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TODAY'S
SENIOR
NEWSMAGAZINE



EYE ON BLUE SKY CLOTHING - BUSINESS OF THE YEAR 2019 - Article page 12

DECEMBER - 2019

FRASER VALLEY -
LOWER MAINLAND EDITION

Volume 25 - Number 1

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CANADIAN PUBLICATIONS MAIL PRODUCT
SALES AGREEMENT #40025695

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FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

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ACCORDION TO DAN

it was, shining like a diamond from the past, squished in the middle of a bunch of run of the mill current vehicles, waiting for the green light. Madly, I fumbled about for my old yard sale digital camera and managed to capture the image you see just in the nick of time. While having a coffee at a convenience store, a few minutes later, the following lyrics poured out.

IN THE BUSTLE OF RUSH HOUR MORNING TRAFFIC

In today's bustle and rush, almost in the year 2020, wow, there's nothing like going for a walk, seeing a nineteen fifties beauty waiting for a green light. Have lifestyles changed just a tad since, and how. The vehicles shifted from yesterday's standard transmissions, like dude, totally out of sight. Seeing a vintage GM, Plymouth, or Ford that was new when we were just kids can evoke in us Bob Hope's theme song, 'Thanks For The Memories'...or Tanks For The Memories. We can be refuelled by those old days and for a few brief glorious moments back to the years of standard gears. Compared to what's manufactured today to make driving such a breeze. I guess those have been the 'brakes' over all these years. Creating a way of life that's a real gas, truly high octane and supreme. Some of us can be really pumped by those nineteen fifties which can automatically create a warm smile. By all the improvements we've seen, the thrill of spotting a fifty-seven Pontiac, Buick or Chevy in today's traffic can make strolling, for this retiree, on a rush hour morning, oh so worthwhile.

The following is a pun-ishing vehicle for greater pun-ishment.

A VEHICLE FOR EVEN MORE PUNNERY

Well, folks, guess that's the way the Mercedes bends because the Cadillac days of yesterday sure have lost their nineteen fifties fins. Today's roads can't a-ford rambling along. I suppose it depends. Like some in Windsor and Detroit, some you lose and some you win.

Those times of the Pontiac Laurentian, Strato Chief, and Parisienne have changed life's highways, fueled by ever changing political and environmental climates; now so distant from the nineteen fifty nine Malibu for goodness sakes, its just like some of us seniors keep clutching the standard messages of Sinatra singing 'My Way'. The only mileage left, perhaps, to today's greater conformity to computerization is to tuner up and help many of yesterdays standard transmissions to help renew.

There are probably more than a few of us who long for the old non digital days in Vancouver. Perhaps the following bit of rhyme might reprise another time.

VANCOUVER BACK A FEW DECADES AGO

Do you remember the studios of the CBC located at the Hotel Vancouver? How about CJOR in the basement of the Grosvenor those days that used to be. Just a bit of nostalgia, for today's consumer. Musicians like Monty McFarlane, his sense of humour, so delightfully dry. To those special days, these reminders might take you back to the Cave Theatre Restaurant. So much has waved goodbye. Did you ever go to Isy's Supper Club? Oh my, so much has changed. The Birks clock and Jewellers, Woodward's, Eaton's, Simpson Sears and Scott's Restaurant long since reigned. There were so many independent little retail outlets and pawn shops where you could practically find anything you want.

There were transistor radios, tape recorders and Polaroid cameras, wow. Those Vancouver days made us light up with wonder. Compared to today's instant developments, it seems like there was much more humanity and fun there.

Now that it's December, it's a good time for seniors to perhaps reflect. I know I still have a few cassette tapes of Jack Cullen's Owl Prowl on CKNW. Wow, what a great program he had.

TO JACK CULLEN'S OWL PROWL

I miss Jack Cullen's Owl Prowl on CKNW, Top

Dog. There was so much nostalgia to recall. Perhaps some good memories these words might jog. All those tapes and records Cullen played brought back those times that once were. For us listeners, such wonderful warm memories his show made. How that music, mystery and comedy could stir.

All those great Jack Benny shows and probably his best line ever "I'm still thinking it over". Did you know that Benny helped save the Vancouver's Orpheum Theatre. He did a benefit here in Vancouver at the age eighty or so. That beautiful building scheduled for demolition; it would have been all over.

There was everything from Our Miss Brooks to Only The Shadow Knows. We could visualize her school principal Conklin's looks. What great classics Jack Cullen chose, from Al Jolson and Eddy Cantor to Doris Day and Patty Page. His nightly easy going banter rekindled many a very special age.

As the New Year approaches, it might be a good time to honour a great local TV show that was broadcast by CBUT, Channel Two, Vancouver - Lolly-Too Dum with Betty Phillips and Ernie Prentice.

A GREAT LOCAL TV PROGRAM

Do you recall Betty Phillips and Ernie Prentice in Lolly Two Dumb? We used to watch it on CBUT, Channel Two as we watched on an old seventeen-inch TV - Admiral or RCA to name a few, with antennas on rooftops or rabbit ears. All those great traditional songs.



Seeing a nineteen fifties car in todays busy traffic is a vehicle to warm a senior's heart. (Photo: Dan Propp)

How they could take us away.

Maybe those times of Maypole dancing took us back to around nineteen fifty-one. In school where there were ink wells, blotter roles, straight nibbed pens. Playing marbles at recess and at lunch, it was so much fun. The vision of Canadian life was viewed perhaps with a different lens. The school bell was still rung by hand. We, with our parents, still listened to the CBC - on tube radios - to the farm broad cast. Wow, things sure have changed since those years, eh, but FAST.

Best wishes for the season and Happy New Year!

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

Publications Mail Registration #40025695
Printed in Canada, Blackpress

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NEWS & ADVERTISING DEADLINE
BY THE 20th OF EACH MONTH
Next Publication Date:

Monday, December 23rd 2019

Telephone Contact Numbers

PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188

Main Office (previous) 604-574-1964

OFFICE HOURS: 9:00am-Noon

Tuesday, Wednesday, Friday

Online: todaysseniornewsmagazine.com

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FESTIVE PANTOS, PLAYS AND MOUNTAIN MAGIC



Christmas comes but once a year, and when it comes ... I simply can't believe it's here already.

It's been a family Christmas tradition that I dust off my old Singer sewing machine, cut, pin and stitch up whatever fabric is in vogue and fulfill my role as Pyjama Gramma. My true gift-giving instincts actually lean more to books, wine (not for the kids, of course) and theatre tickets. Chocolate used to be included until my youngest grandson cheerfully announced, "No sugar, Gran! Mom says it makes me crazy." Theatre (or movie) gift certificates and popcorn have turned out to be acceptable alternatives.

Linda McCrossin, President of The Royal Canadian Theatre Company (also Director of Catering and Event Management at the Sheraton Vancouver Guildford Hotel) recently reminded me that the RCTC and city

stages are set for pantomime magic.

After successfully staging Agatha Christie's Spider's Web in Surrey and New Westminster in the fall, the RCTC cast and crew are ready to raise the curtain on Ellie King's Snow White at Surrey Arts Centre Dec. 20-29 and at Massey Theatre, New Westminster, Jan. 3 and 4. Ellie King, the effervescent British-born RCTC Founding Artistic Director, knows that celebrating the season with pantomime hijinks, hilarity and audience participation is a treat for all ages. Details at www.rctheatreco.com

Searching for something out of this world? Surrey Little Theatre, 7024-184 St., has inside info on a leaderless alien landing at the North Pole in UFO HO HO Dec. 6-8 and Dec.13-15. Check www.surreylittletheatre.com for the inside scoop.

Langley Playhouse, 4307 -200th St., Langley, has a unique offering - two radio plays. You'll be familiar with A Christmas Carol, but a rewind to 1949 will introduce you to Sam Spade in the Flopsy, Mopsy and Cottontail Caper. Resist a tongue-in cheek private detective tale, if you can. Dec. 5,6,7 and 8 (matinee). Details at www.LangleyPlayers.com or call (604) 534-7469.

Gateway Theatre, 6500 Gilbert Road, Richmond. Joseph and the Amazing Technicolor Dreamcoat is the heartwarming biblical musical story of Joseph, Jacob, and the coat of many colours. On stage Dec 12-31, but check on line for many ticket options at www.gatewaytheatre.com or call 604-270-1812.

