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TODAY'S SENIOR NEWSMAGAZINE



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OCTOBER - 2021

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ASK A SENIOR LIVING EXPERT



PAM MURPHY
Magnolia Gardens
General Manager

Why would I move into a seniors facility when I could stay in my home with home care support?

YOU JUST USED THE 'F' WORD! Don't worry; I won't hold it against you. It can be confusing because some residences, like ours, offer a campus of care—both independent senior living and a long-term care centre. But when it comes to independent living at Magnolia Gardens, we're no facility. We're more like a cruise ship that never leaves the shore.

At this stage in your life, you should be having fun, enjoying hobbies and vibrant social life instead of the hassles and stresses of daily life. That's what independent senior living offers. It's our job to care about the details—housekeeping, maintenance, yard work, meal preparation, and clean up. You can focus on active living—keeping your body, mind and spirit healthy.

Homecare may drop in for a couple hours a day, but when you're a resident at Magnolia Gardens, you have access to 24/7 support. You'll get to know our staff and consider them friends. You'll get to know your neighbours and have a full social life. You'll have peace of mind knowing someone is there in an emergency.

Over and over again, I hear new residents say, "I should have done this years ago." Make the move sooner rather than later and start enjoying life again!



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ACCORDION TO DAN

Hard to believe, eh...it's already October. The new normal still hasn't arrived, it seems. Another new word

has made its presence felt on the stage, VARIANT. When it comes to new words, many that were born in the last few years, we today use like they always existed such as 'skyping', 'googling', 'hard drive', 'real time', 'virtual', 'down loading' and on and on these words pop out, almost exponentially. Webster's and all the other folks in the dictionary business must be using old expressions like, 'My word, how can we keep up'. Thus the following bit of rhyme.

TODAY'S ROUTINE

Social distancing is an expression that was given birth by today's pandemic. To 'skype' and 'google', two new expressions born as well. That people walking on sidewalks stay from each other now is automatic. When things do return to normal, no one can really tell.

Meals ordered are dropped with a dash-to-the-door. Ordered online with a knock or the ring of a bell. Masks like medical doctors used to only wear, we all wear especially in a store. Prices for base groceries, ouch, for now what they often sell! Most everything from cereals to ground beef. Creating some 'food for thought'. One ponders when the good times return, will the costs go down to where they were. And bring relief? Somehow me thinks, probably not.

VOICES WE REMEMBER

"I'm so glad we had this time together", and we all know who used to sing that song. Here, in the greater Vancouver area, the word 'Precisely' and most of us connect, and with good reason, who used to say that on local radio. Perhaps the following memories will do the same.

AS IT HAPPENED

Expressions such as 'it happens' can bring back powerful stuff. An expression that still continues and remember the voice of Barbara Frum. 'Precisely, commented Jack Webster and in many ways it's kind of emotionally rough. Reminding many of us are the voices of Tommy Douglas, Lester Pearson, John Diefenbaker. They point out possibly where we were in life, whatever positions.

Perhaps we were learning to drive our parents Pontiac, Ford, Chevrolet or Studebaker. Listening on the radio, hearing different political points of view, whatever the situation. Recalling old expressions like 'I'm all shook up' or 'see you later alligator'. 'I'm so glad we had this time together', of course Carol Burnett. 'That's the way it is', Walter Cronkite on the Dominion radio network of the CBC, you bet. Plus, a real old-time 'Bonanza', Lorne Green doing Canada's national news many moons ago. Does that wet your nostalgic appetite? A long time before digital expressions like 'real time', 'hard copy' and 'downloading', most of us were used to black and red ribbons on our Underwood and Royal typewriters, learning to manually type. Never in our dreams could we anticipate how someday socially and technologically so much would be changing and exponentially unfolding.



That's right folks, that's the way it was. (Photo: Dan Propp)

VANCOUVER MEMORIES GALORE

The Alcazar Hotel, St Regis, Grosvenor and Devonshire, Scott's Restaurant, The Sky Diner, and many branches of the Aristocratic. Theatres like the Paramount, Vogue, Paradise, when they were still showing movies here. They are there if you can still discover a nineteen fifties BC telephone book, which can make some of us ecstatic. Even the telephone numbers we would dial, like Amherst. Mutual and Kerrisdale. Stores like Woodwards, Eatons, Wosks, Woolworth memories return automatic. How about old postcards, they can bring back many tales of Vancouver. Perhaps discovered in the attic of a still standing wooden house on Robson Street.

Please visit www.Nostalgicroads.Weebly.com

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CALGARY'S HERITAGE PARK: WOMEN'S RIGHTS, LIFE IN THE PAST LANE AND A SUMMER DAY AT THE FAIR



By Ursula Maxwell-Lewis

“Personally, I do not care whether or not women ever sit in the Senate, but we fought for the privilege for them to do so. We sought to establish the personal individuality of women and this decision is the announcement of our victory.” Henrietta Muir Edwards, 1929

A September visit to the Famous 5 Centre of Canadian housed in the Betty McClung replica home at Heritage Park, Calgary, reminded me of this statement.

Voting is a privilege I’ve never taken for granted, particularly after travelling in countries where women either had no rights, or their rights were severely curtailed.

Canvassing for my preferred candidate in recent Canadian elections was an eye-opener. Frequently I heard:

“I don’t vote”, “My husband deals with this,” “I know nothing about politics”; “All politicians are crooked”. It was tough not to do battle with such comments on doorsteps.

Democracy, imperfect though it might be, at least offers an opportunity to publicly defend our (differing) opinions. The Famous 5 Centre reminds us of why five Canadian women successfully fought for their right to be in the Senate, and why their work on our behalf should never be taken lightly.

Heritage Park, Canada’s largest living history museum site 15 minutes from Calgary is divided into different segments. For more than one visit an annual pass is worth the investment. The Heritage Town Square and Gasoline Alley (a two-level indoor automobile museum) are open year round. The Historical Village is open May to October.

We visited the day before my youngest granddaughter’s 4th birthday so she and the family fully indulged in the fun-fair, as well as sailing on the S.S. Moyie, a colourful half-size replica sternwheeler of the gold rush original built in 1898. Had it not been for a Ferris wheel sighting her

preference might have been to spend the day riding the narrow gauge steam train.

For me, I delight in visiting the reclaimed and restored Prairie Synagogue, as well as the replica Strathmore Standard building. The sight and clanking sound of the old linotype machine brings back memories of my first years in journalism. Newspaper production has come a long way in 50 years!

Gasoline Alley, a year-round indoor attraction, offers auto enthusiasts 1950s automobile eye-candy as well as signage and gas pumps to revive memories of yesteryear. Youngsters also get a change to test-drive the mini-race track and really learn what changing rears really meant.

We ran out of time to fully explore the First Nations Encampment and 1860s Fur Trading Post. No doubt the family will return to rectify that next summer.

If you go, check full Heritage Park details at <https://www.heritagepark.ca>



PHOTOS By Ursula Maxwell-Lewis:
TOP LEFT: The SS Moyie
TOP RIGHT: In Days of Yore
MIDDLE RIGHT: Gasoline Alley. Not like Dad's car!
BOTTOM : Gasoline Alley Signage



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Lillian, Surrey

BRING ON THE PUMPLE PIE

We've missed a lot over the past year – from births to birthdays, engagements, weddings and everything in between. But this Thanksgiving, we're celebrating it all. Set the table with Nana's fine china and that fancy gold cutlery you've never used and invite the whole family, friends that might as well be family and whoever else we can fit around the table.

When planning out your menu, wow guests by getting creative with twists on traditional items. Try mixing the potato mash with sweet potatoes for a marbled twist on a classic. When it comes to dessert, it doesn't just have to be a choice of apple or pumpkin pie — you can have both.

