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TODAY'S SENIOR® NEWSMAGAZINE



Garage sales are great for 'tuning' into the past. (Photo: Dan Propp) - Article page 3

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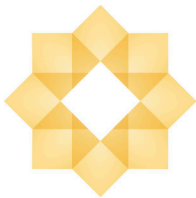


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ACCORDION TO DAN

It's August, most of us have been fully vaccinated and the new normal, hopefully will soon be history. We're communicating more and more 'face to face' instead of zooming and skyping; although still somewhat cautiously. One of the more promising signs are being posted literally all over our neighbourhoods. Garage sales have returned. For those of us seniors who enjoy discovering nostalgic items of past years at these neighbourhood events, the following may help bring back a favourite memory or two.

GARAGE SALES RETURN

Do you remember the wonders of cassette tape machines? How about admiring reel to reel tape recorders at Woodward's and The Bay. Sometimes, those days feel almost like yesterday. Nostalgia is never that far away. Now that garage sales have returned, the pandemic hopefully finally is beginning to wave 'so long'. Heaven knows, we truly deserve the right to sing that back to the normal times song; yard and garage sailing, the simple pleasures of saying hello, not virtually but in real life neighbourly 3-D. Discovering all kinds of old-time treasured memories, hey, you never know! Perhaps original view masters and reels or maybe a warm, fuzzy genuine program of the past, like Vancouver's Theatre Under the Stars, dated the summer of 1952. Yard sales can help so many good times renew.

DEVELOPMENTS—PHOTOGRAPHIC AND OTHERWISE

As we walk or drive to garage sales one becomes increasingly aware in our neighborhoods how many houses have vanished and developments have taken their place. For those of us who cherished the wonderful world of film cameras and hand developed darkroom photography; seeing an old Kodak Hawkeye camera and a package of Sylvania flashbulbs can be an emotional experience. Thus, the following bit of rhyme.

CHANGE IS HARD TO PROCESS

I miss my Yashica rangefinder and that Pentax Spotomatic too. They are a Kodak reminders of what film camera passion once could do. The wonders of Dektol developers, Ansco acid fixers and Ilford films like FP3. They are enlightening developed reminders of yesterday's more hands on human chemistry. When apples were not computers and expressions like 'face time' not even invented. The possibilities of plastic credit cards, just pie in the sky, rumours. By the use of language, it appears society has been well conditioned and priorities augmented.

PROJECTING BACK JUST A TAD

Sometimes at a yard sale, besides eight track tapes, video cameras and all kinds of other goodies, one will discover an old Bell and Howell eight millimeter projector hiding in the corner somewhere, looking so neglected. Does anybody still remember the old home movie era and splicing film?

HOME MOVIE NOSTALGIA



Garage sales are great for 'tuning' into the past. (Photo: Dan Propp)

I miss the magic of a Bell and Howell projector and the joy of splicing film, standard or super eight. Do you recall carefully inserting a 35 mm negative into a dust free plastic protector? The thrill and anticipation, waiting to have the movie film processed in Toronto; often a two week wait. Oh the thrill, anticipating what those three minutes of 8 mm reel revealed! How those flickering images in a darkened living room we patiently yearned. Today, with an iPhone, we can do all that instantly. Projecting ahead, one ponders the graphic lessons future generations will have learned and what others once popular and then recycled and adjourned.

A PUN WITH WHICH TO CONCLUDE

There was a person who sent twenty different puns to a friend with the hope that at least ten of the puns would make them laugh. No pun in ten did!

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4 WAYS TO USE LOCAL STRAWBERRIES THIS SUMMER

Summer is finally here and so is the best of our growing season. Local produce not only tastes better, it also supports Canadian growers, as well as reduces our carbon footprint. While there are many stars of our local growing season, strawberries are the favourite of many.

The small, unique and deliciously red berries from fields across the country are available for a short window, but pack a punch that keeps us coming back for more each year.

If you find yourself purchasing more strawberries than you know what to do with this summer, here are a few ways to enjoy them:

Take it outdoors.

Strawberry skewers on the barbecue will be your new party trick. Lightly oil and grill strawberries to top a salad. Or soak them in rum or bourbon or a touch of vanilla extract or balsamic for a non-alcoholic option before skewering and barbecuing for a few minutes, flipping once for a deliciously warm topping for your favourite ice cream or cheesecake.

S'mores the way.

For a sweet and tart twist on the summer classic simply add sliced strawberries to your usual s'mores combo or take it to the next level with chocolate hazelnut spread and a few slices of banana, instead of the traditional chocolate combo. Marshmallow-dipped strawberries also make a



great fireside companion. Melt marshmallows on the stovetop or use marshmallow fluff and dip a skewered strawberry in the melted marshmallow, roasting to perfection over the fire.

Jazz up your jam.

Making jam with local berries is a tradition, and while your standard strawberry jam is delicious on its own, why not make a few new variations? Try adding a cup of prosecco to your standard jam recipe for a sparkling surprise or some fresh-chopped basil for a savoury spin on the classic favourite. Spread on a scone or add to a charcuterie board for an extra taste of summer.

Savoury is the new sweet.

A summer salad with strawberries — like a spinach salad with pecans and a poppy seed or balsamic vinaigrette — may already be in your repertoire, but there are many more ways to use strawberries in a salad. Mix strawberries and fresh basil, drizzle with a mixture of olive oil, honey and lime juice and serve with grilled President's Choice Halloumi. Strawberries, feta and mint is also a delicious combination and can be used like a salsa with fresh naan.

Local strawberries are now available at Loblaws stores across Canada.

www.newscanada.com

3 TIPS TO ADD SUSTAINABILITY TO YOUR SUMMER GRILLING TRADITIONS



The return of warm weather doesn't just signal the start of summer, it also kicks off grilling season. Whether you're cooking just for yourself or a small gathering of close friends and relatives, it's important to think of the planet when you grill.

With many of us heading outdoors to enjoy quality meals this summer, Tim Faveri, vice president of sustainability and shared value at Maple Leaf Foods, shares his top tips to serve up sustainable and delicious barbecue all season long.

1. Green your plate with greens.

When it comes to summer grilling, the sides are just as important as the main. From bold salsas to

charred grilled vegetables and bright salads, sides offer limitless opportunities to put your own spin on summer grilling and make sustainable food choices.

"Pair your grilled entrees with local, in-season produce to reduce the environmental footprint of your meal," suggests Faveri. Not sure where to shop? "Your local farmers market is a great destination or try your hand at gardening to go directly from garden to grill."

2. Enjoy plant-based protein.

Meat is a nutritious part of our diet, but it's important to eat meat as part of a balanced diet. Today's innovative plant-based protein products offer the taste you've come to enjoy in meat and poultry while helping diversify your protein sources. You may find even the pickiest eaters at your table won't notice the difference.

3. Everything in moderation.

If a meatless menu isn't an option, choose local and sustainably produced meat and poultry. "From hamburgers to sausages and chicken breasts, just look for the 'Carbon Zero' logo on packages of Maple Leaf brand products." You can enjoy your favourite foods and know that you're reducing your environmental impact on the planet at the same time.

