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TODAY'S SENIOR NEWSMAGAZINE



Happy Holidays from your friends at Todays Senior Newsmagazine

DECEMBER - 2021

FRASER VALLEY -
LOWER MAINLAND EDITION

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WITH NEWS YOU CAN USE

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Happy New Year!



Guide to Senior Living in BC



How to Navigate the Maze of Seniors Housing & Care

GET A FREE GUIDE TO SENIOR LIVING IN BC

The world of senior living is complicated. That's why we've developed a free booklet full to help you navigate it.

This easy-to-read interactive resource is packed with simple descriptions and definitions of terms, an outline of Provincial subsidies and services, and lots of links and tools that help seniors and loved ones make informed housing and care decisions.



Download your free PDF booklet by QR code or at BriaCommunities.ca/Guide. Don't have access to a computer? Request a paper copy by calling 1.844.969.BRIA(2742)

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ACCORDION TO DAN



A good time for reflecting on special memories like a summer holiday in Jasper and a Brewster bus tour through the Canadian Rockies. (Photo: Dan Propp)

December, for seniors can be a time for reflection. Perhaps recalling your first bicycle. Was it a CCM, perhaps bought at Woodard's or Eaton's? Did it have a manual bell on the handlebars? Did you ever get your pant cuffs caught around the brakes? Did it have three gears? Did you ever decorate it for the first of July parade? During the December holidays and the time away from school, do you remember having a wooden sleigh - perhaps purchased at Simpson Sears. When it snowed, do you recall that miracle device called an Admiral, Motorola or RCA seventeen inch 'miracle' called a television set? Wasn't it fun trying to adjust those rabbit ears to try to pull in KVOs TV from Bellingham, trying to adjust them to get a clear image and remove what they called 'snow' in 'them, those, early days'.

The last month before the New Year and thoughts of Guy Lombardo and his Royal Canadians is a good time for the mind, (or whatever is left of it), to remember the past a bit, how so much has changed so quickly, in what seems like a flash, just like a number five magnesium filled Sylvania blue flash bulb.

Some of us youngsters still recall the good old days of the Dominion Radio Network of the CBC. When it was all just radio and programs like As It Happens and The Happy Gang, 'Knock knock whose there?'. Do you remember TV programs such as Fighting Words, A Man and His Music, and the Wayne and Schuster Show?

Seniors, this is also a good time to reflect on our travels over the years.

MEMORIES ARE MADE OF THIS

The Barclay Hotel in Port Alberni, the Peninsula Hotel on the Sunshine Coast. Letting our yesterdays go on a journey on those travels you may recall the most. How about a motel in Ucluelet. Perhaps the majestic Empress in Victoria. Or when the winds blew while camping under a tent in Tofino. Perhaps a Black Ball ferry to Nanaimo to restore you. How about a CP Air flight to Calgary, Alberta or a Brewster bus journey to the Chateau Lake Louise.

THE OLD RADIO COMMERCIALS - WEREN'T THEY SOMETHING

'Snack, crackle and pop' takes you back to a popular cereal. 'Use Ajax, the foaming cleanser', that will also turn back the clock. Perhaps, your first TV

set, wow surreal. 'Never borrow money needlessly but if you must'. Gosh, that's an old one too from Household Finance. Those old jingles for nostalgic reasons are a must.

THE OLD MOVIES

As a kid, do you still recall the first time witnessing the magic of going to a movie theatre. What an experience, eh?

THE SILVER SCREEN

Metro Goldwyn Mayor, MGM, Hollywood. Remember that lion growling with such majesty, creating an entertaining, suspenseful anticipation and attitude. At the old movie theatre, us kids, mesmerized magically. Theatres like Vancouver's Orpheum, Capital, Vogue, Paradise on Vancouver's neon theatre row, do you recall? What a thrill it was, looking at the posters that would advertise the latest motion pictures when we were perhaps four feet tall. All those names like Jimmy Stewart, Betty Hutton, Martin and Lewis, Dorothy Lamour, Victor Mature. The lights dimmed and transported us to another dimension, for sure. "What's up Doc?", Movietone News, cartoons, "I Tawt I Taw a Puddy Tat", all kinds of shorts and then the feature show. We were mesmerized as kids...do you still remember that? Off to those amazing picture shows with such anticipation and wondrous delight we would go.

Best wishes for the holidays and a happy New

Year.

Please visit www.Nostalgicroads.Weebly.com
Search for Song CD's by Dan Propp via cdbaby.com and also www.soundcloud.com
Plus books via www.amazon.ca

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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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IMPOSSIBLE CHOICES: 1 IN 8 CANADIANS STRUGGLE TO ACCESS THE FOOD THEY NEED



Although many of us are excited to go back to indoor dining and welcome family and friends back into our homes, millions of Canadians struggle to access the nutritious food they need due to a lack of money, which has led to an ongoing epidemic of food insecurity.

One charity working on the problem is the Maple Leaf Centre for Action on Food Security, which is committed to working collaboratively across sectors to reduce food insecurity in Canada by 50 per cent by 2030. Sarah Stern, leader of the centre, provides these eye-opening statistics on food insecurity across the country:

Daily impossible choices.
“Food insecurity is a reality for one in eight households in the country, and it forces hard-working people to compromise the quality and quantity of the food they buy for their family so

they can pay fixed expenses like rent and heat,” explains Stern.

These difficult choices include whether to pay for rent or feed their children, or whether to buy winter boots for their growing child or feed them breakfast before school.

Food charities won't solve food insecurity.

“Hunger in Canada will not be solved through food charity; it requires concerted action from all levels of government,” says Stern. “For too long, food banks have borne responsibility for responding with emergency food relief, but this is not a sustainable solution.”

No one in Canada should have to rely on charity relief to ensure adequate nutrition for themselves and their loved ones. While charitable giving of food or monetary donations is important and supports those in need, Stern believes it should not be viewed as a long-term solution to food insecurity. To make a lasting impact, the priority should be to change the systems that perpetuate food insecurity.

Canadians helping Canadians.
As Canadians, we pride ourselves on strong community values and having an equitable society where everyone can thrive. “Food insecurity has become even more prevalent since the start of the COVID-19 pandemic, but this can change,” says Stern. “Social change happens because people get behind it. We make noise. We band together. We commit and contrib-

ute. We have the means and the public will. Let's act now. Because at its heart this is a social justice issue, not a food issue or a matter of charity.”

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FREE GUIDE TO SENIOR LIVING IN BC NOW AVAILABLE

Bria Communities Seniors' Residences introduces a free, interactive guide to help older adults navigate the maze of senior housing and care.

15 November, 2021 — Sixty-eight-year-old Shirley Loewen and her husband, Ken (74), recently maneuvered through the process of finding a long-term care facility for Ken's mother. It was tough to know where to start, "We did a lot of Googling, a lot of calling different locations," Shirley notes. "It was all so foreign to us."