"Pumple pie" combines the flavours of fall that we crave with a traditional pumpkin pie base topped with a delicious homemade apple pie filling and finished off with chopped pecans. Simply serve with a scoop of PC Black Label Madagascar bourbon vanilla ice cream or a dollop of whipped cream and enjoy.

Layered Pumpkin-Apple Pie

Prep time: 50 minutes
Cook time: 30 minutes
Serves: 6 to 8

Ingredients:

- 1 pre-baked homemade pie crust or pre-baked store-bought pie shell
- ½ cup toasted chopped pecans

Pumpkin layer:

- Half a brick of cream cheese (125 g), softened
- ¼ cup granulated sugar
- ½ cup canned pumpkin purée
- ¼ tsp pumpkin pie spice

Apple layer:

- 1 tbsp lemon juice
- ½ cup water, divided
- ½ cup granulated sugar
- 3 cups sliced baking apples
- 1 tsp ground cinnamon
- 1 tsp cornstarch (mixed with 3 tbsp water)

Directions:



1. For the pumpkin layer, use an electric mixer to beat cream cheese and sugar until very smooth and fluffy.
2. Beat in pumpkin and pumpkin pie spice until smooth, scraping down sides of bowl occasionally. Scrape into prepared crust, smoothing top. Refrigerate until set, about 4 hours.
3. For the apple layer, add 2 tbsp water, lemon juice and sugar to skillet over medium heat. Cook, without stirring but tilting and swirling pan occasionally, for 5 minutes or until sugar melts and turns deep amber.
4. Add in apples, cinnamon and remaining water. Cook, stirring occasionally, until apples are tender and liquid is syrupy, adding extra water if it's cooking down too quickly before apples are tender; 10 minutes.
5. Stir in cornstarch slurry; bring to a boil, stirring

constantly (sauce will thicken). Let cool.
6. Arrange apple mixture over pumpkin layer in prepared crust. Refrigerate for 1 hour or until set. Top edge of pie with toasted pecans. Serve with extra whipped cream or ice cream, if desired.
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COZY UP YOUR KITCHEN WITH THIS GIANT CINNAMON BUN RECIPE

The scent of a freshly baked cinnamon bun unfailingly invites a smile, but when a single giant bun is pulled from the oven, applause is in order. Get the whole family cheering with this delicious new take on a classic morning treat by chef Anna Olson.

Start preparing the dough the day before so it can firm up overnight. For best results, bake using the LG ProBake Convection Slide-in Range with AirFry. The oven promotes a perfectly golden-brown crust while the amplified circulation from the air fry feature coaxes the best "lift" from the dough, so it rises evenly as it bakes.

Giant Glazed Cinnamon Bun

Prep time: 25 minutes, plus rising time
Cook time: 50 minutes
Serves: 12
Ingredients:

Dough

- 3 ¾ cups all-purpose flour
- 2 tbsp granulated sugar
- 2 ¼ tsp instant dry yeast
- 1 tsp fine salt
- ½ cup hot water
- ½ cup cold 1% milk
- 2 large eggs, room temperature

- ½ cup unsalted butter, room temperature, cut in pieces
- Filling**
- ½ cup unsalted butter, room temperature
 - 1 cup brown sugar, lightly packed
 - 1 tbsp ground cinnamon

Glaze:

- 1 cup icing sugar
- 2 tbsp 1% milk
- ½ tsp vanilla extract

Directions:

1. For the dough, measure flour, sugar, yeast and salt in a stand mixer bowl. Stir hot water and milk together in a small container. Add milk mixture and eggs to bowl and start mixer on low, letting it go for a minute or two until dough is almost combined. Add butter, a few pieces at a time, while mixer is on. Increase speed one level and continue mixing until dough looks smooth, about 6 minutes.
2. Transfer dough to an ungreased bowl, cover with plastic wrap and let sit on the counter for an hour. Refrigerate overnight (6 to 24 hours).
3. For the filling, beat butter by hand to smooth it out, then add brown sugar and cinnamon, beating well.

4. Grease a 9-inch springform pan. Turn dough out onto a lightly floured surface and roll into a 12 × 18-inch rectangle about ½ an inch thick. Spread filling over dough.

5. To make the giant spiral, cut dough lengthwise into four strips. Roll up one strip from the short side. When you reach the end, overlap the end with the short end of the next strip and continue rolling up into a spiral. Repeat with the last two pieces of dough so you have one giant spiral.

6. Place spiral into pan and flatten dough with your palm so it almost reaches the edges. If using the LG ProBake Convection Slide-in Range with AirFry, place uncovered bun in oven and set to proof for an hour. If using a conventional oven, cover pan with a tea towel and let sit on the counter for about an hour until the bun fills the pan — you'll see the centre pushes up a little when it rises.

7. Preheat oven to 350°F (180°C), or, if using a conventional oven, preheat to 375°F (190°C). Bake for about 50 minutes, until a rich golden brown. Cool on a rack for 30 minutes, then remove from pan before glazing.

8. For the glaze, whisk icing sugar, milk and vanilla together until smooth. Use whisk to drizzle glaze over bun. Let set for 15 minutes before slicing into wedges to serve.

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FINANCIAL NEWS

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

COMMON WEALTH TRANSFER MISTAKES, IT NEVER ENDS...

In previous months I have written about common wealth transfer mistakes because as a financial advisor I am exposed to many unique estate planning situations. I am continuing this month with some additional wealth transfer mistakes as there are so many that most Canadians are not aware of most of them.

This article will focus on the following, 1) adding a joint owner other than your spouse, 2) lump sum to adult beneficiaries, and 3) spousal issues, especially for more than one marriage(s).

Failing to update beneficiary designations:

When a life event such as a birth, death, marriage, separation or divorce occurs people often remember to review and update their will accordingly but may forget to review their beneficiary designations. Make sure you review your will and any beneficiary designations to make sure that they still reflect your testamentary intentions. This is a common oversight and often results in the courts having to decide.

Failing to name a beneficiary or naming one's estate as beneficiary:

Unless there is 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 a contract where possible. Having assets flow through your estate may subject them to claims by your estate creditors, and/or probate and administration fees. Furthermore, if your will is submitted for probate, it becomes a matter of public record, available for anyone to view.

When a beneficiary other than your estate is named on an insurance investment (such as a guaranteed investment fund contract (GIF)) the death benefit bypasses your estate and therefore avoids probate fees (and potentially other estate administration fees). The proceeds are then paid directly to the beneficiary, usually within two weeks after 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 which can delay the distribution of your estate by weeks, months or even years. Also, if a beneficiary of the family class is named or a beneficiary is named irrevocable, the insurance investment offers you the potential for creditor protection while alive.

Adding a joint owner other than your spouse:

Placing non registered assets into joint ownership with right of survivorship is one of the most common methods of avoiding probate. On the death of one joint owner, the asset transfers directly to the survivor bypassing the deceased's estate. However, there are some significant disadvantages with joint ownership, particularly when someone other than your spouse is added as a joint owner.

For example, you are single with two adult children. Your daughter lives in town and your son lives on the other side of the country. Your health is failing and your daughter is caring for you. To help her to take care of you, you add your daughter as joint owner to your bank and investment accounts which are your only assets. Your intention as per your will is to divide your estate equally between your kids. On your death the accounts automatically transfer to your daughter. If your daughter is not honest and doesn't return the funds to your estate there is nothing left for your son and will probably result in a lawsuit. The court will try to determine your intention. Was this a gift to the daughter or merely an agency agreement? That is why it is important that you document your intentions so the courts can administer your estate according to your wishes. Your other alternative is to make sure you have a properly executed Power of Attorney for property which could allow your child to assist in administering your finances without having to add them as joint owner.

