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My ALS Journey - Full Article page 10

JULY - 2021

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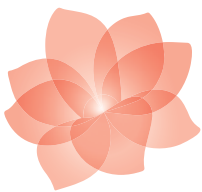
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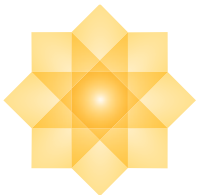


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ACCORDION TO DAN

So, here we are July, 2021, seniors hopefully at the end of a pandemic, trying to balance the past with the future

as news events recently in our province resulted in Canadian flags flying at half mast. When our grandchildren become seniors, we ponder how the world will have changed for the better and what they will recall and the lessons they will have learned. So much has changed since we were school aged kids, the values, technology, politics and perceptions.

A NOSTALGIC WALK DOWNTOWN

Those of us in Vancouver may remember the old Cambie Street bridge. I used to enjoy walking its wooded planks, heading downtown, to staring at all the industry down below, and the post-card view of the city, well before the Expo 86 era. Those were exciting times. The neon lights of theatre row, Eaton's, Woodward's, Scotts Restaurant and other familiar nostalgic points of interest that simply faded away.

LEFT WING, RIGHT WING AND INBETWEEN

Winging it with the English language can sometimes be helpful to provide a bit of balance. Remembering BC politics of the past, I still remember fondly the days of premiers WAC Bennett and Dave Barrett. One had been a hardware merchant from the Okanagan and the other, his father, a grocery merchant in Vancouver's east end. Those were interesting times in the BC legislature. The fodder produced for cartoonists, newspaper editorialists, and open mike radio hosts was absolutely phenomenal. Thus this bit of rhyme to ponder.

PROVINCIAL NOSTALGIA

I miss the days of Davie Barrett's NDP and Social Credit's Flying Phil Gaglardi and all that political rivalry, so colourful to watch even on black and white TV. Give us back the good old days of how it used to be, hard perhaps to conceive, it was the last century and BC Ferries was our own navy and the only admiral of Beautiful BC was good old Premier WAC. I miss the days of premiers WAC and Davie Barrett's NDP. Two premiers with contrasting political philosophy, yet two great premiers in Canada's history.

GOING BACK JUST A BIT FURTHER

Anybody still remember the old farm broadcasts, mornings on the CBC? How about a program called Fighting Words, The Wayne and Schuster show, and a singer by the name of Robert Goulet, then performing on Showtime? In the early nineteen fifties it was still necessary to possess a license to own a radio and unless you had a crystal set, vacuum tubes were essential. I could rent a row boat from Smittys, down by the government wharf in Gibsons for 25 cents an hour! It would take me to the magic other side Keats Island.

JUST MY HARMONICA AND ME

I left good old Gibsons Landing, just my harmonica and me, and rowed a row boat to Keats Island, feeling oh so free! The water was calm, the sky blue, the Sunshine Coast so green to the most beautiful island you've ever seen. Around



The way we were just a few years ago. (Photo: Dan Propp)

nineteen fifty-three, golly, that sure brings back many a memory such as "Knock Knock, whose there?" It's the Happy Gang, "well come on in", on the old Dominion network and Wayne and Schuster, the good old CBC.

A COUPLE OF PUNS TO PONDER

What's life like living in Nunavut, compared to Canada's southern provinces. Perhaps, 'none of it'? There used to be a famous song that was belted out with an operatic voice that began with "What Kind of Fool Am I". Today with all the controversy regarding petroleum, pipe lines, etc... maybe the lyrics could be altered ever so slightly to "What kind of fuel am I?"

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CAPT. JACK LOGAN INDUCTED INTO THE RAPCAN CENTURY CLUB



By Ursula Maxwell-Lewis

Surrounded by family and friends, Capt. N. J (Jack) Logan (RCAF/Air Canada retired) celebrated his 100th birthday on Jun 6 at the Canadian Museum of Flight, Langley Regional Airport.

The occasion also marked Capt Jack's induction into the Century Club of RAPCAN. (Retired Airline Pilots of Canada). RAPCAN president Capt. L L Hare (ret) and Capt. Richard Dunn (Air Canada ret) of the Aircrew Officers' Association of Canada officiated.

In tribute to the centenarian, a flypast was in order. Capt Allen French (CAF/AC ret) did the honours with a 'wing wave' flying the museum's SE5A Replica biplane 'Gogi'. The bright-eyed centenarian waved back, commenting that it reminded him of his WWII Tiger Moth training days. "It's something to see an 'oldie' like that," he chuckled.

Appropriately the date also commemorated the 77th anniversary of D-Day, the pivotal 1942 WW II allied invasion of Normandy. At the time Logan, a young RCAF Squadron 422 flight lieutenant with Coastal Command in Northern Ireland, was flying Sunderlands. These powerful, widely used Second World War flying boats patrolled the North Atlantic searching for German U-boats and serving key roles in protecting allied convoys bound for Britain. Logan recalled that there were no instructors and very few training pilots in those early years. D-Day for Squadron 422 meant joining allied aircraft diligently patrolling the dangerous skies and waters west of the invasion beaches.

After the war the young pilot joined TCA (now Air Canada) and continued his flying career starting with DC3s and through to Boeing 747s.

While with the company he met his wife, Betty, a TCA stewardess. The couple now have three children, five grandchildren and seven great-grandchildren.

When he retired as a captain in 1981 Logan had logged 3,000 flying hours with the RCAF and 22,000 with Air Canada. After decades of early mornings he said, "I'm not a morning person. Now I sleep in!".

During the event I also had the pleasure of chatting with Betty Logan, and two other retired stewardesses, Joan Lacey and Mary Louise Penrose, about their TCA/Air Canada flying careers.

They reminded me that they were 'stewardesses' and that and that cabin crew in the early days had to be registered nurses.

"Remember we had to resign when we got married?".

"And definitely no nose rings!"

I asked Betty if any famous passenger names came to mind. "Hedy Lamarr, Charles Laughton and his wife Elsa Lanchester", she said. I was delighted since the last two are among my all-time favourite actors, and Lamarr's incredible story is worth looking up on line if you're unfamiliar with it.



In 1949 and those early years there was only one class of service onboard the 55-passenger Canadair North Star which maxed out at 325 miles per hour at a cruising altitude of 25,200 feet.

The women also served onboard Super Constellations, the first pressurized-cabin civil airliner. When I mentioned that I immigrated to Canada onboard one as a six-year-old with my mother from Prestwick, Scotland to Malton (now Toronto Pearson International), Betty suggested it was possible she might have been among our cabin crew at the time.

Air travel was still a unique experience so Mary Louise recalled asking passengers, "Have you flown on this type of aircraft before?".

"It was more tactful than asking 'Have you ever flown

PHOTOS By Ursula Maxwell-Lewis:

TOP LEFT: L-R: Capt. L L Hare (Retired Airline Pilots of Canada president), and Capt. Richard Dunn (Aircrew Officers' Association of Canada) RAPCAN Century Club presentation to Capt. Jack Logan.

Top Right: Retired TC/AC stewardesses Mary Louise Penrose, Betty Logan and Joan Racey.

MIDDLE:Capt. Allen French (Air Canada and CAF Ret.) reads the SE5A Replica ‘Gogi’ for a flypast tribute to Capt. Jack Logan (AC, CRAF ret).

Bottom: A poster board gift to Capt. Jack Logan highlighting 100 years of global events.

before?', because most of them hadn't!".

Covid regulations kept the group small and masked, but that didn't diminish the celebration uniqueness or enthusiasm. Perhaps it actually emphasized that - despite 100 years of technology - the world is still much more interconnected that we often remember.

Ursula Maxwell-Lewis is a journalist and photographer based in Surrey, British Columbia.