In the end, their efforts paid off; they found a facility that suited Ken's mom well, her quality of life improved, and she is flourishing there. Shirley and Ken aren't alone; struggling to speak the foreign language of senior living is a predicament many find themselves in. A desire to bring some clarity to a complex and sometimes stressful topic is what drove Bria Communities to develop a free 18-page interactive Guide to Senior Living in BC.

"There is a lot of confusion and misconceptions surrounding housing and care options for older British Columbians," says Tanya Snow, Director of Bria Communities, a group of four privately-owned independent living senior communities and two long-term care centres in Langley and Tsawwassen. "We wanted to create a resource that focused exclusively on senior living and homecare—something to help demystify the options."

"For 25 years, I've been offering advice off the side of my desk. People like Shirley reach out because they don't know where else to go," says Snow. "It feels like my professional and civic responsibility to help."

Options like assisted living, independent living, home care, and long-term care each have easily overlooked nuances. First-timers to the conversation can

easily get turned around; reaching out to industry experts is the natural response.

The Guide to Senior Living in BC brings together more than 100 combined years of senior living expertise found among the General Managers and Directors of Care at Bria Communities. It offers a one-stop shop for older adults who want to know their options. Simple descriptions and definitions of terms, expert advice, overviews of services and subsidies, and clickable next steps all unlock the mysteries of senior living.

"All too often, I talk to adult children who are in a crisis with their parent's living situation, and they don't know where to begin," says Snow. "Ideally, a resource like this prevents last-minute, urgent decision-making." She points out that equipping yourself ahead of time ultimately leads to greater choices. "If you know what's available, you can take advantage of it and enjoy a healthier lifestyle rather than waiting for an accident or incident to define your next step."

Discussions about senior living next steps frequently happen among Shirley and Ken's peers. "It comes up either because we have older adults in our lives who need to move or because our kids are looking at us thinking, 'when are you going to downsize?'" She and Ken live in a detached home in Aldergrove, and as their neighbourhood fills with young families, they think about what kind of community they'll need when they make their next move. "We're thinking long-range because we want to find somewhere fulfilling," she says.



The Guide to Senior Living in BC simplifies a complicated topic for Shirley, "It's succinct, easy to follow and easy to understand. I love that you can go to the links right in the document and click through to additional resources," she says.

Equipping older adults with a tool for navigating the maze of senior living doesn't just answer questions; it can offer hope. "The reality is that there's lots of lively and vibrant options for seniors," comments Tanya Snow. "Your retirement home could be your best home, and it certainly doesn't have to be your last one. Our goal with this guide is to help define the options and take the stress out of making the transition."

The Guide to Senior Living is a free interactive pdf available online at BriaCommunities.ca/Guide. Seniors who do not have access to a computer can request a paper copy by calling 1.844.969.BRIA (2742)

BOOST YOUR IMMUNE SYSTEM THROUGH THE POWER OF FOOD



Fall is a favourite season for many with beautiful colours, cozy sweaters and everything pumpkin spice. But one thing fall brings that is a little less thrilling is cold and flu season.

Wearing a mask in public, staying away from others who are sick, washing your hands regularly and getting enough rest are a few of the things you can do to stay healthy. But maintaining a good diet is equally important.

Here are three simple things you can add to your

diet to help boost your immunity:

Vitamin C

Research shows Vitamin C can help make your immune system stronger, but before you reach for supplements, there are lots of food sources that naturally contain it. While you may only think of oranges and other citrus fruits, tomatoes, potatoes, strawberries, bell peppers, broccoli and kiwi are also great sources. Tip: Make a bell pepper sandwich by slicing the pepper in half and taking out the seeds and adding your

choice of meat, vegetables or cheese. You can customize this for breakfast, lunch or dinner and play around with different techniques.

Zinc

Include adequate protein-rich foods because they contain nutrients that are important for immune health. Zinc helps maintain immune function and can be found in meat, poultry, fish, seafood, eggs, soy, legumes, nuts and seeds. Try adding more beans to your soups and sauces or nuts and seeds to your yogurt and baking to get more of this immune-boosting nutrient. Tip: During your annual pumpkin carving, save some pumpkin seeds and roast them in the oven at 400°F for 20 minutes. Make it fun and add cinnamon and brown sugar or make it spicy with sriracha.

Probiotics

Foods with probiotics, such as kefir and yogurt, can benefit our gut and immune health. Be sure to look for the word "probiotic" on the label, as this is a regulated term. Try including more of these foods by having yogurt parfaits, using yogurt in dips and adding kefir to your morning smoothie. Tip: Try yogurt bark for an easy on-the-go breakfast. Simply spread probiotic yogurt on a parchment-lined baking sheet and add toppings of your choice, such as berries, bananas, honey and chocolate. Freeze for two to three hours or until firm.

Looking for more inspiration? Reach out to your local Loblaws dietitian for more immune-boosting recipe ideas. They also provide a range of services, including phone consultations and online workshops. Find one near you at bookadietitian.ca.

www.newscanada.com



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 any-

one 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 office in Rosemary Heights, Surrey at Suite 220-3388 Rosemary Heights Crescent, Surrey BC. V3Z 0K7.



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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.

ESBERITOX – THE SUPERCHARGED ECHINACEA

Boosting your immunity with integrative natural medicines can shorten the duration of a cough and cold, as well as minimize the severity of symptoms. Always remember that choosing the appropriate remedy requires that you first consult a physician or pharmacist to rule out more serious bacterial or viral infections.

While traditional products like oil of oregano, sambucus and echinacea are popular and effective, there is a product called “Esberitox” which is arguably one step ahead. There are no head-to-head studies, but our experience with it since its introduction in 2011 puts Esberitox at the top of our go-to list in the pharmacy and at home. While the product box has gone from the familiar white and green with pink echinacea coneflower, to a box of earthtone browns and greens, the formula has not changed at all over the years. Each chewable tablet consists of wild indigo root (1.64mg), Echinacea pallida root (0.615mg), Echinacea purpurea root (0.615mg), and thuja tips (0.33mg). Note the extremely low concentrations of each herb in the Esberitox tablets; for example, typical echinacea formulations contain 500-600mg per capsule, and up

to 16g (ie. 16,000mg) has been studied for daily use. Yet, the formulation is highly effective at these low concentrations because it takes advantage of the synergism of the herbs, where they are theorized to augment and enhance the action of (or “supercharging”) each other, allowing for maximal benefits at minimal dosing.

Esberitox comes in easy-to-carry, blister-packed chewable tablets with a very pleasant, slightly sweet light herbal taste. Dosing starts as young as 4yo (1 tablet, 3 times daily), and goes up to an adult dosing of 3 tablets, 3 times daily. It can be used as a preventative (eg. If those around you are getting sick), or as a treatment. Typical duration of use is 3-5 days or until symptoms disappear, and it is generally not advisable to take it for more than 10 days in a row.