The Bell Performing Arts Centre, 6250-144 St, Surrey : A European Christmas: Hansel and Gretel & Tchaikovsky's Fifth is part of the Surrey

Musically Speaking classical concerts series with a twist. Video screens on either side of the stage give fascinating close-ups of the VSO. Kallie Clayton, soprano, and Barb Towell, mezzo-soprano, will perform classical favourites as well as new pieces. Conductor will be Constantin Trinks . Call 604 876-3434 tickets

Magic in the mountains: For something out of the ordinary, head up to Whistler where Vallea Lumina has transformed the forests of Cougar Mountain into a multimedia winter wonderland. Part of a global Lumina series, you'll follow the footsteps of two long-ago hikers, Leonard and Gloria, as you search for a hidden mystical valley where stardust falls. Bundle up for the fresh mountain air and admire the glittering surroundings enhanced with a combination of emotive lights, videos, sounds, and scenography along the 1km trail. For full details <https://vallealumina.com>

Upcoming in 2020: In March and April the Royal Canadian Theatre Company western Canadian premier of Screwball Comedy goes on the road to Surrey, New Westminster, Maple Ridge, Chilliwack, Coquitlam and Vancouver stages. Picture an updated version of Cary Grant, Katherine Hepburn and 1930s and 40s Hollywood. For full information go to www.rctheatreco.com.

May your stage now be set for a Happy Hanukkah (Dec 22-30) , a Merry Christmas and a full cast of 2020 New Year blessings.

Ursula Maxwell-Lewis is a British Columbia writer and photographer. She can be contacted at utrael@shaw.ca

Photos: Ellie King's Snow White offers panto family fun.
by Royal Canadian Theatre Company - Brian Giebelhaus

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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

Unique ways to give this holiday season

What is the best gift you have ever received? Was it a surprise, a toy, or an experience?

The holidays are meant for bringing people together and giving back to your community and loved ones. As times evolve there are more unique ways to give than ever before. Here are a few to consider:

Give from the heart: Prepare homemade baked goods for a fraction of the cost of store bought. Friends and family appreciate when you have put thought into a personalized gift. Try a DIY hot chocolate kit and help keep them warm over those snowy winter nights.

Be kind: Going out of your way to be kind to someone can make someone's holiday season. Whether it is a co-worker or someone in your community- think of the little things that can make someone feel special.

Maximize rewards: Cash in on your credit card rewards dollars. Rewards cards like Walmart Rewards Mastercard let you earn up to 1.25 per cent back in Walmart Rewards Dollars on your purchases from the retailer. Those rewards dollars can be redeemed on virtually anything the store sells in-store or online, including gifts.

Create memories: Bring friends and family together by hosting a party. The best reward of the holiday season is being together.

www.newscanada.com



CINDY SHERMAN AT THE VANCOUVER ART GALLERY.



Article & photos by Lenora A. Hayman.

The CINDY SHERMAN show at the Vancouver Art Gallery, from Oct. 26, 2019-

Mar.8, 2020, is a series of photos, of herself, in which she has transformed herself beyond recognition.

Cindy Sherman was born in 1954 in Glen Ridge, New Jersey, and lives in New York. She became well known in the late 1970's with a group of artists known as the Pictures Generation.

Her one-person exhibition at the National Portrait Gallery, London is now travelling to our Vancouver Art Gallery.

Using amazing make-up, hairstyles and costumes, she is transformed into fictitious characters. Dressed as a flapper, she recalled those 1920's days when women broke convention by having bob-cuts, smoking and kicking up their heels in a Charleston. In another she is a clown and in others she is dressed as a man.

The result of living in Rome for a couple of months, produced her History Portraits 1988-90, created from Old Master paintings. Aristocrats and Madonna and Child are featured.

Have fun looking at Cindy Sherman converting into a socialite, a film noire heroine, an Asian in national regalia or an elegant lady of leisure! All photos are "untitled".



Photos: 4 "untitled" photos of Cindy Sherman by Lenora A. Hayman

WHAT'S CANADA'S FAVOURITE APPLE?

You might think we gravitate to Macintosh or Red Delicious apples, but according to Kirk Kemp, Canada's top selling apple is the Gala. In fact, Kemp sells about 15 million pounds of Gala apples each year.

Kirk Kemp is a third-generation apple farmer and the brains behind the 1,400 acres of apple trees at Algoma Orchards in Clarington, Ontario. With more than a million apple trees producing a dozen different varieties – including MacIntosh, Empire, Cortland, Honey Crisp and, of course, Gala – it's no wonder Algoma Orchards is the country's largest apple grower and packer.

"My family have been apple farmers since the early 1900s," says Kemp. "20 years ago, Mike Gibson and I came together with another business partner to create Algoma, combining our family farms."

Even though Kemp and Gibson aren't blood relatives, Algoma is truly a family business, with both of Kemp's sons, Eric and Byron, involved in the business. Eric manages the packaging plant and Byron helps manage the farm.

It's also a business that is growing fast. Planting over 100 acres of new apple trees each year, Algoma is able to supply fresh, local apples year-round. Currently, they can supply local apples 85 per cent of the year, supplementing the rest from the southern hemisphere once they run out.

"We've been working with Loblaws for about 35 years now," says Mike Gibson. "Local is our business and that is

something that is also very important to their organization, so we're working together to get to a point where our apple supply is local 100 per cent of the year and we're getting close to reaching our goal."

How does one grow local apples in the winter in Ontario? They don't, but when stored the proper way an apple picked at the season's peak in September, can be sold in August and still be as fresh and crisp as it was when it was picked 11 months ago. This means keeping the apples in a refrigerated room, one degree above freezing with low oxygen and carbon dioxide levels, which essentially puts them to sleep so they don't dry out.

You can find local apples grown by Algoma Orchards year-round at a Loblaws near you.
www.newscanada.com



FINANCIAL NEWS

By Rick C. Singh, Hon. BA, CSA
CRS Financial Group Ltd.

COMMON WEALTH TRANSFER MISTAKES, IT NEVER ENDS...

In previous months I have written about common wealth transfer mistakes because as a financial advisor I am exposed to many unique estate planning situations. I am continuing this month with some additional wealth transfer mistakes as there are so many that most Canadians are not aware of most of them.

This article will focus on the following, 1) adding a joint owner other than your spouse, 2) lump sum to adult beneficiaries, and 3) spousal issues, especially for more than one marriage(s).

Failing to update beneficiary designations:

When a life event such as a birth, death, marriage, separation or divorce occurs people often remember to review and update their will accordingly but may forget to review their beneficiary designations. Make sure you review your will and any beneficiary designations to make sure that they still reflect your testamentary intentions. This is a common oversight and often results in the courts having to decide.

Failing to name a beneficiary or naming one's estate as beneficiary:

Unless there is specific reason for having assets

flow through your estate, such as to make use of tax losses or deductions or to apply any special instructions contained in the will, it may be a better idea to name a beneficiary directly on a contract where possible. Having assets flow through your estate may subject them to claims by your estate creditors, and/or probate and administration fees. Furthermore, if your will is submitted for probate, it becomes a matter of public record, available for anyone to view.

When a beneficiary other than your estate is named on an insurance investment (such as a guaranteed investment fund contract (GIF)) the death benefit bypasses your estate and therefore avoids probate fees (and potentially other estate administration fees). The proceeds are then paid directly to the beneficiary, usually within two weeks after receiving all necessary documents. By avoiding your estate, the death benefit may also avoid claims by creditors of the estate and challenges to the validity of the will which can delay the distribution of your estate by weeks, months or even years. Also, if a beneficiary of the family class is named or a beneficiary is named irrevocable, the insurance investment offers you the potential for creditor protection while alive.

Adding a joint owner other than your spouse:

Placing non registered assets into joint ownership with right of survivorship is one of the most common methods of avoiding probate. On the death of one joint owner, the asset transfers directly to the survivor bypassing the deceased's estate. However, there are some significant disadvantages with joint ownership, particularly when someone other than your spouse is added as a joint owner.

