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TODAY'S SENIOR® NEWSMAGAZINE



ANCIENT OLYMPIA THE WORLD'S OLDEST SPORTS CENTRE - Full Article page 17

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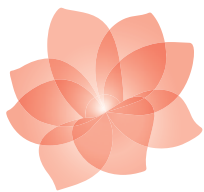
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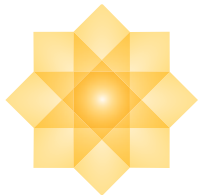
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ACCORDION TO DAN



I used to have fun searching for accordions at garage sales. Today that's probably become a pipe dream. Even the Keystone project for sending fuel from Canada to the United States appears to have become an expensive 'pipe dream'. One ponders who is going to pay the piper. It could be a pretty penny. Language is amazing isn't it. Especially for those of us who are fuelled by roots from which expressions grow.

Speaking of cash, one of my favourite song is Walk The Line by Johnny Cash. I enjoy sing the old time songs with my accordion. The thought of prospecting for more accordions at garage sales is instrumental to squeezing out the following:

GARAGE SALES WERE INSTRUMENTAL

I keep a close watch on this old accordion of mine. Sure hope I remember the words to my songs, this time. And the buttons and the keys please don't get stuck. I always bring an extra accordion on the bus, plus lyric sheets, in case I run out of luck. You know, I got this accordion for very little cash plus a whole bunch more over the years at garage sales. You should have seen the stash. But that's not all. If I recall, there were banjos, guitars, harmonicas, jaw harps, violins, clarinets, too. I even have an instrument some may wonder if it got its name-castanets-from the fishing industry. Have you ever seen fisherman 'casting a net'?

I don't know, some people say I'm about as eccentric as you can get. You know, I've been going to garage sales for years but never bought a garage, well, at least not yet. Am I crazy about musical instruments. You bet, because music is important in bringing back memories of good times. And that's why, folks, I keep a close watch on this old accordion of mine.

NOSTALGIC MEMORIES

Old cars can also serve as a powerful vehicle to reprise of how society used to be now since most of us are retired, forgive the intended pun. There are some melodies and lyrics that most of us never forget, like the song "On Top of Old Smoky". Hearing it on a cassette tape, brought back memories of the 1957 Chevy.

MY EYES GET KIND OF SMOKY

I miss my old Chevy with that convertible cover. Could it ever go. I miss it so. The old days were a treasure and parting was grief. One thing led to another. Had to turn over a new leaf. That's why it helps to remind me of the cool days we had. It purred like a kitten and roared with a powerful V8. If I see one today, my eyes get kind of smoky remembering with

nostalgia. The feeling is warm and fuzzy like seeing an original Gibson or Barso Fender guitar. Some of us seniors miss those days. Where on earth did all go?

GILBERT AND SULLIVAN AND VANCOUVER ISLAND

No doubt there are more than a few seniors who remember seeing or being in a high school Gilbert and Sullivan production. The bounce and rhythm of lyrics and melody still can be pleasantly so addictive. Imagine if both Gilbert and Sullivan had written something about Vancouver Island and used personification as a technique. The following lyrics evolved from the 1960's when it was an adventure photographing images for postcards traveling up and down Vancouver Island.

NANAIMO SAID TO VICTORIA

Nanaimo said to Victoria, "Tofino seems so far away." For all I know it must be the euphoria, found on Wickanninish Bay. Once upon across the pond, though it might as well have been the sea, they met, let us say personified and metaphorically. "What a capital concept," said Courtenay and Campbell River agreed. Qualicum believed it would become a qualified success and Sidney completely agreed. An so over a tisket a tasket and hanging baskets at Victoria's most prestigious Empress Hotel, all the areas of Vancouver Island had various opportunities their stories to tell.

"I knew it", exclaimed Ucluelet, "one does not wish to boast. But nothing compares to the sandy beaches found on our wind swept west coast." Once upon across the pond, though it might as well have been the sea, they met, let us say personified and metaphorically. Or as Victor Borge might have exclaimed, "met-a-four-ickly."

Please visit www.Nostalgicroads.Weebly.com
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Finding an original "squeeze box" at a garage sale is practically a pipe dream.
(Photo: Dan Propp)



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UNLOCK YOUR ROOTS DURING LOCKDOWN

By: Ursula Maxwell-Lewis

While impatiently waiting for Covid-19 to become history,

I've made cupboard cleaning and paper shredding pandemic priorities. This decision inevitably lured me down a rabbit warren of disintegrating documents into family history mysteries. Fortunately, a helpful time travel tool in the guise of a free Ancestry.com account included in my Surrey Public Libraries membership. It's a bonus available to library cardholders until March 31, 2021.

Despite being familiar with my Munro/Conway lineage it soon became apparent that the journey I'd embarked upon would be time consuming. Some data was incorrect, or (more likely) 'embellished'. I was reminded of a cousin's husband unearthing a family 'black sheep'. My cousin Alison was aghast. "Tony! That can't be one of ours!" His response, of course, was, "Ali, you don't get to pick and choose." Yes. History is written (and gilded) by the survivors.

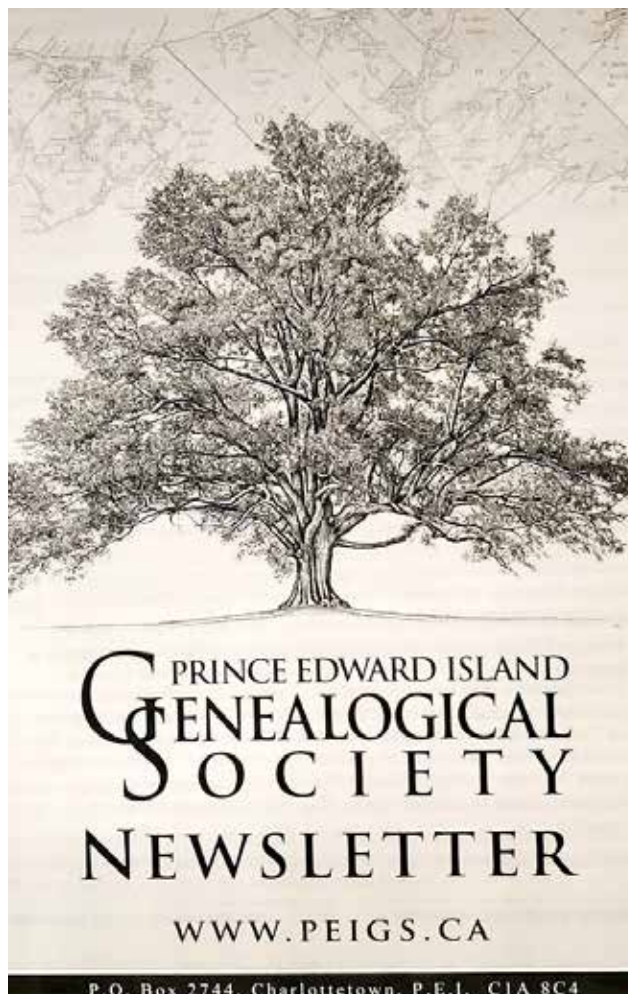
During a Halifax Nova Scotia visit to the Canadian Museum of Immigration at Pier 21 years ago I located the August 16, 1929, SS Duchess of Argyle passenger manifest. Like my younger daughter years later, I got rather teary-eyed seeing my mother listed as passenger #23. Since then I've become a devotee of Finding Your Roots with Dr. Henry Louis Gates Jr. on PBS on Tuesday evenings. One of the lessons the show taught me is to closely study on-line and other records. So, thanks, my free SPL library card, I relocated the document and inspected it more carefully.

Apparently mother's 3rd Class fare of £10 was paid by my grandmother. After the six-day Atlantic crossing she arrived in Canada with \$14 in cash. Listed as a housekeeper, records reveal she would be gainfully employed in Goderich, Ontario. She moved to Montreal soon after, because when we re-immigrated (as we did three times!) I met her employers with whom she remained close friends.

Throughout her life she sailed often, including when we eventually immigrated to South Africa. The unassuming Thomas Cook ticket lists Mrs. Conway and Miss. Conway with our cabin number onboard Shaw Savill Line's QSMV Dominion Monarch. The total fare for the two of us was £210 from Southampton to Cape Town - First Class. The journey was memorable for many reasons, including my being royally seasick going through the Bay of Biscay and being baked almost a crisp on the hot hazy December day King Neptune escorted us across the equator.