Esberitox can be safely combined with oil of oregano, and/or sambucus to further alleviate your symptoms and lead to a speedy recovery; come chat with Fred Cheng, Christine Cheng, and their integrative pharmacist teams at Cloverdale Pharmasave or Pharmasave Steveston Village for details.

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.



TIPS FOR SENIORS RETURNING TO THE SKIES

After skipping a year due to lockdowns, many seniors are facing the challenge of having lots of family to visit and just one holiday season in which to do it.

It's a nice problem to have, but it might mean taking a plane to quickly cover more ground, even if it's not something you do very often. Fortunately, following just a few quick tips before hitting the airport can help you up move through security screening with ease and make flying a breeze.

- Remember your mask: Even with vaccinations in place and some measures being lifted, you still need a mask when you get to the airport.

- Pack your liquids properly: Liquids going in your carry-on bag should be in containers of 100 millilitres or less and should all be able to fit in a single resealable one-litre bag. Prescription and non-prescription medications are exempt, but you should make sure they're clearly labelled. Either way, they should be removed from your carry-on when going through screening.

- Understand allowable extras: You can also bring medical supplies, equipment and mobility aids on board with you in addition to the two carry-on bag limit.

Find more tips and information from the Canadian Air Transport Security Authority. You'll find a page dedicated to seniors and special sections for people with limited mobility or medically necessary equipment on their website at catsa-acsta.gc.ca.

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A SPICED AND CREAMY HOLIDAY TWIST FOR A CLASSIC COOKIE



Snickerdoodles are a true classic, with the distinctive crackled top and sweet cinnamon sugar coating. While this soft and chewy favourite can be enjoyed all year long, why not give it a holiday twist by adding another timeless tradition — the flavour of eggnog?

Spiced Eggnog Snickerdoodles

Prep time: 25 minutes

Cook time: 20 minutes

Makes: 20 cookies

Ingredients:

Cookies:

- 1/2 cup unsalted butter, softened
- 1/3 cup granulated sugar
- 1/3 cup packed brown sugar
- 1 large egg, room temperature
- 1 tsp pure vanilla extract
- 1 1/4 cups all-purpose flour
- 1 tsp cream of tartar
- 1/2 tsp baking soda
- 1/4 tsp salt

Topping:

- 2 tbsp granulated sugar
- 1 tbsp PC eggnog spice seasoning blend

Directions:

1. Preheat oven to 375°F (190°C). Line two baking sheets with parchment paper.
2. Beat butter, granulated sugar and brown sugar in large bowl using electric hand mixer on medium-high speed until creamy and light in colour, 2 to 3 minutes; alternatively, beat in bowl of stand mixer using paddle attachment. Beat in egg and

vanilla, scraping down side of bowl as needed. Set aside.

3. Whisk together flour, cream of tartar, baking soda and salt in separate bowl. Add to butter mixture; beat on low speed just until combined.

4. Stir together sugar and eggnog spice in small bowl. Scoop cookie dough and roll into balls. Roll balls in sugar mixture to coat.

Nutritional information per cookie: calories 100; fat 5 g; sodium 65 mg; carbohydrates 13 g; dietary fibre 0 g; sugars 8 g; protein 1 g.

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

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

A: Well as the old saying goes, you can’t have your cake and eat it too! Well, in this case, that’s wrong! Even though you haven’t mentioned the structure of the roof, I’m going to assume that you have an open rafter design (structure) with little or no insulation or drywall (gypsum board). I’ve been in a number of the older cabins and they were just that, cabins. In a lot of cases, even the stud exterior walls were open with no cladding, because they were just an open concept design to enjoy the beach life style.

There’s a product called Ayr-Foil, a reflective insulation that works great. Now, I should say when most of the older cabins were built, they were just used in the summer time and they had a cedar shake roof, which was a very cool way to build and enjoy the environment, but most now have been re-roofed with fibreglass reinforced asphalt shingles which get very hot in the summer sun. This radiates the heat to the inside of the cabin.

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

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Merry Christmas	Santa	Elves
Mrs Claus	North Pole	Sleigh
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Candles	Christmas tree	Angels
Tinsel	Star	Jesus
Wisemen	Strings of Lights	Shortbread Cookies
Fruitcake	Stockings	Milk and Cookies
Presents	Chimney	Rudolph
Snowman	Noel	Reindeer
Carolling	Twelve Days of Christmas	Letters to Santa
Ornaments	Nuts and Bolts	Family Traditions

TIPS FOR MANAGING YOUR NUTRITION
THIS HOLIDAY SEASON

Everyone gets excited by mouth-watering, sweet, savoury and decadent holiday foods. If you’re living with a chronic condition like diabetes, the holidays may feel overwhelming when it comes to eating habits and self-care.

The good news is that by finding balance, you can still have treats that you really enjoy by pairing them with lean proteins like turkey, salmon or chicken, Seasonal veggies, like roasted cauliflower and eggplant and complex carbs, like brown rice or roasted potatoes. As you start heading out to festive gatherings, keep these tips in mind:

- Be mindful of your appetite, hunger and fullness cues and let those guide your choices. A common misconception is that you can skip meals because you may be consuming heavier, sweeter foods later in the day. Research shows that restriction leads to overeating – even bingeing – later in the day. For those with diabetes, it could lead to unwanted spikes in glucose levels.
- Engage your senses to appreciate the colours, aromas and flavours of your favourite foods.

- Don’t go to a holiday meal unprepared. Set limits and stick to them. Choose one or two treat foods that you will really enjoy and savour them.
- If you live with a chronic condition such as diabetes, it can be extra tricky to manage holiday eating and your glucose levels. A quick and easy way to check glucose levels throughout the day is to use a digital health tool, such as a flash glucose monitoring system.

For example, Abbott's FreeStyle Libre 2 system, lets you access your glucose levels on your smartphone. This will help tack your levels as you eat. Real-time glucose data can help you decide if you should have a slice of grandma’s pie after dinner.

- A failproof way to ensure there will be healthy options for you at a potluck is to bring veggies, crackers and dip, hearty salad or fruit salad yourself, and share the health with everyone. Find more information at myfreestyle.ca.

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PICASSO PICKS VANCOUVER.



Article & photos by Lenora A. Hayman.

IMAGINE PICASSO: THE IMMERSIVE EXHIBITION until Jan.8, 2022, is in the Vancouver Convention Centre (East building under the Pan Pacific Hotel, 99 Canada Pl). Annabelle Mauger and Julien Baron created this sequel to Imagine Van Gogh, in collaboration with art historian Androula Michael and architect Rudy Ricciotti. Accompanying music is by Eric Satie and Maurice Ravel with vocals by Mauger's daughter.

Prior to the main gallery, visit the room where the layout wall displays the prints with captions offered in the immersive exhibit. The 200 paintings are chosen from Pablo Picasso's (1881-1973) lifetime of work.