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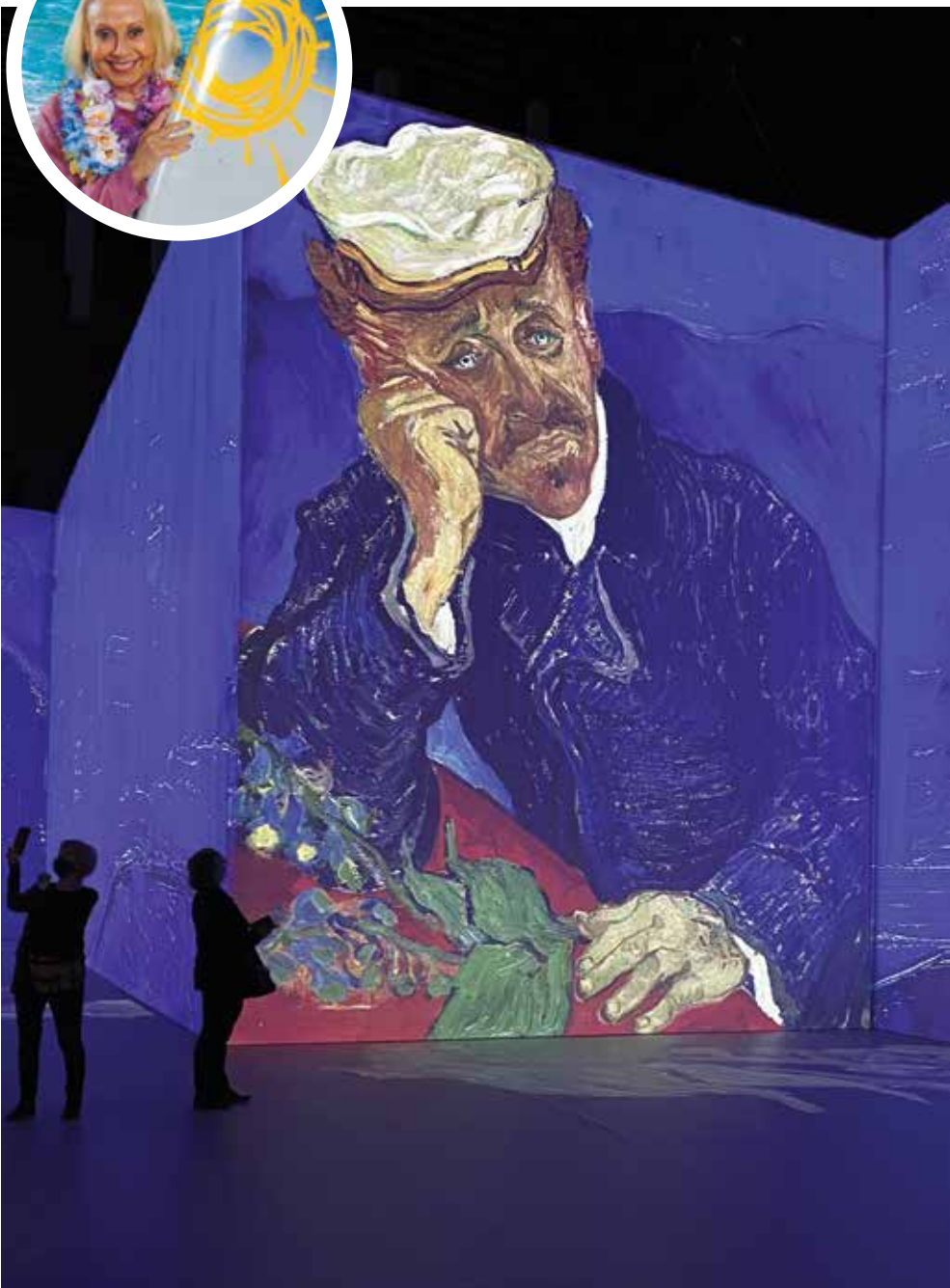
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And lord and behold I can eat and chew after 15 years.
So, if you are in this same boat, give him a chance,
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GO TO VAN GOGH IN VANCOUVER.



Article & photos by Lenora A. Hayman.

With cinemas and theatres closed during the pandemic we are fortunate to have until August 29, 2021, the IMAGINE VAN GOGH, the Immersive Exhibition in Image Totale at the Vancouver Trade and Convention Centre.

In 1975 filmmaker and photographer, Albert Plécy invested in the huge quarries of Baux-de-Provence to create the Cathédrale d'images, projected on to the white limestone walls. In 1977 Albert Plécy presented his audiovisual creation in Image Totale to the public.

Hans Walter Muller invented "topoprojection" to accommodate the surfaces of the quarries of Baux-de-Provence. Annabelle Mauger and Julien Baron inherited this technique to showcase 200 of Vincent Van Gogh's impressionist paintings done from 1888-1890 during the last 2 years of his life.

On entering the exhibit, first visit the pedagogical room to read on giant tablets Van Gogh's life history, prior to entering the immersive exhibition Imagine Van Gogh. It is an elaborate multi-projection process casting huge images of Van Gogh's paintings not only on many walls but onto the floor as well.

Magnificent classical musical pieces such as Sergei Prokofiev's Romeo and Juliet, Schubert's Scherzando and Camille Saint-Saëns Carnival of the Animals surrounded us in sound, as we admired The Starry Night, Irises, Dr. Paul Gachet and the Bedroom in Arles. I liked the way the camera would zoom into a fragment of the scene for greater clarity.

Although Van Gogh never visited Japan he loved Japanese prints. We saw how he transposed the

principles of these engravings, first as brown and white sketches, and then later filled them in with calligraphy and also used colour similar to the Japanese artist Katsushika Hokusai.

My suggestion is to watch the 20 min sequence of moving projections on the walls and towers twice to absorb Van Gogh's genius. Wear comfy shoes since no chairs are provided. Of course walkers and wheelchairs are welcomed. Allow 1-1/2 hrs. for the visit including the pop-up souvenir shop at the end.

Tickets are by timed entry and must be booked on-line imagine-vangogh.com

Adults (16+) Mon-Thurs \$39.99 Fri-Sun \$49.99

Children (4-15) Mon-Thurs \$34.99 Fri-Sun 44.99

Children 3 & under free but require a ticket.

Photos by Lenora A. Hayman

Top Right: Dr. Paul Gachet with branch of Foxglove Digitalis by Vincent Van Gogh

Top Left: 1889 by Vincent Van Gogh.

Bottom: Iris 1889 by Vincent Van Gogh.



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FINANCIAL NEWS

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

DECODING FINANCIAL JARGON

How to understand the language of finance like a boss.

DOES THIS SOUND FAMILIAR? A colleague is talking to you about the alpha of one of their investments. You nod your head, but your eyes gloss over. The discussion ends and you wonder what you just had a conversation about.

Finance-speak can be confusing to many of us. There are a lot of complicated words or terms used to explain some of the simplest concepts. Becoming more familiar with these terms can help you better understand your financial situation and give you more confidence when speaking with your advisor.

Here's a useful glossary – in plain English – to help you get started.

Alpha: It's not just the first letter of the Greek alphabet. In finance, alpha is a measurement of how an investment performs compared to a benchmark index. Say your investment in a U.S. equity fund returns five per cent, while the S&P 500 Index earns one per cent – the alpha is four, because your investment outperformed the benchmark by four per cent.

Annuity: A contract between you and an insurance company. You make a lump-sum payment or series of payments, and in return you get a set monthly income for a set period.

Asset allocation: The strategy of dividing investments among different asset categories like stocks, bonds and cash.

Beneficiary: The person(s) named on your life insurance policy or segregated fund contract to receive the death benefit when you die. Registered Retirement Savings Plans and Tax-Free Savings Accounts also have beneficiary designations.

Beta: A measurement of the volatility of an investment compared to the market. The beta of the overall market is 1 or neutral. An investment with a beta above 1 is more volatile than the market, while lower than 1 is less volatile.

Bond: Companies and governments issue bonds to fund operations, innovate and grow. When you buy a bond, you are essentially loaning money to the issuer, which promises to return your money by a specific date and pay you interest for that period.

Capital gain/loss: Simply put, the difference between the price you paid for a property or an investment and the price you sold it for.

Commodity: A basic good, raw material or agricultural product that can be bought or sold on the market, like gold, sugar or grains. Some financial and technological products can be commodities, such as foreign currencies or cellphone bandwidth.

Compound interest: The interest calculated on the initial principal of a loan or deposit, plus all

the accumulated interest. In other words, it's interest on interest.

Dependant: A person eligible to be covered by you under your benefits plan, for example, your spouse or child.

Dividend: Money an investment fund or company pays to its shareholders, usually from profits, and expressed on a per-share basis.

Exchange-traded fund (ETF): A basket of securities (which can include stocks, commodities or bonds) that trades on an exchange. The price of an ETF's shares will change throughout the trading day since they are bought and sold on the market.

