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# TODAY'S SENIOR NEWSMAGAZINE



Pandemic Paradise The State of Travel page 17

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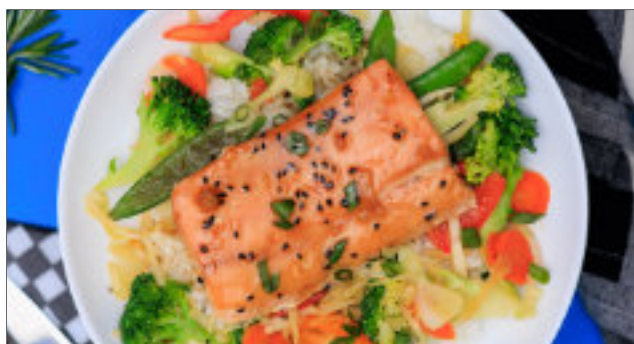
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# ACCORDION TO DAN

Riding on rapid transit in Vancouver from Waterfront station can be a surreal-

istic, nostalgic experience.

As a senior, you might start drifting back to how the city looked and how so much has rapidly changed. The following rhyme may jog a memory or two.

## VANCOUVER REFLECTIONS

The Cunningham Drug Store chain and stationery stores like Clarke and Stewart; Vancouver, somehow you don't seem quite the same, as we once knew it.

Arnold's pawn shop, the House of Stein, Dunne and Rundle Cameras, Lens and Shutter; many a theatre row neon signs; Scott's Restaurant, The White Lunch, for some of us, were our bread and butter.

The Book Bin and Duthies to browse around, Kelly's Records, Eaton's camera department and enjoying a meal at the Marine Room on the top floor. So many good memories, by some of us, are still bound. I remember when one could rent a place way up on the fifteenth floor of Pacific Palisades looking out with a fabulous view over Coal Harbour and the North Shore mountains for a whopping hundred and fifty-seven dollars a month for a studio apartment!

## OWL PROWL and OTHER RADIO MEMORIES

Seniors, do you recall all those talk shows so many of our ears were glued to such as Pat Burns on CJOR, Ed Murphy on CKWX and one word that could instantly take us back--'PRECISELY' – Jack Webster, of course. Late at night many of us were tuned to Jack Cullen's Owl Prowl program on CKNW. So many of those great now old-time entertainers, he interviewed and their records he often played. Wow what a great late evening radio broadcast that was, eh.

Listening to The Weavers—with Pete Seeger-singing 'Good Night, Irene', taking us back to the days of the almost magic vacuum tube era of the radio receiver. What a time to relax—, listening to a Philco, RCA, Westinghouse or Marconi. A special time that had been.

Owl Prowl became centre stage in many of our homes, a truly wonderful entertainment age. Many of us still miss Jack Cullen's Owl Prowl show. Totally mesmerized to his radio show we would go.

That program reprised such great names as Rosemary Clooney, Bob Hope, Martin and Lewis when vaudeville was a rage. Back to Jack Benny, Our Miss Brooks, Wayne and Schuster, detective programs and voices like Doris Day and Patti Page Now, that was some Greater Vancouver program—...boy, oh boy!

## A BIT OF OLD TELEVISION NOSTALGIA

Just think if we still had the Ted Mack Amateur Hour and Geritol was still the main sponsor. Do you still remember that 'ailment' in a commercial they called 'Tired Blood'? From a sales perspective, it sure could manage to empower. What a successful promotion it had been.

Do you still recall THE 64,000 DOLLAR QUESTION? What a popular TV quiz show? Revlon introduced their own brand name of hair cream called Top Brass for men. It seems values have changed, just a tad since then.



Nostalgic Vancouver memories continue to float through the years. photo: Dan Propp

## A GREAT WHO DONE IT SERIES

In closing this March issue, a short recommendation to search for DVD packages of a famous TV series at a thrift store, if you can find one.

### An Old Crumpled Coat and A Jalopy

"Just one more thing!" The role of Columbo played by Peter Falk and his trademark beige raincoat, cigar and an old junker of a car became a very popular show. There were many famous Hollywood stars who performed in key roles in that series. What a great TV show.

With a bit of luck, you might find a copy on DVD at a thrift store or perhaps streaming somewhere online. All those episodes of Columbo will reprise the humour back to the way it once was in this award winning 'we all know who done it series'.

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# A JOURNEY WE ALL TAKE

By Ursula Maxwell-Lewis

Normally I write about travel, books, arts - the fun stuff. In fact Ancestry just revealed that I'm 39% Irish so magical Ireland would have been the natural March choice. However, talking to Rebecca Smith, Executive Director of Surrey Hospice and Cloverdale Board of Trade President, reminded me of a one-way journey we do our best to avoid discussing. In fact, years after my own mother's passing I still grieve that I (an only child) was completely ignorant about how to navigate the heartbreaking end-of-life inevitability in a way that would help us both. Rebecca, whose 21-year-old brother passed away 25 years ago three months after a cancer diagnosis, empathized.

When tragedy stuck their family, Rebecca told me that crisis assistance, information and other qualified insightful help was neither offered, nor available. The stunned family (which included a six-year-old) navigated their pain and grief privately, internally. "I was shocked and appalled at how little I knew. I don't want to see another family go through that ...ever ...", she says emphatically.

With a background in organizational management, public relations and volunteerism, Rebecca decided to explore ways to re-channel her business training and painful family experience. She was convinced that the 'Go home. Get ready. We need the room' message her grief-stricken family received at VGH should and could be avoided by others. "Guilt can keep you stuck. It's really hard to get past guilt. I just wanted to do more. I had no idea what hospice was. I thought it was just where people went to die," she recalls.

Years later, after much related training and onsite experience, Rebecca Smith is adamant that the need

for Surrey Hospice not only remains undiminished, but is growing.

"We are a society, not a residence. Everyone is welcome to come to us. Trained grief councillors are available to meet with people of all ages. Everyone grieves differently - especially children," she explains. "Children are often forgotten, or misunderstood, when heartbreak happens. Navigating hurts in that age range requires unique insight and specialized training."

The Surrey Hospice palliative care team works closely with Laurel Place, the Fraser Health long term care home near Surrey Memorial Hospital. Hospice support here is tailored to individuals based on what the society can offer. There are also counselling legacy programs. During Covid these have been in abeyance, but ward access is beginning to open up.

Although provincially funded, the plethora of hospice needs remains undiminished. Volunteers are invaluable, as is support from organisations such as Surrey Fire Fighters and Surrey Teachers' Association.

Smith hopes that the annual one-day free public conference The Beginning Of A Conversation usually held at Kwantlen Polytechnic University on 72nd Ave., Surrey, will happen again soon. This event features up to 25 speakers, an exhibition featuring a wealth of general information including end of life planning, executor services, and other pertinent topics.

Surrey Hospice online seminar registrations during Covid have increased and are valuable informal approaches to assisting people - particularly through 'triggering events' such as Valentine's Day, Christmas,



Rebecca Smith, Executive Director, Surrey Hospice Society. Photo submitted

Father's Day Without Father, other 'name' days and winter doldrums.

A Zoom Skip the Dishes Dinner, craft workshops and small group dinners have encouraged people to connect. "Laughter is an important part of grieving. It's not all about body parts, scans and rules," says Smith.

On the evening of August 6 Surrey Hospice will be hosting a free Celebrate Our Resilience celebration of life at the Bill Reid Millennium Amphitheatre, Cloverdale, which will include a butterfly release.

Rebecca closes our chat by reminding me of hospice community thrift shops (one of many volunteer opportunities) such as the joint Surrey Hospice / Surrey Fire Fighters Charitable Society Store at 7138 King George Blvd., Surrey 604-599-9930 (closed Sunday).

