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TODAY'S SENIOR NEWSMAGAZINE



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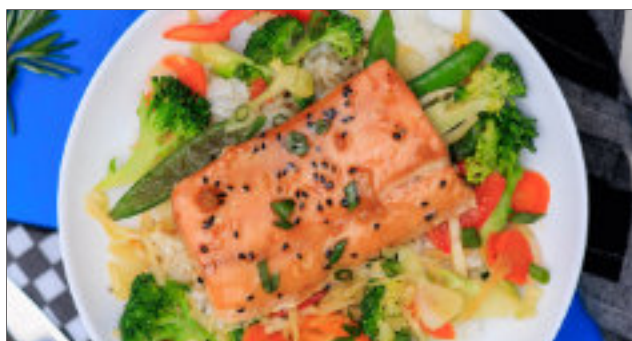
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ACCORDION TO DAN

These are interesting times we live in, eh! Recently, I was reading an article in

a magazine about typical 1936 costs: the average income was one thousand seven hundred dollars per year; a house just under four thousand dollars;

a new car around seven hundred dollars; a gallon of gas a dime! The cost of a loaf of bread eight cents and a whole gallon of milk forty-eight pennies. An ounce of gold was worth twenty dollars and an ounce of silver thirty-eight cents. Just a tad different compared to today, don't you think?

CHANGES WE'VE SEEN

At a thrift store I recently found something new, or rather, old, a 1949 October issue of National Geographic. It was in perfect condition. What a marvel! Once again seeing all those illustrated, non digitalized, hand-crafted old-fashioned ads drawn by human hands. Plus, there was a major article on Canada's newest province, Newfoundland.

WHAT A PLEASANT FIND

The June 1949 edition of National Geographic brought back so many thoughts of the past. Especially the hand illustrated advertisements made me feel ecstatic. They reprised so much that in recent years has vanished so fast. Plus, something that perhaps some Canadians might not have realized before; an article on Canada's latest province, created in nineteen forty-nine, now called Newfoundland-Labrador. It must have been a very special time.

This edition contained a full colour page ad for Canadian Pacific - trains and air- flights all over Canada and international even to Australia. On another page a black and white ad for Canadian National Railway (CNR). There was a picture of a classic wooden yacht with the Hotel Vancouver in the background. A visual reminder to remember and compare.

Other ads included 8mm Bell and Howell movie camera, projectors, and a 'Stratosphere' black and white TV. The tiny screen was in the shape of a circle! That 1949 issue, wow, did it ever bring a lot of history!

We have the exclusive ability to compare the many decades past with today's technological and digital changes. As I walk along a building or a department store, memories of places that at one time existed came flashing back.

REMEMBERING THE PAST

You may read about a school named after John Diefenbaker or an airport in Ontario honouring Lester Pearson, both former Prime Ministers. One day while going up the escalator at Hudson's Bay department store, for some unexplained reason, my thoughts suddenly returned to childhood memories of Simpson Sears, Eaton's and Woodward's, and the days when these department stores still flourished. Printed road maps were used to find where you were going instead of a GPS. Credit cards and computers almost unknown. Politicians had lots of airtime to broadcast their point of view on



A graphic reminder of change, time, and pace is this once "super fast" Speed Graphic camera.
(photo: Dan Propp)

local news stations. Back to those less sophisticated times, when dialing a number, an actual real human being - most of the time - would answer the telephone! What a concept!

Its amazing how nostalgia somehow develops unique ways to feel pleasantly revitalized and nourished.

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3 TIPS TO HELP MANAGE ONGOING STRESS AND MAINTAIN GOOD MENTAL HEALTH



Mental health challenges seem to be growing more common among Canadians, and it's no wonder with the ongoing change and uncertainty we've lived with over the last few years.

In fact, a new survey reveals a notable decline in the number of working Canadians who rated their mental health as excellent or good in 2021, particularly among 18 to 34 year olds. This younger cohort reported higher rates of mental health challenges compared to those 55 and older – suggesting pandemic-related stressors may be hitting young people particularly hard.

According to Maria Winslow, senior director of life & health at RBC Insurance, claims trends among their insurance clients also support this take, with over one third of new disability claims for 18 to 39 year olds being related to mental health in 2021.

"It has no doubt been a challenging and unpredictable time for so many who are working, and we're seeing this manifest with a significant impact on their mental health," says Winslow. "While we may not be able to control our current circumstances, there are measures we can all take to cope with challenges and ensure we remain prepared for

uncertainty."