Many years later cousins met me at Heathrow Airport gleefully proclaiming that A World Tour of Scotland (aka a trip down our childhood memory lane) had been planned.

During the following week we located an ancient Ross and Cromarty church opposite what had once been our family farmland. Respectfully we cleaned off a weathered timeworn gravestone. It solemnly stated: "Here lies the dust of John Munro, farmer of this parish, and one of his children". The date was longer readable, but research indicates it would have been around 1800. I wondered who the child was, why he or she died, what these ancestors looked like. I hoped they felt our presence. We felt theirs in the warm breeze dusting the rolling pastoral summer landscape.



Books, old newspapers and genealogy society newsletters offer plenty of historical assistance.

Photos Ursula Maxwell-Lewis

Family documents make me smile. I see my maternal grandfather listed as a Riveter's Holder Up (a Clydeside shipping connection there) and my paternal leather merchant grandfather recorded as a Boot Top Cutter (Journeyman) on my parents' birth certificates.

At a Museum of Surrey Community Advisory Board meeting in February, Surrey Libraries Family History Librarian Carmen Merrells reported on the outstanding selection of Cloverdale Library resources available to assist visitors researching family history. Below are just a few upcoming on-line seminars she mentioned. With so much expert assistance at your fingertips, I hope you will also enjoy finding your roots.

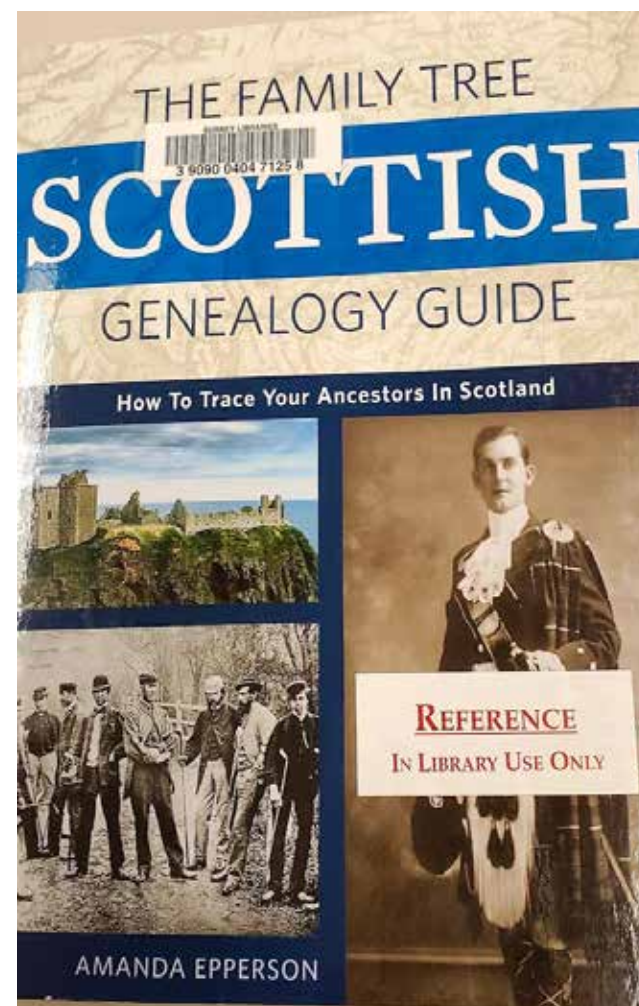
Genealogy Orientation & Consultation: book a 1-hour, one-on-one session with genealogy staff to learn about what we have to offer in terms of resources and services, and have a personal consultation for your own family history research.

Fun Family History Fridays: Last Friday of each month, open chat on any/all family history topics and questions. Next event: March 26, 2021 2.30 pm to 3.30 pm. Beginners to experts welcome. <https://www.surreylibraries.ca/events/fun-family-history-fridays>

Their Business is Your Business: Using Business Records and Occupations for Family History Research: April 15, 1:30-2:30pm. Partnership program with BC Genealogical Society. <https://www.surreylibraries.ca/events/their-business-your-business>

Getting the Most Out of FamilySearch.org: April 28, 6:30-7:30, with Jeannie Vance from Surrey Family History Centre (LDS Church). Getting the most out of the largest, free, online genealogy database in the world. <https://www.surreylibraries.ca/events/getting-most-out-familysearchorg>

Historical Photo Analysis: Roadshow.: With The Photo Detective, Maureen Taylor. Partnership program with Museum of Surrey and BC Genealogical Society. Dating/placing historical



photos; submissions from participants used as examples. The event title may change, but it is scheduled for June 10, 10 am.

For more information or registration: email familyhistory@surrey.ca or call 604-598-7328

Ursula Maxwell-Lewis is a British Columbia writer and photographer.

Contact her at utavel@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



HURRAY FOR DINE OUT 2021!



Article & photos by Lenora A. Hayman.

Dine Out Vancouver from Feb. 5-Mar. 7, 2021, with its 3-courses from \$15-\$55, was extended during the pandemic this year, to support the local culinary scene, with their limited seat capacity.

The Minami restaurant at 1118 Mainland, tel. 604-685-8080, owned by Seigi Nakamura, specializes in aburi or flame-seared sushi, creating a creamy texture and enhancing the natural flavours. Our \$55.00 meal, included a variety of 8 exquisite pieces of aburi sushi, of sockeye salmon, prawn, mackerel, Chilean crab, tuna, King salmon and Hamachi, the Japanese amberjack.

My friend Charlotte and I chose the Fraser Valley Chicken Ballotine. Bite-sized plated Quebec Brome Lake foie gras and stuffing filled the rolled chicken breast, glazed with shio miso chicken reduction and a crispy chicken skin tuile.

Our delicious chocolate Hojicha brownie had hojicha cream, malt crumble, candied yuzu, yuzu orange coulis, aburi meringue and yuzu curd. Hojicha, Japanese green tea turns reddish brown when roasted. The Japanese Yuzu citrus fruit, is a hybrid of mandarin orange and ichang papaya that has lemon-scented foliage and flowers. It isn't eaten straight but its tart juice and wonderful zest remains at high temperature.

I chose a glass of cold Aburi Ginjo Sake that they exclusively import from the Yoshi No Gawa Co. It has soft fig, raisin and vanilla tones. Top quality sake is not served hot, since heat reduces flavour aroma. Charlotte chose the Japanese Sapporo beer, which is the oldest beer brand in Japan, founded in 1876.

The attentive service of Mgr. Leon Hong and servers Traci Klassen, Avis Yu and Edmond Ng augmented our evening.

I am thrilled that the Glowbal Restaurant Group has taken over the Five Sails Restaurant in the Pan Pacific hotel, (410-999 Canada Place, 604-844-2855). We met Patrick Austin, the Director of Restaurant Operations, Christophe Chabre, Gen Mgr. Gaetano Locascio, server and Andres Jaramillo, sommelier. Pascal Georges is Exec. Chef.

The Dine Out dinner is \$55 but we chose the Dine Out lunch for \$49 with the same delicious menu.

The tables are placed horse-shoe fashion along the window to enjoy the view of Coal Harbour.

My appetizer of house-smoked salmon and Kampachi (Longfin Yellowtail) duo with wasabi sorbet parmesan and mushroom crumble was exquisite.

My friend Jim's beef tenderloin terrine was fork tender.

A glass of Ferrari rosé with hints of strawberries

and red currents paired well with both appys.

My main of filet of salmon, artichoke barigoule (French braised artichokes with white wine) and leek fondue was perfectly moist.

The citrus of the Saint Martin Chablis accompanied the seafood well.

Jim's scampi and wild mushroom risotto with rutabaga Swedish turnip and parsnip foam was paired with Quail's Gate Chardonnay with its hint of pear and yellow apple.

The Château Doisy-Daëne Barsac sweet, white sauternes wine was a great finale for both the Mille Feuille pastry filled with vanilla cream, soft caramel and caramelized hazelnuts and my Bailey's crème coulée.

Do visit www.dineoutvancouver.com and treat yourself to a 5 star meal experience at an affordable price.

Pictured:

TOP LEFT:

Salmon & Kampachi Duo at Five Sails.

TOP LEFT:

Lenora Hayman, Traci Klassen, Avis Yu, Edmond Ng, Charlotte Rozsa (front) at Minami Restaurant.