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Lillian, Surrey

TRY THESE CANADIAN VACATION OPTIONS – BUT DON'T FORGET TO BOOK EARLY

For many of us, travel may still feel like a long way off. If you're looking to stay closer to home, here are some ways to get away this year that are simple, but still offer endless adventure and charm. Here are a few ideas:

The simple life

Whether you call it a cottage or a cabin, chances are you know the value of an out-of-the-way escape. Taking a few days to swim in fresh water, reading books on the dock or paddling that canoe is a calming and safer way to escape with your household. You might not see another soul for days. Book early this year, as rental properties on the water went fast last summer.

RV trips

The freedom unleashed by travelling in an RV along the open road is legendary, if intimidating for some. An easy way to try it out is through Air Canada Vacations. Their packages already include flights, RV rental, airport transports and more – so you can enjoy your flexibility and explore places on your bucket list with minimal logistics to consider. RV rentals also sold out across the country last year, so don't wait to book.

Day trips

There are countless day trip options in every corner of the country, from majestic waterfalls to scenic canyons and grand mountains. Plan a series of outings now to give you something to look forward to throughout the spring and sum-

mer.

Camping

If you want to go even more hands off with amenities but more hands on in nature, grab a tent and some other basic gear and camp out under the stars. Well-maintained but safe campsites are available each year across provincial and national parks. Check online to be first up when bookings open – these sites are popular.

However you travel this year, be sure to review all appropriate protocols and respect the health and safety measures put in place for your protection.

Find more information on RV packages at aircanadavacations.com.
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BRAIN-HEALTHY TIPS TO HELP REDUCE DEMENTIA RISK



We all know there are things we can do to keep our bodies healthy at any age, like eating well, staying active and reducing stress. But are there things we can do to help keep our brain in tip-top shape?

It turns out that all the habits you practice to keep your body healthy are good for your brain too because they contribute to lowering many risk factors associated with dementia, like mid-life obesity, smoking, harmful alcohol consumption and social isolation. Here are a few brain healthy tips to think about:

Be active and eat well

You can't see the impact of exercise on your brain

the way you can see it with your body. However, blood pumps through the brain when you exercise, and that can help keep your brain cells healthy. Go for a brisk walk, or dance in your living room to get your heart rate going. Fuelling your body and brain with a well-balanced diet will also keep you going strong.

Reduce harmful alcohol consumption

Drinking alcohol is a personal choice. But drinking too much alcohol can be harmful and, surprisingly, is associated with a higher risk of developing dementia.

There are Canadian guidelines on the recommended consumption limits, which are no more than two standard drinks per day, to a maximum of 10 per week for women and three standard drinks per day to a maximum of 15 per week for men. A standard drink is equivalent to a bottle of beer (12 oz., 341 ml, 5 per cent alcohol) or a glass of wine (5 oz., 142 ml, 12 per cent alcohol).

It is also recommended to have no-alcohol days. You can replace alcoholic beverages with sparkling water with a splash of natural fruit juices, try a cucumber-lime combination, or add mint or basil to jazz it up.

Socialize

Connecting with others, even virtually, is an important way to keep yourself engaged in the world around you. Not only is social activity an essential part of our mental health and well-being, but it can also help reduce the risk of developing dementia as well as associated conditions like depression.

Find more information about dementia at canada.ca/dementia.
www.newscanada.com

HOW TO MAXIMIZE FUEL EFFICIENCY ON YOUR NEXT ROAD TRIP

Many of us developed a newfound love for the outdoors during the pandemic and are keen to stay green this summer. That means we'll be spending more time behind the wheel for day trips to the beach, weekend visits with family or road trips to explore our beautiful country.

In fact, a new poll conducted by Toyota Canada revealed that nearly half of Canadians are planning to take a road trip this season, with 76 per cent saying the pandemic has given them a new appreciation for the great outdoors.

Whatever your reason for hitting the road, maximizing your fuel economy will not only reduce your carbon emissions but also save you some money at the pump. Here, Philippe Crowe, product education at Toyota Canada, shares his top tips for using less gas this summer:

- Choose an electrified vehicle such as a hybrid or plug-in hybrid.
- Don't carry unnecessary weight and remove roof or bicycle racks when not needed.
- Map out your route ahead of time and listen to local traffic reports or use a driving app to avoid accidents, construction and other trouble spots while on the road.
- Avoid routes that travel through major cities with frequent stops.
- Use four-lane highways when you can and use cruise control where possible.
- Avoid idling your vehicle.
- Accelerate gently, maintain a steady speed and then, if traffic patterns permit, allow your speed to drop when you travel uphill, then regain momentum as you roll downhill.
- Use a fuel consumption display and learn how to track it.

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FINANCIAL NEWS

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

THE IMPORTANCE OF PLANNING FOR A WEALTH TRANSFER

Each year in Canada, billions of dollars in assets are transferred at death. If you plan to transfer all or some of your assets to your heirs, you want to make sure your money goes to the people you selected in the manner you intended. Unfortunately wealth transfers don't always occur as planned. Outlined below are some common mistakes people make when trying to transfer wealth.

Failing to have a will:

A basic and all too common mistake is failing to have a will. A will communicates your intentions and allows you and not the government to determine how your assets will be distributed upon your death. Having a will facilitates the administration of your estate and can help you save taxes. It also allows you to choose the executor of your estate and the guardian(s) of your children.

Treating equal beneficiaries unequally:

Often when splitting assets, the intention is to di-

vide them equally among the beneficiaries - for example, equally among three children. However if you fail to take into account the tax consequences, the wealth transfer may not be equal. Take a simple example in which you have three assets: a registered Retirement Savings Plan (RRSP), a home and a non-registered mutual fund portfolio. Each asset is worth \$1 million. You name your first child as beneficiary of your RRSP, and in your will you leave the house to your second child and the mutual funds to your third child. You think that you are leaving \$1 million to each child, but the reality is that the third child, who is receiving the mutual fund under the will, is going to have his or her share reduced by any tax your estate pays on the RRSP and the mutual funds. Assuming a 40% effective tax rate, your estate will pay \$400,000 in taxes on the RRSP, in addition to any potential taxes on the deemed disposition of the mutual funds, which we will assume are \$100,000. As a result, the third child will be left with \$500,000- significantly less than the \$1 million the first and second child each received, and not what you had intended.

Spousal Issues:

Another example of failing to consider the tax implications often involves second marriages or separated and estranged spouses. For example, let's say you name your spouse as the beneficiary of your RRSP or RRIF to provide for him or her after your death, and you name your children (perhaps from a previous marriage) as beneficiaries under your will to inherit the rest of your estate. You assume that your spouse will roll over your RRSP or RRIF to his or her own RRSP or RRIF, and pay taxes on any withdrawals. But what if your spouse doesn't do this? Instead he or she just takes the cash. Well, your estate will be responsible for any taxes on the RRSP or RRIF, which effectively means that money comes out of your children's inheritance.

Failing to name a beneficiary on insurance policies and contracts:

Unless there is a specific reason for having assets flow through your estate, such as to make use of tax losses or deductions or to apply any special instructions contained in the will, it may be a better idea to name a beneficiary directly on an insurance contract where possible. If your will is submitted for probate, it becomes a public record, available for anyone to view. This may delay the distribution of your estate by weeks, months or even years if your will is challenged. When a beneficiary other than your estate is named on an insurance policy or investment contract (such as a segregated fund contract), the death benefit bypasses your estate and therefore avoids probate fees (and potentially other estate administration fees). The proceeds are paid directly to the beneficiary, usually within two weeks of receiving all necessary documents. By avoiding your estate, the death benefit may also avoid claims by creditors of the estate and challenges to the validity of the will.