For more information about the Surrey Hospice Society go to [www.surreyhospice.com](http://www.surreyhospice.com) or call 604 584 7006

Ursula Maxwell-Lewis is Director Emeritus of the Surrey International Writers' Conference. Her work appears regularly in various publications. Reach her at [utrael@shaw.ca](mailto:utrael@shaw.ca)

## MELTING ROOFTOP SNOW CAN LEAD TO BIG PROBLEMS

Whenever the temperature rises after a cold spell, whether from a winter thaw or the beginning of spring, rooftop snow can lead to damage. Ice damming is a common occurrence, and it can affect both the exterior and interior of your home.

What causes ice damming?

An ice dam is created when snow melts during the day and then freezes again, usually at night around the edges of your roof or eavestroughs. As this barrier of ice gets larger, it prevents further melting snow from draining off the roof.

With no way of leaving your roof, meltwater pools there and backs up under the shingles and into your home, where it can cause damage to the wood structure, insulation, ceiling, wall finishes, furnishings and personal belongings.

Outside, ice dams are not only a safety risk, but they can also cause damage to eaves and lead to the buildup of a white, powdery residue called efflorescence on concrete and brickwork.

Homeowner dos and don'ts

The best thing to do is prevent ice dams before they

happen. Soon after a snowfall, use a roof rake to remove snow from the first metre of your roof. If you already have ice buildup and want it removed, consider hiring an experienced professional to do it for you.

Don't climb onto the roof to try to clear snow or ice — you can damage your home and seriously hurt yourself. Throwing salt or de-icing chemicals on roof ice is also a bad idea, as they may cause shingles to deteriorate.

Warranty coverage for ice damming

In most cases, damage associated with ice damming isn't covered by Ontario's new home warranty because it's a natural occurrence that can be prevented through proper maintenance.

However, you may be entitled to coverage for up to two years if the water penetration into your home is the result of a defect in workmanship or materials. If you're unsure, talk to your builder. You can also contact Tarion, the organization that backstops your builder warranty.

Find more information at [tarion.com](http://tarion.com).

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And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey





# VANCOUVER DINE OUT 20TH. ANNIVERSARY



Article & photos by Lenora A. Hayman.

The 20th Anniversary of Vancouver Dine Out Jan 14-31, 2022 was a fun and price friendly way to check out restaurants, ranging from \$20-\$59, for their 3-course meals.

The Japanese restaurant Bistro Sakana, 1123 Mainland St. Vancouver, in Yaletown (604-633-1280) offered both an authentic and fusion experience.

Each course was beautifully plated for the \$55.00 meal. Course one included basil pesto scallop motoyaki, baked and served in an oyster shell, with Tobiko flying fish roe and miso sauce. The Albacore tuna tataki was seared on the outside and left raw on the inside with a smoked ponzu jelly of soy sauce, bonito fish flakes and citrus.

Course two was a Yaki Hassun box of 4 premium delicacies, Ebimayo, fried shrimp in mayonnaise, Black Cod Yu-an Yaki with its sweet yuzu citrusy taste, Egg Plant Dengaku, the classic sweet and savory miso glazed eggplant, and pork belly and daikon oden broth.

Course three was a nigiri (meaning 2 fingers) platter including flame seared aburi wagyu beef and sockeye salmon.

I chose 3 different cold sake pairings for the courses, the Ippaku Suisai Tokubetsu Junmai (clear and fresh), the Dewazakura Ginjo, (hint of Juniper) and the Dassai 45 Junmai Daiginjo with floral notes.

Our meal concluded with a delicious lava cake.

Le Crocodile at 100-909 Burrard St. Vancouver,

604-669-4298, under Chef and Owner Michel Jacob, originally from Strasbourg, France, is where my friend Charlotte and I enjoyed a real French fine dining experience for \$54 with impeccable service from server Petra.

Our Amuse bouche was a savory gruyère cheese and spinach tartelette.

My delicious, wild mushroom soup was scented with truffle oil and served with a Parmesan cheese twist.

Charlotte said her golden beets arugula salad with buffalo cheese was fresh with the Dijon and honey vinaigrette.

My entrée of duck confit with the Normandy apple Calvados brandy reduction, served with Ricotta cheese vol-au-vent was rich and excellent.

Charlotte's grilled Arctic char, sea urchin, and beurre blanc, served with the thin Tagliolini ribbon pasta was "moist and perfect".

The lychee sorbet with the touch of vodka was a nice palate cleanser prior to the lovely classic Crêpes Suzette dessert.

Our Alsace Gustave Lorenz Gewurztraminer wine paired well with all courses.

Thanks Destination Vancouver for another great Vancouver Dine Out Festival.

Photos all by Lenora A. Hayman

**TOP:** Lenora Hayman & Jeffrey Jung at Bistro Sakana.

**RIGHT:** Gruyère cheese tartelette at Le Crocodile.

**BOTTOM:** Server Petra L. with Crêpes Suzette at Le Crocodile.



## 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 reseal-

able 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](https://catsa-acsta.gc.ca).

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FINANCIAL NEWS

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

**Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.**

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the “Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option” allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and wanted to make sure that his new spouse is looked after financially after he passes away as he is older than his new wife. He also wants to make sure that his children from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor annuitant on his RRIF and named his children as irrevocable beneficiaries.

How does it work?

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise

their rights under the contract, including the right to change the beneficiaries, adjust the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse’s ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

Married with Children from a previous marriage

You may want to provide an income stream to your spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse’s death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death but will need the kids’ consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting their residual interest.

Spouse is Financially Irresponsible

Perhaps you are concerned that our spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse’s needs, and that the investments are not cashed in and spent.

To find out more about estate planning for your RRIF contact your investment advisor or contact Rick at 604-535-3367 (Suite 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

FLYING HAS CHANGED SINCE YOUR LAST HOLIDAY



With many restrictions being lifted, at least here in Canada, people are finally able to travel again during the holidays. But you’re still going to notice some changes at the airport — new measures in place to ensure the well-being of travellers and staff.

The first changes come before you leave for the airport. You’re now able to bring a larger bottle of hand sanitizer in your carry-on luggage, up to 355 millilitres. And, of course, you need to put on a mask before entering the airport. You’ll also need to show proof of vaccination.

After you check in and get to the pre-flight security screening, you may notice extra hand-sanitizer stations at the entry to the checkpoint. Those are there for you. You’ll be happy to know that there are increased cleaning protocols in place in and around the screening checkpoint as well.

You’ll also notice that lining up looks a little different. While in the queue and in the screening checkpoint, you must keep a distance of two metres between yourself and other passengers. You’ll also be asked to hold on to your own electronic or printed boarding pass while it’s scanned to reduce touch-points.

You can check your departing airport’s website for the latest information on health and safety measures. Find more information on pre-flight security and packing tips from the Canadian Air Transport Security Authority. Check out their website at catsa-acsta.gc.ca.

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## THE PHARMACIST REVIEW

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

### D-MANNOSE TO PREVENT UTI

Cranberry is not the only natural product to treat and prevent a urinary tract infection ("UTI"), nor is it necessarily the best choice. Of course, the most effective treatment after a proper medical diagnosis would be an antibiotic prescribed by your doctor.