BOTTOM RIGHT:

Gaetano Locascio, James Herbert, Andres Jaramillo, Christophe Chabre & Lenora Hayman at Five Sails.



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 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

OBESITY, HIGH BLOOD PRESSURE, DIABETES; IT COULD INCREASE YOUR RISK FOR DEMENTIA

Many of us live day to day with chronic health conditions such as diabetes and high blood pressure. We all know it's important to manage these conditions as best we can to help prevent serious complications, such as heart disease or kidney failure. But what could come as a surprise is that people living with or those prone to these chronic health conditions are more at risk of developing dementia.

A 2016 study across several developed countries found that individuals who are obese before the age of 65 years have a 41 per cent increased risk of developing dementia, and a 2017 study in the US showed that participants with midlife hypertension have a 57 per cent increased risk.

Practicing healthy lifestyle behaviours, such as being physically active, eating a healthy, well-balanced diet, avoiding smoking and excessive alcohol consumption, reducing stress, and staying connected to others can help to manage or prevent chronic health conditions like diabetes, hypertension and obesity. They can also help reduce the risk of developing dementia.

Find more information on how to help lower the risks of dementia at canada.ca/dementia.

www.newscanada.com

2021 TRENDS PEOPLE ARE TALKING ABOUT

Every year new or improved ways of taking care of ourselves become popular. Chances are you may have heard of self-care or yoga, whether you've tried it or not. Here are few of the themes making a splash in health and wellness in 2021.

Gym comes home

After years of enjoying the studio experience for activities like spin class, at-home gyms and workout routines are a top trend this year. Spending more time at home due to the pandemic is helping people get creative about getting active.

Self-care as community care

Another lesson brought home by the pandemic was our need for community. There's more understanding now that taking care of ourselves includes connecting with the people we care about. We can all lift each other's spirits, even if that means meeting up online or connecting through a phone call.

Cannabis moves into the mainstream

In 2021, you can expect more discussion of once-taboo topics such as recreational cannabis use, due to its legal status. Cannabis producers are now creating products that aim to focus on the users' well-being, with a focus on CBD and strains to help tailor your experience.

If you're buying cannabis or cannabis products, remember that legal cannabis products are only sold through retailers authorized by your provincial or territorial government. For products with THC, look for the excise stamp on the package. The stamp guarantees the product was produced by a federally authorized licensed producer, which ensures the highest health and safety standards, and that the product has accurate THC levels and is free from other harmful substances.

Legal cannabis products will also include risk of use information. If a website claims they ship anywhere in Canada, it is an illegal vendor and your shipment could be seized.

Find more information on how to identify legal cannabis products, including online retailers in your province or territory at Canada.ca/cannabis.

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Financial Advisor

Q: Why is it important to have a Life Insurance policy in all stages of life?

A: Life Insurance can offset risk in your early years when income replacement and protecting your family is really important. Later on in life many people cancel their Life Insurance policies, which may not be in their best or their families best interest. Life insurance can, and should be used for covering Estate Taxes on death, Capital Gains on family cottages or second properties, Funeral Expenses, and finally, it is an inexpensive way to pass on wealth to the next generation. Before you cancel your life insurance policy, talk to your financial advisor today.



Rick C. Singh
Hon. BA, CPCA



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www.crsfinancial.ca



THE PHARMACIST REVIEW

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

"NATURAL. GOODNESS... ALWAYS? (PART 1)

Not all things "natural" are good for you, and definitely not all "natural" health products are safe. Even one wrong product selection could land you in hospital and leave you with serious consequences, since natural products do contain at least one active chemical entity (excluding homeopathics). This includes vitamins, minerals, amino acids, essential fatty acids, probiotics, herbal remedies, traditional Chinese and Ayurvedic medicines, etc. How can you tell what is safe and logical to try and what it not?

First and foremost, always speak to a LICENSED PROFESSIONAL who takes a passion and commitment to an "INTEGRATIVE" practice of combining western prescription medicine with traditional natural remedies. Ideally, this is a REGISTERED PHARMACIST, or LICENSED MEDICAL DOCTOR, and, as usual, you should work with someone who has gone through some dedicated training (eg. "Natural Product Advisor" certification) and is actively keeping up with current recommendations. Only these professionals can appropriately assess your situation and offer

genuinely safe and effective advice on natural product use.

Now is the best time, during the pandemic, to reach out and speak with your local integrative community pharmacy to establish communication and a relationship with a dedicated pharmacist team. A licensed pharmacy is regulated by the College of Pharmacists of BC, and must only stock products that are authorized by Health Canada and deemed safe for the indicated use. 12% of Canadians have reported experiencing unwanted effects from a natural product. The Government of Canada has a Natural and Non-prescription Health Products Directorate which assesses the safety and efficacy of natural health items in Canada and assigns NATURAL PRODUCT NUMBERS ("NPN") to qualifying, legitimate remedies. If you use a product without this NPN on it, you risk subjecting your body to manufacturing problems, unproven claims, lack of research, interaction with prescription drugs or other natural health products, and unwanted side-effects. You may also be masking a more serious underlying cause. A licensed pharmacy should only carry products bearing an NPN; non-regulated retailers and businesses do not always have this requirement.

Come talk to the integrative pharmacist teams at Cloverdale Pharmasave and Pharmasave Steveston Village. We have the trusted, honest professionals, product selection, and passion to help all our clients, both yourself and your furry friends.

(Christine and Fred are Registered Pharmacists on the Integrative Team at their family-operated Cloverdale Pharmasave and Pharmasave Steveston Village. See them for all your Natural Health Product and Veterinary Product needs, and check them out on Instagram and Facebook.)

SPRING CLEANING: TIPS FOR SAFE USE OF HOUSEHOLD CHEMICAL PRODUCTS

As the days get noticeably longer and milder, we emerge from winter hibernation and giving our home a good spring cleaning suddenly appears on the to-do list.

Household cleaning chemicals can have an important role in keeping kitchens and bathrooms clean. However, if they're not used safely, they can find their way beyond the kitchen or bathroom walls, posing a risk to your health and those around you.

By following these tips, you can keep you and your family safe when you tackle household chores.

Carefully read the product label.

Is there a hazard symbol on the label? If there is, be sure you understand what it means and carefully follow the warnings.

Use chemicals carefully.

All that fine print under "directions for use" in household chemical products is there for a good reason. It explains how to use the product safely.

Let the fresh air in.

Ensure proper ventilation by opening windows or doors and running exhaust fans during and after cleaning.

Don't mix chemical products.

Never mix household chemical products together. Some mixtures can produce harmful gases. Bleach products should never be mixed with other cleaning products.

Store household chemicals safely.

Keep all household chemical products in their original containers, safely stored where children cannot see or reach them. Try not to store products that may release harmful fumes or catch fire inside your home. These items include solvents, gasoline, fuels or varnishes. Store them according to the instructions on the product's label in a separate building if you can, or in an area that is well vented to the outside.

Dispose products properly.

Check your city or town's guidelines for instructions on how to dispose of hazardous household waste. As well, check the label for disposal directions. Don't pour unused chemical products down the drain or burn or bury them.

Find more information on keeping a healthy home at canada.ca/healthy-home.

www.newscanada.com

HAS VIRTUAL HEALTHCARE MADE A DIFFERENCE DURING COVID-19?



Chances are, you've seen your family doctor, therapist or other healthcare professional since the start of the COVID-19 pandemic. Whether you've loved the convenience or felt that in-person touch was missing, we all want to know if this is what we can expect going forward.

Fortunately, recent research from the Canadian Medical Association found many of us welcome the change.

"Most Canadians who had the opportunity to use virtual care have been very satisfied with the experience, and in fact nearly half of us actually prefer to meet with our doctors virtually," explains Ryan Weiss, vice president, group customer product and experience at Canada Life. "Now that we know Canadians are open to this technology, the possibilities seem endless."

For example, the pandemic forced many healthcare providers to pivot to a virtual or hybrid service model. Now, Weiss says, so long as a customer's benefits plan covers the service, the insurer will accept claims for virtual sessions with dietitians, naturopaths, occupational therapists, optometrists, physiotherapists, psychologists, social workers and speech therapists. Just a few months earlier, this wasn't even on the radar.

This isn't to say that the industry wasn't already making its way towards virtual care. Two weeks before the global lockdown, Canada Life made virtual healthcare a standard benefit in its group benefits plans for businesses with up to 400 covered employees, making it the first group insurance provider in Canada to do so.

