

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



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FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE

Service, Courage and Sacrifice. At home, around the world and across generations. Full Article pg 16

Everyone loves the 70s AM Radio Hits! Re-live the K-Tel Classics with the enormously talented Dan Hare as he recreates some of your favorite songs. Info available at DanHare.com dhare@telus.net

ASK A SENIOR LIVING EXPERT



SHANNON SAUNDERS
*Sunridge Gardens
General Manager*

Independent
Senior Living

How do I know I can trust retirement communities if they're not government regulated?

Great question! Most independent seniors' communities in BC are privately owned; before you decide on one for yourself or your loved one, you want to know that it is trustworthy. That's where the BC Seniors Living Association (BCSLA) comes in.

There is no government regulation among retirement communities, but the best adhere to the high standards set by the BCSLA and have their Seal of Approval designation.

The Seal of Approval assures seniors and their families that they can expect the highest safety, security, and service standards. The designation must be re-achieved every two years, ensuring that communities like ours are excelling and continually improving.

Speaking from experience, the newly revitalized Seal of Approval accreditation process is intense; it rigorously addresses health policies, safety measures, staff training and resident services. In light of Covid-19, these are timely changes and help assure seniors that residences bearing the seal are trustworthy. And I'm exceptionally proud that Sunridge Gardens is the first in BC to earn the new and improved Seal of Approval!



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THE OLD
MARBLE DAYS

Some seniors may recall simpler and perhaps more ‘marble-ous’ days, as kids, before all those screens arrived. The first was the television screen. Back in the early nineteen fifties, when the first Philco’s, Westinghouse’s, Zenith’s and RCA’s arrived, we stopped playing marbles. Thus, this bit of rhyme to ponder.

CRYSTALS, CAT’S EYES AND COBS

Juicy fruit, double bubble gum. Popsicles, ice cream flavours. Root beer floats, chocolate sundaes, banana splits, so much fun. Seniors, do you still remember the names of your neighbours? When, as a kid, you walked home from school, with your buddies, unwinding from another day of ink wells, blotter rolls, straight nibbed pens and chalk dust. On the way, you would of course first drop in at the local Ma and Pa grocery store, so cool! Wow, all those goodies to score, for just a few pennies, it was a must! Then at home, get together and spend hours with your friends having a great time playing marbles. All that excitement, going wild! The experience was simply ‘marble-ous’ to see how many cobs, cat’s eyes and crystals you could win. Marvelous!

Then all of a sudden, through the air, television started booming in. The Lone Ranger, Superman, Howdy Doody and all those great shows. After that, we became increasingly glued to that 17 or 21 inch black and white screen. Perhaps in some respect, technologically we lost our marbles. Do you remember one famous actor who said on a famous commercial ”Progress is our number one product”? Now look at all the different kinds of screens we depend on today. Well, I guess that’s just way it goes!

GOING ON A BIT OF A STROLL

Those of us who remember the streets of yesterday and how they influenced us in our travels over the years it may garner a thought or two with the following.

ON A BIT OF A STROLL

Government street in Victoria, Granville and Burrard in Vancouver. The roads we’ve strolled in Beautiful BC can evoke nostalgia and euphoria. They can truly assist seniors to think things over. Be it perhaps in Cloverdale, on 176th Street and Scott Road, dividing North Delta from Surrey, can help revitalize our not quite so sprightly feet, as all those vehicles rush by in such a hurry. Contrasted sometimes by Kitsilano where it often still remains relatively peaceful, down by the Kitsilano Showboat. The same holds true, from time to time, along the few remaining wooden houses, downtown in the West End. What a difference compared to all those high rise developments. Most interesting to note how much more upon corporate interests today we all seem to depend.

TRAINS OF THOUGHT

Many of us have experienced railway travel over the years, be it on CNR’s Super Continental, Canadian Pacific’s Canadian and today’s VIA Canadian that now runs along the old CNR route. There is something about the stainless steel Canadian that for many of us stood as a metaphor for the Canadian dream.

THE CANADIAN DREAM

The symbol is the maple leaf, from sea to shining sea, ten provinces of grandeur, three great territories. Inside there’s something special. When you leave, it breaks your heart. The maple leaf is a reminder, from its soul you cannot part. Its that feeling of freedom, many an immigrant has known, a vision at the end of the day tells you, Canada is home. You can fly off to

ACCORDION TO DAN



Simply 'marble-ous' - The early 1950's marble playing era. (Photo: Dan Propp)

Timbuktu, cruise the world in luxury, but that country called Canada is where my heart will always be!

There’s a train a coming, can’t you hear that sound, there’s a train a coming, round and round. There’s a train a coming round the bend. Its called the Canadian dream. They come from Scotland, Ireland and Hong Kong, India, Poland, singing their song. Cause they know that their customs will always be retained. Can’t you hear the sound of that train.

Its called the Canadian dream. We’ve come a long way, folks but there’s still a way to go, especially for our First Nations and Black communities. As long as we remember, and never forget, the dreams of Dr. Martin Luther King and our Tommy Douglas and many others, their dreams will all soon come TRUE.

Please visit www.Nostalgicroads.Weebly.com
Search for Song CD’s by Dan Propp via cdbaby.com and also www.soundcloud.com
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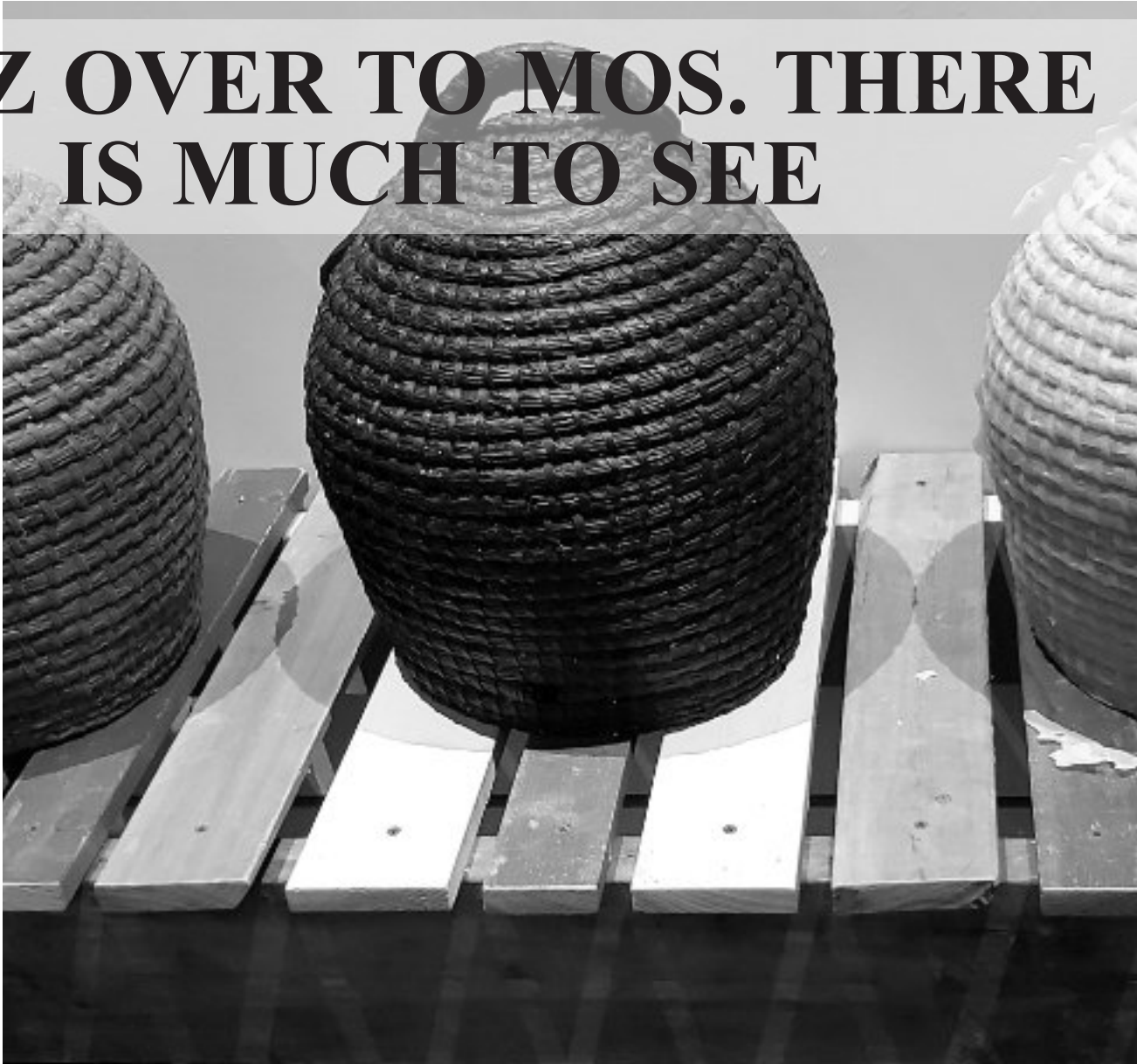
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BUZZ OVER TO MOS. THERE IS MUCH TO SEE



by Ursula Maxwell-Lewis

What do you call a bee that lives in America? A USB.