The main active ingredient in cranberry is proanthocyanidins ("PACs" aka. condensed tannins), which is thought to prevent adhesion of bacteria to the inside of urinary tract wall as well as offer mild antiseptic action. However, it has not been seen by scientific studies to remove bacterial growth that is already adhered to the tract walls, and, thus, is not generally recommended for treatment of UTI's, and especially not those associated with neurogenic bladder. Cranberry extract of up to 800mg twice daily has been safely used in clinical trials, though. "UltraCran" capsules by WellQuest, "Cranberry" by New Roots Herbal, and "Utiva" are popular options. Be mindful that cranberry juice, while containing more soluble forms of PAC's, is also very high in natural sugars which could promote bac-

terial growth, not to mention affect metabolic syndrome conditions (eg. blood pressure, cholesterol, diabetes, obesity).

A simple sugar called D-Mannose has been studied for prevention of UTI's. This sugar is not metabolized in the body at all, and is excreted intact in the urine; it does not affect glucose metabolism. Clinically, D-Mannose has been reported to be an effective way to prevent UTI, and is especially useful in recurrent cases. The mechanism is theorized to be based on E.Coli's affinity to sugars such as D-Mannose; by coating the urinary tract and being available to the bacteria, the E.coli selects D-Mannose rather than binding to the urinary tract wall. Trusted products that contain D-Mannose and PACs include "UTI Cleanse" by AOR, "D-Mannose & Cranberry" by New Roots Herbal, but one of our favourites is "Cran-Mannose", which is a high-potency, high-quality standardized cranberry extract 143mg with 400mg of D-Mannose per capsule made by a highly-trusted company, Cyto-Matrix; 2 capsules taken twice daily has been reported to prevent uncomplicated UTI's in men and women.

Both PACs and D-mannose are well-tolerated, but consult your integrative physician or pharmacist before trying any natural herbal product, which does contain an active chemical that could potentially give you side-effect(s) or interact with your diet or medications. Talk to our integrative pharmacy teams at Cloverdale Pharmasave or Pharmasave Steveston Village for options to minimize risk of recurrent infections and ways to maximize your whole-body health.

*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.*

### HOW TO PROTECT YOURSELF FROM FRAUDSTERS TARGETING SENIORS

From telephone calls to suspicious emails or text messages, fraudsters take advantage of the pandemic to prey on consumers' fears, often targeting seniors. But, like the old saying goes, "If it seems too good to be true, it probably is."

It's important to be very cautious when receiving any kind of message that appears to be from a bank or financial service asking for personal or financial information. No matter how official it may look, Canadian banks do not ask for this kind of information by email or text. Staying in touch with your local branch is a safe way to verify your concerns.

If you suspect that a call, email or text is not legitimate, call your branch and let them know. Here are some tips from the Financial Consumer Agency of Canada on what else you can do if you think you may have been the target of financial fraud:

- Change your online banking and email account passwords.
- Ask the bank to place a fraud alert on your account.
- Review credit card and bank statements for unknown charges or ask a trusted loved one to do so.
- Order a free credit report and carefully check for anything unusual.
- Contact the Canadian Anti-Fraud Centre at 1-888-495-8501.

Find more information and resources to protect yourself at [canada.ca/money](http://canada.ca/money).

[www.newscanada.com](http://www.newscanada.com)



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## NEW WEST WOMAN WALKING TO IMPROVE EDUCATION IN AFRICA

In mid-April, New West retiree Debbie Tommila will walk 10Km to support children in Africa, taking part in this year's Virtual Vancouver Sun Run. Her goal is to help raise funds to build another badly needed classroom at a tiny elementary school in the Congo. "I enjoy walking, I love to volunteer, and I am glad to give time and energy to help children's education," Debbie said. The school, on land owned by Coquitlam-based Shiloh Place Orphanage Society (SPO) in Lubumbashi, DRC, is one of several services developed in the last decade through donations, large and small, from people here and businesses in Lubumbashi. A well and water pump, a community hall/adult education centre/chapel, and three classrooms - with appropriate toilet blocks - are built and in use. "Every dollar given to recognize Debbie's efforts in the 10Km walk goes directly to the school. SPO is all-volunteer, with no administration fees", said SPO volunteer Shelagh Armour-Godbolt. "Some 120 girls and boys attend Le C.R.S. Silo-Place (the French-language Congolese government title of the school) in grades one to six. Space is so tight we are using the teachers' office as a classroom. We need to fundraise to build and furnish a proper, larger classroom in the coming dry season in the Congo. A basic education can be a route out of poverty for these children."

The school does not require a uniform or shoes for

a child to attend - major stumbling blocks at other schools for underemployed families. C.R.S. Silo-Place offers instruction through which a child who started school a year or two late, due to family poverty, can progress - as their ability allows - from grade to grade within a school year. The state curriculum is used. So, if a family moves away, their children can enter school in their new community. "In many ways, the school offers local families hope", Debbie says.

In addition to C.R.S. Silo-Place's 120 students, several older, orphaned children who live with extended family are supported in their education (\$250/year) by SPO donors. The whole neighbourhood benefits from the community meeting space and the safe water source, as well as the schoolrooms.

To support the new classroom construction and to recognize Debbie Tommila's efforts, your donation can be sent by e-transfer to [siloplace@gmail.com](mailto:siloplace@gmail.com), or by cheque - payable to UMOJA and with "Shiloh Place classroom" in the memo line - mailed to SPO



c/o #211 - 615 North Rd, Coquitlam, V3J 1P1, or via PayPal at [www.shilohplace.ca](http://www.shilohplace.ca). Every dollar helps! (Tax-deductible receipts are available for gifts of \$25 or more.) For more information about the work of SPO Society or the school, please contact Shelagh at 604-415-9397 (day/evening) or at [shelaghag@shaw.ca](mailto:shelaghag@shaw.ca). Thank you for your interest in the education of children in need, far from us!



# HELP PEOPLE IN NEED AND FEEL GOOD GIVING BACK

Has the pandemic left you feeling down? If you're looking for ways to feel more connected, there are many ways you can lend a hand.

Even if you're not great with numbers, you can gain a feeling of community and help those in need by volunteering with the Community Volunteer Income Tax Program. Each year, community organizations and volunteers do taxes for hundreds of thousands of people for free.

As a volunteer, you can help those with modest incomes do their taxes and get access to benefits and credits that can make a big difference in their lives. This is money many people rely on to pay for rent, childcare or food for their families.

While you help others, research shows you'll also be helping boost your own happiness, as acts of kindness release hormones that contribute to your mood and overall well-being.

You don't need to be a tax expert to help. There are different roles you can play, like scheduling, greeting, interpreting or doing taxes.

This year, clinics will be held in person or virtually, so you can choose how you want to participate. So round up your friends or colleagues and encourage them to volunteer and give back to the community. Get connected, help others and get the boost you need! Learn more or register as a volunteer at [canada.ca/taxes-volunteer](http://canada.ca/taxes-volunteer).

[www.newscanada.com](http://www.newscanada.com)

# HAPPY SAINT PATRICKS DAY!



- |                     |                  |                   |                   |
|---------------------|------------------|-------------------|-------------------|
| St. Patricks Day    | Fiddle           | Ireland           | Celtic            |
| Shamrocks           | Shenanigans      | Rainbow           | St. Paddy         |
| Kiss Me I'm Irish   | Killarney        | Blarney Stone     | Magical           |
| Blarney             | Dublin           | Shillelagh        | Guinness          |
| Jig                 | Limerick         | Four Leaf Clover  | Pot of Gold       |
| Banshee             | Leprechaun       | Ides of March     | Lucky             |
| Cockles and Mussels | Irish Wolf Hound | Green             | Tradition         |
| Belleek             | Tam O' Shanter   | Top O' The Mornin | Luck of the Irish |

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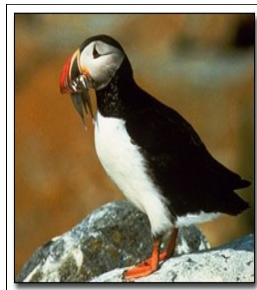
### Cactus Blossoms Palm Springs, Las Vegas April 2-14: 13 Days

Highlights include: Las Vegas for two nights, Palm Springs for 3 nights and Death Valley. Book by **Feb 2nd** and save \$50 per person! Come and join the Pitmar family and find out why we have so much fun! 15 meals-**\$3195** Cdn dble occ, no GST.