Living benefits insurance: Insurance that provides the benefit while the insured person is alive, such as critical illness, disability, long-term care, health, dental and travel insurance.

Mutual fund: Pools of money contributed by investors with similar investment goals and managed by investment professionals. Mutual funds typically invest in bonds, stocks or both depending on their investment objectives. Unlike ETFs, mutual funds are priced once a day.

Portfolio: A group of investments owned by one organization or individual and managed as a collective whole with specific investment goals in mind.

Rider: An optional addition to an insurance policy to provide protection, for an additional cost, for risks not covered in the basic policy.

Segregated fund contract: A pool of investments held by a life insurance company and managed separately from its other investments. Segregated fund contracts combine the growth potential of investment funds with insurance protection – you are guaranteed to receive at least a set percentage of what you've paid into the plan on death or maturity (less any amounts withdrawn), even if the investments have dropped in value. Segregated fund contracts also offer useful estate planning features and potential creditor protection.

Stock: Companies issue stock to raise capital. In return the stockholder is given a proportional share in ownership of the company. This comes with a proportional voting right to determine how the business is run and a right to receive dividends, if any are paid.

Volatility: The amount and frequency by which an investment fluctuates in value.

Yield: The earnings generated by an investment expressed as a percentage of its market value over a specific period. Only an investment that pays interest income or dividends can have a yield attributed to it.

Source: Manulife Financial, Solutions magazine 2020

CRS Financial Group is based in South Surrey, BC. We specialize in assisting individuals with their financial affairs, encompassing Investments, Insurance, Retirement and Estate planning. If you would like Rick Singh to review your investment portfolios or estate plan please call 605-535-3367 to schedule an appointment or phone conversation. You can also email rick at rick@crsfinancial.ca

IS PAIN NORMAL POST-COVID-19 VACCINE?

With everyone from the news to friends and family sharing so much information about the COVID-19 vaccine, it can be hard to tell the difference between myth and fact and know what to believe. But staying properly informed can help put your mind at ease as you prepare for your vaccine.

Here's what the latest health research states:

The CDC recommends talking to your doctor about taking an over-the-counter medication, such as Advil (ibuprofen), for possible pain or discomfort from a COVID-19 vaccination.

The British Columbia Centre for Disease Control states that if you are unable to carry on with your regular activities because of these symptoms, you can take pain-relief medications.

The National Advisory Committee on Immunization states that oral pain reliever shouldn't be routinely used before or at the time of vaccination, but that their use is not a contraindication to vaccination. These medications may be considered for the management of side effects such as pain or fever, if they occur after vaccination.

The Ontario Ministry of Health says that using a cool, damp cloth where the vaccine was given may help with soreness. If needed, pain or fever medication may help with these side effects.

When it's time to get your COVID-19 shot, staying informed will help you feel more comfortable and prepared. While the battle against COVID-19 is not over, continue to take smart safety measures such as washing your hands, wearing a mask and practicing social distancing.

Learn more about pain relief post-vaccine at advil.ca/coronavirus. www.newscanada.com

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THE PHARMACIST REVIEW

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

DETOX

"Detoxification" is not a bad word. It is a healthy, perpetual process that occurs naturally in our bodies. In fact, it is what keeps our bodies in a clean, optimal state. Detoxification involves a coordinated effort of specialized organs, such as the liver, kidney, lungs, gut, and skin to rid the body of toxins.

Our detox organs can be overwhelmed by particular things in life, such as chronic medication and supplement use, and our choice of lifestyle (ie. diet and activity). In addition, there could be unsuspecting heavy metals, hormones, and other chemicals in our environmental air, water, soil, and foods. Thus, regular detox is arguably as important as diligently taking your heart and diabetes medications on a regular basis. "Toxicity" may be manifested in, eg., headaches, decrease in effectiveness of medications or supplements, changes in energy levels, regularity of bowel movements, skin breakouts, and weight fluctuations.

CanPrev's Detox-Pro is becoming a favourite amongst our pharmacists and clients because it is a one-step, 15-day detoxification program for your liver and body's detox pathways. It is a smart blend of vitamins and antioxidants (eg. Vit.C, B's, folic acid, DL-alpha lipoic acid, selenium, curcumin), along with amino acids and derivatives (eg. L-Glutamine, N-Acetylcysteine, L-methionine), and detox herbs (eg. dandelion root, milk thistle, slippery elm). It can be repeated throughout the year, and best when taken with plenty of water and fibre, as well as a good probiotic.


Flor Essence liquid by Flora is an 8-herb, cellular cleansing formula for your detox organs that can be used as part of an acute cleanse or used in your daily regiment to optimize your detox organs. It contains blessed thistle, slippery elm, kelp, watercress, red clover blossom, rhubarb root, burdock root, and sheep sorrel. Flor Essence can also be found as part of Flora's comprehensive Flor Essence 7-Day Purification Program, which includes Pro Essence (uva ursi, slippery elm, juniper berry, and others for urinary tract support) and FloraLax (flax seed, psyllium seed husk, oat bran for the bowels).

The 12-Day Wild Rose Herbal Detox has been a staple in our pharmacies for decades. It involves 4 types of tablets and 1 liquid, to be taken twice daily, along with a few recommended dietary suggestions. Examples of the active herbs in these formulations include dandelion, marshmallow root, cascara, buckthorn bark, uva ursi, and ginger root. This kit continues to be one of the most popular choices among our clients and we have clients who will do this cleanse once or twice a year on a regular basis.

For a homeopathic cleanse, look no further than the Pasco Detox Kit, which involves ingesting liquid drops in some water three times a day. This cleanse can be used in conjunction with any of the herbal cleanses mentioned above.

Regular systemic detoxification is often overlooked as part of our pursuit for a healthy life. Make your way down to Cloverdale Pharmasave or Pharmasave Steveston Village, and trust one of our passionate integrative pharmacists in helping you choose a fitting detoxification regiment as well as assist you in on-going medication management.

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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CLOVERDALE COUNSELLING CENTRE INVITES YOU INSIDE

Cloverdale B.C., June 2021: Sit down and stay awhile, everyone is welcome. This is the essence of Soul Matters Counselling, located on 176th Street in the Dale Building in the community of Cloverdale. Seeking to offer an affordable counselling alternative for people needing support, Soul Matters Counselling was launched in 2013 by Elsje Hannah M.A., CCC-S, RCC and Jillian Hart M.A., CCC, RCC. Hannah and Hart felt that private practice rates are often unattainable and government funded programs are oversaturated. Soul Matters Counselling has been a solution for eight years and counting.

Hannah recently expanded her private practice, Healing Place Counselling (healingplacecounselling.ca), from Salt Spring Island to Cloverdale, which simultaneously provided space for Soul Matters to also further its community outreach.

Hannah and Hart have specialized experience with senior issues: grief, chronic pain and illness management, caregiver stress, end of life, cancer care and spiritual questions. Their unique not-for-profit model is powered by interning clinicians completing their degrees at recognized universities. Hannah and Hart have made a conscious effort to work with interns focusing in and seeking to develop their experience with senior issues. Each intern is paired with an established clinician to provide support and guidance.

"This is a place where emotional needs are met," says Hannah. "Sometimes for the first time. We chose this location intentionally for accessibility and centrality. Counselling should be available to everyone."

Velvet sofas are pulled together in the front room and plants soak up the sunshine streaming through the floor to ceiling windows. Behind the sitting area



Elsje Hannah, co-founder of Soul Matters Counselling with two therapy pets, Rosie and Alfie

is a coffee and tea bar adjacent to the lending library and—yes—more sofas for sitting. Down the hall is a crafting space, with two looms for weaving and vibrant rolls of yarn for tactile crafting pleasure. Perhaps, the most enticing place to sit for a while is within the repurposed walk-in bank vault. An altar, candles, bench and soft music willingly lends itself for reflection, meditation and thoughtful prayer.

Therapy dogs, Alfie and Rosie, are also in attendance, providing an encouraging tail wag in exchange for a nice scratch and pat; one more reason to pull up a chair and stay awhile.

Elsje, Jillian and their interning clinicians can be reached at 250-221-2015 or via their website www.soulmatters.ca

Written by: Kaitlyn Gisler

WAITING FOR THE BELL...ROUND THREE

BY M.P. DETINA

It was 2020 when Round One of the pandemic put a choke hold on us; pinned us to the mat.

It was when a cough; a throat tickle; pricked ears and raised suspicion.

