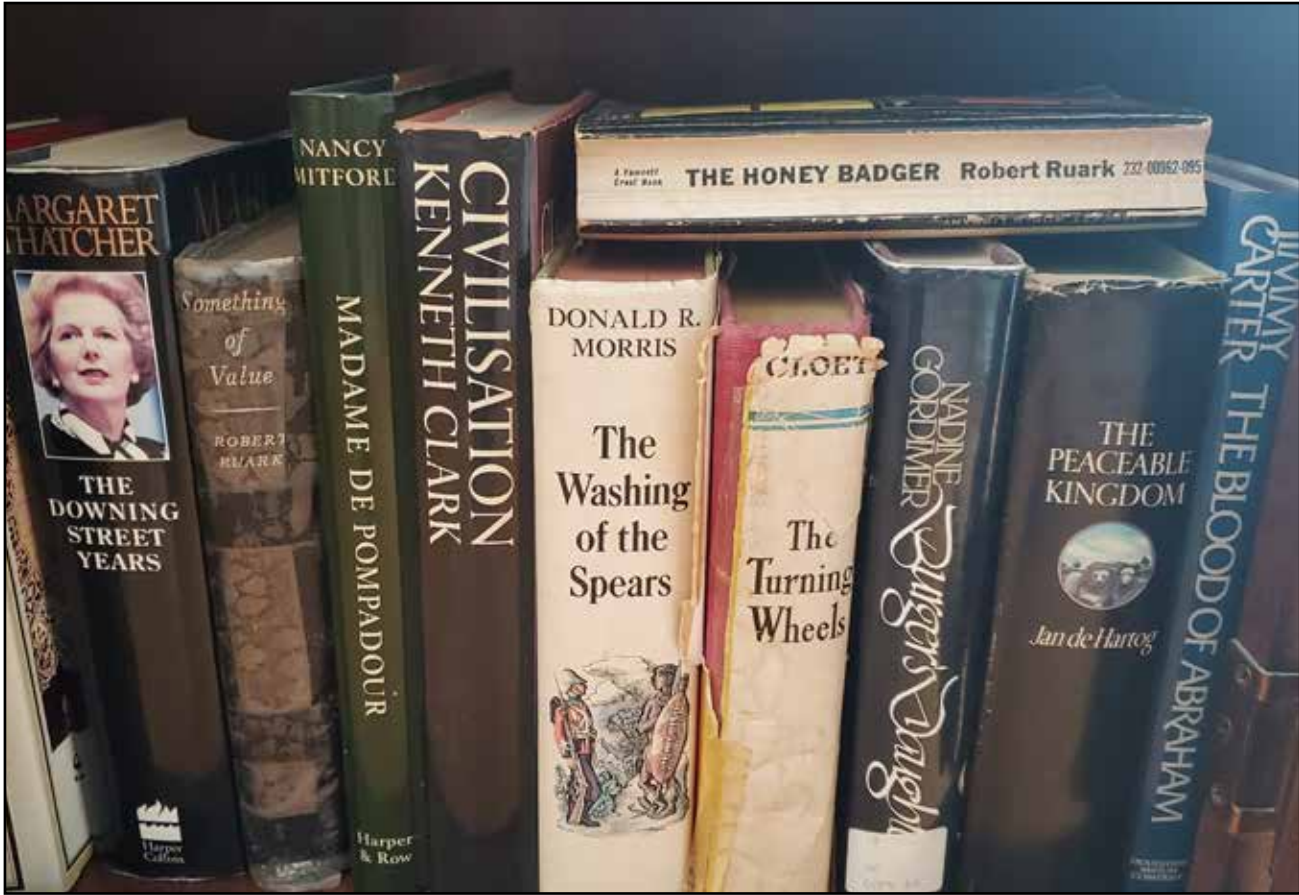


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**SENIOR**  
NEWSMAGAZINE



DONE AND DUSTED: HIDING BEHIND THE BOOKS Full Article page 4 by Ursula Maxwell-Lewis

MAY - 2020

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Inside This Issue

ACCORDION TO DAN  
by Dan Propp ..... 3  
DONE AND DUSTED: HIDING BEHIND THE BOOKS  
by Ursula Maxwell Lewis..... 4  
FINANCIAL NEWS  
by Rick C. Singh..... 6  
THE PHARMACIST REVIEW ..... 7  
THOUGHTS WHILE OBEYING SELF ISOLATION.  
by Lenora A. Hayman ..... 8  
COZY CORNER  
by Janet Isherwood ..... 12  
WORD FIND PUZZLE ..... 12  
WRITE AS I PLEASE  
by Mel Kositsky..... 13  
HOME IMPROVEMENT  
by Shell Busey ..... 13  
STRAIGHT FROM THE HORSES MOUTH  
by Mel Kositsky..... 14  
REFLECTIONS ON RUNNYMEDE  
BIRTHPLACE OF THE MAGNA CARTA  
by Rick and Chris Millikan ..... 17

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# ACCORDION TO DAN



In these challenging times while harbouring thoughts that are not exactly ship-shape, sometimes stern currents can be calmed by reflecting a play on words. While going for a stroll down by the harbour in Steveston, the following rhyme and pun-ish-ment evolved.

Harbouring thoughts of ships and boats helps to bring back a few amusing currents.

## FISHING FOR A FEW CATCHY CONCEPTS

It depends, of course, on life's rudder and how one's distinctive perspectives we propel. I know with all these puns, there could be reason to exclaim, 'Oh brother'! Yet, they can sometimes anchor several chuckles; you never can tell.

A feeling of being somewhat struck by the tides of how today's society quickly floats on. The many new islands that humanity can reach. A survival for a sense of humour, it entails.

So, as we row into history, 'either oar', whatever currents we face simply sing 'heave ho and away we go'. It remains somewhat of a mystery during these challenging times at the touch of a button how many yesterdays' we erase.

## HOWEVER, FOR MANY SENIORS, NOSTALGIA CAN NEVER BE ERASED

Here's a bit of rhyming quiz to help replenish a memory or two.

### DO YOU REMEMBER

She was a Wild and Lovely Rose. Who sang that why Al Martino, of course. What about Fairy Tales Can Come True? Frank Sinatra. So many of those familiar song and expressions. Who said "Keep those cards and letters coming"? Absolutely, good old Dino. What a show that Dean Martin had, eh! Do you remember Bob Newhart's skits, The Driving Instructor and The USS CODFISH? How about Danny Kaye in the motion picture Hans Christian Anderson when he sang The Ugly Duckling. Does that jog your childhood memories?

In Canada, there was moderator Fred Davis on CBC's Front Page Challenge with Gordon Sinclair, Betty Phillips, Jack Webster and Pierre Burton as panelist. On the CBC radio, there was The Happy Gang. as they sang lyrics such as Well Come On In, before the days of TV. How did we manage without that tube? Did you experience the wonder of the shortwave band and trying to pull in signals behind The Iron Curtain in the early nineteen fifties, before Sputnik, which changed how the world revolved. Now, with the virus, school rooms have virtually evolved.

## ORBITTING SINCE THEN CHANGED SO MUCH

Many developments changed after Sputnik, including photography. What a development that's been. We've been fixed for good...especially for us who still long for darkroom photography. Thus the following:

### I MISS KODAK ACID FIXER

I miss the Ansco and Ilford films plus the Kodak Brownie Hawkeye and Starflash cameras as well as the Leica or Nikon original rangefinder. We loved Sylvania and Westinghouse flash bulbs and all those old rules about shutter speeds, apertures, exposure meters, tripods. We had darkroom safelights, tanks, trays used to chemically develop films. All those so basic human elements. Now, so much has been replaced by computerization and a 'pixelated' realization. Possibly a for those who remember a negative observation, what we picture today, in a flash, is a rapidly changing and expanding civilization.

