

# YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

## TODAY'S SENIOR® NEWSMAGAZINE



First People's Canoe Paddles complete the award-winning Museum of Surrey, 1912 Archives Hall, Cloverdale Library and Cenotaph campus. Article page 12 by Ursula Maxwell-Lewis

APRIL - 2021

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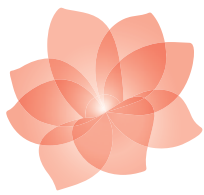




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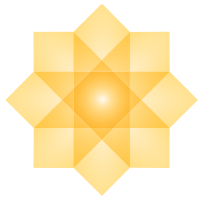
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# ACCORDION TO DAN

Do you remember way back as a kid, when it was such a thrill to go to a movie and enjoy watching John Wayne or the Three Stooges? Here's a bit of rhyme that may reprise a memory or two.

SEEMS ALMOST LIKE YESTERDAY, THE 1950's

Back in the day, when coffee was just a dime, wasn't that a time. Refills were free and we figured out that's the way it always would be. There were Ma & Pa stores all over and a favorite movie theatre that provided entertaining serials, cartoons, plus the feature show. Life seemed like a four leaf clover. There was everything from Marilyn Monroe and Doris Day to John Wayne plus The Three Stooges—Moe, Larry and Curly.

One day, someone exclaimed, "Now that's nothing to sneeze at!" The remark made me think about Groucho Marx and the great TV program You Bet Your Life. Do you recall when one of the guests said the secret word, a bird would drop down and the contestant won an extra fifty bucks. Somehow the following verse evolved, which is nothing to sneeze at either, because it's like a universal language that can be understood the world over.

NOW THATS NOTHING TO SNEEZE AT!

Ha Choo! Bless you. Why? Cause a sneeze is a sneeze, wherever in the world you might be. In Portuguese, in Vietnamese, in Spanish. Its an international language. In Norwegian whatever the world's region. In good old Montreal. In a southern town like Tennessee..."Hi, you all." (In Norwegian.... whatever the world's region.) In good old Roma or Oklahoma, or in Hebrew or in an igloo. Now, that's nothing to sneeze at cause a sneeze is a sneeze is a sneeze, wherever the world you might be. That expression reminds me of an expression Groucho might have made...You bet your life!

IT HAPPENED IN A SENIOR CENTRE

A number of years ago at a senior centre it was fun starting a singing group called A Musical Interlude. With an old Accordion, we transported ourselves back to memory lane. One day in the cafeteria, a lady said something to me. I replied "EH?" My hearing was and still isn't the greatest. She loudly repeated, "Dan, how is it going?" I answered, "Not bad, for the shape I'm in." That's all it took, for another song to evolve. Let's face it, some of us 'youngsters' have to experience, everything from knee replacements to heaven knows what other challenges that may come our way.

A PRETTY GOOD SHAPE FOR THE SHAPE I'M IN

Well, I'm in pretty good shape for the shape I'm in. I'm always in a really good mood. I'm in rather good shape for the shape I'm in, as long as there's still time for a musical interlude.

Now the doctor checked my appendix. He said, "Dan, you just got to much gall. It's all because of your crazy pun-filled word antics". Eh? Did he call me an antique? Oh well, it didn't really bother me at all. Cause I'm in pretty good shape for the shape I'm in. I'm always in a really good mood. Yeah. I'm always in rather good shape as long as there's still time for a musical interlude.

Now for a bi-pass, they passed me by, with an email my diagnosis was delivered. A possible fracture turned out to be a bone-a-fide. I guess those are



the breaks, eh. And that's probably why they say my humour has really withered.

Now, the cerebellum - that's part of my brain folks - isn't what it used to be and the other parts not much better. It doesn't exactly help to improve.... my uh, my memory but I never feel under the weather. I'm always in rather good shape as long as there's still time for a musical interlude.

VAUDEVILLE MEMORIES

Do you recall the days of vaudeville shows? The Vancouver Orpheum featured performances by some of the city's finest choirs, performing artists visiting from around the world as well as vaudeville stars of the day including Jack Benny. In 1974, he also performed with the Vancouver Symphony in a benefit for the Orpheum Theatre. He was instrumental in saving the theatre from being torn down.

The lyrics to the song, Bill Bailey Won't You Please Come Home, is an old and yet popular vaudeville song. The melody inspired the following more technological modern lyrics.

THAT CELLULAR PHONE BABY

That cellular phone baby, that cellular phone, I use it all day long. All that texting and talking it just goes on an on. Remember when there weren't any. Just you and me. Together all alone. Now, nothing is the same, ain't that a shame....because of that cellular phone.

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PHOTO: Is remembering the past important?  
You bet your life! (Photo: Dan Propp)



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# SAVOUR THE MIDDLE EAST WITH CHICKEN SHISH TAOUK

Travel may be put on hold for the time being, but that doesn't mean that you and your kids can't experience the world through food. Sampling global fare, whether on a trip or at your very own dinner table, teaches children about other cultures and traditions.

Fortunately, you won't need a passport to take a trip to the Middle East with this chicken shish taouk recipe, served on a flat bread with garlic and lemon mayo. This classic Lebanese recipe serves up an exciting array of flavours, colours and textures, so have fun and get creative with your toppings, and encourage your little ones to lend a helping hand in the kitchen.

**Chicken Shish Taouk**

Prep time: 15 to 20 minutes  
Cook time: 15 minutes  
Serves: 4

**Ingredients:**

- 1 1/3 lb (600 g) chicken breast, diced
- 1 jar (156 mL) Al'Fez Shish Taouk Marinade
- 5 tbsp (87.5 g) Greek yogurt
- 8 skewers
- 4 flat breads

Mixed salad, for the base  
Black olives, for garnish  
Garlic and lemon mayonnaise, to drizzle  
Salt, to taste  
Pickled chilies, for garnish  
**Directions:**

In a mixing bowl, add diced chicken breast, marinade, yogurt and salt to taste. Mix well and keep in fridge for at least 20 minutes.

Soak wooden skewers in water to avoid burning while cooking.

Thread marinated chicken breast equally on all the skewers.

Cook chicken shish in a preheated oven at 190°C for 15 minutes or until the chicken is cooked. You can also cook chicken on a grill pan or on barbecue until the chicken is cooked.

On a flat bread, make a bed of mixed salad and place two chicken skewers on it. Garnish with some black olives, pickled chillies and a drizzle of garlic and lemon mayonnaise. Serve hot.



Explore more kid-friendly recipes inspired by cuisines from around the world at [tasteadventure.ca](http://tasteadventure.ca).  
[www.newscanada.com](http://www.newscanada.com)



## GROW LOCAL THIS SEASON

Spring weather and spending more time at home may have you thinking about gardening. Whether it's a small container garden on your condo balcony, a produce aisle of your very own in your backyard or a tropical paradise around the pool, there is truly a garden for everyone.

But this year, Canadian grower Arnold Devrij wants you to think local when planting your plot. Along with his brother Pete, Arnold is a third-generation grower who operates more than 50 acres of greenhouses for the family business, DeVry Greenhouses in Chilliwack, BC.

Local doesn't just mean Canadian though. Regionality is also very important to a plant's performance.

"Plants perform best when they are grown in a

particular climate," explains Devrij. "For example, a plant lover in Calgary will want to look for sun-loving varieties, whereas a Vancouver gardener will want to look for varieties that do better in the shade."

Regardless of whether you're looking to grow your own food or create a tropical oasis in your backyard without having to travel to a warm destination, don't be afraid to try something new and let your garden grow.

You can find locally grown hanging baskets and planters, as well as a great selection of annuals, herbs and vegetables grown by small producers at your local Independent Grocer's garden centre.

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Lillian, Surrey

# HOW TO TELL BETWEEN A REAL CRA CALL AND A SCAM

Many of us have heard of scammers pretending to be from the Canada Revenue Agency. You may have even received a call or email yourself. But how do you know what you can trust?

Avoiding this common scam is easier when you know what the agency will and won't do. The agency will never threaten you with immediate arrest or jail for a tax debt, and never uses text or instant messaging to communicate about taxes. It will never demand that you settle tax debt by buying gift cards or prepaid credit cards, or using cryptocurrency like Bitcoin, or offer to pay you a refund by e-transfer.

Remain vigilant when you receive communication from someone claiming to be from the CRA, especially when asked for personal information such as a social insurance, credit card, bank account or passport number. If you are unsure that the person on the phone is a legitimate agency employee, ask for the agent's phone number and badge number and call 1-800-959-8281 to validate the caller.

If you receive a call demanding immediate payment, take time to think it over. If you believe it was legitimate, you can check the status of your account online.

If you use online or telephone services, you can further protect yourself by keeping your access



codes, user ID, passwords and PINs secret, and changing them frequently. Enabling "email notifications" for online CRA accounts will notify you by email of changes to them, warning you of potentially fraudulent activity.