Projected on origami style structures are his Blue Period (1901-1904), Rose Period (1904-1906) Primitivism (1907-1909), Cubism (1909-1919), Neoclassicism and Surrealism (1919-1929) and on until his death in 1973.

Guernica is one of the most famous paintings in the world. It portrays an aerial bombing raid on the Basque town of Guernica in April 1937, during the Spanish civil war.

Les Femmes d'Alger (June-July 1907)

depicts 5 naked women on a street in Barcelona famed for its brothels.

The Bather with Beach Ball is a Cubist artwork with elements of Surrealism. His mistress Marie Thérèse Walter is portrayed as a floating zeppelin. The original French title was Baigneuse au Bord de la Mer!

Picasso, who was born in Malaga was married twice. First, the Russian ballet dancer, Olga Khokhlova (1891-1954) who gave him a son Paulo. Later Jacqueline Roque (1926-1986) until his death in 1973. In between he had many mistresses who also were his muses. Marie-Thérèse Walter (1909-1977), mother of daughter Maya, Dora Maar, a photographer (1907-1997), Françoise Gilot (1921-), mother of Claude and Paloma and others!

Picasso created not only paintings, but collages, engravings and ceramics. Do watch the 36 min sequence of moving projections twice to absorb Picasso's variety of styles.

Tickets must be booked on line imagine-picasso.com \$39.99-\$49.99

TOP: Baigneuse au Bord de la Mer by Pablo Picasso.

BOTTOM LEFT: Guernica by Pablo Picasso
BOTTOM RIGHT: Les Femmes d'Alger by Pablo Picasso

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BOOKS - YOUR WINDOWS TO THE WORLD

By Ursula Maxwell-Lewis

Well, here we are again wearing that stunned “OMG! It’s December already?!” look.

Personally, I’m more of a Thanksgiving fan. Less stress. Turkey, cranberry and Christmas cake images lure me on, but twenty-first century gift choices positively slay me. What to buy for others? No idea - especially grandchildren over the age of six.

My wish list, however, never varies: books, dark Swiss chocolate, a good Shiraz and a civil family gathering. Side note: ‘Christmas with Louise’ comes to mind. Google it!

An interesting press trip wouldn’t be sneezed at either, but despite being fully vaccinated global perambulations remain (mainly) restricted to printed pages.

Currently, I’m subliminally in Ireland, courtesy of Dublin author Tana French via her mystery novel, *The Searcher*. Retired, divorced, Boston detective Cal Hooper aimed for a quiet life in the Irish countryside...until he’s dogged by an Irish teen worried about his missing brother. Needless to say a pub and plenty of Irishisms are involved before Cal unearths the village secrets.

Recently, I (subliminally, I again regretfully confess) hopped on and off Venice vaporettos with Donna Leon’s Commissario Guido Brunetti. In *The Waters of Eternal Youth*, Brunetti solves a family mystery long since considered finito. The yearning to return to Italy lingered long after the book landed back on Surrey Public Libraries shelves.

If, like me, you’re passionate about India, the new



PHOTO By Ursula Maxwell-Lewis

Vaseem Khan post-partition story *Midnight at Malabar House* might appeal. Bombay-based Inspector Persis Wadia, India’s first female detective, is battling the odds in the 1950s post-partition police service. Women are clearly not welcome. Pursuing investigations into Punjab villages emphasizes opposition to Persis’s career choice while seriously endangering her life. Persis survives, and a new detective series is born.

I’ve requested *The Dying Day*, the second book in this series, and look forward to finding out what happens when Persis hunts for the 600-year-old copy of Dante’s *The Divine Comedy* reported missing from the 150-year-old Bombay Asiatic Society. Archie Blackfinch, a finicky London Metropolitan Police criminologist, is the perfect foil for the determined female inspector.

My friend Susanna Kearsley consistently impresses readers with her research, plots and characters. *The Firebird* was a reminder of misty mystic Scotland as Nicola Marter and Rob McMorran intrigued me with their psychic talents which lead us to Russia and Catherine the Great. If that seems farfetched ...read the book.

Give me anything by Pauline Gedge and I’m immediately transported to ancient Egypt. The Hippopotamus Marsh left me longing for a trip down

the Nile and a desire to learn more about the rivalries beginning in the Eighteenth Dynasty. Interestingly enough, some of the administrative power machinations are reminiscent of current political manipulations. This being the first of Gedge’s *Lords of the Two Lands* trilogy, Surrey Public Libraries already has my requests for the sequels, *The Oasis* and *The Horus Road*.

As my Mom’s wall sampler hanging in my office reminds me; ‘A book is a ship of fancy that can sail on any day.’ If travel isn’t physically possible, it certainly is possible via the pages of well written who dunnits or romances located in a faraway places.

No matter what December festival you celebrate may you be blessed with sufficient food, great friends, beloved family, books, wine, chocolate ... and sufficient to share with those less fortunate.

To quote Robert Burns, I offer my favourite blessing, *The Selkirk Grace*:

“Some hae meat and canna eat,
And some wad eat that want it,
But we hae meat and we can eat,
Sae let the Lord be Thankit!

Ursula Maxwell-Lewis writes monthly columns for the Today’s Senior and other publications. She can be reached at uttravel@shaw.ca

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WRITE AS I PLEASE

By Mel Kositsky

'Tis that time of the year again. The holiday season has started despite the ongoing pandemic -- and now that some health restrictions have been lifted the famed "snowbird" is on the move again!

Some people might think we are talking about the "dark-eyed juncos", who are nicknamed snowbirds, as they seem to bring snowy winter weather on their wings. In the colder months they travel in flocks of 15 to 25 from the evergreen forests to backyards all over the U.S. and Canada. Some people may also think of Anne Murray and her iconic song "Snowbird" -- always a wintertime favourite.

For some, the term snowbird brings up thoughts about jet planes.

The Canadian Forces (CF) Snowbirds, 431 Air Demonstration Squadron are a Canadian icon comprised of Canadian Armed Forces (CAF) members and National Defence Public Service employees. Pilots, technicians (aviation, avionics, aircraft structure, supply), mobile support operators, resource management support clerks, an engineering officer, a logistics officer and a public affairs officer representing all three elements (Army, Navy and Air Force), work as a team to bring thrilling performances to the Canadian public. Serving as ambassadors of the CAF, the CF Snowbirds demonstrate the high level of skill, professionalism, teamwork, discipline and dedication inherent in the men and women of the CAF and they inspire the pursuit of excellence wherever they go in North America.

But according to Wikipedia: "A snowbird is a person who migrates from the colder northern parts of North America to warmer southern locales, typically during the winter. The southern locales include the Sun Belt and Hawaii in the United States, as well as Mexico and the Caribbean."

