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Reflections on the past. (Photo: Dan Propp) Article page 3

JUNE - 2021

**FRASER VALLEY -
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Volume 26 - Number 8

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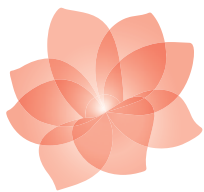
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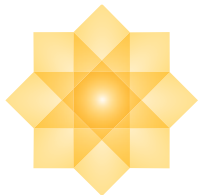


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ACCORDION TO DAN

SMALL TOWN MEMORIES

Seniors, do you remember picking huckleberries, salmon berries, going fishing, rowing a rowboat as a kid in your home town? Can you absorb all the changes you have experienced over the years? Perhaps you might still remember radios with vacuum tubes and such nostalgic words such as “Knock, knock who’s there? Its The Happy Gang! Well come on in”. How about another great memory booster such as Wayne and Schuster? No cell phones in those days except that watch Dick Tracy wore in the comic books we thrived on.

Do you recall Robert Clothier and Bruno Gerussi, the stars of the Beachcombers, a very successful CBC TV series that took place in Gibsons? That’s where I grew up. Well, I never really grew up, but that’s another story. The film set or headquarters was a restaurant called Molly’s Reach. I still remember that building. Long before the building became well known as a syndicated restaurant called Molly’s Reach, it was a government liquor store. The most successful business in town. Later the building was called Woods Hardware store.

Just down from there was the government wharf where the Union Steamships used to dock and provide transportation back and forth from Vancouver Harbour. This was around 1951. Eventually the Black Ball ferries name the Bainbridge and Quillite took over from Horseshoe Bay route. Thus the following bit of a song.

THE QUILLETTE AND BAINBRIDGE

The mountains were a clear blue summer on a perfect Howe Sound day, as the Quillite and the Bainbridge sailed back and forth from Horseshoe Bay. Between the islands of the Sunshine Coast, across the shores they moved. How those glistening waters soothed. Today there are monstrous ships, gobbling up all the cars, transport trucks, camper vans. Oh well, I guess that’s just the way things are. But I could almost see them, through the driftwood on the beach, while standing on a log as memories try to reach. A vision of those two ferry boats and a feeling deep inside of the Quillite and the Bainbridge before the changing tide.

CANADIAN ROCKIES NOSTALGIA

What a development photography has taken over the last few decades. Some of us film buffs have been fixed for good. I miss working in the darkroom, waiting perhaps a whole week for Vancouver’s Mortifee Munshaw to process my colour slides and colour prints. Now, with digital and computers, in a split second everything is captured perfectly. Its enough to make one shutter at how the world changed.

In the summer of 1960 photographic and scenic heaven became a six-week experience attending the Banff School of Fine Arts. Our instructor took us to all the major scenic sights in and around Banff, Lake Louise, Field, all over. Students soaked in the clear high mountain altitude and atmosphere with drama, painting and dance going through their minds. Photo students would develop films of images they took, in the school’s basement darkroom.

WHAT A SUMMER

I can clearly still see the Bow River and the view. Six summer weeks of ecstasy, Emerald Lake and Banff Avenue. We became family. Red Canoes and that Rocky Mountain breeze. Beautiful white barked birch trees and that tea house way above Lake Louise. It was heaven on earth just to be! The summer of nineteen sixty at the Banff School of Fine Arts. We all played our special parts. There was sculpting, painting, dance, musical theatre, you name it. Making pictures with a film camera was mine. Developing all those pictures in the school’s basement, then enlarging and mounting eleven by fourteen prints, while the atmosphere of all those artists up above, mystically filtered, into the darkroom below. What a develop-



Above: Reflections on the past.
(Photo: Dan Propp)

ment that was! I’ve never felt anything like that since. The Banff School of Fine Arts, the summer of 1960. what a memory.

ALL THOSE PENNIES

As a kid, recovering and walking home from school, there was a Ma and Pa grocery store where we could enjoy a treat. Do you recall those licorice sticks, root beer popsicles, ice cream cones, jawbreakers, double bubble bubble gum, orange crush drinks? It was amazing how a few pennies could satisfy hunger and thirst. It would return us to a mint condition. Today, in Canada the mint no longer produces the penny.

Wow, What The Dollar Was Worth When We Were Kids!

Why doesn’t our mint produce pennies anymore? Because, it doesn’t make ‘cents’. For seniors, you just can’t ‘buck’ the value the dollar used to buy. It reminds me of the cartoons we used to enjoy at our local movie theatre, called Looney Tunes. Do you remember “I’ve Got A Little List” (from the Mikado) a bouncy ditty by Gilbert and Sullivan?

In the 1950’s a penny candy used to actually cost three for a penny. The five-and-dime store actually used to sell items that cost 5 and 10 cents. You could pick items on your grocery list for less than \$1.00.

Grapes were about 12 cents a pound, so you could get an 8 pounds of grapes for a dollar. You could buy a cup of coffee for 10 cents. You could purchase popular new books for a quarter each. Today paperback books cost over \$15. Wow!

Comparing what a dollar would be worth today for purchasing a house, food, fuel, food, and jawbreakers, it’s just a few pennies!

Please visit www.Nostalgicroads.Weebly.com
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IMAGINE - A LITERARY TRIP TO BRITAIN

By Ursula Maxwell-Lewis

Thank goodness for the British Antiques Roadshow. Sometimes it

conjures up castles or estate houses I'd like to visit. Other times it reminds me of favourites I've visited - like Erddig House, a National Trust property in Wrexham, Wales where I was 'introduced' to the Spider-Brusher to the Master.

Philip Yorke (1743–1804) started the unique family tradition of creating a collection of portraits and photographs of Erddig servants, estate retainers and staff. Among the portraits (and corresponding poetry) is a painting of Mrs Jane Ebrell, a housemaid who was given the job of spider-brusher to make her continue to feel useful in her declining years. Erddig also sports an 18th century kitchen so well preserved you have the impression that everyone's just off having tea in the servants hall and will be back shortly.

Inspired by the Roadshow I decided to shake off the Covid blues and rev up the dormant travel genes.

I love 'literary travel' so - although I'm no poet - I feel William Wordsworth's upcoming 250th anniversary deserves attention, particularly since it would give me an excuse to head for the tranquil Lake District. The Lake District and Cumbria were film locations for Colin Firth and Stanley Tucci's Supernova. I rest my case.

Visit Britain has a link for a literary trip across southern England. Checking it out makes me think I should roam around Kent. Maybe what inspired Canterbury-born 16th century playwright/poet Christopher Marlowe will rub off on me.

Virginia Woolf has always rather intimidated me (I'm not alone!), but Monk's House and Charleston Farm around Rodmell, East Sussex, might give me some insight into what made her and the Bloomsbury Group tick.

Polish born writer Joseph Conrad, of major British literature fame, chose to become a British citizen and put down roots in Essex and Kent. His Canterbury cemetery tombstone bears his full name: Joseph Teodor Conrad Korzeniowski. No wonder he abbreviated it. That might be one of those 'I was there' jaunts to take.

London is synonymous with Charles Dickens, but he has Hampshire and Kent links so Dickens House Museum in Broadstairs seems required, particularly since the house may have been his inspiration for Betsey Trotwood's cottage in David Copperfield.

I'm a huge Sherlock Holmes (and Benedict Cumberbatch) fan, but didn't know that Sir Arthur Conan Doyle conjured up the famous sleuth while practicing medicine in Portsmouth. Apparently the local museum has a notable Conan Doyle Collection. Portsmouth has only crossed my radar in a grainy photo of mum and I waiting for a landing barge (or something). Perhaps revisiting for old time's sake is required.