Don't groan, blame the current Museum of Surrey exhibit, BEES, for generating it!

On a more practical note, the colourful presentation hosted by MOS in partnership with Surrey's successful Honeybee Centre is an entertaining, educational and practical reminder of nature's uniquely efficient honey producers. As the Royal Beekeeper to King Charles II said, "The bee is an exquisite chemist".

In addition to learning more about the legendary queen bees, drones, worker bees, colonies, the laborious construction of hives and the intricate related science there's the reminder that Canada is home to 800 bee species. Consider the Bumblebee, Carpenter Bee, Leadcutter Bee, Sweat Bee, Miner Bee and the list - which includes the Killer Bee and Murder Hornet - goes on.

Under the heading of Scary Stingers the information briefly clarifies the control of the deadly species, but points out that "mosquitoes, which spread disease, are a much greater threat."

Bee jokes, books, songs, artwork zip in and out of our daily lives. Honey infused foods, drinks and beauty products intrigue and attract us. This exhibit will educate, entertain and inspire visitors. For more information about beekeeping and products visit the Honeybee Centre is located at 7480-176 St., Surrey.

While at MoS don't miss visiting the Indigenous Hall to study the new Chief Dan George exhibits presented by the Katzie First Nation, Kwantlen First Nation and Semiahmoo First Nation on site until April 24, 2022.

Tsleil-Waututh Chief Dan George, the son of hereditary chief George Sla-holt, was raised on the Burrard Indian Reserve #3. A longshoreman, logger, writer, actor, environmentalist, activist Dan George endeavoured to promote a better understanding of First Nations peoples. This fascinating exhibition

created by MONOVA: Museum and Archives of North Vancouver, also delves into significant events in the First Nations rights movement in BC and Canada.

Lastly a heads-up for children in the family. The popular TD Explore Zone re-opens Nov 2! Check www.surrey.ca/arts-culture/museum-of-surrey website or call 604-592-6956 for full details.

Ursula Maxwell-Lewis's columns appear monthly in Today's Senior as well as other publications. She can be contacted at utrael@shaw.ca



PHOTOS By Ursula Maxwell-Lewis

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Lillian, Surrey

HOMETOWN PRIDE INSPIRES GENEROUS DONOR TO GIFT SECURITIES: A WIN-WIN WITH TAX SAVINGS

Alice Kennedy has a long history of being involved in the community.

Though COVID-19 restrictions slowed her volunteering efforts, the dynamic 80-year-old's passion for her community is as strong as ever. It came as no surprise to those who knew her when she was named Langley's 2011 Senior of the Year in 2011.

Born in Alberta, she moved with her family to a dairy farm in South Langley and earned a teaching degree at University of British Columbia before teaching for many years back in her hometown of Langley.

There, she settled down with her husband George, and started a family. Today, her eldest son, Scott, is deputy fire chief for Langley City and her youngest, Brent, is now Chair of Anesthesiology in Northern Ontario.

She recalls a conversation with Brent that startled her — and set her on a philanthropic path.

"When COVID started, he told me they didn't have enough PPE (personal protective equipment), I couldn't believe it," she says.

"So I donated \$1,000 to his hospital towards PPE and thought I have to do the same for my community, for Langley Memorial."

That generosity inspired her to meet with her financial advisor and Langley Memorial Hospital Foundation to discuss donating through securities gifts. She learned she had several options to give via investments such as shares, mutual funds, government bonds and more.

Her donation of \$32,000 to Langley Memorial Hospital helped to fund a bladder scanner (her late husband had bladder cancer) and a vein finder to honour her friend Jean Gregson, who lived with cystic fibrosis until she passed at 77.

Kennedy encourages anyone who is thinking of donating to the hospital foundation to consider gifts of securities either now or in one's Will. "I really believe that supporting your community and being a credit to it is a lifelong commitment," she says.

Alice was well-advised about the numerous tax benefits of donating securities.

To learn more about leaving a legacy gift, a gift in



your Will, please contact Langley Memorial Hospital Foundation's Lisa Rosales:

604. 533.6420 | Lisa.Rosales@lmhfoundation.com



4 WAYS TO USE LOCAL ZUCCHINI THIS FALL

Many think that the best of the local growing season hits in the summer, but really fall has just as much to offer. Local produce not only tastes better, it also supports Canadian growers and reduces out carbon footprint.

While the season brings an abundance of local root vegetables and apples, zucchinis are a surprising star of fall. The nutrient-rich vegetable is in season right now and is a fan favourite for many reasons.

Zucchini contains a significant number of vitamins, zero fats and is high in both fibre and water. There are many ways to incorporate the veggie into your diet; here are just a few:

Bring the best side dish. This time of year is always filled with gatherings of friends and families, and it is easy to impress with this side dish. Garlic-butter sautéed zucchini is easy, quick and will have everyone asking for your recipe. Cut the zucchini to your liking and pan-fry or sauté with butter, preferred seasoning and a tablespoon of minced garlic. Get creative with seasoning and other veggies. Add tomatoes

when you sauté for extra flavour or make it cheesy by grating parmesan over it before serving.

No-guilt snacking.
Oven-baked zucchini chips are a great way to snack in a healthy way. You begin by cutting the zucchini into thin slices and mixing a blend of parmesan, salt, pepper and any additional seasoning. Then dip each slice into an egg wash, then into the mixture. Once coated, place the slices on a parchment-lined baking sheet and

bake at 375°F (190°C) until they look crispy brown, flipping them so both sides are evenly baked. Use these as your midnight snack or make as an appetizer paired with pesto, marinara or tzatziki.

Noodles + zucchini = zoodles.

Replace your pasta with local zucchini, using either a spiralizer, vegetable peeler or knife, or shred with a grater to get your desired shape and texture. Once you cut the zucchini, it's as easy as sautéing in a pan with oil and seasoning for two to five minutes. Then, serve with

President's Choice sweet basil pasta sauce and your choice of toppings.

Healthy on-the-go breakfast.

Try zucchini granola bites that don't require any cooking and have limited ingredients. Start by mixing oats, almonds, cinnamon and chia seeds with almond butter until well combined. All that's left is to add dried, shredded zucchini, then roll the mixture into balls and put in the fridge for 30 minutes. This recipe is quick, easy and perfect for on-the-go breakfast, school lunches and snacks.

Local zucchini is available now at Loblaws stores across Canada.

www.newscanada.com

ARTHRITIS IS ON THE RISE IN CANADA — ARE YOU AT RISK?

What do Kathleen Turner and Patrick Stewart have in common? Aside from being prolific actors, the two also have arthritis.

"For many, arthritis is an invisible disease, but the pain is very real for the famous and not-so-famous people who live with it every day," says Trish Barbato, president and CEO of the Arthritis Society.

In Canada, the condition impacts six million people, and that number is expected to grow to nine million by 2040.

Arthritis is a collection of more than 100 diseases that can be divided into two types – inflammatory arthritis and osteoarthritis. With the condition affecting one in five, chances are if you don't have it yourself, you know someone who does. And it's important for everyone to feel supported, as research shows that people living with chronic pain who feel support in their lives have:

- lower pain intensity,
- less depression and anxiety,
- better ways of dealing with pain, and
- overall better quality of life.

