

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

# TODAY'S SENIOR® NEWSMAGAZINE



Montreal's Historic Heart Visiting New France By Chris Millikan - page 17

MAY - 2021

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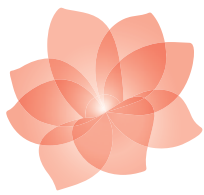




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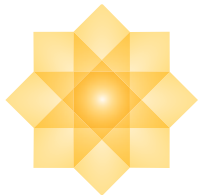
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# ACCORDION TO DAN



The pandemic certainly has changed everything, including entertainment centres. That became rather obvious when the River Rock Theatre complex in Richmond was converted to an immunization centre for people like myself to be vaccinated. People wearing the mandatory masks, sitting at tables meters apart and being instructed about the Pfizer vaccine as they received that necessary jab on the arm. I wonder how many people wish they could order a drink. Wow, the surroundings felt surreal. The volunteers were friendly and helpful. It was a bit of a gamble trying to inject a bit of humour, but I took a chance anyway. As I was being directed to the room where the shots were being given, I said to a volunteer "I guess there won't be a Paul Anka show today?" By golly, the volunteer laughed.

Ironically, this morning before typing this article on an older laptop and at times rather temperamental, I had heard William Shatner being interviewed on the CBC Radio Program Q with Tom Power. Canada's Star Trek hero has turned ninety. It was a very special interview. And one of the points that Shatner focused on was the importance of comedy and how there is nothing more satisfying than laughter for a performer.

What influenced me to mention Paul Anka at the River Rock? I happen to be totally immersed during the past weeks reading his book, *My Way*, for the second time. Reading the book again after many years is like discovering a brand new book! Especially for seniors like myself who tend to be forgetful. I also recently dug up an even older show biz book written by Steve Allen called *More Funny People*. Both books come highly recommended. They teach you so much about 'show biz' and song writing.

There are many people today who love to write songs and only a very few become successful and wealthy. The following bit of lyrical rhyme suggests that most of these melodic scribes are poor and yet rich because of the magic of music. Let me prove it to you.

## BIG FAT WALLET

I got a big fat wallet, so fat it's completely bust. I had to put a rubber band around it. All those song sheets stuffed in it are a must. All I got is a couple of bucks in my pocket and a key to that one room place and my guitar. I almost had to hawk it, just to keep up with the human race.

I got to dream, got to dream, got to dream, don't care if it's right or wrong, got to fight, got to fight, got to fight, don't care if it's right or wrong. I like to wake up at dawn sing many a song and fall asleep listening to the morning news. I guess that's why I got that big fat wallet, so fat it's completely bust. I had to put a rubber band around it. All those new songs sheets stuffed in there are a must!

We don't care about fame or fortune or getting those latest things. We just want to get a small portion

of the magic music brings. That's why all song writers are rich. They even have their own bands! Rubber bands holding all those latest hits stuffed into their big fat wallets.

## A BOULEVARD WITH LOTS OF STARS

Back in the early sixties, this photography student had a free room in Hollywood. It was for a small organization that had weekly meetings. All I had to do in return was clean up their hall, set up chairs and take them down. Two blocks away was the Perry Mason studios, a block the other direction, Hollywood High and a minute walk to Hollywood Boulevard. The following song evolved recently thinking back to those days.

## THE STARS

Hollywood Boulevard, the sidewalk stars, those agencies all the way from Wilshire to Vine. The discoveries made at places like Schwab's and the bars and the values that became yours and mine.

On Sunset Blvd. the quick rise to fame and the trappings of success that often followed. The palm trees, the private swimming pools, being part of 'the game' and the moving images us kids, for so many years, we swallowed.

Today, many of the stars have written their own books. What it was like maintaining the pace. Kept going, with chemical hooks, those highs and oh, those lows, so many would face. The ideals a lot of those pictures taught us. Mesmerized, entertained, enchanted. Walking that yellow brick road riding that fantasy bus. Far removed from what reality ever granted.

Here we are after all those years, back on that famous boulevard with sidewalk stars. Remembering some of those agencies from Wilshire to Vine. It brings back a well rehearsed Hollywood Hill's line. What's life been like being a star? "Why...darling...it's been simply...divine."

## A PARTING SHOT

Next time someone exclaims, "I got the vaccine," an appropriate response might be, "Hey, congratulations. I was wondering why you look 'Pfizer'!"

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Search for Song CD's by Dan Propp via [cdbaby.com](http://cdbaby.com) and also [www.soundcloud.com](http://www.soundcloud.com)

Pictured: Plus books via [www.amazon.ca](http://www.amazon.ca) A bit of Hollywood scenery, taken around 1963. Illustrating the latest technology, the wonder of portable black and white TV! Does that bring back a senior memory? (Photo: Dan Propp)

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# 5 WAYS THE PANDEMIC HAS IMPROVED OUR FINANCIAL MANAGEMENT SKILLS



While the pandemic has caused money stress for many, it's also forced us to reevaluate how we approach our finances, which can have a positive impact. It's a habit that would be smart to keep as we move forward.

"Post-pandemic, Canadians should continue to think closely about their personal finances to better maximize their budgets in the short and long term," advises Vanessa Bowen, money expert.

To help you get started, Bowen shares five key ways the pandemic has actually improved our financial management skills, according to new data released by PC Financial.

1. We're paying more attention to our finances.

A whopping 57 per cent of Canadians now pay more attention to their finances, which can lead to less apathy and smarter spending habits. Pay-

ing close attention to our finances also helps us better prepare for the unexpected, so we should continue this when we're feeling more secure.

2. Our budgeting habits have increased. More than 4 in 10 of us say our money and budgeting habits have improved.

"Creating a budget is one of the best ways to stay on top of your finances and control spending," says Bowen. "A budget puts you back in control and allows you to tell your money where to go, instead of your money going wherever it wants to."

3. We're taking control of our spending. Two-thirds of us are planning to or are already taking steps to better control our spending. Post-pandemic, you can better control spending by leveraging loyalty programs that offer rewards for every transaction, making every dollar go further.

4. Smart spending gives us a sense of accom-

plishment. Over a third of us say smart spending was our top financial accomplishment of the last year.

"Smart spending can be easy, especially when you can take advantage of innovative banking products that allow you to take your dollar even further," says Bowen. "Even our bills can become a budgeting tool with products like the new PC Money Account, which rewards you with points for bill payments."

5. We're saving more money. Over half of us say savings will be more important post-pandemic compared to pre-pandemic. Spending smarter will ensure there is money left over for bigger financial goals like becoming debt-free and building an emergency fund.

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## QUICK TIPS TO REFRESH YOUR MEDICINE CABINET

Warmer weather means it's the perfect time to deep clean your home or refresh your wardrobe for the warmer weather. But when it comes to your medicine cabinet, what should stay and what should go? Here are some easy tips to spruce up your medicine cabinet and get the most out of your products.

Check your expiry dates

When was the last time you checked the expiry dates on the items in your medicine cabinet? The expiry date listed on a cosmetic product means it's good until that date if the product is unopened or never used — but once you've opened the packaging, its shelf life starts winding down. As a rule, your products are only good for about a year from when you open them, so check their best-by dates, especially for products at the very back of your cabinet.

Save space with multi-purpose products Bathroom storage space is often limited, so purchasing multi-purpose products — like a toothpaste that prioritizes gum health, gently whitens

teeth and fight cavities all at once — is ideal and lessens the need to buy multiple products. The new Colgate Renewal Gum Revitalize toothpaste

features a specialized formula that helps reverse early gum damage and reduces bleeding and inflammation for healthy and revitalized gums.

Re-stock your cabinet by season The moisturizers and beauty products you use in winter are often too heavy for your skin in spring and summer. The air is dryer in winter, requiring a heavier-duty moisturizer to compensate. If your skin is feeling oily as the weather warms up, switch to a lightweight facial moisturizer and foundation made for your skin type. And don't skip this step if your skin is naturally oily — you still need a good daily moisturizer to keep your skin hydrated, supple and balanced.