As you can see there are many reasons why it is important to plan for a wealth transfer. If you don't have a will, arrange for your lawyer to prepare one. Review your will and beneficiary designations particularly after a life changing event, to ensure they still reflect your wishes. In addition meet with your financial advisor to discuss your wishes for wealth transfer. He or she will be able to ensure that your assets are distributed as you wish. If you do not have a financial advisor to consult with, please feel free to contact Rick C. Singh a Financial Advisor and a Certified Professional Consultant on Aging, to get a free consultation on your wealth transfer strategy. Rick can be reached at 604-535-3367 or by email at: rick@crsfinancial.ca

GRILLING BREAKFAST: SUMMERTIME BRUNCHING WITH A UNIQUE TWIST

Looking to mix up the next brunch you host? Impress your guests by grilling up breakfast and giving them the ultimate flavour experience.

This baked asparagus pancetta cheese tart is the perfect party-starting appetizer. A flaky crust is topped with fresh asparagus, savory pancetta, and salty parmesan. For perfect wood-fired flavour, use a Traeger Wood Pellet Grill to cook up this tasty meal.

Pair this delicate and savoury dish with a passion-fruit mimosa, or locally roasted coffee, and a mixed green salad topped with goat cheese for a restaurant-worthy experience.

Baked Asparagus Pancetta Cheese Tart

Prep time: 10 minutes

Cook time: 40 minutes

Ingredients:

- 1 1/2 sheets puff pastry, chilled
- 1 1/2 cups heavy cream
- 6 whole eggs
- 3/8 cups goat cheese
- 6 tbsp Parmesan cheese
- 1 1/2 tbsp chopped chives, plus more for serving
- 12 oz thin asparagus spears
- 12 oz pancetta, cooked and drained
- Lemon zest, for serving
- Shaved Parmesan cheese, for serving

Directions:

1 When ready to cook, set grill temperature to 375°F (190°C) and preheat, with the lid closed

for 15 minutes.

2 Place puff pastry on a half sheet tray and score around the perimeter 1 inch in from the edges making sure not to cut all the way through. Prick the centre of the puff pastry with a fork.

3 Place sheet tray directly on the grill grate and bake for 15 to 20 minutes, until pastry has puffed and browned a little bit.

4 While the pastry bakes, combine cream, 3 eggs, both cheeses and chives in small bowl. Whisk to mix well.

5 Remove sheet tray from grill and pour egg mixture into the puff pastry. Lay asparagus spears on top of the egg mixture and sprinkle with cooked pancetta.

6 Whisk remaining egg in a small bowl and brush the top of the pastry with egg wash.

7 Place tray back on grill grate and cook for another 15 to 20 minutes until egg mixture is just set.

8 Finish tart with lemon zest, more chopped chives, and shaved Parmesan.

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Rick C. Singh
Hon. BA, CPCA



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THE PHARMACIST REVIEW

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

"DR. GOOGLE"

Fake news is troublesome in every discipline, but when it comes to medical misinformation, the consequences can be deadly. Some people take comfort in reading fake news because it resonates with their moral narrative or a longtime sentiment. Others are simply misled. With the help of social media, false information can quickly spread like wild fire, and people are sent down unnerving rabbit holes in the blink of an eye. With the rapid unraveling of health and scientific puzzles every minute, how can someone stay on top of all the latest discoveries and valid treatment regimens? Who can we trust? Is there a trusted source


of health information on the internet?

There is absolutely no replacement for a registered licensed physician or a registered licensed pharmacist when it comes to reliable information regarding your health. In Canada, a doctor is required to complete a minimum of 7 years of university education before they are eligible to write the licensing exam, and receiving further schooling to become specialists. A pharmacist completes a minimum of 5 years of university to be eligible for the national licensing exam (through the Pharmacy Examination Board of Canada), before moving on to further specialties. These professionals are regulated by a strict ethical code and continuing education framework, and must practice within legal boundaries. As practicing, licensed pharmacists, we can tell you that it is beyond frustrating when encountering a client who has been clouded by the vast amount of false knowledge they have accumulated through the internet and hearsay. We spend countless hours each week attempting to dispel such myths and steer my clients in the right direction with the hopes that they will see the truth and make the appropriate choices for their health.

There are times, however, when you may want some preliminary information or are looking for a springboard for further research into a disease or health condition. This is where www.imdhealth.com comes in. IMD Health is Canada's most comprehensive, trustworthy database of information

gathered from over 60 valid sources such as the Mayo Clinic, and official medication monographs. It is 100% up-to-date and accurate, and is available to both practitioners and patients alike. It offers great suggestions on conditions ranging from depression, to hypertension, to concussions, and everything in between. We would trust IMD Health much before we would even consider asking "Dr. Google" a question.

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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STYLISH OUTDOOR LIVING IDEAS



The pandemic really showed what a difference outdoor space can make for your own well-being, whether it's a backyard, balcony, patio or porch. Now that we're able to entertain a little more, here are a few tips to transform outside space into your favourite spot in the home.

Think comfort

Make sure to consider your outdoor furniture carefully. So much has improved in recent years that you can easily find pieces as stylish and comfy as what you use in your living room that are also built to last through the elements.

Think lighting

Don't forget modern and stylish lighting for your outdoor hideaway. Make use of the space into the evening even as the days get shorter by using a mix-

ture of solar-powered lanterns and torches, plus flickering candles for a warm glow. For an effortless way to light, you can try BIC's new EZ Reach Lighter, which has an extended wand that makes it easier to light candles or your barbecue from any angle.

Think green

From local native plants in your garden to cushions made from recyclable materials, there are many easy ways to get more environmentally friendly outside. Try a timed sprinkler that won't turn on in the rain for a set-it-and-forget-it eco-friendly setting.

Think temperature

Even as restrictions lessen, there's no reason to stop enjoying the outdoor space that's become so essential to your home during the pandemic. Add an outdoor fan to give movement to hot, humid air in the summer, and invest in a heat lamp, fireplace or cozy blankets early so you can enjoy your space into the fall.



Think convenience

Any major upgrades should make your life easier and fit with how you use the space. Whether that means an outdoor kitchen setup complete with fridge, sink and grill, or an entertainment zone with Wi-Fi and a projector, go with what makes your everyday life better.

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

Q: Shell, my question relates to our beach cottage in Point Roberts. We’re Canadians, who enjoy the beach, but one thing that has always bothered us is the hot weather and our upper loft bedrooms get terribly hot when the summer sun beats down on our roof. Is there any way short of expensive A/C to give us some comfort during the evening and night time/sleeping time?
Bob and Dianne in Point Roberts

A: Well as the old saying goes, you can’t have your cake and eat it too! Well, in this case, that’s wrong! Even though you haven’t mentioned the structure of the roof, I’m going to assume that you have an open rafter design (structure) with little or no insulation or dry-wall (gypsum board). I’ve been in a number of the older cabins and they were just that, cabins. In a lot of cases, even the stud exterior walls were open with no cladding, because they were just an open concept design to enjoy the beach life style.
There’s a product called Ayr-Foil, a reflective insulation that works great. Now, I should say when most of the older cabins were built, they were just used in the summer time and they had a cedar shake roof, which was a very cool way to build and enjoy the environment, but most now have been re-roofed with fibre-glass reinforced asphalt shingles which get very hot in the summer sun. This radiates the heat to the inside of the cabin.
With the Ayr-foil reflective insulation, you can simply staple it to the underside of the rafters (roof structure) and the inside on the

SUMMERTIME

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Summertime	Barbeque	Sunshine	Swimming	Wildflowers	Sandcastles
Beach	Lake	Ocean	Fishing	Boating	Tubing
Waterskiing	Paddleboarding	Canoeing	Kayaking	Life Jackets	Sunbathing
Hiking	Towels	Water	Sea Shells	Cabin	Tent
Picnic	Icecream	Slushies	Sprinklers	Pool	Stay Safe

wall studs (vertical). This works just like a thermos coffee mug. It reflects the heat energy back to the outside environment and keeps the cool fresh air from the ocean within the living cavity of the cabin. If you choose to do this upgrade, you will win two ways with the foil insulation. If you use a small electric heater, you’ll heat the living cavity very quickly even in the cool winter weather. It will keep it very comfortable. It’s just that easy!

