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By Chris Millikan - Page 17

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ACCORDION TO DAN

So long old houses and shopping areas, hello to concrete towers as they reach for the sky. It reminds one of that comedy from long ago starring Abbott and Costello in 'Jack and the Beanstalk'. Thanks to modern machinery, the deeper they dig the higher today's towers rise in Greater Vancouver. Thus, the following rhyme and song.

THE DEEPER THEY DIG, THE HIGHER THEY RISE

The deeper they dig, the higher they rise. Practically everywhere in Richmond, Vancouver, the Lower Mainland, I can't believe my eyes! Walking from Granville and Georgia to Bute on Robson, what a surprise. It can be tough on the emotions for some of us nostalgic senior gals and guys. In Richmond, Number Three Road down to the Casino, like Dude, so much that used to be is gone. Why, I don't know. Vancouver, Dunbar, Downtown, even Kerrisdale and Kitsilano. It can be tough for us dinosaurs wondering where did so much go.

We remember Buttermilk and Chocolate; those horses that went clippety-clop, delivering dairy products to where the Sylvia Hotel still stands. It seems like just yesterday, the nineteen fifties, when did that stop? The same with that old train service on Railway to Steveston, gee whiz. All that construction today gives rise. It's hard on our poor necks looking at all those construction cranes up high. Just the cost of a cup of coffee at food courts can bring plenty of my... my's. It makes some of us sigh for the old non - digital days, savouring grandma's home baked pumpkin and blueberry pies.

Thank heavens for thrift shops and yard sales. There you can often find the vinyl resting places for old records of the nineteen sixties, and if you're really lucky, a record player for a 'song'. The following is a new one that's never been recorded but hope still spins eternal, eh?

THAT OLD VINYL RECORD

Accordion to some, the ideals of the nineteen sixties have changed, just a tad. Do you remember the Limelighters, the Kingston Trio, Peter, Paul and Mary. How about all those hootenannies, banjos, guitars and songs that vibrated with so much hope and magic that folk music had. Spin one of those records today...still powerful? Very!

From Woody Guthrie to Bob Dylan, Glen Yarbrough, Ian and Sylvia, Pete Seeger, Mary Travers, Leonard Cohen, how they all touched our soul, so sublime how those songs grabbed you. It can still play such an important role.

Many seniors remember that special era and how bright that light shone, creating a renaissance that inspired and, for a while and with wonder, changed the world. Except in our memories, and hopefully recordings, gone. Fortunately listening to an old vinyl, those feelings can still be replenished and unfurled.

PUN-ISH-MENT

I've always found puns to be fascinating and thought provoking. Others find them pun-ish-ing. Nevertheless, the following bit of rhyme might provide some food for thought.

THE LAST STRAW

It's time to 'ketchup' on a few food puns. Like, if you become addicted to spreading too much mayo on a submarine sandwich you might end up a patient at the Mayo Clinic. When you bite into the English language, the food puns available are tons. Its adjectives, verbs and especially nouns can provide a delicious grammatical unorthodox picnic. Others with different tastes end up having the biscuit. Shakespeare, the great bard, occasionally incorporated this lowest form of humour. However, any dedicated punster, whatever the consequences, has no choice but to simply risk it, regardless whether they reside in the Big Apple, LA, Toronto or Vancouver. A portrait photographer from Montreal might think 'c'est fromage' but nevertheless

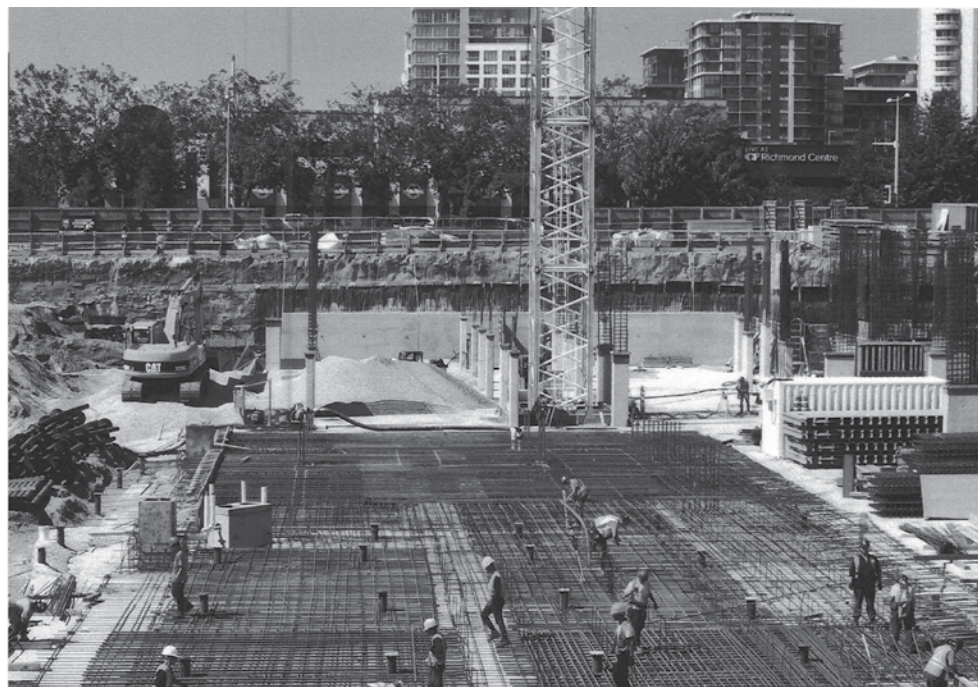
in English say 'smile and say cheese'.

Speaking of culture did you know that some surmise the most successful is the yogurt. Somehow after that last one I can almost hear a reader think enough pun-ish-ment please. Perhaps the last example is the last straw, the proof is in the pudding, that too many puns can actually hurt. Guess it's time to cut the mustard even though some relish puns because puns can provide a morsel of food for thought. Perhaps, for local seniors puns can be a pathway to remembering the heavenly taste of a huge bowl of baked custard for only twenty-five cents at Vancouver's White Lunch Restaurant.

Squeezing out a show at a seniors home with an accordion and bellowing songs from Jolson to Elvis can be instrumental to all kinds of reactions.

DOING A SHOW, YOU NEVER KNOW

Doing a show is never the same. It depends on the mix of the crowd. Sometimes you lose them and then try again. with more rhythm, greater gusto, singing really load. How about Al Jolson, Red Robins, or the nineteen fifties hit 'Love and Marriage'. Maybe a bit of the Beatles by diving into a 'Yellow Submarine', Elvis Presley's 'I'm All Shook Up', and Dean Martin's 'When the moon hits your eyes'. Music they'll cherish and taking us back to when we were around sixteen.



The deeper they dig, the higher they rise. Construction in Richmond off Number Three Road. (Photo: Dan Propp)

How about the 'Doggy In the Window' or 'The Merry Widow Waltz' or try to go to 'bat' with 'Die Fledermaus' by Johann Strauss. What about Showboat which reminds me of that stage at Kitsilano beach or Rosemary Clooney's 'This Old House'. Doing a show, folks, you 'takes your chances' and away you go. Why? Because songs like "There's No Business Like Show Business" can trigger fond memories so. Bring back Jimmy Stewart, Betty Hutton, Tony Curtis in 'The Greatest Show on Earth', and like Jackie Gleason used to say..."and away we go"!

Please visit www.Nostalgicroads.Weebly.com

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DOWNTON ABBEY: BIG SCREEN ROYAL DRAMA DELIGHTS

By: Ursula Maxwell-Lewis

Downton Abbey (the film) was released in

local theatres in September. It showed up as a timely diversion from Boris, Brexit, Twitter Fiend Trump, dictators determined to destroy the planet, and Canada's scintillating election campaign. God save the King (George V and Queen Mary) for visiting the Crawleys, rescuing us from reality and reminding us that the family silver hasn't been polished since Christmas.