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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



# HOW TO KNOCK OUT INVASIVE SPECIES FROM YOUR YARD



If you have a backyard or garden you tend to, you understand how devastating invasive plant species can be. On a larger scale, they wreak havoc on plants, biodiversity, wetlands and farmers' fields.

Invasive species are more than a nuisance to gardeners and farmers — they can crowd out the surrounding native vegetation, wipe out important natural habitats and choke out wildlife. The plants compete with native vegetation for sunlight, moisture and nutrients.

According to Environment and Climate Change Canada, the economic impact of invasive plants in crops and pastures is \$2.2 billion each year. This is because invasive plants reduce crop yields and quality, while increasing costs of weed control and harvesting.

One example is wild parsnip, which forms dense stands that spread quickly. Native to Europe and Asia, the plant was brought to North

America by European settlers. Wild parsnip was originally grown for its edible root, but has gotten out of hand and is now spread across the country.

The seeds of wild parsnip are easily spread by wind, water and even a mower. While the root is edible, the sap can cause human skin to react to sunlight, triggering burns, rashes or blisters.

For a small infestation, it may be possible to dig the root in the spring. But this is often difficult for large infestations.

In most cases, herbicides are the best way to tackle invasive species. Unlike other removal methods, herbicides get to the root of the problem, effectively killing the entire plant.

And these tools are safe to use. Before any pesticide can be sold, it must be approved by Health Canada. Our regulatory process is stringent, world renowned and ensures all pesticides used are safe for both people and the environment.

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# SPENDING TIME OUTSIDE CONTRIBUTES TO OUR WELL-BEING

While it's no surprise that being outdoors contributes to better physical health, studies show it also improves mental health. And now, COVID-19 restrictions have made us value the outdoors even more.

Being outside allows us to take part in socially distanced meetings with our families and friends, boosting overall well-being. Curbside visits are now a regular part of our social calendars. Going for walks and enjoying parks, sports fields or our own backyards has shown to provide enjoyment for families and contribute to healthier communities.

It's not uncommon for green spaces to come under threat from insects, weeds and diseases, but there are tools like urban pesticides that can help manage these threats and keep outdoor spaces healthy and enjoyable.

They come in consumer formulations that are specifically made for use by homeowners as well as commercial products designed for use by people with specialized training, like lawncare and landscaping companies.

Pesticides are effective and safe. Before any pesticide can be sold, it must be approved by Health Canada. Canada's regulatory process is stringent, world renowned, and ensures all pesticides used are safe for both people and the environment.

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## REDUCE THE SPREAD OF COVID-19. WASH YOUR HANDS.

**1**

Wet hands with warm water

**2**

Apply soap

**3**

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**4**

Rinse well

**5**

Dry hands well with paper towel

**6**

Turn off tap using paper towel

palm and back of each hand

between fingers

under nails

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## FINANCIAL NEWS

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

### Federal Budget 2021

By Sun Life Global Investments Tax & Estate Planning Team

COVID-19 upended the finances of governments around the world. And after nearly two years without a federal budget, Finance Minister Chrystia Freeland has delivered a sweeping fiscal blueprint for 2021 and the years beyond.

It includes funding for a national childcare program, housing, transit, green technology and extension of COVID-19 wage and rent subsidies. The budget also contains new tax measures, with the deficit expected to reach \$154.7 billion this year on top of nearly \$354 billion in 2020.

To help you understand how the 2021/22 budget affects individuals financially, our Tax and Estate Planning Team has provided this analysis. Here are the highlights.

**I. Measures concerning individuals**  
**Establishing a Canada-Wide Early Learning and Child Care System**

The federal government will work with provincial, territorial, and Indigenous partners, over the next five years, to build a Canada-wide, community-based system of quality child care.

The federal funding would allow for:

- A 50% reduction in average fees for regulated early learning and child care in all provinces outside of Quebec, to be delivered before or by the end of 2022.

- An average of \$10 a day by 2025-26 for all regulated child care spaces in Canada, outside of Quebec.

**Helping Seniors**

The government will increase the Old Age Security (OAS) for seniors 75 and over in two steps:

- Provide a one-time payment of \$500 in August 2021 to OAS pensioners who will be 75 or over as of June 2022.

- Increase regular OAS payments for pensioners 75 and over by 10 % on an ongoing basis as of July 2022; thereby providing additional benefits of \$766 to full pensioners in the first year and indexed to inflation thereafter.

**Improving Access to the Disability Tax Credit (DTC)**

- Update the list of mental functions of everyday life that is used for assessment for the DTC, using terms that are more clinically relevant, thereby making it easier to assess, reduce delays, and improve access to benefits.

- Recognize more activities in determining time spent on life-sustaining therapy and to reduce the minimum required frequency of therapy to qualify for the DTC.

The government will undertake a review of these changes in 2023.

**Increase in the Federal Minimum Wage to \$15**

The Government proposes to establish a \$15 Federal Minimum Wage, rising with inflation, with provisions to ensure that where provincial or territorial minimum wages are higher, that wage will prevail.

**Enhancing the Canada Workers Benefit**

The government would raise the income level at which the Canada Workers Benefit (CWB) starts being reduced to \$22,944 for single individuals without children and to \$26,177 for families. The CWB provides low-income workers with a tax refund—up to almost \$1,400 for single individuals without children and \$2,400 for families.

- As well, the Budget 2021 proposes to allow secondary earners to exclude up to \$14,000 of their working income when income-testing the CWB.

**Providing Additional Weeks of Recovery Benefits**  
To provide up to 12 additional weeks of Canada Recovery Benefit to a maximum of 50 weeks. The first four of these additional 12 weeks will be paid at \$500 per week. As the economy reopens over the coming months, the government intends that the remaining 8 weeks of this extension will be paid at a lower amount of \$300 per week claimed.

**To extend the Canada Recovery Caregiving Benefit an additional 4 weeks, to a maximum of 42 weeks, at \$500 per week, in the event that caregiving options, particularly for those supporting children, are not sufficiently available in the interim as the economy begins to safely reopen.**

**Helping Youth and Students Build Job Skills and Connect with Employers**

The government proposes to invest in the Student Work Placement Program in 2021-22 to support work-integrated learning opportunities for post-secondary students. This funding would increase the wage subsidy available for employers to 75 %, up to \$7,500 per student, while also increasing employers' ability to access the program.

**Providing Relief from Student Debt**

To provide even further support to students and recent graduates, and reform the Canada Student Loans Program. The new Canada Student Financial Assistance Program proposes to:

- Extend the waiver of interest accrual on Canada Student Loans and Canada Apprentice Loans until March 31, 2023.

- Increase the threshold for repayment assistance to \$40,000 from \$25,000 for borrowers living alone, so that nobody earning \$40,000 per year or less will need to make any payments on their student loans.

- Double the Canada Student Grants for two additional years until the end of July 2023.

- Extend disability supports to recipients whose disabilities are persistent or prolonged, but not necessarily permanent, giving those individuals access to up to \$22,000 in grants, in-study supports specialized repayment assistance on their loans.

**Extending Federal Supports for Adults Who Return to School Full-Time**

- To extend the \$1,600 adult learner top-up to the full-time Canada Student Grant for an additional two school years—until July 2023.

**Interest-free Loans for Retrofits**  
Help homeowners complete deep home retrofits through interest-free loans worth up to \$40,000 from the Canada Mortgage and Housing Corporation. Loans would be available to homeowners and landlords who undertake retrofits identified through an authorized EnerGuide energy assessment.

**Rural and Northern Communities**  
Extend the Northern Residents Deduction, starting with the 2021 taxation year, to include Northerners without employer-provided travel benefits, thereby allowing them to claim up to \$1,200 in eligible travel expenses.

**Luxury Tax**

Effective January 1, 2022, a tax will be introduced on the sale, for personal use, of luxury cars and personal aircraft with a retail sale price over \$100,000, and boats, for personal use, over \$250,000. The tax would be calculated at the lesser of 20% of the value above the threshold (\$100,000 for cars and personal aircraft, \$250,000 for boats) or 10% of the full value of the luxury car, boat, or personal aircraft.