Although I've wandered around Devon and Cornwall I've never gone in search of Agatha Christie. She was born in Torquay, but the urge to head for Harrogate, Yorkshire, for a few days



Photos By: Ursula Maxwell-Lewis

Top: Stonehenge on Salisbury Plain. Still mysterious. Must see.

Bottom: Dreaming of flying again. A Knight Falconer in Conwy, Wales, with his owl, Angel.

at the Old Swan Hotel where she vanished to for 11 days in 1929 may be required for research purposes. An itinerary linking key Agatha sites definitely seems overdue. Note to self: when in Cornwall stay at the Bodmin Jail Hotel. Shades of Daphne du Maurier and Jamaica Inn last visited on a suitably bleak windswept day.

Reflecting on Jane Austen country: Hampshire, Somerset, Dorset and West Sussex. My last visit to Bath was fast and furious so more time needs to be allocated, particularly since Bridgerton was partially filmed there, too.

That reminds me: Lyme Regis on the Jurassic Coast. Why have I never been there? No matter. I should definitely 'take the waters' as the Victorians did. And, there's the Jane Austen House Museum in Chawton, Hampshire which I've always missed. While in the (general) neighbourhood zip over to Winchester Cathedral. Hums song. Forgets words. Perhaps drop a single rose off at Jane's grave. Sigh. What a sucker for nostalgia. Obviously suffering from serious travel withdrawal. Roll on that second Pfizer shot. For more information go to www.VisitBritain.com

Ursula Maxwell-Lewis is a journalist and photographer with a passion for travel (and books).

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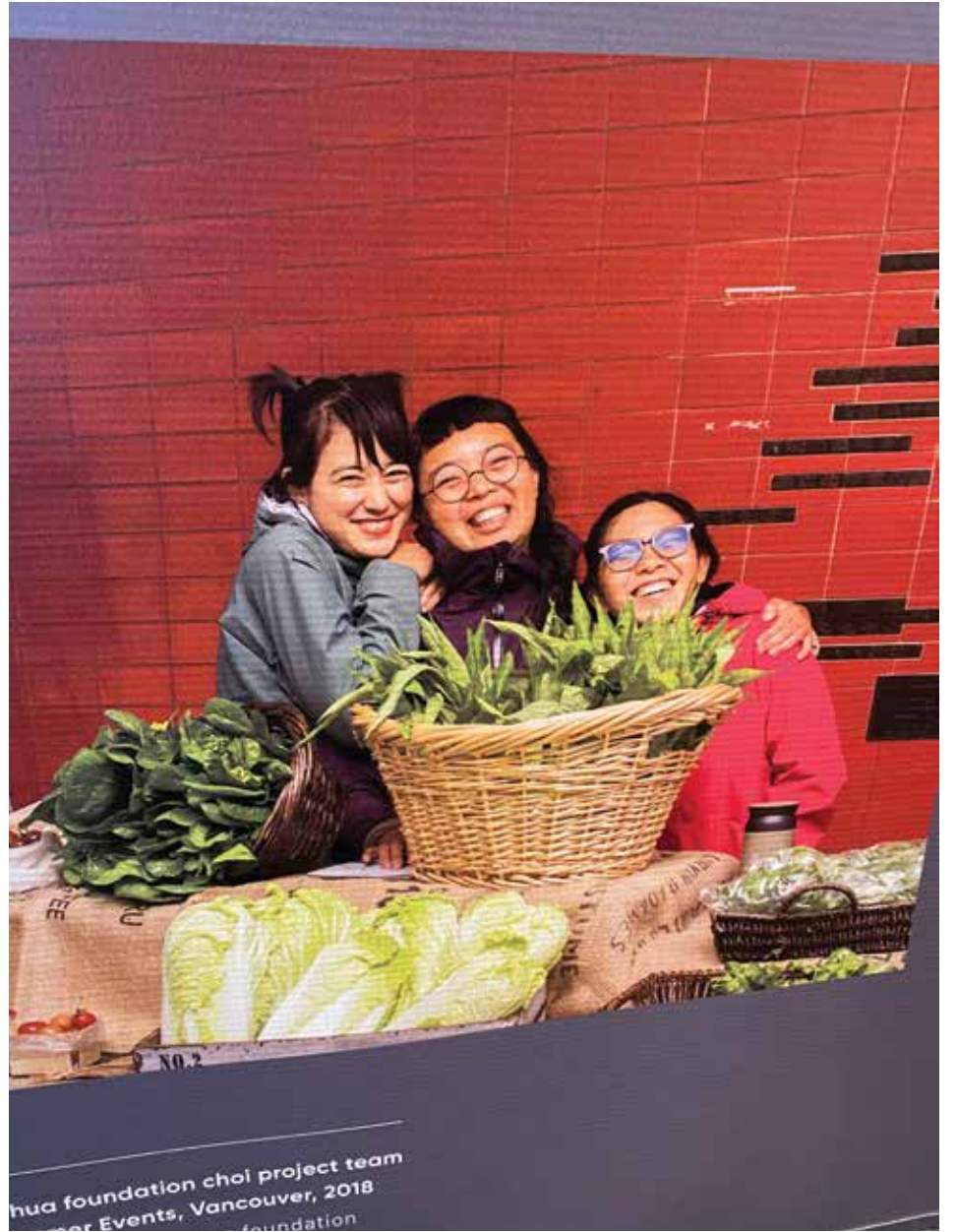
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Focusing in hard to fit dentures and I thought why not. Nothing else worked over the years. And to my surprise I found someone who cares and was patient.

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

A SEAT AT THE TABLE IN 2 VANCOUVER MUSEUMS.



Article & photos by Lenora A. Hayman.

The exhibit *A Seat at the Table: Chinese Immigration and British Columbia* is produced in collaboration with UBC at 2 sites. (1) In Vancouver Chinatown at 27 E. Pender in the Chinese Canadian Museum in the Hon Hsing building and (2) in the Museum of Vancouver, 1100 Chestnut St. Vancouver.

The Chinese Canadian Museum's exhibition features recordings of Chinese Canadian experiences via panels, videos, audios, paintings and photos.

In Chinatown, at the Chinese Canadian Museum a wonderful mural called *Family Dim Sum* by Stella Zheng and Elisa Yon greets us at the door. This acrylic painting on a 48-inch diameter steel wok "captures a contemporary portrait of a multigenerational Chinese Canadian family sharing a dim sum meal".

We saw photos of both Way Sang Yuen Wat Kee's Chinese herbalist shop in Victoria and Vancouver Chinatown's Kuo Kong Silk Company run by Sue Gee Jackman, first at the narrowest building at 8 West Pender and later, until 1987, in the Hon Hsing building.

Chinese migrants who came to Canada in the 1800's were mostly men who sent back money to China to support their families. Wearing virtual reality goggles I experienced life in a village in Kaiping County, in southern Guangdong, where wealthy overseas Chinese families built diaolou fortress towers and lu mansions. The families occupied apartments several stories high, as

protection from flooding and robbers. Since 2007 this is a UNESCO world heritage site.

Another film took me virtually to the Jin Xing workshop where today lion heads and drums are created.

On another afternoon, to complement our experience, my friend Charlotte and I visited the Museum of Vancouver showcasing the history of Chinese immigration in British Columbia and their right to sit at the table. There's a happy photo of the Hollywood Café staff on opening day in Prince Rupert in 1946. Another photo shows girls in the Heng Lung Kee Grocery and Restaurant in the ghost town of Quesnel Forks displaying fresh vegetables from a local Chinese owned farm. Chew Nam Sing, a former miner and later a farmer and rancher in the Cariboo supplied stores and restaurants in mining villages from the late 1880's to the 1940's.

