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# TODAY'S SENIOR® NEWSMAGAZINE



DAY-TRIPPING TO JERUSALEM NEW AND OLD  
By Chris Millikan - Page 17

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FOR SENIORS - BY SENIORS  
WITH NEWS YOU CAN USE

RAINDROPS KEEP FALLING  
ON MY HEAD

ANOTHER SATURDAY  
NIGHT

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RHINESTONE COWBOY

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# ACCORDION TO DAN

Seniors may still take off to the nostalgia of many fond yesterdays. One of them might include visiting the original Vancouver International Airport in Richmond, back in the old days. It was such a thrill, as a kid, going upstairs on the outside deck, watching, totally mesmerized by those propelled metal birds flying in and out like magic. Thus, the following bit of rhyme that might reprise a memory or two.

### FLYING BACK A BIT

Did you ever fly TCA, Canadian Pacific, or Ward? Like shopping at Eatons, Woodward's, Simpson Sears and Wosks, they've all flown away. For us, to lose nostalgia is something we can't afford. Guess I'm just 'winging it' with this rhyme. Honouring the memories of the Vanguards, Viscounts and the first Boeings taking off and landing like mechanical birds. It's like experiencing our first flight, propelled by the jets of time, the magic of lifting off. As a kid, wow, I mean, who can think of any better words.

Maybe you were going to Calgary, Winnipeg, Toronto or even over seas. Perhaps just to Victoria, Powell River or Nanaimo. From that original terminal in Richmond, what memories. How on earth did you or I know in the vanguard of yesterday's history, watching each plane landing and leaving to and from that location. All the changes the future would hold, standing there just as an awed kid outside. Today there is no longer access to an outside observation deck and not much of that thrill remains the same. Back then at the old airport in Richmond, wasn't that an exciting occasion.

### CLIMATE CHANGE

The climate changes have certainly created plenty of turbulence in these times of breaking news. As far as the quality, the environment itself has soared big time. Back in the early nineteen sixties I was going to school in Los Angeles, off Third and Las Palmas, at the Art Centre studying photography. Lugging that four by five view camera all over was quite a challenge, be it on Wilshire Boulevard or Hollywood Boulevard. On smoggy days it was really tough trying to breathe and capture a scenic image with that smog, it was enough to make a photography student shutter! We had red filters, green filters, yellow filters but no such thing as a smog filter. What a film development that turned out to be! Thus, this bit of a song that might be appropriate, given last month's marches regarding climate change.

### UNDER THE FREEWAY

'Ribbit, ribbit, ribbit.' Under the freeway near Anaheim, an old bullfrog was having a mighty tough time. Hydrocarbons equally to share, breathing in deeply but so little air. 'Ribbit' your attention, said the old bullfrog, before I croak with all that smog. Mr. Disney as they're marching to you, let me tell you my point of view, this habitat here is Mickey Mouse. There's little natural in this frog's house. It's mighty goofy sleeping on cement. One of these days they'll probably be charging me rent.

'Ribbit' your attention said the old bullfrog, before I croak with all that smog, let me continue my point of view. There's daffy humans and movie stars, cellular phones and souped up cars. I'd love to leap from pond to pond, but that concrete keeps going on and on. Tinkerbelle, wave your magic wand for all those captains hooked on moving on, let them hear the message behind this song. You and I could be living like this frog, before long. 'Ribbit, ribbit, ribbit.'

### SHOW BIZ MEMORIES

Do you still remember the old shows and the first time you watched television on an Admiral, RCA, Westinghouse, Motorola, whatever, and adjusted those rabbit ears to pull in maybe three channels or up to a dozen with a rooftop antenna. The following song might reprise a thought or two.

### A WEE BIT OF NOSTALGIA

Who always wore suspenders? Of course, Larry King. Who never lost a case, Raymond Burr, as Perry Mason, the top of Hollywood defenders. Remember Carol Burnett who always closed with that 'I'm so glad

we had this time together,' ditty she would sing. How about Amanda Blake as Miss Kitty at that western saloon, and the deputy who always said, 'Wait for me Mr. Dillon' in Gunsmoke. There was Alfred Hitchcock's 'G.o.o.d Evening' with that humorous but long, extended spooky voice, followed by that show's catchy tune. Those were still the days when, for a dime, you could get a Pepsi or Coke. Either carbonated drink went down real smooth, listening to Perry Como croon, 'catch a falling star and put it in your pocket'. On Ed Sullivan you might hear Love Letters In The Sand with Pat Boone.

Did you ever wear a racoon hat in the days of Davy Crockett? Those hats were a sensation just like the hula-hoop. Do you recall 3-D glasses in the theatre, wow, what a marketing scoop. Then Cinerama came along, 'Yup', as Gary Cooper used to say, them those days, did they ever Hopalong fast. As Walter Cronkite used to say long before the CBS Evening News, 'You and I were there'.

Like TV and Motion Pictures, musical theatre has also had a profound impact on many of us 'youngsters'. OH, THOSE MUSICALS!

'All I want is a room somewhere'. 'Wouldn't that be lovely', of course we think of Julie Andrews. 'With a little bit of luck', we see Stanley Holloway playing her father in My Fair Lady. Today, its still like magic, all those great productions from which to choose. From Camelot, a reflection of the JFK years. Julie Andrews



November is a good time to open up a memory or two. (Photo: Dan Propp)

again together with Richard Burton and also Canada's Robert Goulet. To Shirley Jones and Gordon MacRae in Oklahoma, many a special yesterday appears. To relive any of these performances today, they all remain timeless and have so much to say! The lessons in South Pacific and, of course, Showboat. Of love, race, peace and so many issues still in the process of being resolved. Like Lerner and Loewe, Rogers and Hammerstein and many other geniuses, through their lyrics and music, the emotional ups and downs, hopes and dreams for humanity have truly evolved.

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# DRAGON TALES, SAINTS, TOLKIEN AND WINE TASTING IN SWITZERLAND



By Ursula Maxwell-Lewis

When 6th century Irish monk St. Beat wanted solitude, he meant it.

During his pilgrimage he arrived in Switzerland, made his way to caves overlooking the Lake of Thun (now a 15 minute bus ride from Interlaken) and decided to stake his claim to a mountain grotto.

Legends report that evicting the cave's resident fire-spewing dragon was the prerequisite to taking possession of this prime (in any century) piece of Swiss real estate.

The dragon, terrified by the faithful monk invoking the Holy Trinity and holding a cross aloft, hightailed it down the mountain and plunged into the Lake of Thun below. The lake, apparently,



appropriately hissed and boiled, as the dragon vanished.

Now known as the St. Beatus - Hohlen Caves, the hermit monk would no doubt be aghast to know that a rather good coffee shop and restaurant welcomes guests to the entrance to his once isolated retreat.