Finally, suspicious phone calls or messages can be reported to the Canadian Anti-Fraud Centre online or by telephone. If you think you have fallen victim to a scam, contact your local police.

Find more information at [canada.ca/taxes](https://canada.ca/taxes).  
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2

Apply soap



3

For at least 20  
seconds, make  
sure to wash:



4

Rinse well



5

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## FINANCIAL NEWS

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

### UNDERSTANDING THE PENSION INCOME TAX CREDIT

Pension income tax credit and whether you qualify.

While the credit doesn't provide significant tax savings, being eligible for it has implications for some planning strategies that do, such as pension income splitting. As more couples take advantage of this strategy, the pension income amount becomes a focal point of their tax planning.

The pension income amount allows a taxpayer to claim a federal non-refundable tax credit on up to \$2,000 of eligible pension income. The federal tax credit rate is 15 per cent, so the maximum federal tax savings available is \$300 ( $\$2,000 \times 15\%$ ).

There are also provincial pension income amounts. By claiming it clients receive the first \$2,000 of pension income on a tax-free basis, but only if they're in the lowest tax bracket (since the tax credit rate is capped at 15 per cent). If they're in a higher bracket they'll pay tax on the pension income, but at a reduced rate.

Income-splitting rules allow taxpayers to split up to 50 per cent of eligible pension income with a spouse or common-law partner. The important issue is determining what type of pension income qualifies.

Age is an important factor. Those over 65 have easier access to the pension income amount since more sources of income qualify. If they report amounts on lines 115, 116 or 129 of their federal tax returns, they may be eligible for the pension income amount.

Here's what qualifies for clients over 65:

- Life annuity payments from a superannuation or pension plan. This includes income from life income funds (LIFs) and locked-in retirement income funds (LRIFs)
- RRIF payments (any portion that's transferred to an RRSP, another RRIF, or used to purchase an annuity does not qualify for the pension income amount)
- RRIF payments received as a result of the death of a spouse or common-law partner
- Annuity payments from an insured RRSP (those typically offered by insurance companies) or from a deferred profit sharing plan (DPSP)
- Payments from a Pooled Registered Pension Plan (PRPP)
- Regular annuities and income averaging annuity contracts (IAAC)
- Certain foreign pension payments (see below)

For clients under age 65, the list of qualified pension income for purposes of claiming the pension income amount (and pension income splitting) is more restricted.

Only a few of the items listed above are available. They include:

- 1) Life annuity payments from a superannuation or pension plan.

Regardless of your age, you will qualify for the pension income amount if receiving annuity payments from an employer pension plan. But it's important to note that when a person commutes a pension to a locked-in retirement plan, the income from these plans (e.g., LIFs, LRIFs) will not qualify for the pension income

amount until the client reaches age 65.

Canada Revenue Agency's position is that income from a locked-in plan is simply a retirement savings plan, not a pension plan, and that the pension income amount should not be available until age 65. Unless this changes it may impact whether your clients decide to commute their pensions when they retire.

- 2) Payments from a RRIF, or annuity payments from an RRSP, DPSP or PRPP received because of the death of a spouse or common-law partner.

For individuals under age 65, RRIF income, DPSP income, annuities, PRPP income, income-averaging annuity contracts, or RRSP income will only qualify for the pension income amount if they're received because of the death of a spouse or common-law partner.

Some individuals receive a foreign pension and may wonder if they qualify for the pension income amount. In general, foreign pensions reported on line 115 of the client's tax return may qualify for the pension income amount regardless of age, but only for the portion of pension income that's taxable.

For example, clients receiving U.S. social security benefits are permitted a 15 per cent deduction on their Canadian tax returns due to specific provisions in the Canada-U.S. tax treaty. In this case, only the taxable portion of the Social Security Benefit is considered pension income and qualifies for the pension income amount.

It's also important to know what doesn't qualify for the pension income amount:

- 1) Old Age Security benefits
- 2) Canada Pension Plan benefits
- 3) Quebec Pension Plan benefits
- 4) Death benefits
- 5) RCA payments
- 6) Benefits from Salary Deferral Arrangements
- 7) Income from a U.S. Individual Retirement Account (IRA)

To find out more about your pension income tax credit speak to an accountant. If you require assistance with your retirement and estate planning for your investments 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

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## GET AHEAD OF YOUR SEASONAL ALLERGIES

Spring has sprung, and likely so have your seasonal allergies. There's never a good time for itchy eyes, constant sneezing, a runny nose and general foginess, but this year especially, these symptoms may leave people around you to worry that you're sick.

If you're among those who might normally be sneezing and coughing your way through the spring and summer, get ahead of those anxiety-ridden and uncomfortable moments by getting to the bottom of what's causing your allergies before they start.

Check the pollen forecast

Be on top of this, as it can change daily and really affect your symptoms. If you're planning on exercising, try doing so inside on warm, windy days rather than going for that run.

When you're outside, protect yourself

Wear sunglasses or a hat; not only do they look good and block the sun, they also help keep pollen off your body and out of your eyes.

Cover up when being active outdoors

If you're doing activities like cutting the lawn or gardening, put your mask collection to good use and cover your nose and mouth.

Protect yourself from pollen

We carry a lot of pollen into the home with us. Wash your bedding more frequently during spring, summer and fall; keep your windows closed; and remember your pets can track pollen into the house, too.

Find the right product

Your local Shoppers Drug Mart pharmacist can be your first line of defense. They can help assess your symptoms and recommend an over-the-counter medication or product. If this isn't enough to kick your symptoms, your pharmacist can write you a prescription for a medication in all provinces except British Columbia and Ontario. If your symptoms are more severe, pharmacists in these provinces can work with your doctor to make sure you have the right treatment option.

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Hon. BA, CPCA



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# THE PHARMACIST REVIEW

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

## MASKNE

Mask-related acne, or "Maskne" is nothing new. It has always been around in professions that require diligent wearing of masks, but it has become more prominent in the general population during Covid-19 as we take precautions to prevent the spread. Always consult your physician first, because some cases require prescriptions for oral and topical antibiotics and other agents for proper treatment.

**Persistent mental stress and local irritation** to the areas can cause the skin under and around our masks to break out. Your skin needs to breath, so wear minimal make-up, and remove your mask whenever safe to do so. Replace your mask in the day more frequently if you have sweaty or oily skin that may coat the mask with oils, rendering it less breathable.

Many **supplements** can help reduce stress by various mechanisms, and, often, they can be combined to achieve that goal. Viable options include **Complete 360** (a comprehensive mushroom-based therapy by Purica), **L-Theanine** (such as CanPrev's or Sisu's **Stress-Rescue**), **Pascoflair**, and the **Rescue Remedy** line.

Make sure you are having enough **water** and nourishing your skin with the appropriate supplements, as necessary. A good omega-fatty acid (such as Metagenics' **OmegaGenics** products or the NutraSea line), and **probiotics** (such as New Roots, Genestra, Flora, Metagenics) can help combat and maintain overall skin health.

Choosing an appropriate skin care regimen can dramatically improve maskne symptoms. **Riversol's Comprehensive Acne Treatment** is a great first choice and should be used for 8-12 weeks. Its salicylic acid content penetrates pores to clear up existing pimples and prevent formation of new ones. It can be paired with their **Exfoliating Glycolic Peel** (4% glycolic acid to calm the skin, improve radiance and texture, and counter aging), and their **Gel** (for oily skin) or **Cream** (for dry skin) **Cleansers** for maximum benefit. Riversol skincare products are all infused with an antioxidant, "**Beta-Thujaplatin**" (or "Beta-T"), from the Pacific Red Cedar, and the comprehensive line of natural skincare is developed right here in **Vancouver** by dermatologist Dr. Jason Rivers.

Come see the integrative pharmacists at **Cloverdale Pharmasave** and **Pharmasave Steveston Village** for some free samples of Riversol products, and to find the best combinations of supplements and skin-care regime to help you feel and look the best as we tough out the final stages of the pandemic.



### ACNE - TREAT AND PREVENT

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# HELPING KEEF HELP KIDS

Sixty-four women and men – many retirees and seniors – living on Vancouver Island, in Greater Vancouver, Alberta, Ontario and Kenya, East Africa will walk or run 10Km in each of their communities in late April, taking part in the 2021 virtual Vancouver Sun Run to support education in Kenya. KEEF (Kenya Education Endowment Fund) [www.kenyaeducation.org](http://www.kenyaeducation.org) is a B.C.-based, all-volunteer charity that raises funds for scholarships to secondary and post-secondary school in Kenya for bright, very poor kids there. "Donations acknowledging the efforts of our 64 volunteers will fund a multi-day Life Skills workshop at the end of the school year for some 130 KEEF secondary school scholarship holders. High school is not free in Kenya!" Vancouver Island Sun Run Team Help KEEF Help Kids leader Janice Trenholme, says.