Personally I would walk over ground glass barefoot to see Maggie Smith on stage anywhere. Her Lady Violet wicked wit makes me squirm with delight. Swanning around the stately Grantham estate both she and the inevitable upstairs and downstairs dramas are perfectly suited to the big screen.

Britain between 1912 and 1926 was a time of rapid change in British society as well as technology. Subtly profiled in assorted ways, the film demonstrates the shock waves impacting the older generation. The younger members of society (particularly below stairs) take the long view and begin to appreciate the freedoms these changes will bring.

Admiring the classic cars glide along the impressive driveway I picture myself perched on those leather seats and wonder if the chauffeur ever grated the gears. Shades of my years driving standard! According to the Daily Mail, Lord Grantham's Renault Landaulette is totally original, one of the last of its kind and is valued at over \$500,000. My delusion of grandeur on wheels in my dreams.

In case you missed the TV series, the show is actually filmed at Highclere Castle, the ancestral Hampshire home of the Carnarvon family set in 1,000 acres of parkland designed by Capability Brown in 1771. Included in it's unique history is an intriguing Egyptian connection. In 1922 the 5th Earl of Carnarvon and Howard Carter discovered the tomb



Photos:

Britain: Highclere Castle, the majestic Downton Abbey filming location. Photo: Visit Britain

of Tutankhamun.

Downton author Julian Fellowes is a friend of the 8th Earl and Countess of Carnarvon whose family have lived on the site since 1679. It was an obvious choice for a film series of its type.

Village scenes for the show were filmed in Bampton, a picturesque Cotswolds village, which was also the location for Crawley House. By the way, a visit to this area - or any part of the Cotswolds - will not disappoint.

Lincoln Castle, the oldest of all the Downton Abbey locations, was where poor Mr. Bates was incarcerated when accused of murder. Located couple of hours south of York, the castle is home to the Lincoln Magna

Carta, and The Charter of the Forest, a document drafted in 1217 to ensure England's forests were not conscripted by the aristocracy. Wise move!

I hope these snippets of background encourage you to relax and enjoy the film, or possibly plan a trip to Britain to explore the film's many locations. Either way, abandon world news and daily dramas for the moment and relax, laugh, dream - or plan a holiday. For more information go to www.VisitBritain.com or HighclereCastle.co.uk

Ursula Maxwell-Lewis is British Columbia travel journalist and photographer. Contact here at utrael@shaw.ca

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

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

Lillian, Surrey

THE DANGERS OF BLUE LIGHT – SLEEP CLEAN WITH THESE SIMPLE TIPS

In an increasingly digital world, we are exposed to artificial lighting more than ever before. Artificial lighting not only causes issues such as eye strain, headaches and blurred vision, but also impacts one of our most important internal biological processes: sleep.

Our sleep cycle is regulated by our internal body clock or circadian rhythm, which uses the light sensors in our eyes to track what our body perceives as daylight in order to match our schedule to our environment.

This process can be disrupted when exposed to artificial light, which contains blue light. Blue light is used by LED screens including televisions, computers and our phones, and can be problematic as it closely mimics natural sunlight. Because of this, our body interprets blue light as sunlight and sends signals to the brain that we should be awake. This can throw off our circadian rhythm and contribute to insomnia and other sleep-related issues.

Fortunately, there are steps you can take to help

alleviate some of the issues caused by blue light to ensure a good night's sleep:

Invest in special blue-light-filtering glasses: These special-purpose glasses are available without an eyeglass prescription, so you can use them even if you have no need for vision correction or if you routinely wear contact lenses.

Avoid the use of LED screens in the evening: Substitute phone time or watching television with blue-light-free activities, such as reading a printed book. Use specialized lighting such as the Dyson Lightcycle, a task light that continually adjusts its colour temperature and brightness in relation to your local daylight, providing the right light for the right time of day.

Use a blue light filter app: Available for smartphones, tablets, and computer screens, blue light filters tint your screen to neutralize the blue light emitted – a fast and effective way to instantly reduce exposure. Some phone companies, realizing the importance of blue light filtration, have even included built-in blue light filters within their operating systems. Search the features on your smartphone to see if a “night shift” setting is available.

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TAIWANFEST HOPE TALKS 2019



TAIWANfest Vancouver is held each year on the last weekend of August prior to the children returning to school, and is my favorite summer festival. This year, Aug31-Sept2, 2019, the theme “Riding the Waves with Vietnam” honoured both Taiwan and Vietnam. There were orchestra concerts with guest performers, glove puppets from Taiwan, water puppets from Vietnam, chefs from both countries, Chef James Xin Jiang Man bbq skewers and other street banquet snacks.

The Hope Talk: “Music and My Journey of Identities” included instrumentalists Suana Emuy Cilangasay, Vi An Diep and Tiffany Moses whose beautiful music augmented their interesting life stories.

Caroline Nguyen Thu Hang’s Hope Talk: “My Journey in Taiwan as a Newcomer from Vietnam” spoke of her mother working for 14 years, as a domestic, away in Taiwan, to support her family. Caroline Nguyen, consequently studied in the NTNU (National Taiwan Normal University) Institute of Curriculum and Instruction.

The final Hope Talk: “The Value of Democracy: The Taiwan Story of a Chinese Girl. An Unthinkable Dream” was given by journalist and author Alison Zhao from Guanzhou, China. While an exchange student in Taiwan, Alison Zhao experienced a rally outside the Presidential Palace, during a Taiwanese presidential election. The incumbent Ma Ying-jeou in the



Kuomintang party was being challenged by supporters of the opponent Tsai Ing-wen of the Democratic Progressive Party. However after the rally, everyone just calmed down and went home. This would not have happened in China, and Alison Zhao realised that in Taiwan and elsewhere where democratic votes occur, rallies not riots, occur to express dissatisfaction with the government. Alison Zhao is doing her Master’s at



Georgetown University and plans to return to China. On Oct.21, Canada is having a federal election, so let’s continue to get out and vote!

Photos:
TOP LEFT: Lenora Hayman & Caroline Nguyen Thu Hang
TOP RIGHT: Chef James Xin Jiang Man BBQ
BOTTOM LEFT: Alison Zhao
BOTTOM RIGHT: Vi An Diep with long-plucked zither.

IS VAPING BAD FOR YOU? HEALTH RISKS AND SAFETY COMPARED TO SMOKING

There’s some information out there about the dangers of vaping. But some of it can be unreliable and confusing, especially when it comes to your health.

According to Health Canada, switching completely from smoking cigarettes to vaping will reduce your exposure to many toxic and cancer-causing chemicals. There are short-term general health improvements if you completely switch from smoking to vaping products.

Vaping products and e-cigarettes deliver nicotine

in a less harmful way than smoking cigarettes. This is because many of the toxic and cancer-causing chemicals in tobacco and the tobacco smoke form when tobacco is burned. But vaping products do not produce smoke, contain tobacco, or involve burning.

In fact, while they may contain nicotine, vaping products typically contain a fraction of the 7,000 chemicals found in tobacco smoke and lower levels of several of the harmful chemicals found in smoke. These products may reduce health risks for people who smoke when they can’t or don’t want to quit using nicotine through other methods.

While evidence is still emerging, some evidence suggests that using e-cigarettes is linked to improved

rates of success. If you decide to use vaping products to quit smoking cigarettes, you may go through a time when you use both cigarettes and vaping products. Switching completely to vaping will reduce your exposure to many toxic and cancer causing chemicals. For people who smoke, vaping is a less harmful option than continuing to smoke.

Talk to your doctor or connect with the pan-Canadian quitline online at www.gosmokefree.gc.ca/quit or toll-free at 1-866-366-3667 for support and advice towards a smoke-free life.