The tax would generally apply at the final point of purchase of new luxury vehicles, aircrafts and boats in Canada. In the case of imports, application would generally be either at the time of importation (in cases where there will not be a further sale of the goods in Canada) or at the time of the final point of purchase in Canada following importation.

Upon purchase or lease, the seller or lessor would be responsible for remitting the full amount of the federal tax owing, regardless of whether the good was purchased outright, financed, or leased over a period of time.

Exports will not be subject to the tax, in line with their treatment under other taxation regimes.

The GST/HST would apply to the final sale price, inclusive of the proposed tax.

**Tax on Unproductive Use of Canadian Housing by Foreign Non-resident Owners**

Effective January 1, 2022, implement a national, annual 1% tax on the value of non-resident, non-Canadian owned residential real estate that is considered vacant or underused. The tax will require all owners, other than Canadian citizens or permanent residents of Canada, to file a declaration as to the current use of the property, with significant penalties for failure to file.

Source: Sun Life Global Investments April 20 2021

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**Rick C. Singh**  
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## THE PHARMACIST REVIEW

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

### "MAGNESIUM: NOT JUST FOR BONES

It is popular knowledge that magnesium is needed for strong bones, but did you know that this tiny mineral has many other uses in the body, structurally and metabolically? Magnesium is often used to relax the body and mind. It is in our bones, joints, DNA, muscles. It takes part in muscle movement and heart rhythm. Over 300 biochemical processes in the body require magnesium. Yet, many Canadians are deficient in this mineral. Some disease states can put your body at a low-magnesium state; examples include Crohn's disease, chronic diarrhea, diabetes, and alcoholism.

Magnesium is not made by our bodies, but can be sourced in our diet, and can also be supplemented orally as necessary; intravenous or intramuscular forms are used in clinics to treat, eg., seizures. For example, dairy, meats (including fish), whole grains, legumes, seeds, nuts, and some vegetables such as spinach and okra are rich in magnesium. Unless you have bowel obstruction, heart block, myasthenia gravis, or kidney failure, you can try a magnesium supplement.

Supplemental magnesium is most often found in citrate, oxide, malate, and glycerophosphate forms due to their cost-effectiveness. People with fibromyalgia often benefit from the citrate and malate forms. Often, the best form of magnesium is the bisglycinate form. It is not expensive, and is highly absorbable and readily used up by the various biochemical processes. It can alleviate headaches, muscle aches, spasms, cramps, restless legs, benefit PMS symptoms and aide relaxation and sleep, just to name a few. Magnesium bisglycinate is available in a delicious lemon/lime or raspberry drink powder from Duncan, BC's own Purica or in a variety of oral capsule strengths from CanPrev. We have seen great results in clients using either one.

Chat with your doctor to rule out any diseases, then come see the Integrative Pharmacy Teams at Cloverdale Pharmasave and Pharmasave Steveston Village to find the best magnesium supplement for your needs.

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

## DIPS FROM AROUND THE WORLD



Finger foods are universally loved by kids and adults alike for their no-fuss, no-muss nature, but they could not exist without their trusty companion: the dip. Canadians may first think of ranch sauce or garlic aioli when asked about our favourite dips, but this staple can be as varied and creative as your imagination allows.

Typically made using local ingredients, dips can contain just about anything including vegetables, grains, dairy, oils and spices, elevating the taste of the foods they're combined with.

Middle Eastern cuisine sees dips being made with eggplant, chickpeas, yogurt and so much more. Their Indian counterparts are often loaded with veggies and spices, while East Asian cuisine offers a wide array of dips accompanying everything from rolls to edamame to dumplings and everything in between.

Get the full scoop on some of the world's most delicious cuisines by exploring their local flavours through dips.

#### Tahini Dip

Prep time: 5 minutes

Serves: 4

Ingredients:

1/2 jar (80 g) Al'Fez Natural Tahini

4 tbsp (60 mL) cold water

1 tsp (5 mL) lemon juice

1 garlic clove, crushed

1/2 tsp (3 g) salt

Pepper, to taste

Parsley, to taste

Directions:

Combine tahini, water, lemon juice, garlic, salt, pepper and parsley in a small bowl and whisk together.

#### Lime, Pickle and Yogurt Dip

Prep time: 5 minutes

Serves: 2

Ingredients:

3 tbsp (45 mL) Patak's Lime Pickle

1/3 cup (100 g) yogurt

3 tbsp (45 mL) cream

Directions:

1. Mix all ingredients in a bowl and blend to a smooth dip. Serve with naan bread.

#### Baked Camembert with Sweet Chilli

Prep time: 1 minute

Cook time: 20 minutes

Serves: 4

Ingredients:

1 camembert wheel (packaged in a wooden box)

2 tbsp (30 mL) Blue Dragon Thai Sweet Chilli Sauce

Directions:

Remove camembert from box, remove and discard the waxed paper wrapping the cheese and replace the cheese in its box.

With a sharp knife, cut a neat circle into the centre of the cheese to create a well, reserving the rind/cheese that has been removed.

Fill hole with sauce, then top with reserved rind (you may need to trim the excess cheese from under the rind to make it fit).

Replace wooden lid, place on a baking sheet in a 400°F (200°C) pre-heated oven and cook for 20 minutes or until cheese has melted and sauce can be easily stirred into the molten camembert.

Serve with veggie sticks.

#### Mango-Coco Dip

Serves: 2

Ingredients:

1/2 cup (125 mL) Patak's Sweet Mango Chutney

3 tbsp (45 mL) coconut cream

Directions:

Purée chutney in a blender or finely chop it on a cutting board.

Pour into a saucepan and stir in coconut cream. Cook on medium heat until most of the water evaporates.

Serve with naan bread.

Discover more dips and other recipes at [tasteadventure.ca](http://tasteadventure.ca).

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## Straight from the Horse's Mouth

By Mel Kositsky

The thoroughbred racing season in British Columbia is hoping to begin this month while harness racing at Fraser Downs in Cloverdale was forced to shut down operations for this year two weeks earlier in mid-April due to a lack of funding. At this point there is much uncertainty within the horse racing and breeding industry in this province -- and across Canada. Meanwhile racing in the United States is thriving through Internet betting and some states are starting to allow fans to attend the races with limited capacity.

If Hastings Racecourse in Vancouver starts up as planned on Monday, May 3, it will become the only racetrack operating in Canada for now. The increasing number of COVID-19 cases has also shut down harness racing in Ontario and new restrictions will delay the start of the thoroughbred season at Woodbine indefinitely. Racing in Alberta is also on hold and it is not yet known if the start of Assiniboia Downs in Winnipeg will be delayed. It is scheduled to begin on Monday, May 17.

As the result of no new funding coming to support the racing industry from the B.C. provincial government, thoroughbred racing is making major changes to its proposed season at Hastings. They are now planning a two-phase meeting starting May 3, but are only prepared to race until August 2 (25 days) with its current reserved funding. Other dates will be added depending on the Internet wagering or a change in government action. The horse industry received the disappointing news from the provincial government in a letter on March 31.

After months of lobbying there is total frustration and disappointment within the local industry but racing without fans in the stands will continue with hopes that Internet wagering will sustain the business. Hastings is planning to run Mondays and Tuesdays, with a 5 p.m. start. It was supposed to be a 51-day season running until the end of September. Now they will race Monday, May 3 and Monday, May 10

before going to a two-day week on the holiday Monday, May 24.

The racing season is now over at Fraser Downs, ending two weeks early on April 16 due to COVID financial pressures. It had resumed operations on March 17 and had planned to race until April 30. The following media release on April 16 explains what is happening at the Cloverdale harness racing track. Harness racing has been a fixture at Fraser Downs in Surrey for many decades, supporting decent livelihoods for families and an agricultural way of life. But as B.C. enters year two of the COVID-19 pandemic, horse racing in the Fraser Valley is facing difficult times.