For example, you are single with two adult children. Your daughter lives in town and your son lives on the other side of the country. Your health is failing and your daughter is caring for you. To help her to take care of you, you add your daughter as joint owner to your bank and investment accounts which are your only assets. Your intention as per your will is to divide your estate equally between your kids. On

your death the accounts automatically transfer to your daughter. If your daughter is not honest and doesn't return the funds to your estate there is nothing left for your son and will probably result in a lawsuit. The court will try to determine your intention. Was this a gift to the daughter or merely an agency agreement? That is why it is important that you document your intentions so the courts can administer your estate according to your wishes. Your other alternative is to make sure you have a properly executed Power of Attorney for property which could allow your child to assist in administering your finances without having to add them as joint owner.

Lump sum to adult beneficiaries:

Sometimes providing a lump sum payment to adult beneficiaries is not wise. This could be the case if the beneficiary is not financially responsible and may spend the money frivolously or perhaps is disabled and may lose their

government disability benefits. For these individuals, an annuity settlement option or testamentary trust may be more appropriate.

Spousal issues, especially for more than one marriage(s):

Another example of failing to consider tax implications often involves second marriages or separated and estranged spouses. For example, you have named your new spouse as beneficiary of your RRSP or RRIF to provide for them after your death, and named your children (perhaps from a previous marriage) as beneficiaries under your will to inherit the rest of your estate. You assume that your spouse will roll over your RRSP and RRIF to their RRSP or RRIF, and pay tax on the withdrawal. But what if they don't? Instead, he or she just takes the cash. Well, your estate could be responsible for any taxes on the RRSP or RRIF which effectively means it comes out of your children's inheritance.

Under these circumstances, there are two strategies that can be utilized to prevent this from happening:

1) It is possible that the legal representative (executor) of the estate to make a unilateral election to deduct the amount paid from the RSP of RRIF in the estate. By doing so, this limits the tax burden in the estate and shifts the income inclusion to the surviving spouse.

2) If you have RRIF, and the contract allows, consider naming your spouse as a successor annuitant or joint Life. On your death, the RRIF will automatically transfer to your spouse on a tax deferred basis ensuring that your estate will not have to pay the tax. For second marriage situations where you want to provide an income stream to your spouse but want to ensure that anything left in the RRIF on your spouse's death goes to your children, you name your children as irrevocable beneficiaries so that no changes can be made to the income stream without your children's authorization.

If you have any questions on any of the above common wealth transfer mistakes, you can contact Rick Singh at CRS Financial Group. Call 604-535-3367 or email: rick@crsfinancial.ca. You can also write or visit us at our office in White Rock at Suite 50-1480 Foster St. White Rock, BC V4B 3X7.

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 paycheque — 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 declutter.diabetes.ca.

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THE PHARMACIST REVIEW

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

NATURAL SUPPORT FOR THE ENDOCANNABINOID SYSTEM

Marijuana continues to be a hot topic in the news and in everyday conversation because it is touted to have benefits for so many health conditions. Research into how marijuana appears to have so many benefits focuses on tetrahydrocannabinol (THC), which is primarily responsible for the psychoactive properties as well as other cannabinoids such as cannabidiol (CBD), a non-psychoactive cannabinoid that actually attenuates the actions of THC. In a community pharmacy where we do not actually dispense marijuana, we field many inquiries into the drug. We began to wonder what else there was to support the endocannabinoid system (ECS).

It is important to have a basic understanding of the ECS, which is a cell-signaling system based on the science of cannabis ("cannabinoid") found within the body ("endo"). There are cannabinoid receptors found throughout the body, which the two main ones being CB1 (found mainly in the brain) and CB2 receptors (found in immune cells, the gastrointestinal tract and in the peripheral nervous system). Our bodies can make endocannabinoid molecules (such as anandamide and 2-arachidonoylglycerol [2-AG]) from dietary fats and these molecules can bind to CB1 and CB2 receptors. It is also important to note there are key enzymes that impact the synthesis and metabolism of these endocannabinoids.

When it comes to natural health products that may impact the ECS, it is not surprising that fish oils can support the ECS. Although the omega-6 fatty acid, arachidonic acid is a precursor to anandamide, an endocannabinoid that promotes a sense of bliss and calming, too much dietary arachidonic acid is also associated with greater inflammation in the body. However, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), also found in fish oils are readily converted to compounds that have affinity for both CB1 and CB2 receptors.

Along with EPA and DHA, other natural products that can impact the ECS include clove oil (contains a compound that binds well to CB2 receptors to help reduce pain), echinacea purpurea (contains alkylamides that bind to CB2 receptors to boost the immune system as well as decrease the breakdown of anandamide) and more. Emerald™ Health Naturals has grouped natural health products with similar actions on the

ECS into products with specific purposes: Endo In-flame to reduce pain and inflammation, Endo Brain to enhance cognition, Endo Bliss to enhance relaxation, Endo Calm to enhance resistance to stress, and Endo Sleep to enhance sleep quality. We have already been getting positive feedback on the line, in particular, with the Endo Inflammation to help with various body aches such as arthritic pain.

Medical marijuana definitely has its place in therapy for many patients, but for those who are looking to support their ECS with non-prescription options, it is exciting to know that they do exist! Come talk to one of our Integrative Pharmacists to see if any of these products are right for you to try.

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

CHOCOLATE MUFFINS YOU'LL HAVE THE "HOTS" FOR



Attention hot sauce fans and those with bored taste buds. If you never thought of pairing chili and chocolate, you're in for a treat. Feed your Tabasco and chocolate addiction simultaneously with these little pillows of deliciousness that are guaranteed to leave everyone guessing what the secret ingredient is.

Spiced Chocolate Muffins

Prep time: 10 minutes

Cook time: 25 minutes

Makes: 20 muffins

Ingredients:

- 4 oz cooking chocolate
- 2 cups self-raising flour (sifted)
- 1 tsp baking powder
- ¼ cup dark muscovado sugar (or brown sugar)
- 1 cup milk
- 1/3 cup melted butter
- 2 eggs, beaten
- 1/3 cup dark chocolate chips
- 1/3 cup white chocolate chips
- 2 tsp Tabasco Habanero sauce (or more to taste)

Directions:

1. Preheat the oven to 200°C (400° F).
 2. Break the chocolate into a bowl and heat over a pan of simmering water until melted.
 3. Sift the flour and baking powder into a bowl. In a separate bowl, add the sugar, melted chocolate, butter, milk, Tabasco and eggs. Mix well.
 4. Carefully fold in the flour. Do not over mix. Stir in the chocolate chips.
 5. Spoon the mixture into paper muffin cups and bake for 25 minutes or until muffins have risen and are firm to the touch. Remove and cool for 5 minutes. Serve warm or cold.
- www.newscanada.com

COLD WEATHER INCREASES HOME CARBON MONOXIDE THREAT

As temperatures dip and we crank up the heat, the risk for carbon monoxide (CO) poisoning significantly increases. The arrival of cold weather is a timely reminder for all of us to take the proper precautions to help protect our families from harm. Here's what you need to know about CO:

Hidden threat: Dubbed the "silent killer," CO has no smell, taste or colour and it strikes most during the winter, when more fuel-burning appliances are used to heat homes. Carbon monoxide sources may include, but are not limited to, heaters, fireplaces, furnaces, appliances or cooking sources using coal, wood, petroleum products or other fuels emitting CO as a by-product of combustion. Attached garages with doors, ductwork or ventilation shafts connected to a living space can also be sources.

The risk: Carbon monoxide is responsible for more than 300 deaths each year and is the number one cause of accidental poisonings, according to Statistics Canada. Compounding the issue and concern is that CO poisoning is notoriously difficult to diagnose, often until it's too late. The symptoms mimic those of many other illnesses including nausea, headaches, dizziness, weakness, chest pain and vomiting. In more severe poisoning cases, people may experience disorientation or unconsciousness, or suffer long-term neurological disabilities, cardiorespiratory failure or death.

Take action: Equipping your home with working carbon monoxide alarms is the only way to detect this poisonous gas. For premium protection against both CO and fire, the First Alert 10-Year Battery Smoke & Carbon Monoxide Alarm is equipped with a sealed battery that powers the alarm for a decade – eliminating the need to replace the batteries for the life of the alarm. Install CO and smoke alarms on each level of your home, including the basement, as well as in and near every sleeping area. If CO symptoms appear, or if an alarm sounds, get everyone outside to fresh air immediately and then call 911.