Get the facts about vaping online at canada.ca/vaping. www.newscanada.com



THE PHARMACIST REVIEW

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

Topical Pain Solutions and PCCA

Everybody has experienced pain in their lives. Often, the first thing we reach for is an oral pain-killer or anti-inflammatory drug. If it's severe or becomes more chronic, we go see our doctors (or, at least, we should!). Did you know that some of the best medications your doctor can give you to treat your pain is absorbed through your SKIN, and not your gut? TOPICAL PAIN GELS/ CREAMS have become the cornerstone due to its wide efficacy and low risk of side-effects and interactions. The only way to get these customized medications is through a genuine compounding pharmacy with personnel who are specially trained by an organization such as "PCCA" (the Professional Compounding Centres of America).

Typically, to arrive at the appropriate topical pain medication, your physician would consult with a compounding pharmacist, such as Christine Cheng at Cloverdale Pharmasave, or Frederick Cheng at Pharmasave Steveston Village. The discussion would yield a formulation containing the IDEAL AMOUNTS of the APPROPRIATE MEDICATIONS in the APPROPRIATE BASE to be made in SPECIALIZED EQUIPMENT (such as an ointment mill, Mazerustar planetary mixer, electric mortar and pestle, etc.). This prescription would be specific in addressing your particular type of pain, be it muscle, joint, nerve pain, or even headaches. If your physician or pharmacist has never heard of topical naltrexone, ketamine, amitriptyline, etc, or thinks that all bases are the same, or that you don't need special equipment to achieve necessary sheering forces and a uniform product, then it's time to move on to someone else.

A PCCA-TRAINED PHARMACIST has the background knowledge and understanding about each active AND non-active ingredient that goes into your custom medications. A high-quality product takes a lot of training and practice in order for the compounder to be able to make the appropriate medications FROM SCRATCH. Poor quality products will not be absorbed appropriately, and thus will not give you the desired effect, and sometimes could even lead to unwanted side-effects such as local irritation, or "bolus" deposition of drugs into your system.

Let us be clear: topical pain gels and creams are highly effective for the majority of pain cases, but only if compounded with the proper ingredients, in the appropriate bases, made with the appropriate equipment by specially trained personnel. If you need a genuine compounding pharmacy with 20+ years of experience, come see the passionate experts at CLOVERDALE PHARMASAVE and PHARMASAVE STEVESTON VILLAGE.

(Christine and Fred Cheng are a passionate, charismatic sister-brother pharmacist team at their unique, family-operated Pharmasave stores in Cloverdale and Steveston Village, B.C.)

5 TIPS TO BEAT THE FLU BEFORE IT BEGINS



School's back in session and that means flu season is right around the corner. Even if you've got the perfect flu-free streak going, it's important to take steps to prevent the flu so that you don't risk spreading it to someone who can't afford to get sick.

Children, seniors, children, people who are pregnant or have chronic medical conditions are especially vulnerable to the flu. Let's beat the odds this season with a few handy tips to boost immunity from Jacklyn Villeneuve, a registered dietitian:

Eat nutrient-rich foods. Eating well is one of the best ways to ensure that your body has the nutrients it needs for a strong immune system. Foods like citrus fruits and sweet peppers, beans and legumes, nuts and seeds, and probiotics such as yogurt are rich in essential vitamins C, E, and zinc, which are helpful allies in fighting off sickness. Consuming nutrient rich foods over supplements provides the added benefit of also containing things like fibre, calcium and/or healthy fats, but before consuming any of these nutrient rich foods, don't forget to wash your hands.

Get a good night's sleep. When your body is well rested, it's more equipped to combat foreign germs that attack your immune system. Make sure to get lots of rest before you start feeling ill to keep your immune system ready for whatever comes your way.

Stay active. Working out has more benefits than just helping you stay in shape. Staying active can also help boost your immune system, leading to a less likely chance that the flu will knock you down. People who exercise regularly may get fewer colds and recover faster.

Minimize stress. Opposite to exercise, stress depletes the immune system. For this reason, it's important to try to minimize your stress levels, especially at high-risk times. Both stress and the flu take a toll on the body, and experiencing one makes it more likely that you will experience the other. Try practicing yoga or meditation to encourage relaxation.

Get your flu shot. While the above steps are important in helping us boost our immune systems, did you know that 70 to 90 per cent of flu cases can be avoided through vaccination? The best thing you can do is to get your shot each fall to beat the odds and help protect those around us who can't risk getting the flu.

Need help in your quest to prevent the flu? Your local Loblaws in-store registered dietitian is there to help with personal consultations and shop-with-a-dietitian services. Book your appointment today at bookadietitian.ca.

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WHAT ARE THE FIRST SIGNS OF CATARACTS?

As we age, our vision changes. Vision may become blurry and faces of loved ones become difficult to see. If you are experiencing these symptoms, you may have cataracts, a natural eye condition that usually forms as we age. If left untreated, cataracts can cause significant vision loss and blindness.

"Our eyes are our windows to the world and no two are the same," says Dr. Kathy Cao, an ophthalmologist with the Kensington Eye Institute. "It's so important that everyone is proactive about their eye health, especially if there are changes in their vision."

Cataracts affect over 2.5 million Canadians every year, but among patients who have cataracts, only 20 percent had a full understanding of their condition. They occur when the lens in the eye becomes cloudy from natural proteins that build up over time, leading to clouded vision, light sensitivity and fading of colours.

The only way to repair cataracts is surgery. Modern cataract surgery is a safe procedure where a surgeon replaces the natural clouded lens of the eye with an artificial lens. Nowadays, there is a variety of surgical lens options available to achieve individual vision goals.

"While every surgery should be carefully considered, cataract surgery is generally safe and done on an outpatient basis, which means patients go home the same day after surgery, and often start to notice vision improvements within a couple of days and may return to regular life activities shortly after," says Dr. Cao.

If you're considering cataract surgery, you need to have an informed conversation with your surgeon about your vision goals to select the cataract lens replacement that's right for you. New innovations in lens technology like Alcon PanOptix Trifocal lenses allows you to see clearly at all distances.

Visit your eye care professional to learn more about cataracts, cataract surgery and lens options. Find more information at seethefullpicture.ca.

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Straight from the Horse's Mouth

By Mel Kositsky

It is often said that history repeats itself. But it is rare that the name of a champion horse is reused and the second version also becomes a local champion. But for the second time in history, a horse named Five Star General won the British Columbia Derby. And this year's 74th running of the Derby at Hastings Racecourse will also be remembered as a great race as it took a photo finish before the winner was declared after an exciting stretch duel that will have local racing fans talking about for years. A head bob at the wire decided the winner.

In September 1978 a horse called Five Star General, owned by the Jawl Brothers, also won the BC Derby. Ridden by jockey Andy Smith and trained by Don Morrison, that "General" was the toast of Exhibition Park for a purse of \$50,000 over California invader Hoist The Silver, the first horse to race in both the Kentucky Derby (finishing 8th) and BC Derby in the same year. Silver was forced to carry a high weight of 131 pounds after winning the \$50,000 Longacres Derby in Seattle before coming here.

This year it took all the skill of California-based jockey Mario Gutierrez, riding Five Star General in the Grade 3, \$250,000 BC Derby on Sept. 7, to defeat Ole Nielsen's Canadian Derby winner Explode in an impressive field of nine starters. The same horse and rider combination had won the BC Cup Sir Winston Churchill (Derby Trial) on August 5, but this was a much more talented field of three-year-old thoroughbreds.

Following an illustrious career at Hastings where he'd never won a BC Derby, Gutierrez moved to racing's major California circuit and he has already ridden two Kentucky Derby winners -- I'll Have Another in 2012 and Nyquist in 2016. But this was his first BC Derby victory after numerous attempts. The margin of victory will go down in history as a nose over Canadian Derby champion Explode but in reality, it was more like a nostril. As the second betting favorite to Explode, Five Star General paid \$5.90 to win in posting a final time of 1:52.43 over the 1 1/8-mile distance.