"Life Skills workshop topics include such issues as first aid, teamwork, assertiveness, personal fiscal management and entrepreneurship. Small loans are provided to some participants, who have developed a viable business plan at the workshop. Ideas have included buying ground-nuts to re-sell in the market, seeds to grow extra vegetables to sell, or

hens for eggs to sell during their vacation. Many ideas are capable of continuing with the family after the student returns to school, benefitting the whole household. Loans are repaid, with a small interest, enabling more students to receive loans at the next workshop. The Life Skills Workshops aim to help prepare students for graduation and entry into the world of work or to help them fund further studies."

To make a donation in support of the seniors and others who are "helping KEEF help kids" through participating in the 2021 virtual Sun Run, mail a cheque to KEEF c/o #904-2135 Argyle Ave. West Vancouver BC V7V 1A5; go to [www.kenyaeducation.org](http://www.kenyaeducation.org) ; e-transfer to [keefcan2010@gmail.com](mailto:keefcan2010@gmail.com) ; or go to our page on [CanadaHelps.org](http://CanadaHelps.org). Whichever method you choose, please indicate on the memo line that it is for Sun Run 2021. Tax-deductible receipts are available for all donations and no gift is too small to be of help!

For more information about KEEF's work, see [www.kenyaeducation.org](http://www.kenyaeducation.org). For details of the 64 volunteers and where they are walking and running for KEEF across BC, Canada, and in Kenya, contact Shelagh at [shelaghag@shaw.ca](mailto:shelaghag@shaw.ca) or 604-415-9397 (day or evening).

On behalf of all KEEF volunteers and the 130 young high school students in western Kenya who will benefit, thank you!/Asante Sana!



# FASTER INTERNET MEANS BETTER QUALITY OF LIFE

From better internet access, to vital social services, to keeping cross-country families in contact, fast and reliable connectivity is a necessity — now more than ever. As we all isolate to stop the spread of COVID-19 across Canada, face-to-face contact with family, school and work has gone online and come into our homes.

For many, even healthcare has moved online. Virtual healthcare offers a more convenient and safer alternative to hospital or clinic visits for many types of appointments, examinations and procedure follow-ups.

Now that visiting a healthcare center carries additional risks, virtual care is becoming a key quality of life improvement for many, especially in rural or remote communities. It connects people in those communities to health services quicker and more safely than ever before, but only if those communi-

ties have the high-speed internet the service needs.

Many rural communities are underserved when it comes to reliable high-speed internet access. Less than half — about 40 per cent — have high-speed access that can enable remote learning, teleworking, and virtual healthcare; and that number drops to less than 30 per cent in reservation communities.

But change, and connection, are on the way, thanks to the Universal Broadband Fund. As part of the government's Rural Economic Development strategy, the fund provides financing for internet infrastructure projects across the country. These projects are on track to connect 90 per cent of Canadian households by the end of 2021, with remote communities added by 2026.

As internet access continues to define the future of work, education, connection, and healthcare, the fund and the projects it powers will only become more important. You can check to see what projects are underway or coming to your area.

Find more information at [canada.ca/getconnected](http://canada.ca/getconnected).

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



## Straight from the Horse's Mouth

By Mel Kositsky

Horse racing in Canada is back on the track but for the time being, like other sports, no spectators are allowed in the stands.

Harness racing resumed in mid-March at Fraser Downs and will continue at the Cloverdale fairgrounds in Surrey until April 30. Live racing is being held on Wednesday and Friday nights, with betting available on [www.hpibet.com](http://www.hpibet.com) - Canada's only legal internet website.

Horse Racing BC is still hoping it will receive some government funding which will allow for a longer spring season, but at this point no extended dates are scheduled. A message on [www.harnessracingbc.org](http://www.harnessracingbc.org) says: "Our objective for 2021 is to race 63 race dates for the year and we remain focused on this goal. We have the support of the operator in this endeavour, but it currently is difficult to do any kind of scheduling without the actual funds in our account."

Currently a mix of horses and drivers from Western Canada are competing here as there has been no other racing available in the west, Ontario racing resumed in late February and has been picking up as the winter weather improves. The Standardbred racing season at Century Downs, located in Balzac outside of Calgary, was scheduled to resume on Sunday, March 28.

Spring training is also under way at Hastings Racecourse for another summer/fall season of Thoroughbred racing at the east Vancouver track, located on the grounds of the Pacific National Exhibition. Hastings has also applied to the provincial government for equine industry support. Hastings and the Horsemen's associations have applied to the provincial Gaming Policy and Enforcement Branch for 51 race dates. Live racing is expected to take place Mondays and Tuesdays starting May 3, with a 5 p.m. post time. The seven days planned for October may have an earlier start time. At this point only horse owners are allowed to access the front side of the

grandstand some mornings to view their horses in training, with pandemic protocols in place.

Emerald Downs has announced several incentive programs for the 2021 race meet that begins on May 19 and continues through September 23. The Thoroughbred track is located in Auburn, south of Seattle.

To help increase horse population, Emerald Downs will offer a \$10,000 bonus to any new trainer who brings at least 10 horses to the track. A \$5,000 bonus will be paid directly to the trainer upon arrival and an additional \$5,000 after the trainer's 10th start of the meet. Trainers must come from a track outside of Washington, Oregon, and British Columbia.

The popular Ship and Run Incentive Program also has been enhanced for 2021. Out of state horses will receive a \$500 bonus for their initial start at Emerald Downs. The bonus is for horses whose most recent start was outside the state and have not raced at Emerald Downs in 2019 and 2020. In addition, horses must have started for a claiming price of \$3,000 or more in each of its three previous starts. First-time starters are not eligible. Additionally, every unplaced starter will continue to receive a \$200 participation fee. More racing information can be found at [www.emerald downs.com](http://www.emerald downs.com).

In other racing news, six racehorses, three trainers, and one jockey account for the 10 finalists that will comprise the National Museum of Racing's 2021 Hall of Fame ballot, as chosen by the Museum's Hall of Fame Nominating Committee. The finalists are racehorses American Pharoah (first year of eligibility), Blind Luck, Game On Dude, Havre de Grace, Kona Gold, and Rags to Riches; trainers Christophe Clement, Doug O'Neill, and Todd Pletcher (first year of eligibility); and jockey Corey Nakatani.

To be eligible for the Hall of Fame, trainers must be licensed for 25 years, while jockeys must be licensed for 20 years. Thoroughbreds are required to be retired for five calendar years. All candidates must have been active within the past 25 years. The 20- and 25-year requirements for jockeys and trainers, respectively, may be waived at the discretion of the Museum's Executive Committee. Candidates not active within the past 25 years are eligible through the Historic Review process.

A bay colt bred in Kentucky by owner Zayat Stables, American Pharoah (Pioneer of the Nile—Little Princess Emma, by Yankee Gentleman), became racing's first Triple Crown winner in 37 years when he swept the Kentucky Derby, Preakness Stakes, and Belmont Stakes in 2015 en route to Eclipse Awards for Horse of the Year and Champion 3-Year-Old Male. Trained by Hall of Famer Bob Baffert and ridden by Hall of Famer Victor Espinoza, American Pharoah won the Eclipse Award for Champion 2-Year-Old Male in 2014 on the strength of Grade 1 victories in the Del Mar Futurity and FrontRunner Stakes. As a sophomore, American Pharoah won the Rebel Stakes (G2) and Arkansas Derby (G1) prior to the Triple Crown. Following his historic Belmont victory, he won the Haskell Invitational (G1) and Breeders' Cup Classic (G1). Overall, American Pharoah posted a record of 9-1-0 from 11 starts and earned \$8,650,300.

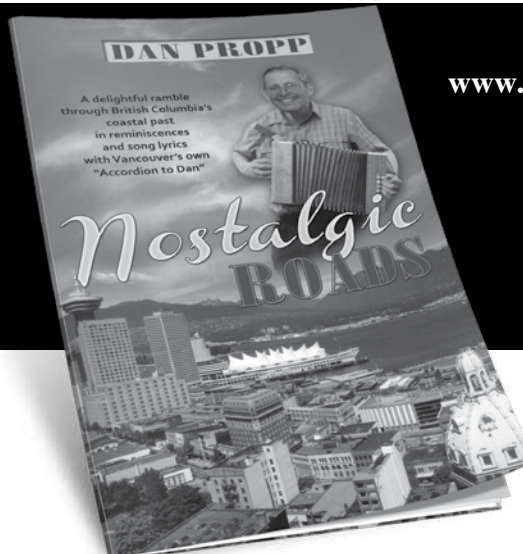
A chestnut filly bred in Kentucky by Fairlawn Farm, Blind Luck (Pollard's Vision—Lucky One, by Best of Luck)

won the Eclipse Award for Champion 3-Year-Old Filly in 2010. A multiple Grade 1 winner at ages 2 and 3, Blind Luck was also a Grade 1 winner at 4. Trained by Hall of Famer Jerry Hollendorfer and owned by Hollendorfer in partnership with Mark DeDomenico LLC, John Carver, and Peter Abruzzo, Blind Luck posted a career record of 12-7-2 from 22 starts and earnings of \$3,279,520 from 2009 through 2011. She won a total of 10 graded stakes in her career, including six Grade 1s: the Kentucky Oaks, Oak Leaf Stakes, Hollywood Starlet Stakes, Las Virgenes Stakes, Alabama Stakes, and Vanity Handicap. Throughout her career, Blind Luck defeated the likes of Havre de Grace (three times), Life At Ten, Unrivaled Belle, Evening Jewel, Devil May Care, and Switch.