As a result, throughout the pandemic, more than one million Canadians will have easier access to high-quality healthcare, with the ability to chat live with a registered nurse or see a physician via secure video consultation. People have used the service for various health and medical issues, such as to get a diagnosis, receive medical advice, and get a prescription or referral to a specialist.

It may not always be easy to see the opportunity in the crisis. Now that progress has been made, time will tell what changes we want to keep if ever we return to the old normal.

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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing in Canada continues to be another business victim of the COVID-19 pandemic virus. There had been no racing permitted in 2021, but some harness racing tracks in Ontario were looking at starting up again in late February, weather permitting. They had been idle since Christmas, as were racing facilities in B.C. and Alberta. Only the historic Charlottetown, P.E.I. track had held limited weekend cards.

With racing in Ontario resuming at tracks near Ottawa (Rideau), Hamilton (Flamboro), London (Western Fair) and at Woodbine Mohawk, outside of Toronto, perhaps harness racing in Alberta and B.C. will get back on track soon. All "live" racing will continue to be held without spectators in the stands. Betting will only be available online through Canada's only legal website -- www.hpi-bet.com.

In some ways there was a small silver lining to this forced winter break. The race horses received an extended rest and the horsemen avoided competing in the extreme winter conditions in all parts of Canada. With that high wind chill factor it would have made being outdoors very uncomfortable -- and likely there would have been numerous cancellations.

Meanwhile horse racing continues in other areas of North America and around the world -- and mostly with no spectators allowed in the stands. Internet betting is at an all-time high as people are forced to stay home and watch the live races on computers or hand-held devices.

The local horse industry is still waiting for positive support from the provincial government in terms of racing dates and a requested purse subsidy to keep the industry afloat. With casinos remaining closed, the share of slot machine revenue

earmarked for horse racing no longer exists. That pot of gold is pretty well empty since casinos in B.C. shut down almost a year ago, but gamblers can still play a number of table games and slots on the government-run website PlayNow.com.

The latest update regarding the resumption of the winter harness racing meet at Fraser Downs in Surrey sees Friday, March 19 as the tentative new start-up date. According to Nigel Holmes, executive director of the Harness Racing BC Society, progress is being made with the request for funding from the provincial government.

In a February posting, Holmes said: "It is felt that the latest report would indicate that there is reason to believe in an optimistic outcome. In the short term it would require that we cancel the first couple weeks of March and look toward tentatively commencing our 2021 meet on Friday, March 19, 2021. Also HRBC would like to announce that we will be putting a motion to the board next week for approval to continue with a subsidy for the month of February 2021. The subsidy would be primarily similar in structure and payment as the January subsidy and we will update all further on the details and outcome of the motion."

While training has continued throughout the winter at the Cloverdale fairgrounds track, Hastings Park in east Vancouver is now open for spring training for the upcoming thoroughbred season. Racing at Hastings is expected to begin on Saturday, May 1 (Kentucky Derby Day) and continue until October. The exact dates have not yet been approved by government authorities.

Meanwhile three major races to be held this season at Hastings received Grade 3 status from the Jockey Club of Canada -- the British Columbia Derby, the Ballerina Stakes and the BC Premier's Handicap. Edmonton's Century Mile Racetrack is the only other Canadian track, besides Woodbine, to run a Graded stakes race -- the annual Canadian Derby. Toronto's Woodbine, holds six Grade 1 contests, including the Woodbine Mile and the Canadian International, and a number of Grade 2 and Grade 3 races.

The Jockey Club of Canada's Graded Stakes Committee recently held its annual review of the Graded and Listed Stakes races in Canada. The number of Graded Stakes in Canada will decrease to 41, due to individual racetracks choosing to place selected races on hold for the 2021 season. Additionally, two races currently with Black Type status will be upgraded to Listed status for 2021.

The Graded Stakes Committee meeting was

conducted by Committee Chair, Ross McKague, who was accompanied by all of the appointed committee members, David Anderson, James Bannon, Jeffrey Begg, Tom Cosgrove, Catherine Day Phillips, Bernard McCormack and Jockey Club of Canada's Chief Steward R. Glenn Sikura. As well, the attending racetrack representatives included Julie Bell, Scott Lane, Rob MacLennan and Nichelle Milner.

The committee reviewed the North American Race Committee (NARC) figures and the Race Quality Scores (RQS) for all of the Graded Stakes Races in Canada. In general, evaluation indicated slight declines in the performance of most Graded Stakes races across Canada. These numbers will remain on historical record, but were not used to upgrade, downgrade, or place on watch any individual races. 2020 was recognized as an anomalous year. The committee is, however, fully aware of the possibility that some effects of the pandemic of 2020 may continue in the future.

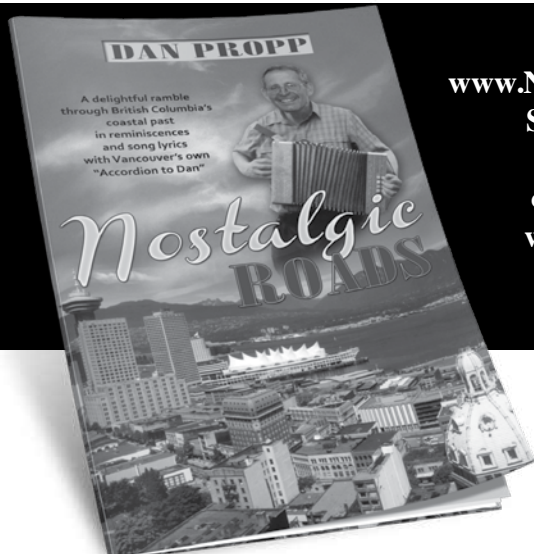
After reviewing the NARC figures and the RQS for all Listed and Black Type races in Canada, the Committee determined that two, highly qualified, open Black Type races will be elevated to Listed status: the Ontario Racing S. and the Woodbine Cares S.

Other changes include the G1 Northern Dancer S., G3 Eclipse S., G2 Nijinsky S. and the G2 Play the King S. have all been placed on hold and will not be run in 2021. There will be one distance decrease: the G3 Valedictory S. from 14 furlongs to 12 furlongs.

Additionally, the following races have had a change to their age requirement for 2021: the G2 Nassau S., G2 Royal North S., G3 Dominion Day S. G3 Royal North S., G3 Vigil S., G3 Ontario Matron S., G3 Seaway S., and G3 Trillium S. all change from 3 years old and up to 4 years old and up. The G3 Hendrie S. changes from 4 years old and up to 3 years old and up.

A complete list can be found at: <https://jockeyclubcanada.com/2021-canadian-graded-stakes/>

In other racing news, Thoroughbred racing's top stars have been nominated for the highly anticipated 25th running of the Dubai World Cup, which is scheduled for Saturday, March 27, 2021 at Meydan Racecourse. Among the global stars highlighting the nominations are Knicks Go, Charlatan, Bivouac, Chrono Genesis, Addeybb and Mogul. A total of 1,511 nominations were accepted from 762 horses trained in 19 countries.



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Vegan Chocolate Mousse Pie with Pretzel Crust

Cook time: 6.5 hours
Serves: 12

Ingredients:

- 3 ½ cups whole mini pretzels or thin pretzel sticks
- 1 stick unsalted or vegan butter
- 3 tbsp granulated sugar
- 1 (12-ounce) package soft or extra-soft or silken tofu
- 1 cup frozen banana slices (about 5 ounces)
- ½ cup almond butter
- ¼ cup Almond Breeze chocolate almond beverage
- ¼ cup unsweetened cocoa powder
- 8 oz good-quality chopped dark chocolate or chocolate chips
- Whipped coconut cream
- Chopped chocolate
- Extra crushed pretzels

Directions

Make the crust: Place a rack in the centre of the oven and preheat to 350°F. In the bowl of a food processor fitted with a steel blade, pulse pretzels until they form mostly fine crumbs with a few more textured pieces remaining throughout. If you don't have or prefer not to use a food processor, place the pretzels in a zip-top bag and crush them with a rolling pin. (You may need to double the bag if it gets any small holes.)



Melt butter in large, heatproof bowl in the microwave. Add pretzel crumbs (you should have about 1 ½ cups; make a few extra or subtract as needed) to the bowl. Add sugar, then stir until evenly moist and combined. The crumbs should hold together easily when pressed. If they don't, add 1 to 2 tablespoons additional melted butter.