In a news release from Hastings, both Gutierrez and

owner/trainer Glen Todd said this was a very emotional victory for both of them as Five Star General was fitted with the traditional corsage of 350 of red roses.

"This means a lot to me," Gutierrez said during an interview with outrider Bailey Heggie on the victory gallop back to the winner's circle. "I have been so lucky in life. I will never forget where I came from. Glen got me started in Vancouver and this is my home."

Todd was on an emotional roller-coaster throughout the afternoon. Less than an hour earlier he was celebrating a \$100,000 BC Oaks victory with veteran rider Richard Hamel on 11-1 longshot Amazonian. Final time over 1 1/8 miles was 1:53.10 with Amazonian playing \$24.10 for win ticket. Todd then capped things off by also winning the \$50,000 S.W. Randall Plate with He's the Reason, again with Hamel in the irons. He's the Reason paid \$5.30 in a final time of 1:51.78 for the 1 and 1/8 mile distance.

"This has been a great day for me and my family and all of the hard-working people who work on our team behind the scenes," said Todd, who operates the North American Thoroughbred Horse Corporation. "It's been the best day for me personally in 50 years in the racing business."

Todd had purchased Five Star General, a son of Distorted Humor, back east for \$180,000 US at a sale in July when he went shopping for a Derby contender. In a post-race interview he said he almost has a complete return on the investment. The horse had been running on the turf in New York and Delaware, but he broke his maiden on a sloppy track last October and his front-running style suited the Vancouver track, where horses are often forced to compete in rainy conditions.

Hamel came close to winning three of the four stakes on the 10-race card but 2-5 favourite Here's Hannah, carrying 130 pounds, was caught at the wire by 8-1 longshot Bear following a determined ride by Sahin Civaci in the \$50,000 Delta Colleen. It was the first loss at Hastings in 12 starts for Here's Hannah. Bear, trained by Phil Hall and ridden Civaci -- who won three races on the day -- paid \$19.40 in a final time of 1:52.74. Hall is the meet's leading trainer. Hamel's three wins left him just shy of leading jockey Enrique Gonzalez as the season winds down.

In a news release prior to Derby day, Darren MacDonald, General Manager and Director of BC Racing, said the 74th edition of the BC Derby and 56th running of the BC Oaks "is our richest and traditionally most exciting day of the year at Hastings Racecourse. Thanks to the generosity of racing's dedicated supporter Peter Redekop, the BC Derby purse has been increased to \$250,000, matching the total of the Canadian Derby in Edmonton."

MacDonald said Derby/Oaks Day is the marquee event on the Hastings racing calendar -- with the addition of three other guaranteed stakes purses -- the BC Oaks (\$100,000), S.W. Randall Plate (\$50,000) and Delta Colleen (\$50,000).

"Like every other thriving sports and entertainment project, it takes a total team effort from so many lev-

els to maintain its level of success," added MacDonald. "There is no question the continued support of our racing industry partners plays a huge role in the year-round planning and staging of some of the finest racing in the Pacific Northwest. We cannot thank enough the input from the Horsemen's Benevolent & Protective Association (HBPA), B.C. Thoroughbred Breeders & Owners Association (BCTOBA) and the Canadian Thoroughbred Horse Society B.C. Division (CTHS). That input goes deeper, of course. Hastings Racecourse is home to some of the most committed trainers, jockeys and backstretch workers in the sport."

Redekop, a BC Racing Hall of Famer (Class of 2013), has been a major part of the local thoroughbred scene for more than five decades. This past spring Redekop made an unexpected announcement that he would be increasing the guaranteed purse of the Grade 3 BC Derby from \$150,000 to \$250,000 by simply saying: "We've got to get more people in the racing industry to notice us."

The respected owner/breeder has good reason to have a soft spot for the BC Derby, considering he remains the only owner to have captured the prestigious race on four occasions, including three in a row during an outstanding run from 2012 (Second City) to 2013 (Title Contender) to 2014 (Alert Bay). His first Derby win was with Squire Jones in 1994.

Team Redekop, a crew that includes Peter's nephew James Redekop, racing manager Dr. Bryan Anderson and Hastings leading trainer Phil Hall, finished third in this year's race with Final Jeopardy. Also a recent purchase, Final Jeopardy was the 6-5 Canadian Derby favourite at Century Mile in Edmonton in August but settled for third as Explode and Journeyman finished in what was described as "a bumper-car stretch drive". Journeyman crossed the wire on top by a neck but the Chicago invader was disqualified by the stewards for interference.

There are eight days left of thoroughbred racing at Hastings during the month of October. Closing day of the 2019 season, which started May 4, is Oct. 27. There will be afternoon racing on the Thanksgiving Day holiday (Monday, Oct. 14). Live harness racing started in late September at Fraser Downs in Cloverdale, located at the Elements Casino Surrey. Racing there is Thursday and Friday nights only until the schedule switches in November for the winter season. Both tracks will be offering simulcasting of the Breeders' Cup races on November 1 and 2.

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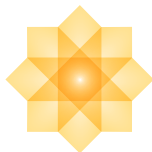
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HOW TO PREPARE YOUR HOME FOR COOLER WEATHER



With autumn's arrival, it's time to get your new home ready for winter before the inclement weather arrives.

All new homes in Ontario come with a warranty provided by the builder and backstopped by Taron Warranty Corporation. This warranty is comprehensive and lasts up to seven years from the date of the first owner's possession. It covers a lot of things inside and out, from shoddy workmanship to major structural defects.

However, it's important to know that if issues arise in those first seven years that can be traced back to a lack of proper homeowner maintenance, they won't be covered. To ensure that your warranty rights are protected, here are some fall maintenance reminders for your new home:

Check your windows and doors, inside and out for any cracks or separations around the frames. Apply caulking to any damaged areas. This will prevent water penetration or heat loss.

Look for damage or wear to the weather-stripping on your exterior doors and replace if necessary. This keeps warm air from seeping out of your home.

Inspect eavestroughs and downspouts. Remove any leaves and debris that can create messy, smelly blockages that could build up over winter. If you see cracks or seam separations in your eavestroughs, fix them with caulking.

Shut off your home's exterior water supply and drain all exterior water lines and hoses. You should leave the taps open a bit – this will prevent any remaining water in the lines from freezing and damaging the water supply line.

Have a professional roofing company inspect the roof to ensure that shingles, flashing and chimney caps are all in place and properly sealed.

Clean and test all your exhaust fans, including dryer vents, stove vents and furnace vents. Clean or replace your furnace filter and consider having your furnace serviced to prepare it for winter.

Inspect your gas or wood-burning fireplace and chimney dampers, and have them serviced or cleaned if necessary.

Test all smoke alarms and carbon monoxide detectors to make sure they are in good working order.

www.newscanada.com

HOW TO INCREASE YOUR FINANCIAL RESILIENCY

When it comes to your personal finances, it's important to be prepared for the unexpected. Whether it's an overall downturn as Canada faces an uncertain economic forecast or a difficult personal situation such as job loss, illness, injury or a major home or automobile expense, experts agree that resilience is the key.

There are many ways to increase your financial resilience and break the debt cycle. Here are five tips to boost yours:

Track spending and identify areas to cut costs on an ongoing basis

Get ahead of debt and scrap together those savings to create an emergency fund so you're better prepared for unexpected events

Ensure you have access to credit, especially for emergency situations. Establish and repair your credit with a card such as Capital One's Guaranteed Mastercard.

Make credit card payments on time to build habits that can help improve your credit score

Ask for help when you need it. Surround yourself with a network of people you can depend on during times of hardship to provide emotional support, advice and alternative paths during difficult times.