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IT’S THE COMMUNITY THAT BUILDS IT’

Marcy Court remembers when she first applied to work at Langley Memorial Hospital, more than 28 years ago, for a secretarial position.
At first, she didn’t get the job. But when the job offer was declined by the winning candidate, Marcy was quick to follow up, and eventually got the job.
After 28 years of working in administration—the last 16 years working directly with the medical staff at LMH—Marcy retired from the role she loved.
Born in Saskatchewan, Marcy has lived in Langley since 1972.
The many memories working with LMH medical staff still stir Marcy’s heart.
“The hospital really is the doctors, the nurses, the cleaners, the support staff: all the unsung heroes who make it work, day in and day out.”
Through working with 13 administration changes and 53 administrative assistants over three decades, she’s still struck by the dedication of the medical staff to the hospital and the community.
“I have been a patient as well as a caregiver; I have watched patients and friends welcome babies into this

world and walked with many as they said goodbye to loved ones at LMH. LMH truly does touch each and every one of us at some point in our lives,” says Marcy.
She expresses her devotion to Langley Memorial Hospital Foundation as a donor as well, having added the Foundation to her Will (known as a legacy gift). She also supports annual LMHF fundraisers for equipment and expansions.
“We all need our hospital; and our hospital needs our support. We all know government funding is never enough,” Marcy says.
“And it’s the support of the community that makes it all come together - I remember when LMH used to be just a parking lot - now? What a difference! It’s the community that builds it.”
A Legacy gift through a Will makes an impact for generations. For more on how to make a gift, please contact Langley Memorial Hospital Foundation’s Lisa Rosales: 604. 533.6420 | Lisa.Rosales@lmh-foundation.com





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SURREY'S URBAN SAFARI: A SAFE HAVEN FOR EXOTIC ANIMALS



By Ursula Maxwell-Lewis

While the world worried about family, neighbours and safe grocery shopping, the Urban Safari Rescue Society focussed on the natural world. Covid didn't stop abandoned, mistreated, malnourished reptiles, arachnids, amphibians, insects, birds and mammals from landing on their doorstep.

"When Covid hit it knocked the stuffing out of us," recalls Executive Director Sharon Doucette. "We were in complete shock. It was terrible. Every revenue sources dried up." Staff layoffs (including Gary Oliver who founded the organisation in 2007) were the order of the day. "Federal and other government subsidies helped a lot. A GoFundMe page and media publicity brought in several thousands of dollars. They made all the difference in the world," Doucette says.

A call from a Whistler parent asking if the society would consider doing a children's Zoom birthday party was a game changer. As a result staff is now adept at doing successful fast-moving 1-hour on-line presentations. "It was a real blessing and helped bridge the gap," says Doucette. The idea has morphed into a permanent offering available for \$140 plus GST with requests coming from across North America, Europe, Asia and Australia.

Urban Safari Rescue Society has non-profit status therefore sponsor tax receipts are available. This helps defray the approximately \$250,000 per year operating costs.

Although 2021 summer camps are cancelled, select outdoor events are resuming. "We have to feel comfortable with reopening for the sake of humans and animals," Doucette emphasizes. Courses include a Nature Club, plus Junior Zoo Keeping, a more academic career-oriented course for teens.

Kelsey Langille, staff Animal Care Coordinator and UBC BSc graduate, takes me out the classroom to introduce me to the residents.

Cautiously I stroke Banana, a Ball Python expertly wrangled by Kelsey. When his beady eyes

and flicking forked tongue zero in on me I rapidly retreat. "You've never stroked a python before?" she asks. No! I tell her. Growing up in Africa we gave them a wide berth!

Switching to the Brazilian Salmon Pink Bird-Eating Tarantula I gingerly finger-tap the leggy arachnid with a tad more confidence and stroke the impressive shells of the Sulcate Tortoises known to live over 120 years. Phantom and Bonnie, two laid-back pot-bellied pigs, waddle out of their enclosures to be patted before Thelma, a seemingly over-cafeinated boneless ferret, arrives to be introduced. Nearby a gold sign on a fish tank proclaims: "Thank you! Lincoln for sponsoring the goldfish for two months!"

Respectfully I steer clear of the Alligator Snapping Turtle which, I'm warned, bites.

Lizzie, a tiny Leopard Gecko with elegant yellow and black markings, was abandoned on the doorstep one day. Emaciated, starving and housed in a tank her tail, I'm told, was paper thin. "They're popular pets," Kelsey explains, "but they're hunters and only eat live insects. When people try to feed them freeze-dried meal worms they starve." Running a finger down this tiny creature's spine I appreciate the value of the TLC she's received.

That leads to my pet peeve. I'm firmly opposed to people owning or selling exotic/wild animals. Sharon Doucette agrees. "Selling exotic animals in pet stores should be stopped. Breeders should be licensed and have a quota. In Britain breeders have to be licensed, are assigned a quota and face hefty fines if the conditions are violated. That seems to have helped there."

Education is a big part of the society's mandate. Plan ahead and think seriously about whatever animal you plan to own, is their mantra.

- 1) Seriously consider the animal's lifestyle and your own
- 2) Don't make spur of the moment purchases
- 3) Educate yourself on the related costs and animals needs
- 4) Benign neglect occurs through ignorance when people just don't know what they're doing.



PHOTOS By Ursula Maxwell-Lewis:

Talking about neglect, the mention of animal dentistry catches my attention.

I learn that pigs tusks need trimmed, and rabbit dentistry can be expensive. Their front teeth keep growing if not given the right things to chew on.

Throughout my tour, Sharon and Kelsey consistently reiterate that responsible animal care is emphasized in classes, camps, videos, even to casual visitors.

Meanwhile, the hands-on work of rescuing and caring for abandoned exotic animals continues.

Visit Urban Safari Rescue Society at 1395-176 St., Surrey, BC. Tel: 604-531-1100

Mandate: The Urban Safari Rescue Society is a registered non-profit society with the mission of rescuing exotic animals at risk of abandonment or death and education of the public about animals as pets and the natural world.

Ursula Maxwell-Lewis is a Surrey-based journalist and photographer. She can be reached at uttravel@shaw.ca



CELEBRATING WITH TEA FOR TWO



Article & photos by Lenora A. Hayman

We were considered fully vaccinated 14 days after our 2nd dose of Pfizer vaccine so where did we go to celebrate? The Five Sails Weekend High Tea in the Vancouver Pan Pacific Hotel, 999 Canada Place, Vancouver, 604-844-2855, of course! We had a window seat overlooking the sails and promenade of the Vancouver Convention Centre.