A dark bay gelding bred in Kentucky by Adena Springs, Game On Dude (Awesome Again—Worldly Pleasure, by Devil His Due) won 14 graded stakes, including eight Grade 1s. Racing from 2010 through 2014, he compiled a record of 16-7-1 from 34 starts and earnings of \$6,498,893. Owned by Joe Torre's Diamond Pride LLC, Lanni Family Trust, Mercedes Stable LLC, and Bernie Schiappa, Game On Dude was trained by Baffert. He is the only horse to win the Santa Anita Handicap (G1) three times (2011, 2013, 2014), setting a stakes record in the 2014 edition by covering 1¼ miles in 1:58.17. Game On Dude also won the Hollywood Gold Cup (G1) and San Antonio Stakes (G2) twice each, as well as single editions of the Pacific Classic (G1), Californian (G2), Charles Town Classic (G2), Lone Star Derby (G3), and Native Diver (G3). He also won the Grade 1 Goodwood in 2011 and won the same race when it was renamed the Awesome Again (G1) in 2012. In 2013, Game On Dude swept the three signature Grade 1 races for older horses in California — the Santa Anita Handicap, Hollywood Gold Cup, and Pacific Classic — becoming only the second horse to win those three events in a single year (Hall of Famer Lava Man was the first).

A bay filly bred in Kentucky by Nancy S. Dillman, Havre de Grace (Saint Liam—Easter Brunette, by Carson City) won the Eclipse Awards for Horse of the Year and Champion Older Mare in 2011. Trained by Anthony Dutrow at ages 2 and 3 and by Larry Jones thereafter, Havre de Grace was campaigned by Rick Porter's Fox Hill Farms throughout her career. After finishing second to champion Blind Luck in thrilling editions of the Delaware Oaks and Alabama in 2010, Havre de Grace earned her first graded stakes victory later that year in the Cotillion (G2). In her 2011 Horse of the Year campaign, she beat Blind Luck in the Azeri (G3) and went on to win Grade 1s in the Apple Blossom, Woodward (defeating males, including Flat Out), and Beldame (defeating Hall of Famer Royal Delta). Havre de Grace made one start as a 5-year-old in 2012, winning the listed New Orleans Ladies' Stakes before being retired with a career record of 9-4-2 from 16 starts and earnings of \$2,586,175.

A native of Covina, Calif., Nakatani won five Grade 1 races with Hall of Famer Lava Man. He also won multiple stakes with Hall of Famer Serena's Song, as well as Eclipse Award winners Shared Belief and Sweet Catomine. Nakatani won a record 19 stakes during a single meet at Santa Anita in 2006-2007, breaking the previous record held by Hall of Famer Laffit Pincay, Jr. Nakatani ranks eighth all time in stakes wins at Santa Anita (behind seven Hall of Famers) with 134 and ninth in overall wins at Santa Anita with 1,075. He also stands second all time at Del Mar with 108 stakes wins (behind only Hall of Famer Chris McCarron; the next eight on the list are all in the Hall of Fame) and sixth in overall wins with 705.



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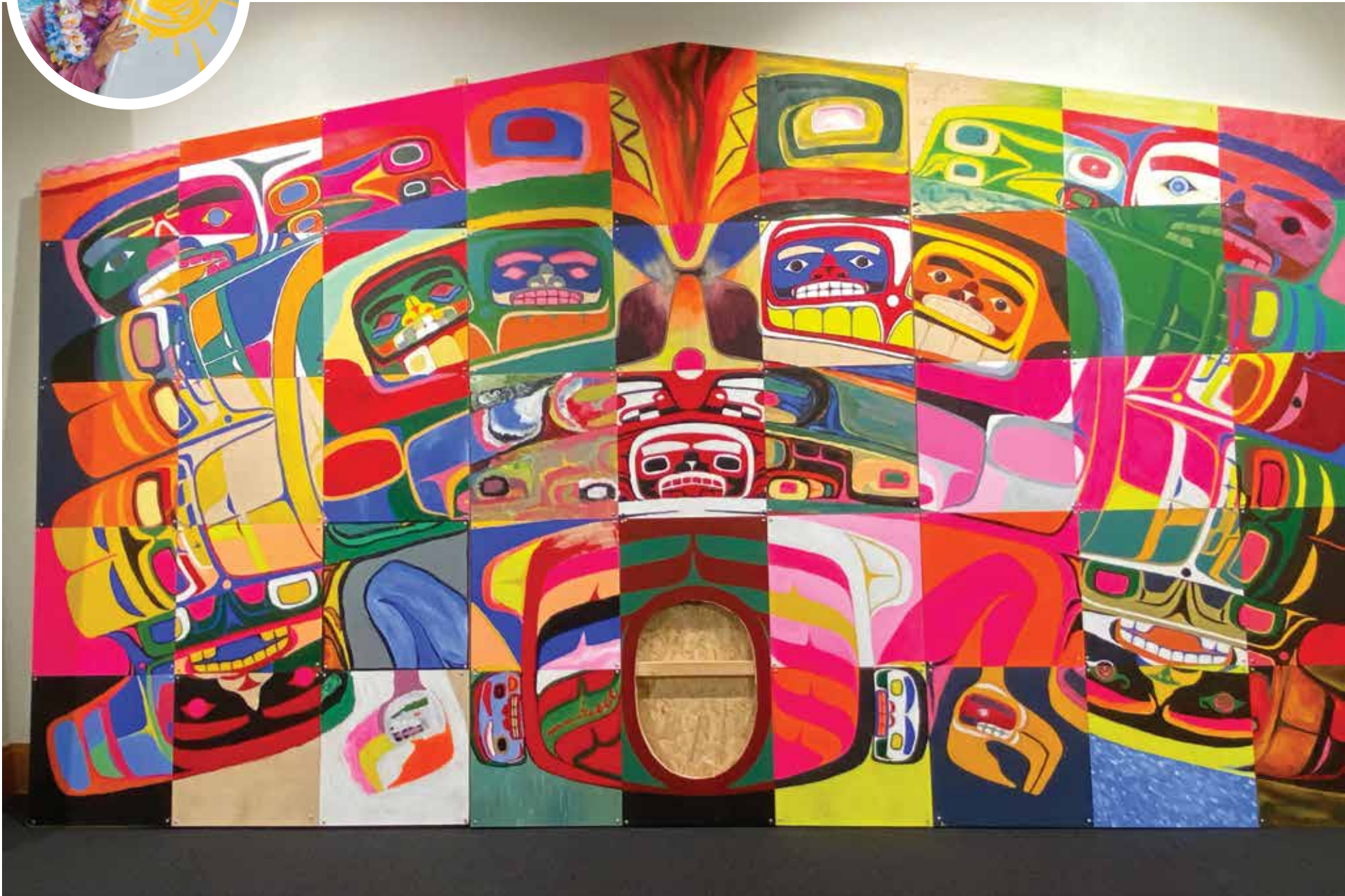
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# LUKE PARNELL'S INDIGENOUS HISTORY IN COLOUR



Article & photos by Lenora A. Hayman.

INDIGENOUS HISTORY IN COLOUR by Luke Parnell is being honoured at the Bill Reid Gallery (639 Hornby St. Vancouver. 604-682-3455) until 9 May 2021. The exhibition scrutinizes the relationship of Northwest Coast Indigenous Oral Histories and Northwest Coast Indigenous Art.

Luke Parnell is Laxgiik from Wilps Kwa'kaans Nisga'a on his mother's side and Haida from Massett on his father's side.

Neon Reconciliation is a collaborative installation piece. Luke Parnell created a wooden panel shaped like a house front, with Nisga'a butterfly design. Fifty-five community members shared 44 panels portraying their understanding of reconciliation. A hollow circular doorway has



the initials of CB and TF in memory of Colton Boushie and Tina Fontaine. This work wants us "to look beyond the surface and into the living realities of indigenous people".

The Legacy in brown and turquoise is done in acrylic on canvas.