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Straight from the Horse's Mouth

By Mel Kositsky

British Columbia horse breeders saw significant returns on their investments at both standardbred and thoroughbred race tracks last month, along with record-breaking results at major sales.

With the harness racing season now in full swing for the winter at Fraser Downs, located at Elements Casino in Surrey, a large crowd was on hand for the Remembrance Day card which featured four \$100,000 stakes finals -- and three of those four races were won by horses bred by Surdale Farms of Kelowna.

Earlier in November, Langley breeder John Gunther saw another of the horses, which were bred at his Kentucky operation, win the \$6 million Breeder's Cup Classic at Santa Anita racetrack and that made him the 2019 thoroughbred champion. It is the second straight year the Gunthers have produced a world-class champion, with Justify having won the American Triple Crown of Racing in 2018.

Harness racing fans saw a record-equalling performance by Major Custard, who matched the track record for two-year-old pacers, when the mile was clocked in 1:53.4 en route to winning the \$100,000 Robert Millbank Memorial.

Brandon Campbell put the colt, trained by Jim Marino, on the lead from the gate and they led through fractions of :27.3, :57.4 and 1:26. A :27.4 last quarter was enough for the son of Custard The Dragon-Chemistry Major to win by a half-length margin over West Coach Beach, with third place going to Strateontilmorning. Major Custard now shares that track record with West Coach Beach.

JJJ Stables and Jim Marino share ownership of Major Custard, who extended his winning streak to three. He now has a record of four wins and two seconds in six starts with earnings of more than \$75,000 this year.

Campbell and Marino also found their way to the winner's enclosure with Mrs Suhwiggins in the \$100,000 Mary Murphy Breeders Stake for three-year-old pacing fillies. The daughter of Custard The

Dragon-Michelles Fury went to the early lead with a 26.3-second opening quarter. She gave way to Hottieonthehorizon in the second quarter and that foe then led the field through middle fractions of 57 seconds and 1:25.3. Mrs Suhwiggins closed well in the stretch to win by a head over Ocean Wind in 1:54.4. Race favourite Hottieonthehorizon settled for third.

JJJ Stables, of Prince George, owns the filly, who improved her 2019 record to 5-3-2 from 16 starts with the win. The nine-time winner has more than \$212,000 in career earnings. She too was bred by Surdale Farms.

The third winner for Surdale was Kneedeep N Custard, who went wire-to-wire in the \$100,000 Robert Murphy Memorial Breeders Stake in 1:52.4 for co-owner/trainer/driver Kelly Hoerd. The three-year-old son of Custard The Dragon-Art Amour raced fractions of 26.2, 56.2 and 1:24.4 before unleashing a 28-second closing quarter to win by 1-1/4 lengths over Spiderman. Thankyavermuch was third.

Sent off as the overwhelming 1-5 favourite, the gelding extended his winning streak to six-in-a-row while pushing his 2019 win total to 14 for Hoerd and partners Blair Corbeil and Fred Gilbert, of Alberta. In his first year of racing, Kneedeep N Custard has already banked more than \$202,000.

The other stake race, the \$100,000 Betty Millbank Memorial for two-year-old pacing fillies, was won by Probert in 1:56.3 for owner/trainer/driver Rod Therres of Langley. Sent off as the 1-5 favourite, the daughter of Dali-Outlawcherishafool got away second before brushing to the front shortly after the opening quarter of 28.1 seconds. Probert then carved out middle splits of 58.1 and 1:27.4. Her final quarter of 28.4 seconds secured the win by 2-1/4 lengths over Riverunshappy in 1:56.3. Indigo Beach was third. The undefeated Probert now boasts a six-for-six record and a bankroll that climbed to \$82,900 with the victory. She was bred by the Shenandoah Valley Stable of Alberta.

Gunther had another outstanding day at the races at the Breeders' Cup as Vino Rosso, a four-year-old colt by Curlin, who was bred at his Glennwood Farm in Kentucky, won the top thoroughbred race in North America -- the Longines Breeders' Cup Classic for a purse of \$6 million. Vino Rosso is owned by the Repole Stable and St. Elias Stable and has now been retired to stand stud duties at Spendthrift Farm in Lexington, Kentucky. His stud fee has been set at \$30,000 for the 2020 breeding season.

Racing writer Nicole Russo said it best in her article in the Daily Racing Form:

"It would be impossible to top the year the Glennwood Farm team of father-daughter John and Tanya Gunther had in 2018, earning an Eclipse Award after breeding and raising unbeaten Triple Crown winner Justify. But the 2019 Breeders' Cup proved to be a fine exclamation point to another fine season for the Gunthers. Vino Rosso, whom the family bred, concluded an outstanding season by winning the Breeders' Cup Classic, and earlier in the day, the farm's home-

bred Without Parole finished a creditable third in the Breeders' Cup Mile.

Vino Rosso, by Curlin and out of the winning Street Cry mare Mythical Bride, was raised alongside Justify at Glennwood. The colt was a \$410,000 Keeneland September yearling purchase by Repole Stable and St. Elias Stable. Last year, Vino Rosso won the Grade 2 Wood Memorial before finishing ninth behind Justify in the Kentucky Derby and fourth in the Belmont Stakes as his former Glennwood stablemate swept the Triple Crown. This year, Vino Rosso has bloomed, with a pair of Grade 1 victories in the Gold Cup at Santa Anita and the Classic. He also crossed the line first in the Grade 1 Jockey Club Gold Cup but was disqualified to second behind Code of Honor.

"Well, John and Tanya Gunther, obviously, are great breeders," said Mike Repole, who previously purchased multiple Grade 1 winner Stay Thirsty from Glennwood. "And just think, Justify and Vino Rosso, in the same crop, in the same pen, it's pretty special -- a Triple Crown winner and a Classic winner, side by side for the first couple years of their life. It's pretty special."

Without Parole, by Frankel and out of the unraced Lemon Drop Kid mare Without You Babe, scored a victory at the Royal Ascot meeting in the Gunthers' silks last year, winning the Group 1 St. James's Palace Stakes. Saturday's Breeders' Cup Mile marked his first start in more than five months, and first in the U.S. for trainer Chad Brown. The colt rallied from ninth in mid-stretch to finish third, beaten less than three lengths by victorious Uni.

"Tanya and I talked about it and felt that we should aim toward the Breeders' Cup and take a shot, which is why we originally shipped him over from [John] Gosden to Chad Brown," John Gunther said, who hopes to run him in the Pegasus [World Cup Turf] in January (in Florida)."

At the recent major thoroughbred breeding stock sales at Keeneland in Kentucky, noted B.C. owner and breeder Peter Redekop sold a weanling filly for a record-breaking \$775,000 - the highest price any weanling has been sold for in Keeneland history. The filly is by Curlin out of the mare Fly To The Stars. Gunther also sold a couple of weanlings, including a filly sired by Uncle Mo for \$400,000.

According to reports, the Breeders' Cup Classic telecast on NBC was seen by 2.08 million viewers. The Nielsen Company rating was slightly up from 2018. Four years ago when American Pharoah won the 2015 Belmont Stakes to become racing's first Triple Crown winner since 1978, more than 22 million tuned in to NBC on that second Saturday in June. Total wagering on the two days of Breeders' Cup racing was reported at \$174.6 million, an all-time high.

Next year the 14 Breeders' Cup races will be contested at Keeneland racetrack in Kentucky on Friday, November 6 and Saturday, November 7. They will again be broadcast on NBC.

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HOME RENOS: HOW TO PREPARE FOR THE UNEXPECTED

Renovating your home can be both exciting and daunting, offering the promise of a redesigned and re-freshed space that looks and works better for you and your family. But as anyone who has lived through a renovation can attest, it's important to expect the unexpected.

Renovations often come with their fair share of surprises and complications, making the journey to the finished product a little bumpy. With that in mind,

below are some tips to help you renovate and rejuvenate.

Do your research. Before embarking on a renovation project, take the time to meet with and get quotes from multiple contractors so you can compare costs and get a feel for the person you'll be handing your house keys. It's important that you ask for references to ensure your renovation is in reputable hands and that you feel comfortable with the contractor's work style.