The best way to support people living with arthritis is take their pain and condition seriously. Learn more at arthritis.ca www.newscanada.com

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FINANCIAL NEWS

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

ARE FINANCIAL HEAD- LINES KEEPING YOU AWAKE AT NIGHT?

With the recent volatility in the investment market it reminded me of what I have learned over the years from my senior clients. The one thing they tell me that is important to them is that they are not too concerned about the “return on their money” but they are more concerned about the “return of their money”. Meaning, “protect what I have and do your best to make it grow especially in these volatile times”.

The ongoing volatility in financial markets since 2008 and the sudden declines in 2020 have caused a lot of investors to stay awake at night because their investments were fluctuating from their previous highs. Retirees and those planning for retirement are re evaluating what they invested in previously, and are looking for safety and security.

Most of the clients that I deal with are boomers and retirees and over the years they have instilled in me that what's important to them is not the returns they get on their investments, but it is the return of their investments. They want assurances that their investments will be safe in the future so they can plan their retirement. They want investments that give them the opportunity to participate in the upside of the markets, but protect the deposit value if the markets should go down. They want to know that their income is guaranteed, and has the potential to increase, rather than go downwards when the markets decline. They

especially want to be able to pass on a guaranteed value from their investments to their spouse, children or grandchildren in case of death, and not just the market value at death.

Recent surveys show that investors are looking for alternatives and advice in this time of uncertainty. It is for this reason I am reminded to write about the benefits of Guaranteed Investment funds (GIF) for investors looking for safety, security and the opportunity to participate in the upside of the markets, and to be able to sleep at nights.

Guaranteed Investment Funds (GIF) for Estate Planning

An Estate plan covers the way you want to own, manage and preserve your assets during your lifetime, and how you want to distribute them to your beneficiaries. Plans can include reducing estate taxes, updating your will and power of attorney, and making charitable bequests. Solutions may involve life insurance, investments and spousal or family trusts.

Using guaranteed investment funds for estate planning is one component. It's a way to protect your investments and distribute them to beneficiaries more quickly, with fewer expenses and greater privacy.

Protect your capital with the death benefit guarantee

With such investments as stocks and mutual funds, the estate can suffer if the owner of the investments passes away during a market downturn. However, Guaranteed investment funds protect your capital against market volatility while still investing in managed portfolios. A “death benefit guarantee” allows you to protect either 75% or 100% of your Deposits minus any withdrawals. Upon death, if the value of the investments is less than the protected amount, beneficiaries would still receive the protected amount. Also at certain times, you can lock in market gains at either 75% or 100% of the market value of your investments. The new death benefit guarantee then protects the new, higher value.

Avoid Probate and Estate Fees

Probate fees, paid to the provincial government, can reach 1.5% of the value of the estate. In addition, estate fees may range from about 2% to 6% or more of the estate value. Estate fees usually include fees from an executor, lawyer and accountant. With GIF, you bypass the probate and estate settlement process. Assets are paid directly to your beneficiaries, eliminating probate and estate fees on your investments.

Transfer Assets without delays

In probate the provincial court confirms the validity of the will and verifies the appointment of the person designated as executor. Often probate can be very time consuming. Then add the time involved for the executor to administer the will. All in all, the probate and estate settlement process can take several months, a year or longer. If there are complications, such as contesting the will, the process can literally take years.

With Guaranteed investment funds, beneficiaries typically receive proceeds in a matter of a couple of weeks. This is especially important for beneficiaries who are relying on the proceeds for living and education expenses.

Distribute your assets with privacy

A probated will is a public document, exposing the personal and financial information it contains. With Guaranteed investment funds, beneficiaries receive proceeds directly, in complete privacy. In many circumstances, distributing assets with privacy helps to ensure harmony among heirs.

For further information on using guaranteed investment funds for Estate planning talk to your financial advisor. You can also contact Rick at CRS Financial about investing in guaranteed investment funds for your estate plan. Call 604-535-3367 or email: rick@crsfinancial.ca

You can also book an appointment for a complimentary review of your current portfolio. We also recently moved to a more centrally located office in South Surrey at Unit 220-3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7.

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Details on page 3.

SHOULD YOU TEST YOUR INDOOR AIR?

Testing your indoor air sounds like a great idea. But pollutants such as mould and chemicals are difficult to measure correctly, and results are hard to interpret.

Instead, you can improve your indoor air quality by addressing sources of indoor air pollution and improving your home's ventilation. To reduce air pollutants inside your home:

- Make sure your furnace and other fuel-burning appliances are well maintained to prevent carbon monoxide accumulation. Change your furnace filter regularly.

- Do not smoke indoors. Cigarettes emit many chemicals including carbon monoxide, particles and formaldehyde.

- Reduce the use of candles and incense.

Increasing the ventilation in your home is one of the biggest things you can do to improve the air around you. Start with these simple actions:

- use your range hood on the highest setting while cooking,
- open windows, when outdoor air quality permits,
- use bathroom fans when showering or bathing to

reduce humidity and prevent mould,

- use your furnace fan or, if necessary, a separate fan to distribute air, and
- set your ventilation system to a higher setting or let it run longer.

The only indoor air pollutant you can get reliable test results for is radon, a radioactive gas that can get into your home and can cause lung cancer. Fortunately, you can take action to measure and lower the radon level in your home to reduce your risk of lung cancer. A simple DIY test kit can help.

Find more information canada.ca/healthy-home.
www.newscanada.com

Financial Advisor

RESP: More than just a gift...

Pave the way for a child's future.

A Registered Education Savings Plan (RESP) is designed to help save for post-secondary education for a child.

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An RESP contribution makes a great gift and gives a head start in preparing for a child's future.



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THE PHARMACIST REVIEW

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

“GETTING GEEKY: LIPOSOMES”

An oral supplement is useless if it is not absorbed fully. Furthermore, if left unabsorbed, the active ingredients could irritate the gut, leading to gassiness and bloating. We take supplements to enhance our health, but, for that to happen, the active ingredients must pass through the selective physical barrier formed by the membrane lining our gut. Hence, manufacturers spend a lot of time, energy, and money researching ways to make an element or molecule more absorbable by the body, without altering its physical properties. This is important to maximize absorption into the bloodstream at the same time as minimizing the amount of supplement that is left in the gut. Examples of strategies include stabilizing it with various chemical salts, or with the use of larger “bait” molecules.

An ingenious way to ensure full absorption of an active ingredient is via microscopic vesicles called “liposomes”. The physical barrier formed by your gut’s membrane is very selective in terms of what it allows through its walls, which has both water and oil properties. Since oil and water do not mix, this arrangement offers a fluid yet impenetrable wall for the majority of things we ingest, which is exactly what we want normally. However, we need a way for the supplement or active ingredient to pass through. This is where liposomes come in handy.

Liposomes are made of micelles. A “micelle” is an aggregate of molecules in an immiscible concoc-

tion of, for example, water and oil. Each unit of a micelle (shaped like a tadpole) contains both a small water-loving (“hydrophilic”) portion (the “head”) and a long water-hating (“hydrophobic”) tail. The micellar molecules naturally line up such that the hydrophilic heads are attracted to water and the hydrophobic tails are attracted to oil. This forms either a layer of “membrane” or a vesicle (aka. the “liposome”). The liposome, thus, protects the active ingredients, and, upon contact, will fuse with the gut’s membranous wall. In turn, the contents of the liposome are pushed into the bloodstream and allowed to be freely carried to where it is intended to take action.

Sisu is a trusted local company that has used liposomal technology in their Full Spectrum Curcumin soft-gels for nearly a decade. Some companies like CanPrev will take it a step further with multi-layered liposomes, allowing for more prolonged action (and thus minimizing dosing to just once daily). Since the fats in the micelle are prone to oxidation, each CanPrev bottle is sealed with nitrogen (rather than oxygen), to minimize oxidation and spoiling of the contents. In addition, they add an extra bicarbonate purification step to the liposomal process, which essentially is a purification step to minimize the amount of peroxide and free-oxygen in order to minimize spoilage and maximize taste. CanPrev’s line of liposomal products include a curcumin, Vitamin C, magnesium, coenzyme Q10, and milk thistle.