It was when video chatting filled in the gap left by a new buzzword; social-distancing. And when the term lock-down, became a directive for law abiding citizens.

It was when being negative was a positive.

It was when the term hot-spot, often used to describe a holiday destination or a festering wound, was given new meaning.

It was when death prowled the horizon from sunrise to sunset.

It was when the nightly clang of pots and pans rang through local communities in solidarity with our brave health care workers.

It was during Round Two when raising an elbow replaced high 5s and having a beer with pals.

It was when, quiet, took the wheel and drove through and streets and highways - sending smog on a brief hiatus.

It was when outdoor sidewalk signs sat behind closed shop doors and chairs sat atop empty desks at schools and when food prices soared and toilet paper was rationed.

It was when masks became fashion statements.

It was also when the TOP ONE PERCENT of the population had a bullish year - pocketing obscene billions; and have nots wrestled with creditors.

It was when human vulnerabilities were revealed by a microbe.

...

It's June 2021 now, the middle of Round Three; the match is still on and our tag team - Ingenuity and Science, are standing center ring listening to the countdown; waiting for the bell.

- mppetina@shaw.ca

- Reader Submission to Today's Senior Newsmagazine



HOME IMPROVEMENT
“ASK SHELL”
By Shell Busey

Tips to Beat the Heat This Summer

With summer on the way, here are a few simple tips you can follow to stay comfortable, being as energy efficient as possible.

- Fans use less energy than air conditioners but should only be operated when the room is occupied.
- Keep the pilot light off on your gas fireplace during the summer months and when it is not being used regularly.
- Skylight Shades - Skylights are a great way to let natural light enter your home, but the intense heat and light of the sun can heat up the interior of your home in a hurry, and make that natural light almost unbearable. An easy solution to this is the Sun Blocker (Available at Rona Tsawwassen).
- Compact fluorescent and LED lighting use much less energy than incandescent lamps, last much longer and produce the same amount of light without producing heat.
- Heat Pumps – they are an efficient method of heating a home during the cold winter months and also cooling it during the summer months. A heat pump looks like an air conditioner, but that’s only the outside appearance. It actually has two functions based on the same principles for both. In warm weather situations, the heat pump works as a normal air conditioner. It extracts heat from inside the home and transfers it to the outdoor air through a condensing process. In colder weather, however, the process reverses, collecting heat from the outdoor air and transferring it inside your home. The heat pump pulls the heat from this cold outdoor air and sends it inside to warm your home, using a similar process that a refrigerator would
- Air conditioners can be costly to operate if used ineffectively. It’s important to ensure that your homes windows are closed before you turn on your air conditioner, so as to ensure the warm air from outside is not working against the air conditioner attempting to cool your home’s interior. Also check your homes humidity levels. Moist air is substantially more difficult to heat or cool, and the drier the air is, the easier it will be on both your heating and cooling equipment. There are also ductless air conditioning units available for homes or condominiums without ducting such as Mr. Slim (Mitsubishi).

A few terms you may run into while researching heat pumps and air conditioners are:

BTU - (British Thermal Unit) is the amount of heat required to raise the temperature of one pound of water one degree Fahrenheit.

One Ton - this is the cooling effect felt by the

Happy Canada Day!!!

Word search grid containing various words related to Canada Day and summer activities.

- | | | |
|-----------------------------|-----------------|---------------|
| July First | Canada Day | Celebrations |
| Fireworks | Champagne | Parks |
| Picnics | Maple Leaf | Confederation |
| Coast to Coast | Barbeques | Hamburgers |
| Hot Dogs | Water Fun | Swimming |
| Dancing | Camping | Boating |
| Life Jackets | Sunny Days | Starry Nights |
| Fries with Salt and Vinegar | Ice Cream Cones | Freezies |
| Family Gatherings | Lawn Games | |

melting of one ton of ice in a 24-hour period. One Ton = 12,000 BTU .

SEER - (Seasonal Energy Efficiency Ratio) represents the average efficiency over an entire year. The higher the SEER value for the equipment, the more energy efficient the equipment will be,

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MY ALS JOURNEY



My name is Joanne Stark and I am 63 years old. I was diagnosed with ALS over 20 years ago in September 2000. Three years before that, I began experiencing slurred speech, choking, tripping, and dropping things.

At the time, I was living and working in the Lower Mainland as a Human Resource Specialist for a high tech company. I relied on words to do my job. Some people thought I had a drinking problem. It was very frustrating and upsetting because we didn't know what was wrong.

I saw multiple neurologists. Eventually, doctors ruled out serious diseases like Multiple Sclerosis. They even ruled out ALS. The doctors advised me to get on with my life; they would continue to monitor me every six months. Then, two days before I was moving to Massachusetts, USA for a job promotion, I received news that drastically changed my plans. My most recent tests showed that I did have a variant of ALS.

I remember that day vividly, but the following months were a blur. I had a breakdown and stopped work immediately. Friends and family rallied around me to help. Eventually, I realised that I wasn't going to die tomorrow, and I had to get back some sense of normalcy. I joined the ALS Society of BC and started attending Patient Support group meetings, where I made some lifelong friends.

In 2005 when I could no longer live safely on my own, I moved to Parksville into a wheelchair accessible suite that my parents added to the side of their rancher home. The positive in that was more time spent with my immediate family living on Vancouver Island, especially my beloved mother Glenna and late father Joe.

My progression with ALS has been very slow, but is picking up speed. My mobility has declined to the point where I'm confined to a wheelchair or bed. I'm still strong enough to transfer with help from equipment and some human support, and a few times each week, I walk down the hall in my home using a walker,

assisted by a care aide. I wear ankle-foot-calf orthoses all day. The muscles in my face, throat, neck, and torso are getting weaker, making breathing shallower, eating more challenging, and choking more frequent. I've gone from being articulate to speaking haltingly, breathlessly, slurred...and sometimes, not being able to speak at all. The effort needed to function with a failing body causes much fatigue, made worse by stiffening limbs and muscle spasms. Although my hands and arms don't work very well, I can still use a computer/iPad to read, communicate, and entertain myself. I can still feed myself, drink from a mug (or wine glass), brush my teeth, and write a bit. And I can still think, feel, laugh, and cry, although my smile is a little crooked.

Many thanks go to the people and organizations that support me being able to live at home: Island Health Home Support Services, Sue's Seniors Care, ALS Society of BC, ALS Centre @ GF Strong, and friends and family, especially my mother Glenna, who turned 88 this April.

The annual Walk to End ALS raises critical funds for community-based support services and research. Last year, my friends and family raised \$4,000 in my name. Since I started participating in 2001, they've helped me raise almost \$80,000! Much thanks to all who have donated.

ALS is expensive and is not covered by BC MSP. The ALS Society of BC provides crucial services to people living with ALS – 60% of all money raised by the Walks to End ALS goes directly back to patients in the form of equipment and support. The Loan Equipment Programme has provided me with many pieces of vital equipment: walker, shower chairs, hospital bed and specialty mattress, safety rails and poles, and



a power wheelchair.

Although the end of my ALS journey is looming much nearer than the beginning, I consider myself lucky to have lasted this long with a good quality of life. I decline, then plateau for a couple of years, decline again, and plateau again. Unfortunately, lately the declines have become more frequent, making the plateaus shorter.

ALS is a relentless thief. It can rob you of your mobility, your voice, your breathing, your independence, your dignity, and ultimately, your life. So, let's find a cure for ALS!

Love and light from Joanne
www.walktoendals.ca/BC



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- Tub to walk-in shower with seat
- Higher toilet and grab bars
- Chairlifts and ramps
- Single handle lever faucets in kitchen and bathroom
- Slip resistance flooring
- Door knobs with lever handle
- Counter height modifications
- Gliding shelves in kitchen and bath for easy access



WRITE AS I PLEASE

By Mel Kositsky

Life is a lottery! Hard to believe, eh?

We have now gone from relying on science and health experts to help save the world from this deadly pandemic to encouraging people to get vaccinated by offering various prizes, including the chance to win major cash in a lottery. And now this is happening in Canada too -- it is not just those crazy Americans! We laughed at those U.S. places for dreaming up such schemes (incentives), but now Canadian governments are following suit. Hopefully people wise up and get their free shots and move on. If about 20 per cent of the population continues to refuse, COVID-19 and its variants will continue to linger.