And it is those "snowbirds" who are on the move again despite the rising number of COVID-19 cases in the United States and other areas. It is the lure of warm weather and sunshine that is encouraging normally "sane" Canadians to head south. Amazingly many are part of a well organized movement! The Canadian Snowbird Association (CSA) is a 100,000 member national not-for-profit advocacy organization. It is dedicated to actively defending and improving the rights and privileges of Canadian travelers. The CSA was founded in 1992 when over 1,000 Canadian snowbirds came together in Lakeland, Florida to protest provincial cuts to out-of-country medical coverage guaranteed under the Canada Health Act. For almost 30 years, the CSA has effectively advocated on behalf of its members and the travelling public on a range of issues such as the preservation of health coverage, reimbursement for out-of-country medical emergencies, access to prescription medications, and much more. Snowbirds used to primarily be retired or older, but are increasingly of all ages.

"Our neighbors to the north provide more visits to the United States than any other country, and they are critically important to North Country tourism and industry," said Congresswoman Stefanik in a news re-

lease. "As we continue to urge the Biden Administration to reciprocate on Canada's recent actions and re-open the northern border altogether, providing Canadians who own homes and property in the United States with extra time to visit and boost our economy will help revive Canadian tourism to the United States after an unprecedented closure of the northern border."

Current law limits the amount of time a Canadian visitor may spend in the U.S. to 182 days per year. The Canadian Snowbird Visa Act will allow Canadian citizens over the age of 50 who either own or rent a residence in the U.S. to remain in the country for up to 240 days each year. The bill prohibits these individuals from working for U.S. employers or seeking public assistance while in the U.S., and clarifies that they will retain their non-resident tax status.

Canadian visitors provide a substantial economic boost to communities throughout the U.S., spending over \$20 billion in the U.S. in 2019. In New York, nearly four million Canadians visit the Empire State a year, spending \$1.5 billion. This bill is also co-sponsored by Reps. Jack Bergman (R-MI), Bill Foster (D-IL), Michael Waltz (R-LF), Theodore Deutch (D-FL), Tom Rice (R-SC), Ken Buck (R-CO), David Schweikert (R-AZ), Earl Carter (R-GA), and Brian Mast (R-FL).

The most popular international snowbird destinations:

- Mexico. After the U.S., Mexico is the most popular destination for Canadian snowbirds
- Costa Rica. Costa Rica has been a favourite with Canadian snowbirds and retirees for many years now
- Panama, Dominican Republic, Cuba, Belize and Portugal

Here are the 10 most affordable places to retire overseas in 2021.

- Puerto Plata, Dominican Republic. Monthly budget: \$1,660. ...
- Pedasi, Panama. Monthly budget: \$1,600. ...
- Northern Belize. Monthly budget: \$1,600. ...
- Corfu, Greece. Monthly budget: \$1,500. ...
- Popoli, Italy. ...
- George Town, Malaysia. ...
- Cuenca, Ecuador. ...
- Canggu (Bali), Indonesia.

One of the oldest and most popular Christmas poems ever, commonly referred to as "Twas The Night Before Christmas," was written in the early 19th century. Though its author is disputed, with the poem being attributed to both Clement Clarke Moore and Henry Livingston Jr. over the years, it was definitely first published on Dec. 23, 1823 in the Troy Sentinel newspaper in upstate New York. It is also referred to as "A Visit From St. Nicholas" or "The Night Before Christmas."

Below are the original lyrics to the poem:

1 'Twas the night before Christmas, when all thro' the house,
2 Not a creature was stirring, not even a mouse;
3 The stockings were hung by the chimney with care,
4 In hopes that St. Nicholas soon would be there;
5 The children were nestled all snug in their beds,
6 While visions of sugar plums danced in their heads,
7 And Mama in her 'kerchief, and I in my cap,
8 Had just settled our brains for a long winter's nap--
9 When out on the lawn there arose such a clatter,
10 I sprang from the bed to see what was the matter.
11 Away to the window I flew like a flash,

12 Tore open the shutters, and threw up the sash.
13 The moon on the breast of the new fallen snow,
14 Gave the lustre of mid-day to objects below;
15 When, what to my wondering eyes should appear,
16 But a miniature sleigh, and eight tiny rein-deer,
17 With a little old driver, so lively and quick,
18 I knew in a moment it must be St. Nick.
19 More rapid than eagles his coursers they came,
20 And he whistled, and shouted, and call'd them by name:

21 "Now! Dasher, now! Dancer, now! Prancer, and Vixen,

22 "On! Comet, on! Cupid, on! Dunder and Blixem;

23 "To the top of the porch! to the top of the wall!

24 "Now dash away! dash away! dash away all!"

25 As dry leaves before the wild hurricane fly,

26 When they meet with an obstacle, mount to the sky;

27 So up to the house-top the coursers they flew,

28 With the sleigh full of Toys - and St. Nicholas too:

29 And then in a twinkling, I heard on the roof

30 The prancing and pawing of each little hoof.

31 As I drew in my head, and was turning around,

32 Down the chimney St. Nicholas came with a bound

33 He was dress'd all in fur, from his head to his foot,

34 And his clothes were all tarnish'd with ashes and soot;

35 A bundle of toys was flung on his back,

36 And he look'd like a peddler just opening his pack:

37 His eyes - how they twinkled! his dimples how merry,

38 His cheeks were like roses, his nose like a cherry;

39 His droll little mouth was drawn up like a bow,

40 And the beard of his chin was as white as the snow;

41 The stump of a pipe he held tight in his teeth,

42 And the smoke it encircled his head like a wreath.

43 He had a broad face, and a little round belly

44 That shook when he laugh'd, like a bowl full of jelly:

45 He was chubby and plump, a right jolly old elf,

46 And I laugh'd when I saw him in spite of myself;

47 A wink of his eye and a twist of his head

48 Soon gave me to know I had nothing to dread.

49 He spoke not a word, but went straight to his work,

50 And fill'd all the stockings; then turn'd with a jerk,

51 And laying his finger aside of his nose

52 And giving a nod, up the chimney he rose.

53 He sprung to his sleigh, to his team gave a whistle,

54 And away they all flew, like the down of a thistle:

55 But I heard him exclaim, ere he drove out of sight--

56 Happy Christmas to all, and to all a good night.

HAPPY HOLIDAYS TO ALL AND HERE'S WISHING EVERYONE A HEALTHY AND HAPPY NEW YEAR!

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IT PAYS TO GET PASSIONATE ABOUT FINANCIAL PLANNING – FOR YOU AND YOUR COMMUNITY



When Tanya Lyn Werk's daughter was admitted to Langley Memorial Hospital after a life-threatening accident, she experienced first-hand the care team's skill and dedication in their treatment of her daughter and

the entire family.

"What a well-oiled machine they are – it was such a life-changing experience to watch the staff, see what they deal with and witness how well they work with each other, their patients and families," says Werk, an Investment Specialist and Financial Advisor with Scotia Securities and member of the Foundation's Legacy Advisory Committee.

With their care, her daughter is now thriving.

Werk freely shares the impact that experience had, both on her commitment to the Langley Memorial Hospital Foundation, and to her long term legacy planning.