Christophe Chabre, the knowledgeable and welcoming Gen. Mgr. from the south of France, suggested a grapefruit mimosa to start. Exec. Chef Pascal Georges, from Normandy, France, and Daria Andriienko, Pastry Chef from the Ukraine, created an exquisite array of 14 savory and sweet offerings, beautifully displayed on a three- tiered tower.

The truffle quiche had the pecorino Italian sheep's milk cheese infused with black truffles, giving it a buttery, nutty flavour.

Our brioche finger sandwich enveloped the elegant rougie foie gras terrine with its soft pastel shade, from the pre-exposure of the duck liver to a marinade of French Armagnac.

The savory madeleine had the rich crème fraiche, house smoked kampachi (long fin yellowtail), tomato and chives.

One macaron was filled with the excellent Michel Cluizel dark chocolate and another filled with Bailey's and almond cream.

The passion fruit tartelette was topped with a sweet, white foam.

Although we didn't, you may supplement your High Tea with Italian Sevruga Caviar, Osetran Sturgeon Caviar or Beluga Sturgeon Caviar.

However, we did have a glass of Burrowing Owl Pinot Gris with notes of pear, peach and apple. The Nunshen Hawaii Cocktail Fruit infusion tea with its



woody, citrus fruit, aroma made a nice conclusion.

Five Sails Weekend Tea, Sat-Sun. Noon-3:00pm. \$150 for 2.

3 Colour Photos all by Lenora A. Hayman.
TOP LEFT: Five Sails Weekend High Tea.
TOP RIGHT: Christophe Chabre & James Herbert with Nunshen Hawaii Cocktail tea.
BOTTOM: Pascal Georges (Exec .Chef), Daria Andriienko (Pastry Chef), Christophe Chabre (Gen.Mgr) at Five Sails.

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REDISCOVER THE GREAT OUTDOORS AND EXPLORE CANADA'S HIDDEN GEMS

Canada is known for its natural beauty and stunning landscapes, and this country has long been a favourite destination for tourists from around the world. With the pandemic changing many of our international travel plans this summer, now might be the perfect time to explore the beauty right here in the great white north.

In fact, 65 per cent of Canadians are re-discovering the joy of domestic travel, and nearly half are planning to take at least one road trip this summer according to new poll conducted by Toyota Canada.

Get some ideas for your summer road trip by learning about our country's lesser-know-but-incredibly-picturesque drives:

Mighty Fraser Circle Route

Follow this tour through the lower mainland, from Vancouver to Lillooet and back, discovering ancient traditions, historic sites and outdoor adventures. You'll get to visit the small communities that call BC's largest river home.

Crowsnest Highway

Stretching from Southern Alberta to Vancouver, the Crowsnest Highway route is full of mining history and beautiful scenery. The Alberta portion starts a couple hours south of Calgary, with the charming towns of Bellevue, Hillcrest, Blairmore and Coleman offering opportunities to explore the area's coal mining history. You'll also find picturesque hikes and quaint mom-and-pop shops along the way.

The shores of Lake Winnipeg

Did you know that Lake Winnipeg is even larger than Lake Ontario? This means it has a lot of shoreline to explore. One great route takes you from Gimli to Riverton along the gravel Highway 222, passing through Camp Pemberton and Hnaua Beach Provincial Parks, both of which both offer stunning views.

The Loyalist Parkway



This provincial highway hugs the shores of Lake Ontario, offering many scenic rest stops and picnic areas at the roadside. Throughout the 94 kilometres of the parkway, you can experience recreational activities that range from swimming, fishing and boating to exploring historical homes and museums as well as nature trails abundant with wildlife.

St. Lawrence Route

Enjoy a unique view of the St. Lawrence River and discover the beautiful Charlevoix region of Quebec on this 78-kilometre road. In addition to art and history museums, original watermills and windmills can be discovered on this road trip. You'll also have the opportunity to board the ferry to wander around L'Isle-aux-Coudres, a 23-kilometre island in the middle of the St. Lawrence Seaway.

Sunrise Trail

This awesome summer road trip will take you along Nova Scotia's North Shore, with views of sandy

beaches and the scenic Northumberland Strait. Begin your journey in Amherst and wind along the shore, making stops in Tatamagouche, Pictou, New Glasgow and Auld's Cove along the way.

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WRITE AS I PLEASE

By Mel Kositsky

Are you getting that election fever yet? Better get ready -- a September federal election is in the works.

The unofficial signs are everywhere and expect the campaign to be a nasty one. The tone was set this Spring in the House of Commons, not only in Question Period but also during "testy" debates on the various bills. Now the party leaders are criss-crossing the country making announcements and getting into campaign mode. All that is left is for the Prime Minister to actually call the election.

Political pundits are predicting that Prime Minister Justin Trudeau will be calling a federal election on August 16 to start the 28-day campaign for a Monday, September 13 vote. Despite the summer heat, all indications are blowing in the wind as the parties and candidates get prepared to win your vote. Now that a provincial election has been called for mid-August in Nova Scotia, the Feds will have to wait their turn.

News media outlets, especially Parliament Hill correspondents, were all ordered to take their summer vacations in July. All parties are busy holding online fundraisers and in-person barbecues to get donations and campaign volunteers. You can only guess at what else is going on behind the scenes.

Candidates are being nominated and sitting MPs are announcing their retirement from politics in droves, despite the fact they have more than two years left in their terms. The House of Commons closed for its summer recess on June 23 and while it is scheduled to return to session on September 20, that is likely not going to happen. The Senate also sat for two extra days at the end of June in order to pass certain bills that were deemed very important to the government -- and then they too went on a holiday. It is unlikely that they will be back in session this year.

The good news for seniors came last month -- as announced in the April federal budget and finally passed at the end of June. In a two-phase roll out, Old Age Security (OAS) monthly payments were in-

creased by 1.3 per cent with the July payment, bringing the maximum amount to \$626 -- up from around \$618. That is a raise for seniors of about \$8 each month going forward.

It was also announced by the federal government that August 16 will be the day that a one-time payment to older seniors starts going out. Canadians who are 75 or older as of next July will receive \$500 this year, which is part of a plan for seniors laid out in the April budget. The plan includes a 10 per cent increase in OAS for those aged 75 and older starting in July 2022 -- bringing the monthly amount to an estimated \$766 for an estimated 3.3 million seniors. This is the first permanent increase to OAS since 1973.

Announcements of major infrastructure projects across the country, such as the extension of Skytrain to Langley City, are coming fast and furious. And they are coming from all orders of government. With interest rates remaining at an all-time low and the economy starting to pick up as the pandemic eases, governments are starting to spend at will. That has prompted one reader to issue a warning to all politicians.

In a letter to this column, reader John Wolanski, of Surrey, writes: "The political pool in this country at all levels needs a little chlorine. All politicians in positions of power are using the pandemic as political cover for their so called social engineering projects. Dissent from citizens has been muted by restrictions of assembly -- municipally, provincially and federally."

Like many citizens, Wolanski is concerned about the increase in governments' spending. He writes: "Let's try to manage the debt load at a level all governments can afford." He is also concerned about the growing "hypocrisy" in government and would like all politicians to "try to be a little more honest".