Of course change is often very positive and not all

of history is a piece of cake by any stretch of the imagination. An example, smoking cigarettes has been reduced but sadly not deleted.

### RECENT HISTORY

All those slogans like walking a mile for a Camel. Do you remember the days of the kid wearing the Phillip Morris cap? How about the Marlborough Man; those slogans sure had an angle and sold many a pack. Cigarettes with filters that were oh 'so mild and satisfying'--with a cool menthol taste, mighty hard to resist. All those famous people advertising. Even some medical professionals were on the list.

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Fishing for trying not to miss life's vessels if fresh air can harbour and net a chuckle and thought or two. (Photo: Dan Propp)

## REGARDING TODAYS SENIOR NEWSMAGAZINE

To our valued readers, advertisers and supporters: During the Covid-19 situation for which we are all unfortunately having to endure at this time, we won't be taking any mailed in classifieds or placing new mailed subscriptions at the current time it may be necessary to suspend both of those services until the current situation resolves. At present we will be placing future editions online.

Todays Senior newsmagazine has been supporting community interests for over 25 years and we hope to remain as operational as possible however we will be significantly impacted by the current situation. Currently our staff is able to work remotely to prevent risk of exposure.

Many business's we work with have felt the impact as well and have had to close their doors temporarily. We realize that many will not have access to this edition of the paper so we invite you to visit us online by going to our website and telling your fellow readers that we are still here.

We encourage readers to visit us directly at.

<http://todaysseniornewsmagazine.com/>

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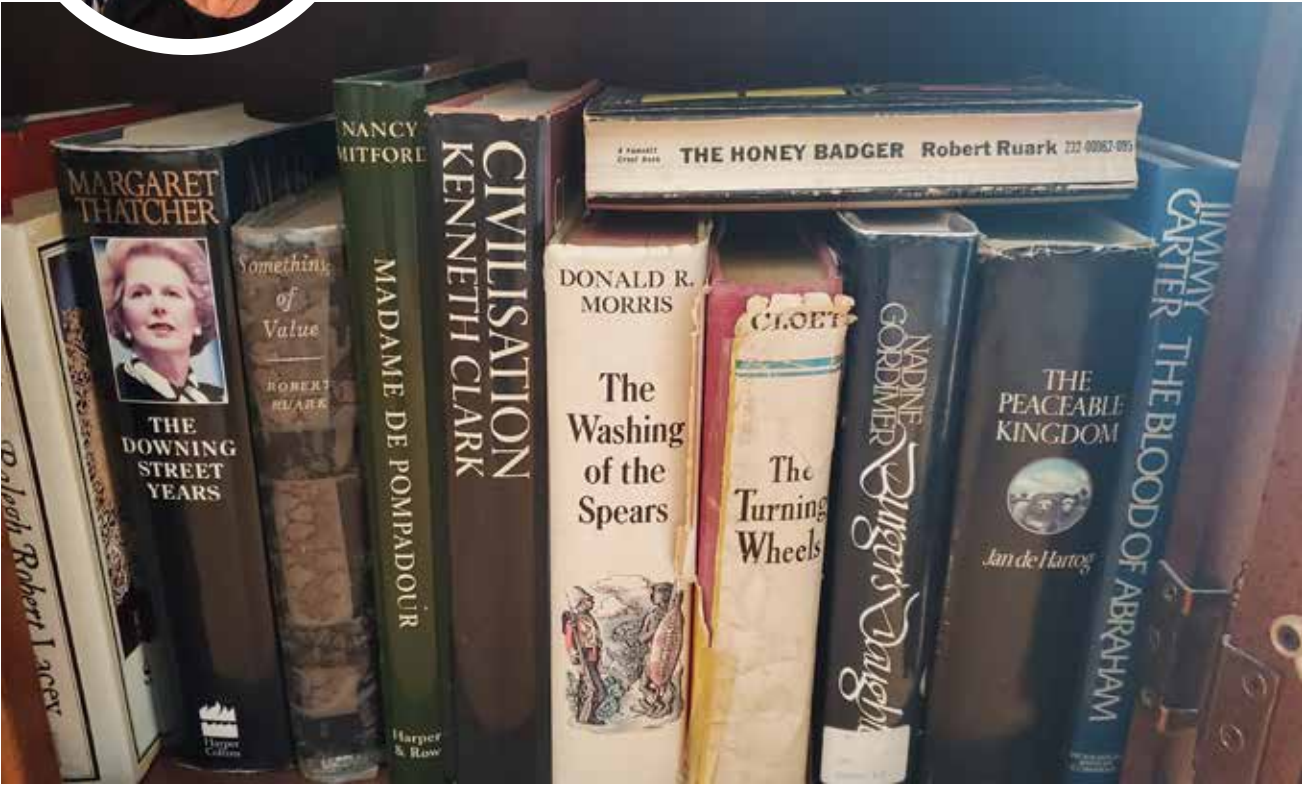
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# DONE AND DUSTED: HIDING BEHIND THE BOOKS



Books: Treasured collectables

Story and Photos by Ursula Maxwell-Lewis

As I write this it's a brilliant spring day. Blossoms, sunshine, fresh air abounds - and a deadly virus holds our planet hostage. In a novel we'd feel the chill, but probably reject such an impossible reality. But, reality it is, so I've retreated to my usual crisis havens - reading, writing and movies (aka dreaming).

Like most bookworms (daughters of a bookworm) my passion for books overrides the fact that they are prime dust collectors. My Covid-19 mission therefore (apart from avoiding the virus) is to tackle my bookcases.

As an avid Surrey Public Libraries fan Cloverdale Library is my go-to touchstone for reading materials.

My budget only runs to books I really 'can't live without'. Also, borrowing from the local library increases staff's ability to justify grants, subsidies and budget increases. Authors also get royalties based on those purchases and loans. Everyone benefits. It's the best free book deal in town. No matter where you live your library system will probably have an app which allows you to download free e-books and videos.

Books at home remind me of treasured stories, admired authors, magical destinations and much-loved people who have contributed to my 'library'. They're rather like old friends who are always at home when you need them most - like now.

Dusting off Florence Nightingale (1820-1910) by Cecil Woodham Smith I admired the Crimean War nurse who first realised that elementary hand washing was vital to stemming infection. Nightingale's basic hygiene rule saved countless battlefield lives in the 1800s. It's equally lifesaving in 2020.

Prester John by John Buchan. Inscribed to me by my uncle and godfather, George Munro, I knew that Buchan had given Uncle George (a penniless young man who had walked to London from Ayrshire, Scotland, determined to be a journalist ) his first typewriter. How Buchan and my uncle met I don't know, but Buchan (eventually Lord Tweedsmuir) remained a staunch ally of the young Scot who became a respected Fleet Street journalist and, in retirement, Scotland's playwright of the year.

Christmas Stories and Other Stories by Charles Dickens (hard cover) was printed in 1891 and cost five shillings. My grandmother has written her name and address in ink on the flyleaf with the added warning: Not To Be Taken Away. Above that in mother's writing is: To Jean, 1945. The Munros never hesitated to name the owner (or giver) of any book.