Lump sum to adult beneficiaries:

Sometimes providing a lump sum payment to adult beneficiaries is not wise. This could be the case if the beneficiary is not financially responsible and may

spend the money frivolously or perhaps is disabled and may lose their government disability benefits. For these individuals, an annuity settlement option or testamentary trust may be more appropriate.

Spousal issues, especially for more than one marriage(s):

Another example of failing to consider tax implications often involves second marriages or separated and estranged spouses. For example, you have named your new spouse as beneficiary of your RRSP or RRIF to provide for them after your death, and named 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 and RRIF to their RRSP or RRIF, and pay tax on the withdrawal. But what if they don't? Instead, he or she just takes the cash. Well, your estate could be responsible for any taxes on the RRSP or RRIF which effectively means it comes out of your children's inheritance.

Under these circumstances, there are two strategies that can be utilized to prevent this from happening:

1) It is possible that the legal representative (executor) of the estate to make a unilateral election to deduct the amount paid from the RSP or RRIF in the estate. By doing so, this limits the tax burden in the estate and shifts the income inclusion to the surviving spouse.

2) If you have RRIF, and the contract allows, consider naming your spouse as a successor annuitant or joint Life. On your death, the RRIF will automatically transfer to your spouse on a tax deferred basis ensuring that your estate will not have to pay the tax. For second marriage situations where you want to provide an income stream to your spouse but want to ensure that anything left in the RRIF on your spouse's death goes to your children, you name your children as irrevocable beneficiaries so that no changes can be made to the income stream without your children's authorization.

If you have any questions on any of the above common wealth transfer mistakes, you can contact Rick Singh at CRS Financial Group. Call 604-535-3367 or email: rick@crsfinancial.ca. You can also write or visit us at our new office location in South Surrey (Rosemary Heights) at Suite 220-3388 Rosemary Heights Cres. BC. V3Z 0K7.

EVERYDAY WAYS TO SAVE MONEY

Many of us are feeling the pinch these days as costs increase. But even if you aren't feeling the squeeze, who doesn't want to save a few bucks? Here are a few tips to save in your day to day: Stick to a budget.

You know this tip already, but it's worth repeating because those who budget are better able to adapt to changes in their finances, according to the Financial Consumer Agency of Canada. With a budget, you'll have a better idea of what you're spending money on and where you can cut back. Plus, there are countless online tools and apps available to help streamline the process.

Re-evaluate your subscriptions.

So many services these days offer free trials that auto-renew, so review your bank statements for recurring monthly costs like cable TV, streaming services or magazine delivery. Chances are there's at least one you're not using regularly, so make the choice to cut it loose.

Automate your savings.

This simple step makes it easy to pay yourself first;

saving becomes like a must-do bill payment, except you'll be the one to reap all the benefits! Remember, it doesn't matter how much you put away at a time; every little bit makes a difference.

Join a loyalty program. Racking up rewards based on purchases you'll already be making, like groceries, is one of the easiest ways to save money. With a program like Air Miles, you can get promotions and discounts on your everyday shopping. Then you can get cash back or dream-worthy products, from video games to home appliances. If you pair your program with an affiliated credit card, you can get even more Miles on any purchase, plus perks like travel insurance.

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THE PHARMACIST REVIEW

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

L-LYSINE

The flu season always gets us searching for ways to boost our immunity. Coupled with the threat of a Covid-19 infection during the pandemic, it is definitely to your advantage to do whatever you can to stay healthy this season. Always start by having a well-balanced diet (focused on plentiful water intake, adequate protein and minimizing sugars and fats), maximizing sleep, reducing stress, and consulting a physician at first sign of any ailments. Many supplements are available to help boost and regulate your immunity. Keep an eye out for our future articles on a similar topic, but we will focus on the use of lysine for now.

Being an essential amino acid, L-lysine must be sourced in our diet or through supplements. Meat, fish, eggs, dairy, soy, and legumes are common dietary sources. Vegetarians often lack lysine in their diet, since it is found in relative low amounts in vegetables and grains. Most lysine on the supplement market is produced via bacterial fermentation.

L-lysine is most commonly studied for its effective treatment and prevention of cold-sores. It is thought to oppose herpes simplex growth. Although much less well-studied, similar reasoning has been applied to its effect on the growth and proliferation of

other viruses, such as the flu virus. Thus, many people seek Lysine year-round as a way to ward off viral infections. One of our favourites is the L-Lysine by the well-respected New Roots Herbal, which comes in "clean" 500mg capsules. It can be used alone, or safely in conjunction with items such as oil of oregano, bioflavonoids, anti-oxidants (eg. Vitamin C8), or herbals (eg. Esberitox, Prevail).

Long-term use of 3000mg of lysine daily appears quite safe, but typical dosing is generally much lower. Some do comment on getting some abdominal pains, diarrhea, stomach discomfort, especially when they are approaching the 6000mg daily that some people short-term use.

Its effectiveness is unclear, but lysine has also been used by people trying to treat diabetes, hypertension, stress, schizophrenia, and improve athletic performance such as muscle strength.

Come talk to our integrative pharmacist teams at Cloverdale Pharmasave and Pharmasave Steveston Village to see how best to arm yourselves and stay healthy throughout this flu season.

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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HOW TO THRIVE IN STRESSFUL TIMES

We've all had to deal with major stressors over the last year and a half. Many of us have just been focusing on surviving and, for those who own a small business, there have been added stresses both personally and professionally. Fortunately, there are steps we can actively take to thrive in tough situations. Here are some tips and tricks to try:

Maintain a sense of control

It can be easy to experience anxiety when you don't feel as if you have any control over what's happening. But being in charge is a matter of perspective. While you can't control your boss' comments, how your kids do in school or a global pandemic, you can control how you react to these circumstances.

Focus on overall well-being

When one area of your life is out of whack, keeping on top of other things can help you bounce back and not feel as overwhelmed. Exercising regularly, eating well-balanced meals, self care and spending quality time with loved ones can help restore your physical and mental health, which is essential when we are facing any of life's problems.

Cultivate a support network

It's always okay to ask for help and to ensure you have the relationships and resources you need to get you through a hard time. Local public health agencies have stepped up mental-health support during the pandemic and your employer may have some resources too.

If you're a BMO small business owner or entrepreneur, you can now access wellness services for free. The bank is offering the same tools and resources it provides for its employees to its business clients through LifeWorks until December 31, 2021. This includes 24/7 access to confidential short-term counselling and interactive self-guided programs to help manage anxiety, stress, grief and relationships. Find more information at bmo.com/lifeworks.

www.newscanada.com

PROTEIN-PACKED PLANT-BASED BREAKFAST WITH FRUIT



Quinoa is a nutritional powerhouse. Gluten-free, high in soluble fibre, and full of fatty acids, vitamins and minerals, it's also an excellent source of protein. It may even have anti-inflammatory effects, which makes it a great choice for people with arthritis. Quinoa is featured in this nutrient-dense recipe from dietitians at the Arthritis Society. This recipe is a great way to enjoy fresh seasonal fruit and boost your energy for the day.

Crispy Quinoa Breakfast Bowl

Prep time: 5 minutes

Cook time: 15 minutes

Serves: 2

Ingredients:

- 1 cup quinoa, rinsed and drained
- 1 tbsp maple syrup or honey
- 1 tbsp hemp oil (15ml)
- 1.5 cups plain Greek-style yogurt

- 1 cup mixed fresh seasonal fruit
- 4 tbsp crushed cashews, unsalted (optional)

Directions:

1. Preheat oven to 400°F (200°C). Mix quinoa with maple syrup and oil; spread in an even layer on a rimmed baking sheet. Bake until crisp for 13 to 15 minutes, stirring occasionally. Let cool and transfer to a plate.