There are many themes at both museums showing the role the Chinese made in building beautiful BC.

Both museums require pre-booking entry times.

Chinese Canadian Museum: open Fri-Sun only, 10:00am-4:00pm.

Tickets are free but recommend booking online chinesecanadianmuseum.ca

or info@chinesecanadianmuseum.ca

Museum of Vancouver: Open Wed-Sun, 10:00-5:00pm Phone 604-736-4431 for reservations. Seniors (65+) and children (5 & under) \$5.

Adults (12+) \$10.



Photos:

Top left: *Family Dim Sum* on Sunday by Stella Zheng & Elisa Yon 2020.

Top Right: Heng Lung Kee Grocery & Restaurant in Quesnel Forks.

Bottom Right: Hollywood Caf staff on opening day, Prince Rupert 1946.

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FINANCIAL NEWS

By Rick C. Singh, Hon. BA, CSA
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HOW DO EMPLOYEE PENSION PLANS WORK?

Working for a company that offers a pension plan is one of the greatest financial benefits in Canada. But what is an employee pension plan and how can it help you achieve your retirement savings goals? Employee pension plans can vary. Often, I get asked to explain the options available to a person who is retiring because they do not understand the best options for them. So, a good place to start is with the basic differences between pension plans and what the benefits are.

What are the two main types of employee pension plans?

There are two main types of employee pension plans: defined benefit, and defined contribution.

What is a defined benefit pension plan?

Defined benefit pension plans provide retirement income based on a formula that includes your: years of service with your employer, salary, and age at retirement.

How does a defined benefit pension plan work?

Defined benefit pension plans pool the contributions from both you and your employer in a pension fund. Those funds are then invested. Your employer (the pension plan sponsor) is responsible for paying employees their retirement income from the plan. You may be required to contribute to a defined benefit pension plan during your time with a company.

What is a defined contribution pension plan?

Defined contribution pension plans provide retirement income based on the savings each member has in the plan. The amount of retirement income you get depends on how much you contribute to the plan, how much your employer contributes, and how that money grows over time. There is no prescribed income level that will be paid.

How does a defined contribution pension plan work?

Usually with a defined contribution pension plan, you and your employer pay a defined amount into your pension plan each year. Companies have mandatory employer contributions, and

most have an optional employee component. In most cases you control how you invest your money. You can usually select investments based on

your own risk tolerance and goals. The investment performance determines what your retirement income will be.

Who manages employee pension plans?

Your employer is responsible for administering the plan. Most employers rely on different service providers to manage their pension plan. This often includes:

- plan administration service providers (provide record keeping and other services),
- investment fund managers (who invest the pension fund assets),
- life insurance companies (for record keeping and/or investment management services),
- trust companies (for custodial services), and
- consultants (for services like plan valuation, pension design consulting, member communications consulting and fund manager search services).

What happens to your pension plan if you change employers?

Under pension legislation in most Canadian jurisdictions, defined benefit, and defined contribution pension plans vest* at some point. In most jurisdictions, the vesting is immediate. This means, once your employer makes contributions to the plan, it is your money. In other jurisdictions, you need to work with your employer for a specified period before you are vested in your benefits.

What happens to your pension if you leave your employer?

If you leave your employer your options for what you can do with your pension will depend on the legislation and plan.

You may be able to: leave your money in the plan you are leaving, transfer the value of your pension to another pension plan (if the other plan permits), transfer your commuted value to a registered retirement savings plan or other plan (if it's not locked-in), or a locked-in vehicle (if it's locked in), or take the cash value, less tax (if it's not locked in).

Some provinces may have vesting based on years of service or membership in the plan. If you leave before the benefits vest, you will get the value of your own contributions and earnings. You will not, however, receive your employer's contributions and related earnings.

If you are leaving a pension plan for any reason, it may be helpful to talk to a financial advisor. They can walk you through your options. A CRS Financial advisor can help answer questions and address any concerns you may have.

Need help understanding your retirement savings options?

Knowing what your employee pension plan offers can help you make the most of your retirement savings. Or, if you do not have a company pension plan, you can create your own retirement savings plan. Whatever the case, at CRS Financial we can help you understand your options. To find out more about your options contact Rick at 604-535-3367 (Suite 220, 3388 Rosemary Heights Cres. Surrey, BC V3Z 0K7) or email: rick@crsfinancial.ca

Source: Sun Life Investments

EXPERT TIPS ON STARTING A VEGETABLE GARDEN

Ready to start your own vegetable garden this year? It can be daunting at first, but gardening is an incredibly rewarding hobby to get into.

If you have never tasted garden-fresh vegetables you will be amazed by the sweet, juicy flavours and vibrant textures. There's absolutely nothing quite like fresh veggies, especially when you can grow them yourself.

Here Canadian grower, Andrew Hendriks of Hendriks Greenhouse, shares some tips for getting started:

Pick the perfect location

Selecting a good spot for your garden is absolutely key, as it can mean success or failure. Most vegetables need at least six hours of sunlight per day, aside from the leafy produce that will tolerate some shade. Avoid areas that receive strong winds that can knock over your plants; same with places near too much foot traffic or prone to flooding.

Soil is everything

Hendriks says if you have poorly drained soil where water can pool, plant your vegetables in a raised bed or row for improved drainage. Wet soil means wet roots, which can turn into rotted roots. The PC vegetable and herb soil mix is a great option that provides all the four key ingredients that will make your garden flourish: organic compost, sphagnum peat moss, cow manure and topsoil.

Keep it small

A common error that beginners make is planting too much too soon. Make sure that you have paths that allow you to access your plants to weed, harvest and reach the centre of the row or bed easily. If you don't have the space, plant any vegetables you can vertically with a straight stem and stake into your garden or any pots. Tomatoes are great for vertical gardens.

Choose your vegetables

Now it's time to choose the vegetables you want to grow. Keep things simple by choosing items that you and your family will enjoy eating. Hendriks suggests planting vegetables such as tomatoes, eggplants, zucchini, carrots, peppers, leafy greens and herbs. These foods grow in abundance and come in many different varieties, making them the perfect vegetables to throw on top of the grill and enjoy with family all season long.

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THE PHARMACIST REVIEW

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

N-ACETYLE-L-CARNITINE IS NOT L-CARNITINE

A "neurological disorder" is any disorder affecting the nervous system, and can vary from paralysis, seizures, dementia, changes in level of consciousness, confusion, to pain, loss of coordination, fatigue, and muscle weakness. The WHO estimates that up to 1 billion people suffer from these disorders worldwide. Stress, malnutrition, genetics, medications, and emotional and physical trauma can all lead to neurological dysfunction. Common integrative therapies include lifestyle modifications, pain management, physiotherapy, and dietary modifications, including supplementation with natural foods and products.

Carnitine is an amino-acid derivative that has

garnered much interest lately. It has historically been available in the "L-Carnitine" form, but, recently, the more absorbable esterified form, "N-Acetyl-L-Carnitine" (or "NALC") has become readily accessible.

NALC is not the same as L-Carnitine. NALC can cross the blood-brain barrier more readily, allowing for higher bioavailability and more cognitive benefits than conventional L-Carnitine. Both occur naturally in our bodies, and the two interconvert inside the body, and are involved with transporting long-chain fatty-acids into the mitochondria for converting fat into energy via "beta oxidation". There is evidence that NALC can help with neuropathy (eg. in diabetics) by regenerating nerve fibres and clusters. NALC may decrease the rate of Alzheimer's progression, and improve memory, other cognitive scores, and behaviour in dementia patients. Mental fatigue, mental acuity or sharpness, and depression can be improved with appropriate NALC doses in some individuals. There is even some indication that NALC can boost male fertility, as well as athletic performance, and there is ongoing research into its longterm benefits on the mental effects of alcoholism. Benefits are generally noted over extended use (eg. over several months).