Putting your passions to work

Werk's personal experience hits home in her client discussions about charitable giving, part of a well-rounded financial plan: Determine what you're passionate about and make that part of your financial plan, in whatever way works best for you.

That could mean a small monthly donation to benefit the charity today and provide you a credit come tax time; or donating a lump sum annually from your tax return – taking the credit for the following year's taxes. With your estate planning, naming one or more charitable beneficiaries, in addition to family, also lets you leave a legacy.

"Charitable giving is such a great tax benefit ... and it's a chance to support what you're passionate about. I do everything I can for Langley Memorial because of that personal connection."

The importance of planning

A regularly updated financial plan will help prepare for those years. A Will – "the guiding light for everything within the estate" – is also key, Werk notes.

Werk recommends speaking directly with the charity, she adds. "If you want to contribute to something specific, talk to a professional – wording is everything."

A Legacy gift through a Will or Trust makes an impact for generations. For more on how to make a gift, please contact Langley Memorial Hospital Foundation's Lisa Rosales: 604.533.6420 | Lisa.Rosales@lmhfoundation.com

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OUTDOOR AIR POLLUTION AND YOUR HEALTH



Should we be concerned when we head outside to enjoy the great Canadian outdoors? Whether you live in a larger city with a lot of traffic, or a rural area where smoke from wood burning may be a factor, air pollution might be a consideration.

Outdoor air pollution is a mixture of gases and particles. Many chemicals in this mixture can have a negative impact on human health.

Air pollution leads to disease, increased hospitalizations and even premature death. Health Canada estimates that air pollution causes 15,300 premature deaths in Canada every year.

Anyone can experience health issues on days when the air is heavily polluted and some of us are more at risk. This includes children, older adults and people with certain chronic diseases

such as asthma or cardiovascular disease.

How can I protect myself and my family from outdoor air pollution?

- Learn how you can use the Air Quality Health Index (AQHI) to make healthy outdoor decisions. Find out how it applies to your community.
- If you have a heart or lung condition, talk to your healthcare professional about more ways to protect yourself when air pollution levels are higher.
- Avoid or reduce strenuous outdoor activities when air pollution levels are high.
- Choose low-traffic routes for walking, running or cycling, especially during rush hour.
- Exercise in parks and green spaces, away from major roads.

You can also contribute to lowering air pollution. Below are three ways you can reduce your impact on the air around you:

- Reduce the number of trips you take in your car. Carpool, ride your bike or walk and take public transit more often.
- Reduce or eliminate fireplace and wood stove use. Wood burning for home heating is the number one cause of smog in winter. Year round, avoid burning leaves, trash and other materials.
- Save energy and use renewables when possible; avoid using gas-powered lawn and garden equipment.

Find more information www.airhealth.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.

Well, I must say, where did the time go? I hope over the last 20 odd years I have shared seniors' information for you that has been educational, beneficial, and steered you in the right direction. Added humor to your day is always important and hopefully this has been achieved.

Most recently I had an experience I want to share. Because of my work I had to sit down and listen to a radio station, something I have not done in about 40 years.

Advertising with Pulse FM 107.7 I found myself alert and listening for my ad. I want to share with you asoff went the TV..... more my babysitter than anything and I snuggled in to listen to my borrowed radio.

What a nice experience. I enjoyed the music, not heavy just relaxing. I wondered when did I stop listening to a radio? For all you seniors sitting at home, find a radio, tune into Pulse FM 107.7 get a cuppa (hot chocolate) and enjoy your day.

Years ago, everyone listened to radio and so this would be a great reminiscing program for seniors.

As we speak of reminiscing, I received this from Peter Black.

I Grew up in Kerrisdale in the 50's.

Kerrisdale arena ice rink, Kerrisdale movie theatre, Hoys Produce, Moore's delicatessen, Cookie

Jar bakery, Ding Ho Chinese restaurant, The Avenue Grill, The Book Nook, the five and ten cent store, and my dad's Butcher shop Kerrisdale Meat Market, and the girls from school walking past the meat window and screaming when they saw the pickled tongues, black pudding, and the wild haggis in the window and wondering what tripe and headcheese Was?

Trolly busses, street cleaners.

Maple Grove school and Maple Grove Park. Kerrisdale pool and the good-looking lifeguards, and oh, Two-piece bathing suits for the chicks. The Magee boys with their hot rod cars, cruising down 41st Ave with wolf-whistle horns to show off.

Ah yes! the good old days,

No parking meters or parking fines, the police were our friends, and they remembered our names and we remembered there's.

And then life changed with the big Oakridge Shopping Center, who would

Have realized what we were in for?

Peter Black Butcher, For all of you out there enjoy your reminiscing.

Now as we end the year I want to say "A BIG thank you" to all my readers, business associates and professional colleagues who have contributed to many of my articles throughout the years.

Times change and our way of dealing with things change. Our outlook becomes different, and we find ourselves no longer the caregivers but the ones receiving care. Although not quite there yet my priorities have changed, and I feel I have said anything I thought worth sharing.

I have four lovely daughters, nine grandchildren with now five great grandchildren and cannot believe how different everyone thinks.

I would hope they will think of the person when dealing with the aged and offer what the senior wants

and not what they think the senior should have.

I would hope they would think of the whole person, a father, an artist, a gardener, a cook.

I would hope they understand they are your children and do not know all your secrets.

To all you seniors remember to write down your wants and need, where possible have a will written and end of life care. Share what you want while you have the time and still recall important details.

My one daughter says she loves to hear me ramble as she learns something new each time.

Hopefully only positive things are heard.

COVID has certainly open my mind to things as this is something I never thought I would live through, never mind think this could happen in our day and age.

How did my parents deal with WW11 I cannot imagine as here I sit trying to contemplate how they would have responded in the COVID scenario? Stupid question as I know both would have jumped in and done their part without a complaint.

Hard time for kids right now as children of the fifties we were out and about meeting friends and just enjoying life. My grandchildren and great grandchildren are stuck in the house, with no restaurants, arenas, or indoor activities due to COVID.

I loved my parents with all my heart but together 24-7 365 days a year.must think on that one.

Love to all and I do hope 2022 is a better year. Take care of each other and remember your seniors and the horrific year they have had to deal with.

Chat on the phone with them, use iPads, write letters, and send cards but most importantly share something sensory.

Janet

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EASY WEEKNIGHT MEALS TO GET YOU THROUGH THE HOLIDAYS



This time of year can be hectic with family obligations, invites from friends and seasonal concerts and pageants. But dinners don't have to be a source of stress.

From simple shortcuts to sheet-pan dinners, Ingrid Fan, a Loblaws registered dietitian, shares her tips to make December meals a breeze.

The ready-made section is your friend

When in a rush to get dinner on the table, the ready-made section of your local grocery store is

usually a great place to start. Rotisserie chickens have endless possibilities including serving for dinner with a side salad or quick green beans sautéed with garlic and a touch of olive oil.