Those concerns are strongly expressed in many social media posts these days. Political watchdogs, think tanks, citizen organizations and taxpayers' groups have long voiced their opinions, but mostly through traditional media outlets. Now there are no filters about what is written and broadcast -- and that is becoming very destructive in today's society. There is much confusion out there and ordinary people who try to sort out what's right and what's wrong are being caught up in various political ideologies. Most people are more concerned about surviving the COVID pandemic, both healthwise and economically, than to worry about political agendas. That is why many people are just tuning out.

It will be interesting to see what this year's turnout of voters will be if that federal election does take place next month. It will be a good indication of things to come.

HOW TO MAKE RETIREMENT INCOME LAST LONGER



While most older Canadians say that their finances haven't been significantly impacted by the COVID-19 pandemic, it has led to them re-evaluate how they spend, save and invest their money.

A recent survey found that in 2020, those between the ages of 55 to 75 were more likely to spend their money in meaningful ways, such as by providing financial support to family and friends who have been negatively affected by the pandemic, and increasing commitments to a family legacy or charitable giving.

This age group has been able to accumulate more savings due to spending less on leisure activities over the last year, and this is especially true if they were using a financial planner. But during this uncertain time, many have also taken proactive measures to safeguard their finances through their retirement years.

Nearly a third have taken the opportunity to stress-test their retirement needs, while others are looking to new investment strategies to help their money last longer, including adjusting their portfolios and risk tolerance, or exploring safer investment options that can guarantee income.

"As Canadians approach retirement, financial needs and goals begin to change, impacting the way we spend and how we invest our savings," explains Selene Soo, director of wealth insurance at RBC Insurance. "Speaking with a professional like a financial planner or insurance advisor helps ensure they can provide financial support or increase their legacy while still having enough income to last over the years."

In addition to keeping would-be retirees on track with spending and savings goals, advisors can provide access to products that help protect, grow and preserve saved money. For example, segregated funds include guarantees and several advantages that mutual funds don't, such as estate-planning benefits, while annuities provide a predictable income stream for as long as the holder lives, regardless of whether financial markets rise or fall.

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Straight from the Horse's Mouth

By Mel Kositsky

A team of four para-dressage riders and their horses will be competing for Canada in para-equestrian at the Tokyo 2020 Paralympic Games, the Canadian Paralympic Committee (CPC) and Equestrian Canada announced in a news release. Para equestrian competition will run from August 26-30 in Tokyo.

Lauren Barwick (Aldergrove, BC) and Sandrino, Winona Hartvikson (Langley, BC) and Onyx, Jody Schloss (Toronto, ON) and Lieutenant Lobin, and Roberta Sheffield (Lincolnshire, GBR) and Fairuza are set to participate in the individual and team events in Tokyo. Barwick's coach Shannon Lee Dueck also grew up in Langley before heading east to pursue her dressage career as a rider and coach.

Barwick is the most experienced athlete of the team, heading to her fifth Paralympic Games. One of Canada's most decorated riders, she made her Paralympic debut 17 years ago at Athens 2004 and is a two-time medallist from 2008, earning gold in the freestyle and silver in the individual event in the Grade II classification at the Beijing Olympics. The riding competitions were actually held in Hong Kong.

"It takes commitment, hard work and time to nurture our equestrian craft," said Barwick. "Over the past five years, Patsy Fyfe helped me acquire Engelbrecht with hopes he would go all the way to Tokyo. He ranked top eight at the World Equestrian Games (WEG) and then had an injury. I met Lee Garrod at WEG and she stepped up and helped me find Sandrino and has been an incredible owner. I want to go to Tokyo and honour both horse owners as without Patsy, I would never have met Lee. My para-equestrian career feels like a marathon and I'm excited to be Canada's choice."

Hartvikson will be making her Paralympic debut at the age of 62 aboard Onyx. She has been involved in dressage in multiple roles for more than 30 years but has been a member of the Canadian Para-Dressage Team since 2017. She competes in the Grade Ia class and earned a 10th-place finish at the World Equestrian Games in 2018.

"I began thinking about making the Paralympic team for Tokyo in 2017," said Hartvikson. "I was a long time coming into para sport. Then, it became a huge and exciting focus to compete to the best of my abilities on a level playing field. When I go to para competitions, disabilities no longer exist."

Schloss, who will be competing aboard Lieutenant Lobin, will be heading to her second Paralympic Games after first competing at London 2012. She had two 11th-place finishes in London in the Grade 1a category and helped Canada to an eighth-place result in the team event.

"I am very excited to be competing for Team Canada in Tokyo," said Schloss. "Lobin and I are training hard. My superstar is impressing me with how well he is doing! It feels like I have been preparing for this for a long time. I could never have realized my dream without my team that supports me."

Sheffield is a returning member of the Rio 2016 Canadian Paralympic Team, where she placed 14th in the Grade III individual event in her first Games. She joined the Canadian team in 2013 after previously competing for Great Britain.

"I cannot describe how it feels to be nominated for Team Canada for Tokyo with my heart horse, Fairuza," said Sheffield. "It is such a huge honour to represent my country, such an incredible journey, so many twists and turns. There is nothing like wearing the maple leaf."

Para-equestrian at the Paralympic Games is contested in three dressage events – individual and team tests where movements are pre-determined and a freestyle test where the riders choose their movements. Athletes compete in five separate classifications, which are mixed gender, based on their level of impairment from highest to lowest: Ia, Ib, II, III, and IV.

"I am very excited and proud to be working with this team of athletes," said Clive Milkins, Para-Dressage Chef d'Équipe. "In some ways we are still a developing team, working closely together to create the best possible environment for everyone to build on the own personal performances. Although there is no doubt Tokyo and COVID-19 have thrown us many challenges, I know that Canadian equestrian athletes will rise to the occasion and deliver their best performances."

Canada has won four Paralympic equestrian medals. Barwick holds a gold and silver from 2008, while Karen Brain won two bronze at Athens 2004.

"Congratulations to Lauren, Winona, Jody and Roberta for qualifying for the Tokyo Paralympics!" said Stephanie Dixon, Chef de Mission, Tokyo 2020 Canadian Paralympic Team. "This is a great group of athletes who I know have committed so much to being able to compete at these Games. I wish each of them the best of luck with their final preparations, and I look forward to supporting them and their horses in Tokyo."

Barwick, who now lives in Reddick, Florida (near Ocala) with her husband Fabian Brandt and daughter Viola, has started a Go Fund Me page to raise \$6,000 for her Tokyo competition. The information can be found at www.gofundme.com/lauren-barwick. The following is her message:

"Hello, My name is Lauren Barwick -- a 4 time Canadian Paralympian looking forward to my 5th Paralympics in Tokyo, Japan. During my career I have won a Gold and Silver Medal in the 2008 Games in Beijing, most recently a Silver and Bronze medal at the 2014 World Games in Normandy, France. I am currently ranked Number One as a Canadian Para Equestrian rider, and I was honored with the Canadian Equestrian of the Year Award for 2008 and 2014, as well as being inducted in the Canadian Disability Hall of fame. When I broke my back in 2000 and became paralyzed, I never thought I would ride or dance again. Horsemanship and competitive sport has given me my legs back, allowed me to see the world, and dance better than I ever could."

"With the support of my friends and family, I have been able to pursue what I love, competing in Equestrianism at the highest level. I have had the opportunity to be able to take my love for horses into a career in horsemanship. To attend my 5th games, which should have happened in 2020, however due to COVID-19 we had an extra year added to our timeline. There was quickly a realization of the financial hardship that comes with the territory of being a performance athlete, not just me but maintaining a competitive horse. I ask you to please support my goal and join me in making these Games another to write home about."