Press crumbs into the bottom and up the sides of a 9-inch pie dish. Bake for 8 minutes, until golden and fragrant. Set aside to cool slightly, then place in the freezer or refrigerator to cool completely. Do not proceed with the recipe until your crust and pie dish are at or below room temperature.

Make the filling: While the crust cools, place

tofu, frozen banana, almond butter, chocolate almond beverage and cocoa powder in a blender. Blend until completely smooth. In a microwave-safe or heatproof bowl, set over a pan of simmering water, melt chocolate and then add it to the blender and blend again until very smooth, stopping to scrape down the blender as needed.

Pour filling into the cooled crust and smooth the top. Refrigerate until set, at least 6 hours or overnight. When ready to serve, top with whipped coconut cream, chocolate and pretzels as desired. Slice and enjoy.

Find more delicious recipes using plant-based beverages at almondbreeze.ca.
www.newscanada.com

HOW TO STAY SAFE FROM CARBON MONOXIDE POISONING

Winter has settled in, but unlike other years, we are all spending more time inside. So, it is more important than ever that we keep our homes safe.

Carbon monoxide, often simply called CO, is an odourless, tasteless, colourless gas. It can cause serious health problems before you even notice it, even death.

Carbon monoxide can only be detected with a dedicated alarm; a traditional smoke alarm will not detect it in your home. When purchasing your CO alarm, carefully follow the manufacturer's instructions for installation, testing, use, replacement and disposal.

The most important place to install the alarm is in the hallway outside sleeping areas. Preferably, you should also have one alarm on every level of your home.

Contact your municipal or provincial/territorial government for more information on the use and installation of carbon monoxide alarms in your area. The local fire department may also be able to assist you.

To further protect yourself, and those in your care, follow these tips:

Make sure fuel-powered appliances are well maintained and inspected by a professional at least once a year. This includes furnaces, fireplaces, gas stoves and water heaters.

If your heater or air conditioner uses air filters, replace them regularly according to the manufacturer's instructions.

Never use fuel-powered generators inside the

home, including in the garage.

Never use fuel-powered machines (trimmers, generators, lawnmowers, snow blowers, barbecues or portable fuel-burning camping equipment) in the garage, even when the door is open.

Never leave your car idling in the garage, even when the door is open.

Never use a barbecue or portable fuel-burning camping equipment inside your home, vehicle, camper or tent.

Finally, never use kerosene or oil space heaters and lamps in enclosed areas unless they're specifically designed for indoor use.

Find more information on keeping a healthy home at canada.ca/healthy-home.
www.newscanada.com

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Do you worry about your safety while performing day-to-day activities in your home?

HOME ADAPTATIONS FOR INDEPENDENCE or **HAFI** is a grant program through BC Housing for people in British Columbia with health or mobility issues.

The HAFI program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortable in their home.

Ask us how we can help you access this funding. Call today for a consultation.

Eligible adaptations include upgrading the following:

- Tub to walk-in shower with seat and grab bars
- Walk-in bathtub
- Higher toilet - ADA compliant
- Taller vanity
- Single handle lever faucets in kitchen and vanity
- Slip resistance flooring
- Door knobs with lever handle
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1 IN 3 CANADIANS ARE TARGETS OF FINANCIAL FRAUD DURING THE PANDEMIC



As the COVID-19 pandemic continues, fraudsters are taking advantage of people by preying on fears and using misinformation. In fact, one in three Canadians indicated they have been targeted by attempts to obtain their financial information through phishing or hacking, according to data from the Financial Consumer Agency of Canada.

Some common scams can include phone calls, emails and texts that ask for personal or financial

information, such as your name, address, birth date, social insurance number or banking information. If you receive unsolicited or suspicious emails or text messages from a financial institution, don't click on the links or attachments.

Fraudsters who gain access to your accounts can steal your money, apply for a personal loan, order a credit card or even apply for a mortgage in your name. It's important to know that your financial institution will never ask for personal information, login credentials or account information by email or text message. Remember: If you didn't initiate the contact with a financial institution, you don't know who

you're dealing with.

If you're suspicious of information you receive electronically related to your banking activities, contact your bank directly before taking any action. Here are some tips to help you keep your information safe:

Never give out your personal or financial information by email or text.

When banking online, enter your bank's website in your browser yourself.

Beware of questionable offers related to financial relief measures or quick fixes. If it seems too good to be true, it probably is.

If you think you've been scammed, become a victim of identity theft, or you've accidentally given your information to a scammer, you should:

- change all your passwords immediately, including those for your online or mobile banking and email accounts;
 - ask your financial institution to place a fraud alert on the account;
 - regularly review your bank account or credit card statements to make sure there is no suspicious activity;
 - order a free credit report and carefully check for anything unusual;
- In addition to the above, if you're a victim of fraud, it's important to:
- contact your financial institution immediately;
 - report the incident to your local police;
 - contact Canada's two credit bureaus, Equifax and TransUnion, and ask them to place fraud alert on your credit report file;
 - contact the Canadian Anti-Fraud Centre or visit their website and complete the online report.

The Financial Consumer Agency of Canada provides unbiased and fact-based information you can count on. You can learn more about how to protect yourself from unauthorized transactions at canada.ca/money.

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HOME IMPROVEMENT “ASK SHELL”

By Shell Busey

Q) Hello Shell, I want to build a shed and was wondering if I can use composite as shed flooring instead of the concrete slab or treated wood? Thank you for your time.

John

A) I suggest you use dimensional lumber for the shed base using 4 x 4 treated lumber (sleepers) on a gravel road base (sand and limestone mix) at 12 inch centres. On top of the sleepers lay down 5/8 inch tongue and groove Fir treated plywood. Screw the plywood down with deck screws. You can even paint it or put another type of flooring on top (like vinyl decking or a roll on deck coating).

Shed’s are like most things, if you keep it clean it will last longer and look better.

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Blarney	Dublin	Shillelagh	Guinness
Jig	Limerick	Four Leaf Clover	Pot of Gold
Banshee	Leprechaun	Ides of March	Lucky
Cockles and Mussels	Irish Wolf Hound	Green	Tradition
Belleek	Tam O' Shanter	Top O' The Mornin	Luck of the Irish

3 SURPRISING THINGS YOU SHOULD KNOW ABOUT DEMENTIA

While many of us may know a friend or family member with dementia, there are many aspects of this condition that are often easily misunderstood. To better understand dementia, here are three important things to know:

1. It's not an inevitable part of aging

Some might mistakenly believe dementia is an inevitable part of aging. While some risk factors linked to developing dementia cannot be modified, like genetics, what you may not know is that you can work on others such as mid-life obesity, smoking and high cholesterol.

Several studies suggest that preventing or delaying the onset of symptoms is possible by adopting healthy lifestyle behaviours such as being physically active, eating a healthy, well-balanced diet, avoiding smoking and excessive alcohol consumption, reducing stress, and staying connected to others.

Staying healthy is good for your mind and body now, and it can make a difference for your brain health in the long term.

2. There are many types of dementia

Most people have heard of Alzheimer’s disease, but they may not realize there are several other types of dementia such as dementia with Lewy bodies, frontotemporal dementia and vascular dementia (often linked with stroke). Dementia is also linked to traumatic brain injuries like concussions. Dementia is most commonly diagnosed among those aged 65 years or older. However, individuals can also be diagnosed before the age of 65 with young-onset

dementia, which presents unique challenges, such as finding supports adapted for younger people living with dementia.

3. Not everyone’s experience of living with dementia is the same

Two people with the same type of dementia may experience different symptoms in various degrees. For example, one person may have challenges with daily tasks while others might lose a second language or experience a personality

change.

Most importantly, remember that many people living with dementia, can still function and take care of themselves. While some may need more assistance at later stages, they still feel emotions and respond to them.

Find more information at canada.ca/dementia.
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WRITE AS I PLEASE

By Mel Kositsky

Blame the media! Don't blame the media! Which one is it?

It is hard to tell these days in this era of "fake" news. It all depends on which side of the political fence you are standing on. In today's pandemic world there is no proper answer. There seems to be a great divide between the left-wing media and the right-wing media. And it is the media people themselves that are always pointing out the distinction. We have become a society of labels -- and if you don't fit in -- you are quickly considered the opposition. Hopefully this is just a symptom of the "Trump" era and will pass, but don't count on it. Such issues as "pipeline politics" and "climate change" will continue to divide communities.