Budget accordingly. Create a budget to help navigate the renovation process and manage expenses along the way. Remember to include the costs for both labour and materials, and factor in an extra 10 to 15 per cent on top of your anticipated costs to help cov-

er any unexpected expenses. You may need to make some trade-off decisions during your renovation, so establish early on what is a necessity and what you could give up if needed.

Understand your financing options. Renovations can sometimes be pricey, but there are ways to finance the project that can allow you to feel more confident. A home equity line of credit, like the TD Home Equity FlexLine, allows you to use the equity in your home to access credit. This can help you manage cashflow and often comes with a lower interest rate than unsecured loans.

Planning ahead and having a financial plan in place will help to reduce stress and for you to feel more financially confident. Find more information on refinancing options at td.com/refinancing.

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Blue Sky got its start out of the back of a VW van at the Balfour Ferry Landing in southern BC. Marilyn saw the women in her life - family, friends, neighbours - struggling to find great-fitting, affordable clothing. So, without compromising her ECO sensibility, Marilyn sourced fabrics, created designs and produced clothing to fit every woman's body.

Over two decades Blue Sky has expanded to nine locations across BC. They offer user-friendly online shopping, featuring accurate fitting guides, a generous return policy and a friendly e-commerce helpline. The quality and service Blue Sky offers is widely recognized, including awards of excellence by the North Vancouver and Nelson Chambers of Commerce.

Blue Sky is fair trade company, ensuring seamsters who make the clothing receive fair wages and are treated with respect and kindness, consequently garments are made by caring hands in safe settings.

Marilyn attributes her success to inclusivity; embracing all ages, shapes, sizes (xs to 4x), and to

being kind to the earth, her customers, and her staff on two continents. As well, she keeps prices low and accessible. So, go ahead, treat yourself, knowing that you are making a positive decision for your body, our planet, and the well-being of women and their families.

Bamboo facts

Bamboo is naturally anti-bacterial, breathable, and absorbs moisture, keeping you fresh. It's cool in summer and warm in winter, for temperature moderation. Most people with skin sensitivities wear bamboo comfortably, and though smooth to the touch it requires no special cleaning care.

Subscribe to the Blue Sky Tribe

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By Karen Maxwell



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PROFILE
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5 TIPS FOR NUTRITIOUS AND DELICIOUS FESTIVITIES

Prepping your holiday menu can be just as stressful as picking out the perfect gift for that special someone. You know that you're going to serve a classic turkey, festive ham or tender roast, but what is going to accompany it? And let's not forget the appetizers – hungry guests waiting for dinner always want something to nibble on before the main feast.

Registered dietitian, Ingrid Fan, shares her tips to lighten up our menus by adding more fresh ingredients to our meals.

Don't mess with tradition. Mashed potatoes will always have a place at the table, but there are many ways to make them a bit lighter than the dairy-heavy version we're used to. Try leaving the skin on your potatoes to add some fibre or boiling some cauliflower with your potatoes to cut down on the carbs. Add a few dollops of plain Greek yogurt instead of heavy cream and butter to give it that creamy texture you crave.

Return of the buffet. While family-style might be more your thing, think about serving your meal buffet-style. By placing the vegetables at the front end of the buffet, your guests may be more inclined to fill their plate up with some holiday favourites like roasted brussels sprouts, maple-glazed carrots or garlicky broccoli before hitting the main course and heavy sides.

Up your appetizer game. What you serve before the meal is almost as important as the main course. When serving wine or spirits before a meal, make sure to have snacks on hand as alcohol can increase appetite and diminish control over what we will eat. Appetizers don't have to be stressful, either – a simple veggie platter and some whole grain crackers and cheese will satisfy most. If you're feeling adventurous, try your hand at making some crustless quiche bites full of veggies such as mushrooms, peppers and spinach.

Spread the love of leftovers. There is no doubt that there's nothing quite like enjoying holiday leftovers. So why not share yours by sending your guests home with a care package to enjoy the next day? This will help cut down on food waste and ensure you're not eating the same meal for the next week or over-indulging night after night.

Have your cake and eat it too. The holidays are meant to be enjoyed. If you use balance and moderation as your guide most of the time, a little indulgence here and there is okay, and shouldn't be guilt-ridden. So, go ahead and savour that piece of yule log.

If you're looking for more tips on how to nutritionally elevate your menu options this season, Loblaw's in-store registered dietitians can help. Book a session to learn more about simple ways to change up a recipe to ensure it is nutritious and just as delicious at bookadietitian.ca.

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How to keep your car running smoothly this winter

Transitional seasons don't just affect your health, they also affect the health of your vehicle.

The cold weather and icy conditions are a recipe for rust and breakdowns. To mitigate the toll winter can have on your vehicle, Michael Bettencourt, managing editor at Autotrader.ca shares his tips to keep your car running smoothly all winter long.

Check your tire pressure: Rapid temperature changes can dramatically affect your tire pressure and driving with low pressure can negatively impact your mileage and the tires' ability to grip ice and snow. To avoid vehicle damage, check your tire pressure regularly throughout the winter.

Visit the car wash regularly: Whether your community

uses sand or salt to combat icy conditions, both can wreak havoc on your vehicle's exterior. Keeping unwanted residues off your paint will fight rust and keep the vehicle in great condition for seasons to come.

Keep the interior dry: Remove snow from your boots before entering the vehicle to reduce the likelihood of moisture causing unwanted odours. Rubber mats are another great way to protect the interior carpets from salt residue and water damage, which are common in snowy weather.

Protect your windshield wipers: It's easy to forget to raise your wipers when you park your vehicle outside, but doing so can cause them to freeze to the windshield. Avoid damaging wipers by getting into the habit of brushing snow off first and then raising them.

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CHRISTMAS IS SHARING

The Maple Leaf Singers lift hearts with Christmas music

Christmas is caring...Christmas is sharing. It's a message that the Maple Leaf Singers take to heart as they prepare their joyous Christmas show for audiences around the Lower Mainland.

As a registered charity, the Maple Leaf Singers strive to include music in as many lives as possible at minimal cost. They perform a dozen or more shows each year at events, fundraisers, seniors' residences, and care homes. About two-thirds of the group's shows are Christmas presentations. Their 2019 yuletide season includes private shows at seniors' residences and care homes in Vancouver, Richmond, Surrey, and Burnaby, as well as three public shows:

- Sunday, December 8: Lougheed Mall, Burnaby, 1:00 pm (free)
- Saturday, December 14: Cliff Avenue United Church, Burnaby, 2:00 pm (tickets \$15)
- Saturday, December 21: The Anvil Centre, New

Westminster, 1:00 pm (free)

MLS Director Rob Gillis says, "Christmas is an emotional time of year, happy for many, but for some, a time of longing for loved ones. Quite simply though, joyous music lifts hearts. The Maple Leaf Singers are honoured to share our joy and Christmas spirit. Come join the magic!"

Known for high-energy, choreographed performances, the Maple Leaf Singers celebrated their 50th anniversary in May 2018, having sung their first notes together in 1968. Once just 24 members, the group now comprises nearly 60 voices, singing six-part harmony. They rehearse once weekly for their Christmas celebrations, their annual May show at Massey Theatre, and events throughout the year. The group was particularly delighted to entertain participants at the Alzheimer's Society 2019 Burnaby Walk for Memories and looks forward to performing again in 2020.

The Maple Leaf Singers welcome new singers. All are welcome to audition. They also welcome inquiries about booking them for an event. Call 778-245-4445 or email information@mapleleafsingers.com. Learn more about the Maple Leaf Singers at www.mapleleafsingers.com or on Facebook at www.facebook.com/mapleleafsingers.

TIPS TO HELP YOU DREAM OF SUGARPLUMS THIS HOLIDAY SEASON

From festive parties to late-night wrapping and baking sessions, this time of year can be extremely busy. While your to-do list may seem daunting and may even be keeping you up at night, a good night's sleep is the answer to many of the issues that plague us during the holidays.