2. To serve, divide yogurt into two bowls and top each with half of the fruit, quinoa and cashews.

Tip: You can use a more neutral-tasting oil, such as canola or light olive oil.

Nutritional information (per serving): Calories: 379; protein 20g; total fat 9g; saturated fat 3g; unsaturated fat 4g; carbohydrates 60g; fibre 12g; sodium 65mg.

Find more arthritis-friendly recipes at arthritis.ca.

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

Q) Hello Shell, I want to build a shed and was wondering if I can use composite as shed flooring instead of the concrete slab or treated wood? Thank you for your time.
John

A) I suggest you use dimensional lumber for the shed base using 4 x 4 treated lumber (sleepers) on a gravel road base (sand and limestone mix) at 12 inch centres. On top of the sleepers lay down 5/8 inch tongue and groove Fir treated plywood. Screw the plywood down with deck screws. You can even paint it or put another type of flooring on top (like vinyl decking or a roll on deck coating). Shed’s are like most things, if you keep it clean it will last longer and look better. It’s just that easy!

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October
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Candied Yams
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Ghosts
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Pillow Cases full of Candy
Mulled Wine

Fall
Pumpkin Pie
Halloween
Family Gathering
Brussel Sprouts
Mashed Potatoes
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Spooky

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Jack O Lantern
Turkey Feast
Colourful Leaves
Wishbone
Trick or Treat
Witches
Fireworks
Drive Safe
Have Fun
Photos

MANAGING PESKY FLU SYMPTOMS



While you likely didn’t experience a cold or even the sniffles last year, as restrictions ease flu season is back and will likely sneak up on us when we’re least expecting it.
If you find yourself feeling under the weather, John Papastergiou, a pharmacist at Shoppers Drug Mart, shares tips for recovering from the flu and how to avoid it all together.
Eat right.
The flu can take a toll on our bodies, so it’s important to fuel ourselves with foods rich in essential

vitamins and minerals to help our immune systems fight off the virus. Vegetables such as broccoli, tomatoes and peppers, as well as meats, shellfish and dairy, are a good place to start. Soups, such as a warm chicken noodle, also count as a liquid that will help to keep your body hydrated.
Flush out the toxins.
Fluids, especially water, help your body to flush out toxins. Keeping your respiratory system hydrated helps your body fight more serious infections by avoiding thick mucus buildup in the lungs. Make sure

to drink more fluids than usual because your body will lose a lot of liquid in the form of sweat if you are battling a fever.
Stay well rested.
If you are sick, stay home. This tip has become more prevalent than ever over the past year, but it’s important to take some time off work or school to give your body some much-needed downtime. The best thing for your body is rest so it can focus on attacking the virus.
Avoid spreading germs.
Just because you’re on the mend doesn’t mean that your flu season is over. Don’t forget to disinfect shared surfaces to avoid spreading the virus to more vulnerable populations. Young children, senior citizens and pregnant people are even more likely to catch the influenza virus than the average adult.
Your best defense.
The flu shot is always your best protection. To avoid the flu altogether and help protect your family and friends, stop in at your nearest Shoppers Drug Mart and get vaccinated today.
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BEAUTIFUL PUNJABI MARKET MURALS.



by Lenora A. Hayman.

The Vancouver Mural Festival that was formed in 2016, has branched out to more neighbourhoods in 2021. Murals in the Market, in partnership with the Vancouver Mural Festival, is the Punjabi Market Regeneration Collective's initiative to bring stories alive with public art by working with local Black, Indigenous and people of colour (BIPOC). Four murals are painted on the back of buildings, between 49th & 51st Avenues on Main St. in Vancouver.

A Love Letter to Mithai, by Sandeep Johal on the Himalayan Restaurant wall at 6587 Main St. is a double mural design love letter to mithai (Indian Sweets), a specialty at the restaurant. Fragrant chai tea and varieties of delicious mithai are frequently offered to visitors at home with warmth, joy and love.

Guntaj Deep Singh's The Golden Land at 6615 Main St. behind MLA Michael Lee's office portrays harvesting in the Punjab, with a bhangra dancer, an industrious girl employing a madami to churn cream into butter, youngsters playing stapu (hopscotch) and an oxen cart in the background.

Diamond Point's mural Interconnected on the Orr building at 6509 Main St. focuses on water and its connection to the earth. Depicted is the flow of water in a three-strand braid of hair. "The salmon in the water, represent abundance and wealth, and the water represents the 3 host First Nations".

Minahil Bukhari and Mustali Raj at 6526 Main St. behind A-Class Fancy Jewellers have honoured Indian architecture and jewelry that Indian Raj used to wear in Northern India. Click onto www.vanmuralfest.ca for the 60+ new murals in 11 neighbourhoods. After all the walk will do us good.



Photos by Lenora A. Hayman

TOP LEFT: Sandeep Johal's A Love Letter to Mithai. TOP RIGHT: Guntaj Deep Singh's The Golden Land. BOTTOM: Diamond Point's Interconnected.

RETIREMENT LIVING: WHAT ARE MY OPTIONS IN TODAY'S HOUSING MARKET?

As more Canadians near and enter retirement age, there are more new and innovative housing options to consider than ever before. Whether you're planning for yourself or your parents, here are some exciting possibilities to think about, as well as the pros and cons:

Aging in place

An attractive option for those who are energetic and fit, staying in their current homes, or "aging in place," lets seniors keep enjoying the comforts and familiarity of home as long as possible. The downside is maintaining a house is physically taxing and expensive, and renovations may be required to make the space more accessible for those who develop mobility issues or health conditions later in life.

Multi-family living

With the cost of housing skyrocketing, many families are deciding to co-habit across generations. While this used to mean young families creating an in-law suite in the basement, today a variety of arrangements are possible — from single-family homes converted to triplexes to university students rooming with the grandparents. These setups let younger folks afford a home while helping seniors with company and support, but the benefits may come at the cost of privacy for all.

Land lease

Perfect for those transitioning into their retirement years or already fully retired, land lease allows seniors to unlock money from their existing homes to buy a home without owning the land. This helps free up money for travel or daily living expenses while still maintaining equity in a

home. Plus, those who choose a retirement land lease community from Parkbridge can also enjoy vibrant social activities, with amenities like community centres, activities, pools and parks, which are landscaped and maintained by an onsite management team.

Find more information at parkbridge.com.
www.newscanada.com

Debby Donaldson

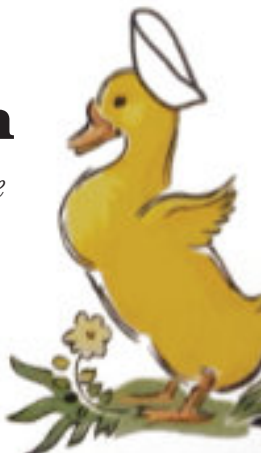
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5 FACTORS TO CONSIDER WHEN RELOCATING

Has the pandemic made you think about making a big move? If so, you're not alone — semi-rural and country life have become more attractive to many people craving more space.

In fact, one in three Canadians are considering re-locating, according to a recent survey by insurance company Aviva Canada. If you're house hunting, here are some things to keep in mind:

1. Outdoor living space.
A property with enough outdoor space is essential for many families who have spent more time enjoying nature lately. Whether you need room for entertaining, gardening or a play area for kids, make sure you take the time to consider if the yard or patio fits your vision for outdoor living.
2. Affordable location.
In today's red-hot housing market, affordability is key. Though it's tempting to spend all your savings on the perfect place, make sure you can still manage the

mortgage payments if interest rates rise or there's a family emergency. If you still need to go into the office occasionally, factor in higher commuting costs or the added expense of an additional vehicle.