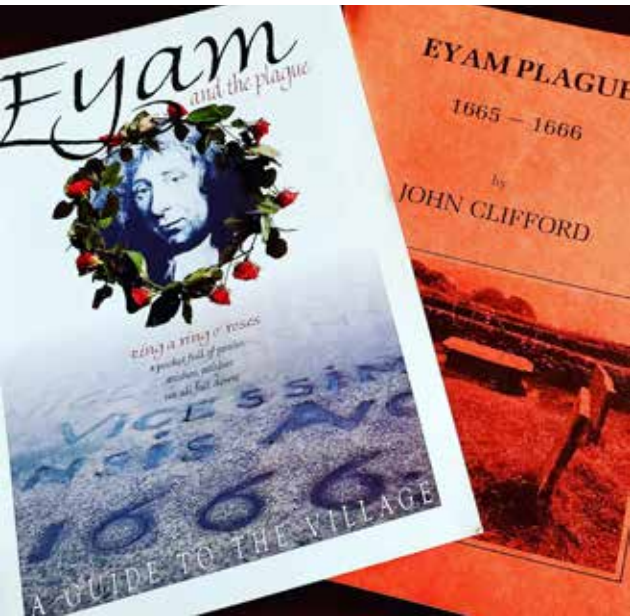
Kids Say the Darndest Things by Art Linkletter



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Eyam, the Derbyshire Plague Village



John Buchan, Lord Tweedsmuir

made me laugh (again).

The Africa shelves still make me homesick.

The travel section makes my feet itch and mind wander.

The Royal Family collection brings my mother to mind (as do many others).

Jamaica Inn by Daphne du Maurier takes me back to Bodmin Moor on a bleak, rainy, windswept day. As we drove in the Inn sign creaked languidly back ... and forth... Not a soul in sight. Perfect for my arrival at an 1820 Cornish murder mystery location.

Jalna, the first of the Mazo de la Roch Whiteoak Chronicles series, is set (rumour has it) in Benares Historic House near my Clarkson Ontario public school. I had a dim childhood memory of the 165-year-old Georgian-style house so it was a real pleasure to re-discover it while visiting Oakville friends a few years ago. It's a perfect setting for period novels and the original family history is equally interesting. Well worth visiting this elegant piece of Canadian history.

Finally, appropriately, Eyam Plague 1665-1666 by John Clifford comes to hand. A tragic record of the plague delivered by fleas in a bolt of London fabric and ravishing this Derbyshire village. As with today, an invisible spec spread havoc and death leaving history, survivors and tourists to tell the tale.

Stay well. Stay safe. And, keep on reading.

Ursula Maxwell-Lewis is a British Columbia writer dedicated to travel, history and literature. She can be reached at [utrael@shaw.ca](mailto:utrael@shaw.ca)

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

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

Lillian, Surrey



# ABOUT CORONAVIRUS DISEASE (COVID-19)

## WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

## SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

## PREVENTION

The best way to prevent the spread of infections is to:



- ▶ wash your hands often with soap and water for at least 20 seconds



- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands



- ▶ avoid close contact with people who are sick



- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs



- immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards



- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.



- ▶ stay home if you are sick to avoid spreading illness to others

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:



- ▶ stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance



- ▶ call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions



- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

## FOR MORE INFORMATION ON CORONAVIRUS:

📞 1-833-784-4397

@ [canada.ca/coronavirus](https://canada.ca/coronavirus)

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FINANCIAL NEWS

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

**Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.**

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the “Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option” allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and wanted to make sure that his new spouse is looked after financially after he passes away as he is considerably older than his new wife. He also wants to make sure that his children from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor

annuitant on his RRIF and named his children as irrevocable beneficiaries.

**How does it work?**

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise their rights under the contract, including the right to change the beneficiaries, adjust the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse’s ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

**Married with Children from a previous marriage**

You may want to provide an income stream to your spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse’s death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death, but will need the kids’ consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting

their residual interest.

**Spouse is Financially Irresponsible**

Perhaps you are concerned that our spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse’s needs, and that the investments aren’t cashed in and spent.

To find out more about estate planning for your RRIF contact your investment advisor, or contact Rick at 604-535-3367 (Suite 50, 1480 Foster St. White Rock, BC V4B 3X7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

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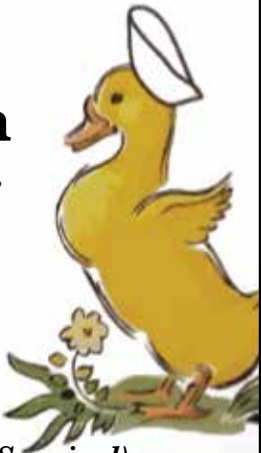
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# THE PHARMACIST REVIEW

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

## DE-STRESSING TO BATTLE INFECTIONS

Everyone has STRESS. Whether you are conscious of it, or oblivious to it, you have stress. “Stress” is a natural disruption of physical, psychological, or emotional balance. Stress is what stimulates your nervous, endocrine, and, perhaps most importantly, your immune system, influencing its response and effecting the way your body can respond to further stimuli. A controlled level of stress is desirable, though. For example, stress allows the star athlete to score that clutch goal in the Stanley Cup Finals; it is what allows the concert pianist to crank out that memorable performance. However, stress is also what could tip our bodies in a way which renders it vulnerable

to attack by bacteria and viruses. Thus, it is imperative that we manage our stress levels during this pandemic to remain in tip-top physical shape should we be faced with Covid-19.

CanPrev’s “L-THEANINE” is a combination of the amino acid, L-Theanine, and magnesium bisglycinate. L-Theanine, found in green and black tea, can reduce the feelings of mental and physical stress as well as induce feelings of relaxation. It increases dopamine and GABA (gamma-aminobutyric acid) receptors in the brain, thereby downplaying the stimuli and reducing the feelings of fear and stress, as well as improving mood and sleep. Magnesium bisglycinate is easily absorbed and is great for relaxing the mind and muscles without much risk of diarrhea. In effect, this formulation relaxes you quickly while keeping your mind sharp and alert.

Similarly, Metagenics’ “NUSERA” is a 10-unit amino acid milk-derivative that elicits a relaxing, calming response to stress. It comes in a delicious chocolate chew tablet and is safe to use daily.

New Roots Herbal’s “D-STRESS” is a simple supplement of organic lavender oil, which can reduce stimulus of skeletal muscles, and also has an effect on GABA receptors in the brain, both of which lead to an overall relaxed state.

Douglas Laboratories’ “RELORA-PLEX” is a unique, synergistic blend of magnolia and phellodendron extract for relaxation, in combination with several B-vitamins to support normal men-

tal functioning during stress.

Connect with our integrative pharmacists at Cloverdale Pharmasave and Pharmasave Steveston Village about the many natural supplements that can help manage stress and allow the body to fight infections optimally. The few supplements we discussed above have benefited many of our clients, have low risks of side-effects, integrate easily with your existing medication regimen, and are generally safe for long-term use in a variety of age groups. Be sure to consult your physician and your integrative pharmacists before self-medicating.

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

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## WARNING SIGNS ON YOUR LEGS YOU SHOULDN'T IGNORE

Nurses, flight attendants and teachers are just a few professionals who know too well what it is like to deal with painful, heavy, swollen legs. But for some, these symptoms may actually be a sign of a much deeper chronic condition.

“Chronic venous disease occurs when veins in the legs become inflamed and stop working effectively,” says Dr. Beverley Chan, a vascular surgeon in Canada. “This makes it difficult for blood

to flow back to the heart. Blood that pools in the legs can damage the veins, causing pain, swelling and discomfort, among many other symptoms.”

According to a recent survey, nearly 20 per cent of us experience chronic venous disease symptoms on a yearly basis. Symptoms are exacerbated after periods of prolonged sitting or standing. Family history, weight, pregnancy and previous medical conditions can all increase the risk of developing the disease.