### Newfoundland and Labrador July 1-July 14: 14 Days.

Join Teresa as she hosts this 13 day circle tour to Newfoundland and Labrador with Atlantic Tours. Discover a land filled with Viking history. Explore a land rich with culture. Travel to a land overflowing with natural beauty. From west to east, Newfoundland & Labrador will undoubtedly leave you with memories that will last a lifetime. **\$5735** pp Dble. Inc taxes and air.



### Kettle Valley Steam Train and the Okanagan, Sept 3-5th: 3 Days



Stay in the heart of downtown Kelowna for two nights and experience a ride on the Kettle Valley Steam Railway and a western BBQ. Enjoy a boat tour on Okanagan Lake; Wine tasting at a local Summerland Winery. Lots of fun and adventure packed into these 3 days. 3



### Quadra Island - Whale Watching Aug 13-15: 3 Days

Quadra Island is an amazing community to discover. The culture of the first nations community and the treasures of the close knit artistic residents are worth exploring. Whale watching included. It is a clean unspoiled environment surrounded by breathtaking coastal scenery. 3 Meals-**\$1035** Cdn PP Dble+GST. **\$1195** Cdn Single+GST.

### Southern Rockies, Waterton & Drumheller Sept 18-25th: 8 Days



This is a great trip as you discover the best of the Canadian Rockies through Osoyoos, Cranbrook and the World Heritage site of Waterton Lakes National Park. Take a boat tour on Waterton Lake and find out what Head Smashed Buffalo Jump is all about. Explore Fort Mcleod. Visit the land of the dinosaurs at the Royal Tyrrell Museum in Drumheller, AB. Return over Rogers Pass with a final night at the Three Valley Lake Chateau. **\$1995** Cdn PP dble occ. +GST.

### Storm Watch on Vancouver Island November 8-10th: 3 Days

Experience the raw power of the mighty Pacific Ocean as ferocious waves roll in from and pound the shores of the rugged west coast - nature in all it's fierce majesty! Feel the pulse of a winter storm from the comfort of your room with breathtaking views. **\$895** Cdn pp Dble occ + GST. \$1125 Cdn single +GST



### Leavenworth and Warm Beach Lights December 15-18: 4 Days



An entertaining night viewing over 1.5 million lights in dazzling light displays and the holiday sounds of Victorian Carolers. Tulalip Casino Hotel stay. Horse drawn sleigh ride, the lighting Festival of the Bavarian Town of Leavenworth, with a traditional Bavarian Dinner. A definite favorite for the Christmas season. **\$1095** Cdn pp Dble occ, NO GST.



### Butchart Gardens & Chemainus Theatre December 6-8: 3 Days.

Join us on Vancouver Island and experience the spectacular Butchart Gardens Christmas lights and the Chemainus Festival Theatre. . Other highlights include a Christmas live production at the Chemainus Theatre, lunch buffet and the Christmas lights of Ladysmith. **\$855** Cdn pp dble occ plus GST

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# TIPS TO MAKE THE MOST OF YOUR FIXED INCOME

Living on a fixed income in retirement can present challenges, but it doesn't mean you have to give up on your passions or the things you love. Here are a few ideas to stretch your dollars:

- Use the discounts
- Countless businesses offer discounts or free programming for those of us past a certain age. Next time you're making a purchase, from toothpaste to takeout, make sure you're taking advantage of any deals available. These discounts may not be advertised, so it's worth an ask. Every dollar can really make a difference.
- Re-evaluate expenses
- Review your core expenses, like housing, utilities and telecommunications and see if there are any opportunities to save some cash without hurting your quality of life in a big way .
- For example, are there things you can do around the house to cut utility costs, like doing laundry in cold water or sealing up your doors and windows to prevent heat loss? Are you taking advantage of pro-

- grams which help lower your financial barriers?
  - When it comes to technologies, programs like Telus Mobility for Good for Seniors and Internet for Good for Seniors allow eligible low-income seniors to access discounted smartphones and wireless plans across the country, and benefit from low-cost, high-speed internet in some provinces. These programs can help you manage your budget while you stay connected with loved ones, access online healthcare resources and participate in virtual events.
  - Focus on community
  - Although a careful budget is important on a fixed income, don't get so stuck in the details that you lose sight of yourself and your community. Making new friends and spending time with loved ones doesn't rely on high spending. There are affordable ways to connect. Try going for a weekly walk with a group in a local park, join a class at the library or participate in a free seniors' night at a local museum or gallery.
- www.newscanada.com

## START THE NEW YEAR OFF RIGHT WITH A SUPER SMOOTHIE

Did the holidays leave you feeling full and sluggish? Give yourself a fresh start in 2022 with a healthy breakfast.

This quick and easy smoothie from registered dietitian Abbey Sharp is packed with protein, healthy fats and fibre, which will give your body the energy it needs to go about your day.

"Smoothies should be nutrient-dense, so I like to choose high-quality ingredients that optimize the nutrition in my glass," says Sharp.

For easier digestion, she prefers using a2 Milk that doesn't contain the A1 protein that researchers have found can be more difficult to digest. This product comes from cows that naturally produce milk without the A1 protein, so using it in your smoothie will fill you up without any digestive discomfort.

Super Smoothie

Prep time: 5 minutes

Serves: 1

Ingredients:

- 1 cup a2 Milk
- 1 cup frozen berries
- 2 ripe bananas
- 1/4 cup frozen spinach or kale
- 2 tbsp nut butter
- 1/2 cup Greek yogurt
- 1 tbsp "sprinkles" (hemp hearts, flax or chia seeds)

Directions:

1 Simply add all the ingredients to a blender, give it a good mix and enjoy.  
www.newscanada.com

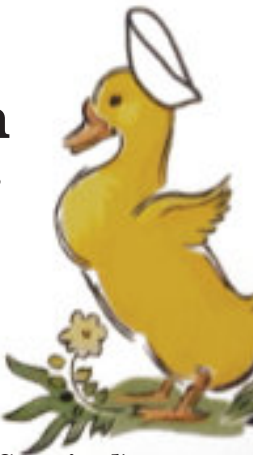
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## WRITE AS I PLEASE

By Mel Kositsky

We are not off to a great start early in the New Year. Canada and the world are facing down new challenges and there are no easy solutions. Is 2022 going to become the "Year of the Protest"?

The Lunar "Year of the Tiger" came in last month with much promise. This year is known as the year of the Water Tiger and will bring a confident and authoritative energy to all. Tigers are aggressive, tenacious, ambitious, competitive, and strong. Tigers are also known to be generous to their loved ones. The tiger embodies courage and bravery, so the new year could symbolize resilience and strength — even in times of struggle, according to scholar Jonathan H.X. Lee. So depending on your own interpretation of what's going on in the news today, we may be in for a rough ride.

While we are still attempting to get out of a global pandemic, another major issue has now emerged and it may be even harder to shake off than the COVID-19 virus. It is an "anti-government" sentiment that has been building for years around the world -- and it is coming from all sides of the political spectrum. It has been largely ignored here as people thought it could never happen in Canada -- after all, we are too polite and too peaceful. Well

not anymore.