Beat Nation embraces both traditional as well as modern "pop-based mainstream assimilation". Beat Nation includes music, art and the spirit of First Nations people.

Do watch the film Remediation and Remnant One. Years ago objects of value were destroyed to show the wealth of the people. Luke Parnell cuts the top-half of his totem and returns it to Haida Gwaii to be ceremoniously burned. On display

are those ashes and the lower half of his beautiful totem.

On the last Thursday of the month, Seniors and First Responders are admitted 9:30am-11:00am and also allowed a 10% discount in the shop.

**PICTURED:**  
**TOP:** Neon Reconciliation Explosion 2020 by Luke Parnell & others.  
**BOTTOM LEFT:**  
The Legacy by Luke Parnell.

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**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
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- Slip resistance flooring
- Door knobs with lever handle
- Gliding shelves in kitchen and bath for easy access

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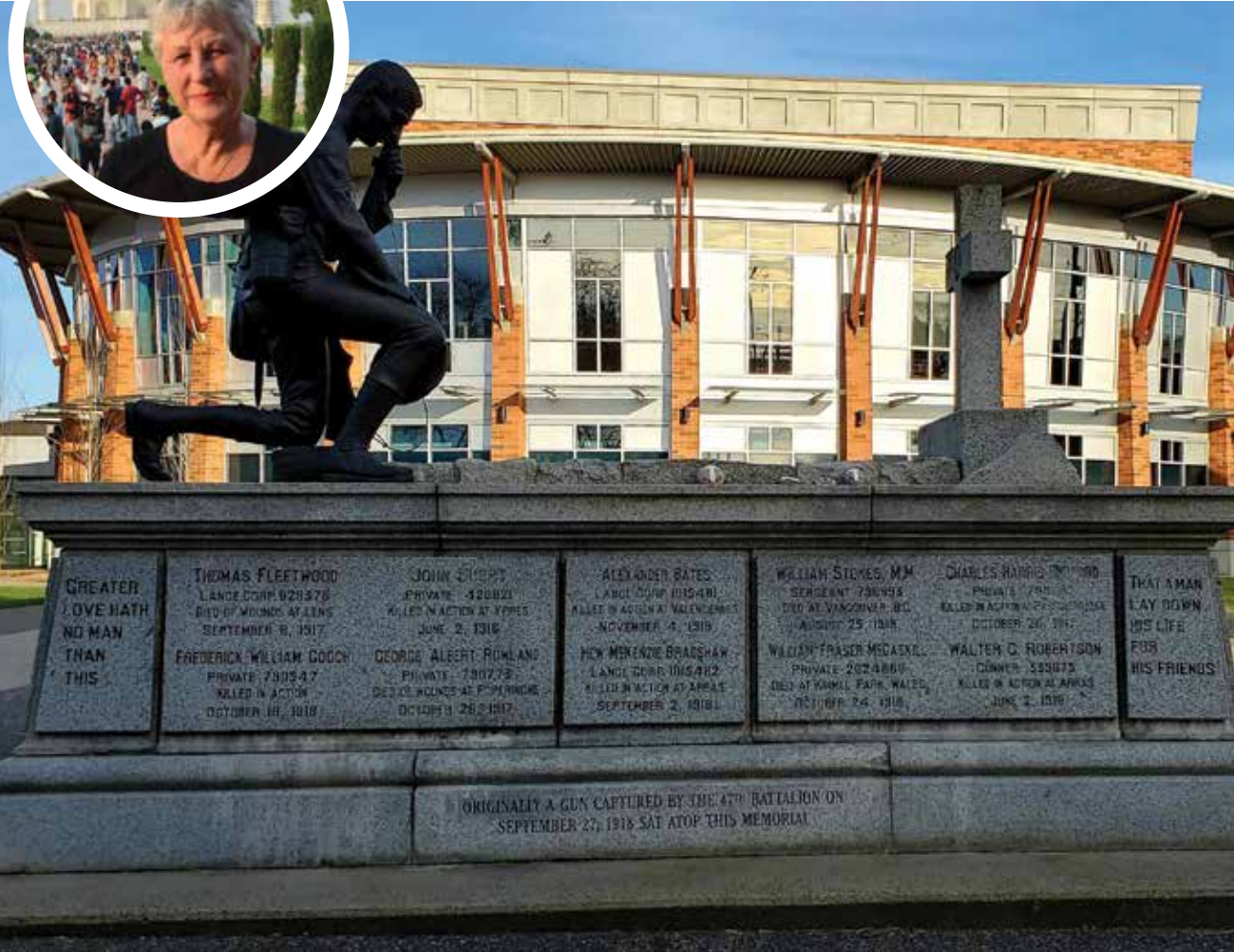
RENOVATION  
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# FIRST NATIONS PADDLES PROUDLY PROMINENT AT MOS



First People's Canoe Paddles complete the award-winning Museum of Surrey, 1912 Archives Hall, Cloverdale Library and Cenotaph campus. Photo Ursula Maxwell-Lewis

by Ursula Maxwell-Lewis

They're up! The four impressive First Nations canoe paddles were installed in March at the Museum of Surrey. This is the final MoS expansion component.

Designed and fabricated locally by k'wy'i'y'e Spring Salmon Studio (Drew Atkins, Phyllis Atkins, and Aaron Jordan), 'The Rivers that Connect Us' makes an important contribution to the Cloverdale Historic District by acknowledging the Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqayt and Tsawwassen First Nations Peoples.

Five metres tall, the illuminated vertical paddles represent the beautiful traditional Coast Salish gesture which signals peace and respect when a canoe arrives at a village.

The 3.5-metre round base design represents a Coast Salish spindle whorl, a tool used by Coast Salish women to spin wool for weaving.

The Salish Eye designs at the base of the paddles signify the seven traditional teachings of the Kwantlen peoples: health, happiness, generations, generosity, humility, forgiveness, and understanding.

At night the paddles are illuminated thereby drawing attention to the important symbolism as well as this comprehensive Cloverdale Heritage Square campus site. The paddles are also a reminder to visit the Indigenous People's Gallery next to the permanent exhibit hall.

The campus features the Museum of Surrey, the 1891 Anniedale School, the 1872 Anderson Pioneer Cabin, the 1881 Town Hall, the 1912 Municipal Hall (now Surrey Archives) and Cloverdale Library, one of the most respected genealogical centres in western Canada.

Also, congratulations to the Museum of Surrey, recipient of the Arts Council of Surrey 'Business and the Arts Award'. The latest tribute joins the impressive list of MoS accolades and awards garnered during the past two years. In October the

British Columbia Museums Association (BCMA) honoured the museum with the prestigious 'Excellence in Community Engagement Award' for the collaborative community exhibit, Being Punjabi: Unfolding the Surrey Story. The museum also snagged the BCMA People's Choice Award for the 'Outstanding Exhibit'.

Arts Council of Surrey award and grant recipients were announced via Zoom at their virtual March 23 Annual General Meeting. ACS is one of the few arts organisations still offering member grants. See their website [www.artscouncilofsurrey.ca](http://www.artscouncilofsurrey.ca)

New at Museum of Surrey is Shake Up: Preserving What We Value. Originally developed by the UBC Museum of Anthropology, this temporary gallery exhibit will get you thinking about what we value, and how to ensure the safety of loved ones and our stories. Ride down a simulated San Francisco street, view 1906 footage from the big San Francisco earthquake and hop on a simulated electric car for a ride down a SFO street. The exhibit ends June 6.

If you nostalgically recall 1950s diners and jukeboxes, check out the 'Dine on Time' exhibit in the permanent gallery and listen to local oral histories from the 1930-50s. The exhibit is fully wheelchair accessible. A listening booth is available for the hearing impaired and text panels have been translated into braille for visitors with vision loss.

Public admission to all these facilities is free, however preregistration is required. Call 604-592-6956 or email [museum@surrey.ca](mailto:museum@surrey.ca).

Friends of the Surrey Museum and Archives Society funds public admission to MoS and the Historic Stewart Farm in South Surrey. Consider becoming a member of the society to help support these outstanding initiatives. Call 604-502-6460 for information. Please check the appropriate websites for health restrictions and admittance procedures.

*Ursula Maxwell-Lewis is a travel journalist and photographer. Contact her at [uttravel@shaw.ca](mailto:uttravel@shaw.ca)*





# SPRING!!!

N	G	P	T	N	E	S	T	S	T	H	N	E	A	S	T	E	R	E	G	G	H	U	N	T
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Showers	Flowers	Spring	Birds	Nests
Babies	Cherry Blossoms	Picnics	Crocus	Sunshine
Bunnies	Daffodils	Easter Sunday	Tulips	Good Friday
Coloured Eggs	Chocolate Bunny	April Fools	Robins	Hot Crossed Buns
Wood Peckers	Easter Egg Hunt	Baby Chicks	Chocolate Eggs	Easer Basket
Blooms	Budding Trees			



## 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.

## WHAT IS 211? HELPLINE OFFERS FAMILIES SUPPORT



We all know to dial 9-1-1 in an emergency. But now there's another three-digit number you can dial for help finding any kind of non-emergency support you might need. 211 is a free, confidential service that connects people to social and community supports available seven days a week.