Fortunately, there are ways to manage and treat chronic venous disease. Regular exercise and the use of compression stockings can help reduce symptoms. For more long-term options, over-the-counter oral products like Venixxa are available. This natural health product works by improving venous tone, resulting in improved blood circulation as well as reduced pain, lower-leg swelling and sensation of heavy legs.

To find out if you are at risk of chronic venous disease, talk to your healthcare provider or learn more at [Venixxa.ca/veinscore](http://Venixxa.ca/veinscore).

[www.newscanada.com](http://www.newscanada.com)

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# THOUGHTS WHILE OBEYING SELF-ISOLATION.



Article & photos by Lenora A. Hayman.

With the Bard on the Beach, The Arts Club, cinema theatres, sports arenas and restaurants closed, due to the Corona Virus 19 pandemic, it has forced us to appreciate our time on this planet. We must adhere to self-isolation, stay at home, wash our hands and not touch our face. Our eyes and nose absorb those infectious droplets!

With extra time at home, decluttering is an option. We only need to save the previous six years of tax forms, so I shredded eleven years!

Big Brothers. Diabetes Canada etc. now have limited pick-ups for donations of used clothing and household items. So check ahead.

Check cans in your pantry for expiry dates. Although water does not go bad, the plastic bottle, it is contained in, does expire, and will leach chemicals into the water.

I used Lysol disinfecting wipes on high-touch areas, such as remotes, cell phones, light switches, door knobs, 'fridges and oven door handles.

Of course having a laptop or smartphone at home is a must, to enjoy on-line virtual tours of museums, zoos and theme parks.

Google Arts & Culture offers the Van Gogh Museum.

The Guggenheim's Collection Online opens up The Solomon R. Guggenheim Museum with works of Pablo Picasso and 625 other artists.

Virtual tours of Walt Disney World includes Magic Kingdom, Animal Kingdom and Epcot.

The San Diego Zoo has, on Facebook, possibly the most live cam options, letting you choose between koalas, polar bears and tigers.

The Virtual Tour of the British Museum shows the Rosetta Stone and Egyptian mummies

The Met Gala was cancelled this year but the metropolitan Museum of Art lets you view the Costume



Institute Conversation Lab

Our Vancouver Art Gallery has launched, free, on Zoom, every Tues. and Fri. Art Connect Video gatherings of artists discussing exhibitions, but you must register for each show.

This Corona Virus 19 reminds us to keep our egos in check. A virus can bring our world to a standstill.

Take a small walk every day. Enjoy the flowers and choose to be happy.

TOP: A floral tree  
BOTTOM: Tulips & daffodils.

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in *Today's Senior*  
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Details on page 3.





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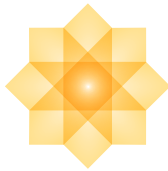


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# YOU'RE EXISTING HEALTH CONDITIONS ARE NOT FORGOTTEN.

CJ Catliff  
Canadian Health Advocates Inc.

It's hard to imagine that Canadian hospitals were already at 125% capacity back in November before anyone had heard of COVID-19. With hundreds of Coronavirus patients filling more hospital beds every day, it is easy to forget all the senior patients who are battling pre-existing health conditions in the very same hospitals. Not only are they fighting for their lives amongst the chaos of this pandemic...but they're also doing it completely alone.

Paige Lennox, Founder + CEO of Canadian Health Advocates Inc. (CHAI) is a registered nurse turned entrepreneur with over 25 years of experience working in Acute Critical Care. Recently, she has been picking up extra shifts at her local Kootenay hospital and has seen first-hand how stressful it has been for families who are no longer able to visit their senior loved ones in the hospital due to the pandemic. Palliative care centers are only permitting one family member for visiting, and only during the direst of times.

Paige is seeing how easily patients are losing agency over their own health and falling through the cracks of an already strained system. She urges family members to work even harder to ensure their loved one is accessing the highest level of care and attention possible.

CHAI's national network of Health Advocates are currently offering virtual & over-the-phone patient advocacy services for family members who have a senior loved one alone in the hospital or long-term care facility. These highly experienced Advocates understand the nuances that come with each local healthcare system and can get in touch with specific



health professionals in order to advocate on your behalf. Advocates can request expedited test results, provide status updates and offer experienced emotional support to help families get through this difficult time.

Paige has also noticed that many of her senior clients feel as though they are imposing on their doctors or local hospitals. Many are understandably terrified that they will catch the deadly virus and are avoiding any healthcare facilities despite experiencing life-threatening symptoms. These seniors need to understand that a lot can be done virtually and over-the-phone to connect them with their doctors. Advocates can subdue those fears and ensure that seniors have access to the highest quality healthcare resources available.

## RETIREMENT SAVING TIPS

It can be difficult to save for retirement when you also have to meet other financial obligations, like rent or payments on your mortgage, car or student loan. But having a retirement savings plan can help.

According to the findings of the Financial Consumer Agency of Canada's recent survey, Canadians who have a plan are more confident that they know how much they need to save than those who don't (56 versus 28 per cent). There are many ways to plan for your retirement, so if you don't know where to start, the following may help:

**Determine what you need**

FCAC has several online resources to help determine how much money you will need in retirement and to help you set savings goals. These include the financial toolkit, budget planner and retirement income calculator.

**Develop your own savings strategy**

Once you have a goal, the number one tip is to start saving early. Saving early means you can save less each month, and your money will have more time to earn a larger amount of compound interest. But it's never too late to start. Try to set aside a portion of every paycheque for retirement savings. You can do this automatically by contacting your financial institution to have a set amount deposited into a savings account each time you are paid.

**Balance your current financial priorities by making a budget**

Saving for retirement can be difficult when you have other demands on your money. Making a budget will help you better figure out how much money you can set aside for the future. If you know where your money comes from and where it goes, it will be easier for you to identify and reduce non-essential expenses. As part of your budget planning, you should plan to pay down your debt and avoid taking on more. This will help free up funds for saving.

[www.newscanada.com](http://www.newscanada.com)



## Your Pre-Existing Health Concerns Are Not Forgotten

If you're concerned about accessing healthcare resources during this pandemic, our Advocates are here to offer both practical and emotional support. Book a free consultation.

### Where We Can Help:



Connect with your healthcare providers to assist with virtual appointments and medication deliveries.



Connect with healthcare teams in your local hospital or long-term care facility and request updates about your loved one on your behalf. We can advocate for your loved one, provide emotional support, and help reduce stress for families.



Guide and assist with advance care planning paperwork.



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# BE PREPARED (COVID-19)

## PLAN AHEAD



There are simple, practical things you can do to prepare in case you or someone in your household becomes ill or if COVID-19 becomes common in your community.

### Make a plan that includes:

- ▶ **Essential supplies** (a few weeks' worth) on hand so you will not need to leave your home if you become ill.
  - Avoid panic buying. Add a few extra items to your cart every time you shop. This places less of a burden on suppliers, and can help ease financial burden on you as well.
  - Renew and refill your prescription medications.
- ▶ **Alternative arrangements** in case you become ill or if you need to care for a sick family member. For example:
  - Have backup childcare in case you or your usual care provider become ill.
  - If you care for dependents, have a backup caregiver in place.
  - Talk to your employer about working from home if possible.
- ▶ **Reducing your exposure** to crowded places if COVID-19 becomes common in your community. For example:
  - Shop and use public transit during off-peak hours
  - Exercise outdoors instead of in an indoor fitness club

## COMMUNICATE



- ▶ Share your plan with your family, friends and neighbours.
- ▶ Set up a buddy system to check in on each other by phone, email or text during times of need.

## STAY INFORMED



- ▶ Learn about the symptoms of COVID-19, how it spreads and how to prevent illness.
- ▶ Get your information from reliable sources such as the Public Health Agency of Canada, and provincial, territorial and municipal public health authorities.
- ▶ If the news media is making you feel anxious, take a break from it.