Come in to Cloverdale Pharmasave and Pharmasave Steveston Village and have a chat with Fred, Christine, or one of our five other integrative pharmacists to see if there is a liposomal preparation that could simplify yet maximize your supplement regimen.

Christine and Fred Cheng are a passionate, charismatic sister and 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.

6 TIPS FOR GARDENING WITH ARTHRITIS?

Gardening can be great for both your body and your mind. But if you have arthritis, it can leave you feeling sore or exhausted.

“As we maintain or harvest what we’ve planted this spring, it’s important to remember these tips to avoid overdoing it,” says Trish Barbato, president and CEO of the Arthritis Society.

1. Plan ahead.

Having a clear idea of how much you can reasonably accomplish in a day and scheduling tasks over several days will help you avoid overexerting yourself.

2. Start low and go slow.

Gradually increase the amount of time you’re active and the effort you make while gardening. Limit the amount of time you spend at once — don’t try to get everything done on the first day.

3. Take frequent stretch breaks.

Set an alarm every hour (at least) and take 10-minute breaks to avoid stiffness and pain the next day.

4. Lighten the load with assistive devices.

Tools with larger grips or extended handles can make many tasks easier for those with arthritis. Use a seat or kneeling pads to avoid stress on your knees.

5. Bring the garden to you.

If working at low levels is difficult for your joints, consider raised planters or an elevated container garden.

6. Protect your joints.

Avoid heavy lifting by carrying smaller loads, or better yet, delegate the more challenging tasks to family and friends.

Find more information at arthritis.ca.

www.newscanada.com



SUPPORT LOCAL WITH THIS TASTY BRUNCH RECIPE

Recently, many of us have started shopping for more local foods to support Canadian jobs. Not only does this help our economy, it also helps us reduce our carbon footprint and eat more sustainably.

For example, buying Canada Grade A eggs ensures your eggs have travelled from farm to grocery store in less than five days. This means cooking with eggs is an easy way to support local farmers and the other local businesses they support, all while boosting your protein intake.

In need of some local food inspiration? For your next brunch, try this tasty hash featuring delicious eggs and autumn flavours. You can customize it further by adding your own preferred selection of seasonal ingredients, be it another kind of squash or root vegetable. It’s perfect for a cozy meal with family and friends.

Butternut Squash and Shallot Hash with Fried Eggs

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 4

Ingredients:

1 tbsp (15 mL) olive oil

4 eggs

½ cup (125 mL) chopped shallots

1/3 cup (75 mL) diced pancetta

1 red pepper, chopped

1 tbsp (15 mL) finely chopped fresh rosemary

2 ½ oz (70 g) butternut squash, peeled, seeded and cubed

½ cup (125 mL) low-sodium chicken broth

3 tbsp (15 mL) butter, divided

1 tbsp (15 mL) apple cider vinegar

1 tbsp (15 mL) honey

¼ cup (60 mL) grated Parmesan cheese

2 tbsp (30 mL) finely chopped fresh chives

½ tsp (2.5 mL) each salt and pepper, divided

Pinch hot pepper flakes

Directions:

1. Heat oil in large skillet set over medium heat; cook shallots, pancetta, red pepper, rosemary and hot pepper flakes for 3 to 5 minutes or until vegetables start to soften and pancetta starts to brown.

2. Stir in butternut squash, ¼ tsp each salt and pepper. Cook, stirring occasionally, for 5 to 7 minutes or until squash starts to brown. Stir in broth, 1 tbsp butter, vinegar and honey.

3. Cover and cook for 6 to 8 minutes or until liquid is absorbed and squash is tender. Sprinkle with Parmesan and chives.

4. While hash cooks, melt 2 tbsp of butter in non-stick skillet set over medium heat; break eggs into skillet. Season with remaining salt and pepper.

5. Cover and cook for 2 to 3 minutes or until egg whites are just set for sunny-side up, or cook until done as desired. Divide hash among four plates. Top each serving with a fried egg.

Tip: You can substitute Parmesan for finely crumbled goat cheese or feta cheese. Or substitute a pinch of smoked paprika for hot pepper flakes if desired.

Find more recipes at eggs.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!

REMEMBRANCE DAY

M	E	M	O	R	I	A	L	Q	S	V	O	G	Y	D	H	F	R	E	E	D	O	M	O	Q
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K	G	A	Q	H	Q	V	P	X	W	R	E	A	T	H	S	T	C	W	T	F	F	D	I	E

Remembrance Day	November	Eleventh	Poppies	War
Peace	Wait for Me Daddy	Cenataph	Soldiers	Wreaths
Trenches	Line of Duty	Weapons	Hero	L'est We Forget
Vetran	Camaraderie	Flanders Fields	John McRae	Parade
Cross	Freedom	Respect	Battleground	Armistace Day
Memorial	History			

TIPS TO SURVIVE THE WINTER BLUES

If you find yourself feeling down about another pandemic winter, you’re not alone. Many people experience the seasonal blues, and public health restrictions, though necessary, can make these dark months feel even worse. Fortunately, you can lift your spirits with these tips:

Turn on some happy tunes
Research shows listening to upbeat and cheerful music can significantly improve your mood, lower stress levels, and even increase blood flow. Since it helps activate the areas of your brain responsible for positive mood, memory, emotion regulation and attention, music is a fun and easy way to get a boost.

Give your home a makeover
Changing up a few things can make your space feel fresh and inviting, rather than tired and boring. Incorporate some warm colours with paint or décor, and make sure there’s plenty of lighting. Rearrange furniture so you’re closer to the windows or consider getting a light therapy box, which can help with mood and sleep.

Work out smarter, not harder
Most of us know that exercising is great way to improve our physical and mental health. But being strategic about where and how you work out can maximize those benefits. For example, exercising under bright lights can be even better for seasonal depression, and moving your physical activity outdoors lifts your mood by spending time in nature.

Plan a vacation, even a mini one
Studies show that planning a vacation can increase your overall happiness. While travelling abroad may be out of the question this year, you can plan a mini staycation to lift your spirits. Organize an outdoor



activity with friends, like skiing or snowshoeing, or check out a restaurant in a nearby town with family.

Upgrade your entertainment
Did you know that laughter may help relieve symptoms of depression? Make sure to get plenty of chuckles by tuning into a hilarious new show or podcast.

In addition to ad-free music, a SiriusXM subscription grants access to the best podcasts and comedy channels, from Kevin Hart’s Laugh Out Loud Radio, Just for Laughs Canada, to Comedy Central and Comedy Classics. With the platform’s app, you can bring the voices of your favourite channels and artists with you wherever you go, and confidently know there’s always something good on.

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Royal City Manor Long Term Care Home

At Royal City Manor Long Term Care Home in New Westminster, British Columbia, we strive to enhance your well-being.

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Royal City Manor is committed to providing residents with choices to meet their unique personal care needs and preferences, taking into account the role that families play in long term care. Each resident receives an individual assessment and care plan with our highly trained teams, who focus on integrating the comfort, dignity and safety of each resident. With a wide variety of services and programs, from physiotherapy to recreational outings, it's life the way you shape it.

Quality Care

At Royal City Manor, meaningful interactions are essential to our person-centred care philosophy. Everyone has the responsibility and opportunity to interact with residents in a way that supports quality person-centred care that recognizes each person's individual needs and wishes. Our services are designed with the health and comfort of residents in mind.

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With 24-hour access to a registered nurse, pain and symptom management, and a visiting physician, rest easy knowing that at Royal City Manor – we've got you covered. We offer rooms that are comfortably furnished with a bed, night table, lamp and closet or wardrobe, with space to bring personal items and make your room feel like home. And with our Private Pay options, you benefit from quicker placement times and no waiting for an assessment from HA.

Dine With Us

Good food is at the heart of every home. Enjoy healthy meals prepared to meet the needs of all residents – nutritionally and culturally. Our menus are developed by a team of registered dietitians and nutrition managers, and we involve residents in menu planning.