Learn more about ways you can take control of your finances at capitalone.ca. www.newscanada.com

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PROFILE

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

Q: I have a concrete patio in my back yard and have noticed that a pretty large crack has appeared over the last few years. I am hoping this is something I can attempt to repair myself. The crack is about two feet in length and ½” deep and ¼” wide. Can you recommend a product and method I can use to repair this?

Dan in Ladner

A: First wash the area with Shell Busey’s Home Cleaning Formula (heavy duty mixture) and rinse well. The crack can be filled with a Foam Backer Rod available in 1/8, 1/4 - 3" diameters. Cut to fit and set down into crack 1/8" from the concrete surface. Apply Weldbond or concrete adhesive over the foam backing rod. Allow to cure for 1-2 hours. Then apply Polyurethane caulking (gray or concrete color) into the crack crevice.

Sprinkle dry sand over caulking and brush excess off using a paint brush. Allow to cure for 12 hours before using area.

It’s just that easy!

DIGITAL DECLUTTER:
TIPS TO GET ORGANIZED

A tidy, well-ordered home is a priority for many of us. But while we tend to focus on closets, drawers and cabinets, one often neglected area is our digital properties – everything from our desktop computer to our smartphone.

Hoarding digital clutter can take up space on your device, affect your productivity and make finding files more difficult. To bring some order to your tech chaos, try these simple tips.

Hit unsubscribe. Make sure any marketing emails you receive are for services and products you truly need and are interested in. Otherwise they’re clogging up your inbox and tempting you to spend unnecessarily. The same goes for any channels or people you follow on social media – don’t be afraid to let go of things and people that don’t interest you anymore or stress you out.

Upgrade your system. It’s easy to get annoyed at recommended update notifications and dismiss them, but your operating system and applications function better and more securely when upgrades are installed. Updates can also eliminate unnecessary files using up valuable device space.

Delete your downloads. This is a folder that can get real messy, real fast. Don’t let your downloads folder get out of control by regularly going through it to move and rename files you do need and delete the ones you don’t. After doing this, don’t forget to empty your recycle bin.

Back up your files. Whether it’s with an application that’s on the cloud or an external hard drive, make sure to back up any important files you need. You don’t want to accidentally delete the photos of your child’s first step without having a backup somewhere.

Simplify your music. Between leftover mp3 files

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Thanksgiving

Cranberries

Stuffing

Candied Yams

Costumes

Ghosts

Hot Chocolate

Pillow Cases full of Candy

Mulled Wine

Fall

Pumpkin Pie

Halloween

Family Gathering

Brussel Sprouts

Mashed Potatoes

Goblins

Candy

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LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

UNDERSTANDING THE CAUSE OF LOW MOOD & DEPRESSION

Depression is a diagnosis that nobody wants to hear from their doctor. It feels like something that will be with a person forever! In my opinion this is not the case. There are many causes of depression and therefore many solutions.

Firstly, there are many different kinds and levels of depression. It can range from feeling less social or more tired than usual, to full blown suicidal thoughts.

Here are some causes that I see commonly in my practice.

Low serotonin: This is the "happy hormone" that gets low and affects one's mood. There are many factors that can cause serotonin levels to drop, which will be explained below.

Food sensitivities: Food has a huge impact on the body and mood. The majority of our neurotransmitters (like serotonin) are made in the small intestines! Therefore, if one is eating a food that is agitating this area the neurotransmitter production can be disturbed. Also eating foods that one is sensitive to can lead to vitamin and mineral deficiencies. Some of my patients can notice within the day that their mood goes down when they eat one of their allergens.

Low B vitamins: B Vitamins are essential in the process of transforming our food into neurotransmitters. In particular B6 & B12.

Low Minerals: Minerals like magnesium are important in mood and can decrease sugar cravings also. Cocoa is high in magnesium, which explains why most people with low mood / depression crave chocolate.

Poor Diet Choices: By eating a diet that is high in refined foods & lacking in protein, the body can become very deficient in minerals and vitamins essential to optimal health.

Refined Foods & Sugar: Refined foods such as sugar, white flour, sweetened drinks, noodles and white bread can have a significant detrimental affect on mood. Not only do they fill a person up without providing essential vitamins and minerals, they also make the blood sugar levels fluctuate which can affect mood.

Low Estrogen: If a women's estrogen level drops too low, one common symptom is depression. Estrogen acts as a MAO inhibitor, maintaining your supply of serotonin and dopamine in your brain. It also promotes the effects of serotonin, dopamine and nor-epinephrine (which are all important for an op-

timal mood). It is important to understand that we need optimal levels of estrogen in ALL stages of life. Even in your senior years!

Low Progesterone: If you are not sleeping well & your low mood is associated with anxiety also, your progesterone levels may be suboptimal. Progesterone is a very calming hormone & women feel best when it is at an optimal level in ALL stages of life.

Hypothyroid: Even mild cases of low thyroid can cause depression. Many women fall into the broad "normal" thyroid production range yet are not producing optimal levels of thyroid hormone. Once this is corrected the mood can greatly be enhanced.

Adrenal fatigue: This is an epidemic in our society and can strongly affect mood. Especially when there is a lack of motivation to do anything fun! Our adrenals produce hormones that give us our vitality. Chronic stress can impact the adrenal glands.

There are ways to support all of these common causes of depression & low mood. It is just a matter of finding the cause and supporting the body accordingly.

Reference: The Natural Superwoman by Uzzi Reiss MD., OB/Gyn

ONLINE SHOPPING CAN BE BAD FOR YOUR FEET

Online shopping is soaring in popularity in Canada as more and more of us discover the convenience of having our purchases delivered directly to our door. However, when it comes to footwear, foot experts say you need to approach online shopping with caution.

"To be effective and comfortable, footwear needs to fit properly," explains Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "Ill-fitting shoes can cause numerous problems including bunions, hammertoes, blisters and ulcerations as well as balance issues. Only a professional shoe-fitter who is able to see and measure your foot can accurately recommend the most appropriate type and size of footwear for you."

Although some online retailers provide a sizing guide, Harper says these guides tend to be very general and can vary greatly from one shoe company to another. Evaluating how one manufacturer fits compared to another is valuable when choosing the right shoe.

As dealing with returns is a nuisance and time-consuming, some shoppers keep the footwear even when it doesn't fit properly, causing them to squeeze into shoes that are too tight or use insoles or thick socks to improve the fit of shoes that are too large.

"If shoes don't fit comfortably, you shouldn't wear them," warns Harper. "In my clinic, I've seen many patients who are dealing with painful conditions that have been caused or exacerbated by inappropriate or ill-fitting footwear. Although we are usually able to help ease their pain, in some cases the pain could have been avoided entirely."

When it comes to footwear, he advises saving online shopping for shoes you've already had success with and would like to order another pair. For your everyday needs, visit a local shoe retailer in your community and have your feet properly measured. If you are experiencing ongoing foot pain, he recommends consulting with a Canadian certified pedorthist.

More information can be found at pedorthic.ca.
www.newscanada.com

QUICK RECOVERY AFTER ANTERIOR HIP SURGERY AT SURREY MEMORIAL HOSPITAL



Garth Richmond realized the osteoarthritis in his hip had finally gotten the better of him when he had to stop coaching his daughter's soccer team. Wear and tear had taken its toll, and the only remedy to deal with the joint pain was a hip replacement.

After advancing on the wait list, Garth met with Dr. Keith Neufeld at Surrey Memorial Hospital, who suggested anterior hip surgery. Garth decided to go with the advantages of this newer method, and he is so glad he did.

Garth was expecting a long, frustrating and painful recovery. Instead, it was a road full of surprises, starting four hours after surgery when Dr. Neufeld told him to forget about all the hip restrictions he had learned. None of them applied anymore.