Trustworthy sources of NALC capsules that are approved for use in Canada by Health Canada are **Omega-Alpha's "N-Acetyl-L-Carnitine"**, and **AOR's "Alcar"**. Both are highly absorb-

able, carry a low risk of side-effects and interactions, and are viable integrative options for treating neuropathic pain, cognitive decline, and neurological dysfunction. The dosing range varies greatly depending on your therapeutic goal, so definitely consult your physician or talk to one of the integrative pharmacists at Cloverdale Pharmasave or Pharmasave Steveston village to find out what will suit you best.

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. "



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THE FLAVOUR FOR ALL YOUR SUMMER MEALS, YUZU

Look again, that's not a lemon, it's a yuzu! This citrus fruit is bright yellow, round and slightly smaller than an orange. The taste is between that of a grapefruit and a mandarin orange — tart but very sweet scented. While the fruit itself is almost never eaten on its own, the zest and juice are used countless ways in foods and drinks.

Yuzu has a very strong flavour, and depending on your usage, very little may be needed to pack a punch. In drinks, a little goes a very long way, and just a drop in a cocktail is often enough. It also has infinite applications in sweet recipes, where it's best used like an essence. Try adding a couple of drops to your custards, jellies, ices and meringues and you won't regret it.

This summer, President's Choice Insiders Report has a great range of yuzu products for anyone looking to try something new, including this indulgent, dairy-free riff on ice cream cake. It's made with tangy-sweet yuzu citrus and blueberry sorbet, layered on a coconut-graham crust and topped with zesty blueberry-lime sauce.

Yuzu Blueberry Sorbet Cake

Prep time: 20 minutes

Cook time: 15 minutes

Serves: 12

Ingredients:

1 ½ cups (375 mL) graham cracker crumbs

½ cup (125 mL) unsweetened medium shredded coconut

5 tbsp (75 mL) coconut oil (solid or liquid)

1 tub (946 mL) PC yuzu citrus and blueberry sorbet

3 cups (750 mL) frozen wild blueberries

1/3 cup (83 mL) granulated sugar

2 tbsp (30 mL) cornstarch

1 tsp (5 mL) grated lime zest

2 tbsp (30 mL) fresh lime juice

½ cup (125 mL) coconut chips

Directions:



1. Toast graham crumbs and shredded coconut in nonstick skillet over medium heat, stirring often, until light golden; about 5 minutes. Transfer to bowl. Return skillet to medium heat; add coconut oil and cook until melted (skip this step if using liquid coconut oil). Stir into graham crumb mixture.

2. Mist 9-inch (2.5 L) springform pan with cooking spray or grease with coconut oil. Lightly press graham crumb mixture into bottom of pan (do not press up side of pan and do not pack mixture firmly). Freeze 30 minutes.

3. Let sorbet stand at room temperature until beginning to soften, about 20 minutes. Scoop sorbet into springform pan over crust, smoothing top; return to freezer.

4. Meanwhile, bring frozen blueberries and sugar to a boil in small saucepan over medium-high heat. Reduce heat to maintain a gentle boil; cook, stirring occasionally, until blueberries are softened and liquid becomes a bit syrupy, about 5 minutes. Stir cornstarch with lime juice in small bowl; stir into blueberry mixture. Return to a boil, stirring constantly; remove from heat. Stir in lime zest.

5. Transfer blueberry mixture to a large heatproof bowl. Refrigerate until slightly cooled, about 20 minutes. Pour blueberry mixture over sorbet, gently smoothing top. Return to freezer until well chilled, at least 1 hour.

6. Run small paring knife around inside edge of springform pan; release and remove side of pan. Tip: If cake doesn't easily release from pan, dampen a kitchen towel with warm water and wrap it around base and side of pan to slightly melt the edge just enough to release.

7. Transfer to serving platter, removing from base. Sprinkle with coconut chips. Tip: Run your knife under warm water before slicing, wiping blade with a damp cloth between cuts.

Try this: Serving this cake outdoors? Freeze your serving platter and plates before using to keep the cake from melting too fast.

Nutritional information per 1/12 of cake: calories 390, fat 15 g, saturated fat 11 g, sodium 190 mg, carbohydrates 63 g, dietary fibre 3 g, sugars 33 g, protein 3 g.

www.newscanada.com



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.
It's just that easy!

SUNNY DAYS

T	Q	B	A	C	C	I	B	A	L	L	L	H	W	T	I	K	Z	L	F	Z	S	M	H	Y
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V	C	W	G	F	H	O	L	I	D	A	Y	S	T	S	H	O	R	T	S	U	H	M	C	S

Sunshine	Clams	Beaches	Oysters	Picnic Basket	Waves
Star fish	Beach Ball	Boating	Frisbee	Kayaking	Bacci Ball
Sunsets	Badminton	Swimming	Volleyball	Crabbing	Sand Dollars
Fishing	Canoeing	Sun Bathing	Shorts	Water Sports	Sandals
Sun Glasses	Camping	Travelling	Holidays	Schools Out	Sunscreen
Sailing					

OLD AGE SECURITY INCREASE TARGETS
OLDER SENIORS’ HIGHER RISKS

By Deb Schulte, Canada’s Minister of Seniors
Budget 2021 has helped to strengthen the financial security of Canadians later in life.

It announced two important measures. In August 2021, we will issue a one-time \$500 payment directly to seniors aged 75+ as of June 2022.

Then in July 2022, we will permanently increase the Old Age Security pension by 10 per cent for seniors aged 75+. That’s worth \$766 over the first year to pensioners receiving the full benefit and helps 3.3 million seniors.

It’s targeted at older seniors who are more financially challenged and who are worried about outliving their savings.

As they age, seniors face more health issues. Their healthcare expenses rise due to illness or disability: on average out-of-pocket health expenses of those aged 80+ are over \$700 a year higher than those aged 65-74. At the same time, most older seniors can no longer supplement their income with paid work. Few seniors work beyond age 75, and those that do have median earnings of only \$720 a year.

The passing of spouses adds to the pressure. Among seniors, almost twice as many over age 75 are widows. And with women, on average living longer than men, it’s no wonder many senior women slip into poverty after the hardship of losing their life partners.

To help secure older seniors’ finances, the

Liberal government is making the first permanent increase to Old Age Security since 1973, other than adjustments due to inflation.

It builds on our strong record of supporting seniors of all ages. For the youngest seniors, we restored the age of eligibility for OAS to 65 after the Harper Conservatives raised it to 67. We also strengthened the Canada Pension Plan for future retirees, increased the Guaranteed Income Supplement for single seniors and reduced income taxes for all Canadians.

Our work is showing results: the latest data shows 11 per cent fewer seniors live in poverty than when we took office in 2015.

Taken together, our ambitious and progressive measures are making a real difference for seniors’ financial security, and there is more work to do. Canadian seniors can always count on Liberals to listen, understand their needs and work hard to deliver for them.

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Details on page 3.

HOW SAFE IS THAT ONLINE
SHOP? 3 QUESTIONS TO ASK

Shopping online is an easy and convenient way to get the items we need, especially as we go through the pandemic. But it’s important to look out for fraudulent sellers to keep your personal information safe.

Whether you’re an online shopping pro or are newer to the game, here are some key questions to ask before you press purchase.