3. Insurance impact.
As more people move away from large cities, this may come with some surprises. Not only are crickets much louder at night, but there's more to think about than just the mortgage and property taxes.
"There are insurance considerations when it comes to rural versus urban properties," explains Phil Gibson, managing director, personal insurance and data science at Aviva Canada. "The age of the home, its proximity to fire hydrants or firehalls, and flood risk are all factors. That's why it's best to discuss these things with both your insurance broker or agent and your realtor before settling on your dream home."
4. Multigenerational living.
More Canadians are choosing to live with extended family members, whether it's to help care for aging parents or to share housing costs. If this is something you'll need now or soon, make sure any home you're looking at can potentially accommodate everyone, or



factor in a big renovation budget.

5. Proximity to amenities.
Don't get caught up in how beautiful a home is if it's far from places that improve your quality of life. Everyone has their priorities — whether it's being near parks, restaurants or a local library. If you're planning a move away from the city, think about how often you'll want or need to return to see how far away it's reasonable to move.

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Do you worry about your safety while performing day-to-day activities in your home?

BC REBATE FOR ACCESSIBLE HOME ADAPTATIONS is a program through BC Housing for people in British Columbia with health or mobility issues.

The BC RAHA program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortably in their home.

Ask us how we can help you access this funding. Call today for a consultation.

Eligible adaptations include the following:

- Tub to walk-in shower with seat
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WRITE AS I PLEASE

By Mel Kositsky

It is a chance to win big money and support a great cause.

The Langley Pos-Abilities Society, which believes in "changing disabilities into possibilities" is holding a 50/50 Mega Draw. You could win up to \$125,000 if you purchase the winning ticket. Tickets are on sale now for \$20 and the draw date is November 20, 2021.

"Help us to give the gift of independence," says Zosia Ettenberg, founder of the organization.

Tickets can be purchased online or from tickets sellers at the following locations in the community -- Save On Foods, IGA and Ralph's Farm Market.

For more information and ticket sales go to: langleypos-abilities.lottery-nexus.com/

Langley Pos-Abilities Society is a non-profit volunteer supported agency that helps improve the quality of life for people with disabilities, including those living with mobility issues, hearing loss, blindness, plus many other conditions requiring assistive devices.

"We believe in IDEA -- Inclusion, Diversity,

Equity and Accessibility" according to the website www.pos-abilities.org.

Langley Pos-Abilities Society provides a safe environment for people with disabilities. The services include:

- providing and upgrading assistive equipment for our clients as needed
- accepting donations and providing access to and maintenance of assistive devices
- advocating & acting as a resource for people with disabilities
- creating awareness and education to help our community understand, value and relate to people with disabilities
- encourage our clients to participate in our organization's activities and special events
- improve relationships and encourage pay back for those who have been helped by their families

Let's talk about the weather!

While climate change initiatives remain a "hot" topic, there have always been extreme weather conditions and there always will be.

Reports say in the 1970s there were only 700 per year. Now there are about 3,500 annually -- or almost 10 per day

Mother Nature is not always that kind in many parts of the world. Environmentalists and climatologists like to claim superior knowledge than the "weathered" old farmer in making predictions. But despite all the tools modern technology now provides the predictors -- they hardly ever get it right!

And the names they use on a rotating basis can drive you crazy. Tropical storms can be called many different things from hurricanes to typhoons to tornadoes to just plain wind storms and each has multiple grades.

Lately they have come up with the phrase "weather statement" -- whatever that means. They don't like to issue weather "warnings" anymore. It might upset the common people and make them too anxious, espe-

cially if the winds change and the storm blows over.

On October 18th, NEWS 1130 and CityNews will come together as one to become CityNews 1130 -- providing more news coverage in more ways, where and when you need it: on your radio, smart speaker, television, and online. It will focus on breaking news, traffic and weather. It remains one of the few popular AM stations still left in the Metro Vancouver area.

Readers may remember that CKWX 1130 has a long history in the Vancouver market area. It has been a top station with many personalities over the years, who became local media icons -- including Red Robinson. When the radio station became Country 1130 in the 1980s and '90s, it ruled the market until JR FM was created in 1986, which now remains the only country music station still around. Local country legends such as Elmer Tippe became very popular on 'WX -- not only for their radio style but also as entertainers at many barn dances and community halls. It helped the BC Country Music Association build up a great following and produce many talented performers and bands, as well as famous songwriters.

For a while CKWX 1130 turned its focus on sports and featured talk shows with the likes of Dave Pratt. It also was the local broadcaster of the Toronto Blue Jays during their back-to-back championship years in the early 1990s. That helped build up the popularity of the team as Canada's favourite -- and launched the big rivalry with the Seattle Mariners. For years during road trips to Seattle, thousands of local baseball fans would make the trek south of the border to see their "team" and chant "Let's go Blue Jays" over the noisy Mariners' crowds.

Some of that still goes on today but with the U.S. border still closed, this season has been lost for local fans. Maybe next year as the Blue Jays are developing an exciting team of top young players, who are beginning to show great talent and are building quite a following.

FALL HOME MAINTENANCE CHECKLIST

A harsh Canadian winter is just around the corner. If you're a homeowner, that means it's prime time to start getting your home ready for cooler weather.

Be sure to inspect these areas inside and outside to keep your home in tip-top shape through the season:

Driveway and porch

Take some time to repair any cracks that may have appeared in your walkways, steps and driveway. Filling in these gaps will help prevent additional from rain and harsh weather.

Walls and exterior finishes

Look out for peeling paint and cracks in the exterior -- these are common signs of water damage. Repairing any flaws by repainting, caulking and sealing cracks will help prevent further damage and help re-

tain heat in your home.

Roof and gutters

It's a good idea to have a professional inspect your roof for missing or loose shingles -- you'll want to make sure it's up to par and ready for the season ahead.

It's also important to take a look at your gutters and downspouts and replace any old or damaged parts. Be sure to clear out any debris that may block the flow of water away from your home, as congested gutters can cause water to overflow onto the ground, possibly leading to water damage.

Smoke and carbon monoxide detectors

Check to make sure your smoke and carbon monoxide detectors are working properly. The turn of the season is a great reminder to replace old batteries, test functionality and give them a quick clean.

Preventative maintenance is key, but some mishaps aren't avoidable. Be prepared for the unexpected with a home insurance policy from Onlia that covers your bases. Get a quote at onlia.ca.

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Straight from the Horse's Mouth

By Mel Kositsky

Harness racing is under way at Fraser Downs in Cloverdale and the fall race meet will continue until the end of the year.

The racing facility, which first opened in January 1976 at the Cloverdale Fairgrounds, is now part of the Surrey Elements Casino complex and there will be limited attendance permitted this year due to COVID-19 protocols. Live racing resumed in late September and will be held two days per week starting in October. This meet calls for 29 dates of racing up to and including December 30. Post time is scheduled for a 7:00 PM start on Wednesday and Thursday nights -- with the exception of Thursday, November 11 and Sunday, December 26, which will have a scheduled 1:00 PM post time.

The 2021 Fall stakes calendar includes all the stakes that have been typically raced during the September to December period in previous years with the addition of the Sales Stake #22 scheduled to go behind the gate on November 24 and 25. The highlight of the upcoming meet will once again be on Thursday, November 11, when the BC Breeders Stakes finals for two and three-year-olds will be contested. Also scheduled for November 11 are the finals of the Lady Elements and Jim Vinnell -- both stakes are for aged

horses of both sexes.

The thoroughbred race meet at Hastings Racecourse in Vancouver has now completed its summer season, with great hopes for better conditions next year. Many programs are being put into place to help attract more horses to compete here next season, as well as support for the local breeding industry.