Fortunately, getting a better sleep is easier than you think. Here are few tips to try:

Unplug earlier. While that holiday movie marathon might be calling your name, try to keep your TV off for 60 to 90 minutes before bedtime. Light exposure in the evening can trick your brain into thinking it's still daytime, which doesn't help when you're trying to get a good night's rest. The same goes for your smart devices and computers, which emit blue light. Try curling up with a good book to help unwind at the end of the night instead.

Quit the caffeine. Avoid the after-dinner latte with friends or the need to make coffee in order to stay awake longer to finish your errands. Caffeine may re-

duce your total sleep time and if you're consuming caffeinated beverages night after night, this could be detrimental to your health. Opt for an herbal tea instead to help encourage a restful sleep.

Create a zen space. Stressed out and can't get your mind to turn off? Try creating a space that's conducive to sleep. To start, your bedroom should be dark, quiet and cool. Try using a diffuser with lavender essential oil that is calming, soothing and relaxing, making it great to use before bedtime. A sound machine such as one that produces white noise or spa sounds can also be extremely effective in helping you relax into a restorative sleep.

Weigh yourself down. You've likely heard of a weighted blanket and it might seem like a strange concept, but don't knock it until you try it. Gravid weighted blankets have been helping people feel more secure and reduce anxiety for a better, deeper sleep. It's a worth a try to help reduce your holiday stress.

Talk to an expert. Visit a Wellwise by Shoppers Drug Mart to speak to an expert who can help you with tips and products for a better night sleep.

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LET'S TALK ABOUT IT!

By Dr. Michelle Willis ND
Integrated Health Clinic

TOP 7 CAUSES OF HAIR LOSS IN WOMEN

By far the number one cause of hair loss that I see in my practice is low iron. One of the reasons why this affects seniors is because one needs an optimal level of stomach acid to absorb iron. It is common to have a decrease in stomach acid as you age. Also many people are taking a prescription for heartburn, which may decrease your absorption of iron. Another issue I see, with iron and hair loss, is that the normal ranges for iron (in the blood) are so low. For example, the normal range for iron storage (ferritin) is 12. However, the optimal range is 65 or above. If your iron levels are suboptimal, I recommend taking an iron supplement before bed (especially if you are a restless sleeper, or have restless legs).

Low progesterone and low estrogen will also cause the hair to fall out and become thinner. Even when women move into menopause, there are still optimal ranges for these hormones to be in. If a woman drops below optimal, hair thinning is a common side effect.

Hypothyroid is another causal factor of hair loss. When the thyroid runs low usually there are other common symptoms including cold body temperature, dry skin, low mood, constipation, brain fog and fatigue. There are many minerals that are vital to the thyroid's proper functioning; including: iodine, zinc, selenium & iron. A multi vitamin/mineral supplement is a great addition in conjunction with a whole foods colourful diet.

Stress: If you have gone through a period of high stress this may also cause your hair to fall out.

The Gut: if your gut is not functioning optimally you may not be absorbing your food properly. Current research by Dr. Zach Bush MD is showing that pesticides like Round Up are melting the glue between our intestinal cells. These cells are called tight junctions because nothing should get in between them. If the gut gets leaky, an array of issues can arise: So eat organic whenever you can. Although it is more expensive, you will likely feel and look better.

Insulin resistance; if you are losing hair in a male pattern baldness pattern (ie. developing a widows peak or balding on top) & having trouble losing weight, then you may need to eat differently. If you also have slightly oily skin and are developing skin tags - too much sugar could be the culprit. If so, cut the sugar and quick carbs and shift to a higher protein and vegetable based whole foods diet. Also get moving; walk, dance, swim, any exercise that you enjoy would be fabulous. If you have trouble getting motivated to exercise, try just 5 minutes per day.

If you are losing in big bald patches - that is usually an Auto Immune problem. In this case I like to identify food sensitivities, decrease stress and heal the gut up. This can be combined with conventional methods as well.

Once the causal factor is found there is always a solution to recent hair loss. If the hair follicle is still in tact then the hair usually can be encouraged to re grow.

We are blessed with incredible bodies that are built to heal & thrive - we just have to understand what our bodies & souls need.

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Cozy Corner "Lets Talk"

By Janet Isherwood

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

Well December is upon us and it has been a very busy year. As most of you know I am an advocate for seniors and always working towards enlightening everyone on what is going on in our senior community. As the year ends I reflect on all the Volunteers that work so hard in adding to a senior's day.

There is a great opportunity here for anyone who has a few hours to give each week. There is a need for walks, talks, reminiscing, movies, tea time, taking seniors to afternoon entertainers to art, music. There is also the behind the scenes that can use help, preparing for special events like barbeques, cooking groups, and the list goes on.

Then there are those who just see you need help and just step up to the plate. They are just there when you need them, offering their ideas, giving of their time and just make everything work.

One such person within our community is Mike Starchuk. Mike was raised and educated in the Newton area and has spent the past 50 years watching Surrey's landscape develop from a vast municipality to the dynamic city that it is today.

At the end of July 2014, Mike retired from his position as Chief Fire Prevention Officer with the Surrey Fire Services. Mike's 32 years of service as a first responder, firefighter and public safety figure have provided him with a first-hand knowledge and a unique perspective of the growth of the city and those who reside here.

During his time with the Surrey Fire Fighters' Association, Mike has been active with health and safety initiatives in the city and across the province. He is also one of the founding members of the Surrey Fire Fighters Charitable Society, which is one of the leading charities in Surrey. Mike continues his work with the BC firefighters as a WCB advocate who fights on behalf of those who need assistance with their claims.

Mike was recognized by his peers and awarded the Red Powell Award -given by the Surrey Firefighters to a member who has been with the fire department for 20 years or more, and serves both the community, and the department.

In 2013, because of his work with and dedication to the City of Surrey, Mike was awarded the Queen Elizabeth II Diamond Jubilee Medal.

In 2014, Mike was honored to be elected as a Surrey City Councillor. He enjoyed the opportunity to work hard, on behalf of his community, and make changes and proudly represent the people of Surrey, whether in his office, out in the communities and neighborhoods, or representing the City of Surrey in other municipalities.

As a City Councillor, Mike Chaired the Agricultural and Food Security Advisory Committee, the Environmentally Sustainable Advisory Committee, the Diversity Advisory Committee and Co-chaired the Seniors Accessibility Advisory Committee. Those relationships that were created during that time as a Councillor continue today and Mike continues to advocate for improvements in the areas of agriculture, the environment, and our seniors.

2019 Mike got even more involved within his community as he joined forces with the Lark Angels Foundation adding in 2019 we hope to have the first Sensory Simulation room open to the public here in Surrey BC and I am pleased to say much dedication, education and support from within the Health Care industry has moved us forward in our goal.

As a person who has first-hand experience with the challenges of a parent with dementia, I am pleased to assist this organization as they take the next steps to create their first sensory stimulation room in Surrey. Visit their web page at: www.larkangelsfoundation.org

The Lark Angels Foundation is a charitable organization dedicated to the lives of our senior popula-

tion, especially those suffering with Dementia, a brain disorder affecting their thinking, behavior and ability to perform everyday tasks.

Dementia can happen to your mother, your father, your sister, your brother, your neighbor, your friend... it can happen to you.

The Lark Angels Foundation goal is to build Sensory Stimulation rooms, designed to reach and open minds to the five senses – sound, smell, touch, sight and taste. These rooms have proven to be beneficial to seniors with dementia, when no other suitable situations are provided. If people living with dementia have nothing to do, they might become increasingly isolated, frustrated, bored and unhappy. A sad, but true, scenario is watching them sit hour by hour staring into space while their brain, like a puzzle, loses one piece at a time.

Dementia can cause memory loss, loss of vocabulary, change of moods, faulty reasoning, and disorientation, to name a few symptoms. It is recognized that sensory deprivation and lack of appropriate activity has a devastating impact on a person's well-being 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.

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.

With the help of Associated Health Systems, the first multi-sensory stimulation room is to be built later this year, will be open to the public and Lark Angels Foundation will rely on donations to support these rooms.

Alison Douglas from The TELUS Ambassadors group comments:

We are an extraordinary group that volunteer our time for larger events like Health and Wellness Fairs, Winter Craft Fairs and Foundation Fundraisers, giving of our self, making the day for all seniors who come under our wings memorable.