"The money raised will go toward travel and cost, coaching, equipment and making sure my horse Sandrino has the best sports therapy needed to per-

form at his best. Every donation will be greatly appreciated. I am looking forward to bringing all my supporters from around the world on a magical journey down the center line in the equestrian arena in Tokyo, Japan. Uniting with my teammates to inspire and motivate the rest of the world to pursue personal excellence each day.

You have to believe. "Why not me?"

Equestrian Canada and the Canadian Olympic Committee had previously announced Canada's equestrian team nominated to compete at the Tokyo 2020 Olympic Games from July 24 to August 7. There are a number of British Columbians involved in the Games, including Mark Laskin of Langley, who is the Jumping Chef d'Equipe.

The postponed Tokyo 2020 Paralympic Games will take place from Aug. 24-Sept. 5, 2021, in Japan. Canada is expecting to send a team of approximately 130 athletes. Audiences across the country will be able to follow all the action live through coverage from the Canadian Paralympic Media Consortium, including broadcast partners CBC/Radio-Canada, AMI and Sportsnet and digital partners Twitter, Facebook and MXZN.

WORKING FROM HOME? THERE'S A TAX DEDUCTION FOR THAT

The COVID-19 pandemic means that many of us have been working from home part or all of the time. But did you know that you could be eligible to claim a deduction for home office expenses on your 2020 tax return?

The Canada Revenue Agency (CRA) has introduced an easy way for employees who worked from home because of COVID-19 to claim these expenses, called the new temporary flat-rate method. Eligible employees can claim \$2 for each day they worked from home, up to a maximum of \$400 for the year.

You can use this method if:

- You worked more than 50 per cent of the time from home for at least four consecutive weeks in 2020 due to the COVID-19 pandemic;
- You are only claiming home office expenses and not any other employment expenses; and
- Your employer did not reimburse you for all your home office expenses.

A different option you can use to calculate your deduction if you have a larger claim is the detailed method. For this you'll need a completed and signed T2200 form from your employer, and the receipts to support your claim. To make this process easier, the agency has created simplified forms (T2200S and T777S) and an online calculator.

If you're self-employed, then you'll need to complete a different form. Fill out the "Calculation of business-use-of-home expenses" section on form T2125, Part 7.

Find more information at canada.ca/taxes.
www.newscanada.com

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Cozy Corner "Lets Talk"

By Janet Isherwood

I cannot write about this enough. Have you spoken with your parents, friends that live in an apartment by their self... WHAT TO DO WHEN YOU HEAR THE FIRE BELL?

Yesterday the fire alarm went off in my apartment complex. So many tenants did not leave their apartment? Why, I asked?

Well let the truth be known most just could not be bothered. Thankfully, it was a false alarm.

I have placed this information before now I see it is so important it needs to be addressed again.

What to do when the fire alarm bells go off in your complex. Written by Mike Starchuk

Please check with your local fire department to see if they have something specific for a complex like yours that you may be living in. Every fire department has their own authority to create a bylaw to deal with evacuation/escape plans.

As a former firefighter and Chief Fire Prevention Officer, I understand the complexities with residents and what takes place when the fire alarm bells go ringing in a multi-family complex. One of the first things new residents need to do is understand the evacuation/escape plan for their building. This is done by contacting the management of the building, which could be a strata, to see what their fire evacu-

ation/escape plan is. Hopefully there is one in place and there has been developed in consultation with the local fire department. If there isn't a plan, then the building manager or strata needs to contact the local fire department prevention division to assist them with an escape plan.

Many times, regardless if there's a plan in place, the residents of the building don't understand what to do. Often times it's because the plan that they have is not clearly understood by all and a strong likelihood the plan is not practiced. When the residents of the building don't understand what to do and when to do it, that's when a disaster can occur.

There are two approaches when it comes to an evacuation/escape plan. One is when you hear the bells ringing, you evacuate the building you go to a meeting place and a roll call takes place. The other approach is to remain in place and wait for further instructions. Both have their own benefits.

When in evacuation/escape plan involves evacuating all residents when an alarm bell goes off, it can create some chaos. In general terms elevators will go to the main floor and will not be operational for those living there. Elevators go to the main floor for firefighting purposes.

This means anyone with mobility issues will be stuck trying to use the stairs. This has the ability to clog up the stairwells and interfere with the firefighting operations. Once all the residents are on the outside and at their meeting place and roll call takes place, the fire department will have a better idea as to who, if anyone, is remaining in the building.

In larger buildings an evacuation of all of the residents can take a very long time. In some cases, with the building that is very large and a small fire could be

contained to his room of origin and therefore no need to evacuate all the rest the residents. When you have a defend in place approach, where the residents stay in the rooms until they are instructed to evacuate if necessary, there needs to be a clear understanding of when to leave and when to stay.

The benefits of having a defendant in place policy is twofold. Many times, when alarm bells go off and it's simply a false alarm, people don't leave the rooms because they know it's going to be a false alarm. With the defendant place approach, you get the boat best of both worlds. People hear the bells and then wait for instructions. That way the stairwells are left open for the firefighters and their firefighting operations and those with mobility issues do not need to challenge themselves was going down multiple flights of stairs.

The key to your personal safety when you hear the fire alarm bells ringing is to know what to do. It is key for your neighbours to know what to do. Create a plan to evacuate the building and practice that plan on an annual basis. Ensure that you've contacted your local fire department and, in some cases, they will assist you with practising your plan.

Benjamin Franklin supposedly once said, "If you fail to plan, you are planning to fail." A lesson we should all keep in mind when it comes to your safety in a fire situation in a multi-family building.

When you hear a fire alarm "GET OUT" it may save your life.

Look forward to speaking with you all again next month.

cozycornernews@gmail.com

SUMMER HEATWAVE SURVIVAL TIPS



Along with summer comes extreme heat in many parts of the country. Over the next 30 years the number of extremely hot days in a year is expected to double in some parts of Canada. This level of heat can put your health at risk if you don't take precautions. Here are some key tips to survive these temperatures.

1. Know your risk.

Older adults, young children, people living with chronic illness, social isolation or poverty, and people who work outdoors often have a higher risk for heat illness. If you take medication, consult with your family doctor or pharmacist about your level of risk.

2. Check your AC

If you have an air conditioner, make sure it is working properly before the hot weather starts.

3. Dress appropriately

In high temperatures, dress accordingly in loose-fitting, light-coloured and breathable clothing.

4. Avoid midday heat

UV rays and temperatures are often highest between 11 a.m. and 3 p.m. If it's hot, reschedule your outdoor activities or plan them for cooler parts of the day.

5. Stay hydrated

Drink plenty of cool liquids -- especially water -- before you feel thirsty. Remember, thirst isn't a good indicator of dehydration.

6. Eat fresh

Avoid using your oven or other appliances that will heat up your home. Try no-heat meals like hearty

grain salads or barbecue outdoors.

7. Let in a breeze

If it's safe to do so, open your windows at night to let cooler air into your home while the sun is down.

8. Check in with others

Arrange for regular checks with family members, neighbours or friends during very hot days in case you or they need help. Just remember to follow the public health advisories that are in place in your area.

9. Take a break

If your home is extremely hot, try to spend a few hours in a cool place, such as a shaded area or public library.

Whatever strategies you adopt, always watch for symptoms of heat illnesses. 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.