The biggest factor facing the racing industry in B.C. is the completion of the sale of track ownership to American interests at both locations. That process is in the final steps of completion. The following part of recent news releases:

"September 16, 2021 – Toronto, ON – Great Canadian Gaming Corporation (TSX:GC) ("Great Canadian" or the "Company") today announced that, further to its news release on September 10, 2021, the Company will be advancing to September 22, 2021 the previously announced closing of the plan of arrangement under section 288 of the Business Corporations Act (British Columbia) pursuant to which Raptor Acquisition Corp., an affiliate of funds managed by affiliates of Apollo Global Management, Inc. (NYSE: APO), will acquire all the issued and outstanding common shares of the Company (the "Shares") at a price of C\$45.00 in cash per Share (the "Arrangement"). The closing of the Arrangement is subject to the satisfaction of customary closing conditions.

The Company also plans to advance, to the closing date of September 22, 2021, the defeasance and redemption of the \$189,000,000 aggregate principal amount of 5.25% senior unsecured debentures (the "Debentures") pursuant to the indenture governing the Debentures. The redemption is conditional on the closing of the Arrangement. Following completion of the Arrangement, it is anticipated that the Shares and Debentures will be delisted from the Toronto Stock Exchange and the Company will apply to cease to be a reporting issuer under applicable Canadian securities laws.

Earlier last month Great Canadian announced that it has received all regulatory approvals required in connection with the previously announced plan of arrangement under section 288 of the Business Corpora-

tions Act (British Columbia) pursuant to which Raptor Acquisition Corp., an affiliate of funds managed by affiliates of Apollo Global Management, Inc. (NYSE: APO), will acquire all the issued and outstanding common shares of the Company (the "Shares") at a price of C\$45.00 in cash per Share (the "Arrangement"). Subject to the satisfaction of customary closing conditions, it is expected that the closing of the Arrangement (the "Closing") will occur on or about September 23, 2021.

"On behalf of the company's board of directors, I want to extend a sincere thank you to the entire Great Canadian team for their tireless efforts and dedication in not only supporting the significant amount of work undertaken to complete the Apollo transaction over the past ten months, but concurrently supporting the re-opening of all of our properties across Canada," stated Peter Meredith, the company's chairman. "There was no playbook for our company to turn to in order to combat the unprecedented impact of the pandemic, but our team created a robust work plan to safely and successfully navigate through such turbulent times. To do this while also working to complete the Apollo transaction is truly remarkable and a testament to the commitment, work ethic and dedication of our management team".

Founded in 1982, Great Canadian is an Ontario-based company that operates 25 gaming, entertainment and hospitality facilities in Ontario, British Columbia, New Brunswick, and Nova Scotia. Fundamental to the Company's culture is its commitment to social responsibility. "PROUD of our people, our business, our community" is Great Canadian's brand that unifies the Company's community, volunteering and social responsibility efforts. Under the PROUD program, Great Canadian annually supports over 1,400 charitable and non-profit organizations across Canada. In each Canadian gaming jurisdiction, a significant portion of gross gaming revenue from gaming facilities is retained by our Crown partners on behalf of their provincial government for the purpose of supporting programs like healthcare, education and social services.

BC SENIORS LIVING ASSOCIATION PROUD TO ANNOUNCE FIRST SITE TO EARN NEW SEAL OF APPROVAL DESIGNATION

Vancouver, BC – BC Seniors Living Association (BCSLA) celebrated the first member site to earn its new Seal of Approval (SoA) designation under their revitalized standards program. Sunridge Gardens, a Bria Communities Seniors' Residence in Langley was the first site to successfully earn the association's SoA designation under the newly designed audit program.

"This is an exciting time for BCSLA as we employ a revitalized standards review program that requires our member communities to operate at exceedingly high levels while setting a foundation for their continuous improvement going forward," said BCSLA CEO, Lee Coonfer. "This innovative assessment tool has been over a year in development and could not come at a better time in light of the COVID-19 pandemic," he said.

The operating environment for seniors' communities has changed in the ten years since the SoA was introduced and over a year ago BCSLA embarked on an ambitious revitalization of its SoA to ensure that the assessment tool continues to be effective and reflective of today's realities. In December of 2019, Think Research, a Canadian health technology and clinical standardization company, was engaged to build the SoA on a proprietary platform that would allow sites to not only participate in a virtual assessment tailored to their community but to collect site data that can be used to establish the baseline for a comprehensive continuous improvement program unique to the com-

munity. As an additional innovation and improvement, the new SoA digital platform will now provide sites with real time updates on provincial operating orders and guidelines. Even though this function was designed prior to the COVID-19 pandemic, its importance has increased given the volume of directives from the Ministry of Health and the BC Centre for Disease Control.

BCSLA has also partnered with UBC's School of Nursing and its Masters in Health Leadership and Policy (MHLP) program where Masters Students participating in the program will act as assessors. "BCSLA's new SoA program shows just how academia and industry can collaborate to create truly innovative and creative programs to ensure a high level of standards and continuous quality improvements in a sector that has undergone tremendous scrutiny since COVID-19," said Jennifer Baumusch of UBC's School of Nursing.

"We were thrilled to be part of the pilot project for the new Seal of Approval process and to have Sunridge Gardens be the first community to achieve the re-developed Seal of Approval," says Tanya Snow, Director of Bria Communities. "We want to be part of an association that wants to promote and advocate for self-regulation in our industry. This gives us the chance to showcase what independent senior living is and be an autonomous industry."

Central Park Business Centre #300 – 3665 Kingsway, Vancouver, BC V5R 5W2 604-689-5949 www.bcsla.ca Shannon Saunders, General Manager for Sunridge Gardens, notes that achieving the new Seal of Approval was rigorous, "This is a much more in-depth process; it was intense. But it was also more relevant



Sunridge Gardens Seal of Approval Team featuring (l-r) Jennifer Wasden (Sunridge Gardens Recreation Manager), Shannon Saunders (Sunridge Gardens GM), Lee Coonfer (President, CEO) Bernadette Villanueva (Sunridge Gardens Reception), Scott Watson (Sunridge Gardens Maintenance Technician)

to the kind of service we want to offer to Independent Living residents like ours."

"We're constantly looking to improve our residents' experience and address their changing needs," says Tanya Snow, "The revitalized Seal of Approval pushes us to offer the highest level of senior living."

Think Research's Chief Administrative Officer and Seniors Care Lead, Joanna Carroll, said "Think Research is thrilled to see the SoA program in action and being used to achieve the highest standards of care. We are committed to working with the BCSLA and its members to ensure the latest best practices are implemented across senior living facilities in British Columbia. Congratulations to Sunridge Gardens on achieving this significant designation."



Cozy Corner "Lets Talk"

By Janet Isherwood

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

Fall is truly a beautiful time of year and a time when I start reminiscing over times past. I came across this old article from 2015 and thought it worth sharing again.

Hi, Janet

Yes, I've been catching up on some of my reading!

Your list of Safety for Seniors is missing one important item in the bathrooms. For those of us who can't afford to install the new, taller toilets, the next best thing is the plastic, elevated toilet seat!!! I got used to using one when I was taking care of my mom. When she went in the Care Home her toilet seat didn't fit on their toilets, so they lent her another one. I just started using hers this past year and I L-O-V-E it!!! And I am only just 5'4" tall. For taller people these work even better. Sure, saves a lot of wear and tear on old knees.

That is my two cents worth!

Arlene S. King

I have decided I must be getting old as I browsed through some of my old articles and found tears in my eyes. Memories now seem magical to me, and I find myself smiling at the oddest things.

I realize that most do not understand me, certainly not even my own children but put me in a crowd of friends my own age and I fit right in. Laughter is good for the sole and so is sharing another golden oldie.