1. Is this website secure?

When you share financial information like your credit card details with an online seller, make sure the web address includes “https://”. You can also look for a locked padlock symbol.

2. Is this website legal?

When it comes to specialty products like cannabis, there are ways to check if the site is legal and the products sold are safe to consume. Beware of websites asking for e-transfer or cryptocurrency payments, and if the website states that they ship anywhere in Canada, that is an illegal vendor and your shipment may be seized.

3. Is it too good to be true?

As always, if you see a deal way too good to be true, take another look. Chances are you’ll find some red flags. If there’s no way anyone would sell the product that cheaply – they probably aren’t.

Taken together, these questions outline key tips for spotting a fraudulent shopping outlet.

Find more information on how to identify legal cannabis products, including online retailers in your province or territory, at Canada.ca/cannabis.
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NEURO RX GAMMA PHOTOBIMODULATION DEVICE FOR MODERATE TO SEVERE **ALZHEIMER'S DISEASE (AD)**



ABOUT THE RESEARCH STUDY

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FOR MORE INFORMATION

Please contact Gabriela Pawlowski at:
604-786-0889 or gabrielapawlowski@healthtechconnex.com

LOOKING FOR THE PATIENTS WITH THE FOLLOWING:

- **Diagnosis of Alzheimer's disease (AD)**
- **Age:** 50 and older
- If receiving AD/psychotropic medication, must be on a stable dosage for 12 weeks prior to trial enrollment with no changes anticipated for duration of the trial

THE STUDY WILL INCLUDE:

- **Screening visit:** to determine eligibility, the Severe Impairment Battery (SIB) and mini-mental state examination (MMSE) will be done
- **Baseline visit:** assessments and study group assignment
- **Treatment Phase:** home-based 20 minute treatment sessions, 6 times per week for 24 weeks
- **Assessments and follow-up visits:** at weeks 12 and 24

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SWEET TOOTHS WILL LOVE THIS DECADENT ITALIAN DESSERT



Chocolate and raspberry – need we say more? This easy chocolate panna cotta recipe will surely wow your family.

Using Fairlife two per cent chocolate milk as the base makes this recipe not only creamy and delicious but more nutritious, as it has 50 per cent less sugar and 50 per cent more protein than regular milk, along with being made from 100 per cent Canadian milk.

Chocolate Panna Cotta

Serves: 4

Ingredients:

- 1/4 cup cold water
- 2 1/4 tsp powdered gelatin, unflavoured
- 2 cups Fairlife 2 per cent chocolate ultrafiltered partly skimmed milk
- 1/4 tsp vanilla extract
- 1 cup raspberries, fresh or frozen, plus more

for garnish

- 1/4 cup water
 - 2 tbsp honey
 - 8 chocolate wafer cookies, coarsely crumbled
- Directions:**

Place cold water in a small bowl and sprinkle gelatin over top while whisking with a fork. Set aside for 5 minutes until mixture is spongy.

Place ultrafiltered milk in a small saucepan and heat over medium to medium-high heat until lightly boiling. Remove from heat and add vanilla extract and plumped gelatin mixture. Whisk until completely dissolved. Divide evenly among serving dishes, cool to room temperature, cover, place in refrigerator to set at least four hours or overnight.

Meanwhile, add raspberries, water and honey to a blender and blend until smooth, adding

more water as necessary. If desired, strain through a fine mesh sieve to extract raspberry seeds. Cover and refrigerate until serving.

To serve panna cotta, dress each portion with a quarter of the raspberry puree, chocolate cookie crumbles and a few fresh raspberries, and serve cold.

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Debby Donaldson

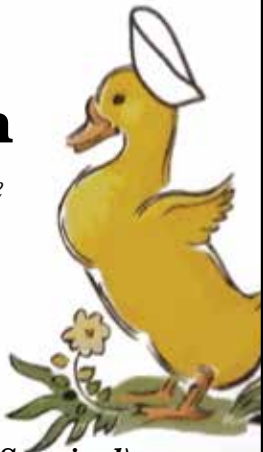
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- Gliding shelves in kitchen and bath for easy access



WRITE AS I PLEASE

By Mel Kositsky

You heard it here first!

No you didn't -- but broadcast outlets on television and radio love to claim that with their "exclusive" reports.

Nearly everything you hear or see on "live" media today has already been reported somewhere else. With 24-hour news services ongoing around the world -- and media alerts on your smart phones -- you can always be up-to-date if you are a real news junkie. In fact, you usually can be ahead of those traditional "live" news broadcasts, which still come on at set broadcast hours. The industry really is not changing much but the content they use is.

Controlling the message is important to modern news organizations and they only tell you what they want you to hear. And lately that is not really "objective" reporting. That hardly happens anymore.

The airwaves are filled with what is termed a "progressive" narrative and all reporting is done with a left-wing bias. Watch closely next time as you listen to news readers relate carefully-worded scripts. They must be "on message" and are repeated over and over again. Some of the repetition is because of operational cutbacks and limited resources, so there are fewer news gatherers out on the job. Besides, why pay reporters and photographers when you can just pick up some video for free off social media sites.

Watch and listen carefully during most interviews. The media person has a number of scripted questions and does not really listen to the answers being given. They want to get on to the next question and do not create a dialogue with their guest. They are just looking for "sound bites" which can

be used on future newscasts. And many of these interviews are very antagonistic.

The same thing is happening with television shows. Most of us are staying at home and keeping safe. We do not need government orders to tell us how to stay safe and healthy. So we often watch too much television and the new episodes of some favourite shows are certainly trying to send you certain messages. The so-called fictional plots are filled with politically correct actions and "social justice" themes. The acting is not that great either -- and many times the plots are too predictable. It is tough to be a constructive critic these days!

The boys of summer are playing baseball again and many are now performing with fans allowed in the U.S. stadiums -- although some are still restricting capacity attendance. But even with summer approaching, the hockey season goes on and on and on. It will remain prominent in Canadian news as long as the beloved Toronto Maple Leafs are in contention. This could be their year! (When have you heard that one before?)

Toronto fans and national based media have gone "Leaf are us" crazy. Even more so than they did for the Toronto Raptors when they won the U.S. basketball championship a few years ago. Western Canadians may cheer for Edmonton for something to do, and of course, here on the West Coast, Vancouver Canucks' fans are again saying "Wait until next year!"

But there is some good news for Canucks' fans. On May 4 the Vancouver team confirmed their intent to relocate the club's American Hockey League (AHL) affiliate to Abbotsford for the start of the 2021-22 season. Details of this partnership are being finalized and that will bring professional hockey back to the Fraser Valley -- something that many hockey fans will embrace this time. For years the Abbotsford Heat struggled to attract fans as a farm team of the Calgary Flames. Now there should be no problem filling the beautiful Abbotsford arena to watch future Canucks -- and hopefully a few budding superstars.

Abbotsford Mayor Henry Braun shared the following statement on behalf of the City of Abbotsford: "An anchor tenant at the Abbotsford Centre will offer strong ongoing community connections, economic benefits and further showcases the City of Abbotsford as a leader for events, entertainment and sport. The City is excited to be in discussions with the Vancouver Canucks' American Hockey League affiliate and we will provide

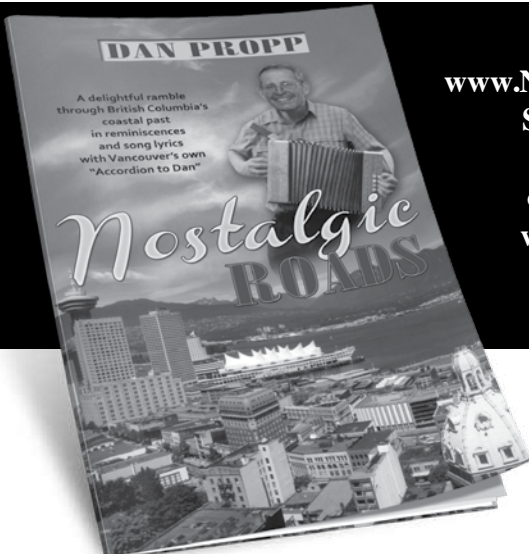
an update with more details once an agreement is in place."