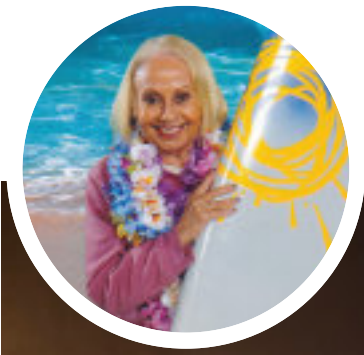
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STREET AUNTIE APERITIVO HOUSE A DELIGHT.



PHOTOS BY
LENORA A. HAYMAN

TOP RIGHT: Server Sienna Kish.
TOP LEFT: Birthday platter with pink peach for longevity.
BOTTOM: Lenora Hayman, Carmen Koc, Jeff Jung, Scott Oliver & Lisa Eneborn.

**'If you would like to
ADVERTISE
in Today's Senior Newsmagazine
Details on page 3.**

Article & photos by Lenora A. House.

The Street Auntie Aperitivo House at 1039 Granville St. Vancouver offered an exquisite 5-course fusion tasting menu, of east and west, for \$68pp, suitable for a birthday celebration.

Owner Yuyina Zhang, took the gamble of opening Street Auntie during the pandemic. Yuyina Zhang is from Kunming, Yunnan Province in Southern China where the local food vendors are called Street Aunties. The red stool on the sign recalled the red plastic stool, the vendors sat on, while hawking their items.

Chef Jessie, server Sienna Kish and staff created dishes of Arctic Char set on roasted skin, tender octopus with kohlrabi German turnip and a lobster mushroom with tofu, edamame immature soybeans topped with truffle foie gras. Their soy glazed pork cheek and lamb with eggplant dishes were so tender you could cut them with a fork.

My birthday platter included a green tea dessert and a pink peach soufflé, a symbol of longevity. We also shared a huge fortune cookie cake made of jasmine tea mouse filled with strawberry gel.

Although not licensed, the non-alcoholic, multiple, beverage menu was wonderful. I had a Blood Orange Sour with lemon tea and egg whites. Another guest had a Golden Triangle Aromas with lemon grass, mint, lime and soda and others enjoyed Mango Mania Frozen Margaritas.

There were dried floral bouquets displayed on shelves filled with cans of Pu-Erh tea produced in Yunnan.

As of Oct. 10, Street Auntie is temporarily closed for dine-in experiences. However you can still take-out, do private parties or arrange special events. E-mail hello@streetauntie.com. <https://streetauntie.com>

Debby Donaldson

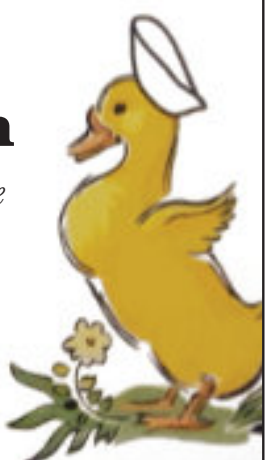
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CUT DOWN WINTER COSTS WITH THESE ENERGY-SAVING TIPS



When the winter weather turns frightful, staying warm indoors is delightful. But the arrival of cold temperatures also means taking on the added costs that can come with spending more time at home.

By finding ways to save on energy during these months, you can combat this impact on your wallet and help your home operate more efficiently, which is better for the environment, too. Kickstart your energy savings with these three tips:

Lock in warmth

The first step toward saving energy in your home is to stop the heat inside from escaping. Check for drafts and extra space around your windows and doors where you can feel cold air and apply weather-stripping or sealant.

Curtains and blinds can also play a leading role. Allow natural heat and sunlight in by opening them in the morning and closing them in the evening to trap warmth.

Your ceiling fan can also help your home feel warmer. Change its rotation to pull cold air upwards and push warm air near the ceiling down.

Be water savvy

Saving can be as simple as finding ways to make everyday tasks more energy efficient, such as doing laundry in cold water and only running the dishwasher when it's full.

Being savvy with your water also includes knowing what you are covered for in your home insurance policy — and where you can save. For example, if you have up-to-date mechanical systems that are kept in top operating condition you may be eligible for savings with companies like Belairdirect.

Remember to unplug

Your electronics and appliances still use energy when plugged in, even if turned off. Try disconnecting electronics when not in use and, for larger appli-

ances, see where you can use a toaster oven, microwave or electric kettle before turning on your stove or oven.

Saving energy can start small to have a big difference. Learn more at belairdirect.com. www.newscanada.com



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

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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.

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WRITE AS I PLEASE

By Mel Kositsky

As another crazy year nearly comes to an end how better off are we?

The end of COVID-19 can't get here fast enough -- but it won't happen that quickly because too many people refuse to be vaccinated. Health officials are facing continual challenges from those fighting mandated vaccines and vaccine passports. Meanwhile we are all being held hostage by a belligerent few objectors who get way too much media coverage. Come on people -- get the vaccine!

Now health experts are predicting the flu season may become the worst one we have experienced in quite awhile. This could come on top of COVID variants which are still prevalent and growing around the world. Despite the vaccines, we are not out of the woods yet. So continue to be cautious and take all precautions, such as wearing a mask and washing your hands frequently. Do not hesitate to take booster shots when they become available -- even if it is a third shot. These shots are not cures -- they just help minimize the symptoms and fight against worse health experiences. Do you really want to become sick and have to go to these overcrowded hospitals?

Those hoping to return to "normal" are not accepting the new reality. The world has changed after dealing with this pandemic -- and most of the world is still dealing with this virus and its many variants. Many people are still waiting for their first vaccinations and the World Health Organization is complaining about the richer countries that are looking at a third round of vaccinations. Things are not going to open up that quickly. Don't expect to travel and go on cruises too soon. Unless you want to risk your own health, don't be too quick to book these trips -- especially the ones that seem like great deals. Sure the travel industry wants to recover and tourism officials want you to get moving again --

but be very careful before you start spending all that money you may have saved up by staying at home for almost two years. There is still much uncertainty out there.

The pandemic has hit many seniors hard and has made living a normal life very difficult. Many seniors are living alone and have had to rely on limited pensions to get by in the face of rising costs for just about everything. Reader Mary Nevens describes the experience as "a lonely expensive journey... which is not nearly over yet."

In a recent letter to this column, she wrote:

Then there is the cost of staying isolated and careful as COVID inoculations were not available at that time. The Federal Government gave us \$500, which did not even cover the cost of masks, cleaning supplies, personal sanitization for hands, food being delivered instead of going into a store, going to appointments where we were afraid to take public transportation, or it was not available. It was difficult to depend on the usual kindness of strangers for help when we were at the mercy of COVID."

TURN BACK TIME

That phrase is more than a few words to a song made very popular years ago by Cher. It is now part of a raging debate in many parts of North America as we get ready to see the end of Daylight Savings Time on Sunday, November 7. That is the day we turn our clocks back again one hour -- but will it be for the last time?

It seems this is a tougher decision than expected for many governments as both Canadian provinces and U.S. states grapple with the idea. Many surveys and referenda are being held with no clear decisions being made. Will some provinces or states go on it alone and maintain Daylight Savings Time year-round? Or will that be too much for some politicians who want to stay aligned with most of North America?

Hopefully some jurisdictions finally make a decision and move on to another issue by this spring. The process is taking much too much "time"!

Many sports fans are now focussed on the new National Hockey League season just underway, along with the new basketball season. Getting off to a great start is just as important as the final games of the season. Every game counts the same -- although the media only likes to focus on the final part of the season. Those early season losses and mistakes, blown leads and just missed one-run games count just as much as the last few games of the season. Just ask the Toronto Blue Jays.

The only Canadian-based Major League Baseball team has put together an exciting young squad -- one of the best in professional baseball -- but they

are not yet good enough. They gave their fans something to cheer about down the stretch in September, but coming close is not good enough in professional sports. People want a winner! Wait until next year!