The February "freedom" protests and blockades are just an example of what can happen. It has been going on for years in the United States, Europe and other parts of the world, but given little prominence in Canadian media. Canada likes to laugh at American politics but now that the craziness is happening on our own soil, it shows we are not immune from political unrest. Some people are now starting to blame the mainstream media and target journalists for being part of the problem. For years it was the new technology of "social media", which at first was strongly embraced, but now condemned for spreading false information. Unfortunately we are getting to the point where no one believes any news anymore. And that is a big problem.

Hopefully we are not going back to the olden days, such as the lead up to the American Revolution when the American colonies decided they wanted to break from England and create the United States. The rallying cry then was -- "Give me liberty, or give me death!" -- a quotation attributed to Patrick Henry from a speech he made to the Second Virginia Convention on March 23, 1775.

A number of provincial elections will be held in Canada this year, with the two big ones in Ontario and Quebec. Municipal elections will also be held during October in B.C. and Ontario. Then there is the "midterms" in the United States in November -- and the noise will be getting louder from our southern neighbours. The results could easily set the stage for a Donald Trump comeback for President in 2024. People were already waving his flags on Canadian soil!

Both the pandemic and the protests clearly show the differences in the Canadian and U.S. political systems. Both have at least three orders of government -- but they operate very differently. People are learning how strong "jurisdiction" comes into play and often that can cloud solutions if people do not want to cooperate. Some might say there are just too many politicians!

Some people believe the media is both contra-

dicting and biased. That leads to poor explanations of current affairs when they present American "experts" explaining Canadian issues. They come at it from a different perspective and influence. Then, when you have tennis and football stars entering the political realm with anti-vaccine rhetoric as an example; it only fuels the flames and makes it more difficult. The media is fixated on creating "celebrity" status on certain people (including their own performers) -- and that brings more emotion into these serious debates. But don't despair. Things usually sort themselves out and life goes on. Sometimes it just takes more time than we want it to.

Some people are crying about spilt milk -- well almost.

While most people would agree getting a deposit return on some dairy products is a good idea, it is still one of those taxes that seems to have come in under the radar and is hard to explain. A 10-cent deposit is simple but then there is that dreaded extra fee -- which actually has a name -- CRF.

The Container Recycling Fee (CRF) is the fee Return-It charges to cover the net cost of recycling a beverage container. CRFs have been in place for beverage containers in British Columbia for more than 18 years. The CRF varies for each beverage container category. As a not-for-profit, product stewardship agency, Return-It only charges the net cost for recovering and recycling beverage containers after any unredeemed deposits and commodity revenues for that container type have been used. It usually starts with four cents, but can be six cents or even nine cents for the larger milk jugs. For more information you can check out the website at: <https://www.return-it.ca/beverage/recycling/milk2022/>

Here we go again! Don't forget to spring ahead on Sunday, March 13 -- the start of Daylight Savings Time. It is expected to stay light that day to around 7:30 and keep getting nicer, and brighter as Spring weather rolls in. But don't expect the great debate on whether to keep it year-round to start up again. That ship has probably sailed.

# THE DO'S AND DON'TS OF HOME SAFETY

The best defense against a home emergency is prevention. To ensure your family is taking preventative measures and practicing whole home safety, everyone should know these six do's and don'ts of fire safety.

Don't forget about carbon monoxide. Throughout the colder months, the risk of CO poisoning increases dramatically. The invisible, odourless gas is produced by fuel-burning devices such as stoves, generators and fireplaces, and can only be detected with a dedicated alarm. Have your appliances professionally inspected every year and install CO alarms in your home.

Do install smoke and CO alarms in your home. For the best protection, install smoke alarms on each level of your home, including the basement, and in every bedroom. Install CO alarms on every level and near all sleeping areas. Remember that alarms don't last forever, so replace outdated units. If you can't remember the last time you installed an alarm, chances are, it's time to replace it. Alarms are on duty 24/7 and need to be replaced at least every 10 years.

Don't forget to check your alarms regularly. Once your smoke and CO alarms are installed, test them regularly and change the batteries at least every six months. For convenient protection, upgrade to First Alert 10-year smoke and carbon monoxide

alarms, which eliminate battery replacements and late-night battery chirps for a decade.

Do keep a fire extinguisher on hand. Beyond alarms, having fire extinguishers — and knowing how to use them — is an important part of maintaining a safe home for you and your family. Place fire extinguishers on every level and in high-risk rooms such as the kitchen and garage.

Don't leave food unattended when cooking. The National Fire Protection Association reports that unattended cooking is the number one cause of home fires. Whether you are using the stovetop or oven, be sure to always remain in the kitchen. Clear the area around your stovetop of fire hazards, including items that can catch fire such as paper towels or dish towels.

Do have an emergency escape plan. Develop a plan and practice it with the entire family twice a year. Walk through your home as a family and identify two exits out of each room, including windows and doors. Your family should also pick a designated meeting spot a safe distance away from the house. Once outside, stay outside, dial 911 and wait for emergency responders to arrive.

Learn more about home safety at [firstalert.ca](http://firstalert.ca).  
[www.newscanada.com](http://www.newscanada.com)





# DID THE CANADA REVENUE AGENCY REALLY CONTACT YOU?



Last year, about 100 Canadians a day were victims of a scam! Many of these scams imitate the CRA's programs and services to gain access to your personal and financial information. So, how can you avoid getting tricked?

Here are three tips to avoid being scammed by someone pretending to be from the agency:

1. Know how to recognize a scam
- Scammers may insist they need your personal or financial information, such as your SIN or credit card details, to send you a refund or collect a payment. Beware when you get any message, whether it's by telephone, mail, text or email, that requests this information.
- Callers may use threatening or coercive language to scare you into paying a phoney debt. Know that the government will not demand immediate payment or

- threaten you with arrest.
- Fraudsters may urge you to visit a fake website where you're asked to verify your identity by entering personal information. The CRA will not email you a link asking you to fill in an online form with personal or financial details.
2. Protect yourself from identify theft
  - Monitor your tax accounts by registering for My Account or My Business Account. Once registered, sign up for email notifications, which will notify you of changes made to your accounts or if paper mail from the agency was returned.
  - Use unique and complex passwords for your CRA and online banking accounts. You can set up a personal identification number (PIN) in My Account or with the help of one of the CRA call centre agents to help confirm your identity for future calls.
3. When in doubt, check your online account
  - If you receive a call, letter, email or text saying you owe money or have received a refund, check your My Account or call the CRA at 1-800-959-8281.

If you think you may have been the victim of a scam or have been tricked into giving personal or financial information, contact your local police service.  
[www.newscanada.com](http://www.newscanada.com)

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Details on page 3.

# WHAT TO LOOK FOR WHEN BUYING A NEW SMART DEVICE

The holidays are one of the most popular times of the year for big purchases like smart phones, TVs, gaming systems or home assistants. If there's a smart device on your shopping list this year, here are a few things to keep in mind.

### Security features

Depending on what you're buying, your device could be transmitting or storing personal data. If this data gets into the wrong hands, it could lead to digital identity theft. No matter what the device, you should be looking at what security features they offer. Certain models may be more expensive, but they could have crucial security features you should be using. Make sure your device gives you the ability to create your own strong and unique password.

### Privacy policy

Certain smart devices, like a phone or home system, can capture a lot of private information about you. Your daily routine, health and fitness habits, and your personal banking information are all examples of data that could be on these devices. When you're looking for the right device, check to see how the vendor will protect your information. Certain companies will have stronger policies when it comes to protecting your data.

Getting a new device for the holidays always brings lots of excitement and joy. If you're bringing home a new smart device this season, keep the device's security features and the vendor's privacy policy in mind to make that new device joy last.