## SHOPPING LIST

### FOOD

- ☐ dried pasta and rice
- ☐ pasta sauces
- ☐ canned soups, vegetables and beans
- ☐ pet food

### HYGIENE

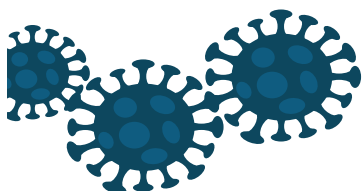
- ☐ toilet paper
- ☐ feminine hygiene products
- ☐ diapers
- ☐ facial tissue
- ☐ soap
- ☐ alcohol-based hand sanitizer

### HEALTH CARE

- ☐ thermometer
- ☐ fever-reducing medications (acetaminophen or ibuprofen for adults and children)

### CLEANING

- ☐ paper towels
- ☐ plastic garbage bags
- ☐ dish soap
- ☐ laundry detergent
- ☐ household bleach
- ☐ household cleaning products



## FOR MORE INFORMATION ON CORONAVIRUS:

 1-833-784-4397

 [@canada.ca/coronavirus](https://canada.ca/coronavirus)

 [phac.info.aspc@canada.ca](mailto:phac.info.aspc@canada.ca)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada





Cozy Corner  
"Lets Talk"  
By Janet Isherwood

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

As I write my column, I reflect to all the seniors in care homes. Not just the seniors but especially the seniors with dementia, the ones who need the stimulation of sensory to ease them through their day.

With the outbreak of the COVID-19 virus entering a pandemic situation and the world in chaos I feel more strongly now that ever about sensory rooms.

This is a time when everyone puts the brakes on, stopping all interaction with each other and coming under the order of distancing. This is where we play safe as we must practice staying 6 feet away from the person next to us. Distancing is such a sad word as BC is a province of huggers.

All our warriors, the nurses, doctors, care aids and first responders are currently on the front lines implementing the rules and restrictions when dealing with our population.

Calendars for recreation now change in care homes as programs, entertainers and volunteers are cancelled for fear of spreading the COVID -19.

My goal for this year will be more than ever to sponsor and build sensory rooms for those with dementia, where they would not sit alone and scared but be surrounded by the soft movement of lights or bubbles. A place where a variety of sensory experiences and gentle stimulation of the senses could be provided.

These MSE spaces are designed individually as to the persons needs and one can incorporate many senses as possible. An example is offering sound, smell, touch of a seaside creating a virtual environment of seaside indoors.

In this moment I wish there were hundreds of sensory puppies to give to each one of our seniors to comfort, love and keep them company.

The world is changing and never has sensory stimulation been so important or in need as our aging population grows a whole new world of sensory stimulation awaits them.

Stay safe, distance yourself and wash your hands. For more information on sensory please send me an email or look up [www.larkangelsfoundation.org](http://www.larkangelsfoundation.org)

Look forward to speaking with you all again next month.

[cozycornernews@gmail.com](mailto:cozycornernews@gmail.com)

The Merry Month of May!

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T I M C Y I E L M C F I S H A N D C H I P S S S B  
S X T R E E S B U D D I N G B A M A Y D A Y S W H  
P L A N T S N W I C E C R E A M C O N E S X J D H  
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I Y U W Z D W J C L O V E R D A L E R O D E O A Q  
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Birds Nesting  
Downscaling  
Bunnies  
Backyard Gatherings  
Plants  
Blooms and Blossoms

May Days  
Sunshine  
Bees Pollunating  
Moving  
Trees Budding  
Sprinklers  
Cloverdale Rodeo

Mayflower  
Apple Blossoms  
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- Single Handle lever faucets in kitchen & vanity
- Slip resistance flooring
- Door knobs with lever handle
- Lighting over vanity
- Gliding shelves in kitchen and bath for easy access

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\*Subject to requirements set forth by BC Housing's HAFI Program and maybe cancelled without notice



PROFILE  
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## Write as I Please

By Mel Kositsky

Everyone is asking the same question these days -- when are things going to return to normal?

The answer is simple -- no one knows! And if anyone tries to give you an answer in person or on television, they are just making things up.

Everyone would like to see an end to this COVID-19 pandemic but it is not going to happen anytime soon. So people have to prepare to change their lives and lifestyles. Some media marketers are already trying to sell you on the "new normal". These are just speculations with no foundation. Any comments made today will probably not be relevant next week, so it is difficult to predict anything these days. People are just in a holding pattern and most do not like it. They want action and cannot relate to politicians and health officials who are requesting them to "stay at home".

The confusion is continuing to mount as different jurisdictions take a different approach to combating this invisible enemy, especially in North America. The media coverage is not helping while the pandemic drags on. The political bias of the reporters and "experts" are getting worse and worse -- and of course it is all in the name of democracy. Right!

What really stands out in daily coverage of the "breaking news" is that there are so many "experts". Every media outlet puts these so-called experts on a soap box almost hourly and each one has a different viewpoint and (of course because they are experts) the way things should be done. Maybe all these experts should have solved this problem before it happened, starting with all the leaders of the World Health Organization (WHO), who insisted this was NOT a pandemic when information started to come from China that there was a new virus spreading.

It is obvious the world was not properly prepared for this and all the speculation about bio-warfare is not going to stop it. For those who remember the SARS epidemic in 2003 and the destruction that caused, there is hope we can contain this disease and recover just as we did back then. This is not the time to be fighting each other for recognition and power. We all need to work together and stay safe.

Congratulations to Her Majesty Queen Elizabeth II, who just celebrated her 94th birthday. Long may she reign and stay in good health as she has been a "model" monarch. She was especially "regal" on April 5 when she addressed

the Commonwealth from Windsor Castle on the coronavirus pandemic. The taped broadcast was short and to the point with little room for politics -- and they made sure there was nothing controversial said, which would allow the vicious media to attack her message.

Instead she spoke quite elegantly and received praise worldwide for her comforting message -- one of the rare times she has spoken in this manner. Towards the end of her speech, she used the name of one of Vera Lynn's most famous songs "We'll Meet Again". The chorus of the song has these lyrics:

"We'll meet again, don't know where don't know when

But I know we'll meet again, some sunny day

Keep smiling through, just as you always do"

Vera Lynn, now 103 years old, starred in a movie made in 1942, "We'll Meet Again". She was known as "The Forces Sweetheart" during World War II. Her book was titled "We'll Meet Again".

Just like Vera Lynn, we probably will never see a queen again like Elizabeth, so perhaps it would be best if she is the last ruler of the House of Windsor. Maybe the British want a new king but we sure do not need all that royalty in Canada. That might become part of the discussion of the new normal people are starting to think about.

The City of Surrey has been named one of Canada's Best Diversity Employers for a second year in a row. This national annual award recognizes employers who have exceptional workplace diversity and inclusiveness programs, according to a recent news release.

"As a City, we've delivered on some incredible initiatives that make Surrey a more welcoming and inclusive place for everyone," said Mayor Doug McCallum. "I'm very proud of the work City staff have done to serve our diverse community and this award is a testament to their efforts."

The City of Surrey has been recognized for successful diversity and inclusion initiatives in a variety of areas, including those focused on women; members of visible minorities; persons with disabilities; Indigenous Peoples; and Lesbian, Gay, Bisexual and Transgendered/Transsexual (LGBT) peoples. These programs and initiatives include:

The City's adapted sports program that offers support for individuals with disabilities to get involved and take part in an active and healthy lifestyle.

The Inclusive Employer Award program developed in partnership with several community organizations to recognize local businesses that create welcoming environments for persons with disabilities.