You can also make quick homemade chicken noodle soup by sautéing carrots, celery and onions in a pot, adding sodium-free chicken broth and removing the chicken from the bones to add to the soup with your favorite pasta noodle or rice. Tip: Add pre-cooked noodles or rice to en-

sure they don't soak up all of your broth.

Don't be afraid of the freezer aisle

There is nothing wrong with leaning on the freezer aisle to help make dinners quick and easy. Look for items that are lower in sodium and void of added sugars. This includes frozen chicken breasts and fish fillets, as well as many plant-based options. Frozen vegetables and fruits are also great options for a quick side dish, especially on those busy nights, as they have similar nutrients to their fresh counterparts.

Sheet-pan meals

Being able to cook an entire meal on one sheet pan is incredibly satisfying and makes clean up a dream. Try tossing a protein like salmon or chicken breasts plus loads of veggies and potatoes with olive oil. Set it and forget it as it bakes in the oven, and enjoy a simple cleanup.

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Straight from the Horse's Mouth

By Mel Kositsky

The biggest days is North American horse racing proved to be just that -- and now the sport can enter 2022 with great optimism that it survived the pandemic restrictions and is attracting back its fan support and has even gained some new ones.

According to published reports:

Total all-sources common-pool handle for the two-day Breeders' Cup World Championships at Del Mar Thoroughbred Club was \$182,908,409, a new record for the two-day event.

The total represents a 4.7 per cent increase over the prior record of \$174,628,986 set when the event was held at Santa Anita Park in 2019 and a 14 per cent increase from the total handle of \$160,472,893 at the 2020 event held at Keeneland Race Course in Lexington, Kentucky.

Total common-pool handle on Saturday's 12-race Breeders' Cup card was a record \$121,562,392. All sources common-pool handle on Breeders' Cup's 10-race Future Stars Friday card was \$61,346,017, also a new record for a Breeders' Cup Friday. This is the fourth consecutive year that the Breeders' Cup grouped all its juvenile races together on the Friday.

"We had an extraordinary two days of racing showcasing the best Thoroughbreds from around the world and we want to thank our partners here at Del Mar, who did an amazing job, and the greater San Diego community, our gracious hosts this week," said Breeders' Cup President and CEO Drew Fleming. "The Breeders' Cup is a truly global event with winners this weekend bred, raised and raced on three different continents."

On-track handle for the two days was \$19,032,307. On-track attendance for the two days was 47,089. Due to precautions related to COVID-19, Breeders' Cup and Del Mar reduced ticket capacity for the 2021 event. The Breeders' Cup World Championships will return to Keeneland in 2022.

With a successful finish to the thoroughbred racing season at Hastings Racecourse in Vancouver, the local breeding industry is optimistic for the 2022 season. The B.C. Division of the Canadian Thoroughbred Horse Society has also made some key changes to its executive.

The Canadian Thoroughbred Horse Society is a national organization representing breeders of Thoroughbred horses in Canada. There are division offices in British Columbia, Alberta, Saskatchewan, Manitoba, and Ontario.

The following is a recent news release from the society:

As a young boy growing up in British Columbia's Cowichan Valley, Dave Bennington would watch his grandfather clearing land with a team of horses at the five-acre family farm near Duncan on Vancouver Island.

"I dare say it was some time ago - the mid 1940's - when I fell in love with horses as a five-year-old," says the new president of CTHS-BC. "Later we would go to Sandown Park in Sidney to watch the

races."

And as the age-old theory goes: some things never change.

After serving CTHS-BC as Vice President and Finance Chair since 2018, Bennington was named President at a recent Board of Directors meeting. He replaces Grant Watson, who spent two terms and a portion of a third as President after joining the CTHS-BC Board of Directors in March, 2014.

During that time Watson established fiscal responsibility that resulted in maintaining and ultimately increasing the Breeders' awards and providing stability to assist the association through difficult times over the last two racing seasons. He decided to move back to Winnipeg to be closer to his family and enjoy time with his grandchildren.

The Board of Directors, as well as friends and a legion of racing acquaintances, extend thanks and best wishes to Grant for his devotion and hard work during the time he served with CTHS-BC. David Pihl replaces Watson representing B.C. at the CTHS National Directors level.

Bennington sees positive signs on the horizon, beginning with the success of this year's Yearling & Mixed Sale on September 14 at Thunderbird Show Park in Langley.

"Total sales figures and average price as well as median price were up from previous years," Bennington says. "The mood of consignors and buyers seemed to indicate that we are on the road to returning to a normal racing season with a great amount of confidence."

There were 75 sales recorded at an average of \$15,880 for a gross of \$1,191,000 and the 74 yearlings sold resulted in gross sales of \$1,181,000 at an average of \$13,304. Leading buyer was James Redekop and Tod Mountain Thoroughbreds with six, averaging \$26,000, and leading consignor was North American Thoroughbred Horse Company (NATHC) with three at an average of \$35,333.

"My mandate is to work with our CTHS members to increase the number of mares bred in B.C. so we can increase the BC-bred population," Bennington says. "Without a solid breeding program, a racing program will not flourish. Increasing the horse population is critical for Hastings to have a successful meet in 2022 and the years beyond."

At a recent Board of Directors meeting the advantages of increasing the upset price for the annual Yearling & Mixed Sales were considered with these and other points being brought forward:

- It would create an established starting price for the quality yearlings brought to the sale. Over the years, BC-bred horses have demonstrated they are valued horses and are capable of winning in all the jurisdictions they enter.
- It would assist with establishing farm status for the smaller-acre farms that might have just one or two broodmares.
- New breeders might be encouraged to take advantage of the broodmare incentive purchase program knowing the established sale price could be \$3,000 or \$5,000.

CTHS-BC members will soon be polled for their thoughts on raising the upset price at the Yearling & Mixed Sale with these options:

1. raise the upset price to \$5,000
2. raise it to \$3,000 (the minimum commission is five per cent so it would not change the amount on that sale)
3. raise it to \$2,500, mid-point
4. have the upset price remain at \$1,000.

"If we continue to receive a purchase incentive from the industry," Bennington says, "it will always assist the sale price." He adds there are solid plans for a 'Horses of Racing Age Sale' in March 2022 which will provide horses for owners both old and new to race at the start of the 2022 season.

Another encouraging development has been the tremendous support from within the industry to increase the BC-bred bonus on earnings to 35 per cent from 25 per cent and in addition, the increase to 50 per cent for horses that sold through the 2021 Yearling Sale will add to those bonuses in 2022 and 2023.

BC-bred grads from the CTHS-BC Sales did well this fall at Sales Stakes races in Alberta. In the 3 and 4-year-old fillies at Century Mile on October 15, Infinite Patience, by Sungold out of Montero and bred by William DeCoursey, won for co-owners DeCoursey and Ryan Nugent-Hopkins and trainer Barbara Heads. Infinite Patience also won the CTHS-BC Sales Stakes at Hastings on August 2.