We can all get there by being vaccinated is the message from the government of Canada but will people listen. Media outlets are getting big bucks from government agencies to promote the vaccines, but is the message really working? It seems as though people are tuning out and have just decided to go about their business without masks and without shots. Every time the media gives too much attention to "ant-vaxers" and their protests, the movement grows because there are no real penalties. As restrictions ease, people just take unnecessary chances. Can anyone remember the "fake" toilet paper shortage and hoarding of 2020?

It seems like people can't wait to start traveling again. Some people even want to do some space travel -- really -- what a waste! Do people not remember all the sickness on cruise ships and people, especially well-off Canadians, wanting the government to rescue them from these luxury liners? Now they can't wait to get back on board. It seems like people have not only stopped wear-

ing masks, or gloves, but have also eased up on the sanitizer and hand washing. How easily they forget how germs can be transferred. Does anyone remember when businesses would not take cash for fears the disease could be transmitted through coins and bills?

While the various shutdowns have hurt many businesses, others have thrived through the past year and one-half. The stock market is booming, real estate prices are up and banks are recording record profits. This pandemic is not quite over yet and it will be interesting to see how the media and historians record it. More important is that health authorities and experts prepare for the next possible terrible disease. Modern technology and communications should make it near impossible for such a pandemic to happen again. It is obvious that the World Health Organization was a complete failure in its operations and major changes are needed there. Hopefully, world leaders who support WHO will recognize this.

Expect things to open up this month, following the July 1 Canada Day holiday. While the border to the U.S. will remain closed until July 21, look for various restrictions to be eased gradually and things start getting back to near normal. One of those businesses are the operations run by the British Columbia Lottery Corporation.

"We're excited to be one step closer towards reopening the casino industry and to be included in Step Three of B.C.'s restart plan to safely bring people back together," said Lynda Cavanaugh, BCLC's Interim President and CEO. "Casinos offer great -- and safe -- entertainment and socialization, while also generating revenue for provincial initiatives, community programs and First Nations." Specific reopening details for casinos are being developed through consultation between representatives from BCLC and its service providers, ministry staff, public-health officials and WorkSafeBC. More information can be found at bclc.com.

Meanwhile, people are getting frustrated from lotteries, especially the \$70 million Lotto Max jackpot. Hopefully by the time you read this article someone, or group, will have won the big prize which was carried over for weeks. This has generated many discussions about why there is a need for such a big prize -- and why is the money not spread around better so more people can enjoy the windfall. However, it is more likely that the \$70 million maximum will soon be bumped up to \$100 million. Maybe not right away, but it

is coming. You just have to look at the big Powerball payoffs in many U.S. states and the revenue generated for governments there is too hard for Canadian governments to resist.

PLANT-BASED RECIPES VEGETARIANS AND MEAT- LOVERS WILL ADORE

Many of us are now looking to incorporate plant-based eating into our meals. But this can be a daunting task, especially for meat-lovers looking to reduce their meat intake or for vegetarians living in a world of meat-eaters.

To help spruce things up in the kitchen when it comes to going plant-based, try some new recipes that everyone will love, like this delicious fusion of two of the best types of food -- pizza and pasta.

Pizza Penne Skillet

Prep time: 15 minutes

Cook time: 25 minutes

Serves: 4

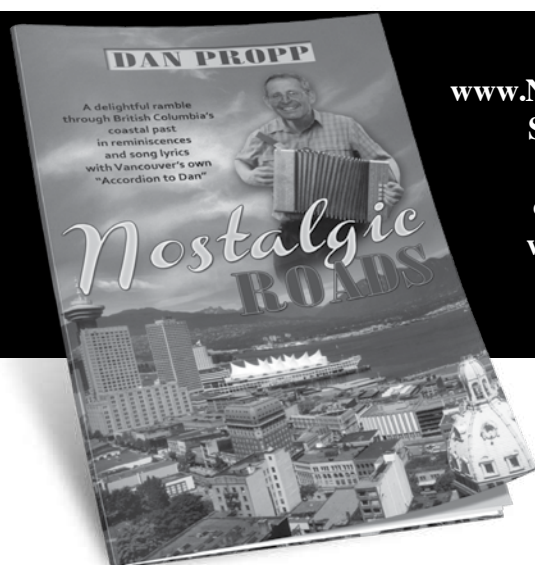
Ingredients:

- 2 cans crushed tomatoes
- 12 oz (375 g) penne
- 2 tbsp olive oil
- ¼ lb mushrooms, sliced
- 1 onion, sliced
- 1 red pepper, sliced
- 2 cloves garlic, minced
- 1/2 tsp dried oregano
- 1/4 tsp each salt and pepper
- 1 pkg Gardein Meatless Meatballs
- 1 cup shredded vegan mozzarella
- 2 tbsp torn basil leaves

Directions:

1. Cook pasta according to package directions. Drain, reserving ¼ cup cooking liquid.
2. While pasta cooks, preheat broiler. Heat oil in large ovenproof skillet set over medium-high heat; cook mushrooms for 5 to 8 minutes or until they start to brown.
3. Stir in onion, red pepper, garlic, oregano, salt and pepper; cook for 2 to 3 minutes or until starting to soften. Stir in tomatoes and Meatless Meatballs; bring to boil. Reduce heat to medium low; cook for 5 to 8 minutes or until sauce is thickened.
4. Add pasta and reserved cooking liquid to skillet; cook, tossing well, until pasta is well coated. Sprinkle with cheese.
5. Broil for 2 to 3 minutes or until cheese melts. Sprinkle with basil.

Find more plant-based recipes and inspiration at readyseteat.ca. www.newscanada.com



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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing across Canada is back on track in all provinces but most operations are still racing without spectators in the stands. That could change later this month as government restrictions ease, and casinos start opening up with limited capacities. Many racing operations are linked to casinos.

Vancouver's Hastings Racecourse is holding seven races per evening on Mondays and Tuesdays, with a 5 p.m. post time. Fans can watch the races on the track's website or the betting website HPIBET.com. With the restart of racing in Ontario, TSN is now broadcasting a two-hour show called "Racing Live" at 4 p.m. on Fridays. The show features thoroughbred races from Woodbine and harness races from Mohawk, along with other features.

In a news release earlier this year, the Canadian Horse Racing Hall of Fame named three people and three horses to be inducted as the Hall's Class of 2021. The Board of Directors agreed to reduce the number of inductees for the Class of 2021 to three per breed. This will allow for the 2020 and 2021 inductees to be properly recognized together, once a gala event may be hosted.

The Hall determined additional inductees will be added in 2022 and 2023 to offset the smaller class of 2021.

The Standardbred Election Committee inductee selections for 2021 include Builder Jim Bullock, Driver Randy Waples, and Female Horse Great Memories.

Erin, Ontario resident Jim Bullock has made immense contributions to the Canadian harness racing industry over the past 30 plus years as an owner, breeder, stallion syndicator, race track administrator, and organization leader. Following his purchase of Glengate Farms in 1992, he stood three stallions that are now members of the Canadian Horse Racing Hall of Fame — Balanced Image, Angus Hall and Apaches Fame, and each stallion has had an immeasurable impact on the Canadian harness racing landscape. While Bullock has suspended the stallion division of Glengate, he continues to be active as a breeder with a broodmare band of approximately 30 top quality, trotting-bred mares, built largely by retiring some of his most successful racehorses including Gramola, Juanitas Fury, Pepi Lavec, and Oaklea Odessa. Bullock's Glengate Farms can also lay claim to being co-breeder of double millionaire Art Official, world champion JL Cruze who went on to make over \$1.6 million, and CHRHF inductee Odies Fame. It also seems rather fitting that Glengate Farms-bred Great Memories is also included in the CHRHF Class of 2021.

Although 2021 Driver Inductee Randy Waples was born with harness racing in his blood, he still needed to earn what he accomplished as a driver. After spending close to 10 years honing his craft at tracks throughout Ontario, the trajectory of his career changed in 1996 when he won 150 races in 1,197 starts in what would be the first of 22 consecutive years as a driver with earnings reaching into the millions. The three-time O'Brien Award as Canada's Driver of the Year,

Waples also has a long list of stakes victories on his resume including the 2012 North America Cup with Thinking Out Loud, three Maple Leaf Trot wins with San Pail (CHRHF Class of 2016), as well as Breeders Crown Championship wins with San Pail and Dreamfair Eternal (CHRHF Class of 2014) and two wins in the Canadian Pacing Derby with Strong Clan (1997) and State Treasurer (2016). Other notable accomplishments include four Battle of Waterloo wins and leading driver in Ontario Sires Stakes earnings in 2001, 2002 and 2010. In April 2018 when harness racing moved from Woodbine to permanently reside at Woodbine Mohawk Park, Waples was declared the all-time leader in wins at the Toronto facility with 2,605 victories. Nationally Waples is the all-time leading money-winning driver of races held in Canada, sporting more than 6,600 wins and \$131 million in purse earnings.