A New Horizons pilot program which provided work experience for members of groups, such as refugees, Indigenous peoples and youth aging out of care, who frequently experience barriers to employment.

The City of Surrey was also recently recognized in a separate category as one of Canada's Top Employers for Young People.



## HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

Q: Recently we had our home inspected to ascertain what we may be expecting when we put it on the market for sale. We had it done by a respected inspector. And his findings are a concern of ours, because he found mould in the roof cavity. What do we do now?

A: Well you can rest at ease because what was found was a white residual on the underside of the roof sheathing 1 x 8 shiplap fir lumber. At the time your home was built, it was not unusual to use 1 x 8 shiplap fir sheathing for the basement foundation form framing, and when the concrete forms were removed they become the roof deck sheathing.

Tar Paper was applied and the roofing membrane shingles were applied. The white residue on the underside of the roof sheathing is the white residue from the concrete cement dust from the foundation form (It's not mould!). If the contractor who sheathed the roof had of turned the white residue side up, you would have never have seen it.

## NEED A DRINK? WATER TRUMPS SUGARY BEVERAGES EVERY TIME

They grab them on the go, use them to quench their thirst, or sneak one between games, but sugary drinks have little or no health benefits for kids -- just health risks.

Sugary drinks are the greatest contributor to sugar in our diets and a significant factor for overweight and obesity, as well as several chronic diseases like type 2 diabetes, heart disease, stroke, high blood pressure and cancer.

The recommended daily limit of calories from sugar is about 12 teaspoons, or 10 per cent of our calories from sugar in one day. But sugary drinks will quickly get you past that amount. One can of pop (355 millilitres) includes 10 teaspoons of sugar.

Young people consume the most sugary drinks. The average youth drinks 578 millilitres of sugary drinks each day, which can contain up to 16 teaspoons or 64 grams of sugar.

Other examples of sugary drinks are energy and sports drinks, flavoured water, flavoured coffees and teas, flavoured dairy products, fruits drinks and 100 per cent juice, which may include even more sugar than pop.

"The best beverage choice for any type of hydration is water," says Carol Dombrow, RD and nutrition consultant with Heart & Stroke.

Find out more at [heartandstroke.ca](http://heartandstroke.ca).  
[www.newscanada.com](http://www.newscanada.com)





## Straight from the Horse's Mouth

By Mel Kositsky

While the COVID-19 pandemic has suspended horse racing in many parts of the world, there are still some tracks in North America holding racing without any fans in the stands and betting is offered online through simulcast programs.

In Canada, [www.hpibet.com](http://www.hpibet.com) offers racing from Gulfstream in Florida and Oaklawn in Arkansas, as well as races from Australia, New Zealand, Hong Kong and Japan.

A number of racetracks are still permitting horses to remain in training in preparation for the return of the sport once restrictions are lifted or eased. Plans are still under way to conducted the two days of Breeders' Cup championship racing November 6th and 7th in Kentucky. Recently Drew Fleming, President & Chief Executive Officer, issued the following news release in the form of a letter:

"To the fans and supporters of Breeders' Cup:

The health and safety of the racing community, including its athletes, fans and workers, has always been Breeders' Cup's top priority. As we collectively navigate this uncharted and difficult time, I want to assure you that we are closely monitoring the COVID-19 pandemic and working with Keeneland, relevant government authorities and public health experts to assess its potential impact on the 2020 Breeders' Cup World Championships. Based on what we know today, and with the event just under seven months away, we remain fully committed to conducting the World Championships at Keeneland on November 6 & 7.

If you have already purchased tickets to the 2020 Breeders' Cup, or are thinking of doing so, please be assured that in the unfortunate event that we cancel the two-day World Championships, or conduct the event without live spectators, all ticket purchases will be fully refunded. Again, as of now, our intention is to hold the event as scheduled in November.

All of us must do our part to flatten the curve and support one another through this unprecedented time. We hope that you and your family are safe and healthy, and look optimistically to the fall when we can showcase the best of Thoroughbred racing over two amazing days at Keeneland."

Also in April the Canadian Horse Racing Hall of Fame announced its inductees to the institution for 2020 in a news release. Some have connections to Western Canada racing. Additional information can be found at [www.canadian-horseracinghalloffame.com](http://www.canadian-horseracinghalloffame.com).

The Canadian Horse Racing Hall of Fame is pleased to announce the people and horses being recognized as inductees in 2020. Five people and five horses have been elected from a very deep ballot of candidates.

Representing Standardbreds in the Class of 2020 are Driver Paul MacDonell, Trainer Ben Wallace, Female Horse Amour Angus, Male Horse McWicked and Veteran Horse Rambling Willie.

Paul MacDonell's driving career is highlighted by both consistency and superstars, with earnings surpassing \$1 million for 33 consecutive years, due in part to piloting such horses as Hall of Fame honoured members Somebeachsomewhere, Admirals Express and Invitro. He has also been the primary pilot for millionaires Village Jiffy, Village Connection, Elusive Desire, Bigtime Ball and Laddie. The Guelph resident's major stakes victories include three Metro Paces, five Confederation Cups, and eight Breeders Crowns as well as a record 16 Ontario Sires

Stakes Super Finals to his credit. The popular and affable driver was awarded an O'Brien Award as the 2008 Canadian Driver of the Year and to date has chalked up more than 15,000 top three finishes, 5,623 wins and has driven horses to in excess of \$122 million in purse earnings.

Ben Wallace of Puslinch, Ont., honed his training skills working for Hall of Famers Keith Waples and the late Bill Wellwood before striking out on his own. He trained 1999 Pacing Triple Crown Winner and Canadian Horse Racing Hall of Fame Member Blissfull Hall, Breeders Crown winners Totally Western (2002), Pans Culottes (2003), as well as a list of million dollar plus winners including Apprentice Hanover, Easy Lover Hanover, Zooka, Cam Swiftly, Camotion and Lookout Victory. Awarded an O'Brien as Canada's Trainer of the Year in 1999, Wallace has current career stats of 1,947 wins and more than \$38 million in purses, surpassing the million dollar mark in 18 consecutive seasons (1996-2013).

Bred by Pierre Levesque's Fernes Angus of Bedford, Quebec, Amour Angus made her mark on the Standardbred industry as a broodmare. Eleven of her 15 foals raced, earning in excess of \$3.5 million. Of her eight foals sired by Garland Lobell, three went on to be top trotting sires in North America following successful race careers -- Andover Hall 3, 1:51.3 (\$870,510), CHRHF 2019 inductee Angus Hall 3, 1:54.3 (\$830,654) and Conway Hall 3, 1:53.4 (\$818,884). Her daughter Emilie Cas El (also by Garland Lobell) was the winner of the 1994 O'Brien Award for Horse of the Year following her flawless 13-for-13 two-year-old race season before going on to be the dam of Hambletonian winner Trixton. Amour Angus is the grand dam of such horses as Nuncio, Peaceful Way, Donato Hanover, Pampered Princess, Majestic Son, Wishing Stone and Windsongs Legacy.

Recently retired from racing, McWicked earned \$5.1 million during a race career that began in 2013 and included 40 wins in 110 starts while setting his lifetime mark of 1:46.2 at age seven. The ungelded son of McArdle - Western Sahara was owned primarily by Ed James' SSG Stables and trained for the majority of his career by Casie Coleman. McWicked's stakes wins include the Max Hempt, Adios, Progress, Ben Franklin, TVG Open, William Haughton, Canadian Pacing Derby, Dan Rooney - twice; Roll With Joe, Breeders Crown - twice, Joe Gerrity, Jr - twice, PASS Finals, and the Jim Ewart - twice. He was the recipient of four O'Brien Awards -- Three-Year-Old Pacing Colt/Gelding (2014), Older Pacing Horse of the Year (2018 & 2019) and Horse of the Year (2018). His 2018 bankroll of \$1.662 million made him the oldest horse to top North American harness racing's earnings standings at the age of seven, and his \$5.1 million in career earnings makes him the richest pacing stallion in the history of the sport.