Indirect LED lights gently illuminate the rabbit warren of caves, water pools, stalactites and stalagmites inside the caves, while guides explain the intricacies of the surrounding natural phenomena.

Today, a zig-zag series of steps and railings allow visitors to execute the fairly substantial climb in easy stages next to an eye-catching waterfall registering throaty roars deep in the subterranean bowels of the mountain cave complex. After exiting in a spectacular rush below the cave entrance, the crystal-clear water is channelled under the main road into the mountain-ringed lake.

I was fascinated by the rock structures occasionally dotted with small plants and moss surviving in the dim interior. Water in the grottos reflect geological mysteries, and - as the gentle hike lures you deeper into the heart of the mountain - the nearby sight, or echo, of pounding water is a reminder of the power of nature.

Spelunkers and geologists continue to explore the 14 kilometres of mountain mysteries, but tourists depend on guides, an app, or appropriate storyboards to clarify elementary interior intricacies.

Despite a slight incline the 1,000 metre walk

through the tunnel is easily manageable and unique nature photography opportunities abound.

For modern dragon slayers, the Fable House near the entrance features dragons and their Bernese Oberland lore and legends. If that's not enough to lure you up to the area, picture JR Tolkien's Middle Earth 'Rivendell'. You'll understand why Tolkien, who visited the area in 1911 at the age of 19, was inspired to anchor the Lord of the Rings trilogy here 40 years later.

Visiting the St. Beatus Caves could be combined with a leisurely Lake Thun or Lake Interlaken cruise. The cruises allow passengers to embark or disembark at lakeside village docks, and there's lunch onboard if your timing is right.

Alternatively, you could quench your inner dragon with a visit to a variety of nearby wineries around Interlaken and Thun. Our choice in Thun was the Hotel-Restaurant Schönbühl which was only a few minutes walk down the hill to the Spiezer Winery.

With a combination of relaxing lake views, excellent menus and wine tasting minutes away, I rather wished I could stow my trusty Swiss Rail Travel Pass for another few days for a little more R'n R in this peaceful lakeside retreat.

*Ursula Maxwell-Lewis was a guest of Switzerland Tourism and flew non-stop from Vancouver to Zurich with Air Canada. Contact her at [utavel@shaw.ca](mailto:utavel@shaw.ca). Planning a trip Switzerland? Go to [www.myswitzerland.com](http://www.myswitzerland.com)*

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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





# INDIGENOUS ARTISTS FROM THE PACIFIC AT VANCOUVER ART GALLERY



Article & photos by Lenora A. Hayman.

The Vancouver Art Gallery, working with the Institute of Modern Art in Brisbane, presents "Transits and Returns", (Sept. 28, 2019-Feb. 23, 2020), displaying works of 21 indigenous artists from around the Pacific. It honors, local First Nations, NZ Maori, Australian Aborigines, Samoans, Niueans, and Fijians etc.

T'uy't'tanat-Cease Wyss is an Ethnobotanist, Research Fellow in Vancouver and Coast Salish weaver working in wool and cedar. Her wall-hanging "To Explore, To travel by Canoe, 2018" is woven from coconut hull fibre, seagrass, red cedar bark, wool, abalone shell and mother of pearl buttons.

Elisa Jane Carmichael is an Ngugi woman of the Quandamooka People of Moreton Bay in South East Queensland, Australia. She honours the culture of Minerribah (North Stradbroke Island). Her "Carrying Fish Traps, 2018-19" made of ghost net, raffia, wool, cane and mullet fish scales shows their cultural, spiritual and physical connection with water and marine life.

Bracken Hanuse Corlett is from the Wuikinuxv and Klahoose Nations. He graduated from the En'owkin Centre of Indigenous Art in Penticton and also attended the Emily Carr University of Art and Design. His Qvutix is the W'uik'ala word for dance blanket. This button robe shows the crest figure belonging to the Hanuse family, who are members of the Wuikinuxv first Nations, in Rivers Inlet on the Central Coast of BC. Kvulus, a transformer, is displayed here in Thunderbird form. His wings are outstretched and his talons are grabbing Sisiutl, the double-headed sea serpent. The blanket was sewn by the artist's aunt Rose Hanuse. Hanuse Corlett has explained that when wearing a blanket "we are protected under the blanket and the ancestors know who we are when we wear them"

The BC Collective means Before Cook and Before Columbus, and is made up of Cora-Allan Wickliffe and Daniel Twiss who with Louisa Afoa, created the "Hakari as guests 2019", table setting. Hakari means feast in the NZ Maori language. The placemats are



from the Hiapo bark cloth, from the Island of Niue, and the ceramic dinnerware is inspired from the Fijian Lakota pottery. The wallpaper, designed by Louisa Afoa is similar to Louisa Afoa's great-aunt's home in NZ. This was the first home her father lived in after emigrating from Samoa. The Feast Table was a lovely way of honouring several South Pacific communities.

Enjoy the exhibit.

Photos:

TOP LEFT: "Carrying Fish Traps" by Elisa Jane Carmichael.

TOP LEFT BOTTOM: T'uy't'tanat-Cease Wyss "To Explore, To Travel by Canoe, 2018"

TOP RIGHT: BC Collective Table Setting.

BOTTOM RIGHT: "Qvutix 2018 Dance Blanket by Bracken Hanuse Corlett

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## THE PHARMACIST REVIEW

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

### NOURISH YOUR MEMORIES

Nourish your priceless memories. Literally. What if we told you that you can eat your way to better memories? We are not alluding to a memorable gorge fest or an all-you-can-eat adventure. Quite the contrary; we are referring to the fact that many foods we eat on a daily basis as part of our routine diet, can contribute to many inflammatory conditions, including memory loss, epilepsy and dementia. Having these “comfort foods” in moderation can greatly impact your brain function in a positive way. But there is no magical way to just change your diet and make the inflammation disappear. The solution is to utilize a well-designed ketogenic diet to reset the body to accommodate subsequent lifestyle changes to maintain a life-long anti-inflammatory state.

We have known for years that inflammation is associated with memory loss, especially after an infection. In the past decade, there has been much interest in whether a ketogenic diet that is low in carbohydrate, low in fat, and high in fibre can benefit neurological disorders such as epilepsy as well as improve cognition and motor coordination. A key to the success of a true ketogenic program is to also provide the body with adequate protein.

The main culprit to inflammation is excess sugar and carbohydrates. Sugar is found in “junk” foods like pop, candies, donuts, breads, potatoes, but also in “healthy” foods such as fruits, veggies, whole-wheat pastas, etc. Bottom line is too much sugar in our diets lead to a build-up of “advanced glycation end products (AGEs)”, which in term allows for a build-up of reactive free-radicals that is associated with many diseases with an inflammatory basis.