"Because of COVID, we've been forced to suspend all racing indefinitely after the last race tonight and 135 workers will be unemployed," says Nigel Holmes, executive director of Harness Racing BC. "We have no choice—we've literally run out of money to operate at the track. It means our regular spring racing meet will end early, and prospects are not good for our regular fall meet, unless we are able to negotiate some form of short term COVID financial support from the BC government," Holmes said.

Horse racing groups are facing financial challenges because of the closure of the casino connected to Fraser Downs, and a similar track/casino complex at Hastings Racecourse in Vancouver. Under a long-standing agreement with the province, thoroughbred and harness racing groups receive a share of slot machine revenue generated at the casinos.

"It's money we use to sustain the industry, run races, hire workers, pay the purses, maintain the track, stable horses, and fund a host of agricultural support programs for breeding, rearing and training," Holmes says. "But casinos were closed early in 2020, and that revenue source has dried up—with significant consequences."

Holmes says his group would like to renew discussions with Victoria about possible emergency support measures that will help the industry make it through 2021 and be able to flourish as B.C. recovers from the pandemic.

"We are committed to finding a way to survive this year. Those involved in harness racing are very passionate about its place in our sporting and agricultural communities. In the coming days and weeks, we will be making that case as we meet with government representatives," he says.

In addition to the 135 layoffs, Holmes says the suspension of racing will impact on the local economy. He says the horse racing industry will no longer be purchasing a full range of goods and services from businesses including feed suppliers, hay sales, veterinarians, and farriers—many of which are multigenerational, locally owned businesses.

In Ontario, Woodbine Entertainment announced that the 2021 Thoroughbred Meet at Woodbine Race-track has been postponed.

Woodbine Entertainment also confirmed that it is continuing its efforts with government officials and local health authorities to be permitted to safely operate live racing during a lockdown situation which would allow the Thoroughbred season to commence after the stay-at-home order is lifted. The season was scheduled to begin on April 17.

"This is very difficult news to share with our horse people, horse players and fans throughout North America and the

world," said Jim Lawson, CEO, Woodbine Entertainment in a news release. "Since the beginning of the pandemic more than a year ago, we have supported the Government of Ontario every step of the way and will continue to do so."

"However, if we do not receive permission to safely operate live racing during a lockdown situation after the stay-at-home is lifted, our industry and business could be greatly impacted as trainers will not bring their horses to Woodbine Racetrack and more horses will be shipped-out to the United States where there are plenty of racing opportunities. This situation has the potential to have a devastating and long-lasting impact on the thoroughbred industry in Ontario."

Meanwhile the racing world is preparing for the annual Kentucky Derby, which will be run again on the first Saturday in May at Churchill Downs, which opened April 24. Last year due to COVID the famed Derby was delayed until September.

A total of 18 stakes events are scheduled to be run Kentucky Derby Week led by the \$3 million Kentucky Derby presented by Woodford Reserve (GI) on Saturday, May 1. There are six graded stakes events on the undercard of the Derby: the Old Forester Bourbon Turf Classic, the \$500,000 Derby City Distaff presented by Kendall-Jackson Winery (GI), the \$500,000 Churchill Downs presented by Ford (GI), the \$500,000 Longines Churchill Distaff Turf Mile (GII), the \$500,000 American Turf (GII) and the \$500,000 Pat Day Mile presented by LG&E and KU (GII).

The Kentucky Oaks undercard is topped by the \$500,000 La Troienne (GI). Also run on the undercard will be the \$400,000 Alysheba presented by Sentient Jet (GII), the \$300,000 Eight Belles presented by Smithfield (GII), the \$300,000 Edgewood (GII) and the \$250,000 Twin Spires Turf Sprint presented by Sysco (GII).

## 5 WAYS YOU CAN MANAGE PAIN WITHOUT DRUGS

For anyone living with a chronic condition, medication can make a world of difference to ease your symptoms. But according to the Arthritis Society, there's also a lot you can do to manage pain without drugs.

### 1. Physical activity

Regular physical activity can help relieve arthritis symptoms, reduce pain, and improve your overall health. Exercise can also strengthen your muscles, which is crucial to supporting your joints. Stay as active as your health allows. Some physical activity is always better than none.

### 2. Meditation

While meditation can't take away pain, research shows it can help you approach and manage it in a healthy way.

### 3. Heat and cold therapy

The use of gentle heat may help relax muscles and stimulate circulation, thereby decreasing pain. Cold therapy – in the form of frozen gel packs or ice – can reduce inflammation and swelling during a flareup. After using heat or cold, gently move the arthritic joint to reduce stiffness.

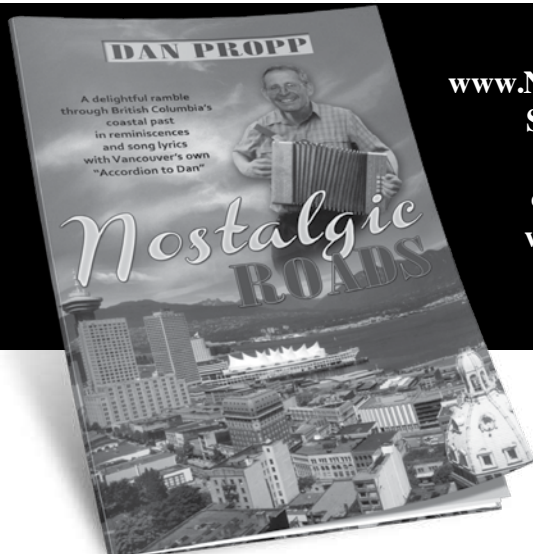
### 4. Rest

While physical activity can be beneficial, listening to your body and resting when you notice pain, swelling or increased heat around an affected joint can reduce the length of a flareup.

### 5. Massage therapy and acupuncture

These treatments are helpful for some people. Consult your physician before trying them for yourself and use a registered practitioner if you do.

Find more ideas at [arthritis.ca](http://arthritis.ca).  
[www.newscanada.com](http://www.newscanada.com)