People are spending more time at home and watching and listening to media broadcasts on what is happening in the world. It would be nice to think that people are actually reading more -- but that is not today's reality. Newspapers and other publications have put themselves out of business by going to online versions and it is getting harder and harder to find "hard" copies to hold and read anymore. But that is an ongoing issue in a changing society and will be debated for years. But it is amazing how big media corporations are requesting government handouts while at the same time are cutting back on staff resources and/or printing costs. It is actually good that the Canadian government is discussing and debating changes to the Broadcasting Act, because that is where most information comes from these days, including social media. People mostly want a quick hit -- not in-depth reporting.

Less news means there is less information for the consumer and that will not satisfy a new thirst for information. Many will argue that with 24-hour news services available there is lots out there, but those people have not really watched those shows. Most offer a formula of repeat, repeat, and show it again. So there is not a lot of "new" in the cycle.

People also want to hear good news and not all the gloom and doom they face daily in life. News-casts that just offer police reports over and over again with no follow-up are not satisfactory. They are just easy space fillers. It is little wonder that people are turning to social media to get the information they seek quickly. It can easily be accessed on hand-held devices, even though it is well known that what is posted on the various sites is not always factual. It is laced with opinion and bias interpretation.

That makes it difficult for an ordinary person to follow and comprehend all the information available. What people are mostly getting these days is a version of the news that a broadcast outlet wants you to get. The old-fashioned idea of "objective" journalism is just that -- a thing of the past. Reporters used to just go out and gather facts on all sides of an issue and give out as much information as possi-

ble in a limited time slot dedicated to news between the entertainment shows such as soap operas, game shows, sports and dramas. Now news "shows" are filled with entertaining side dishes as the networks attempt to build the "star" ratings of their personalities.

Opinion pieces used to be properly separated from factual news and duly noted before that opinion was presented. Now it seems the reports are full of "side" remarks and comments that show a real bias on the subject matter. In some cases these "hypocrites" have their own narratives and only want to tell their version of the story and use "experts" to make their case. It is amazing to see we have so many experts on all subjects in this world. Yet we can't seem to solve many of life's problems.

While up-to-date information about the spreading virus and the vaccine roll out is the topic of the day, many people are tuning out from the daily press conferences and numbers game. Unfortunately the deaths linked to COVID-19 continue to mount but just presenting it as a statistic is not very comforting. If you are not wearing a mask and social distancing by now, you probably never will. And of course you will blame everyone else if you get sick. Don't gather in large groups and do not go travelling. Thankfully cruise ships have been banned from Canada for now and hopefully the U.S. border will remain closed to non-essential travel for some time. Maybe cross-border shopping will become a thing of the past as people learn to support local businesses. And with the price of gas going up and up, the cost of driving all over the place could balance out the price differences.

There are a lot more Americans getting the virus and their leaders are not setting a very good example. If you watched the Trump impeachment trial, there was not much social distancing in the Senate chambers. Yes they were mostly wearing masks, but the crowded conditions fail when you look at the way the Canadian House of Commons and Senate conducts its business. There are few people in the chambers and they are very spread out. Most business is conducted virtually. The best thing about it is that it has eliminated the child-like antics of Question Period -- the cat calls and pounding of desks. It is even more pleasant to watch the proceedings on the CPAC broadcast -- and the Speaker now has a "mute" button!

"Beware of the Ides of March" takes on new meaning this year. The well-known phrase from a Shakespearean play could be very meaningful this year as we continue to fight the spreading virus and all its variants. By mid-March (the 15th), we should have a better idea of how we are coming along and if all the various protocols and restrictions are working. Also by then we may have a better idea of how the variety of vaccines are doing in different parts of the world. Since the media is bent on giving us vaccine tracking figures like its daily stock market reports, perhaps they will be able to tell us how well they are working.

THE COVID-19 VACCINE AND ARTHRITIS

With vaccines against COVID-19 beginning to roll out to more people across the country, there is light at the end of the pandemic tunnel.

If you're among the six million Canadians with arthritis, you may have questions about the vaccines being approved for use in Canada.

"The Arthritis Society is continually speaking with experts and updating our communications to ensure we can give people the most current information and answers they need," says Trish Barbato, president and CEO of the Arthritis Society.

The timeline for vaccinations, and how people will be prioritized to receive the vaccine, is being set by health officials in each province, so it could differ across the country.

The recommendations for individuals who are immunosuppressed or who have an autoimmune disease have been changing. If you have an inflammatory form of arthritis, such as rheumatoid arthritis, you should speak with your doctor about the risks and benefits of receiving the vaccine.

Visit your provincial or territorial COVID-19 website for the latest information, as these vaccination programs are new and recommendations could change.

While you wait for the vaccine, it's important to continue following public health guidelines, including maintaining physical distance, wearing a mask when you cannot do so and practicing good hygiene. And, as always, consult your doctor about any change in your health or any questions about your medications.

Find more information at arthritis.ca/covid19.

www.newscanada.com

RESET YOUR FINANCES FOR 2021

Although many of us may know what to do, taking the steps to practice sound money management is often easier said than done. Fortunately, by refreshing your financial knowledge and following a few tips, you can start the new year off on the right track.

1. Reflect on your values

Take a moment to check in on the values that are most important to you and see how they're reflected in what you're spending.

2. Set a financial goal

Having a goal is a great way to focus your budgeting and planning.

3. Make a budget

It's important to have a clear picture of your money coming in and going out to help you manage your finances. Start by creating a month-by-month or a week-by-week plan.

4. File your taxes

Keeping up with tax filing allows you to access and remain eligible for various tax credits and benefits.

5. Set aside an emergency fund

Find a way to set aside some money to fall back on when you have a financial shock -- even a small amount can help.

Need some help putting this into action? There are an increasing number of free services to support you. For example, the City of Edmonton is launching a free financial help service with the national charity Prosper Canada to provide participants of their Leisure Access and Ride Transit programs with one-on-one financial counselling support and referrals to community agencies that can help them access government benefits they may be eligible for among other services. The programs serve more than 60,000 residents.

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Cozy Corner

"Let's Talk"

By Janet Isherwood

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

Looking back 2020 did not hold a lot of laughter for any of us and so I am sharing with you some of "the senior humor" that has been sent in over the years by Cozy Corner readers. I do hope a little laughter will be enjoyed as we reminisce through the years of humor.

Sent in from Val Akkerman.

According to today's regulators and bureaucrats, those of us who were kids in the 30's, 40's, 50's & 60's even the 70's, probably should not have survived.

Our baby cribs were covered with bright colored lead-based paint. We had no childproof locks or lids on medicine bottles, doors or cabinets and when we rode our bikes, we had no helmets not to mention the risks we took hitchhiking.

As kids, we would ride in cars with no seat belts or air bags. Riding in the back of a pickup on a warm day was a special treat.

We drank water from the garden hose, not from a bottle. We ate butter tarts, twinkies, bread & butter even drank pop with sugar in it, but we were never overweight because we were always outside playing.

We shared one soft drink with 4 friends from 1 bottle and no one actually died from this.

We would spend hours building go-carts out of scraps and then ride down the hill only to find we forgot the brakes.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day...no cell phones. Unbelievable!

We did not have Play stations, Nintendo 64, X Boxes, no video games period. No 500 channels, no videos, surround sound, no cell phones, PC's or Internet "friends". We went out and found them.

We fell out of trees, got cut, burned & scraped. Broken bones, teeth and there were no lawsuits from these accidents. They were accidents. No one was to blame but us. Remember accidents??

We had fights and punched each other black & blue and learned to get over it.

We made up games with sticks & tennis balls and, although we were told it would happen, we did not put out any eyes.

Little League had tryouts & not everyone made the team. Those who didn't had to learn to deal with disappointment. Some students weren't as smart as others, so they failed a grade and were held back to repeat the same grade.

Our actions were our own. Consequences were expected.

The idea of parents bailing us out if we got in trouble in school or broke a law was unheard of. They actually sided with the school or the law. Imagine That!

This generation has produced some of the best risk-takers, problem solvers and entrepreneurs ever. We had freedom, failure, success and responsibility and we learned how to deal with it.

And you're one of them! Congratulations!!

Hands sent in by: Hart & Helen Dowd.

Grandpa, some ninety plus years, sat feebly on the patio bench. He didn't move, just sat with his head down staring at his hands. When I sat down beside him he didn't acknowledge my presence and the longer I sat I wondered if he was OK.