Whether you're looking for seniors' programs, groups for new parents, after-school programs, counselling or mental health support, employment programs, food banks, housing help, legal information, or countless other topics -- the real person you speak to on the line can direct you to the best resources for your unique situation. They'll listen

and ask questions to fully understand your situation, but you don't have to give your name or any personal details.

According to caller surveys completed in Ontario, over 95 per cent of callers would call again or recommend 211 to a friend or family member.

As part of its COVID-19 response, the Government of Canada provided funding to United Way Centraide Canada to expand the service nationwide.

Some provinces with existing service saw a dramatic rise in calls in the first wave of the pandemic, and many callers had never needed to access supports before. The shutdowns had presented them with new challenges, such as isolation, anxiety, and financial strain.

As information, programs and services changed rapidly, 211 navigators helped callers find the right support.

If you need non-emergency help, just dial 2-1-1.

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

## Bathroom makeover tips

Did you know the bathroom is the most renovated space in the home? Use these quick tips to create a relaxing retreat from everyday life:

**Consider open shelves**

Create the illusion of more space and add room to store and organize your items with open shelving. Floating and standing shelves are inexpensive but can be cutely decorated with baskets, plants and candles.

**Choose durable materials**

Whether you're changing the paint, tile or flooring, remember that all surfaces in a bathroom are exposed to more water and moisture than other areas of the home. So, invest in high-quality materials such as porcelain or cast iron that will look fantastic and stand the test of time.

**Leave plumbing alone**

While tempting to relocate the tub or sink, moving plumbing fixtures is a major and expensive undertaking. For a fresh and affordable change, swap out the hardware for trendy matte black or bronze.

**Refresh your medicine cabinet**

Now's the time to make sure you have all the essentials and splurges that add comfort and a touch of luxury to your bathroom. Great for moisturizing dry skin, lanolin cream is perfect for combatting artificial air and extra handwashing. Try Medela's Purelan lanolin cream to lock in moisture all day.

Find more information at [medela.ca](http://medela.ca).

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



## WRITE AS I PLEASE

By Mel Kositsky

Are we ready to leave the pandemic behind?

People are hoping the vaccination programs over the next few months will free the people to live a near normal life once again. That is if enough people get vaccinated by summer and no new "waves" hit the masses. Health experts are telling us that the "best" vaccine is the first one that is made available to you -- and you should take it as soon as possible. That is happening in most places but the major media is adding to the confusion by constantly comparing the effectiveness of the various brands. Pharmaceuticals that most people never heard of before -- and certainly don't own the company stock (unless in mutual funds) -- are now household names.

This global pandemic has claimed too many victims and everyone has not been treated fairly in the process of maintaining good public health. The health care system has been overloaded and controlling the virus has hit front-line workers hard. But it also has nearly crippled many of the "little guys" financially while others are benefiting greatly. You just have to look at the record stock market figures, rising real estate prices, bank fees and major retailers going all out. They are not only cashing in by online shoppers but also have seen big increases in in-person shoppers. They are not hurting while small businesses are forced to close their doors during mandatory lock downs and temporary shutdowns.

Now with the return to "pipeline politics" the Climate Change activists are getting their wish while rising gas prices are really hurting the "little guy". The price per litre at the pumps has moved over the \$1.50 mark for no apparent reason other than greed -- and governments are getting their fair share through various taxes. Despite numerous task forces, studies and promises -- there is no regulation of prices, which can still change minute by minute and location by location. And remember the federal government is still collecting a "tax on a tax" as the GST is collected on the total bill, including provincial and local taxes.

Meanwhile the affluent electric car drivers not only get government sponsored rebates on their purchases of new vehicles but also free charging stations in most cases. How is that fair? Just watch the slow moving "rush hour" traffic shown on most news broadcasts. These are mostly average hard-working folks still going to work in whatever vehicles they can keep on the road, including what many call "beaters" and "gas guzzlers". With universities, schools and government offices most closed, the "elites" are working at home and not paying the higher prices to keep the economy moving.

Now entering the second year of dealing with the COVID-19 pandemic and its variants we have many new terms to try and understand. If you feel a bit confused by all the information being sent your way, you are not alone. But it is important to just concentrate on what is happening in British Columbia and not start comparing everything to what's happening in other provinces and around the world. Each place is unique and operates under different rules. Ignore all the media comments and "expert" opinions because that is

all for show -- because if they really knew anything they would not be wasting their time on media shows satisfying their own egos. It is really not helpful to the average person.

What we do know is that it is important to stay at home or just circulate in a small "bubble" of family and friends. That way if you do get sick it can easily be traced. Limit shopping trips to household essentials and make a written list of things you need before you leave home. That will help you to stay focused on the things you need and not wander around the store looking for deals. Remember these are places of business and not social gathering outlets. Besides it is hard to recognize your friends and neighbours when everyone is wearing a mask!

People have already forgotten the issues of one year ago when store shelves were empty and people became hoarders of goods out of fear of the unknown. Do you remember the great toilet paper shortage controversy?

Now many people have become too comfortable about the still spreading virus and forget that we are still living in a state of emergency. That's mostly because the rules keep changing daily and people are tuning out from the messengers -- if they even bother to watch all this media and government dialogue at all.

Actually, mask wearing has forced people to communicate in different ways as speech and hearing can be impaired by the various styles of masks. Now people actually look each other in the eye before proceeding -- a lost human trait. You can tell a lot about a person by just looking at their eyes. People are learning not to look away anymore during conversations.

As we work through this pandemic it is still very important to wash your hands constantly with soap and water, and use sanitizer when you can't. Keep a social distance apart and wear a mask when possible, especially when indoors -- or in places where it is mandatory. Let those who want to "buck the rules" fight it. Don't get involved and if you find yourself in an uncomfortable situation - just walk away. Move on to another store or location and stay healthy.

Remember, according to Wikipedia, the Spanish flu, also known as the 1918 influenza pandemic, was an unusually deadly influenza pandemic caused by the H1N1 influenza A virus. Lasting from February 1918 to April 1920, it infected 500 million people - about one third of the world's population at the time -- in four successive waves. The world survived that disaster and it did not have the benefit of modern medicine and research. Remember a year ago no one expected vaccines to be available this quickly. World health has also battled such issues as polio, Ebola and even SARS so there is no reason not to believe that COVID-19 will gradually be eliminated.

And since it is that time of the year, we can go as far back as biblical times to remember to 10 plagues.

Many of us will have read how the Hebrew people living in Egypt were suffering under the cruel rule of the Pharaoh. Moses asked the Pharaoh to let them return to their homelands in Canaan, but he refused. As a consequence, 10 plagues were inflicted on the Egyptians in a divine demonstration of power and displeasure designed to persuade the Pharaoh to reverse his decision. But were the plagues historical events or, as some historians have suggested, simply passed-down accounts of several natural disasters? Some scholars con-

cede that from an historical standpoint, the first nine plagues resemble natural events and while some are disconnected, others appear to be part of a chain reaction with set patterns and a rapid succession. The Egyptians were renowned for recording every event, whether temporal or religious in nature, but there are few references to plagues in ancient Egyptian literature. What if the plagues, however, involved villages and the countryside around Goshen, these might not have been referred to the royal court for insertion in official chronicles. You can read more about the plagues at <https://www.thebiomedicalscientist.net/science/ten-plagues-egypt>

April is known as Volunteer Appreciation Month. Many events will take place virtually to thank the many volunteers who keep society going. Now more than ever many organizations need people to help out with their programs and services. Check around to see how you may be able to donate your valuable time. And when possible -- just remember to thank any volunteer you may know. They are helping make this world a better place.

## WHY YOU MIGHT WANT TO SAY NO TO THAT FREE TRIAL

Free trials can be a great way to check out a service to see if it's right for you. But before you submit your order, make sure to look out for some red flags and avoid a subscription trap.

A subscription trap is a scheme that works by enticing a consumer into an automatic payment subscription.

It often starts with an offer for a free trial or purchase of a product where all you have to do is pay the shipping and handling fee with your credit card. After you agree, you're unknowingly charged the full price of the product, and are signed up for recurring fees.

It's often extremely difficult to put a stop to these charges, and monthly losses could be \$150 per product. Companies that are behind subscription traps sell various items, but health and beauty products are the most common products sold using deceptive free trial offers. Examples include weight loss, muscle enhancement or cognitive enhancement pills, as well as beauty products such as anti-wrinkle serums.