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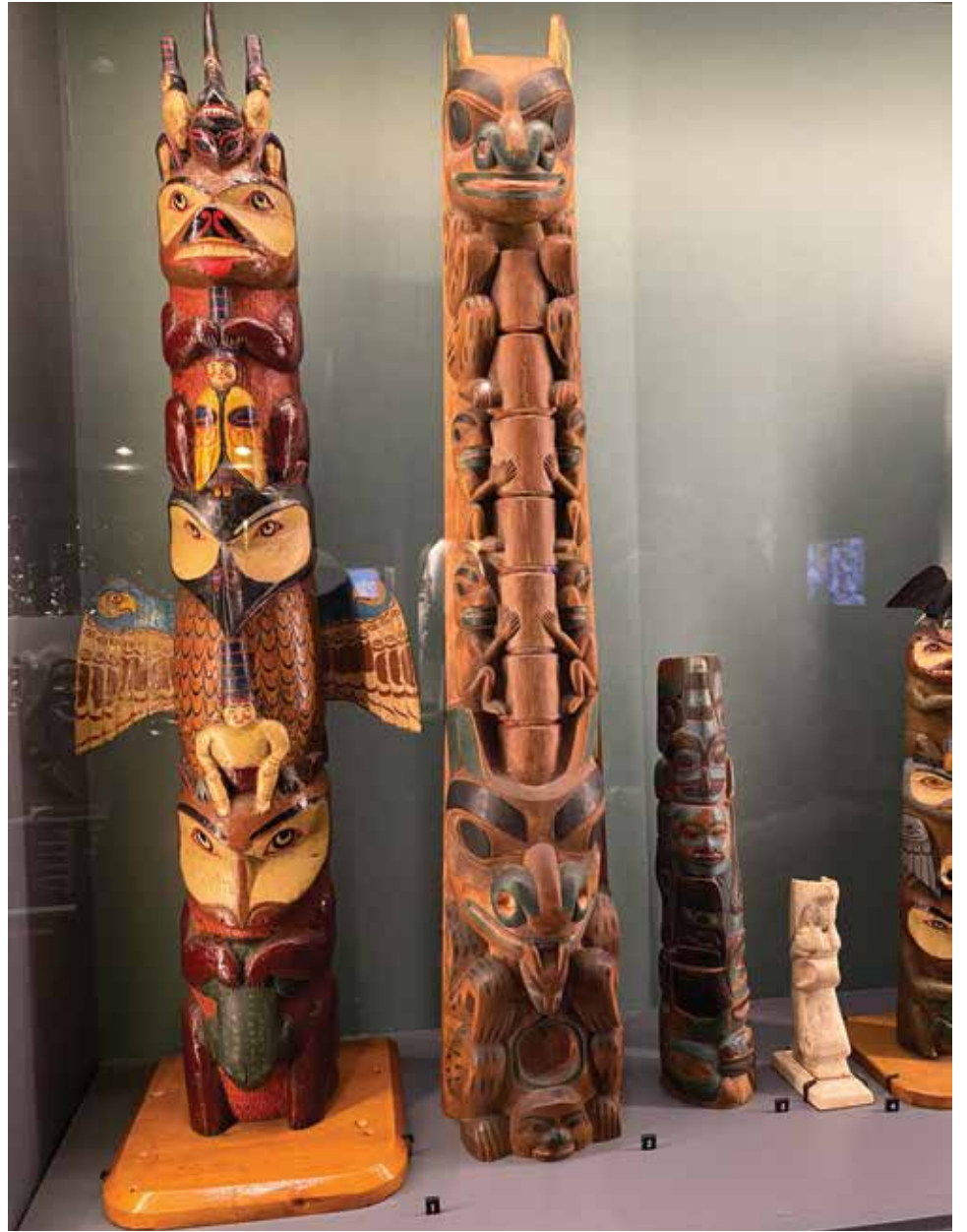
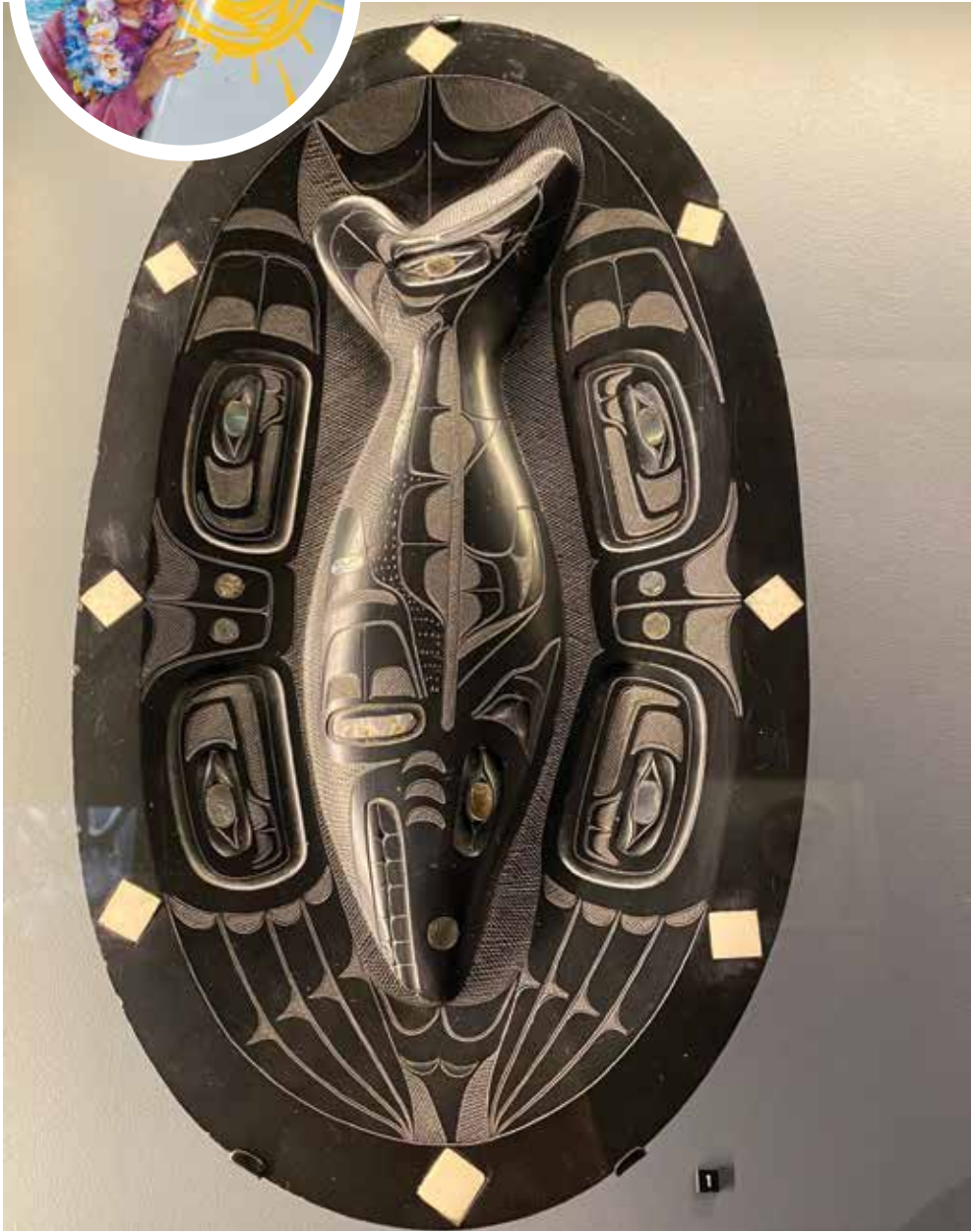
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# HAIDA ART AT MUSEUM OF VANCOUVER



Article & photos by Lenora A Hayman.

Due to the pandemic travel restrictions, we cannot travel to Haida Gwaii, so I was thrilled to visit the exhibition Haida Gwaii Now: A Visual Feast of Innovation and Tradition at the Museum of Vancouver in Vanier Park, 1110 Chestnut St., Vancouver. 604-736-4431 until Summer 2021.

Haida Curator Kwiaahwah Jones from the Haida Gwaii Museum and Viviane Gosselin, Co-curator and Director of Collections and Exhibitions at MOV have joined forces to showcase more than 450 Haida pieces.

Haida Gwaii is 670 km north of Vancouver and 130km from the mainland. It consists of 2 main islands, Graham Island, where Old Masset and Skidegate are located, Moresby Island, and also approximately 150 smaller islands.

Argillite, found only in Haida Gwaii, is a type of black rock that is transitional between slate and shale. The quarry is owned by the Haida, who have the sole right to use it. Exquisite argillite plates, poles and sculptures with inlays of abalone, animal bone and ivory are on display.

Finely woven yellow and red cedar root and spruce root basketry woven hats and cloaks, Chilkat blankets, and totems or story poles are exhibited.

Years ago Haida Watchmen raised the alarm in a village to warn of an approaching intruder. Now from May to October Haida Gwaii Watchmen, funded by Parks Canada, provide employment for Haida men and women, who offer an introduction to Haida culture. I was told that during the summer,

men and women work at 5 isolated cultural sites in Gwaii Haanas and only 12 folk can visit at one time. The Gwaii Watchmen Program symbol is 3 carved watchmen.

The Museum of Vancouver is open Wed-Sun, 10:00am-5:00pm, but please phone 604-736-4431 for reservations.

**PICTURED** Top Left: Argillite carving.

Top Right: Model Haida wooden totem or story poles. (1800).

Bottom Right: Cedar root & spruce root basketry woven hats & cloaks.



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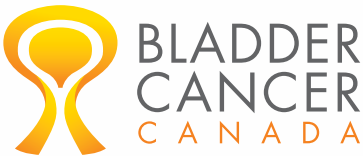
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## GRADUATION, PANDEMIC - WHERE TO FROM HERE?

By Ursula Maxwell-Lewis

*"The two most important days in your life are the day you are born and*

*the day you find out why", wrote Mark Twain.*

Although the quote makes me smile (and we sure need as many of those as we can get) I wonder if Mark ever really discovered or defined that second important 'why' day.