The TELUS Community Ambassadors exemplify their commitment to give where they live, Supporting their communities.

Passionate about giving back and providing a vital connection to local communities, over 4,700 current and retired TELUS team members volunteer as TELUS Community Ambassadors in 23 clubs across B.C., Alberta, Ontario, Quebec, and Atlantic Canada.

In 2018, they donated nearly 60,000 care items, including 6500 Comfort Kits (basic toiletries and comfort items for homeless and displaced families) and 13,000 Kits for Kids (backpacks filled with school supplies for less-fortunate children).

Since 2006, the TELUS Community Ambassadors have donated 450,000 Care Items including 150,000 Kits for Kids

Fraser Valley TELUS Community Ambassador volunteers who provide assistance for the Lark Angels Foundation events in Surrey BC. They have been supporting the Lark Angel Foundation for a few years now and the staff and directors are very appreciative of the service they provide.

Previously the care staff would help with this so that frees them up to concentrate on what they are great at.....caregiving.

Under the direction of Janet Isherwood, Director of Lark Angels Foundation the Black Tie Event in 2019 had outgrown Laurel Place and moved their yearly fundraiser to the Sheraton Guilford a much larger venue, and the TELUS Ambassadors were happy to assist with this wonderful and worthwhile cause.

In the future, our goal for stimulation rooms would be great to have them in all care homes in BC. For every hour we volunteer, TELUS will give \$1 to a charity of our choice, and this year I have chosen The Lark Angel Foundation as my charity.

So many events would not come to life without the generous support of people like Mike Starchuk and The TELUS Ambassadors within our communities.

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



HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q: We have out dated flowered vinyl wallpaper in our powder room and would like to remove it. Can you tell me the process?

A: Removing heavy vinyl or foil wallpaper, usually found in more humid rooms like kitchens and bathrooms, can be frustrating. Wallpaper removing solution won't work on those papers.

First, pick at a top corner of the paper until you get a grip, then carefully and evenly pull the face of the paper down from the top, pulling it flat to the wall, and straight down (press your hands against the wall as you pull down. That will remind you not to pull straight out).

What you will see when the paper's off the wall is the backing. Wallpaper removing solution will take that off. Allow the solution to migrate down between the wall and the paper backing, releasing the paper from the wall. **NOTE:** If the wallpaper was applied without sizing (the liquid is used to penetrate the pores and release the backing paper) you've got a problem, chunks of the wall can actually start coming off. Cross your fingers that whoever put the paper up in the first place used sizing.

Computer Tech Talk Q & A

Q: I've heard W12 is coming out.

A: Apparently sometime in January 2020 but M/S is stating it's all rumors & they still have 3x more updates for W10.

Q: Our fairly new laptop's hinges are starting to come apart.

A: We repair & replace hinges (saving you \$).

Q: Somehow my font on my screen is too small to see! Can you enlarge the font?

A: Call us & we'll walk you through how to enlarge your font over the phone or we'll go to you if you prefer.

Q: What's exciting for x-mas?

A: Lite-up kybrds, sports watches w vital signs & blood pressure, variety of bluetooth headsets including w skip song, portable drawing tablet for the young.

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Write as I Please

By Mel Kositsky

IT'S ABOUT TIME!

They say time waits for no man (or woman) so it is not surprising the provincial government is moving ahead in making Daylight Savings Time permanent in British Columbia. It is a move most people want and they voiced their approval in a well-supported survey last summer. Hopefully when we go back to DST in early March it is the last time we "spring" ahead.

For most people setting the clocks back has become a meaningless phrase -- as many "smart" devices just reset themselves. No more fooling around with clock radios and car clocks. But for some people it is still a pain. If the province goes ahead and creates this new "Pacific Time Zone" it will be a lifestyle change for some -- but don't lose any sleep over it. Remember time flies when you are having fun!

British Columbia was going to wait until the other West Coast states and the Yukon all agreed on the time shift. But it seems the U.S. federal system does not allow the states to just go ahead with the change without approval from Washington. So look for our provincial government to forge ahead despite all the objections. There are already those complaining about the change and some are saying we should remain on Standard time throughout the year, instead of DST. Only time will tell what the final decision is!

Following the Oct. 21 federal election there will be a number of changes in the new House of Commons. Some reports say parliamentarians are trending younger than ever before, and the move continues towards gender equality. There were 98 women elected, more than in any previous government. There were 46 MPs who lost their seats and a significant number of retirees. This resulted in 87 "rookie" MPs to earn seats in the new House. Already one party leader has resigned and two others have survived initial "shots" at the poor showing of their parties at the polls. Some people expected much different results, despite most pollsters claiming to predict a minority government. It will be interesting to see how activity on Parliament Hill develops over the next few months. But it will probably be mid-February before anything really gets moving in Ottawa.

A new word that has emerged this year, especially in social media circles, is "influencer".

As major media outlets move from real journalism to online and social media reporting, they have developed new terminology and have classified some writers as "social media influencers". In fact, some bloggers and tweeters self-proclaim themselves "influencers" and say so on their sites. Who decides this is still uncertain, but perhaps it depends on the number of followers you have or how many times you appear on major media outlets as an "expert" or "influencer".

There has always been a place in the media for opinion writers or speakers who like to share their views for all to read or hear. It used to be that newspaper columnists had that role, but with the decline in publications -- and the increase of on-line pontifications -- the new media is developing its own terms.

And what is happening to all those "grouchy" old men. Are they becoming "mellow yellow"?

According to new data from Statistics Canada, people aged 65 and older are the fastest growing group of cannabis users. They say more than one in four seniors, who recently used cannabis, were new users. The report says seniors were more likely to get their "weed" legally, rather than through an unlicensed dealer and StatsCan also found that people older than 65 were more likely to use medicinal cannabis. They are also reporting that 10 times as many seniors are using cannabis today than the same age group in 2012. What is going to happen now that "pot" edibles are legal? Better watch those snacks!

It is the "spending" season, but it is also the season of "giving". While the retail industry pushes "Black Friday" sales and Boxing Day specials, remember to also help out the less fortunate. There are lots of good charities looking for help, and many communities have Christmas bureaus in an attempt to make the holiday season more joyful for many families. Someone has even invented "Buy Nothing Day". They were asking people to spend a day without spending any funds -- to buy nothing for 24 hours! (That was held on Friday, November 29 and was to be the opposite of Black Friday.)

As we celebrate the holiday season, take time to reflect and rejoice. We take too many things for granted in this country because for many people our standard of living is well above the world norm. Let us be thankful for what we have and remember to always be helpful to others.

Let's end this year on a positive note and start the New Year off right -- with a smile!

YOUR TURN TO TRAVEL? HOLIDAY HELP FOR SENIOR PASSENGERS

Holidays are a time to be with family, but they aren't always nearby and can't always come to you. If it's your turn to travel to the kids and grandkids, here are some tips to get into the air as easily as Santa does.

Just like the man in red, the most important part of the work starts before you even leave the house. Knowing what to pack where makes going through airport security screening a breeze.

Prescription and non-prescription medications (contact lens solution, cough syrup, gel capsules) can go in your carry-on luggage. They're exempt from the 100-millilitre liquids limit and do not have to be placed with other liquids in a 1-litre plastic bag. Large bottles of pills made with inorganic powder and granular materials (e.g. glucosamine supplements) are limited to a quantity of 350 millilitres per passenger in your carry-on. Best to pack those in your checked bag.

You can also bring medical supplies, equipment and mobility aids on board with you in addition to the two carry-on bag limit.

When you arrive at the screening checkpoint, you may want to use the family/special needs line. This line has screening equipment that can accommodate larger items like mobility aids. There are screening officers who can offer additional assistance to people needing more time or help.

Find more tips and info, including a page dedicated to seniors and special sections for people with limited mobility or medically necessary equipment at catsa-acsta.gc.ca, or by downloading CATSA's free mobile app. You can also follow them on Facebook and Twitter for daily tips and to ask questions.

www.newscanada.com

TRAVEL TIPS FOR SENIOR SANTAS

Are you a senior who, like Santa, is hitting the skies in December with a bag full of gifts? To make sure you and your gifts get to your destination, there are some things to know before you take off.