An even bigger shock came a few seconds later when the doctor suggested Garth try standing. It was an option Garth hadn't even considered, but he gave it a try and found he could put nearly his full weight on the operated leg with almost no pain.

After only one night in the hospital, he was able to go back home where he used a walker for just one week, then crutches and then a cane by week three. One month in, he was walking unassisted. With diligent attention to his physiotherapy exercises, Garth found that by day 39 he was able to go for a hike with his family. But what meant the most to him was being able to make it his daughter's graduation father daughter dance just 17 days after surgery, managing a careful waltz without a crutch or cane.

Today, Garth can't say enough about the quality of care he received.

"I have thought a lot about the stark contrast between what I expected and what actually happened. I'm extremely grateful to Dr. Neufeld for using new and better methods. It is a huge win for the health system, as it reduces the demand on staff and equipment by about 80%. It's a huge win for patients too, with fewer complications, faster recovery, less pain, no restrictions, a stronger joint, a shorter hospital stay and you're fully functional sooner!"

Garth has big plans for his future, including more hikes with his family, travelling, skiing and playing soccer again. He's thankful for hospital supporters who make top-notch care at Surrey Memorial Hospital possible.

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Cozy Corner "Let's Talk"

By Janet Isherwood

COZY CORNER SPECIAL EDITION SENSORY STIMULATION & DEMENTIA

As an advocate for seniors with Dementia and a Director for the Lark Angels Foundation I speak often of Multi-Sensory Stimulation, and we are working hard to develop the first Multi-Sensory room here in Surrey. This article will help you understand the importance of a Multi-Sensory room.

Dementia, as we know, is a progressive disorder affecting the brain and presents problems with thinking, mood, behaviour, and the ability to take part in everyday leisure activities. For the person with Dementia the world can be a very fragmented and confusing place. If there is an absence or lack of suitable stimuli that focuses on an elder's remaining skills, we often see this leading to increased isolation, frustration, confusion, sensory deprivation and unhappiness as well as a continual decline in ability to maintain everyday skills. The link between sensory deprivation and decline in mental health has been frequently documented.

The Rover is an example of a sensory tool that can be brought beside a person's bed for them to enjoy the experience of sensory stimulation.

Giving Elders a means to express themselves, when they can no longer do so with words, can help them relax, feel safe, improve their mood, self-esteem and, in turn, their well-being. Sensory Stimulation helps Elders with Dementia connect. It brings them enjoyment, reduces anxiety and depression while increasing their social interaction. Although activities are aimed for the Elder it is a wonderful means for family, therapist and staff to share those experiences – bringing joy to all involved. Those shared experiences and memories can help bring Elders back to a time that they remember fondly, which can help them feel meaningful again.

Everyone needs sensory stimulation in order to comprehend the world around them. The only way we can get information into our brains is through our senses; sight, sound, touch, taste, smell and movement. Too much stimulation is not good yet if we have too little, we lose interest in our surroundings and potentially lose the ability to do things.

It is recognised that sensory deprivation and lack of appropriate activity has a devastating impact on our wellbeing and health. Older people in particular who are limited in their physical and cognitive abilities, need to be offered and helped to engage in activity that provides multi-sensory stimulation as they may not be able to access this kind of stimulation on their own. The right level of sensory stimulation helps to relieve stress and boredom; to engage in activity also involves an act of communication that enhances the feeling of comfort and wellbeing.

Most of the equipment I work with is through Associate Health Systems Inc. a local based company and they can assist you with a design of your own Multi-Sensory Environment (MSE) - providing a safe, relaxed and comfortable space where you can engage a person suffering with Dementia and other brain disorders.

Your Sensory Room is a space for enjoying a variety of sensory experiences and where gentle stimulation of the senses can be provided in a controlled way. Stimulation can be increased or decreased to match the interests and therapeutic needs of the user. Such spaces, and how they are equipped, offer a range of activities that can either be sensory stimulating or calming in their effects.

Multi-Sensory Environments improve the development of thought, intelligence and social skills. It offers people with cognitive impairments and other challenging conditions the opportunity to enjoy and control a variety of sensory experiences.



These populations rarely, if ever, experience the world as the majority of us do. Limitations of movement, vision, hearing, cognitive ability, constrained space, behavioral difficulties, perception issues, pain, and other problems create obstacles to their enjoyment of life. Multi-Sensory Environments provide opportunities for bridging these barriers. MSE generates a relaxing and calming effect, but also activates different perception areas aimed at basal stimulation for those who are neurologically impaired. Time spent in a MSE has been shown to increase concentration, focus attention, improve alertness, awaken memories, and to improve mobilization, creativity, social relations and communications, and general awareness of the surrounding world. The varied optical, acoustic, olfactory and tactile in Multi-Sensory Environments have not only provided alternative and powerful forms of sensory stimulation for individuals previously isolated in their perceptual disabilities; they have also managed to break into cultures within health and education, providing new ways of encouraging learning, motor development, cognitive development, language and social interaction skill.

The MSE space one wishes to create should help your residents feel comfortable, safe and secure. It should be an intimate, contained and quiet space with as few disturbance or distraction as possible. Providing a calm, warm and cozy atmosphere is vital. Using low-level sensory stimulation will activate the parasympathetic nervous system: inducing a state of calm. This will help a person to relax and will reduce stress and anxiety and subsequently enable them to better focus on activities offered.

In one's preparation of therapy think about ways you can incorporate as many senses as possible: hearing, smell, touch, taste, sight, vibration and touch. Stimulating the vestibular (moving in space, orientation and balance) and kinaesthetic sense (position and movement of arms and legs) is often a forgotten activity and so very valuable. A good solution here is to use equipment, items and material that are multi-sensory in design. For example, music instruments or scented cushions made from various materials provide a wider opportunity to explore visual, tactile, audio and olfactory (smell) stimulation and encourage movement.

Meaningful multi-sensory and reminiscent experiences can be created by combining various stimuli addressing different senses under a theme. For example, a walk on the coast: the sound of waves and seagulls, a breeze, a video showing the sea and the beach, sand and some shells to touch. This can create a virtual environment bringing the experience of the seaside indoors.

My favorite sensory is the puppy.

He has a motion sensor built in so when



The Rover

a person enters the room, the puppy barks. Not everyone can have a real dog in the home. There are cats, birds, as well. I hope this has offered you a sense of "The World of Sensory Stimulation" and why it is so important. No longer should a person with Dementia be sitting alone staring into space with little or no stimulation. A whole new world awaits them with the new understanding of Sensory Stim and how it works.

Janet Isherwood, Cozy Corner

Troy Hutchinson, Associate Health Systems Inc.

Computer Tech Talk Q & A

Q: My pre-schooler just broke my mother's laptop screen! Do you repair broken screens?

A: Yes, we replace screen on phones as well. We'll need the laptop model to give you an accurate quote.

Q: I need you to come to my place. My computer isn't turning on!

A: We'll need the best time & your address & be there asap!

Q: Are people still suppose to defrag their hard drives?

A: Yes, defragging is recommended between once a week and once a month. However if you have an SSD Drive, Android OS or Apple product never!

Q: I don't know how to defrag my hard drive with the O System I currently have.

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Write as I Please

By Mel Kositsky

Is it really that hard to tell anymore whether a news story is "real" or "fake"?

Obviously the social media police think so, and now the major news networks are trying to win back viewers and readers by promoting the truth. They are finding it hard to compete against "tabloid-style" journalism. But what can they do to combat it?

The influence of social media has never been greater and the invention of the "fake news" syndrome has many people very concerned. It is little wonder that a major American news network has now taken to marketing its newscasts with the tag line "Real News! Real Reporters!"