The premise is not necessarily to have a permanent ketogenic diet, but to reset your glucose (“sugar”) metabolism via a short-term ketogenic diet, followed by a structured maintenance lifestyle program where you are ultimately enjoying healthy, whole foods. Several such programs exist, but the one we have seen the most benefit in our clients and gives consistent results is called “IDEAL PROTEIN”. The program gives you access to a passionate coach who guides you throughout the whole transformation process. You are required to meet with your coach once

a week for the weight loss phase, then once a month during the year-long maintenance. This program is only available in select pharmacies, and operated under DIRECT PHARMACIST CARE in order to liaise with your physician and adjust medications as needed.

Further benefits to a lifestyle modification program like Ideal Protein is the power to lower your cholesterol, blood pressure, and diabetes, as well as minimizing the risk for cardiovascular events such as heart-attack and stroke. An established clinic providing a TRUE Ideal Protein experience can be found at CLOVERDALE PHARMASAVE and PHARMASAVE STEVESTON VILLAGE. Memories are meant to last a lifetime. Is it not time you re-establish your comfort zone, and learn to eat your way to better memory and health?

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

### WHAT CANADIANS NEED TO KNOW ABOUT DRIVING ELEC- TRIC VEHICLES IN WINTER



The popularity of electric vehicles continues to grow in Canada. But many still wonder if they have what it takes to tackle a Canadian winter.

“Electric vehicles actually make for great winter cars,” says Michael Bettencourt, managing editor at Autotrader.ca. “With proper care taken to winterize and prep for harsher driving conditions, these cars can be used all year long.”

Driving in snow? Relax: Just like gas vehicles, EVs can be fitted for the Canadian winter. It’s still recommended that you use winter tires for maximum traction and follow typical winter-driving safety tips. Since there are fewer models available with four-wheel drive, be mindful of your car’s capabilities before driving on unplowed roads.

Precondition your car: Preconditioning is when you warm up your car battery while it’s still plugged in. Doing this helps EVs perform efficiently, since you won’t deplete the battery reserve heating up the interior. Another perk: you’ll step into a nice, warm car when you’re ready to drive off.

Your range will decrease: Cold weather can affect the battery range of an electric vehicle, so it’s especially important to ensure your vehicle is well charged to handle the length of your trip. Keep in mind that which model you have, how you drive it and how you heat it will all affect the range, so be prepared and avoid unwanted surprises.

Charge somewhere warm: If you have an electric vehicle, you likely have access to an indoor charging station at home. Parking and charging it indoors will decrease the time needed to fully charge the battery, compared to doing so in frigid outdoor temperatures.

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### SMART TECH HELPS SENIORS LIVE IN THEIR HOMES LONGER

As more seniors choose to stay in their own homes for longer, advances in technology that cater to the unique needs of getting older can help make life easier while maintaining independence.

Here are some digital tools that can help older adults stay comfortable and safe in their homes:

Connected security. With smart security devices, such as doorbell cameras and smart lock systems controlled directly through a mobile device, seniors and their adult children can keep an eye on things in and around the home, and secure entrances or invite guests in without having to take a step closer to their front door.

Smart home devices. Falls are the most common cause of hospitalization due to injury among older Canadians. Help prevent accidental trips and falls by installing motion sensor or voice-activated light fixtures to ensure entryways and staircases are well-lit at all times. Connected devices can also enhance the functionality of your home. A voice assistant connected to your thermostat allows you to control your home’s temperature with ease, while flood sensors and smart smoke detectors can help protect your home from unexpected disasters.

Virtual interactivity. Loneliness impacts everyone, but hits seniors particularly hard. Being lonely has been linked to dementia, social isolation and a shorter lifespan. Stay connected with friends and loved ones through mobile apps that allow video calling and instant messaging. And when you have health concerns, new technology can even connect you with healthcare providers to get the medical help you need from the comfort of your own home.

Medical alert systems. Falls do happen, so it’s important to be proactive about seniors’ health and safety. Consider an automatic medical alert system such as the LivingWell Companion from Telus Health. In the event of a fall, the device instantly connects users to trained operators who are available 24/7 and can alert emergency support services and family contacts. Whether at home or on the go, built-in GPS with coverage across Canada ensures help is delivered when and where it’s needed most. Find more information at [telus.com/livingwell](http://telus.com/livingwell).

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## Straight from the Horse's Mouth

By Mel Kositsky

With thoroughbred racing at Hastings Racecourse in Vancouver now over until next spring, the spotlight turns to harness racing at Fraser Downs for the winter/spring racing season. The meet ends at the end of April so the fairgrounds can be prepared for the annual Cloverdale Rodeo and family fair. The race track is part of the Elements Casino Surrey complex at 176th Street and 60th Avenue and "live" racing continues there Friday evenings and Sunday afternoons, along with special holiday racing cards on Remembrance Day and Boxing Day.

The biggest day of the season for harness horsemen is November 11, when the finals of the BC Sires Stakes program for both two and three-year-old pacers are held. Those races take place on the holiday afternoon card, often featuring top drivers from across Canada, but also the cream of the local crop of horses. Breeding in B.C. has picked up again as the results of the recent yearling auction indicate. Total sales amounted to \$256,500 with an average of \$7,125.

The 2019 Harness Racing BC Yearling Sale saw 21 yearlings sold out of the 37 entered. Codename Cigar Box (hip #20) was the sale's topper for owner/breeder Surdale Farms Ltd. The colt was sold to Kelly Hoerd, of Alberta, for a whopping price of \$47,000. The second highest was hip #16, If Only Id Known, owned and bred by Surdale Farms, who was purchased by JJJ Stables for a price of \$35,000. The third top seller, Exotic Dragon (#27), owned and bred by Surdale Farms, sold to Alberta horseman Keith Clark for another big price tag of \$25,000, while the next highest purchase was Old Brown Truck (#4), owned and bred by Deborah Burstyk, sold to trainer Justin Currie for \$20,000.

There was big news at Hastings Racecourse as the thoroughbred racing season came to a close. Hastings news writer Greg Douglas summed it up well in his article courtesy of [www.derbybarandgrill.com/rail-bird](http://www.derbybarandgrill.com/rail-bird). Richard Hamel, a five-time leading jockey at

Hastings, announced his retirement a week before the meet ended in late October.

Over the last several months jockey Richard Hamel has been listening to his body. Finally, at age 50 and after 32 years in a competitive saddle, the message became clear.

"I'm done," he told his friend and retired Hall of Fame rider Chris Loseth in the jock's room prior to the October 20 card at Hastings Racecourse.

Ironically, Hamel's sixth and last mount of the day was named Don't Hold Me Back.