Before you agree to a free trial or product, make sure to review the fine print online for details on returns and cancellations -- especially time limits.

Find more information about subscription traps and report deceptive marketing at [competitionbureau.gc.ca](http://competitionbureau.gc.ca).

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

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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. This time of year, I always find myself looking back over the years and marveling over different people and groups who have been on the playing field, bringing fun times to our seniors in care home.

I have watched this group many times not only with admiration for their performances but their dedication to our aged population. I have laughed till I cried at their humor, fell in love with their costumes and as a past dancer myself appreciated all the hard work that went into these shows. Let us not forget the age of this delightful group....let me introduce,

THE VAUDEVILLIANS Est 2002

Back in the early years of my retirement, looking for something to occupy my time, I wandered into the Cloverdale Senior Centre to see what they offered. Having danced as a child I was quite excited to see a tap dance class scheduled. Although it had been 50 years since I danced, I decided to give it a try and found it came back quickly and I loved the classes. A result of these classes I met Susie Francis, a Cloverdale resident and entertainer, who was organizing a group to form an entertainment troupe. I decided, to give it a try. Our first big performance was in Wells, BC, a fundraiser to assist the community to raise funds for the local school that had closed. About 12 of us carpooled, driving in a caravan with gas provided by Esso and accommodation provided by a local motel in Wells. We were treated royally, and it was great fun. We had a private tour of Barkerville and the evening show was sold out, a financial success. Fran Dowie a well-known Vaudevillian was with us, performing as well as acting MC for the show. That was the beginning of my love of the stage.

My husband Jim joined us on this trip as the stage manager, and under Fran Dowie's guidance, soon became our regular MC known for many years as "Diamond Jim". We were established initially as Club 621 with rehearsals held at the Cloverdale Legion. We rehearsed weekly and performed in the community. Before long, due to Diamond Jim's foresight and business acumen, we became registered federally as a Non-Profit organization, established a Board of Directors and The Society for the Preservation of Vaudeville, aka the Vaudevillians, was founded in 2002. Jim felt we needed a "reason for being" so he did lots of research, met with various Colleges and found Douglas College was the best fit for the Vaudevillians. The first benefit show was held at the Surrey Arts Centre in October 2004 to establish a Bursary. The show was sold out 2 weeks prior to show date and we were on our way to performing annually, 2 shows every November up to 2019. As of 2019 our Bursary had topped \$120,000-. This is a great achievement for a group of seniors, and we are all very proud of what we accomplished. Several students are supported every year, and many have expressed their gratitude telling us without this financial support they may have had to drop out of school. With the arrival of Covid 19 we were unable to do our November 2020 show but praying 2021 will be a possibility.

The troupe, all volunteers ages 65-89 years young, performed an average of 25 shows annually prior to Covid 19. The performances, along with weekly rehearsals, kept us very busy. We are on hiatus right now but hoping that will change soon. It is such a joy to see the smiles on the faces of our audience and the applause warms our hearts. We work hard but bringing happiness to some, who otherwise are unable to

get out, makes it all worthwhile. Our show consists of singing the wonderful music of days gone by, dancing the Charleston and many tap dances plus lots of comedy. The audience most often sing along with us, tap their toes, and laugh a lot. Along with the performers we have a Stage Manager, Costume Mistress, Dress-makers, backstage assistants, Social media, and promotional people. Our Director/Choreographer and accompanist is Dan Minor who is also a performer. Dan has been well known in the Arts Community for many years. He is proud of his troupe and spends as much time as needed to create and rehearse for our annual show. He is very proud of his dancers who have entered the Surrey Festival of Dance for many years and come away with trophies every year. We are always looking for new talent and invite anyone interested to come out and meet us.

I am proud to say I am the only original member of the troupe having been involved since before we did the Wells trip. At 83 years of age, I know continuing to keep busy and active has been a positive influence in my retirement. How long my 83-year-old legs will keep me dancing I don't know but hoping for a few more years. When I dance, I forget I have any aches and pains. Most recently I developed arthritis in one foot but interestingly enough it doesn't hurt when I dance. Later yes, but not at the time.

Diamond Jim continues to be connected with the group. He is an Honorary member, attends some of the shows and social events and supports me in my commitment.

Enquiries for shows or anyone interested in joining or supporting the Vaudevillians contact us through [www.thevaudevillians.com](http://www.thevaudevillians.com)

Submitted by Pat Trimble, January 2nd, 2021

#### TESTIMONIALS

From our Director

I joined the Vaudevillians, B.C.'s #1 Seniors Entertainment Troupe" in 2011 at age 71 years. It was the best thing I have ever done. This group allowed me to share my love of tapdancing and singing since I studied both voice, piano, and dance at age 11 in Burnaby B.C.

As Director, working with these 18 eager lively seniors has been a very rewarding experience. Our goal is to bring joy to seniors in Care Homes through our one-hour revues. We participate in at least 20 shows for our senior population every year. Mondays are rehearsal days beginning at 10 a.m. with dancers and 12 noon with singers.

Much of the creativity comes from the cast; Assistant Director, Judi Georgetti; and Dance Captain, Pat Trimble.

I look forward to resuming rehearsals as soon as it is allowed by the Health Authority.

Dan Minor, Artistic Director, Choreographer, Accompanist

From a former member

I have so much for which to thank the Vaudevillians, but foremost has to be that it introduced me to my beautiful Eileen. We both happened to join the group about the same time, and we married two years later, when I was just 81. She had been in theatre in Ireland and B.C. as a volunteer most of her life, but it was in the Vaudevillians, during my retirement, that I first appeared on a stage, aside from my participation in the Langley Seniors Centre

Choir, so it was the Vaudevillians who taught me everything I know! Most readers who have seen even one of their shows will remember Eileen as the little Leprechaun. We were with the troupe for several years but unfortunately had to leave it a few years ago for health reasons. Besides performing, I served for some time as Secretary and alternatively as President and Past President. We loved what we did and I miss it very much, but it can be but a happy memory now of an organization that filled me with pride. Members of the Vaudevillians form friendships with each other

which will go on "forever" and are a tremendous support to each other both on stage and off. I especially loved doing the shows for the residents in Care Homes and Seniors Centres, and now (in non-Covid times) Eileen and I are entertained by the troupe in our own Care Homes. Marvyn Shore, Past President and performer, Langley, B.C.

We thank you all sincerely and look forward to the future and many more performances.

Recreation Coordinators and Care Home Managers please note there are videos for seniors to enjoy by contacting Pat through the web page.

Monthly humor:

Life in a home or not:

About two years ago, my wife and I were on a cruise through the western Mediterranean aboard a Princess liner. At dinner, we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room.

I noticed that all the staff, ship officers, waiters, busboys, etc.

All seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told she owned the line, but he said he only knew that she had been on board for the last four cruises, back-to-back. As we left the dining room one evening, I caught her eye and stopped to say hello. We chatted and I said, "I understand you've been on this ship for the last four cruises?" She replied, "Yes, that's true". I replied, "I don't understand? to which she responded without a pause, "it's cheaper than a nursing home." So, there will be no nursing home in my future. When I get old and feeble, I am going to get on a Princess cruise ship. The average cost for a nursing home is \$200 a day. I have checked on reservations at Princess and I can get a long-term discount and senior discount price of \$135 per day. That leaves \$65 a day for:

1. Gratuities, which will only be \$10 per day.
2. I will have as many as 10 meals a day if I can waddle to the restaurant or I can have room service (which means I can have breakfast in bed every day of the week.)
3. Princess has as many as three swimming pools, a workout room, free washers, and dryers and shows every night.
4. They have free toothpaste, razors, soap and shampoo.
5. They will treat you like a customer, not a patient. An extra \$5 worth of tips will have the entire staff scrambling to help you.
6. I will get to meet new people every 7 to 14 days.
7. TV broken? Light bulb needs changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for your inconvenience.
8. Clean sheets and towels every day and you don't even have to ask for them.
9. If you fall in the nursing home and break a hip, you are on Medicare. If you fall and break a hip on the Princess ship, they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, and New Zealand, Asia, or any other place where you want to go? Princess will have a ship ready to go. So, do not look for me in a nursing home, just call ship to shore.

P. S. And do not forget, when you die, they just dump you over the side at no charge! Of course, we all know prices have changes but was in its day good for a laugh.

Look forward to speaking with you all again next month.

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

# Going out? Do it safely.

Your actions matter.

## Make informed choices



Stay home and away from others if you feel sick or have been told to isolate or quarantine.



Consider your personal risk level, especially if you are at risk of more severe disease or outcomes.



Avoid closed spaces (with poor ventilation), and crowded places with people from outside of your immediate household.



Consider the risk level of those in your immediate household.



Follow public health advice and setting-specific measures.



Consider the impact on your livelihood and personal circumstances if you need to quarantine or isolate.