Finishing third in the 3 & 4-year-old colts & geldings division on October, 16, 2021 was Toriado by Bakken out of Winning Toast, bred by Dr. Sheila McDonald, owned and trained by Milton Palma.

In the two-year-old fillies division on October 22, Amanda by Sungold finished second for breeder BC Stable and owner Peter Redekop B.C. Ltd., trained by Barbara Heads. Amanda is a half-sister to local champion Here's Hannah. In that same race Chica Hermosa by Bakken out of Ghost Girl finished third for breeder Ed Rougeau, owned by Milton Palma and Roxanne Sargent and trained by Palma.

Finishing first in the two-year-old colts and geldings division on October 23, was Asyoubelieve by Second in Command out of I Believe in Angel, bred by the Bennett/Caravetta duo, owned by Shot in The Dark Racing Corp. and trained by Tim Rycroft. In that same race Mount Asgard by Sky Mesa out of a Song for Arbonne finished third for breeder Black Canyon Thoroughbreds Ltd., owner Willow Creek Farms and trainer Robbie Henson. Mount Asgard won the CTHS-BC Sale Stakes on August 30 at Hastings.

Ralis, the Grade 1 winning stallion who's been at Canmor Farms in Aldergrove for the past three years, has been leased to Jim Alendal and will stand at Alendal's farm in Chilliwack.

Mister Snickers (Empire Maker - Sis City by Slew City Slew) a two-time winner has been retired and will stand at stud at Road's End Farm in Abbotsford.

For 2021-2022 the Industry has announced incentive programs to encourage racing stock and breeding stock in BC and to increase the horse population at Hastings. Details for all programs can be viewed at <https://www.cthsbc.org/incentives>.

HARNESS RACING CONTINUES

The winter season at Fraser Downs on the Cloverdale fairgrounds continues through the month of December, with a special holiday afternoon card on Boxing Day. With the return to 100 per cent capacity allowed at casinos, it is expected local fan support will be back to watch live racing twice a week at Elements Casino Surrey. Winter and spring racing is expected to continue until late April.

The B.C. standardbred breeders held its annual yearling sale online in November and 19 of the 22 horses offered for sale were sold. The sale topper was purchased by Rod Therres for \$19,200 and Rick White bought the next highest colt for \$16,000. Three other yearlings were sold for \$10,000 or more.

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FINDING EGYPT IN ROME PHARAOHS IN THE PIAZZAS



By Rick Millikan

Our dream of visiting Rome's past begins near Termini train station at Piazza della Repubblica. An ancient pillar rises high above other monuments decorating this circular plaza. A plaque explains this lofty obelisk once adorned Rome's Temple of Isis, Egyptian goddess of fertility and motherhood.

In Rome's historic center, our Hotel Zara is named for a biblical Pharaoh. The desk clerk introduces Italy's capital with a city map highlighting popular sites. Strolling up Via de Quattro Fontane, we encounter its namesake: four marble fountains adorning an intersection's corners. This elevated spot also provides splendid views of Basilica di Santa Maria Maggiore, Italian President's baroque Quirinal Palace and to the northwest, Basilica Trinita del Monti, our next stop.

Surprisingly, another monolith towers alongside this Basilica. A 1st century emperor had commissioned this Egyptian obelisk to decorate the public Sallustian Gardens. A thousand years later, Pope Pius VI relocated it here.

Descending the renowned Spanish Steps, another obelisk forms the centerpiece of Piazza del Popolo. Shipping two red granite obelisks from Heliopolis to Rome, Emperor Augustus installed this same Ramses II obelisk at Circus Maximus. Topping it with a cross, Pope Sextus placed it here.

Beside the massive round brick Tomb of Augustus, we discover two obelisks had been uncovered at its entrance. They now adorn the front of Quirinal Palace and Basilica di Santa Maria Maggiore. Strolling on along the Arno River, we admire Rome's Justice Building's bronze and marble statuary. Mighty Castel San Angelo and St. Peter's glorious green copper domes rise in the distance.

Beyond the river, a darkened archway leads us into sunny Piazza Navona. Once a Roman circus, it maintains its huge oval space. Now tourists enjoy musicians' performances, artisans' handicraft displays and al fresco restaurants' tantalizing pastas. Many, like us, also come to see Bernini's centerpiece Fountain of the Four Rivers. Another obelisk towers amid his baroque fountain.

Large hieroglyphs connect Emperor Domitian directly to Egyptian gods. Shipped from Aswan, this obelisk first fronted Roman temples, the Hippodrome and ultimately the Apian Way. Found broken more

than a thousand years later, Pope Innocentius X restored it. He then had it erected in the surrounding neighborhood to commemorate his papal election. Bernini fashioned the bronze papal dove for its apex.

Following narrow unmarked streets, we arrive at the spectacular domed Pantheon...and its red granite obelisk. Ramses II commissioned this obelisk. It became one of two flanking the former Roman Temple of Isis. Converting the pagan Pantheon into a Basilica, Pope Clemens XI placed the obelisk here, crowning it with a Christian cross and star.

Next morning, a bus carries us to the Vatican to view its artwork treasury inside. The highlight for most visitors is Michelangelo's wondrous fresco decorating the Sistine Chapel's ceiling. For us, the art outside is equally spectacular. Rows of marble saints top colonnades. Huge statues of St. Peter and St. Paul and stony white apostles line the towering Basilica's roofline. And yes, St. Peter's Square embraces another obelisk! Uncovered nearby at Caligula's Circus, Pope Sextus placed Rome's second largest column here, as a beacon pointing to heaven.

Homeward bound, we chat further about Rome's obelisks. Another Roman holiday will include seeing the world's largest obelisk. Brought from Egypt's Karnak Temple, it decorates Palazzo Laterno in Piazza di San Giovanni. And we'll visit Rome's 30-meter high 12th century B.C. marble-faced pyramid interring Caius Cestius. He, like other emperors and popes, embraced Egypt's cosmology.

Roman adulation explains why only seven of the



word's thirty obelisks remain in Egypt, while thirteen adorn Rome. In exploring the glory that was Rome, it's easy to find Egyptian grandeur!

Planning to go:

• Check out:

www.carnival.com/explore-carnival-cruises.aspx



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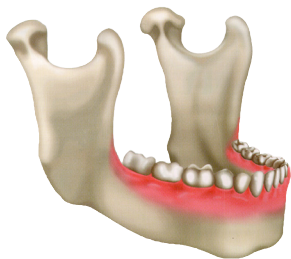
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Adental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants can provide an excellent solution to secure teeth and prevent bone loss.

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.

Apart from being able to smile, eat, speak and look better; dental implants are well known in their ability to stop bone loss and the onset of poor facial profile.



Natural Teeth



Resorption: 10 Years



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.



Implant Retained Denture
2 Implants



Implant Bar Supported
Denture
4+ implants

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.

Who is a Candidate for Dental Implants?

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.

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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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