It has been amazing how well this news has been received. Some fans are already putting down deposits for season tickets and some media outlets are conducting "name the team" contests. Hopefully the ticket prices remain reasonable so entire families can enjoy high-level hockey closer to home.

Are you ready for a summer election? The way MPs are acting in the House of Commons these days look for a late summer- early fall federal election. Discussions broadcast on the CPAC channel are concentrating more on pre-election bickering than getting the job done. There is no drama in any of the votes being taken. It is strictly being done along party lines. There are a number of pieces of important legislation that must be passed before the House takes its summer recess in late June, including Bill C-19 which will update the Elections Act so that one can be held during a pandemic. Those changes may include a three-day voting period instead of the usual Monday polling day, and provisions for mail-in voting, as well as new health and safety measures which have been used in provincial elections.

Other legislation, especially Private Members' Bills like the one promoting a Federal Dental Care Plan, will likely be put off for future Parliaments to debate. That's not good news for low income seniors who can use a little help. Dental care is getting more and more expensive and few seniors are still on any dental insurance plans. Like pharmacare, something has to be done to help seniors as the cost of living keeps rising. Hopefully future politicians who have now lived through the pandemic will take some positive action instead of just debating it for years.

An interesting bill to follow this month is the single sports betting initiative, which will allow changes to the Criminal Code to permit betting on one game at a time instead of only multi-game tickets. This has happened in the United States and Canadian provinces, which run lotteries and sports betting, have asked for that to start here. Gambling on the Internet has become big business and reports say billions of Canadian dollars are being spent on illegal off-shore Internet sites instead of being wagered in Canada. That widely supported bill is now seeking Senate approval, and if passed, will be a "game changer" for cash-strapped Canadian provinces. Stay tuned!



DAN PROPP

A delightful ramble through British Columbia's coastal past in reminiscences and song lyrics with Vancouver's own "Accordion to Dan"

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**D'arcy
Hamilton**



Straight from the Horse's Mouth

By Mel Kositsky

They are off and running at Hastings Racecourse in east Vancouver for another season of thoroughbred racing -- but no fans are allowed in the stands due to COVID-19 restrictions.

Racing began in early May and the decision to race Monday and Tuesday evenings, with a 5 p.m. start, has proven to be a winning one. Hastings became the only track in Canada operating due to various provincial lock downs and that drew much attention from fans across North America. There are fewer tracks operating early in the week so Hastings picked up a few more Internet patrons and betting was up for their seven-race cards.

Bolstered by good spring weather and fast track conditions, the competitive races were shown nationally on HPIBET.Com and across the United States on the TVG racing network. Opening night handle almost reached \$900,000 and has remained steady. As the summer season develops and more horses make their seasonal debut, racing officials have to be optimistic about the season as they hope for 51 days of racing.

Horse racing had been postponed or suspended in other parts of Canada due to rising cases of the virus, but tracks were beginning to reopen without fans by mid-May. Racing resumed in PEI, Nova Scotia, Alberta and Manitoba. Racing is also expected to resume in Ontario this month.

Officials at Toronto's Woodbine racetrack have begun to take the necessary steps to kick off their 2021 live race meeting, targeting June 5 as its anticipated opening day. The 2020 meet began on June 6 after being delayed by the coronavirus pandemic. The meet was scheduled to begin on April 17 but was delayed due to a spike in COVID-19 cases and the government's lock down order that shut down virtually all indoor and outdoor activities. The shutdown affected racing, even though Woodbine operated safely in 2020 without fans by enforcing strict COVID-19 protocols.

Morning training has continued this spring with essential personnel taking care of the horses stabled at Woodbine. The same personnel would make up the bulk of individuals needed to race in the afternoon. Operating under the assumption that restrictions will be eased in late May or early June as COVID-19 vaccinations rise and new cases decline, preparations for the opening of live racing are under way to help trainers have their horses and staff ready to go.

Woodbine Entertainment CEO Jim Lawson, in a message to horse people, said that, while the company has no assurances from government for a June 5 opening, officials "continue to have positive discussions with the public health authorities" and have requested meetings with the Ministry of Health and Premier's Office.

"As I have mentioned to media and government

officials, I am growing tired of offering hope," Lawson wrote in his message to horse people. "I would like nothing more than to provide you with the certainty you require and deserve. However, right now we need to remain patient while knowing that we continue to do everything we can to resume live racing in Ontario as soon as possible."

Meanwhile Emerald Downs in Auburn, Wash. began its 2021 live racing season on May 19. The schedule now features 21 total stakes (19 Thoroughbred, 2 Quarter Horse) totaling \$1,090,000 in purses.

Added to the schedule: \$50,000 Governor's Stakes, 3-year-olds and up, 6 1/2 furlongs; Sunday, July 11; \$50,000 Washington State Legislators Stakes, older fillies and mares, 6 1/2 furlongs, Sunday, July 11; \$50,000 Kent Stakes, 3-year-old fillies, 6 1/2 furlongs, Sunday, July 25; \$50,000 Irish Day Stakes, 3-year-old colts and geldings, Sunday, July 25. The stakes schedule begins Thursday, June 17, with the \$50,000 Hastings Stakes for older fillies and mares at 6 furlongs and the \$50,000 Budweiser Stakes for 3-year-olds and up at 6 furlongs.

The 86th renewal of the \$100,000 Longacres Mile (G3) is Sunday, Aug. 15, anchoring a stakes double-header with the \$50,000 Emerald Distaff for older fillies and mares. The \$70,000 Gottstein Futurity on Thursday, Sept. 23, culminates the 2-year-old stakes program that includes five events—two for fillies, two for colts and geldings, and the Gottstein.

In other equine news, Triple Crown winner American Pharoah (KY), seven-time Eclipse Award-winning trainer Todd Pletcher, and 13-time champion steeplechase trainer Jack Fisher comprise the National Museum of Racing's 2021 Hall of Fame class. American Pharoah and Pletcher were elected in the contemporary category in their first year of eligibility and Fisher was chosen by the Museum's Steeplechase Review Committee, which meets once every four years.

The class of 2021 will be enshrined along with the 2020 inductees — trainer Mark Casse, jockey Darrel McHargue, horses Tom Bowling and Wise Dan, and Pillars of the Turf Alice Headley Chandler, J. Keene Daingerfield, Jr., and George D. Widener, Jr. — on Friday, Aug. 6, at the Fasig-Tipton sales pavilion in Saratoga Springs at 10:30 a.m. The ceremony will be broadcast live on the Museum website at www.racingmuseum.org. An announcement regarding public attendance at the ceremony will be made at a later date.

American Pharoah (Pioneer of the Nile—Littleprincessemma, by Yankee Gentleman) ended racing's 37-year Triple Crown drought when he swept the Kentucky Derby, Preakness Stakes, and Belmont Stakes in 2015. A bay colt bred in Kentucky by owner Zayat Stables, American Pharoah was trained by Hall of Famer Bob Baffert and ridden by Hall of Famer Victor Espinoza. Beginning his career in California, American Pharoah won the Eclipse Award for Champion 2-Year-Old Male in 2014.