Metro Vancouver's regional growth strategy is the regional federation's vision for accommodating anticipated future growth to the region with considerations for diverse and affordable housing, transit and mobility, resilient employment, protected ecological and agricultural lands, the impacts of a changing climate, and more. In 2019, Metro Vancouver began updating Metro Vancouver 2040: Shaping our Future, the current regional growth strategy. A draft of the updated regional growth strategy, Metro 2050, was released in June 2021 and is open for comment until November 26, 2021.

You can add your feedback at <https://forms.metrovancouver.org/planning/Pages/metro-2050-feedback.aspx>

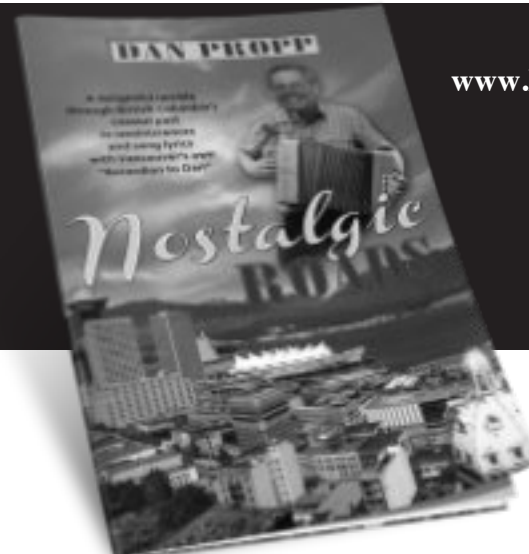
The current fundraiser for the Langley Pos-Abilities Society is adding up. Tickets for its 50/50 draw may only be sold and purchased in British Columbia. The money received in ticket sales is divided evenly between the winner and the charity. Tickets are available online for \$20 each, three of \$50 or eight for \$100. The maximum payout will be \$124,920.

Tickets are now available at <https://langleyposabilities.rafflenexus.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. The final ticket sales deadline is November 20, 2021 at 7:30:00 p.m. PST. The draw will be made November 20, 2021 at 8 p.m. PST at the George Preston Centre 20699 - 42nd Ave., Langley, B.C. All members of the public are welcome to attend the draw.

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Straight from the Horse's Mouth

By Mel Kositsky

A harness racing tradition continues this month at Fraser Downs in Surrey despite all the challenges COVID-19 protocols and restrictions have brought on the industry this year.

The top young B.C. bred horses will be in the spotlight on Thursday, November 11 for B.C. Breeders' Classic Day. The afternoon of racing, which begins at 1 p.m., will feature the finals of the sire stakes races for two and three-year-olds, along with two other major stakes for older horses. About \$400,000 in purse money will be contested for that day.

Fraser Downs, which opened at the Cloverdale fairgrounds in January 1976, is now part of the Elements Casino Surrey complex (at 60th Avenue and 176th Street). Racing continues there this fall on Wednesday and Thursday nights, starting at 7 p.m. But the schedule is altered for the holiday card on November 11 to commemorate Remembrance Day.

The feature races include the \$75,000 Betty Millbank Memorial Pace for two-year-old fillies, the \$75,000 Robert Millbank Memorial Pace for two-year-old colts and geldings, the \$75,000 Robert Murphy Memorial Pace for three-year-old colts and geldings and the \$75,000 Mary Murphy Pace for three-year-old fillies. Other top races are the \$35,000 Lady Elements Pace for fillies and mares and the \$35,000 Jim Vinnell Memorial Pace for older horses.

Some of the best international races are also held during the month of November around the world -- including the two-mile Melbourne Cup -- dubbed "the race that stops a nation" at Flemington Racecourse in Sydney, Australia on the first Monday of November (Nov.1). Major races are also being held in Japan and Hong Kong and all can be viewed on Canada's racing site www.hpiabet.com.

North America's biggest two days of racing, known as the Breeders' Cup, will be held this year at southern California's Del Mar racetrack.

The Breeders' Cup has announced the post times for the two-day Breeders' Cup World Championships on Nov. 5-6 at Del Mar racetrack in Del Mar, California. There will be 14 Breeders' Cup World Championships races and eight undercard races with total purses and awards of more than \$31 million over the two days.

The 38th Breeders' Cup begins on Friday, Nov. 5 with Future Stars Friday, featuring all five Breeders' Cup World Championships races for two-year-olds. There will be five undercard races preceding the first Breeders' Cup race on Friday's 10-race program, with the first race post time at 11:55 a.m. PT. Friday's first Breeders' Cup World Championships race will be Race #6, which will have a post time of 2:50 p.m. PT. Friday's 10th race, the \$1 million Breeders' Cup Juvenile Turf (G1), will have a post time of 5:30 p.m. PT.

There will be 12 races on the Saturday, Nov. 6 program, featuring nine Breeders' Cup World Championships races. The first race post time will be 10:15 a.m. PT. The first Breeders' Cup World Championships race will be Race #4, which will have a post time of

12:05 p.m. PT.

Post time for the \$6 million Longines Breeders' Cup Classic (G1), Race #12, will be at 5:40 p.m. PT.

Breeders' Cup Limited administers the Breeders' Cup World Championships, Thoroughbred horse racing's year-end Championships, as well as the Breeders' Cup Challenge qualifying series, which provides automatic starting positions into the Championships races. The Breeders' Cup is also a founding member of the Thoroughbred Safety Coalition, an organization composed of industry leaders committed to advancing safety measures in Thoroughbred racing and improving the well-being of equine and human athletes.

The event will be televised live by the NBC Sports Group. You can also follow the Breeders' Cup on social media or the website www.breederscup.com.

In 1982 a group of prominent thoroughbred breeders from central Kentucky, led by the visionary John Gaines, hatched a plan. Their idea was to create a year-end, culminating championship for their sport. An event where horses from across the world could meet to settle the age old question, who is the best. An event that celebrated the best of horse racing. Put it on a national platform and helped to build the market for racing and breeding. Their vision - The Breeders' Cup.

Information about this year's event can also be found at dmtc.com -- Del Mar Thoroughbred Club. It has become a week-long festival consisting of a variety of community events leading up to race day. This week-long series of events and activities will run November 1-6. In partnership with Del Mar Village Association (DMVA) and sponsored by PNC Bank, the Festival will bring residents and visitors together to celebrate Breeders' Cup while supporting local businesses and engaging with the community.

"In addition to featuring the greatest horse racing in the world, Breeders' Cup showcases the host city's best local food, entertainment and culture. We're excited to be back at Del Mar for a second time, and we look forward to offering our fans a rich selection of events and activities through this year's festival," says Drew Fleming, Breeders' Cup President and CEO. "There are no better partners than PNC Bank and the Del Mar Village Association to help bring this festival to life and we hope to see residents of San Diego County and beyond enjoying our Championship races and festival events, all while supporting local businesses."

The Breeders' Cup Festival will run from Monday, November 1 to Saturday, November 6 and includes a variety of free and ticketed events. Additional events throughout the 2021 Breeders' Cup Festival include a fashion show, golf tournament, poker tournament, a Tacos & Tequila Tuesday in Del Mar Village and daily Viewing Parties at Del Mar Village businesses with special Breeders' Cup cocktails. There will be fundraisers including an event in support of the Thoroughbred Charities of America (TCA). Details for all events are being confirmed and will be available on the Breeders' Cup Festival website, www.BreedersCupFestival.com.

In 2017, Breeders' Cup and the accompanying festival drew thousands to the San Diego region, setting the highest recorded economic impact for the championship event with \$97 million in economic benefits. "We are grateful to Breeders' Cup for returning to Del Mar and the economic support it brings to our community," says Craig Dado, Del Mar Thoroughbred Club CMO. "This is a milestone event for our city and we look forward to repeating 2017's success."

Del Mar will present its 82nd year of racing with its Summer 2021 racing season running from July 16 - Labor Day, September 6. The Bing Crosby Fall Racing Season will run Wednesday, November 3 - Thanksgiving, November 28. The Del Mar Thoroughbred Club will host the Breeders' Cup Horse Racing World Championships on November 5-6, 2021 for the

second time in track history. For more information, call 858-755-1141 or visit www.dmtc.com. You can follow Del Mar on Instagram and Twitter at @delmar-racing or on Facebook @DelMarRaces.