And for the five-time Leading Jockey with more than \$21.6 million in career earnings, there was no holding him back with his decision.

"I'm done cooking and sweating in sauna baths to keep my weight down," Hamel says. "There've been some scary spills over the years but despite a couple of concussions and recovering from arthroscopic knee surgery on five occasions, I consider myself really lucky to have avoided serious injuries."

During the parade to the post at 4:05 p.m. that Sunday, track announcer Dan Jukich broke the news with these words: "Ladies and gentlemen, we have been informed this will be Richard Hamel's final ride at Hastings Racecourse."

He didn't hit the winner's circle with any of his mounts but will finish the 2019 season with 53 first-place finishes, including eight in stakes competition.

"I just have one more piece of business and that's next Sunday (Oct. 27) in Calgary," Hamel says in reference to his ride for trainer Steve Bryant aboard He's Meant to Be in the \$100,000 Canadian Juvenile at Century Downs.

Hamel grew up in Terrace, B.C. – "a small-town kid getting into trouble" – when his mom sent him to live with his sister on a horse-breeding ranch in Aldergrove. He was 15 when he discovered horses, which he now refers to as "one of the greatest creations God has ever given us".

He launched his riding career on Vancouver Island at Sandown Park and made his debut at Hastings (Exhibition Park) in 1988, nailing his first of three BC Derby victories in 2001 on a horse named Fancy As and calls it a "wake-up call".

"It struck me that day what winning was all about," Hamel says. "I've ridden some great horses at Hastings for some great trainers and owners. I mean it when I say I don't have any regrets. We're like a family at Hastings. Maybe a dysfunctional family at times with all sorts of people from all walks of life, but when it comes right down to it, we all want the best for horse racing and its survival."

Hamel and his partner Charlene Miller, who owns and trains horses at Hastings, plan to get away for some sunshine during the winter months. "My knees might be done with racing but they're not done with golfing," Richard says.

He and Charlene survived a harrowing experience

in January, 2018, when a fire destroyed their home in Coquitlam, B.C. "We were asleep and the next thing we knew a neighbor was pounding on the door saying you've got a fire," Hamel related to journalist Denise Ryan in a national Postmedia newspaper article. "I grabbed a fire extinguisher and ran downstairs to see the entire carport engulfed in flames. I was able to run back inside and get Charlene, her father and our dog out safely."

"Sometimes in life you fall down but you get right back up. That's how I was raised."

His career as one of the most successful jockeys in the history of racing at Hastings reflects those sentiments. Like his friend Chris Loseth, Richard Hamel is Hall of Fame material.

One of the highlights of the annual Thoroughbred Industry Awards Dinner is the official introduction of the latest inductees into the British Columbia Horse Racing Hall of Fame. This year's dinner is set for Thursday, December 5 at the Newlands Golf and Country Club, which leaves ample time for the selection committee to submit its final decision but as chairman Randy Goulding was saying: "We're down to five finalists and each one of them is worthy of the recognition. It's a tough call."

Every year as the racing season is winding down the call goes out to the volunteer group of selectors to submit in writing a list of nominees for each of the five categories that include owners/breeders, builders, trainers, jockeys and horses.

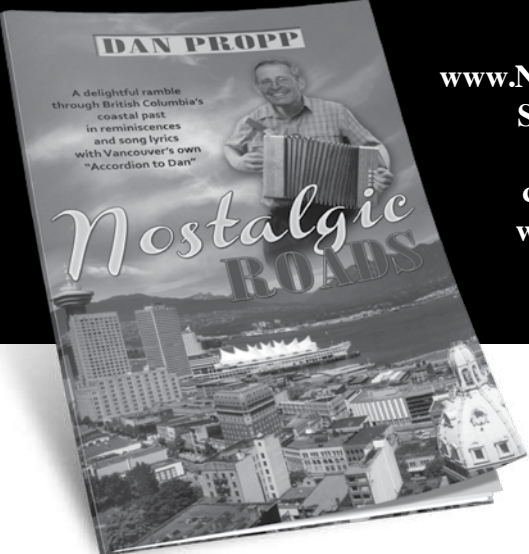
Following a series of meetings of the 14-member selection committee and a process of elimination, Goulding and David Milburn, president of The Horsemen's Benevolent & Protective Association of B.C., are tasked with the challenge of deciding on one – or possibly two – successful inductees.

"I can't mention names but at this time the short list includes two trainers, one owner and two horses," Goulding says. "There are years when we name one new member and there are years like this one when things are so close we go with two."

At the 2018 awards ceremony owner/breeder Leif Nordahl was admitted into the builders category along with the Dittloff family – Ed, Gladys and Karen for their contributions to the industry dating back to 1947.

Over a 30-year period Nordahl served as president (2009-2014) and long-time board member of the Canadian Thoroughbred Horse Society (CTHS) and was founding vice-president and treasurer of the BC Thoroughbred Owners & Breeders Association (BC-TOBA). He was also an HBPA board member.

The Dittloff clan's skillful breeding program produced some of the most outstanding champion runners in Hastings history, including Summer Lil, Fleet Reserve, Racing For Gold and Lord Rosberg, to name a few.



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Happy Birthday Joyce Stanley!!!  
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Happy 90th Birthday Joyce!!!

Word search grid containing names of people mentioned in the community section.

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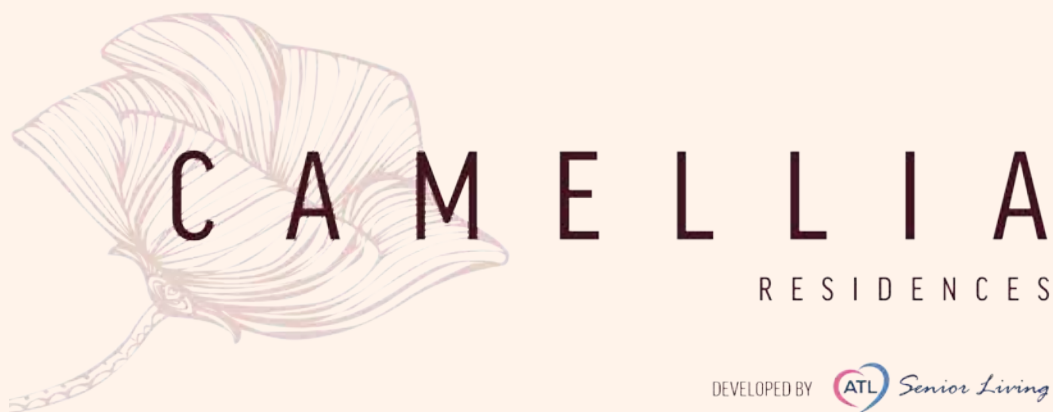


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**GRATITUDE** Intentional thankfulness is a sure way to brighten your days. Consider keeping a gratitude journal—write down one thing a day and go back to re-read items regularly.

