alcohol and caffeine can cause reactions as well. Every time your health-care provider prescribes a new drug, ask about all the possible interactions.

Speak up. It may be hard to know if a symptom is related to your device or medication. Contact your health-care provider if you have any symptoms and they can make a recommendation on whether to continue, stop or visit a hospital. Be sure to report any side effects from all health products, including medical devices, medications and natural health products, to your health-care team and Health Canada, so that they can be addressed.

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## THE ENGLISH SEASIDE: AROUND RUSTINGTON AND LITTLE HAMPTON



by Chris Millikan

A London train takes us to England's south coast to visit relatives in Rustington, a small seaside village. At 19th century Angmering station cousin Sue meets us and drives us to our guesthouse. Bright and comfy, the Kenmore proves ideally located for daily walks to Uncle Cliff's, rambling nearby beaches and explorations around town.

Shortcuts through shaded Sussex Park Estate wind us along 'local traffic only' streets. Tudor-style homes, some with thatched roofs, mingle with modern designs. Varying our routes, we skirt groomed lawns and flowerbeds exploding with hollyhocks, hydrangeas, daisies and fuchsias. English roses perfume the summer air. In every neighbourhood, we encounter friendly gardeners, cyclists, fellow walkers and their dogs.

Whiling away sunny afternoons with Sue and Cliff, we chat and play croquet in the back garden. Jolly family conversations continue during tasty English-style suppers. For decades, Rustington provided this restful seaside retreat for my uncle and aunt. Buying their cottage after retirement, they'd escaped hectic city life and found this enjoyable, easygoing enclave.

Following hearty 'full English' breakfasts, one morning we investigate the town's square-towered 12th century Saint Peter and Paul Church. Just across the street, we visit the Museum and Garden Cafe. After viewing old photos and exhibits, enthusiastic volunteers share Rustington stories.

"Our village began as a Stone Age farming settlement," smiles one gal. "Following the 1066 Norman Conquest, Rustington even got a mention in the Domesday Book," beams another. "We're cited as part of lands William the Conqueror gave to Roger de Montgomery, first in a long list of Lords of the Manor. The Museum itself represents a flint-stone cottage of that era."

"During the 18th century, our village boasted two public houses: Lamb Inn and New Inn," chuckles an elderly gent. "A gang of smugglers called 'Ragman Tots' met at New Inn on station road. Their name came from rags muffling squeaky cartwheels in the dark of night." We also learn that Rustington's first shop opened about 1850; first school in 1859. Farming gradually changed with mechanization. When the last Lord died in 1868, his extensive lands were sold.

Among many others, celebrities also sought out Rustington's peaceful way of life. The most notable, Sir Hubert Parry composed Jerusalem, Britain's most beloved anthem. Building Knightscroft House on Sea Lane, he lived in his redbrick mansion 40 years. Scottish writer J M Barrie of Peter Pan fame often stayed at Cudlow House with family friends. Blue plaques now highlight such village history.

Unsurprisingly, housing and a delightful mix of independent shops and stores boomed in the 1960's. One bookstore offers British children's classics, Turners Pie Shop provides savoury potpies of every description and a produce stand sells us baskets of

local strawberries.

Twice we ramble the shingle beach paralleling my Uncle's neighbourhood. Breathing fresh salt air, we pass brightly painted change-huts and tramp the shoreline collecting flint shards and examining white cuttlebones.

Five kilometers away sits picturesque Little Hampton...better-known Brighton's 'little sis.' When the tide's out, miles of sand lie beyond Little Hampton's popular pebble and shell beach. Along its beautiful seafront promenade, Britain's Longest Bench twists, turns and dips for 324 meters. Recycled hardwood slats offer us unique 'rollercoaster' seating.

Sitting later on humbler seats with newspaper-wrapped takeaways from Fred's Fish Shop, we slather and enjoy haddock and chips with malt vinegar. Above, watchful gulls swoop and mewl in cloudless skies.

Five days later, another train clickety-clacks us back to London. We visualize Uncle Cliff strumming his ukulele while belting out 1909's music hall hit: Oh, I do like to be beside the seaside...oh; I do like to be beside the sea! We do too!

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# Your Neighbourhood Denturists

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## Lower Suction Dentures

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

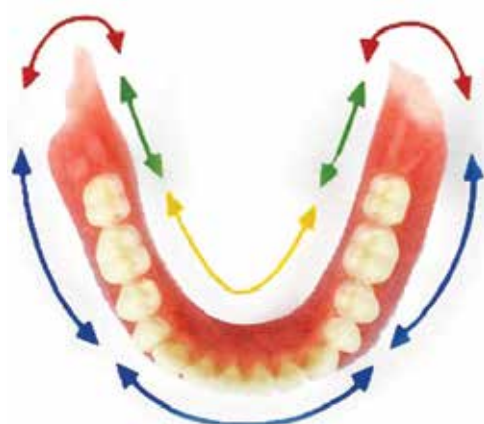
### Why The Excitement?

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

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

### What Are Lower Suction Dentures?

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



*No adhesive! No Implants!*

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

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

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

### Who Is A Candidate For Lower Suction Dentures?

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

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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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