So does it help their credibility to do "stupid" things as they try to fill air time on these 24-hour news services. A classic example is coverage of extreme weather situations. It is hurricane watch season -- so what happens? News outlets continue to send out reporters to stand in the wind and rain and look really "stunned" telling us an evacuation order is in place but "we brave news people are ignoring it". Then we have news announcers telling us that power is out in certain areas "but please do not line up at your local coffee or donut shop for food" (which obviously has some power) and that "you are hampering the work of emergency and clean-up crews" by going outside. Really now, these people have no power so they are not at home watching your broadcasts!

Does the viewer really want to see the reporter swept into the sea or crowned by a falling tree? Seriously! Should not the authorities stop these news people from going into an evacuation zone? Are they not taking "freedom of the press" much too far? And why do Canadian news outlets have to send reporters and camera crews to the scenes of wind and rain in other countries? Do we really need a Canadian perspective on the weather?

Now that the "ber" months have started, will weather conditions soon reflect the "burr" months in the future? What will climate change really bring? Notice the advocates have stopped using the phrase "global warning" all the time. The unpredictable weather shifts does not always mean warmer temperatures.

For some cultures, September is the start of the Christmas season as the first of four "ber" months. Preparations are already underway for a happy holiday season. But North American marketers, who have blown Halloween celebrations out of proportion, usually wait for that "fun" holiday to end before going heavy on Christmas and Boxing Day promotions. Expect this year to be a strong season. While some "doom and gloom" economists can't stop predicting a recession, the economy is going well and with interest ratings holding this fall, expect people to still spend "lots" during the holiday

season. Then, of course, early next year we will be hearing all about record debt -- but most people do not really pay attention to these business forecasts. People would rather spend than save.

The time change is coming! Or rather NO change is on the horizon. After a huge public outcry, the provincial government will likely follow suit with other West Coast states and the Yukon. It is likely the decision will soon be made to remain on Daylight Savings Time year-round. With 93 per cent of British Columbians responding to an online survey this summer that they are wanting the government to stop the "fall back, spring ahead" formula, a decision will be made soon. But the timing is still up in the air as the political winds blow -- and the final change may not happen until 2020.

The eyes of the world continue to be on Hong Kong. The ongoing pro-democracy demonstrations are a symptom of what's wrong with the world today. And whatever happens there will have a giant effect on the world's commerce and trade -- as well as democratic governments. Hong Kong is a major world trade and financial centre. It is the hub of tourism for many Asian countries. That is why demonstrators took over the airport in mid-August because they knew the cancellation of all flights there would have a major impact -- much more than a riot in downtown streets. It is all about rejecting the strict controls of the national government and complaining about police corruption. But as a world power, China cannot have any of its control challenged like this.

That is why the upcoming election in Canada is so important this month and how the United States handles the situation is equally, if not more important. Political decisions have a major impact on everything we do, yet here we take government for granted and in some cases do not even bother to vote -- yet people are fighting for freedom and democracy in other parts of the world. It is important for all Canadians to participate in the federal election on Monday, October 21.

It is hockey time again -- although in this region the ice sport never really takes a summer break. Your Vancouver Canucks are hoping this is the start of "a new era" of success with a talented group of young skaters. Have we seen this before? Let's hope the team gets off to a good start and avoids injuries so fans will enjoy a competitive season. They certainly deserve one for following this "sad sack" team so religiously for so many years. It will be an accomplishment if they just make the playoffs this season.

We all know the fabled history of the Toronto Maple Leafs failures season after season, and hopefully the Canucks can break their own bad luck chain. Toronto sports fan got a taste of success this year with the championship season of the basketball Raptors -- and now hockey fans everywhere are hoping for a winning season.

WHY OLDER ADULTS ARE MORE AT RISK OF CATCHING THE FLU

Influenza is one of the leading causes of death in Canada, resulting in an average of 3,500 deaths each year. While people of all ages can contract the flu, adults 65 and older are more at risk, with up to 91 per cent of flu-related deaths occurring in seniors.

Our immune systems weaken naturally as we age, meaning older adults have lower responses to infections and greater susceptibility to the flu. They are also at high risk for complications or hospitalization if they do get the flu. The flu can also trigger a heart attack or stroke, or worsen conditions like diabetes.

Vaccination is critical for protection from the flu. It can help prevent infection and reduce the severity of symptoms. However, the standard flu vaccine is not as effective for those over 65 years of age as it is in younger, healthy adults.

In its recommendations for the 2019 to 2020 flu season, the National Advisory Committee on Immunization, the national committee of experts that provides public health advice related to immunization, concluded that the higher dose flu vaccine provides superior protection compared to the standard flu shot and should be offered to adults 65 years of age and older.

"My dad spent 93 days in the hospital and 48 days in the ICU after contracting influenza. We thought we were going to lose him," recalls pharmacist Umberto Leone. "I'm so grateful he made it out alive. This experience opened my eyes to the dangers of influenza and the importance of staying protected and getting vaccinated with the right flu shot for you."

Get ready for the flu season and stay protected. Experts recommend that older adults get vaccinated with the higher-dose flu shot, drink plenty of fluids, maintain a healthy diet, engage in physical activity, regularly wash their hands and avoid close contact with people who have the flu.

For more information on the flu in seniors, talk to your healthcare provider. The higher dose vaccine is now covered for all adults 65+ in Ontario. To find out if the vaccine is covered in your province, contact your public health officials and visit fluzone.ca.

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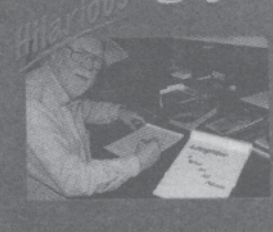
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John Clawson (Ol' Ugly)

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NORTH VIETNAM

WORLD HERITAGE HALONG BAY



By Chris Millikan

Our recent Uniworld holiday includes renowned Halong Bay.

The coach-ride from Hanoi to the Gulf of Tonkin introduces us to Vietnam's lush countryside. At one point, we sight farmers at work in their leased rice paddies. Some still cultivate their little plots with water buffalo; others plough larger tracts with small tractors. And teams of women hand-plant rice seedlings in flooded plots. "Our tropical climate permits three crops annually," guide Tri explains. "Farmers produce enough rice for their families and sell the surplus for export." Unexpected ancestral burial shrines dot these farmlands, splashing green landscapes with pinks, yellows and maroons.

Halfway there, the coach stops in at a modern cooperative. Tri jokingly calls these restroom breaks 'happy room inspections.' Most of us browse the splendid silk merchandise, including handmade tapestries depicting Vietnam's iconic scenery. A few snack on ice-cream bars.

Legs stretched, we roll onward. Sighting the Bay, Tri tells us, "Its nearly 2,000 monolithic limestone islets cover over 1500 square kilometers. Long attracting locals, a World Heritage designation in 1994 revealed its unique beauty worldwide and initiated plans for preserving the pristine natural environment."

At Bai Chay Harbour marina, Tri shepherds us onto Paradise Elegance. Expecting a much humbler

'junk,' this classy French colonial-styled ship features polished hardwoods, lustrous brass fixtures and wrought iron railings. Our cabin proves comfortable and spacious. Windows frame views of towering islands blanketed with thick jungle vegetation.

In the upstairs salon, a buffet lunch fuels afternoon excursions. Small sampans first whisk us to Bo Hon Island's concrete dock, in the middle of Halong Bay. "French explorers discovered Sung Sot Caves in 1901," Tri states. Joining the crowd, everyone patiently climbs the six hundred stone steps upward. Through the small entryway, the cavern opens up, becoming higher, wider and increasingly spectacular. I muse, "No wonder it's nicknamed Surprise Caves!"

Dimly lit pathways wind through vast, cool chambers. Walls glitter. Stalactites drip from ceilings; stalagmites rise from the floor. Crystalline pools sparkle. Using his laser, Tri shows us formations resembling an elephant, horse, flower and tree.