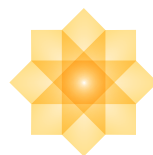
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**DOWNSIZING FOR RETIREMENT RELIEF**

For some of us, the countdown to retirement is well underway. As we draw nearer to that anticipated work-free lifestyle, downsizing our homes is also becoming a big priority. After all, we still want to live comfortably even without a regular paycheck — and moving into a smaller home is one way to make that happen.

If you’re just starting to think about downsizing, decluttering experts say the time get rid of stuff is now. Decluttering can be overwhelming, so the sooner you can clear things out the easier it will be when it finally comes time to move. If you’re feeling super sentimental or undecided about giving away certain items, consider storing them elsewhere to see if you miss them. You might be surprised by just how little you really need.

Join buy, swap and sell sites to turn your items into cash or organize a garage sale in your neighbourhood. Keep in mind that charitable organizations like Diabetes Canada are always looking for textiles and small household goods and will gladly take items off your hands. Arrange a pickup, find a donation box near you or learn about what items are needed at [de-clutter.diabetes.ca](http://de-clutter.diabetes.ca).

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# THE NOT-SO-SECRET RECIPE FOR SOFT AND CHEWY COOKIES

Between television baking specials and how-to videos on social media, there's no shortage of decadent and elaborate recipes for baked goods for you to try. Still, there's nothing quite like sinking your teeth into the classic soft and chewy chocolate chip cookie.

Home bakers have many hacks for making the perfect soft and chewy cookies, from banging the pan before baking to storing ingredients in a special way. Make it easier for yourself and simply use Becel for mouthwatering, soft and chewy chocolate chip cookies. Ready in just 10 minutes, these classic cookies will be a hit no matter what.

Soft and Chewy Chocolate Chip Cookies

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 26

**Ingredients:**

½ cup (125 mL) Becel Original margarine

1 ¼ cups (300 mL) all-purpose flour

1 tsp (5 mL) baking soda

½ tsp (2 mL) salt

½ cup (125 mL) firmly packed light brown sugar

¼ cup (60 mL) granulated sugar

1 egg

1 tsp (5 mL) vanilla extract

½ cup (125 mL) semi-sweet chocolate chips

¼ tsp (1 mL) flaked sea salt

**Directions:**

Preheat oven to 375°F (190°C). Combine flour, baking soda and salt; set aside.

In large bowl, beat together margarine, brown sugar and granulated sugar. Beat in egg and vanilla until blended. Gradually add flour mixture and beat just until blended. Stir in chocolate chips.

Drop heaping tablespoonfuls of batter onto ungreased baking sheets, about 2 inches (5 cm) apart. Bake for 8 to 10 minutes or until edges are golden.

Remove from oven; sprinkle with flaked sea salt. Let cool for 2 minutes in pan on rack; transfer cookies directly to rack and let cool completely.

Tip: Add ½ cup (125 mL) finely chopped pecans or walnuts to cookies, if desired.

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# A CLASSIC ITALIAN PASTA DISH FOR THE HOLIDAYS

Enjoy the classic combination of spinach and ricotta in this delicate ravioli, filled with three types of organic cheese and real cream. To really allow the pasta to shine, it's best served with a light sauce or, in this case, a simple sauté of juicy tomato and leafy greens.

"Hold your block of Parmesan by the rind and use a vegetable peeler to shave the cheese into thin strips," suggests Michelle Pennock, executive chef for the PC Test Kitchen.

Spinach and Ricotta Ravioli with Sautéed Greens

Prep time: 10 minutes

Cook time: 5 minutes

Serves: 2

**Ingredients:**

1 pkg (300 g) frozen PC Organics spinach and ricotta

ravioli filled egg pasta

3 tbsp (45 mL) olive oil

2 cloves garlic, minced

1 pkg (142 g) organic kale, chard, spinach salad mix

1 Roma tomato, diced

¼ tsp (1 mL) black pepper

2 tbsp (30 mL) chopped fresh Italian parsley

¼ cup (60 mL) shaved Parmesan cheese

**Directions:**

Bring 8 cups (2 L) lightly salted water to a boil in large saucepan. Gently add pasta; cook, stirring occasionally and reducing heat to maintain a gentle boil, until tender but firm; 3 to 4 minutes. Drain.

Meanwhile, heat oil in large non-stick skillet over

medium heat; cook garlic, stirring, until fragrant, about 30 seconds. Add salad mix; cook, stirring, until wilted, about 1 minute. Add tomato and pepper; cook, stirring, until heated through, about 1 minute.

Add pasta and 1 tbsp parsley to skillet; toss to combine. Divide among serving plates. Garnish with cheese and remaining 1 tbsp parsley.

Nutritional information per serving: Calories 620, fat 38 g (10 g of which is saturated), sodium 850 mg, carbohydrates 51 g, fibre 5 g, sugars 4 g, protein 21 g.

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## MITIGATE RISKS FROM POOR INDOOR AIR QUALITY THIS SEASON



While most people associate allergy season with the warmer months, many don't realize that allergy symptoms and triggers can be even more prevalent as the weather cools. Colder weather means more time spent indoors, and therefore increased exposure to the number one cause of allergies in the home: household dust.

According to the U.S. Environmental Protection Agency, indoor air quality can be up to five times worse than outdoor air quality, so the importance of mitigating exposure to household allergens is even more vital during the cooler months.

Reduce exposure to indoor allergens in your home with these simple tips:

**Properly maintain your heating system:** Heating systems are constantly circulating indoor air, which means dust, pet dander and pollen can collect inside the unit and recirculate throughout the home. Combat this issue by ensuring routine inspections by an HVAC technician and change the filter on a regular basis to decrease air pollution risks.

**Avoid indoor air contaminants:** Many common household items can pose risks to indoor air quality. Fireplaces, candles, scented plug-ins, soaps, cosmetics and aerosol sprays are some of the common-

ly used products that can negatively impact indoor air quality. A study recently published by Science Magazine revealed that these common items can cause as much pollution as car emissions.

**Use an indoor air purifier:** Purifiers such as the Dyson Pure Hot+Cool purifying fan use intelligent sensors to automatically sense pollutants and allergens. The machine captures 99.97 per cent of microscopic allergens and pollutants as small as 0.3 microns, including particulate matter, bacteria, pollen and mould, and projects clean air throughout a whole room.