The 2021 Standardbred Female Horse Inductee Great Memories is a daughter of CHRHF 2000 Inductee Apaches Fame and out of Armbro Emerson daughter Save The Memories. Purchased as a yearling by Kenneth Fraser and Duane Marfisi, who also trained the filly, Great Memories' race career was cut short due to an injury at age three. Bred by fellow CHRHF Class of 2021 inductee Jim Bullock at his Glengate Farm in Campbellville, she now resides a few kilometres up the road in Rockwood and is owned by Ontario Standardbred nursery Warrawee Farm. Great Memories' 10 racing age progeny have earned more than \$4.2 million with four horses, Warrawee Needy, Warrawee Ubeaut, Warrawee Vital and Big Bay Point —breaking the 1:50 barrier and two surpassing the \$1 million earnings mark.

The Thoroughbred Election Committee voted to induct Builder Vicki Pappas, Male Horse Heart to Heart, and in the Thoroughbred Veteran category, Not Too Shy.

Being recognized as a Thoroughbred Builder Inductee in 2021 is Montreal-born and Streetsville, Ontario resident Victoria (Vicki) Pappas, making her the third woman to be inducted to the CHRHF in as many years. Throughout a career spanning over 40 years, Pappas has been engaged in various elements of the Canadian Thoroughbred industry, starting first as a groom, she has also been a trainer, owner and breeder. In 2006 Edenwold, bred by Pappas along with her husband Bill Diamant and long-time friend Gail Wood, won the Queen's Plate.

As the face of the Woodbine Sales Company, Vicki was involved in all aspects of the sale. As one of the first on-camera hosts for Woodbine's expanded simulcast show, Vicki handicapped races on air. And as Woodbine's stakes coordinator, Vicki worked tirelessly to encourage some of the world's top horse people and horses to make the trip to Woodbine for major races.

Vicki may however be best known as the passionately dedicated and hands-on chairperson of LongRun Thoroughbred Retirement Society. Under Vicki's leadership, what began as a few people looking for ways to ensure Thoroughbred racehorses have a dignified and happy retirement, has grown into a registered charity, recognized as one of the continent's most respected horse retirement and adoption organizations and is also the first industry-funded adoption program in Canada. To date, LongRun has successfully retired and adopted over 1,000 racehorses, and continues to care for 50 horses on its farm in Hillsburgh, Ontario. Many of the farm's resident equines are 'lifers' who will comfortably live out their days under the care of LongRun.

Bred by Darrell Bauder's Alberta-based Red Hawk Ranch and foaled in Ontario, the 2021 Thoroughbred Male Horse Inductee Heart to Heart was a \$25,000 purchase by Lethbridge, Alberta's Terry Hamilton at the CTHS yearling sale in 2012. That investment proved lucrative with the horse earning over \$2 Million (US) in a high-profile seven-year racing career

which included 15 wins and nearly \$50,000 per start in 41 starts.

As a two-year-old, the son of English Channel out of the Silver Deputy daughter Ask the Question, made starts in both Canada and the U.S. His Canadian starts included a third-place finish in the Vandal Stakes as well as finishing fourth in both the Simcoe Stakes and Coronation Futurity. Following his sophomore year which included finishing third in the Toronto Cup Stakes as well as starts in the Queen's Plate and Marine Stakes, Heart to Heart was named the Sovereign Award Champion 3-Year-Old in 2014, on the merits of winning 4 of 8 races, including two Grade 3 scores at Churchill Downs. Trained throughout his career by Brian Lynch, Heart to Heart won two Grade 1 races back-to-back in 2018 with a victory in the Gulfstream Park Turf in February of that year, followed by a decisive win in the Makers 46 Mile in April at Keeneland. In total, Heart to Heart was victorious in 11 graded stakes at U.S. tracks.

Bred and owned by Conn Smythe (CHRHF Class of 1977), and trained by D. P. (Donnie) Walker, 2021 Thoroughbred Veteran Inductee Not Too Shy won just two races in her initial year of racing (1968) but, in the next three years, she would establish herself as one of the top stakes-winning fillies of her era. A 1966 daughter of Nearctic out of Twice Shy, she withstood a hard campaign in her sophomore year, going to the post 19 times. Included in her accomplishments were victories in the Fury, Wonder Where, Maple Leaf, and Duchess Stakes, a race in which she defeated Kentucky Oaks winner, Hail to Patsy. Not Too Shy would lose the 1969 Canadian Oaks by a head to Kinghaven Farm's Cool Mood (inducted in 2014) after a long stretch duel. However, these two fillies would battle three more times with Not Too Shy prevailing in each of those meetings to avenge her Oaks' setback. Later that year, she took on the boys in the Breeders' Stakes, finishing in third place. Not Too Shy retired with 11 stakes victories among her 23 wins. Her breeding career produced multiple stakes winner and 1978 Queen's Plate contender, Lucky Colonel S.

In other racing news, Gerald Bennett saddled the 3,975th winner of his career this spring at Gulfstream Park, becoming the winningest Canadian-born Thoroughbred trainer of all time.

A Gulfstream news release said the 77-year-old trainer saddled Tampa Bay Downs' shipper Baby Boomer (\$12.40) for the victory to pass Frank Merrill Jr., a Canadian Horse Hall of Famer who won 19 Canadian championships and led all North American trainers three times by races won, as well as winning four Gulfstream titles between 1955-1980.

"Frankie Merrill had the record for the amount of wins for a Canadian-born trainer. I'm Canadian-born. I raced at Woodbine and all over the place. I tied him today in the third race at Tampa. This breaks the all-time record for wins," said Bennett, who saddled West Side Warrior for a win at Tampa before scoring at Gulfstream with Baby Boomer, who led throughout under Emisael Jaramillo.

Bennett, a Springhill, Nova Scotia native, began his training career in Canada in 1976 saddling horses alongside Merrill, who passed away in 1990.

Bennett, who is once again dominating at Tampa with a meet-leading 55 winners this year, has gone on to be an exceptional claiming trainer but still hasn't given up on "every horseman's dream."

"I just go and try to buy young horses. We haven't got to the Kentucky Derby, but we've won a lot of stakes here and there," said Bennett, whose only Grade 1 success came with Beau Genius in the 1990 Philip Iselin (G1) at Monmouth. "I've never had anyone pay a lot of money for a horse. We usually buy for \$17,000-\$25,000 and hope to get lucky. Sooner or later, the harder you work, you might get lucky and someday get to the Derby. That's every horseman's dream."



Cozy Corner

"Let's Talk"

By Janet Isherwood

Summer Heat & related health dangers for older adults in the summer.

As we age, our ability to adequately respond to summer heat can become a serious problem.

Older people are at significant increased risk of heat-related illnesses like hyperthermia.

Hyperthermia can include

- heat stroke
- heat edema (swelling in your ankles and feet when you get hot)
- heat syncope (sudden dizziness after exercising in the heat)
- heat cramps, and heat exhaustion.

Age-related changes to the skin such as poor blood circulation and inefficient sweat glands

Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
High blood pressure or other conditions that require changes in diet, such as salt-restricted diets

Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs

Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)

Being substantially overweight or underweight

Drinking alcoholic beverages

Being dehydrated.

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect.

To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool.

Senior centers and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air-conditioned places such as shopping malls, movie theaters, or libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature.

Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium, or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

If you suspect that someone is suffering from a heat-related illness:

Call 911 if you suspect heat stroke.

Get the person out of the heat and into a shady, air-conditioned, or other cool place. Urge them to lie down.

If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.

Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can

help cool the blood.

Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

To learn more, go to "Hot Weather Safety for Older Adults."

Summer Humor (sent in by Pat Doyle)

THE \$5.37 TACO BELL MEAL

THE MORE YOU READ THE FUNNIER IT GETS... COULDN'T DECIDE WHETHER TO LAUGH OR CRY.