The winner of 128 races in 305 starts during the 1970s and early 1980s, Rambling Willie was a three-time winner of the Canadian Pacing Derby -- 1975 in a dead heat with Pickwick Baron, 1976 and 1977. At the time of his retirement in 1983 he was the leading Standardbred money winner of all time earning more than \$2 million, with most of his wins coming from overnight and invitational races. A \$15,000 purchase by trainer/driver Bob Farrington, ownership was later split between Bob's wife Vivian and Paul Seibert. Mrs. Farrington in turn pledged 10% of Willie's earnings to the church where her father served as pastor, earning the gelding the nickname "The Horse That God Loved". In 1981 a book titled with that nickname was published. Willie and his connections did a promotional tour that included races in 17 cities and appearances on television shows including 60 Minutes. Following his retirement from racing in 1983, Willie moved to the Kentucky Horse Park where he resided until his passing in 1995, when he was buried near his paddock at the Hall of Champions. Rambling Willie was inducted into the United States Harness Racing Hall of Fame in 1997 and into the Indiana Standardbred Hall of Fame in 2003.

Thoroughbred inductees include Builder Sue Leslie, Jockey Gary Boulanger, Trainer Michael Keogh along with horses Tepin and Play the King.

Sue Leslie has dedicated the better part of her life to the sport of horse racing -- breeding, owning and training thoroughbred horses in Ontario for almost 40 years. Positions she has held, both past and current include President/Chair of the Horsemen's Benevolent and Protection Society of Ontario, President/Chair of Ontario Horse Racing Industry Alliance, Director on the Avelino Gomez Memorial Foundation, Director of LongRun Thoroughbred Retirement Society, as well as being a member of the Jockey Club of

Canada and Canadian Thoroughbred Horse Society. Leslie has been a proponent for horsepeople across all facets of the industry. She was involved in establishing Ontario Racing, with which she is currently a Director and member of the Executive. Her years of experience and knowledge have proven vital in programs and initiatives to sustain the industry -- ranging from assistance with government negotiations following the cancellation of the slots-at-racetrack program to ensuring the viability of racing at Fort Erie Race Track. In 2011 Leslie was honoured with a special Sovereign Award for her dedicated work and she continues to be a strong leader and a devoted advocate.

Born in Drayton Valley, Alberta, Gary Boulanger began his riding career in 1987, spending his early years at tracks in the U.S. and earning leading jockey status at Longacres Racetrack (1989, 1990, 1991) and Calder Race Course (1994, 1995). In 2000 Boulanger returned to Canada, riding primarily at Woodbine, he would frequently get the call to ride for Hall of Fame trainer Mark Frostad. In 2001, the top money-winning year of his career, he rode Sam-Son Farm's Hall of Fame filly Dancethruthedawn to wins in the Canadian Oaks and The Queen's Plate Stakes. In 2005 Boulanger suffered what could have been a career-ending injury in a racing accident at Gulfstream Park. His return to the track came in 2013 when he began to pick up rides for Hall of Fame trainer Mark Casse. Gary continues to ride, splitting his time between Florida and Woodbine, and is considered an elder statesman in the jockeys' room. The 2017 Avelino Gomez Memorial Award recipient has to date won 3,610 races, including 41 grades stakes, and earnings just shy of \$80 million (U.S.).

As longtime private trainer for Hall of Fame Builder Gus Schickedanz, Mike Keogh is a two-time Queen's Plate winning trainer, first with Woodcarver in 1999 and then with Triple Crown champion Wando in 2003. During that Triple Crown winning season, Keogh was also training stablemate Mobil who would earn a Sovereign Award at age four. Hall of Fame horse Langfuhr, also trained by Keogh, won three G1 Stakes and received the Sovereign in 1996 as Champion Sprinter. As an assistant to Hall of Fame Trainer Roger Attfield from 1986-1993, Keogh worked with a long list of Hall of Fame inductees including Alywow, Peteski, Carotene, Izvestia and With Approval. Among the many Attfield-trained horses Keogh traveled with was one of his favourites, the multiple graded stakes winning sprinter and 2008 Horse of the Year Play the King, who will also be inducted as part of the Canadian Horse Racing Hall of Fame Class of 2020. Since 1993, Mike Keogh's stats include 2,689 starts with 330 wins and more than \$21.5 million in earnings.

Tepin, given the moniker "Queen of the Turf", spent most of her race career under the direction of trainer Mark Casse and the ownership of Robert Masterson. Racing from age three to six, the striking bay filly accumulated a record of 13-5-1, including nine Grade 1/Group 1 wins or placings in three countries -- Canada, England and the U.S. In 2015 she won the Breeders' Cup Mile (G1) against the boys. The following year, in what would be her final year of racing, she travelled to England and captured the prestigious Group One Queen Anne Stakes at Royal Ascot. Her final career win came in the 2016 Woodbine Mile (G1) when she put an exclamation mark on her career with a half-length win, again over the boys. Tepin was twice presented with the Eclipse Award as American Champion Female Turf Horse; 2015 and 2016.

Play the King, was conditioned throughout his four year race career by Hall of Fame trainer Roger Attfield for breeder/owner Kinghaven Farms of King City, Ontario. In 29 starts, he made 19 trips to the winners' circle and earned just shy of \$1 million. Play the King's stakes success began at age four with a win in the Toboggan Handicap (G3) at Aqueduct, and was followed by wins in the Jacques Cartier, Vigil Handicap and the Toronto Budweiser Breeders' Cup Handicap at Woodbine, as well as wins in the Highlander Handicap, the Suffolk Sprint in Boston (G3) and finally the Nearctic Stakes (G3), to earn him the 1987 Sovereign Award for Champion Older Male Horse and Champion Sprinter. The following year brought repeat wins in the Nearctic Stakes (G3) at Woodbine and the Toronto Budweiser Breeders' Cup before making his most noted performance, the Breeders Cup Sprint (G1) at Churchill Downs. A strong 49-1 second-place finish contributed to him being presented Sovereign Awards as Champion Sprinter, Older Horse and Horse of the Year in 1988.





# REFLECTIONS ON RUNNYMEDE BIRTHPLACE OF THE MAGNA CARTA



*By Rick Millikan*

Runnymede nestles in peaceful countryside alongside England's River Thames. There, we imagine King John galloping from nearby Windsor Castle to meet his armoured barons. In this quiet meadow just 32-kilometers from central London, he signed the Magna Carta in 1215.

Nowadays, two twin-chimneyed lodges stand on its southern edge, commissioned by Lady Fairhaven to honour her husband. Observing his wish to preserve Runnymede, she, donated the land to the National Trust in 1929. Monuments now further enhance its significance. An art installation celebrates the Magna Carta's 800th anniversary.

A pathway first leads us through knee-high grass to The Jurors. Twelve bronze chairs evoke the jury system, a principle of British Justice embedded in the Magna Carta. The chairs' intricately embossed fronts and backs illustrate examples of progress made regarding freedom, equal rights and rule of law.

Like us, many visitors sit on these chairs to discuss the pictured people and events. Depicted are slavery's abolition, struggles for suffrage, and Gandhi's non-violent campaign for India's independence. One chair displays the Exxon Valdez, evoking environmental responsibilities and corporate morality. Another presents world religions' adoption of the golden rule. Our favorite shows ancient Egyptian scales topped with the head of Ma'at, goddess of truth, justice and balance. Weighing a heart against a feather, she determined whether deceased owners merit paradise.