**Allow outdoor air ventilation:** Many of us keep windows and doors shut tight to "keep the heat in," but proper ventilation is key to providing fresh air to your home. The Canadian Centre for Occupational Health and Safety lists four main purposes of ventilation: providing a continuous supply of fresh outside air; helping maintain temperature and humidity at comfortable levels; reducing fire or explosion hazards; and help remove or dilute airborne contaminants.

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## 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 eye-glass 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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## THE NEWEST WAY TO GET YOUR PROBIOTICS

When it comes to daily vitamins or supplements, most of us prefer an easier pill to swallow. It is no surprise that multivitamin gummies aren't just for kids anymore – formulas for adults have become popular in recent years, with the newest options focusing on specific nutrients and, more recently, probiotics. If you haven't tried gummy probiotics yet, read on to discover if they are right for you.

"Gummy supplements are a great option for people who do not like swallowing regular tablets," says Jemma Besson, a registered dietitian at Shop-

pers Drug Mart. "They may be a more palatable option compared to traditional supplements. This makes the gummy format an easy and convenient option for those who want to incorporate probiotics into their daily routine."

Many supplement brands are now also addressing people's concerns about sugar, gluten and dairy, and are introducing products to meet those needs. For instance, Life Brand probiotic gummies are gluten, dairy, soy and gelatin free and contain no added sugar, as they are made with real fruit such as blackberries, peaches and raspberries. For those worried about the sugar content, the recommended dosage translates to a very small amount.

Ultimately, vitamins and probiotics are best

consumed in food, but supplements are a great option when extra support is needed or if you want to boost your digestive health. Different types of probiotics may offer specific health benefits. Some formulas even target IBS symptoms and may help relieve abdominal discomfort, gas and bloating.

Besson recommends some tips to incorporate probiotics into your diet, such as eating fermented foods or those with live cultures like kimchi, kombucha, yogurt and miso to encourage good bacteria in your gut.

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## Cozy Corner "Let's Talk"

By Janet Isherwood

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

I love this time of year when the leaves start to fall and the trees become bare allowing the moon and the stars to shine just above my bedroom window. There is something so warm and reassuring about the wonders of the universe.

The artist of these wonders must have known exactly what was required to add comfort to our nights.

I often speak about sensory stimulation rooms but really the world itself is a sensory domain. The sounds of birds in the air or water trickling is just one of the sensory wonders while the sweet smell of flowers or cedar trees in the air offer smells that can delight us. Everything we touch in life is a sensory from the soft fluffy pillows children love on their beds to the warmth of fine leathers that may cover our furniture. We also experience the delight of sight with all the colors our earth has to offer as it displays the natural seasons of our universe and lastly taste as we delightfully enjoy the many foods our world has to offer.

When one reflects on this wondrous system you could ask yourself why do we need sensory stimulation rooms for seniors with dementia.

It is because as we age and find we can no longer expose ourselves to all the earth's wonders. We may reach a point where we are no longer able to make decisions or fine ourselves feeling confused, suffering anxiety or just been scared. Maybe we just don't understand things anymore or even worst we have shut down cognitively and feel nothing. We no longer connect with reality and cannot distinguish one thing from another any longer.

With sensory stimulation we bring all the senses the world and universe have to offer into one room. A room of wonder for those who cannot put a puzzle together anymore but in these rooms fine their senses awoken in a manner that offers them a world of wonder, stimulating their senses in a way we may never understand.

Lark Angels Foundation ([www.larkangelsfoundation.org](http://www.larkangelsfoundation.org)) in Surrey BC does just that. They fund-raise continually to raise money to build these rooms offering them to the people within communities at no charge although donations are accepted. The first Sensory Stimulation room hopefully to open this fall.

Now as we enter into to fall we need to take the time to see that our seniors living at home perhaps on their own, are taken care of. First and foremost make sure your senior wears appropriate shoes. A non-skid style is most suitable.

Safety check outside your home:

1. See that walking surfaces to and from the house are even. If necessary, provide a ramp not stairs for future entrances.

2. Is your home well lit? Install sensors to control your lights in and outside the house.

3. If your home has outside steps, provide a non-skid surface.

4. Are your doors easy to use? A lever handle can make access easier. If your eyesight is an issue, use colored door frames for a clearer view of the doors.

5. Make sure door locks are easy to use yet allow maximum security.

6. Install a peephole at eye height or install an intercom so you do not have to open your door.

7. Place a drop box under the mailbox for easier pickup.

8. Have a flash light ready for an emergency.

9. Make sure no summer hoses are left out where ice can form making a slippery surface.

10. See that all leaves and debris left on the sidewalks are cleared.

11. See that no tree branches are hanging low or

plants that can catch on a seniors clothing.

12. See that proper foot wear is worn in winter weather.

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

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

Safety checklist in-house:

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

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

-Make sure of your footing before you climb.

-Care full of loose rugs in your home.

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

-Within your home install handrails along corridors if you have poor balance or mobility issues.

-Washrooms - install toilet and bathtub rails for weight bearing and easy movability.

- See that toilet paper is in an easy accessible spot.

- See that tubs or showers have a nonskid floor

-Adjust the water temperature in the home so that the fear of scalding water is not an issue

- Have a small fire extinguisher installed near the stove in the kitchen.

- Storage - do not place items above head level when storing items in all rooms of your home.

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

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

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

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

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

## TAKE A MICRO TRIP WITH THOSE LAST VACATION DAYS

Research shows that taking a holiday offers many health benefits, including less stress, a healthier heart, better mental health and improved relationships. So, use those last vacation days or simply book a week-end away. Here are some tips on how to book the perfect micro trip:

Hit the road. Make the most of every minute of your short break by avoiding the airport and picking a spot you can drive to in a few hours. Road trips have great scenery during the colder months – enjoy the fall foliage earlier or the beautiful first dusting of snow later in the year

Plan ahead. You can extend feeling good about your vacation by taking some time to plan your activities and get excited about your trip. Plus, if you book dining reservations and attraction tickets in advance, you'll be able to spend the limited time you have off enjoying rather than preparing and organizing the experience.

Choose a theme. A shorter stay is not the time to try to do it all, so focus on a single event or experience and make the most of it. Want culture and nightlife? Choose an urban getaway to Toronto, Montreal or Vancouver. Is nature more your thing? Check out a local national park or the breathtaking ocean views and outdoor landscapes in Atlantic Canada.

Look for special deals. Keep an eye out for dedicated promos and deals for micro-cationers and weekend vacations like special packages for short getaways. For example, Marriott Bonvoy is offering discounts on weekend stays when you book direct. Find more information at [hotel-deals.marriott.com/canada-destination](http://hotel-deals.marriott.com/canada-destination).

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## HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q: Shell, I watered our plant that sits on our coffee table. It must have overflowed and leaked onto the table. Now there is a white stain under where the plant was sitting. I have tried to clean it, but can't get rid of the white stain. Can you please help!