My youngest grandson's high school graduation is next month. Thinking about it reminded me of a proud mom overheard in a hairdressing salon years ago. Her daughter's dress had cost (by anyone's estimate) a small fortune. There were the costs of all the extras: hairdos, nails, a spa treatment, banquet, parties. The list went on. "After all, it's the most important day in her life," explained the proud mom. After exchanging "Seriously?" looks, my hairdresser and I tried to figure out what we thought had been our most important day to date. Despite much deliberation and laughter the question remained unresolved.

Last week the salon scenario crossed my mind again. I was studying my youngest grandson's grad picture proofs. His mom asked which one I'd like. I was having some difficulty.

She explained that Kaden's pals all turned up resplendent in suits for their grad photo shoots, as one does. Kaden, however, appeared in a clean blue collared shirt, jeans, his grad robe and insisted on proudly holding a pale blue gas cylinder the length of his upper body.

Mortar boards were, for some incomprehensible reason, not allowed at his school this year.

Admittedly one tends not to say 'gas tank plus mortar board' in the same breath.

The grin on his cheeky face indicates that he's perfectly aware of that and knows exactly what he's doing. Fixing cars and high tech are his passions. He's made his statement. That's who he is. That aside, he did concede to grant one frame holding his graduation certificate.

He's not exactly opposed to dressing up, though. He did agree to wear a black tux... once... he was six.

It had been given to him for some event.

Everyone gushed. "How adorable!" "So cute!"



Graduating with gas in your tank, and a diploma. Photo: Courtesy Munro Family

"Wow! Handsome!"

For weeks his mother couldn't get it off him. School, church, grocery store. All good. Fortunately he outgrew it fairly quickly, but he sure milked it for all he was worth.

The gas tank is kind of his 'tux statement' of grad year. "You're holding WHAT?! In your grad pix?"

He was thrilled at my horror. Success!

We'll have to admit this is Kade and in the years to come we'll find out why. Doubtless it won't be dull.

At the athletic park last weekend I watched a couple of baseball and soccer players practicing.

It reminded me of years of ferrying my three kids to T-ball, softball, dancing, modelling, soccer, swim club. At the time I remember (especially at 6 am summer swim club practices in the pouring rain) thinking, "Man! I'm exhausted!"

Now I'm sympathizing with kids missing summer sport memories they won't be able to recapture. Home schooling has advantages. But, two years of childhood

isolation? Surely that can't be good.

Will pandemic memories eventually become the most important days of their lives? I hope not. Perhaps, in the end, the only message will return to being what we've always known - Carpe Diem: seize the day.

As for myself? I'm grateful for having seen so much of a world (at home and abroad) that was once so open. I confess to this, though. Without fail when I've been onboard a jet accelerating down a runway, I think the same thing: "This is who I am. This is where I'm meant to be."

Here's hoping 2021 youngsters can soon take-off to begin searching for more safe, rewarding, fun-filled happily memorable days to search for who they all really are - and that we can, too!

Congratulations to all graduates - including our crazy independent kid with his gas tank.

*Ursula Maxwell-Lewis is a life-long traveller, writer, photographer. Contact her at [uttravel@shaw.ca](mailto:uttravel@shaw.ca)*

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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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## IS YOUR INTERNET TOO SLOW? IT'S PROBABLY NOT YOU

We all know the aggravation of a school lesson that just won't stop freezing or the family video call that looks more like a photo montage. And, as we adjust to the impact of COVID-19 on our day-to-day, that slow connection can have frustrating consequences.

Working from home and learning remotely, both need fast, stable internet, something not enough Canadians have yet. Even if you have

fast devices in your home, if the infrastructure in your area is not optimal, your connection won't be either.

Right now, cities have the infrastructure needed to ensure access. But rural and remote communities are hugely underserved, with fewer than half having high-speed internet, and fewer than a third of households on reservations have high-speed connections.

Fortunately, change is coming. The Universal Broadband Fund is backing projects across Canada right now to ensure the reliable, high-

speed internet connections families need to work, study, access services online, and safely stay in touch with each other.

The fund existed before COVID, but as a response to the pandemic, its timetable has been moved up by four years to a target of 98 per cent of Canadians with high-speed internet access by 2026. With the faster pace, at least 90 per cent of us should be connected by the end of 2021.

The fund is focused on improvements in rural and remote communities across Canada to fix the disconnect between internet access for urban and rural households. This means more remote work opportunities, better access to remote learning and safer access to healthcare, no matter where you live.

It's not just for good connections at home, either. The improvements mean much better access to mobile networks on highways between remote communities. The result is better, safer navigation and access to emergency services for your family, even on the road in the middle of nowhere. Mobile projects will be focused on serving Indigenous communities and the roads leading to them.

The shape these improvements will take in your area will depend on where you live. Canada is huge, and its communities are hugely diverse, with diverse needs. Keep an eye out for local projects — they're a small part of something much bigger.

Find more information at [canada.ca/getconnected](https://canada.ca/getconnected).  
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# WRITE AS I PLEASE

By Mel Kositsky

## THE TRUTH IS "OUT" THERE -- SOMEWHERE.

It seems like we are all living in a science fiction type "reality" movie. We are all looking for answers but no one has them -- at least not yet.

It was not too long ago that we were all looking forward to the New Year, with lots of hope. We were all putting 2020 behind us and expecting 2021 to be the "Year of Recovery". So far, with one-third of the year behind us, it seems to be shaping up to be the "Year of Discontent".

The amount of negativity out there has become incredible -- just too many experts contradicting each other -- and mostly for political purposes. It is totally uncertain how long this pandemic will last. People seem to have forgotten that we are living in a "state of emergency" and as predicted the "third wave" would be worse. It is a world-wide problem and no country is better off than

another. Each one has its own problems and circumstances. If there was a great place to go to escape this terrible virus -- we would all be there!

One day we are saying Canada is the greatest place in the world to live in and the next moment we are complaining about everything that is going on here. Call it COVID fatigue or sheer exhaustion, but maybe our true nature is finally coming out. We have become a society of complainers, and for many, social media is a huge platform for them to vent their frustrations.

The major media and social media sites have become a venue for political bickering. It almost wants to make you turn off the news for good because they just don't get it. They have turned the pandemic into a numbers game and every broadcast is filled with tabulations. This is about real people and you may even know someone who has gotten real sick or died because of this COVID virus. In the last month the local media was more concerned about millionaire hockey players than "everyday" people.

It is a bit ironic that with the borders closed to the United States for the past year, people were happy to keep those Americans on their side of the border because the U.S. was supposed to be the worst place in the world for COVID. Then last month, the U.S. issued a travel warning for its citizens to stay away from Canada. With the vaccination program under way all over the world, it remains to be seen how long it takes to take effect.

This is Budget season and all orders of governments are now tabling their budgets for 2021. At least the recent federal budget had some good news for seniors. Budget 2021 proposes to provide a taxable grant payment of \$500 to Old Age

Security pensioners who will be age 75 or older as of June 2022 through statutory appropriations and to amend the Old Age Security Act to exempt this payment from the definition of income for the Guaranteed Income Supplement. Budget 2021 also proposes to amend the Old Age Security Act to increase by 10 per cent the maximum benefits payable to Old Age Security pensioners age 75 or older effective July 1, 2022. Rest assured there will be a lot more talk about this move.

If you have lots of time on your hands, you can spend it looking at all the figures presented by governments and do your own evaluations of what is going on with your tax dollars. Many may not find these fascinating documents to read, but you may be able to learn something and form your own opinions rather than accepting what the media or politicians tell you.

In B.C., the minimum wage goes up again on June 1 and for the first time it will go over a landmark figure. It increases to \$15.20 an hour from the current \$14.60. It also replaces the liquor server minimum wage of \$13.95 an hour. The various increases which come into effect in June were part of the recommendations of the Fair Wages Commission in 2018. Future increases to the minimum wage, starting in 2022 will be based on the rate of inflation.

So far the 2020 Japan Summer Olympics, postponed to the summer of 2021, are still going ahead, scheduled to begin in July. To use ancient Olympic terms, to proceed with the Games will be a colossal waste of money, with the potential of the event becoming a COVID "superspreader". Why are "saner" heads not putting an end to this potential?