As a 3-year-old, American Pharoah won the Grade 2 Rebel Stakes and the Grade 1 Arkansas Derby before becoming America's 12th Triple Crown winner. Following the Triple Crown series, American Pharoah went on to win the Grade 1 Haskell Invitational and the Grade 1 Breeders' Cup Classic, setting a track record of 2:00.07 for 1 1/4 miles at Keeneland in the Classic. Overall, American Pharoah posted a record of 9-1-0 from 11 starts and earned \$8,650,300. He was voted Horse of the Year and Champion 3-Year-Old Male for 2015.

"He's certainly among the all-time greats. I don't think there is any question about that," Baffert said. "He did everything so effortlessly and with such class. The way he moved, his mechanics were absolutely flawless. He also has such a wonderful person-

ality. Pharoah is really a sweet and kind horse and he loves humans."

Todd Pletcher, 53, a native of Dallas, went out on his own after working as an assistant to Hall of Fame trainer D. Wayne Lukas from 1989 through 1995. He won his first race in January 1996 with Majestic Number at Gulfstream Park. A graduate of the University of Arizona, Pletcher owns records for career earnings (\$405,791,977) and Eclipse Awards (seven) and ranks seventh all time in wins (5,118). He has won the Kentucky Derby with Super Saver (2010) and Always Dreaming (2017) and the Belmont Stakes with Rags to Riches (2007), Palace Malice (2013), and Tapwrit (2017). Pletcher has won 11 Breeders' Cup races, including the 2019 Classic with Vino Rosso. He has led all North American trainers in earnings 10 times.

Pletcher has trained 11 Eclipse Award-winning horses — Hall of Famer Ashado, English Channel, Fleet Indian, Lawyer Ron, Left Bank, Rags to Riches, Shanghai Bobby, Speightstown, Wait a While, Uncle Mo, and Vino Rosso — and 20 horses that have earned \$1.8 million or more. He has also won a total of 60 individual meet training titles.

Jack Fisher, 57, a native of Unionville, Pa., won his first race as a trainer in 1988 at Middleburg, Va., with Call Louis and has been a consistently dominant force atop the National Steeplechase Association standings for the past 20 years. Fisher topped all steeplechase trainers in wins for the first time in 2003 and has led the list an additional 12 times since. In 2004, he led the earnings list for the first of eight times to date. Fisher has ranked in the top five in both NSA wins and earnings each of the past 20 years. Through May 4, Fisher has won 593 career steeplechase races and ranks second all time in purse earnings with more than \$17.8 million (behind only Hall of Famer Jonathan Sheppard). Fisher is the only trainer in steeplechase history to surpass \$1 million in purse earnings in a year, something he has accomplished five times.

TIPS FOR LOOKING AND FEELING GOOD AT ANY AGE

Tired of being bombarded with anti-aging messages? Get ready to flip that script. We've rounded up the best practices to embrace the natural aging process and help you live your best life, no matter your age.

Make healthy food choices

Did you know gut health may play an important role in healthy aging? Nutritionists recommend focusing on good bacteria in the gut. Incorporating fermented foods like yogurt and kombucha can help promote good gut bacteria. Raw veggies and fruits like kale, spinach, kiwi and pomegranate are high in fibre and chock-full of antioxidant vitamins A and C to help support gut health.

Revitalize your smile

Keeping your smile healthy is key to your confidence, and your gums play an essential role since they are the foundation of a healthy smile. Choose a toothpaste that prioritizes gum health, like Colgate Renewal Gum Revitalize. It features a new, specialized formula that helps reverse early gum damage and reduces bleeding and inflammation for healthy and revitalized gums.

Take care of your skin

As we age, our hydration levels drop and we need more external replenishment. Hyaluronic acid is a great hydrating ingredient and many products formulated with it advertise that they improve the feel and appearance of skin. Vitamin A derivatives like retinol can also help correct fine lines, sun damage and dullness. But the number one thing you can do for your skin is use a good sunscreen every day. A radiant complexion is exactly what the doctor ordered.

www.newscanada.com



Cozy Corner "Let's Talk"

By Janet Isherwood

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

Every year I enjoy sharing with you all a dedicated member of our community. One who has set himself apart serving our seniors.

Randy Watts, was born and raised in Vancouver B.C. He grew up mostly in North Delta, left school in 1968 and joined the Canadian navy serving until 1980.

He then worked for BC Corrections starting at Oakalla farm in 1981. He transferred to Vancouver Pretrial then moved onto to New Haven jail and lastly then to the woman's jail in South Burnaby, retiring in 2002.

Randy later changed focus and worked in two boat yards in Horseshoe Bay and North Vancouver then worked as maintenance man at the West Royal condo apartments for 11 years before taking a job as maintenance man at Christina Place long term care facility in White Rock B.C.

It was here that I met him and watched as he not only completed jobs as asked but was always there to lend a helping hand to the residents. He was always fixing this then fixing that and the seniors just loved him. Randy's life experiences have made him a caring and dedicated person.

Randy for those who celebrate Christmas was their Santa Clause. Not only did he dress the part and visit each senior where he could. Ho-Ho- Ho-ing beside their beds brought joy and a few laughs to all.

Pictures were always a big part of his entertainment and family and friends were all so appreciative of this gesture. To some it may be the last picture they have and these pictures were cherished.

Later as Randy moved over to Laurel Place a Seniors Home in Surrey B.C. he followed through with the same care-free spirit, always putting the seniors first.

Randy was one of the few people who knew every senior's name and many times their family and friends. He was always there with that warm caring personality and staff and management loved working with him.

When Randy decided to retire, he still would pop in for a visit and as they say "you knew he was in the building"

Randy was a part of the City of New Westminster Pipe band and had joined in 1988 as a tenor drummer and remain until today. He is also a member of the Royal Canadian Legion 229 Whalley on the executive.

I mention this as over the years he would see that someone from his group were always available to play the bag pipes for the seniors. One of the pipers either Chris Bronson or Clarke Rowe would pay a visit on Robbie Burns Day.

Here over a Robbie Burns Ceremony the pipes would be played, and a small but detailed performance would be enjoyed.

My memory now goes back to one cold freezing November when of the dedicated pipers stood out in the courtyard and played the pipes for Remembrance Day. The care home at this time was

quarantined with the flu so our dedicated piper played outside. Nurses, care aids open all the windows where possible so seniors, especially our bed-ridden population could hear the music.

For many seniors of today they emigrated and to hear the pipes was most definitely a magical moment.

Randy has now retired from active Care Home Duties and lives in Fort Langley with his wife Natalie, his cat Tinker and a few Goldfish. His walls are adorned with Navy pictures of years gone by and this Kilt and attire embrace the ambience of his "man Cave"

Still when need one can always find him drumming it up at one parade or another.

He and his friends can all be found sharing a pint or two at one of the legions in B.C.

For your information:

The New Westminster Pipe Band was officially born in 1991 after the City of New Westminster, British Columbia passed a special resolution in Council allowing the British Ex-Servicemen's Pipe Band (which had originally been formed in 1979) to use the city's name.

The Band currently consists of 20 members with 14 pipers and 6 drummers. The Band practices Monday evenings from 7:30 – 9:30 p.m. and on one Sunday afternoon per month from 12:30 p.m. – 3:00 p.m. in the hall at the South Burnaby Legion Branch #83 on Grimmer Street. During 2020, all practices and parades were cancelled due to COVID-19.

The Pipe Band wears the Military Gordon tartan kilt, with either a full highland uniform, or a formal day/evening uniform.