Finally, not really wanting to disturb him but wanting to check on him at the same time, I asked him if he was OK. He raised his head and looked at me and

smiled. Yes, I'm fine, thank you for asking, he said in a clear strong voice.

I didn't mean to disturb you, grandpa, but you were just sitting here staring at your hands and I wanted to make sure you were OK I explained to him. Have you ever looked at your hands he asked? I mean really looked at your hands? I slowly opened my hands and stared down at them. I turned them over, palms up and then palms down. No, I guess I had never really looked at my hands as I tried to figure out the point he was making.

Grandpa smiled and related this story: Stop and think for a moment about the hands you have, how they have served you well throughout your years. These hands, though wrinkled, shriveled and weak have been the tools I have used all my life to reach out and grab and embrace life.

They braced and caught my fall when as a toddler I crashed upon the floor. They put food in my mouth and clothes on my back. As a child my mother taught me to fold them in prayer. They tied my shoes and pulled on my boots. They dried the tears of my children and caressed the love of my life. They held my rifle and wiped my tears when I went off to war. They have been dirty, scraped and raw, swollen and bent. They were uneasy and clumsy when I tried to hold my newborn son. Decorated with my wedding band they showed the world that I was married and loved someone special. They wrote the letters home and trembled and shook when I buried my parents and spouse and walked my daughter down the aisle.

Yet, they were strong and sure when I dug my buddy out of a foxhole and lifted a plow off of my best friend's foot. They have held children, consoled neighbors, and shook in fists of anger when I didn't understand. They have covered my face, combed my hair, and washed and cleansed the rest of my body. They have been sticky and wet, bent and broken, dried and raw. And to this day when not much of anything else of me works real well these hands hold me up, lay me down. These hands are the mark of where I've been and the ruggedness of my life.

I will never look at my hands the same again. When my hands are hurt or sore or when I stroke the face of my children and wife I think of grandpa.

Sent in by: Language Professor JjBlume.

Recently, I was diagnosed with A. A. A. D. D.

Age Activated Attention Deficit Disorder.

This is how it manifests:

I decide to water my garden. As I turn on the hose in the driveway, I look over at my car and decide my car needs washing. As I start toward the garage, I notice that there is mail on the porch table that I brought up from the mailbox earlier. I decide to go through the mail before I wash the car. I lay my car keys down on the table, put the junk mail in the garbage can under the table, and notice that the can is full. So, I decide to put the bills back on the table and take out the garbage first. But then I think, since I'm going to be near the mailbox when I take out the garbage anyway, I may as well pay the bills first. I take my cheque book off the table, and see that there is only one cheque left. My extra cheques are in my desk in the study, so I go inside the house to my desk where I find the can of Coke that I had been drinking. I'm going to look for my cheques, but first, I need to push the Coke aside so that I don't accidentally knock it over. I realize the Coke is getting warm and decide I should put it in the refrigerator to keep it cold. As I head toward the kitchen with the Coke, a vase of flowers on the counter catches my eye--they need to be watered. I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to water the flowers. I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table. I realize that tonight when we go to

watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers. I pour some water in the flowers, but quite a bit of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill. Then I head down the hall trying to remember what I was planning to do. At the end of the day: the driveway is flooded, the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, there is still only one cheque in my cheque book, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys. Then, when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long and I'm really tired. I realize this is a serious problem and I'll try to get some help for it, but first, I'll check my e-mail. Do me a favor will you? Forward this message to everyone you know, because I don't remember to whom it has been sent. Don't laugh -- if this isn't you yet, your day is coming; it starts around 30.

Look Deeper Inside

By Milca Skokic

Do you realize nurse how I feel?

Watching people walking while I am sitting still.

My body is stiff my hands are shaking,

Please nurse be gentle when I am waking.

I am confused in the morning and am in a bad mood,

You are a stranger to me and I don't feel very good.

I feel lonely, unhappy and old, please nurse have compassion and don't be so cold.

It would feel good, a warm touch, and maybe a smile,

When I am talking to you please listen for a while.

I was beautiful once and I was important and smart,

Now old, and unwell but I still have feelings in my heart.

I had an important job and I was wise-

Now I am old, alone and don't smell very nice.

That's why nurse I want you to see-

Don't treat me like a child, treat me like me!

GAMES FOR WHEN WE ARE OLDER:

Sent in by Laura Koykka

1. Sag, You're it.

2. Pin the Toupee on the bald guy.

3. 20 questions shouted into your good ear.

4. Kick the bucket.

5. Red Rover, Red Rover, the nurse says, Bend Over.

6. Doc Goose.

7. Simon says something incoherent.

8. Hide and go pee.

9. Spin the Bottle of Mylanta.

10. Musical recliners.

Our sense of humor may have changed over the years as we have become more knowledgeable and understanding of the many issues and diseases our elderly may experience humor can sometimes be a great medicine!

I do hope you have enjoyed a little laugh and will continue with a few humorous tales over the next few months.

Watch for our future nostalgia edition next month.

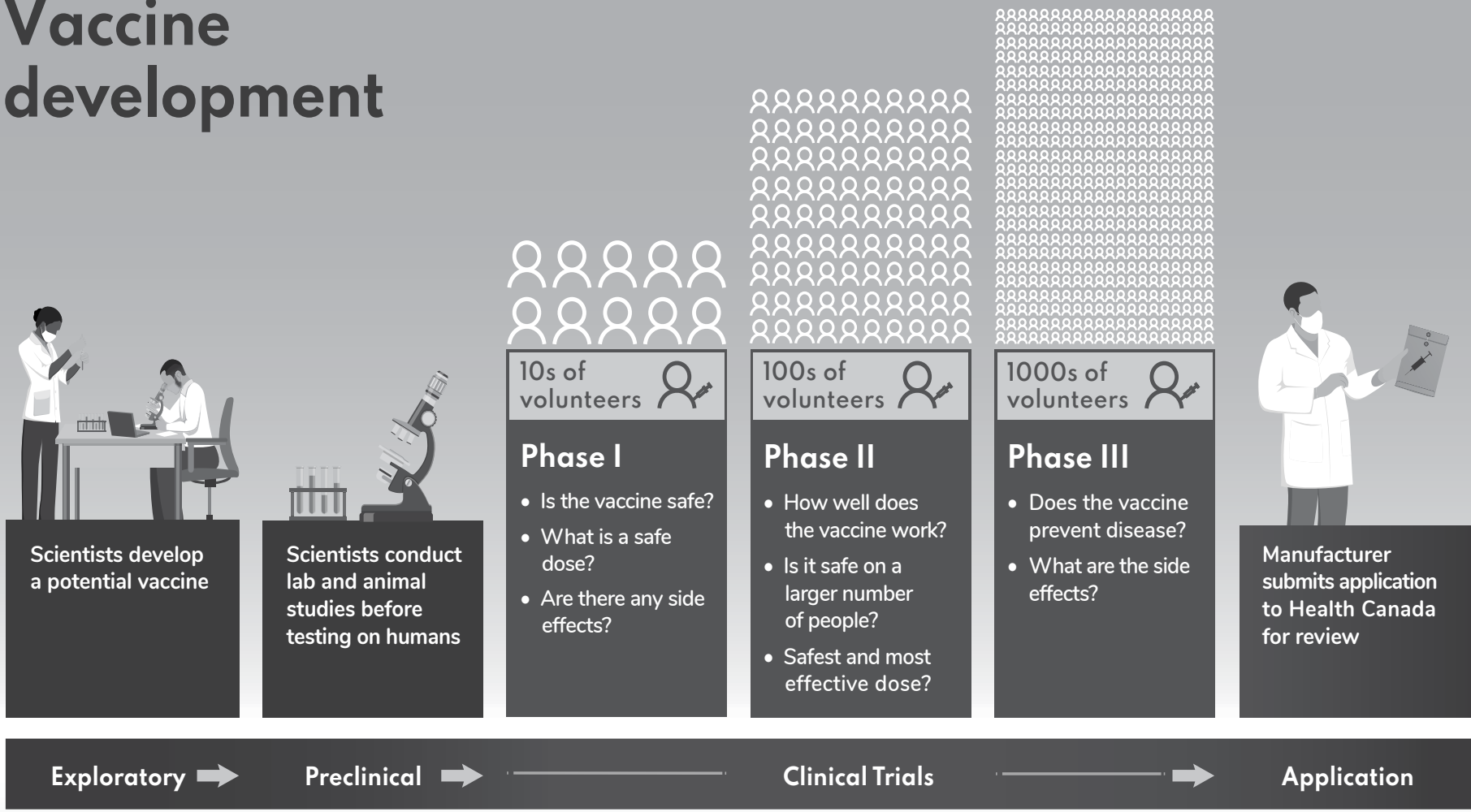
Look forward to speaking with you all again next month.