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## Cozy Corner

### "Lets Talk"

By Janet Isherwood

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

Every year I try and speak about one or two local entertainer who gives generously to the senior community in our local areas.

The first time I seen a Steve Elliott's show was in New Westminster BC on the River Boat.

While cruising the wharf with friends on night, we decided on a night cap. Well, there he was down in the belly of the boat entertaining a large group of people.

My friends a violin player and organist were hooked. We all danced the night away and after the show asked Elvis for his business card.

"Steve Elliott" is a professional entertainer in BC, finds the time in his busy schedule to give the gift of music as he brings songs that people remember and enjoy from the 50-60 era while in full costume.

The crowds go crazy!

His has great humor and more importantly the time he takes after his shows to warmly introduce himself to the crowd by mingling and socializing with his followers is so appreciated by the seniors. He has been known when possible to give a private hello to those bed ridden and not able to attend.

Steve Elliott is a World Class tribute Singer and Entertainer from Vancouver BC.

A full time Entertainer / Vocalist paying Tribute to the Centuries most Celebrated Entertainer... "Elvis Presley"!

Born in Nanaimo BC, Steve started His Career in 2004 after Winning the Top Canadian Tribute Title at "Penticton's Annual Elvis Festival" as well as the "Elvis

Mania Festival" in Cloverdale BC! Steve Has had the Privilege of performing at the Vancouver PNE in 2007 performing as the "Young" Elvis marking the 50th

Year Anniversary when "Elvis" Himself performed in 1957. Hosting the Event was Legendary DJ "Red Robinson"

Again, in 2010 The Original "Empire Stadium" was resurrected to Host the BC Lions (Foot Ball) Season and Steve was invited by Red to perform a Special Half Time Show for over 25,000 Fans, marking History at this one-time Event!

Steve has the Young Elvis down to a Tee, along with the Hip swivels and classic Duck walk that made Elvis so recognizable in the 50's! Crooning through the Ballads and Rockabilly Hits, Steve is ready to Shake things up for your event!

It doesn't stop here. Steve also performs as the 60's Elvis, and the Las Vegas Years with plenty of Costumes to Flair!

The Show is set with a full backdrop, and High-tech LED lighting which really sets the Mood especially for a Las Vegas style theme! With Top quality and professional Sound Equipment and Tech Personal. We will ensure a smooth Performance to Guarantee your successful event!

Steve also excels in other Voices such as Roy Orbison, Johnny Cash, Nat King Cole, and Classic Crooners the like! Book Elvis Elite now and experience the excitement for your next Corporate, Festival, Stage Production etc.

I recommend his Gospel Hour for seniors. It is a night of reminiscing and old gospel songs that resonate with the seniors. For a booking or tapes

call 604-793-8367 or visit his Steve's web page at [www.elviselite.wixsite.com](http://www.elviselite.wixsite.com)

For all you Recreation Coordinators & General Managers out there in our senior homes, Steve produces several recorded tapes and videos that can be used to entertain your residents. I spoke with Steve and he can be reached through his web page.

Monthly humor continued.

Joke: Sent in By Bruce Riddell

Subject: Peanuts

A tour bus driver drives with a bus full of Florida seniors down a highway, when a little old lady taps him on his shoulder. She offers him a handful of peanuts, which he gratefully munches up. After approx. 15 minutes, she taps him on his shoulder again and she hands him another handful of peanuts. She repeats this gesture about eight times. At the ninth time he asks the little old lady why they do not eat the Peanuts themselves, whereupon she replies that it is not possible because of their old teeth, they are not able to chew them. "Why do you buy them then?" he asks puzzled. Whereupon the old lady answers, 'we just love the chocolate around them.

HUMOR:

A senior citizen said to his eighty-year-old buddy: "So I hear you're getting married" "Yup" "Do I know her?" "Nope" "This woman is she good looking?" "Not really" "Is she a good cook?" "Naw, she can't cook to well." "Does she have lots of money?" "Nope, poor as a church mouse." "Well then, is she good in bed?" "I don't know." "Why in the world do you want to marry her then?" "Because she can still drive!"

Look forward to speaking with you all again next month. Let us hear from you!

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

# PREPARING FOR YOUR COVID-19 VACCINE APPOINTMENT

Feeling nervous about your COVID-19 vaccine appointment? It's more common than you think and nothing to be embarrassed about. But don't let that stop you from getting your shot when it's available to you.

Here are some tips to help you feel prepared, comfortable and to ensure a positive experience. Choose the strategies that you want to use and prepare ahead of time. Using more than one strategy can be helpful.

**Before your appointment**

Ask your healthcare provider or pharmacist questions about what to expect.

Wear a short-sleeved or loose-fitting top.

If you are concerned about pain associated with the injection, you can apply an anaesthetic cream or patch before your appointment. These medicines are available without a prescription, but seek guidance from a pharmacist or healthcare provider about how to use the product. Keep in mind the product will need time to take effect, so plan ahead.

**During vaccination**

Sit upright during vaccination. If you've had incidents of fainting or light-headedness during past

injections, it may be suggested that you lie down.

Relax your arm — let it feel loose and jiggly like cooked spaghetti.

Use deep breathing to help you relax and feel calm.

If you feel dizzy, squeeze your legs together or lie down.

Distract yourself — use your phone or tablet, or have a conversation.

Finally, if you are nervous, say so. There are other tips and tricks that the clinic may have to help distract or comfort you.

**After your appointment**

The vaccine kicks your body into high gear to build up protection against COVID-19, and that can come with some mild to moderate discomfort and flu-like symptoms. Common side effects may include mild fever or pain, redness or swelling at the injection site. If you develop any serious symptoms or symptoms that could be an allergic reaction, seek medical attention right away.



Remember that most side effects from vaccines are common and temporary. Talk to your healthcare provider about over-the-counter medications that can help relieve some common side effects.

More information on the COVID-19 vaccines can be found at [canada.ca/covid-vaccine](http://canada.ca/covid-vaccine).

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

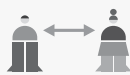
#### ✓ Risk is lower when:



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.

You can download the free COVID Alert app by visiting the App Store or Google Play on your mobile device.

For more information on COVID-19:

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

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# MONTREAL'S HISTORIC HEART VISITING NEW FRANCE



*By Chris Millikan*

Walking in old Montreal, we investigate its inspiring past. Musee Pointe-a-Calliere makes the perfect start...

Glass floors allow us to survey the archaeological site where Paul de Chomedey and thirty-five French colonists settled alongside Saint-Pierre River in 1642. Amid 18th century market sounds, we peer down at the subterranean remnants of Fort Ville-Marie's early palisade, first Catholic cemetery and the old customs square. Posted plaques depict these former town structures. In the museum's upstairs theatre, a multimedia journey carries us through six centuries of city life.

Outside, cobbled streets lead us to a granite obelisk recalling plucky pioneers who'd settled at the foot of Mount Royal. Place d'Youville, we read, developed and later vanished as the city grew. Along Rue St. Jacques today, the Trade Center dwarfs sober financial institutions left from Montreal's 'Wall Street days.' The Bank of Montreal, Canada's oldest bank endures, as well as ten-story New York Life building, once North America's tallest skyscraper.

Modeled after Rome's St. Peters Basilica, Cathédrale Marie-Reine-du-Monde is one of Canada's National Historic treasures. Similar to Saint Peters' apostles, statues of village patron saints line the roofline of Quebec's third largest basilica. Inside, the altar's red copper and gold leaf canopy evokes Bernini's Vatican artwork. Paintings of early Montreal decorate the nave's aisles.

Amid Place d'Armes, a statue of Maisonneuve, Montreal's founder tops a huge monument. Others below include Jeanne Mance, who established the first hospital. Dominating a former square, Basilica de Notre-Dame boasts a magnificent interior.

Gold leaf adorns beautiful sculpted woodwork; stained glass windows illustrate biblical stories. For two centuries, managers of church estates resided in adjacent St. Sulpice Seminary.