Find more tips on how to secure your new devices at [getcybersafe.gc.ca](http://getcybersafe.gc.ca).  
[www.newscanada.com](http://www.newscanada.com)

# A VEGGIE TWIST ON A FAMILY FAVOURITE

Want a healthier twist on a takeout favourite? Try this nutritious and delicious spin with cauliflower pizza, for those nights when you want a treat that's as good for you as it tastes.

This kidney-friendly pie is perfect for those looking to limit their intake of sodium and phosphorus. It was developed by dietitian Hanna Kim for the Kidney Community Kitchen, a Kidney Foundation website that offers tasty recipes, tips and expert advice on how to make cooking fun, even if you have restrictions in your diet.

Try this pizza to prove cooking on a kidney diet doesn't have to be boring.

Roasted Red Bell Pepper Cauliflower Pizza

Prep time:

Cook time:

Serves: 2

Ingredients:

- ½ head of cauliflower, stalk removed
- ¼ cup grated parmesan
- 1 tsp turmeric
- 1 tsp Italian seasoning
- ¼ tsp of salt
- 1 egg
- ½ cup of shredded mozzarella cheese
- 2 red bell peppers
- 1 tbsp of olive oil + 1 tsp for drizzling on peppers and garlic
- 2-3 garlic cloves with peel
- 5 sprigs fresh basil
- 1 tsp cornstarch (or potato starch)

### Directions:

1. Preheat oven to 450°F. Wash and pat dry the bell peppers and place them and the unpeeled garlic cloves (this prevents the garlic from burning) on a baking sheet.
2. Drizzle on 1 tsp of oil and a dash of salt, then bake peppers and garlic for 30 minutes on the top rack until peppers look soft and brown.
3. While peppers bake, pulse cauliflower in food processor until it's crumbly and a rice-like texture.
4. Line baking sheet with parchment paper, then spread riced cauliflower in a single layer and bake for 15 minutes in the same oven, on the rack below the bell peppers and garlic.
5. Check on peppers and garlic. Take out of the oven once ready and let cool for 10 minutes.
6. Peel and trim stems off peppers and peel garlic. Add peppers, garlic, olive oil and cornstarch to food processor and run on high speed until mixture is finely pureed and smooth.
7. In a small pot, stir bell pepper sauce for 10 to 15 minutes on low heat until the sauce thickens; set aside.
8. Take cauliflower out of oven. After it cools, transfer to a clean cheesecloth or dishtowel. Squeeze out excess moisture and discard water.
9. In a large bowl, add riced cauliflower, spices, parmesan, salt and egg. Mix well.



PHOTO CREDIT HANNA KIM

10. Press dough into a circle onto a baking sheet lined with parchment paper at ¼-inch thickness.
11. Bake for 30 minutes at 400°F until golden. Flip crust over and bake again for 10 more minutes.
12. Remove from oven and add roasted red pepper sauce, mozzarella and basil. Bake for an additional 5 to 10 minutes until cheese melts.

Find more recipes at [kidneycommunitykitchen.ca](http://kidneycommunitykitchen.ca).  
[www.newscanada.com](http://www.newscanada.com)



# SAFETY TIPS FOR EXERCISING OUTDOORS



As the weather warms, more of us are choosing to work up a sweat outside instead of exercising indoors. People participating in exercise and sports breathe more deeply and rapidly, which allows more air pollution to enter the lungs. This puts those who are active at greater risk when air quality is poor. That's why it's important to consider outdoor air quality when making decisions about exercising or playing sports outside. The Air Quality Health Index (AQHI) is a scale designed to help you understand what the quality of the air around you means to your health. It's a tool developed by health and environmental professionals to communicate the health risks posed by air pollution. The tool is designed to help individuals and teams or organizations doing outdoor activities make decisions to protect your health and the environment such as:

- limiting your exposure to air pollution;
- adjusting your activity during episodes of increased

air pollution and favouring physical activity on days when the index is lower; and

- reducing your personal contribution to air pollution (e.g. by choosing active transportation).

The index provides specific advice to the general public, as well as for people who are especially vulnerable to the effects of outdoor air pollution. Vulnerable people include small children, pregnant people, seniors, people who work outdoors, people with lung or heart conditions, and people who exercise or play sports outdoors. If the AQHI is between four and six, be sure to reduce the intensity of your activities. Consider rescheduling if the AQHI is seven or more. Whether you're a sporting-event organizer, a participant on a sports team or are just getting out on your own, be sure to consult the index before and during an event, as levels may change quickly. Learn more at [airhealth.ca](http://airhealth.ca). [www.newscanada.com](http://www.newscanada.com)

## 3 WAYS TO TAKE CARE OF YOUR HEALTH IN 2022

Springtime is the perfect opportunity to re-evaluate your habits and prioritize your health. And, with an on-going pandemic putting extra stress on your mind, body and the healthcare system, there's no better time to take better care of your health. Check out these three simple ways to support your health:

1. Focus on the physical basics. Whether you're perfectly healthy or dealing with a chronic condition, a few lifestyle basics can do wonders for your physical health. Prepare nutritious meals from unprocessed foods and exercise for 30 minutes a day at least three times a week. If this sounds like a lot, start with small changes. Try adding a vegetable or fruit to one of your meals or go for a walk around the block.
2. Don't ignore the psychological. Your mental health has a major impact on your overall health. While it can be hard to calm stress and anxiety right now, try to find small ways to live in the present. Practice a few minutes of meditation before bed or do one thing that brings you joy before starting work in the morning.
3. Know your risks for illness. Many diseases can be managed well and allow you lead an active lifestyle if caught early. Knowing your risk factors for common conditions is key to prevention and early detection. One condition to keep in mind is kidney disease, which affects over 4 million Canadians and can lead to dialysis. Very often, there are no symptoms when your kidneys start to lose function. That's why it's so important to know the risk factors, which may include smoking, high blood pressure and diabetes. Talk to your doctor about checking your kidney function if these apply to you or you're worried. Find more information at [kidney.ca/risk](http://kidney.ca/risk). [www.newscanada.com](http://www.newscanada.com)

# WILDFIRE SMOKE: WHAT YOU NEED TO KNOW

Wildfire smoke is a complex mixture of gases, particles and water vapour that can harm your health. Smoke can impact your health even at very low levels. Some people are at a higher risk of health problems when exposed, including seniors, people with an existing illness, pregnant people, young children and those who work outdoors. What should you do? The best way to protect your health is to reduce your exposure. If you're indoors and at home, be sure to follow these steps:

- Keep windows and doors closed and properly sealed. Make sure the temperature in your home remains comfortable by using air conditioning or finding other ways to keep cool.
- Use recirculation settings on your HVAC system to prevent smoke from entering your home.
- Use a clean, good quality air filter (for example, HEPA) in your ventilation system.
- Use an air purifier that uses HEPA filtration to help remove smoke from areas of your home.
- Drink lots of water to help your body cope with the smoke.
- Limit the use of kitchen and bathroom exhaust fans when you're not cooking.
- Reduce other sources of indoor air pollution. Avoid smoking and burning wood, candles or incense. Don't use home improvement or cleaning products that emit high levels of pollutants.
- Install and maintain at least one carbon monoxide alarm per floor, preferably near bedrooms.