Del Mar is a quaint seaside village 20 minutes north of San Diego on the Southern California Coastline and 2 minutes from the renowned Del Mar Racetrack. Del Mar is rich with beauty, amenities, and history. Since the legendary days of Hollywood's golden years, Del Mar has been the destination of choice for movie stars as well as those with a taste for fast horses, breathtaking vistas, stunning sandstone canyons, accessible pristine beaches, and award-winning cuisine with dazzling ocean views. The affluent and historic Del Mar Village offers a variety of unique mom and pop shops, spectacular ocean-view restaurants and charming beach-style hotels. For more information about the Del Mar Village, visit www.visitdelmarvillage.com.

SIMPLE STEPS TO HELP YOU BEAT SEASONAL STRESS



We all know that despite the holly and mistletoe, the holidays are not always jolly and bright for everyone. In fact, they can be quite stressful. Whether it's finding the right gifts on time or wondering if you can afford them, this season is full of triggers for anxiety.

Here are some practical tips to help tackle some common sources of holiday stress:

Manage your expectations

Too often, we expect the most of ourselves and can focus too much on achieving a perfect holiday. But living with all that pressure can take the fun out of the season. So, think about what you want from this time of year and set your own realistic expectations. Plan around what makes you and yours happiest and communicate with your family to make it happen.

Continue some routines

As exciting as it may be, the holiday season can wreak havoc on many a schedule through extra social commitments, school breaks and all that shopping and cooking.

It's natural that some activities may get left behind. Try to maintain some aspects of your regular schedule that contribute to your well-being such as exercise classes, therapy sessions, solid sleep habits and healthy eating patterns. Keeping a few routines can help you better cope with stress and even reduce it.

Make a money plan

You might know it's a good idea make a budget for the entire year that includes saving for holiday spending. Remembering that you have money socked away can calm some fears and make it easier to budget for your seasonal wants and needs.

But if you don't have a budget and aren't sure how to start, don't worry. It's not too late to learn. You can find free introductory financial resources online from ABC Life Literacy Canada's Money Matters program. From courses to virtual workshops, you'll find the tools and help you need to reduce anxiety and increase your confidence in managing your money.

Learn more at abcmoneymatters.ca.

www.newscanada.com



Cozy Corner "Lets Talk"

By Janet Isherwood

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

November can sometimes be a difficult time for many of our seniors and those around us who experiences the memories of lost family members who gave their life in our two world wars. This question: how we deal with grief has crossed my desk many times and it is one of the hardest questions to answer.

Years can have passed but to a senior the memory is as real as if it happened yesterday.

The feelings one experience is real, and each person deals with death in their own way,

It always pleases me to see care homes that provide memorial services when a resident passes on. This allows closure to their friends and loved ones and helps with the healing process.

First, we should know the seven steps of grieving.

1. Shock & Denial.....You will probably react to learning of the loss with numbed disbelief. You may deny the reality of the loss at some level, to avoid the pain. Shock provides emotional protection from being overwhelmed all at once. This may last for weeks.

2. Pain & guilt.....As the shock wears off, it is replaced with the suffering of unbelievable pain. Although excruciating and almost unbearable, it is important that you experience the pain fully, and not hide it, avoid it or escape from it with alcohol or drugs. One may have guilty feelings or remorse over things they did or didn't do with your loved one. Life feels chaotic and scary during this phase.

3. Anger & bargaining.....Frustration gives way to anger, and you may lash out and lay unwarranted blame for the death on someone else. Please try to control this, as permanent damage to your relationships could result. This is a time for the release of bottled-up emotion and you may rail against fate, questioning "Why me?" You may also try to bargain in vain with the powers that be for a way out of your despair Example: ("I will never drink

again if you just bring him back")

4. "Depression, Reflection & Loneliness.....

Just when your friends may think you should be getting on with your life, a long period of sad reflection will likely overtake you. This is a normal stage of grief, so do not be "talked out of it" by well-meaning outsiders. Encouragement from others is not helpful to you during this stage of grieving. During this time, you finally realize the true magnitude of your loss, and it depresses you. You may isolate yourself on purpose, reflect on things you did with your lost one, and focus on memories of the past. You may sense feelings of emptiness or despair.

5. The upward turn.....As you start to adjust to life without your dear one, your life becomes a little calmer and more organized. Your physical symptoms lessen, and your "depression" begins to lift slightly.

6. Reconstruction & working through..... you become more functional, your mind starts working again, and you will find yourself seeking realistic solutions to problems posed by life without your loved one. You will start to work on practical and financial problems and reconstructing yourself and your life without him or her.

7. Acceptance & Hope.....During this, the last of the seven stages in this grief model, you learn to accept and deal with the reality of your situation. Acceptance does not necessarily mean instant happiness. Given the pain and turmoil you have experienced, you can never return to the carefree, untroubled you that existed before this tragedy. But you will find a way forward.

You will start to look forward and plan things for the future. Eventually, you will be able to think about your lost loved one without pain; sadness, yes, but the wrenching pain will be gone. You will once again anticipate some good times to come, and yes, even find joy again in the experience of living.

Now you have made it through the 7 stages of grief. Everyone experiences this life experiences differently. I once knew a man who lost his wife and yet he just went on as is nothing had happened. When I asked him how he was truly feeling he replied, "I went through my pain and suffering for ten years as I watched my wife slowly die." Now is my time to live.

I knew then we can never judge for we might not know.

The stages of mourning and grief are universal and are experienced by people from all walks of life. Mourning occurs in response to an individual's own terminal illness, the loss of a close relationship, or to the death of a valued

being, human or animal.

Whatever burdens you're carrying now, let them down for a moment. Relax; pick them up later after you've rested.

Life is short. Enjoy it and the now 'supposed' stress that you've conquered!"

* Accept the fact that some days you're the pigeon, and some days you're the statue!

* Always keep your words soft and sweet, just in case you must eat them.

* Always read stuff that will make you look good if you die in the middle of it.

* Drive carefully... It's not only cars that can be recalled by their Maker.

* If you can't be kind, at least have the decency to be vague

* If you lend someone \$20 and never see that person again, it was probably worth it.

* It may be that your sole purpose in life is simply to serve as a warning to others.

* Never buy a car you can't push.

* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

* Nobody cares if you can't dance well. Just get up and dance.

* Since it's the early worm that gets eaten by the bird, sleep late.

* The second mouse gets the cheese.

* When everything's coming your way, you're in the wrong lane.

* Birthdays are good for you. The more you have, the longer you live.

* You may be only one person in the world, but you may also be the world to one person.

* Some mistakes are too much fun to make only once.

* We could learn a lot from crayons. Some are sharp, some are pretty, and some are dull. Some have weird names, and all are different colors, but they all must live in the same box.

* A truly happy person is one who can enjoy the scenery on a detour.

* Have an awesome day and know that someone has thought about you today.

* It was I, your friend!

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

cozycornernews@gmail.com

PAINT THE TRAIN V3 JURIED VISUAL ARTS COMPETITION TOURING EXHIBITION COMES TO SURREY AND LANGLEY STARTING NOVEMBER 2

Arts Council of Surrey (ACS), in partnership with the Fraser Valley Heritage Railway Society (FVHRS) and the Langley Arts Council, presents a juried exhibition this November entitled 'Paint the Train V3'. A theme emphasizing 'the BC Electric and steam railways (passenger, freight and logging) in the historic region of Surrey and Langley' was provided to artists for inspiration and competition guidance.

The FVHRS is celebrating its 20th year, and to kick off the celebration the 'Paint the Train V3' Visual arts competition increased its awards package significantly. Prizes range from \$50 to \$500 provided from a Sponsorship Deck consisting of: PNR Railworks, Buchanan Printing & Signs, FVHRS, SRY Rail Link, Cloverdale Paint, Seagate Mass Timber, Lark Group, Weeks Insurance and Financial Services Inc., Valley View Funeral Home & Cemetery, Site Lines Architecture, and BC HYDRO Power Pioneers.

Artists were asked to submit artwork in three categories: 2-D Paintings & Drawings on any substrate; 2-D Mixed Media, Printmaking, Sculptures and Fibre arts; and Photography and Digital Art. As a result from a summer 'Call for Entry', over 30 visual artists submitted work to this annual competition. The deadline for entry was August 21, 2021.