Back aboard Elegance, afternoon tea refreshes. Hubby Rick and a few hardy shipmates head for Ti Top Island, named for a Russian cosmonaut. "Tackling 200 steep steps up Bai Tu Mountain, I likely shared the same island vistas Gherman Titov loved when he visited in 1962," Rick reports. "And back down at the white sand beach, a swim cooled me off."

During happy hour, 'cooking' lessons on the

sundeck delight. Chef teaches volunteers like Rick to make vegetable spring rolls; everyone eagerly samples their creative results. Signature national dishes highlight our sumptuous dinner. Passing through the Bar later, we belt out a few golden oldies before retiring to our cabin.

At dawn, we snack on dragon fruit, pastries and lattes and meet fellow Tai Chi keeners on the sundeck. Surrounded by tranquil waters and mystic formations, we gently stretch our limbs. Then, overstaying leisure time on our balcony, we miss our ride to Bon Hon Island's opposite shore! Luckily, a later sampan rescues those like us who linger in otherworldly quietude.

Soon catching up with shipmates on a floating pier, we all board a flat-bottomed bamboo boat. Young oarsmen propel us toward Luon Caves. Passing under a limestone archway, we emerge among other boaters and kayakers in a beautiful lagoon. Near the rugged shore, Tri points out several of the fifty resident monkeys playing and scurrying along a steep slope. Swinging down through dense foliage, some perch on a platform offering fruit.

Our wondrous experience aboard Paradise Elegance reveals Halong Bay's magical world. Returning to the marina, we adventure onward.

Plan Your Trip:

- www.uniworld.com The Wonders of Vietnam, Cambodia and the Mekong and other itineraries.

A NEW OUTLOOK ON
TYPE 1 DIABETES

(NC) For the 300,000 Canadians living with type 1 diabetes (an autoimmune condition where the pancreas stops producing insulin), consistent monitoring of glucose levels and lifelong insulin injections are required to survive. However, innovations in diabetes management like Continuous Glucose Monitoring (CGM) mean that a type 1 diagnosis no longer needs to be something daunting or uncontrollable.

For example, Continuous Glucose Monitoring technology is changing the lives of people like Stephanie Brodie.

At the age of 14, Brodie was looking forward to playing rep hockey and making new friends in high school. But just before her birthday, she was diagnosed with type 1 diabetes. She began the regimen of multiple daily insulin injections and grew obsessive over her ability to control her blood glucose levels, pricking her fingers upwards of 10 times a day. But since so many factors impact glucose variability, she found herself overly frustrated and consumed by fear.

When Brodie switched to a Dexcom G5 Mobile Continuous Glucose Monitoring System, she began to take back control of her life. With the ability to monitor her glucose levels simply with a glance at her phone or smartwatch, she gained greater visibility and control over her condition. With this technology, she could see not only her glucose number, but also the direction and rate of change, critical information for making optimal insulin dosing decisions to keep her glucose in range.

An active fitness professional and outdoor adventure enthusiast, Brodie can now enjoy the things she

has always dreamed of doing – like taking on a hiking trip from Alaska to BC.

“Dexcom gave me more confidence and peace of mind. It’s made life simpler and a lot less stressful,”
www.newscanada.com

SCREENS HURTING
YOUR VISION? 6 TIPS FOR
HEALTHIER EYES

Your eyes are your window to the world – they allow you to do everything from performing everyday tasks to enjoying the most precious moments life has to offer. That’s why it’s important to be proactive and make vision a priority. Check out these simple tips to keep your eyes healthy:

Book an annual eye exam: Stay on top of regular eye exams. Only half of Canadians seek treatment for symptoms of potential eye disease. Eye care professionals can spot underlying issues even if one’s vision seems fine.

Take a break from screen time: Between smartphones and other devices, our eyes need a rest. Consider following the 20-20-20 rule. Every 20 minutes, look at something 20 feet away for 20 seconds to minimize eyestrain.

Eat healthy: Like our bodies, our eyes need nutrients to maintain good health. Increasing intake of foods rich in omega-3 fatty acids, beta-carotene and vitamins C and E can help prevent vision issues. Try foods like fish, leafy greens, and citrus fruits.

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LESSONS - Town 'n' Country Dancers is offering Square Dance Lessons starting September 13. 2019 7:00-9:00 Pitt Meadows Community Church Society Hall 12109 Harris Road Pitt Meadows Casual Dress: First Three Lessons Free! Contact Debra: debrada@outlook.com or 778-868-1611

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Get enough shuteye: Lack of sleep reduces the amount of oxygen in our eyes. The result? Red eyes and blurry vision. A good rest can replenish your eyes, ensuring you start the day fresh.

Protect from UV light: Sunglasses and hats are not just fashion statements – they protect eyes from harmful UV light, which can contribute to the development of certain eye conditions.

Stay vigilant: Vision changes as we age, and common conditions like presbyopia, cataracts, macular degeneration and glaucoma can develop. Cataracts affect 2.5 million Canadians every year and are the leading cause of blindness and low vision in age-related eye diseases. Minimize damage to your eyesight by learning the signs of treatable eye conditions like these. Find out more at seethefullpicture.ca.

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COMMUNITY

DANCES - Mondays 6:30 -9 p.m. Confederation Center 4585 Albert St, Burnaby 604-299-8955 Live band Short half-time intermission with light snacks \$7.00 non members Free parking

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Do You Have Loose Dentures?

Many denture wearers believe loose dentures are normal and just something they have to put up with. Consequently, they use denture adhesive, ignore the issue, and don't visit their denturist. This is unfortunate, as regular denture maintenance improves comfort, fit and oral health.

A cause of loose dentures is bone resorption. It occurs naturally as you age and after teeth have been extracted. The ridge that supports your dentures gradually recedes, which leads to ill-fitting dentures and a sunken appearance.

The first line of defense against bone resorption is maintenance. You should have your denturist check the fit, bite and the condition of your dentures every year. At that time, your denturist may suggest either a reline or rebase to improve comfort and fit or replacement if your bite is not correct or the denture teeth are worn. It is recommended that denture wearers replace their dentures every 5 to 7 years.

Relines

During a reline procedure, your denturist takes an impression in your denture, removes some of the denture material and rebuilds it with new acrylic to fit the new shape of your gums. Relines not only make dentures fit securely and feel more comfortable, but can also extend their useful life.

Rebases

A rebase differs from a reline. It is a more extensive replacement of all the pink denture acrylic and is often necessary for dentures when they have undergone multiple repairs or they are very thin or discoloured.

Soft Liners

If your denturist determines you have significant "bone resorption" and your dentures cause daily discomfort, they may recommend a soft liner. Soft liners can help alleviate irritation, chafing and nerve pain caused by dentures rubbing on the gums.

Soft liners are made of a medical grade silicon material to provide cushion and is added into the underside of your dentures. Since they are softer than normal liners, they also adhere well to the gums and increase stability. A soft liner may prevent or reduce ulcerative sores and sensitive, tender gums. Your denturist can usually fit a soft liner within a day.

Dental Implants

Some patients struggle to keep their dentures snugly in their mouth. Your denturist may recommend dental implants to stimulate and preserve your jaw bone level and to secure your denture.

Dental implants provide the added benefits of full function, ideal aesthetics, and improved confidence. Fortunately, dental implants are now a viable solution for most denture wearers.

Lower Suction Dentures

If you are not a candidate for implants, your denturist may recommend a Lower Suction Stabilization Denture. This technique increases stabilization and suction on complete lower dentures and can even work on patients with advanced resorption and instability of the lower mandibular ridge.

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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 or call the clinic to set up an appointment for a complimentary consultation.



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Professional!**

Denture Brite was developed by Denturists that understand how important it is to keep your dentures clean.

- Specially formulated to kill bacteria and remove stubborn stains, plaque, and calculus buildup.
- Great for Complete Dentures, Partial Dentures, Dentures on Implants, Mouthguards, and Retainers.

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