Call 911 or your local emergency number immediately if you're caring for someone who has a high body temperature and is either unconscious, confused, or has topped sweating.

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

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GET THE FACTS ABOUT COVID-19 VACCINES

As the vaccine rollout continues throughout Canada, you may have questions you want answered before you get the vaccine. Learning the facts can help you make an informed decision.

Here, we tackle common questions you may have, using information directly from Health Canada.

How were the COVID-19 vaccines developed so quickly?

Creating a new vaccine can take years. However, COVID-19 vaccines were developed quickly without skipping any safety steps thanks to advances in science and technology; international collaboration among scientists, health professionals, researchers, industry and governments; and increased funding.

Are the vaccines safe?

Canada is recognized around the world for its high standards and rigorous vaccine review process.

Only vaccines that are proven to be safe, effective and of high quality are authorized for use in Canada. The COVID-19 vaccines have been rigorously tested during their development and carefully reviewed by Health Canada. Clinical trials for COVID-19 vaccines have been taking place since the spring of 2020 and millions of people in Canada and around the world have already been vaccinated.

Can I get COVID-19 from the vaccine?

The vaccines cannot give you COVID-19 because they don't contain the virus that causes it.

What's the difference in vaccine types?

Health Canada has approved to date two types of vaccines: mRNA and viral vector vaccines. mRNA vaccines provide instructions to your cells for how to make a coronavirus protein. This protein will trigger an immune response that will help to protect you against COVID-19.

Viral vector vaccines use a virus (not the virus



that causes COVID-19) that's been made harmless to produce coronavirus proteins in your body without causing disease. This protein will trigger an immune response that will help protect you against COVID-19. Both types of vaccines are safe and effective.

More information on the COVID-19 vaccines can be found at canada.ca/covid-vaccine.
www.newscanada.com

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FORT STEELE WHERE HISTORY COMES ALIVE



By Chris Millikan

Fort Steele Heritage Town has long been our favourite family daytrip from Creston. This revitalized outpost in BC's east Kootenays transports visitors like us back to the hurly-burly days of frontier living.

Sixty restored wooden buildings and heritage gardens conjure town life of the late 1800's. We easily imagine miners flocking here, dreaming of striking it rich in the 1864 gold rush on Wild Horse Creek. A brochure tells us their early settlement at Galbraith's Landing was renamed for North-West Mounted Police Superintendent Sam Steele. Establishing the fort, he'd famously calmed tensions between the settlers and Ktunaxa peoples.

The police post and austere soldier barracks lie near the park's entrance. In surrounding farm pastures, split rail fences enclose Clydesdale horses, Cotswold sheep...and sometimes, sweet little donkeys. Lining the town roadways, boardwalks have replaced the original muddy paths.

Along Main Street, Howard House Millinery's windows feature brimmed hats decorated with gaudy fruits, elegant ostrich plumes and satin ribbons. Red and white striped poles front a barbershop. That barbershop, stagecoach terminal and government offices overflow with period furnishings. Over-stuffed furniture, floral wallpapers and memorabilia recall wealthy citizens' easy lifestyles during the town's hey-day.

Blacksmith and tin workshops stand nearby. Over blazing fires, smithies demonstrate metalworking. Adeptly heating, bending and pounding out shapes, they fashion keepsakes like rustic candleholders, form coat hooks resembling willow twigs...and yes, horseshoes!

From shady veranda benches outside Windsor Hotel, we love to watch actors re-enact the shenanigans of early soldiers, dancehall girls, aspiring politicians and railroad lobbyists. Sporting gold watch chains and snappy bowlers, dapper mustachioed men in suits loudly shout timely slogans. Wearing bustled skirts, white gloves and fetching hats, ladies shake tiny purses, point their flimsy parasols and indignantly denounce the 'goings on' down at the saloon. Others stage zany

musicals in air-conditioned Wild Horse Theatre. Presenting humorous vignettes from yesteryear, these lively melodramas highlight town history.

Beyond the customs cabin above the Kootenay River stands the original log ferry office. We visualize the former Galbraith ferry crossing below. Back along Riverside Avenue, penny candy treats always lure us into the Confectionery. Skirting the hardware store and doctor, dentist, newspaper and telegraph offices, a pause at the drugstore window reveals lovely jewel-coloured jars and bottles once containing pioneer remedies.

In the General Store, 1800's merchandise inspires poking through lanterns, washboards, butter-churns, treadle sewing machines and Victrolas. Simple icons and sparse furnishings in St. Anthony's Church evoke old time religion.

Across the street, the International Hotel serves hearty meals with Victorian flare. We sit around oak tables at the Old City Bakery, drinking cups of tea and munching cinnamon buns thick with white frosting. And fresh stone-ground breads and buns baked in huge wood-fired ovens make tasty take-home souvenirs!

At the one-room schoolhouse on the corner, kids marvel at faded wall maps, blackboard and potbellied stove. Sighting slates on desks, they observe, "Hmm. No computers?" On past the butcher shop, a dirt path leads us to the gigantic wooden waterwheel. It had once raised 600 gallons of water a minute from Perry Creek mineshafts.

Continuing our town loop walk, wooden houses exemplify turn-of-the-century life. Both the doctor's house and vicarage boast thriving flower and vegetable gardens. Lacey white curtains and railed front porches decorate residences along Opera House Street. And the majestic balconied Wasa Hotel serves as a museum displaying regional artifacts.

In the latticed bandstand of the grassy common, we gaze at distant Fisher's Peak, pondering. Rerouting the railroad in 1898 through nearby Cranbrook caused this little boomtown to decline into obscurity. Clinking brown bottled sarsaparilla root beers, we toast those keeping BC's treasured past alive at Fort Steele.





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- ★ Increased chewing ability



“ I have worn upper and lower dentures for over 20 years and have always had fit issues and sore spots on my lower gums. My lower jaw has become so thin that I’m not a candidate for dental implants. I struggled to eat due to the movement and discomfort of my lower denture. This resulted in me having to wear a lower soft liner to cushion my gums. I recently had Lower Suction Dentures made with Darren Sailer at Brookwood Denture Clinic and it’s the first time in 20 years that I haven’t had to wear a soft liner in my lower denture and the denture fits snugly without sores or adhesive to hold it in. I now actually have lower suction! I am thrilled with my new dentures. This new technique has made all the difference to me.”
– Lucy S.

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.

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.

The SEMCD, lower suction denture technique, uses a special impression method that captures the natural shape 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?

The lower suction denture technique is an excit-

ing 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 increased denture stabilization.

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WHAT IS SEMCD?

Suction Effective Mandibular Complete Dentures is a new technique that can attain suction in both upper and lower dentures.

HOW DOES IT WORK?

SEMCD uses a special impression method that captures the natural shape of the oral cavity. The result is a strong seal all around the denture.

CAN ALL DENTURISTS DO THIS?

Only denturists that have been trained and SEMCD certified can use this technique.

IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

DOES IT WORK FOR EVERYONE?

Eight out of ten patients can attain suction on the lower denture.

WHAT IF I DON’T GET SUCTION?

Even if suction is not achieved, Suction Effective Dentures are 100% more stable than conventional dentures.

CAN MY OLD DENTURES BE REFIT?

Possibly, your dentist will know better after examination.

I HAVE A LARGE AMOUNT OF BONE LOSS, WILL THIS TECHNIQUE HELP ME?

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

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