Judging this years entries were three notable per-

sons from the Surrey arts and culture scenes. These were: Scarlet Black a professional photographer, Marc Pelech ACS Director and retired visual arts teacher, and Brian Croft a highly recognized visual artist from Langley.

The artwork will be on exhibit in the ACS GALLERY located in the Newton Cultural Centre [13530 72 Ave, Surrey, BC V3W 2P1] from November 2 – 25. No appointment is required to view this exhibition, but adherence to COVID protocols will be required.

Winning pieces will be on display at the Township of Langley Civic Centre located at 20338-65th Avenue, Langley BC, V2Y 3J1 from December 8 – January 24, 2022.

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 retain 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.

www.newscanada.com



SERVICE, COURAGE AND SACRIFICE. AT HOME, AROUND THE WORLD AND ACROSS GENERATIONS.

Canadian military members have a long tradition of defending peace and helping others. This year's Veterans' Week poster reflects several milestones that illustrate this proud legacy of service. From left to right:

A Canadian soldier during a reconnaissance patrol in Afghanistan's Kandahar Province. This year marks the 10th anniversary of the end of Canada's combat mission in the country in 2011.

A Canadian peacekeeper on patrol in Egypt's Sinai Peninsula. This year marks the 65th anniversary of the beginning of the first large-scale United Nations peacekeeping mission there in 1956.

A Canadian soldier carrying a sandbag to help fight rising floodwaters. Canadian Armed Forces members often help here at home, like 25 years ago during the devastating Saguenay floods in Quebec in 1996.

A Princess Patricia's Canadian Light In-

fantry soldier helping a wounded comrade get to an aid station near the Kapyong Valley. This year marks the 70th anniversary of the Korean War's Battle of Kapyong in 1951.

A Canadian aviator at an airbase in Qatar during the Gulf War. This year marks the 30th anniversary of the end of this tense conflict in the Persian Gulf region in 1991.

A Canadian signaler using a spotting scope in the hills of Hong Kong. This year marks the 80th anniversary of the Second World War's Defence of Hong Kong in 1941.

A pair of Canadian soldiers training near the Somme Valley in France during the First World War. This year marks the 105th anniversary of the Battles of the Somme and Beaumont-Hamel in 1916.

This Veterans' Week, how will you remember all those who have served and sacrificed in uniform over the years?

For more information, visit veterans.gc.ca

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SOFT PEDALING JAPAN'S KIBI PLAIN FINDING MOMOTARO PART 2



By Rick Millikan

Our plan is to explore Japan's historic Kibi Plain on bicycles. Wearing gloves, toques and sunglasses, we're ready for blustery April investigations. From bustling Okayama, we travel by train to Bizen Ichinomiya station.

Downstairs a smiling lady accepts two thousand yen, the daily rate for two small un-geared bicycles. She outlines our 15-kilometer route in incomprehensible Japanese, pointing out spots on an inscrutable map. Pedaling down the road, we veer right and cross the railway line. Turning right again, we soon encounter a large Shinto Shrine. Seeking wisdom, we discover a sign designating the right route

Initially skirting a canal and continuing two hundred meters past a Buddhist temple, we look upward at a Shinto shrine straddling a ridge on Mt. Naka. Our climb up a long flight of stairs ends with admiration of its spacious courtyard embracing gabled inner structures. Built in 1425, Kibitsu-jinja honors Momotaro, Japan's most popular folk hero.

For 100 Yen, a wooden cabinet serves as an oracle dispensing English fortunes. Hexagonal stained glass panels depict Momotaro's life including his discovery as a baby in a giant peach. A wall plaque recounts how this children's tale was based on the exploits of its enshrined prince. It explains how Emperor Korei dispatched his legendary son, Kibitsu-hikono-mikoto to Kibi Province to eliminate a bothersome ogre named "Ura". Kibitsu-hiko camped here below Ura's home.

While priests sweep courtyard gravel, we imagine Kibitsu-hiko arising and firing volleys of arrows. Ura struck these down with mountains of rocks. Then, Kibitsu-hiko cleverly shot two arrows at once hitting Ura in the eye. Changing into a koi, Ura swam away gushing blood.

His tale continues as we ride to Koikui-jinja, shimmering in noonday sun. A vermilion torii gate opens onto manicured gardens of fragrant magnolia, plum and pink blossoming cherry trees. According to lore, this Shinto Shrine is where Kibitsu-hiko transformed into a cormorant and captured Ura. Today yellow, orange, white and red koi swim lazy circles in its pond.

Remounting bikes, we zigzag westward around rice paddies that quilt the valley. Exotic ducks paddle

about irrigation canals; herons poised to spear lunch. Large nearby farmhouses sport red tiled roofs swooping gracefully atop dark wooden exteriors.

Although roadside restaurants are accessible, our large handlebar baskets carry Bentos (Japanese box lunches) bought at Okayama Station. Stopping at one of Japan's countless drink vending machines, we consider Salad Water, Pocari Sweat and familiar options. My wife chooses her favorite, Canada Dry. I buy a cold coffee latte. Then we picnic at its modern trailside table...

Our ride soon parallels a large channel flowing beneath a busy overpass and eventually a large hillock covered with immense stands of bamboo and evergreens. This keyhole-shaped mound entombed a Kibi Lord's 5th Century family. Tsukurlyama-kofun measured 350 meters long and 30 meters high, Japan's fourth largest burial mound.

Our path winds up through a woodsy park. A five-story pagoda towers on a hillside beside an 8th century Buddhist temple. We learn Bitchu Kokobun-ji was constructed to inspire eternal peace. Being Buddha's birthday, "Hana Matsuri" celebrants sip sake reclining on colorful blankets under blossoming cherry trees.

Our pedal continues into Soja atop narrow streets accompanied by townspeople cycling errands. Pausing briefly, we study a historic Yayoi (storehouse) elevated on posts with rat guards. Dropping off bike rentals, we board a train at the station. Arriving back in Okayama, we reflect on our delightful, insightful pedal.

One of Japan's spectacular cycling opportunities, Kibi Plains offers a flat, paved trail-network accessing fifteen historic sites. Ancient Kyoto can be similarly explored. For serious cycling, bring your own bicycles. Bicycle friendly Japan awaits your visit.

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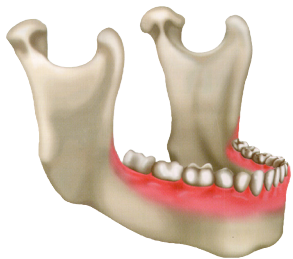
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Bone loss in the jawbone occurs when there has been extraction of natural teeth.

The jaw bone is only designed to last approximately 30 years before it completely deteriorates and dental implants are not an option.

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Resorption: 30 Years

What Is A Dental Implant?

A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

Dental implant placement is a common procedure and an implant specialist or dental surgeon performs the procedure, usually under local anesthetic. Dental implants have a long lifespan under normal conditions and are not sensitive to heat or cold, or susceptible to decay like natural teeth.

The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



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Dentures on Implants vs. Conventional Dentures

Despite considerable advancements in conventional dentures, they cannot rival the benefits dentures on implants offer to people missing their natural teeth. Dental implants improve functionality and sore spots become a thing of the past. Denture wearers can speak and eat without denture movement and their diet improves because they can eat virtually anything due to superior denture stability and fit. This treatment also allows the denturist to make your upper denture with an open palate design to increase your sense of taste and reduce the size of the denture.

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An initial consultation with your denturist will help to determine whether you're a suitable candidate for dental implants. If the denturist believes you could benefit from dental implants, they will refer you to an implant specialist. The denturist and dental implant specialist will work together as a team to achieve the best possible results for you.

What is the cost of dental implants?

Dental implants are an investment in your health and well-being. The cost of dental implants will depend on several factors such as the number of implants, if you require extraction of teeth and the smile design option you choose. The good news is that the cost of dental implants, extractions and dentures can be used as a medical expense deduction on your income tax return. These expenses also qualify for dental financing. We can help you with the details.

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