Fine 19th-century mansions surround Place-Jacques Cartier. Admiral Nelson's monument towers above this cobbled square. Beneath flamboyant red awnings of a sidewalk café, we toast Old Port's charming panoramas.

Hotel-de-Ville outshines most city halls. We remember that during his 1967 visit, French President Charles de Gaulle had caused quite a stir by shouting, "Vive le Quebec libre!" from its balcony. Just behind stand pieces of the high wall surrounding the original old town.

Montreal's 1704 Governor resided across the street in Chateau de Ramezay. The high-pitched, slate-roofed stone mansion accommodated his wife and sixteen children in its fifteen connecting rooms. Furnishings and artifacts exemplify their gracious lifestyle. Behind the mansion, we survey Governor's Garden. Inspired by Versailles' early botanists, fruit trees, vegetables and medicinal plants thrive in neat plots. At one time, feudal gardens like this covered two-thirds of the old fortified town.

Nearby, Canadian statesman Sir George Etienne-

Cartier resided in an early 19th century home. Dramatized audiotapes guide us through restored interiors highlighting his family's social role. Fondly recalled as 'Father of Canadian Confederation,' his achievements include development of Quebec's civil code and the Grand Trunk Railroad.

We pause at Maison-de-Pierre Calvert, most photographed of all heritage houses. The original homeowner collaborated with American Revolutionaries. In 1775, envoy Ben Franklin attended one clandestine meeting held there.

North of Old Port, Notre-Dame-de-bon-Secours represents one of Montreal's oldest chapels, built in 1771. Called 'Sailor's Church,' mariners believe the 10-meter rooftop Virgin Mary and her glorious angels safeguard them at sea. Alongside the church, 92 steps take us up to see the expanse of old town. The chapel houses a small museum chronicling the life Marguerite Bourgeoys, Montreal's first teacher. She rallied colonists to build the original chapel in 1665. Leonard Cohen's Suzanne immortalizes old port's Notre-Dame-de-bon-Secours tower.

Our explorations end at Marche Bonsecours, a 150 year-old public market. The restored two-story domed structure now encloses shops, exhibition areas and cafes.

Strolling into Montreal's inspiring history proves exhilarating, enlightening and highly enjoyable.





### 3 MUST-KNOW SUPPORT PROGRAMS FOR FARMERS

The disruption caused by the COVID-19 pandemic has put new stresses on the agriculture and agri-food industries, and farmers are feeling the pinch. But there is help for producers who need it. These federal farm aid programs can help farmers face the challenges during these difficult times.

## Advance Payment Program

The APP can offer cash advances to farmers which lets them maintain cashflow in lean times, riding out seasonal lows in business until they sell their products. The federal government has expanded the program, which can better help producers through this challenging time. Producers can receive \$100,000 of cash advancement interest-free, with total advancements of up to \$1,000,000 available, based on farm production. Specifics vary from region to region, so it's important to check the details with administrators in your area.

# Canadian Agricultural Loans Act

Loans offered to farmers under the act are an alternative to private loan options for improving or expanding their business. The federal government



guarantees 95 per cent of the loan to the lender, which means lenders take on much less risk while farmers can gain access to better interest rates and in some cases lower minimum equity requirements. Producers can borrow up to \$500,000 for land purchase or building construction and improvement through CALA, offering a more stable option for necessary expansion of their operation. Anyone looking to grow, improve or even establish a farm can benefit. It's always a good idea to compare several options.

## Farm Debt Mediation Service

This federal program is designed for producers who can't pay or have stopped paying their current

debt, or who couldn't cover that debt with the sale of their property. It brings farmers and their creditors together with a neutral mediator to reach an agreement that works for everybody. It's free, voluntary and totally confidential. Farmers already find themselves and their business vulnerable to outside factors like drought and disease, and those stresses are compounded by the effects of a pandemic economy. The mediation service offers an alternative to costly court battles, letting producers return to business as usual sooner and more confidently.

Find more information at [agr.gc.ca](http://agr.gc.ca).  
[www.newscanada.com](http://www.newscanada.com)

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

## HOW TO ACCESS KEY COMMUNITY SUPPORTS

Across the country there are all sorts of organizations, services and resources created to support people when times are tough. These include counselling programs, English as a second language and employment support and transportation for seniors to get to appointments, among many others. Think of how your local library offers learning-to-read programs or your community centre provides a food bank for those in need.

Finding the right program for your situation can be a challenge at the best of times. An Internet search

## 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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can be overwhelming and time consuming, and COVID-19 has forced organizations and governments to change the way they deliver supports, which makes things even more complicated. It's even more stressful when you're feeling desperate or someone is depending on you.

Fortunately, there's a simple phone number you can call for help to cut through all that noise. You know to call 911 for emergencies but when you are looking for other types of support, 211 is the number to dial. Whether you're looking for help with housing or food, programs for seniors, new moms, parents or young people, 211 navigators can point you in the right direction.

The team that answers the phones are highly trained to guide callers through a conversation to fully assess all of their needs, not just the issue they are calling about, and refer them to information, programs and supports that will make a difference.

211 is free and confidential. The service is accessible 7 days a week in over 150 languages. If you need non-emergency help, just dial 2-1-1.

www.newscanada.com

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# Your Neighbourhood Denturists

*Darren & Colin*



## Lower Suction Dentures

The latest in lower dentures has the industry abuzz. It is the first major advancement in denture fabrication in over 20 years.

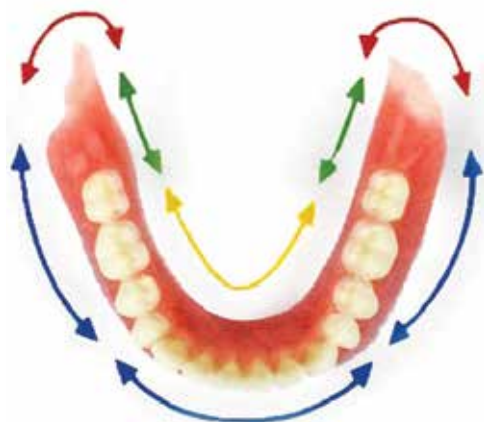
### Why The Excitement?

Denturists strive to create dentures that fit well, stay in place, and provide stability so your dentures work harmoniously with your tongue muscles and jaw movements. This is an ongoing goal for the denturist and hard to achieve with conventional dentures.

Lower suction dentures offer an excellent alternative for denture wearers who struggle with a lower denture that lifts or floats. Since the technique relies on suction, it can even work when there's advanced resorption (bone loss) of the lower jaw, an ongoing challenge for conventional denture wearers. Many lower suction denture wearers find they can eat foods they didn't dare tackle with conventional dentures.

### What Are Lower Suction Dentures?

As the name suggests, these revolutionary dentures stay in place due to suction. They do not require adhesive or dental implants to stay in place.



*No adhesive! No Implants!*

Until now, no one thought it was possible to get suction with lower dentures. The complexity of the oral cavity and muscle movements made it too difficult to create a seal.

Dr. Jiro Abe of Japan developed a special impression method that captures the natural shapes of the oral cavity. The result is a strong seal around the entire periphery of the denture and suction to hold dentures firmly in place.

This impression method requires patients to make specific sounds and movements while the impression material is in their mouth. The impression material captures the movements so that they are incorporated into the new lower denture.

### Who Is A Candidate For Lower Suction Dentures?

Lower suction dentures are an exciting option for 80% of upper and lower denture patients. A thorough oral examination can determine whether you're a suitable candidate. The denturist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your denturist determines you will not achieve full lower suction you will still benefit from the lower suction denture technique and the stabilization result. Lower suction dentures do not suit patients who have had recent extractions and immediate or post immediate dentures because the gums will continue to change as they heal from the extractions. After about a year from extractions the denture wearer may be eligible.

Call for your complimentary consultation  
604-530-9936

To learn more visit [www.yourdenture.com](http://www.yourdenture.com)  
or view our Lower Suction Denture videos on [www.youtube.com](http://www.youtube.com)

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



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