From a reader:

Read your column with great interest every month. When I saw the headline what an alley is, I thought you were talking about "marbles" as when I was growing up, we called them alleys,

(In fact, steelies were my thing. My dad worked for the Vancouver Steel Mill and so I had lots of those beautiful silver balls everyone called steelies and every kid wanted to win one.) I do remember reading also about a "mott". Back then we had plenty of gravel/soil to put our heel in turn around and make a mott. Short jackets were not invented then, so everyone wore long coats. Mine was handed down from my older sister.

I could never figure out how my mom knew I was playing alleys. (All she had to do was take one look at the rim of my long coat) there was the giveaway... the mud from bending down to throw my alley!!

We were poor along with most others and we didn't know it. No fridge, you were rich if you had one. An ice-box in the caller (not the basement) where the ice man would bring us a big block of ice held between the biggest tongs I had ever seen in my life.

You knew company was arriving when the front room was opened, the dust covers taken off the chesterfield and the fireplace lit.

We had a telephone on the wall, in the hallway and it was a party line. You lifted the handle and listened to hear if anyone else was talking then you hung up and waited your turn. Of course, the dial was a rotary.

Everyone had a clothesline in their kitchen and at the end was a brown paper bag which held savory and it was drying out.

We had a coal stove in the kitchen, and in the hallway not too far from the phone was a hall stove, the heat was supposed to go up to heat the bedrooms. (It never did). It was not unusual to find frost inside on the single panes of your bedroom window.

We had storm windows which were put on over the existing window every fall. On the bottom of the storm window was three holes with a cover, when springtime arrived, we would open the cover and let in the air.

No one locked their doors when they went out. No one had a car either. We walked everywhere or got a bus. I remember we had streetcars and they were a lot of fun with blinds on the windows.

Stores were closed on Sundays; everyone went to church. You got ready on Saturday evening, got out your

"best Sunday clothes", and made sure no buttons were losing and if they were then you sewed it back on. Drugstores were just that they sold only drugs. No one went to the hospital, and if they did, they never came out. Hospital was a word that was talked about in hushed tones.

We had our radio in the kitchen and no television. We would all sit around the radio and listen to I was a Spy for the FBI, Superman who could leap a building in one single bound, and of course Tarzan with his famous yell.

Comics were a big thing and you traded yours for someone else's. Red Ryder, Lone Ranger, Tarzan, just to name a few. Books were a prized possession.

We wore sneakers which are now called runners and you only wore them to gym. Everyone wore shoes.

Poodle skirts, white bucks (shoes), poodle pins, a mole on your face which you put there with your eyebrow pencil was so in, and everyone kept a diary. Yours till Niagara Falls written in your autograph book by your best friend or even better your boyfriend. Girls would walk down the street holding hands or linking into each other, this was a very normal thing to see, and no one thought anything about it.

Movies on a Sat. the highlight of the week. It cost ten cents to get in and every week at the end of the movie was a cereal. It would leave you in suspense till the next week, and you didn't care what movie was showing if you got to see the next cereal. Your hero was always in trouble, and you just couldn't wait to see how he was going to get out of it. Of course, he always did.

Candy in the store was one cent, and all those candies were so good. We had some that were called bull's eyes; they were made with molasses and would last forever in your mouth. In the corner of the store was a barrel with cheese sitting on top of it. The cheese was covered in a white cloth. We had no supermarkets or malls.

It was not uncommon to see horses pulling carts with vegetables, and I was raised in the city.

Everyone had an outside clothesline and put their clothes out to dry. No one had a dryer; we had a wringer washer. It was a chore to try and dry flannel bed sheets in the wintertime. I can remember my mother scrubbing clothes on the washboard in a tub before she got the wringer washer.

Overall, we were loved, and we were happy.

Those were the days. Keep up the good work.

Carolann (In Langley)

MEMORIES from a friend:

My Dad is cleaning out my grandmother's house (she died in December) and he brought me an old Royal Crown Cola bottle. In the bottle top was a stopper with a bunch of holes in it... I knew immediately what it was, but my daughter had no idea. She thought they had tried to make it a saltshaker or something. I knew it as the bottle that sat on the end of the ironing board to 'sprinkle' clothes with because we didn't have steam irons. Man, I am old.

How many do you remember?

Head lights dimmer switches on the floor.

Ignition switches on the dashboard.

Pant leg clips for bicycles without chain guards.

Soldering irons, you heat on a gas burner.

Using hand signals for cars without turn signals.

Older Than Dirt Quiz:

Count all the ones that you remember not the ones you were told about

Ratings at the bottom.

1. Candy cigarettes
2. Coffee shops with tableside juke boxes
3. Home milk delivery in glass bottles
4. Party lines on the telephone
5. Newsreels before the movie
6. TV test patterns that came on at night after the last show and were there until TV shows started again in the morning. (There were only 3 channels [if you were fortunate])
7. Peashooters
8. Howdy Doody
9. 45 RPM records
10. Hi-fi's
11. Metal ice trays with lever
12. Blue flashbulb
13. Cork popguns
14. Studebakers
15. Wash tub wringers

If you remembered 0-3 = you're still young

If you remembered 3-6 = you are getting older
If you remembered 7-10 = don't tell your age,
If you remembered 11-15 =you're older than dirt!
LOST IN THE FIFTIES

A little house with three bedrooms and one car on the street, a mower that you had to push to make the grass look neat.

In the kitchen on the wall, we only had one phone, and no need for recording things, someone was always home.

We only had a living room where we would congregate unless it was at mealtime in the kitchen where we ate.

We had no need for family rooms or extra rooms to dine,

When meeting as a family just one room would work out fine.

We only had one TV set, and channels, maybe two, but always there was one of them with something worth the view.

For snacks we had potato chips that tasted like a chip, and if you wanted flavor there was Lipton's onion dip.

Store-bought snacks were rare because my mother liked to cook, and nothing can compare to snacks in Betty Crocker's book

Weekends were for family trips or staying home to play, we all did things together -- even go to church to pray.

Sometimes we would separate to do things on our own, but we knew where the others were, without our own cell phone.

Then there were the movies with your favorite movie star, and nothing can compare to watching movies from your car.

Then there were the picnics at the peak of summer season Pack a lunch and find some trees and never need a reason.

Get a baseball game together with all the friends you know, have real action playing ball -- and no game video. Every Park had baseball games to enjoy in the summer.

Remember when the doctor used to be the family friend, and didn't need insurance or a lawyer to defend?

The way that he took care of you or what he had to do, because he took an oath and strived to do the best for you.

Remember going to the store when the skies were oh so sunny, and when you paid for what you got you used your very own money? There was nothing you had to swipe or punch, or put in some amount, and you had a friendly cashier that could count?

The milkman went from door to door, For just a few cents more than a trip to the store.

The mail was delivered right to your door, without the junk mail that we all deplore.

There was a time when just one glance was all that it would take, and you would know the kind of car, the model, and the make.

They didn't look like turtles trying to squeeze out every mile; they were streamlined, white walls, fins, and really had some style.

One time the music that you played whenever you would jive, was from a vinyl, big-holed disc they called a forty-five.

The record player had a post to keep them all in line, and then the records would drop down and play one at a time.

Oh sure, we had our problems then, just like we do today, as always, we were striving, to find a better way.

But how the simple lives we live, till seems like so much fun, when the only way to explain a game, was just kick the can and run?

And why would boys put baseball cards between bicycles spokes, and for a nickel red machine had little bottled Cokes?

This life seemed so much easier and slower in some ways; I love the new technology, but I really miss those days.

So, time moves on and so do we, and nothing stays the same, But I sure love to reminisce and walk down memory lane.

If you have one of those memories, just sent it in and we will try and share it with others.