Serving as an on-going Ambassador for the City of New Westminster, and South Burnaby Royal Canadian Legion Branch #83, the Band performs at a wide variety community days, fairs, fundraisers, parades and Scottish celebrations in and around the British Columbia lower mainland, the gulf islands, sunshine coast, Vancouver Island, as well as in the state of Washington in the U.S.A.

The Band especially strives to play for non-profit organizations involved in worthy community programs such as service clubs, Veterans' clubs, seniors' groups (including those living in long term care facilities), and Charities. The band also performs at annual Remembrance Day Ceremonies on November 11th.

The New Westminster Pipe Band welcomes new pipers and drummers who are interested in being part of an active community pipe band. The Band enjoys performing at many local special events, and at Royal Canadian Legion, and Army, Navy and Air Force functions, and joining with other bands such as the Metro Vancouver Firefighters' Brass Band, the Royal Westminster Regimental Brass Band, the Port Coquitlam Legion Pipe Band, the Mission Legion Pipe Band, and Gibson's Pipe Band in doing special parades and public performances.

Individual members of the Pipe Band regularly volunteer their time for community events such as official ceremonies, installation of officers, piping in dignitaries, Citizenship Court, playing the lament at Veteran's funerals, etc. Individual members of the band also compete from time to time in solo piping and drumming competitions, such as at the BC Highland Games. In August of 2014 the Band travelled to Prince Edward Island to participate in the 150th Anniversary of the PEI Highland Games and Scottish Festival. In 2019 the Pipe Band won

first place in the Campbell River Highland Gathering Gr. 4 Band competitions.

The Band is available year-round for bookings for parades and special events. The Band is a self-supporting, charitable organization, and donations for performances are gratefully accepted.

This is an amazing way to entertain and bring joy into a senior's home. Great reminiscing bringing smiles to those who can no longer get out by themselves.

With COVID this is a wonderful way to engage our seniors with moments from a pipe band. Appreciate your volunteers for they give so much of themselves to our communities.

To receive more information about the City of New Westminster Pipe Band, or to book the Band for an event, or to enquire about becoming a band member, please contact Pipe Major Mike Carpenter, at 604-585-9682 or cellular: 778-988-9621, OR Pipe Staff Sergeant Emeritus and Secretary/Treasurer, Patrick Buchannon at 604-395-4370(work) or 604-689-8639(home).

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Look forward to speaking with you all again next month.

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POLIO		2,545	0	100%

Pub.: 140510

* Average number of cases reported annually in Canada during the five years before routine vaccine use, or the closest possible five years where stable reporting was occurring.
** Average number of cases reported annually in Canada from 2011 to 2015.
Some numbers are subject to change as reports are updated. For details about the data sources and methods, visit Canada.ca/vaccines





KELOWNA GETAWAY: OKANAGAN ESCAPADES

By Chris Millikan

During a whirlwind of experiences around Kelowna, we explore scenic bench lands aboard electric bikes.

Leaving our lakeside retreat, these steely chargers carry us smoothly along a shoreline road. Turning off onto Mission Creek Greenway, we cycle alongside its namesake creek on a forested 5-kilometer portion of the 16.5-kilometer trail. Passing joggers, dog-walkers and fellow riders, we merge onto a paved roadway and wind upward along hillside vineyards.

Engaging the three power levels as needed renders tough grinds painless. E-bikes can travel 32-kilometers per hour, so keeping up the pace without strain proves sublime. And wheeling into the lead with little waves and cheeky backward glances, irresistible!

Delicately scented breezes announce arrival at Okanagan Lavender & Herb Farm. Natural, handcrafted products fill the country store. The owner tells us they grow over 60 lavender varieties. She also mentions that Roman men thought wearing lavender head-wreaths made them smarter. Gathering a few purple, pink and creamy-white stalks from nearby rows, we poke aromatic stems into our helmets...in case they were right! Chilled lavender lemonade fuels us onward to one of BC's oldest continuously producing vineyards.

Down at fifty-acre Tantalus vineyard, old vine grapes produce small batch specialty wines for

connoisseurs. Sampling premium Riesling Ice Wines, we pause to appreciate those numb, but nimble fingers that gathered the frozen grapes!

Motoring back up its steep corkscrew driveway, our e-bikes replenish their batteries charging downhill to Summerhill Pyramid Winery. Here, an iconic four-story concrete pyramid ages certified organic wines... perhaps infusing a spiritual energy!

Delighting in million dollar views from their restaurant patio, we enjoy fruity, food-friendly sparkling wines and savour gourmet pizzas. Toppings include heirloom tomatoes grown in organic gardens below and scrumptious goat cheeses from our next stop.

Chugging uphill to Carmelis Goat Cheese, we first enter the milking barn to visit with lady-goats. Over in the visitor center, arrays of artisan goat cheeses result in purchases. Packing panniers with several varieties, we freewheel down to our lodgings. Later relaxing on our balcony, we nibble luscious soft, tangy cheeses, sip robust local wine and bask in Okanagan Lake views. Glassy blue waters mirror sunset yellows, oranges, reds and purples.

Next morning proves perfect for a downtown stroll. Our route passes through Waterfront Park and across an arched bridge into Kelowna's cultural district. Once the center of the fruit packing industry, heritage warehouses currently enclose galleries, museums, theaters and artist studios. A marked Art

Walk leads us into the revitalized business district. One installation, Fruit Stand celebrates Kelowna's history with painted stylized peaches and pears and early packing label mosaics.

At the downtown bus loop, a Running Man sculpture comments on hectic living. Rising from a fountain, Bennett Clock commemorates a longtime BC Premier. Tucked behind, Kasugai Gardens offer serenity while recognizing Kelowna's sister Japanese city.

On the last day, we shuttle our own bikes up to spectacular Myra Canyon. Here, Kettle Valley Trail skirts the canyon's lofty rim, crosses eighteen trestles and passes through two tunnels. This easy rail-grade pedal immerses us in natural splendour.

Our drive back down includes two stops. At Kelowna Land & Orchard Company's farm store, crisp apples, sweet grapes and garden vegetables fill huge bins. Shelves display golden honey, jams and jellies. Stocking up, we head to Raven Ridge Cidery.

Sampling iced cider, a fellow sipper remarks, "Premium apples harvested at the first big freeze make this luscious elixir." Clinking dessert glasses toast its perfection. Stowing slim bottles of Granny Smith Ice Cider, we're homeward bound.

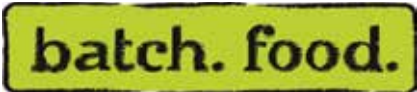
Adventuring into the picturesque uplands, investigating wineries and visiting the revitalized downtown areas introduce us to some of Kelowna's many attractions.





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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.

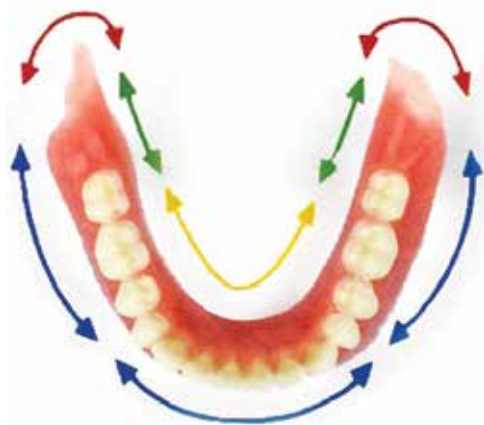
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Denturists strive to create dentures that fit well, stay in place, and provide stability so your dentures work harmoniously with your tongue muscles and jaw movements. This is an ongoing goal for the denturist and hard to achieve with conventional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

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or view our Lower Suction Denture videos on www.youtube.com

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Denturist

Colin Harty R.D.
Denturist

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



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