Consider visiting community centres, libraries and shopping malls that have been identified as cleaner air spaces in your community. These places may have

cooler, cleaner filtered air and can provide a break from the smoke. Please be sure to respect the guidance on physical distancing from the local authorities. Pay attention to the Air Quality Health Index (AQHI), special air quality statements or other indicators of smoke levels in your community. If necessary, limit outdoor activity and strenuous physical activities. If you have difficulty breathing, stop non-essential activities altogether. If you need to work outdoors, check with your local occupational health and safety organization or your health authority. They can provide guidance on how to work more safely outdoors. It's not unusual to feel anxious, stressed, sad or isolated during a smoke event, so don't forget to take care of your mental health. Eating well, getting enough sleep, exercising and staying in contact with friends can help. If you're having trouble coping, seek help from a healthcare provider. Learn more at [airhealth.ca](http://airhealth.ca). [www.newscanada.com](http://www.newscanada.com)



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## Straight from the Horse's Mouth

By Mel Kositsky

Emerging American racing star "Life Is Good" is among 750 horses from 20 different countries who have been nominated for the 26th Dubai World Cup meeting, on March 26, 2022.

With nine races, including six Group 1s, on the card and \$30.5 million in total prize money, the Dubai World Cup meeting promises to be a spectacular day of racing, culminating in the 26th G1 Emirates Airline Dubai World Cup.

Sheikh Rashid bin Dalmook Al Maktoum, Chairman of Dubai Racing Club, said in a news release: "To have more than 750 horses from 20 different countries nominated shows the continued strength of the Dubai World Cup meeting, which has grown each year since its inception in 1996. This achievement has been made possible by the vision and guidance of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, who is the world's most influential supporter of this sport. We are delighted to have so many Group and Grade 1 winners nominated, including established stars such as Life Is Good and Hot Rod Charlie, and we thank the horse connections for their support and their trust in Dubai. We look forward to welcoming connections and fans to the 26th Dubai World Cup and we aim to deliver a spectacular night."

Run over 2,000 meters (1 1/4 miles) on dirt, the

G1 Emirates Airline Dubai World Cup has attracted 153 nominations, including 23 individual Group/Grade 1 winners. Among them is G1 Pegasus World Cup winner Life Is Good for trainer Todd Pletcher, who has also nominated Happy Saver and Dr Post, and Doug O'Neill's Hot Rod Charlie, already a winner at Meydan Racecourse in the G2 Maktoum Challenge Round 2. The race is usually shown on television early that Saturday morning, or can be watched on [www.hpiabet.com](http://www.hpiabet.com).

Meanwhile harness racing continues at Fraser Downs for the next few months on Sundays and Mondays until the summer break in mid-May, when thoroughbred racing begins its 2022 season at Hastings Park. Those horses are now in training at the east Vancouver track, getting ready for the Saturday, May 7 opening day, which is also Kentucky Derby Day. With COVID-19 restrictions being eased, it is expected a full season of racing will be conducted for the first time in three years.

Harness racing will return to Fraser Downs in Cloverdale in the fall. The balance of the dates for 2022 have recently been announced. A total of 31 racing dates have been scheduled for the period from September 7 to December 26. Live racing will be held on Wednesday and Thursday evenings, with post times at 7 p.m. up to and including October 13. Effective October 24, racing will revert back to Sunday afternoons (1 p.m.) and Mondays (7 p.m.) up to and including December 26.

The Ontario government recently announced that it is investing \$2.1 million to train workers for rewarding careers in the horse racing industry. This new training program will provide 250 participants with free training, up to \$3,000 to cover expenses, and paid work placements. Employers can also receive up to \$1,000 per hire.

"Our horse racing industry is something everyone in our province should take pride in, but many farms, racetracks and training centres are having difficulty finding workers with the skills they need," said Ontario Minister of Labour Monte McNaughton in a news release. "This investment will ensure these growing businesses can find the talent they need while connecting local people with training for careers they can take pride in."

The horse racing and breeding sector contributes \$2.3 billion annually to Ontario's economy but continues to face a shortage of workers, with over 1,000 jobs going unfilled in September 2021. Today's investment will help the Ontario Harness Horse Association (OHHA) develop and deliver a training program that teaches participants about horse behavior, handling and care, nutrition, and safety in stables.

"Grooms and caretakers are fundamental to the health, welfare, and safety of the horses, and therefore are critical to the success of our industry," said Jim Whelan, President of the Ontario Harness Horse Association. "This project is an incredible opportunity for unemployed and under-employed job seekers in small-town Ontario who are eager for a rewarding career in the equine industry."

The OHHA is using a training curriculum it has developed in close cooperation with Equine Guelph and local employers. The course includes eight weeks of online academic instruction, followed by paid work placements of six to 12 weeks at local employers.

"These programs open doors to young people who have never worked with horses but would embrace a career in the horse industry" said MPP Skelly. "The equine sector needs to fill job vacancies and this program connects trained job seekers with racing industry employers."

This training project is supported through labour market transfer agreements between the Government of Canada and the Government of Ontario. People interested in the program can contact Jim Whelan, President, Ontario Harness Horse Association, at 519-770-5184 for more information. The program runs until October 31, 2022.

The 2021 season was a tremendously productive and profitable one for Millar Farms of Stouffville, Ont., and they were rewarded with three O'Brien trophies. Millar's homebreds Prohibition Legal and Betterhavemymoney were divisional winners, and to top it off, Millar Farms was the winner of the Armstrong Breeder of the Year Award. Their 26 starters posted 67 victories and eclipsed \$2 million in earnings.



## A FLIGHT PATH OF MEMORIES

Richmond's Helen Healey, a retired flight attendant with Canadian Pacific Airlines, was honoured last April by the Richmond RCMP. Healey was presented with a special RCMP challenge medal. It bears the RCMP emblem and signifies a ceremonial membership with the RCMP force.

Healey explains, 'We used to fly many prisoners who sat in the back row of the aircraft.' At the same time, special attention was also important to look after unaccompanied children and occasionally even babies in their incubators.

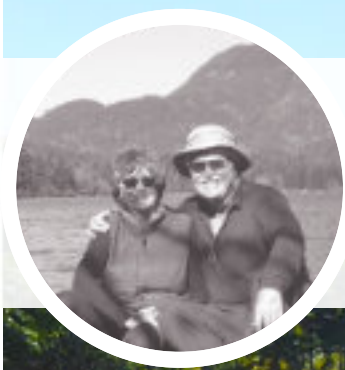
The popular Richmond based airline served many

Canadian destinations as well as international such as Amsterdam, Honolulu, Mexico City, Fiji, Sidney, Tokyo, Hong Kong, Acapulco, and Buenos Aires.

Healey started flying on the DC-3 including DC 6s and DC-8s and eventually onto Boeing 737s, 727s, and 747s.

In the old days, her father-in-law was an RCMP superintendent. He had the honour of presenting medals to the original crew of the St Roch which was the first ship to cross the Northwest Passage.





# PANDEMIC PARADISE THE STATE OF TRAVEL



*By Rick Millikan*

In April 2021 medical strategies were reducing Covid infections. Yearning for a winter getaway, we invest in bargain Hawaiian flights and three weeks of accommodation. In December, Covid variants threaten worldwide travel. Governments warn citizens about leaving home. Health insurance unlikely covers Covid illnesses, quarantines or hospitalizations. Although risky, we choose to go.

Pandemic travel demands rigorous precautions. Making online appointments, we go to Vancouver Airport to take antigen tests two days before our flight. Negative results are received within the hour.

Returning to YVR terminal, we see everyone wearing required masks. Our KN95s are most effective. A check-in agent scrutinizes passports, airline tickets, vaccination and antigen documents. Procedures seem painstakingly careful. Masked security officers thoroughly inspect carry-ons and pat-down passengers. Immigration officers vigilantly scrutinize passports and question intentions.