Heading toward wooded rolling hillocks, further paths lead us to three memorials. One morphs into a rugged rock stairway ascending through an oak grove. Queen Elizabeth II donated this acre as a tribute to John F. Kennedy following his tragic assassination. A quote from JFK's inaugural address is inscribed upon a seven-ton Portland stone slab: "Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend or oppose any foe, in order to assure the survival and success of liberty." The path continues to a viewpoint, where we contemplate the historic meadows stretching out below.

A second pathway leads us up to a classical, domed, eight-columned pavilion. In 1957, the American Bar Association established this monument recognizing the international importance of the Magna Carta. Facing the Thames atop a gentle



grassy slope, we sit on its steps and further contemplate its founding principles of common law.

A third path through this ancient landscape leads to an imposing block rotunda. Entering through dark circular corridors, visitors emerge into a bright central chamber. A large round skylight illuminates a pool of water. Reversed, upside down letters appear on its inner circumference. Unscrambling the words, the water mirrors this statement around the rim: No free man shall be seized or imprisoned, or stripped of his rights or possessions, or outlawed or exiled, or deprived of his standing in any other way except by the lawful judgment of his equals or by the law of the land. Commissioned by the National Trust, Writ in Water reflects the Magna Carta's Clause 39.

On the meadow's opposite side stands a four-meter bronze sculpture of a young Queen Elizabeth II in full Garter Robes. A walkway leads us toward her, presenting a timeline of British royal history. Flagstones are inscribed with significant years, reigns, events and quotations. So, this legendary meadow is placed in historical context.

The Magna Carta began as a protection from illegal imprisonment, promised quick, decisive justice, limited feudal payments...and defended church rights. In time, this eighteen-inch bit of



parchment became the fundamental support for world freedoms and democracies.

This notable setting increases our appreciation for those defiant barons and their exemplary document. Their agreement led to a just, and democratic future.

Plan Your Trip:

- BritRail Passes: It's recommended to schedule and buy online [www.acprail.com](http://www.acprail.com) before arriving in England. ACP Rail International Railway service includes the Heathrow to London.



## 3 TIPS TO LESSEN YOUR ANXIETY

Now more than ever, it's important for Canadians to have access to effective tools and tactics for alleviating stress. We're here to help manage anxiety with these three simple tips:

1. Stay connected to what you love. A change in routine can be stressful for anyone, but don't forget to keep in touch with your favourite people and things. Make use of virtual hangouts and try a group chat or video game. Love nature? You can still enjoy long, solitary walks in the woods or a nearby lake or pond. Or try bringing the outdoors in with some new plants and greenery.

2. Keep those hands busy. It's all too easy for your time to be spent hanging around with nothing to do at home, but it doesn't have to be. This is your time, so use it to enjoy yourself. Read a book, play a game, do a puzzle, whatever keeps your hands busy and mind bright. You've also got some extra time built in without a long commute, so take advantage of it.

3. Unwind with great music. Whether you're enjoying a new scenic route around your neighbourhood or cracking open that book you've been meaning to read for ages, you can elevate the experience with music. SiriusXM lets you seamlessly transition from your smart speakers at home to your smartphone or car app, so you don't miss a beat. Let ad-free music soothe your stresses and personalized playlists let you bop along to the music you love every step of the way.

Start listening at [siriusxm.ca](http://siriusxm.ca).  
[www.newscanada.com](http://www.newscanada.com)

## CLASSIFIEDS

### REGARDING TODAY'S SENIOR NEWSMAGAZINE

To our valued readers, advertisers and supporters: During the Covid-19 situation for which we are all unfortunately having to endure at this time, we won't be taking any mailed in classifieds or placing new mailed subscriptions at the current time it may be necessary to suspend both of those services until the current situation resolves. At present we will be placing future editions online.

Today's Senior newsmagazine has been supporting community interests for over 25 years and we hope to remain as operational as possible however we will be significantly impacted by the current situation. Currently our staff is able to work remotely to prevent risk of exposure.

Many business's we work with have felt the impact as well and have had to close their doors temporarily. We realize that many will not have access to this edition of the paper so we invite you to visit us online by going to our website and telling your fellow readers that we are still here.

We encourage readers to visit us directly at.

<http://todaysseniornewsmagazine.com/>

**Disclaimer:** Due care and attention is used in checking advertising copy for accuracy and legitimacy, but no warranty is implied or given by the publishers. We reserve the right to refuse any advertising or editorial submissions which we believe to be inconsistent with the concept of the publication. As Today's Senior continues to grow in popularity, an increasing number of people and businesses are advertising their service, concept or product as either a regular advertisement or in a paid editorial format. Therefore we suggest that you follow logical consumer practices and guidelines when purchasing any products or services. We can no longer accept classifieds of a personal nature.

The management and staff of Today's Senior cannot recommend any product or service that appears in Today's Senior Newsmagazine.

## RETIREMENT SAVING TIPS

It can be difficult to save for retirement when you also have to meet other financial obligations, like rent or payments on your mortgage, car or student loan. But having a retirement savings plan can help.

According to the findings of the Financial Consumer Agency of Canada's recent survey, Canadians who have a plan are more confident that they know how much they need to save than those who don't (56 versus 28 per cent). There are many ways to plan for your retirement, so if you don't know where to start, the following may help:

Determine what you need

FCAC has several online resources to help determine how much money you will need in retirement and to help you set savings goals. These include the financial toolkit, budget planner and retirement income calculator.

Develop your own savings strategy

Once you have a goal, the number one tip is to start saving early. Saving early means you can save less each month, and your money will have more time to earn a larger amount of compound interest. But it's never too late to start. Try to set aside a portion of every paycheck for retirement savings. You can do this automatically by contacting your financial institution to have a set amount deposited into a savings account each time you are paid.

Balance your current financial priorities by making a budget

Saving for retirement can be difficult when you have other demands on your money. Making a budget will help you better figure out how much money



you can set aside for the future. If you know where your money comes from and where it goes, it will be easier for you to identify and reduce non-essential expenses. As part of your budget planning, you should plan to pay down your debt and avoid taking on more. This will help free up funds for saving.

[www.newscanada.com](http://www.newscanada.com)

## COVID- 19

### BC 211 - Support for Seniors COVID 19

bc211 is a Vancouver-based nonprofit organization that specializes in providing information and referral regarding community, government and social services in BC. Our help line services include 211, the Alcohol and Drug Information and Referral Service (ADIRS), the Gambling Support Line BC, the Shelter and Street Help Line, VictimLink BC, and the Youth Against Violence Line.

BC 211 is providing assistance to seniors during the current Pandemic please visit them online at <http://www.bc211.ca/> or dial 211 from your phone.

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1

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2

Apply soap



3

For at least 20 seconds, make sure to wash:



4

Rinse well



5

Dry hands well with paper towel



6

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palm and back of each hand



between fingers



under nails



thumbs

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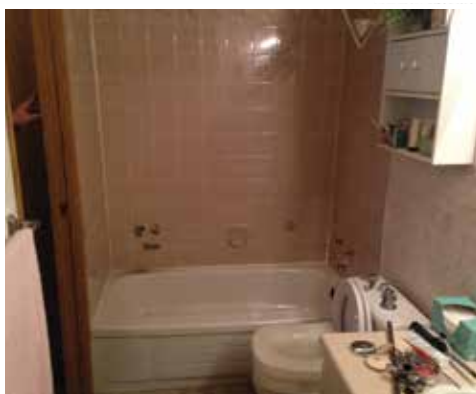
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