\$5.37!

That is what the kid behind the counter at Taco Bell said to me.

I dug into my pocket and pulled out some lint and two dimes and something that used to be a Jolly Rancher.

Having already handed the kid a five-spot, I started to head back out to the truck to grab some change when the kid with the Elmo hairdo said the hardest thing anyone has ever said to me.

He said, "It's OK. I'll just give you the senior citizen discount."

I turned to see who he was talking to and then heard change hitting the counter in front of me.

"Only \$4.68" he said cheerfully.

I stood there stupefied. I am 56, not even 60 yet?

A mere child! Senior citizen?

I took my burrito and walked out to the truck wondering what was wrong with Elmo.

Was he blind?

As I sat in the truck, my blood began to boil.

Old? Me?

I will show him, I thought.

I opened the door and headed back inside. I strode to the counter, and there he was waiting with a smile.

Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted!

What am I now?

A toddler?

"Dude! Can't get too far without your car keys, eh?" I stared with utter disdain at the keys.

I began to rationalize in my mind!

"Leaving keys behind hardly makes a man elderly! It could happen to anyone!"

I turned and headed back to the truck.

I slipped the key into the ignition, but it would not turn.

What now? I checked my keys and tried another.

Still nothing.

That is when I noticed the purple beads hanging from my rear-view mirror. I had no purple beads hanging from my rear-view mirror.

Then, a few other objects came into focus:

The car seat in the back seat. Happy Meal toys spread all over the floorboard. A partially eaten dough nut on the dashboard.

Faster than you can say ginkgo biloba, I flew out of the alien vehicle. Moments later I was speeding out of the parking lot, relieved to finally be leaving this nightmarish stop in my life.

That is when I felt it, deep in the bowels of my stomach: hunger! My stomach growled and churned, and I reached to grab my burrito, only it was nowhere to be found.

I swung the truck around, gathered my courage, and strode back into the restaurant one final time.

There Elmo stood, draped in youth and black nail polish. All I could think was,

"What is the world coming to?"

All I could say was, "Did I leave my food and drink in here"? At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits.

Elmo had no clue.

I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention. He was holding up a drink and a bag. His mother

explained,

"I think you left this in my truck by mistake."

I took the food and drink from the little boy and sheepishly apologized. She offered these kind words: "It's OK. My grandfather does stuff like this all the time."

All of this is to explain how I got a ticket doing 85 in a 40-mph zone. Yessss, I was racing some punk kid in a Toyota Prius. And no, I told the officer, I'm not too old to be driving this fast.

As I walked in the front door, my wife met me halfway down the hall. I handed her a bag of cold food and a \$300 speeding ticket. I promptly sat in my rocking chair and covered up my legs with a blanket.

The good news was that I had successfully found my way home.

Pass this on to the other "old fogies" on your list (so they can have fun laughing, too).

Oops, did I send this to you already?

Look forward to speaking with you all again next month.

cozycornernews@gmail.com

BC VINTAGE TRUCK MUSEUM



The BC Vintage Truck Museum, operated by the Surrey Heritage Society, is located at 6022 – 176 Street in Cloverdale.

The Museum is dedicated to preserving the early history of Trucking in BC. Thirty two beautifully restored trucks are on display along with memorabilia, gas pumps, tools, engines and many stories of the past.

Each truck has a unique history and helped develop our Province.

Our trucks have carried troops in WW1, cleared snow off the BC Electric rail lines, hauled coal to the Power Plants and dynamite for the building of the Fraser Canyon road and replaced the horses and wagons that hauled hay to the dairy farmers.

The Museum is run exclusively by a team of dedicated volunteers who keep the trucks in running order, welcome guests and take part in many community events.

We are open every Wednesday and Saturday from 10am to 2pm to welcome guests and new volunteers. www.bcvintagetruckmuseum.org

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Details on page 3.

HOW SENIORS CAN STAY ACTIVE AND HEALTHY IN THE HEAT

Extreme heat is a reality in many parts of the country throughout the summer. For everyone, but especially older adults, extreme heat can pose serious health risks if you're not careful. At the same time, it's vital for seniors to stay active to remain healthy as they age.

Here are a few tips to help you exercise safely when temperatures rise.

Know your risks

Older adults may face additional factors that could increase risk during extreme heat, such as chronic conditions, social isolation or medications that interfere with the body's cooling mechanisms. If you take medication, consult with your family doctor or pharmacist about your level of risk.

Plan ahead

Know what the temperature is before you start exercising. That way you can modify your physical activity accordingly, whether it's moving your walk to a shaded area or an air-conditioned building or rescheduling to a cooler part of the day.

Stay connected

Try exercising with others and have someone pay special attention to how you're doing. Arrange for regular check-ins by family, friends and

neighbours during very hot days in case you need assistance. Just remember to follow the public health advisories that are in place in your area.

Drink more water

By the time you feel thirsty, you're already dehydrated. So, drink plenty of water before, during and after being physically active. Increase your comfort by splashing yourself with cold water.

Be realistic and recover

Try not to expect the usual performance from yourself during extreme heat, and allow your body to recover after heat exposure. Spend a few hours in a cooler shaded area or somewhere that's air conditioned, such as your home, a shopping mall or public building.

Look for symptoms

Any time it's hot out, watch for symptoms of heat illness. These include dizziness or fainting, nausea or vomiting, headache, or rapid breathing and heartbeat. If you have any of these symptoms during extreme heat, move to a cool place and drink water right away.

Find more information at Canada.ca/health
www.newscanada.com



WHAT HAPPENS AFTER I GET THE COVID-19 VACCINE?



With the COVID-19 vaccine continuing to roll out across Canada, there are many stories and myths about the vaccine and post-shot side effects. There are also conversations surrounding taking fever and pain medications after getting your shot.

If you're able to get the vaccine or are about to, you likely have questions. Knowing how to properly prepare for your appointment can help put you at ease.

Here's what the CDC recommends:

Once you're approved to get a vaccine, talk to your healthcare provider ahead of time and ask any questions if your healthcare provider is not administering your injection directly.

Do not schedule any other vaccinations within two weeks of your COVID-19 vaccination. If you feel ill before your appointment, call ahead and ask if you should still come in or reschedule.

Get good rest the days prior to the appointment. Eat a light meal or snack and stay hydrated before your appointment. Rest and good nutrition help prepare your immune system for the vaccination.

Ask about side effects. While some people have no symptoms, some could experience headache, muscle or joint pain, chills, fever, and/or fatigue, which generally subside after 48 hours. Plan for several low-key days following your vaccination.

Plan ahead for post-vaccination care by having the essentials on hand in your medicine cabinet. "Aches and fever are common side effects of coronavirus vaccination, and can easily be treated with a pain reliever," says Dr. Jeffrey Fudin.

Over-the-counter medications like Advil (ibuprofen) can reduce pain, fever or discomfort associated with the COVID-19 vaccine, including mild aches or arm soreness.

Consult with your local clinic or pharmacy to schedule your first and second dose.

When it's time to get your vaccine, these steps will help you feel more comfortable and prepared. Remember, even after vaccination, continue to take smart safety measures such as washing your hands, wearing a mask and practicing social distancing.

Learn more about pain relief post-vaccine at advil.ca/coronavirus.

www.newscanada.com

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FAIRMONT HOT SPRINGS

A ROCKY MOUNTAIN PLAYGROUND



By Chris Millikan

Fairmont Hot Springs makes a perfect getaway for outdoor enthusiasts like us. Settling into cozy mountainside villas or riverside condos, days fill with hikes, bike rides and leisurely 'spa' soaks.

Attracted by pristine beauty and natural hot springs, visitors have traveled here since the mid-1800s. Even then, the waters' therapeutic values were widely known. And today, rocky vents continue supplying the bubbling hot mineral water to resort pools.

Visiting the large soaking pool for relaxation is a favourite. Lukewarm shallows suit frolicking tiny-tots. An adjacent pool allows for cooler refreshing dips or swimming laps ...and even water play. The daring, like our son, plunge from high platforms into the depths of another pool.

Colour-coded trails fan out from trailheads near the resort lodge. The easy blue trail features a scenic canyon walk with a waterfall cascading into a steaming turquoise pool. A black trail leads toward Mountainside Golf Course, where the first settler's 1888 home remains visible. A later owner's early 1900's wooden barn marks the golf course entrance.