A: White water marks, as they are commonly called, are frustrating when they appear. Solid wood and wood veneers (plywood) tables can be whitened by water. The water is staining the finish, whether it's lacquer, shellac or oil-based. Wood finishes of yesteryear did not have the resistance to water that urethane plastic finishes do today. Older furniture is finished with lacquers and many coats of wax that have been added over the years. Wax finishes can also yellow over time.

Hot items such as pizza boxes, teapots, cups of coffee or hot water can cause the "white water" marks too. These (and pet urine stains) can be removed this way: make a solution of ½ white vinegar and ½ water. Allow to sit one minute, then scrub the affected parts with a bristle brush (an old toothbrush works) and blot with a soft towel. When the stain vanishes, apply a coat of carnauba-based furniture wax (like Briwax, available at Mohawk Finishes in South Vancouver) and buff with a soft cloth.

TIP: Sometimes white rings caused by hot spots can be rubbed out with a vigorous application of carnauba wax alone.

## Computer Tech Talk Q & A

Q: Do you repair power jacks? I need my power jack repaired.

A: Yes we do! (Usual turn over 1 to 2 days).

Q: I have a desktop computer that was given to me. I can't turn it on. Can you tell me what's wrong and if it's worth fixing?

A: Yes, we'll let you know tomorrow.

Q: Is it better to buy a new computer or get mine fixed?

A: In the old days we bought & threw constantly causing massive electronic landfills adding to global warming. Now the preferred choice is to repair or recycle. We need to know why you're not happy with your computer (what's it doing that you don't like), what you do with it & what exactly is it?

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## Write as I Please

By Mel Kositsky

### DID CANADIAN VOTERS GET IT RIGHT ON ELECTION DAY?

By now you have probably read and heard more than you would have wanted to about the 43rd federal election results and are wondering what will happen to our country. Not to worry. It is not the first time Canada has experienced a minority government. And we are experiencing one right now in British Columbia. How has that one affected your life?

For years political pundits have studied and argued that our "first past the post" system in Canada must be replaced to give "all" Canadians proper representation in our Parliaments and Legislatures. Millions of dollars have been wasted on task forces, studies, reports and referendums by people wanting to change the voting system. In fact it was reviewed and rejected by Prime Minister Justin Trudeau's new government after the 2015 election. (Many people "hoped" or "feared" that change would happen this year.)

Instead the people of Canada made their own decisions -- and the voter always gets it right!

Almost 18 million people managed to get to the polls on time, which was around 66 per cent of eligible voters. So despite all the current controversies the media likes to drum up -- and all the negative advertising we had to endure -- less people voted this time than in 2015. But it is in the usual range of Canadian elections. All eligible voters are given the right to vote but not all do for any variety of reasons. But "all" have a right to complain. The election system allows us to know who has voted but not how they have voted. The privacy of a vote is still respected in this country and that is why we should always respect our form of democracy.

In fact, with Remembrance Day (November 11) actually falling on a holiday Monday, it should be respected more than ever this year. If we could all get out and vote in this area despite a miserable, rainy day -- we should all get out to ceremonies remembering the veterans who defended our rights. It is the only way to pay proper tribute to their sacrifices. It is something that we must continue to pass on to future generations.

This election could go down in history as the start of a new trend in the way we vote across Canada. Five political parties have representatives and there is one independent. Is that not a form of proportional representation? Will all elected MPs learn to cooperate with each other and find common ground in order to make Canada an even better place to live -- or will they waste their time on constant campaigning -- trying to force another election? Time will tell.

The pencil marks "or ink" on the ballots are hardly dry but negative comments on social media continue to flow as politics remains a true "blood-sport"! Hashtags like #WEXITALBERTA have built a following just as the "Quebec only" party has made a comeback. Yes, the country is divided politically right now, but that was evident before the election with the number of different political parties governing at the provincial level. Rarely are provincial governments "in sync" with the party running the federal government. That is what makes Canada great!

Some Twitter posts point out that there are 2,270 kilometres between the last riding the Liberals won in Winnipeg to the next one in the West (Fleetwood-Port Kells) and that it would take about 24 hours to drive that distance. But nowadays everyone is connected online and communicates instantly mostly through "smart" phones. The population of Canada is mostly clustered in the south, along the U.S. border and Conservatives won every border riding from Kenora, Ontario to White Rock, B.C., with the exception of South Okanagan. There is a true "urban-rural divide" across Canada, but people must learn to get along and compromise. It has happened in Canadian political history before.

Among the political memoirs of Robert N. Thompson is his book "A House of Minorities". If you are interested in how politics has shaped Canada go to the library and read the book. It was published in 1990 by the Welch Publishing Company. The late Dr. Thompson was a driving force behind the founding of Trinity Western University in Langley and spent his final years in active retirement in the Fraser Valley, as a much sought-after speaker and weekly columnist with the original Langley Times.

A House of Minorities traces political happenings in the House of Commons from 1957-1972 and their relevance today. In 1962, Dr. Thompson, as leader of the federal Social Credit Party, held 30 seats in a minority parliament. By holding the balance of power, Thompson was in a position of influence that saw the defeat of the John Diefenbaker government (Conservative) and demanded the attention of Lester B. Pearson (Liberal) and his minority government (1963-1968). The most productive Parliament in decades, Thompson gave it the title "The House of Minorities". In 1980 he was voted Langley Citizen of the Year and in 1987 was granted a Coat of Arms by Queen Elizabeth for his amazing lifetime achievements.

### 3 MYTHS ABOUT STAYING WARM IN COLD WEATHER

We've all heard outlandish tips and tricks to keep warm during our freezing Canadian winters. But are they worth following? Here we debunk a few old myths and offer evidence-backed ways to beat the chill.



The common misconception that you lose the most heat from your head. Many of us have been told to wear a hat when heading outdoors. But some research studies show that we lose the most heat from our core, so covering up your torso is your best bet. Bundle up with coats, quilts and duvets made from down, an exceptional insulating material that wicks away body moisture while keeping you warm. Look for the Downmark label on products, a Canadian non-profit that certifies strict quality standards and ethical harvesting practices.

Advice about ceiling fans. It sounds like common sense -- we should only turn on fans during the summer when it's warm and we want to create a breeze. But turning on your home's ceiling fan in the winter too can actually make a space feel warmer. As hot air rises and less dense cool air sinks, a ceiling fan can help push that warmer air back down to where you and your family are. Not only will your environment feel naturally more comfortable, you'll save a bit on heating costs too.

The notion that you'll get sick if you go out with wet hair. This age-old guidance is mostly untrue -- colds and flus are transmitted by viruses and bacteria, which have nothing to do with the state of your hair. However, there may be some evidence that feeling cold may make you more susceptible to catching a cold virus if you're exposed to one. Focus on proven ways to boost your immune system, like eating well, getting enough sleep and engaging in regular physical activity.