Unlike Santa, your luggage must pass through security screening. That means if you're flying with gifts for the kids and grandkids, those presents should be unwrapped in case the screening officers need a closer look.

Fortunately, some airports have gift-wrapping services after security so these "elves" can do some of the work for you.

It also matters where you pack things. Items like snow globes, bath salts and replica weapons have to go in checked luggage.

Find more tips and info, including a page dedicated to seniors, at catsa-acsta.gc.ca, or by downloading CATSA's free mobile app. You can also follow them on Facebook and Twitter for daily tips and to ask questions.

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HERAKLION, CRETE: MEMORABLE MOMENTS



By Chris Millikan

Early one Greek morning, Theo our taxi driver whisks us to the Palace of Knossos, just outside Heraklion. Cicadas chirp and peacocks call plaintively from cypress trees welcoming us to the fabled palace of powerful King Minos.

Above the entrance, three thick red columns support a restored flat roof. Placards recount that in the early 1900's, British archeologist Sir Arthur Evans had systematically excavated these arid foothills below Mount Ioukt. In reconstructing this royal Minoan city, he discovered a labyrinth of rooms embellished with frescos of bulls. I recall how the myth of a ferocious half-man, half-bull living in the palace fascinated my students years ago.

The walkway parallels remains of stone-paved Royal Road, built by Minoans over 1000 years before the Romans. Carts transported fine pottery and silver crafts along here to the now distant harbour. There, sturdy, square-sailed ships manned by brawny oarsmen made Knossis a maritime power.

Opposite the palace, rows of stone seats at the amphitheatre prompt images of Minoans attending acrobatic performances staged on the platform below.

Inside the palace, Hall of the Double Axes we imagine King Minos pondering big decisions...like how to quell offshore pirates. And in the central courtyard, charred 1350 BC storage jars testify to an ancient fire. Plaques explain that today most of the excavated original statuary, pottery, wall paintings, sarcophagi and papyrus manuscripts reside in Heraklion's Archaeological Museum.

In the adjacent King's Chamber, a lustrous alabaster throne stands amid paintings of griffins and lilies. Through a narrow passageway into the Queen's apartments, we see murals of dolphins and spirals. Fragmented, brightly coloured figures of men and women convey sophisticated lifestyles, ceremonies, games and religious festivals. The most famous depicts a young man somersaulting over a huge bull.

The Queen's bathroom features flush toilets and terracotta bathtubs, more practical luxuries. And



carrying hot and cold water, pipes provided heated floors. Drainage pipes flushed wastewater into outer gardens.

From outside the palace grounds, Theo takes us to the Venetian Wall, surrounding Heraklion's old city since 1462. There, Nikos Kazantzakis, Crete's greatest modern writer is memorialized atop Martinenga Bastion. Popular movies were based on Zorba the Greek and The Last Temptation of Christ, two of his many contentious novels. We remember worldwide protests at their screening.

"Excommunicated for questioning Christian beliefs, our Bishop refused to bury Nikos when he died in 1957. His casket lay at the Saint Minas steps for days," Theo tells us. "Demanding suitable burial for our hero, officials eventually arranged this special place." The epitaph taken from his work proves poignant: "I hope for nothing; I fear nothing; I am free." Surrounded by crimson bougainvillea, Nikos Kazantzakis perpetually surveys his beloved homeland.

We walk down to beautiful Saint Minas Greek Orthodox Cathedral below, relatively 'young' at 150 years old. Amid olive trees shading the plaza, worshippers chat with each other and buy little white candles before entering its massive carved-wood doors. Inside, gold and silver chandeliers illuminate frescos, sacred icons and statuary.

Sipping cold juice in shimmering 29-degree heat, we head to the central market. Mingling with locals, we browse stalls piled high with produce,



clothing and handicrafts. Fresh fish glisten on beds of crushed ice. Scrawny chickens swirl overhead on braided strings. And as tradition dictates, we haggle for packets of dusty-green, rusty-red and brilliant-yellow seasonings perfect for spicing up home meals.

Typical of Greek ports, blue chairs and tables sit outside tavernas. Spirited bouzouki music bursts from doorways. Small fishing boats bob out inside the harbour. And boisterous seagulls march along the jetty.

With faces cooled by ocean breezes, we re-board our ship carrying glorious memories.

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As financial consumers, Canadians are lucky. They benefit from strong consumer protection standards when dealing with financial institutions.

This, of course, does not mean they should let their guards down.

If you have ever ended up with a credit card you didn't consent to, you know this first-hand. You may have learned the hard way about the importance of knowing your financial rights and responsibilities.

For example, a bank must obtain your express consent before issuing you one of their products, such as a credit card. And, if you provide consent orally, they must provide you with confirmation in writing of your consent without delay.

Moreover, banks must provide you with information, such as the interest rate and other fees associated with the card, that is clear, simple and not misleading. This information must be displayed in a written information box, which makes it clear what you're signing up for.

As a consumer, you also have a responsibility to take the time to read and understand any documents before you sign them, including terms and conditions. This kind of information can be complex. So, if anything isn't clear, ask questions.

Also, take the time to explore your options. In other words, shop around for your financial products and services. Most lenders will negotiate and even match the rates or fees of their competition, especially if you have done some homework and tell them what the competition is offering.



Shopping around is especially important when it comes to mortgages. We all know home ownership is probably the biggest investment most people will ever make, so take your time.

And if you think your financial rights have not been respected, take it up with your bank or lender. If the issue continues, contact the Financial Consumer Agency of Canada, which is responsible for protecting consumers of financial services and products.

The government organization also provides a wealth of online information about your rights and responsibilities when dealing with financial institutions and various financial products. Find more information

at canada.ca/money.
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Top 3 Reasons You Should Visit Your Denturist Annually

If you wear dentures and they're working well for you, you may think all you need to do is clean them. Consequently, you may skip your annual visit to the denturist. Your annual visit plays an important role. Here are the top 3 important reasons you shouldn't miss your annual visit to your denturist.

Oral Health

Denturists recommend an annual checkup for dentures, just as dentists do for teeth. Annual checkups are the best way to keep your mouth healthy and to detect any potential problems. During your annual visit, the denturist will remove your dentures to examine the tissues beneath them including your lips, oral mucosa, and tongue. They will check for changes in the tissues that may have occurred in the last year. Abnormal changes are not always visible to the eye but can be detected by your denturist. Studies show oral health directly affects overall health. Oral bacteria and the inflammation associated with severe gum disease may play a role in other serious diseases. An annual visit to your denturist is a simple way to detect problems and minimize risk.

Longevity

Your annual visit to your denturist includes a detailed visual and digital examination of your prosthetic. The Denturist will check the stability of your dentures and your bite, and also look for signs of an ill-fitting denture. If they discover any anomalies, they'll recommend treatment services to maintain, repair, restore or renew your dental appliance. They'll also recommend procedures for proper denture care.

Your jaw bone and gums "support" your dentures, but as you age these will change. Using denture adhesives to correct ill-fitting dentures doesn't address underlying problems and these problems aren't always evident to the untrained eye.

Dentures will wear down over the years. Eventually you'll need to replace them, but maintaining your dentures properly increases their useful life.

Appearance & Comfort

Natural changes including tissue shrinkage and loss of underlying bone can cause your dentures to fit poorly. Your denturist may need to "reline" the base of the

denture or adjust your dental appliance. When your dentures don't fit well your eating pattern will change. You will start to eat what you can rather than what you want to. This can lead to unintentional weight loss or weight gain. It can also severely impact your nutritional intake which inhibits body function. Eating poorly may affect your energy level, healing power, and diminishes overall health.

Complimentary Denture Cleaning and Polish

Naturally, you want your dentures to look good too. Your annual visit to Brookwood Denture Clinic includes a complimentary denture cleaning and polish for a brighter, more attractive smile.

Live your best life and let us perfect your smile.

If you're struggling with your dentures, please contact us. We want you to look good and feel great. We offer innovative denture and implant solutions to suit your needs.

Confidence Starts with a Smile



Brookwood Denture Clinic Ltd.
DENTURE AND IMPLANT SOLUTIONS

www.yourdenture.com

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Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

Both Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit www.yourdenture.com or call the clinic to set up an appointment for a complimentary consultation.



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