I look forward to speaking with you all again next month. Let's talk, email your comments to:

cozycornernews@gmail.com

LEAVING A GIVING LEGACY IS EASIER THAN YOU MIGHT THINK

While the main inspiration behind creating your Will or estate plan may be to ensure loved ones are taken care of after your death, estate planning can also be a great way to leave a charitable legacy.

“A lot of the people that I work with feel like it’s one or the other - they have to leave it to the kids or leave it to the charity, but that’s often not the case,” explains Tyler MacLean, a Certified Financial Planner with G&F Financial Group and volunteer on Langley Memorial Hospital Foundation’s Legacy Giving Committee. “It’s finding that balance, and what is right for you as an individual.”

MacLean offers three tips on how to leave a gift in your Will to Langley Memorial Hospital Foundation:

1. Making a simple bequest. You can specify a dollar amount, a particular asset, real estate, or a portion of your overall estate. You don’t have to have a vast estate to make a bequest. Any value can be given.
2. Creating an endowment. This is where you’d set some of your funds aside with the capital invested, and the investment could produce some income for the charity and could work as an ongoing legacy gift.
3. Using residual assets from your estate. In your Will, you can first designate your beneficiaries. After the kids or other beneficiaries have been paid out, the residual assets could go to the charity.

Whatever decision suits you, your commitment of a gift in your Will to Langley Memorial Hospital, or another charity if your

choice, will continue to have great impact on health care in Langley for years to come.

“If you’re not having the conversation with your advisor, bring it up,” MacLean suggests. “It helps your advisor to know what’s important to you and the results can be really impactful.”

To learn more about leaving a legacy gift, or to speak with a Legacy Giving Committee advisor like Tyler, please contact Langley Memorial Hospital Foundation’s Lisa Rosales: 604.533.6420 Lisa.Rosales@lmhfoundation.com



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EASY WAYS TO EAT SUSTAINABLY

With climate change having more of an impact on our lives, many of us are rethinking the way we shop for, cook and eat food. If you want to start eating more healthy and sustainable foods, check out these quick pointers:

Plan for your meals before shopping.
To limit food waste, plan your meals before you head to the store so you’ll be less likely to buy more than you need. Try searching up recipes online for meal ideas and look for ways to reinvent your leftovers using ingredients that you already have on hand. You’ll find that when you buy your groceries with purpose and think ahead you’ll be throwing out a lot less food that’s gone bad at the back of your fridge.

Buy in-season produce.
Although modern technology, trade and transport have made it so that all kinds of fruits and vegetables are available to us year-round, it’s still a solid plan to purchase produce that is being grown in season. Not only can it be kinder to your wallet, but buying seasonal produce ensures you’re taking home the best-quality products at peak freshness.

Choose Canadian ingredients.
Buying food produced near us reduces our carbon footprint, since it needs to travel less to reach our stores and kitchen tables. You should know too that some foods, like eggs, are always produced nearby, thanks to over 1,200 egg farmers in all 10 provinces and the Northwest Territories who work hard to deliver fresh, local, high-quality eggs year-round.

Not only that, egg farmers across Canada are passionate about sustainable egg production. Working under the system of supply management they’ve invested in new technologies such as solar and wind power, and innovative farm practices to reduce their environmental footprint.
Learn more at eggfarmers.ca.
www.newscanada.com

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FINDING PEACH BOY IN JAPAN OKAYAMA'S MOMOTARO PART 1



By Rick and Chris Millikan

When our son is teaching English in Okayama, Japan, we fly over for a visit. Landing at

Tokyo's Narita airport, it's a short walk through the terminal to board a high-speed train, whisking us to Okayama's station. Outside atop a pedestal, stand bronze statues of a boy dressed in Samurai robes with a pheasant perched on his shoulder and flanked by a dog and monkey.

This boy is Momotaro subtly existing among Okayama's utilitarian block buildings. In English, we see its main street is called Momotaro Dori. Shop windows display his image on t-shirts, tote bags, plates, trays and trinkets. Even manhole covers carry his embossed image.

Momotaro Dori leads us toward the city's revered park's classical garden restored to its original appearance in 1835. Completed in 1700, Korakuen Garden entrance features copies of antique paintings and records depicting centuries of hosting clan chiefs, important guests ...and its use as a spa.

Inside, meticulously groomed pathways reveal exquisite views at every turn. From all corners of the sunny garden, gentle spring breezes stir arrays of narcissus, daffodils and cherry blossoms into lovely dances. With similar weather at home, plants often resemble those in our own flowerbeds. But unlike in Canada, small stone shrines border extensive manicured lawns, moon bridges arch across small streams; sculpted evergreens stand guard. And tiny teahouses, small tea plantation and rice paddy punctuate spacious landscapes.

Korkuen means later pleasure garden, as this was specially designed after completing construction of neighbouring Okayama Castle. Catching glimpses of this striking black castle, we better understand its Crow Castle nickname. Renovated for its 400th year anniversary, we later visit and learn that Okayama-jo houses an interactive museum with artifacts representing the region's feudal heritage.

At a leisurely pace, we immerse in sublime serenity and contemplate nature's beauty throughout Korakuen Garden. Families recline under cherry trees on blankets; young children run

and play on surrounding lawns.

A plaque along a stream unexpectedly identifies the spot, where Momotaro was discovered. It explains how a woman washing clothes here found an extra large peach...and discovered a tiny child inside. Renowned for huge peaches, Okayama seems a perfect birthplace. We learn she and her husband adopted him and aptly named him Momotaro, meaning Peach Boy.

Like Canadian Dollar Stores, Japan's Yen Shop makes a fun place to browse. Japanese businesses like this one often have Hello Kitty statuettes beckoning to customers like us. Several shelves overflow with paraphernalia depicting her sweet likeness. The shopkeeper explains that the feline cutie designed in 1974 enhanced merchandise, promoted friendship...and became a national icon earning billions of dollars!

A longtime popular hero, Momotaro memorabilia also fills shelves. Children's books Pictures show him recruiting animal companions by sharing dumplings, bravely fighting evil ogres and taking home their riches. We find a apt Okayama souvenir: a cup with Momotaro's likeness. Even now, when sipping coffee, his legendary image produces a smile...and inspiration!

At our lodgings, our travel guide explains Okayama district was part of the Kibi Kingdom. Its fertile flat plains supported a powerful, prosperous civilization. Here, Japan's beloved Momotaro was clearly based on Kibitsu-hiko, a prince who battled similar ogres. In fact, regional Shinto Shrines were dedicated to that brave prince..

A plan develops! A train ride can take us to Okayama's outskirts, where bicycles can be rented at its station and returned at another! Crisscrossing a trail network in this historic region, we'll pursue our detective work into Peach Boy and enjoy a countryside pedal.

Like Momotaro, today ends savoring steaming bowls of Udon noodles. Energized, we'll soon be galloping metal steeds into Japan's fascinating folk history.



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What
will
your
LEGACY
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LMHFoundation.com/legacy

CONTACT US TO LEARN MORE
Lisa Rosales | 604.533.6420



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Happy National Seniors Day!

We would like to invite all seniors in the community to our Complimentary Take-Home Three Course Meal Event.

Choose from two entrée choices:
Herb Crusted Salmon Fillet
Crispy Asian Tofu Stir Fry

WHEN: OCTOBER 1, 2021
WHERE: Camellia Residences - 10928 132 ST. Surrey, B.C.
PICK UP TIME: 4:30 PM - 6:30 PM

Please pre-register your entrée choice by **September 28, 2021**, by calling 604-336-9768 and place your order from our two menu choices.

On October 1, come to Camellia Residences and provide your name and a copy of this ad to a staff member to pick up your delicious three-course meal.

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– Lucy S.

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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.

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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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HOW DOES IT WORK?

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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?

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WHAT IF I DON’T GET SUCTION?

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CAN MY OLD DENTURES BE REFIT?

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Denturist

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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