Aboard the plane, many seats remain empty, reflecting travel worries. Knowing air exchanges every 90 seconds, the cabin's well ventilated. Sitting among other vaccinated, negative tested and masked passengers, it feels safe. Once in flight, passengers disperse into empty seating and stretch out comfortably. In less than seven hours, we're masked up again and checking into our Kona resort through a Plexiglas window.

Next morning, we return to show our negative test results with photo IDs. A smiling receptionist explains how services now exclude beach equipment rentals, aloha parties and welcome breakfasts. However, our condo is comfy. Tropical birds tweet greetings on the lanai. Sunny walks, snorkel ventures and delightful discoveries reward each day.

The second week, we take the scenic drive to the island's opposite side. There, lava rich soil and rainfall have created extraordinary tropical splendor. Stopping at Akaka Falls, our walk loops to lookouts past giant bamboo forests, tree ferns, philodendrons and spreading banyan trees.

In Hilo, our rental host welcomes us with fruit from her garden, suggests good supermarkets...and several great beaches! Hilo provides lots of fun-in-the-sun, including adventures around Volcanoes National Park.

Our third week begins with a drive southeast through lava fields. On Ka'u Desert Trail, we walk to see Hawaiian warriors' footprints preserved in volcanic ash. At Punalu'u Beach, our stroll across black sands features sightings of green turtles

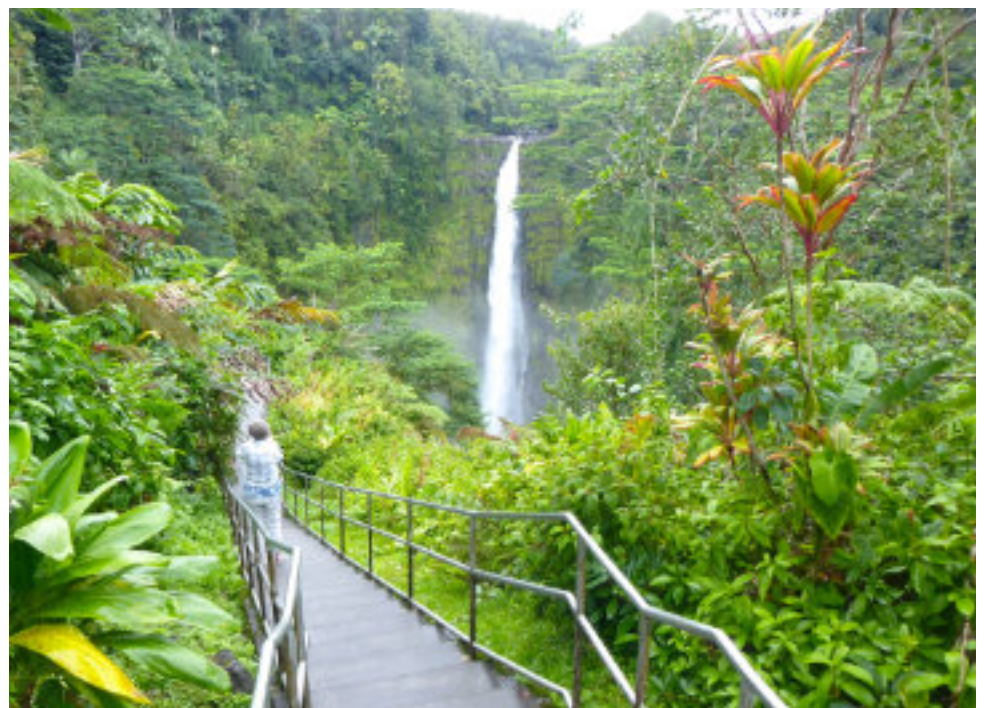
basking. Continuing to Punalu'u Bakery, lunches in lush gardens end with their mango-filled malasadas, luscious Portuguese-style donuts.

Our new rental is a spacious ocean-view house in Milolii. On Sunday we chat with villagers at Milolii Beach Park. A sign says, this is Hawaii's last fishing village. We learn folks still go out to feed mackerel and later net them. One villager tells us about her children's education, learning about their culture, history... and how to care for our land." Another tells us about the community's management of Covid. Hawaii Island cases average only 200 daily.

Hawaiian neighbours help arrange our PCR tests required for returning to Canada. Driving Tuesday to Kailua for these, we make side trips to Pu'uho'ona O Hōnaunau (Place of Refuge), its adjacent bay to snorkel and historic nearby Painted Church. Staying that night in Kailua, we attend a safely organized luau with staggered arrival times discouraging congested line-ups. A waiter promptly seats us at a well-separated table. While savouring Hawaiian cuisine from a multicultural buffet, we begin enjoying an inspirational, aloha-filled evening of Polynesian music and dance.

Wednesday morning, nostrils are swirled through a local medical building's window; negative results received quickly. Back in Milolii, we re-experience its pleasant beach park...then pack. Following a sun-and-fun-filled return to Kailua-Kona, we fly home. At Vancouver further Covid tests are administered; negative results e-mailed hours later.

By managing pandemic demands, we've pursued sunny outdoor activities. And Hawaiians helped make this holiday extra enjoyable and memorable.



## Plan Your Trip:

- Enjoy Kamehameha Kona Beach Hotel in the center of old Kailua, as we did. [www.marriott.com/en-us/hotels/koacy-courtyard-king-kamehamehas-kona-beach-hotel](http://www.marriott.com/en-us/hotels/koacy-courtyard-king-kamehamehas-kona-beach-hotel)

- Antigen tests can be set up online at [covid-medical.ca](https://covid-medical.ca) to be taken at Vancouver Airport. Each costs \$79.

- At Urgent Care Kona Kailua, PCR tests can only be booked by patiently phoning 1 808-327-4357 and will cost \$200 USD.

- Consider schedules and fares at [www.westjet.com](http://www.westjet.com)







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# Lower Suction Dentures

## LOWER SUCTION DENTURES NO ADHESIVES and NO IMPLANTS

Lower suction dentures offer an excellent alternative for denture wearers that struggle with a lower denture that 'lifts' or 'floats' or when dental implants are not an option.

- ★ No adhesive
- ★ No surgery
- ★ Special impression & bite method
- ★ Fewer appointments
- ★ Reduced sore spots due to suction fit
- ★ Smaller lower denture size
- ★ Increased chewing ability



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

## WHAT ARE LOWER SUCTION DENTURES?

As the name suggests, these revolutionary dentures stay in place due to suction. They do not require adhesive or dental implants to stay in place.

Until now, no one thought it was possible to get suction with lower dentures. The complexity of the oral cavity and muscle movements made it too difficult to create a seal.

The SEMCD, lower suction denture technique, uses a special impression method that captures the natural shape of the oral cavity. The result is a

strong seal around the entire periphery of the denture and suction to hold dentures firmly in place.

This impression method requires patients to make specific sounds and movements while the impression material is in their mouth. The impression material captures the movements so that they are incorporated into the new lower denture.

### Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

ing option for 80% of upper and lower denture patients. A thorough oral examination can determine whether you're a suitable candidate. The dentist will check whether you have the right oral structure to hold your lower denture firmly in place. Even if your dentist determines you will not achieve full lower suction you will still benefit from increased denture stabilization.

**Call for a complimentary consultation 604-530-9936**

### WHAT IS SEMCD?

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

### HOW DOES IT WORK?

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

### CAN ALL DENTURISTS DO THIS?

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

### IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

### DOES IT WORK FOR EVERYONE?

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

### WHAT IF I DON'T GET SUCTION?

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

### CAN MY OLD DENTURES BE REFIT?

Possibly, your dentist will know better after examination.

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

Yes, suction is not contingent on the amount of bone, but relies more on the surrounding tissue.

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Darren Sailer R.D.  
Denturist



Colin Harty R.D.  
Denturist

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

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