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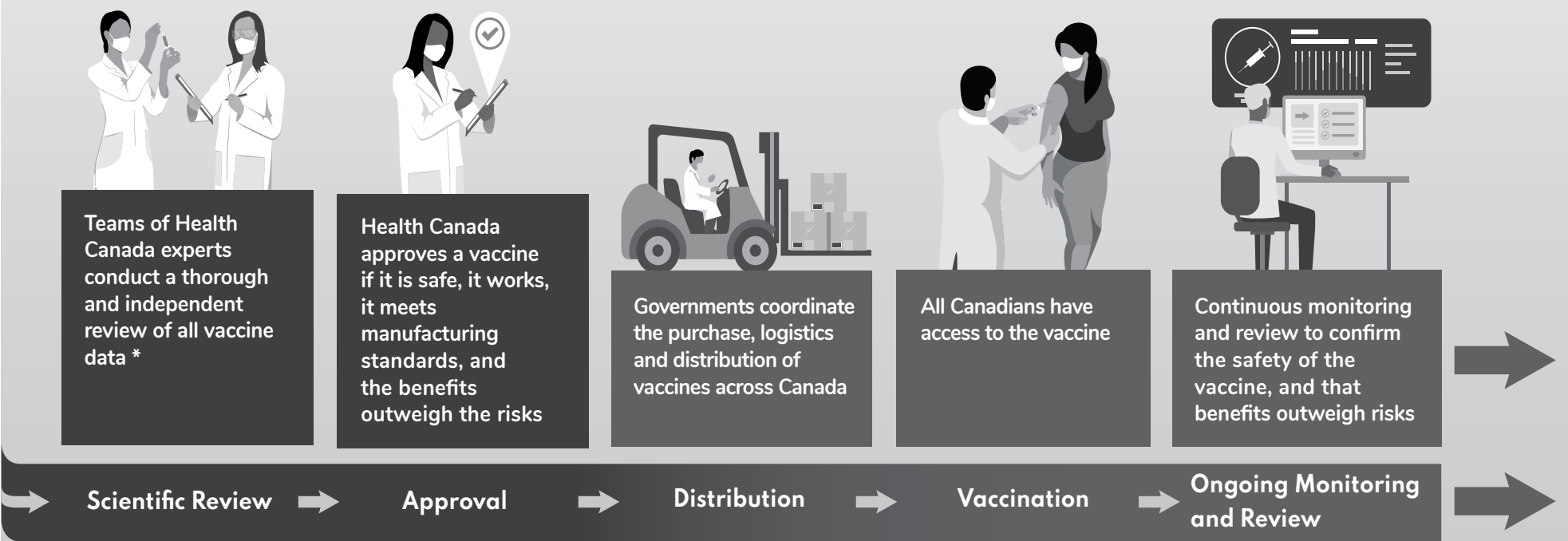
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Vaccine development and approval in Canada

Vaccine development



Review and approval of vaccines



* For COVID-19 vaccines, Health Canada is using a fast-tracked process that allows manufacturers to submit data as it becomes available, and for Health Canada experts to start the review process right away. Vaccines will only be authorized once we have all necessary evidence.



ANCIENT OLYMPIA THE WORLD'S OLDEST SPORTS CENTRE



By Chris Millikan

A Mediterranean cruise introduces us to marvelous antiquities. From the sleepy port of Katakolon, our excursion follows Greek athletes' footsteps to Olympia, the world's oldest sports center.

Olympia's archaeological museum exhibits treasures found onsite. As the sanctuary of Zeus, one gallery aptly exhibits a white marble pediment from his sacred temple. Its sculptures boast the glorious feats of gods...and those of mythic friends. An older terracotta statue depicts the legendary friendship between Zeus and mortal Ganymede. And found buried in consort Hera's temple, a marble Hermes with baby Dionysus recall their roles in the arts. Though wingless and armless, our favorite Nike of Paonios still epitomizes grace. This barefoot goddess must surely have inspired Olympic competitors.

Leading us into World Heritage Olympia, guide Astra points out natural features. "Located in one of the loveliest valleys in the western Peloponnesus, the Alpheus River has always run through Olympia. Above stands the Hill of Kronos. Legends say Zeus killed Kronos, God of Time and entombed him here," explains Astra. "And it's just possible the games began when pilgrims came to pay their respects!" Dusty-green olive trees shade pathways. Judas trees burst with delicate pink blossoms. Though few buildings remain intact, their ruins still inspire awe.

Our group pauses inside the brick walls of one massive structure. "Discovering tools and terra-cotta molds, archeologists identified this as the workshop of Phidias, a master Athenian sculptor," explains Astra. "His magnificent ivory-and-gold statue of Zeus became the first Wonder of the Ancient World."

Alongside the crumbling limestone platform of Temple of Zeus, she further describes the gargantuan statue of Zeus that Phidias positioned inside. "Zeus sat on a carved ebony-and-ivory



throne placed atop a 20-meter high pedestal. In his left hand, he held a scepter, a winged Nike on his right."

Just opposite, the remains of Temple of Hera stir another tale. "On a marble altar inside this temple, garlands awaited victors," Astra says. "A fire burned here throughout the games. In today's games, eleven women dress as priestesses in flowing white gowns to light the Olympic torch in Hera's temple. Since 2004, the sanctified lit torch has been relayed throughout the world, burning in host cities until closing ceremonies."

Parading through an arched entranceway to the stadium sparks our excitement; everyone spills eagerly toward the 5th-century B.C. sprint track. Astra points out that a stone judges' platform once stood on the stadium's southern slope. Opposite stood an altar to Demeter, goddess of sacred law. The stadium seated 45,000 spectators. She helps us imagine cheering on participants at the peak of physical prowess, naked bodies sleek with oils...

At the ancient start line, shipmates of all sizes and shapes step up to test the field's 120-meter distance. Most of us stand by, clapping and hooting.

"Every four years, the sacred Sanctuary of

Zeus doubled as the center for competition," Astra recounts. "The first Olympic games began in 776 BC, open to male Greeks only. Forbidden as competitors or spectators, women caught sneaking in were thrown from a cliff." Athletes ran, wrestled, raced chariots, boxed and hurled discs and lances. Writers recited poetry, historical accounts and prose to equally appreciative audiences. Families and cities celebrated local victors for decades.

We also learn that during these five-day competitions, enemy city-states were bound by a hallowed truce. Leaders resolved differences through discussion. And Olympia's merchants profited greatly! While exiting the site, Astra tells us the Roman Empire ultimately absorbed glorious Olympia...and that during the 1st century, Emperor Nero built a luxurious villa here.

Understanding the genesis of the Olympics in ancient Olympia revives our enthusiasm for the modern games.

When You Go:

•www.carnival.com review complete itineraries

Rick and Chris are now providing new tales based on decades of pandemic free travel

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The jaw bone is only designed to last approximately 30 years before it completely deteriorates and dental implants are not an option.

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Resorption: 30 Years

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Dental implant placement is a common procedure and an implant specialist or dental surgeon performs the procedure, usually under local anesthetic. Dental implants have a long lifespan under normal conditions and are not sensitive to heat or cold, or susceptible to decay like natural teeth.

The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



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2 Implants



Implant Bar Supported
Denture
4+ implants

Dentures on Implants vs. Conventional Dentures

Despite considerable advancements in conventional dentures, they cannot rival the benefits dentures on implants offer to people missing their natural teeth. Dental implants improve functionality and sore spots become a thing of the past. Denture wearers can speak and eat without denture movement and their diet improves because they can eat virtually anything due to superior denture stability and fit. This treatment also allows the denturist to make your upper denture with an open palate design to increase your sense of taste and reduce the size of the denture.

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

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Dental implants are an investment in your health and well-being. The cost of dental implants will depend on several factors such as the number of implants, if you require extraction of teeth and the smile design option you choose. The good news is that the cost of dental implants, extractions and dentures can be used as a medical expense deduction on your income tax return. These expenses also qualify for dental financing. We can help you with the details.

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