Find a list of down manufacturers and where to find their products at [downmark.org](http://downmark.org). [www.newscanada.com](http://www.newscanada.com)

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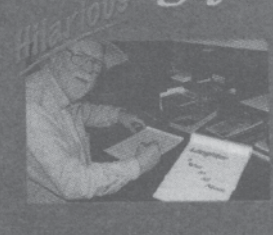
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# DAY-TRIPPING TO JERUSALEM

## NEW AND OLD



By Chris Millikan

In traveling the Holy Land with our daughter years ago, cruise ship excursions introduced us to Israel. Those treasured memories inspire our recent return aboard the elegant Viking Star and our visit to Jerusalem.

Leaving Ashdod, guide Mordecai welcomes us with “Shalom!” Interpreting the port’s cityscape, he smiles, “These modern neighbourhoods reflect new prosperity. Today Israel flourishes by developing high tech products like computer software, cell phone SIM cards, water purification systems and advanced security programs...”

Rolling through the homeland of Samson and King David, vineyards, grain and cotton fields, olive and date groves still thrive on the Judaic plain. Gradually winding upward between two hilltop villages, we learn that one boasts a synagogue shared by Jews and Christians. The other, Abu Ghosh is an Arab community supporting Israel’s 1948 birth...and later became Israel’s hummus capital by setting a Guinness Record for consumption. Below terraced hillsides, a striking 9/11 memorial represents a response to others suffering terrorism.

Upon entering Jerusalem, churches proliferate on the Kidron Valley’s eastern slopes. Mormons established the newest on the Mount of Olives. Most beautiful, Church of All Nations features a mosaic depicting Jesus mediating between God and mankind. Mordecai reminds us that Jesus prayed in

adjacent Gardens of Gethsemane before His arrest.

Old Jerusalem crowns the opposite mount. Dome of the Rock rises above the city’s sturdy walls. A golden shrine revered by Muslims and Jews alike, Mohammed ‘galloped on his steed’ into heaven from the boulder inside. Four minarets soar above adjoining Al-Aqsa Mosque where he led prayers.

At Dung Gate, young soldiers check our backpacks. Entering the Jewish quarter, we gaze upon the Western Wall, sole remnant of King David’s great temple. Dressed in black, Orthodox Jews still gather here to mourn its destruction. Purifying at the plaza fountain, they pray at this holy site. Joining the devout in Men and Women’s sanctuaries respectively, we write special wishes on bits of paper to slip into niches in the sacred wall.

Passing another checkpoint and through a tunnel, we emerge on Via Dolorosa in the Christian quarter. Believing Jesus dragged his wooden cross along this ‘way of suffering,’ Franciscans established stations-of-the-cross for pilgrim meditation. Often based on medieval legends, one is dedicated to Veronica, who had allegedly wiped His brow. And one tiny chapel’s bronze sculpture portrays the Biblical episode of Simon helping Jesus bear the heavy cross.

Via Dolorosa ends at Church of the Holy Sepulchre, built in 325 AD by Emperor Constantine. Claiming discovery of Jesus’ cross and tomb, his mother Helena consecrated it. Crusaders, Franciscans and Orthodox monks later revamped and enlarged it.

And since 638 AD, a Muslim family has kept the church keys and managed peace between the five resident Christian denominations.

Joining streams of others, our group trickles into the dim interior toward five further stations. Streaming right, steep stone steps re-imagine Jesus’ way to Calvary. Ornate chapels memorialize sites where soldiers stripped His garments, nailed Him to the cross and crucified Him. Below another stairway, a long line of people awaits entry into the immense marble vault enclosing His tomb. Instead, Mordecai leads us to see the anointing stone. And at small, obscure chapel, he whispers, “Jesus’ mother, aunt and Mary Magdalene may have watched His crucifixion from here.”

Departing toward Jaffa Gate, countless stalls line the narrow roadway. Merchants offer a bedazzling array of olivewood mangers, hookahs, menorahs, vibrant enamelware, spices of all colours, olives, dried fruit and exotic sweets. Two favourite cheeky T-shirts declare: Keep Calm and Eat Kosher and Guns N Moses.

Our experience reveals Israel’s modern side and timeless allure of old Jerusalem.


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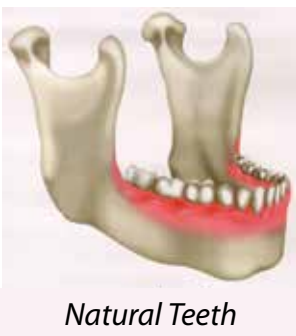
## Your Mouth after the Extraction of Teeth

**B**ones are very strong and rigid, but they also change. They're in a constant cycle of regeneration and loss. Your jawbone is no exception.

Bone loss or resorption occurs naturally throughout life but the extraction of teeth affect the regeneration of your jawbone. The alveolar bone that anchors your teeth in your mouth no longer receives stimulation from chewing and biting, and your body senses it is no longer necessary.

Dentures restore your teeth, but they do not stimulate the bone. Good oral health care and proper denture maintenance can slow the rate of bone resorption (bone loss).

Regular denture maintenance includes an annual visit to your denturist. At this time they will check the fit, bite and the condition of



Natural Teeth



Resorption in 10 years



Resorption in 30 years

your dentures and may suggest corrective measures. Bone loss can change the size and shape of the ridges on your jawbone and how your jaw aligns. A relined or rebase of the complete or partial denture can substantially improve comfort and fit.

### Your First Dentures

Bone loss is also an important issue when you're considering immediate or post immediate dentures. Denturists construct immediate dentures from an impression they take prior to extractions. One major disadvantage of this type of denture is that

the tissue and bone in your mouth can change significantly at the time of extractions resulting in a poor fit. The impressions for post immediate dentures occur after extractions for improved fit, comfort and aesthetics. No short cuts are taken when making post immediate dentures and denture wearers are much happier with the result.

### Dental Implants

Denture wearers who experience excessive bone loss, have trouble wearing their denture or experience sore spots may require a soft lin-

er for comfort or dental implants to stabilize the fit. Fortunately, if dental implants are required, they are now a viable solution for most denture wearers.

An initial consultation with your denturist will help to determine whether you're a suitable candidate. If the denturist believes you could benefit from dental implants, they will refer you to an implant specialist. They will work together as a team to achieve the best possible results for you.

If you are concerned about the cost of dental implants, the good news is that the cost for dental treatment can be used as a medical expense deduction when you file your annual income tax return in Canada. If you do not have a dental insurance plan there are some good options available to finance your dental treatment.

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