Consider the spread of COVID-19 in your community, including variants of concern.



Consider limiting the use of alcohol and other substances that could impair your judgment and reduce your ability to follow public health advice.

## Be COVID-wise

### Choose lower-risk activities and settings to protect yourself and others

#### ✓ Risk is lower when:



You keep your close contacts to only those in your immediate household.



You remain outdoors when with people from outside of your immediate household.



You and/or those around you are following personal preventive practices: keeping interactions as few, as brief, and from the greatest physical distance possible, wearing a mask, and sanitizing or washing your hands with soap and water.



The setting has many public health measures in place to reduce the spread of COVID-19. This is even more important with the spread of variants of concern.



The setting is well-ventilated with fresh air from a ventilation system or open doors and/or windows.

#### ! Risk is higher when:



You increase your close contacts with people from outside of your immediate household.



You spend time indoors in closed spaces (with poor ventilation) and crowded places with people from outside your immediate household.



You and/or those around you ARE NOT following personal preventive practices: interactions are NOT few or brief, NOT from the greatest physical distance possible, NOT wearing a mask, and NOT sanitizing or washing your hands.



The setting doesn't have or has limited public health measures in place to help reduce the spread of COVID-19, and variants of concern.



The setting is poorly-ventilated from lack of ventilation systems or not being able to open doors and/or windows.

**Remember that:** Things can change, and a lower-risk situation can become higher-risk. Think about the risks not only before you go out, but also WHILE you're out.

### Keep yourself and others safe from COVID-19 so you can:

✓ Safely participate in society.

✓ Meet your physical, social and mental health needs.

✓ Reduce the spread of COVID-19 in your community.



### You can help limit the spread.

Download the COVID Alert app.

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For more information on COVID-19:

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

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## A PILGRIMAGE TO TOKYO'S OLDEST TEMPLE AND BUDDHA'S BIRTHDAY BASH



By Rick Millikan

A train takes us to the Asakusa, Tokyo's oldest district. There, we celebrate Buddha's April 8th birthday and Hana Matsuri, Japan's annual flower festival.

Delightful pink-blossomed streamers and white lanterns with Buddhist inscriptions decorate bustling streets. At the lofty Thunder Gate, a huge paper lantern's red and black illustrations suggest thunderclouds and lightning. Two carvings of snarling dog-lion deities guard the huge red portal. Tall colourful statues of Fujin, God of Wind, and Raijin, God of Thunder clutch golden dumbbells, poised to beat clustered Taiko drums.

Beyond, small shops line the ancient market street. Stalls offer traditional snacks. I sample zesty osenbei rice crackers; ningyoyaki, small cakes filled with sweet red bean paste...and tactfully avoid kibidango, skewered octopus balls covered with soybean powder. Sellers of yukata robes, origami mobiles, folding painted fans and other handicrafts also thrive.

At one shop, koi windsocks catch our eye. Japanese parents fly them on Children's Day to celebrate their good fortune in having daughters and sons. Pointing...and using my Japanese dictionary...I negotiate, "Koninichiwa! Want windsock." Shyly covering her smile, the shopkeeper replies in English, "Windsock 1200 yen." Pointing at the pole's length, I add, "Small suitcase! Pole discount?" Though bargaining is uncouth in Japan, she appreciates my

dilemma. "Windsock only, 1000 yen." Transactions end with arigatos, polite bows...and tucking it into my backpack.

A one-story preschool stretches beyond the shops. Inside the picket fence, a robed monk oversees youngsters scampering under pink-blossomed cherry trees. Proud parents snap photos of their children dressed in smocks, heads crowned with paper flowered wreaths.

Skirting two-story Treasure Storing Gate, which houses 5428 volumes of the sutra library, we head toward Sensoji, Tokyo's oldest temple. At nearby gate of purification, ladies serve us cups of honeyed green tea. Joining other celebrants, we ladle tea gently over a small bronze Buddha. This ritual further honors that legendary day of Buddha's birth, when the skies rained tea.

Up ahead rises Sensoji temple's immense Honda. A swooping tiled roof covers this main hall. Crimson and ornate brass-work trims burnished wooden walls. Worshippers and visitors like us gather around a large caldron in the extensive courtyard. Appreciating the ritual of this purification, we slowly swirl incense smoke around our heads and hands.

Gradually ascending the wide stairway, we arrive at the main doors. Kimonoed ladies offer us purple orchids scripted with red blessings. This evokes the ages-old custom of leaving cherry blossoms in temples to honour Buddha's birth. Placing coins in the offertory, we enter the Honda. A serpentine dragon and angels clasping lilies animate the ceiling. Between

statues of fiercely grimacing kings, a gold-plated shrine encloses the fabled statuette of Bodhisattva of compassion. Early monks dedicated Sensoji to this Goddess of Mercy.

The Honda's westward verandah offers us grand views. Typical of temple grounds, meticulously designed gardens project a vision of paradise. A large bronze Buddha meditates amid lush greenery. Southwest, a graceful five-storied pagoda forms a sacred beacon...and storage vault for Buddha relics. Nearby, a monument venerates pigeons. Buying seeds, nature-loving worshippers feed the eager cooing flock. Pigeons here do not go hungry!

Loudly clapping at the weathered Torii gate, we announce to guardian spirits entry into the adjacent Shinto grounds. Built in 1649, Asakusa Shrine resembles the earlier visited Honda and exemplifies Buddhist influence of Japan's early architecture. Learning how Shinto gods were readily adopted as manifestations of Buddha, we understand the strong link between these national religions. In the 17th century, this harmonious relationship resulted in accommodating Shinto shrines like Asakusa within Buddhist precincts.

In celebrating Japan's flower festival and Buddha's birthday, we immerse in two mindfully delight experiences.

Chris and Rick also invite you to peruse their similar tales on <http://www.margaretdeefholts-journeys.com/Travel%20Writers%20Tales/Travel-Writers-Tales-Calendar-2021-1.html>





3 TIPS TO HELP SUPPORT YOUR SMALL BUSINESS' ROAD TO RECOVERY



As the COVID-19 vaccine begins to reach Canadian communities, many small business owners are viewing 2021 as the year to shift from crisis response to rebuilding and recovery. "While the pandemic continues to pose uncertainties, it's important that business owners do not remain idle," recommends Lori Darlington, vice president of small business and strategic partnerships at RBC.

"This is a critical moment to proactively reflect and start thinking about changes and actions you can take today to better position your business for the future." For those looking to prepare for their small business' recovery, consider these three tips: 1. Explore all available relief programs. Many initiatives – including the Canada Emergency Business Account and EDC and BDC

Business Credit Availability Program – have updated eligibility requirements throughout the pandemic. Be sure you've checked the latest updates as these solutions can provide the critical temporary relief your business may need as vaccines continue to make their way to communities. 2. Speak with financial experts. Reach out to your financial partner to proactively discuss your cashflow and recovery plans, as well as flexible credit options. Sharing details on your company's situation will help bank advisors provide financial and business solutions tailored to your unique circumstances. 3. Focus on what you can control. Take this opportunity to strengthen relationships with your employees, customers and community by helping to protect their health. In addition to adhering to physical distancing and sanitation requirements, explore resources that may be included in your payroll software or health benefits to support your employees' mental well-being. Protecting your greatest asset – your human capital – will have a tremendous ripple effect on customer loyalty, brand reputation and operational resilience. Find more resources at [rbc.com/smallbusinessnavigator](http://rbc.com/smallbusinessnavigator). [www.newscanada.com](http://www.newscanada.com)

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COVID-19 BENEFITS AND YOUR TAXES It's been a challenging year, with the government providing financial support to many Canadians during the pandemic. As you prepare to do your taxes this year, it's important to take these new income sources into account. If you received COVID-related emergency benefit payments, you may owe taxes on this money. While the thought of owing money may be scary, if you delay filing you can miss out on helpful benefits and credits. For example, by filing every year and regularly updating your personal information, the

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, It may be necessary to suspend both of those services until the current situation resolves.

CLASSIFIED SAFETY NOTICE: Don't take extra chances around others who may or may not have Covid-19. Keep your distance wear a mask and use sanitizer when necessary! Be safe!!!

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# Dentures on Implants

## Take the next step

A dental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants can provide an excellent solution to secure teeth and prevent bone loss.

Bone loss in the jawbone occurs when there has been extraction of natural teeth.

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

Apart from being able to smile, eat, speak and look better; dental implants are well known in their ability to stop bone loss and the onset of poor facial profile.



Natural Teeth



Resorption: 10 Years



Resorption: 30 Years

### What Is A Dental Implant?

A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

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.



Implant Retained Denture  
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.

### Who is a Candidate for Dental Implants?

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.

### What is the cost of dental implants?

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.

Call for a complimentary consultation!

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*"Confidence starts with a Smile."*



**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS

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

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