Pure mountain air inspires our more ambitious treks up steeper trails. The red path guides us up past the 1920's stone bathhouse, outer rock-hewn baths and upward along a ski hill roadway into mountain meadows. And the white follows a groomed cross-country ski trail to spectacular Columbia Valley views. Here, herds of big horn sheep are sometimes sighted.

A looping orange trail accesses the green Columbia Lake trail. Tramping upward through lodge pole pines, we look for petroglyphs on granite boulders along the way. Winding into Columbia Lake Provincial Park, vistas of the wetlands and northern lakeshore delight. We head back as the lofty track gradually narrows to sheer drop-offs in spots. Undaunted, mountain bike riders continue boldly onward to Canal

Flats, 20 kilometers away.

Just south of Fairmont, we join a hiking group at the Hoodoos. An easy pathway winds upward and directly into breathtaking panoramas. At the cliff's edge, everyone enjoys close-up looks at these towering pillars above Dutch Creek. "Wind and rain carved the sandstone into wonderful colossal pinnacles. Some call these fantastical towers fairy chimneys," relates our guide. "According to a Ktunaxa (Too-na-ka) legend, their ancestors chased an enormous fish past Columbia Lake's north end. Exhausted, it expired right here along the Rocky Mountain Trench, its skeleton forming these Hoodoos."

Bicycle explorations fill other sun-filled days. Short rides take us down to see red Kokanee spawning in the Columbia River. Every four years, these landlocked salmon travel forty kilometers from the Revelstoke-Kinbasket area. Bumping along Dutch Creek on a forested road, we search for songbirds. After swooping downhill on the main highway, we linger along Columbia Lake's pretty shoreline.

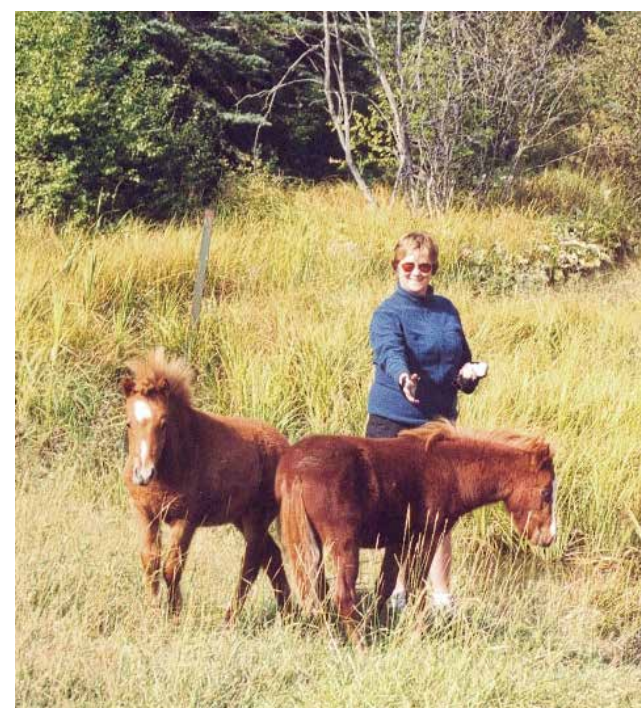
One back-road bike ride to Invermere becomes a holiday highlight. Spinning along above roadside wildflowers and breathing in crystal air, we easily manage successive rolling hills. And then, a flat tire!

As the repair ends, a herd of little ponies materializes. Initially, they just watch us. We sit perfectly still, observing them back! Flicking their long blond tails, they gradually approach and drift around us. Gently, they bump one another, crowd the bikes...and poke their noses into our panniers and handlebar packs. They sniff our bodies...and lick our legs and fingers. Once on our way, we glance behind to see the ponies melt into pine forest shade.

Arriving in Invermere, we stop at a memorial celebrating early pioneers. Atop its pedestal, bronze sculptures depict explorer David Thompson and native wife Charlotte. At log-adorned Huckleberry's Restaurant, scrumptious

lunches reward our thirty-two kilometer adventure.

Memorable escapades around Fairmont Hot Springs always fuel our holidays on the warm side of BC's Rockies.



THE NEW ROAD TRIPS RULES: HOW TO PLAN FOR 2021

Most of us are planning for another summer stay-ing close to home. This means exploring places in province, within driving distance. Whether you're driving with your partner, a friend or the whole fam-ily, here are some tips to keep in mind:

Make sure to plan ahead

Some places are opening back up, while others are tightening restrictions. The same goes for attractions, camping spots and other things to do. So be sure to plan early, and continue double checking what's open, hours of operation and reservation deadlines.

Practice safety precautions

Although many of us have been vaccinated, it's still important to follow the latest pandemic prevention measures recommended by public health authorities. Stay current on the recommendations and bring hand sanitizer, extra face masks and sanitizing wipes.

Take care of your vehicle

You'll want to avoid any hiccups that need roadside assistance, so make sure your vehicle maintenance is up-to-date. It's also a smart idea to fuel up wisely to minimize wear and tear on your engine and make gas top ups last longer. Try Esso Synergy Supreme premium fuel, which helps keep your engine three times cleaner for more kilometres per tank.

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compared to gasoline meeting minimum Canadian government standards in port-fuel injected engines. Actual benefits are based on continuous use and may vary depending on vehicle type, driving style and gasoline previously used.

Beware of bathroom breaks

Many businesses have closed off public access to their washrooms. Don't panic, but keep in mind that finding an open bathroom may be harder these days. Take any opportunity for a bathroom that presents itself, especially if you're with the kids.

Have a meal plan

Depending on where you live and where you're going, there may be restrictions on indoor or even outdoor dining. Look into what's allowed ahead of time and plan accordingly. You may want to avoid buying food altogether and pack some sandwiches and snacks from home. Or you can consider grabbing some takeout and finding a local park to enjoy a picnic.

Find your nearest gas station with Synergy Supreme at esso.ca/find-station.
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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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BACKYARD LIVING: MOSQUITO FREE

Thanks to ever-changing lockdown restrictions preventing us from enjoying time indoors with friends and family, many of us have moved activities to our backyards, transforming them into kitchens, classrooms and living areas.

And this trend isn't stopping. According to a new study, one in two Canadians plan on investing more in their outdoor living spaces because of limited public activities available. But when it comes to redesigning your yard or patio, it's important to safeguard it against pests, including mosquitoes.

Creating a pest-free outdoor space

Here are some tips to help you and your family stay safe from hungry mosquitoes:

Plan now, enjoy later

Don't wait to see mosquitoes appear. Treat the leadup to warmer weather as an indicator that it is time to start preparing for these pests before they become a problem.

Eliminate standing water

Areas of untreated standing water are havens for mosquitoes because they use them as breeding grounds to lay their eggs. This includes kiddie pools, lingering storm puddles and dripping hoses left unchecked.

Put your green thumb to work

Some plants, like marigolds, have been shown to repel mosquitoes with their scent — and look beautiful in a home garden.

Set up a shield of defense

Mosquito repellents have improved greatly from the days of DEET-laden aerosol sprays. For example, Thermacell Repellents work to emit an effective, DEET-free wall of protection around a stationary device that can sit on your patio table or garden. With a sleek design, the repellents can discretely fit into any contemporary outdoor space or even be hung on tents and chairs when camping. www.newscanada.com

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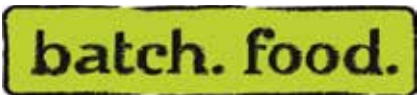
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Lower Suction Dentures

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

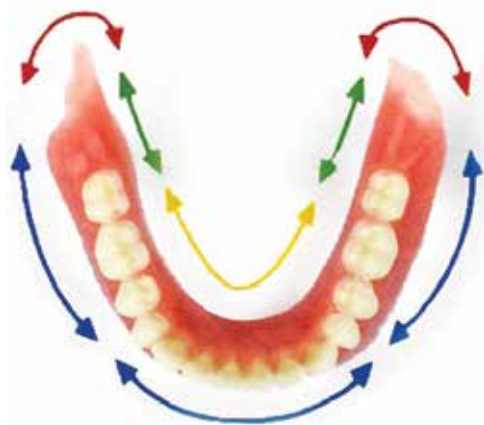
Why The Excitement?

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 dentist 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 dentist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your dentist 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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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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