To help manage stress and maintain good mental health, consider these three core steps:

Focus on healthy habits. Whether working at home, the office or a hybrid of both, it's important to establish clear boundaries between work and personal time. So take frequent mini-breaks to exercise or meditate and foster social connection with others. Along with a balanced diet and getting enough sleep, this kind of stimulating separation is critical for supporting mental health and overall well-being.

Review and revise your spending. With inflation on the rise, most people would benefit from reviewing their priorities to help keep financial stress at bay. For example, you can cook at home to limit takeout, unsubscribe from sales emails to help prevent impulse purchases, and look for areas where you can reduce or eliminate fees and services that you don't absolutely need or use. This step might start out tough, but knowing you're getting your finances in check can lift a major weight off your mind.

Double check your insurance. Being proactive and taking control helps to lower anxiety and provides a greater sense of safety. Disability

insurance can help you maintain your income if you become unable to work, and many plans can also help you return to work through benefits such as rehabilitation sessions, job retraining and other services to help you.

Find more information about disability insurance at rbcinsurance.com/disability.

Individual and Group Life and Health insurance is underwritten by RBC Life Insurance Company. www.newscanada.com

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HOW TO SLEEP THROUGH THE NIGHT

Most adults need seven to eight hours of sleep to be their best. But many of us don't get enough. That can cause irritability, depression, high blood pressure and slow reaction time. Here are a few things you can do at any age for a restorative night's rest.

1. Set a routine.

Try going to bed and waking up at about the same time every single day. You'll get into a rhythm so waking and sleeping feel natural. If you like a lazy weekend morning, try slow-start activities like reading or listening to music with a cozy cup of tea or coffee.

2. No napping.

As tempting as it might be, taking a nap in the afternoon means you might not be as tired when your bedtime comes around, which will make it harder to fall asleep.

3. Stop with the screens.

Turn off the tv and put down your phone about two hours before your bedtime. The light from your devices is thought to interfere with your body's natural rhythms.

4. Check your health.

Try talking to your health care provider to see if you have a condition like sleep apnea or if you grind your teeth at night. In these instances, a simple

machine or night guard can boost your quality of sleep immensely.

5. Mind when you eat.

Having a heavy meal within an hour or two of lying in bed can cause heartburn or stomach discomfort and make you have to pee. But don't starve yourself either: a hungry, grumbling stomach can also keep you up at night.

6. Use stress-management techniques.

It can be as simple as writing down your tasks for tomorrow or doing a short meditation before going to sleep. Whatever you do, try to keep your worries out of the bedroom so you can drift off peacefully.

7. Check your genetic profile.

According to a recent study by The DNA Company, 35 per cent of people have a gene that leads to interrupted sleep patterns. They suggest that variations in our genes affect our sleep in other ways too, such as making some of us feel stress for longer periods than others. By getting your genetic profile, you can learn how your genes affect your sleep so you can find the most effective tips for you.

Find more information about getting a report on your genes at thednacompany.com. www.newscanada.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.

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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 siracha.

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

4 TIPS FOR STAYING HEALTHY THIS SPRING

Many of us are venturing out of our homes more often as the weather improves, trying to get back to some kind of normal. This means it's important to do everything we can to stay healthy for an enjoyable season. Here are some tips to remember:

1. Power your body with a balanced diet.

What we put in our body fuels us and helps protect us. When times are tough it's important to go easy on yourself and make time for what you enjoy, but when it comes to food, remember to balance out those indulgences with more nutritious options. Fresh fruits and veggies are available throughout the season, so be sure to take advantage of them, and remember to include whole grains and lean proteins.

2. Get enough exercise.

Moving our bodies is great for boosting immunity and mood. Whether you prefer the gym or walking around the block, the key is to have regular physical activity. If you need a boost to get started, try something new like pickleball or paddleboarding. Try partnering up with a friend or family member to get some quality time together and maintain motivation.

3. Visit your doctor.

Many of us have neglected regular checkups and doctor's visits during the pandemic. But staying on top of these can make sure you're healthy and able to fight off colds and viruses. Check that your vaccines are up to date, that any bloodwork required is being done and that you have a time booked for your physical. Don't forget to make appointments with specialists, like your therapist or dermatologist.

4. Drink fresher water.

Canadian private and public drinking water supplies are generally of excellent quality. However, whether it's supplied by a municipal system or a private water well, water can carry contaminants that are harmful or cause the water to taste off. Use a DIY at-home test kit from My Water Quality to make sure your water is pure. Simply follow the instructions and use the courier service that is included with the testing kit to ship your sample to an accredited laboratory. An easy-to-read report card will arrive within five to 20 days and provide you with all the results.

Find more information at myqualitywater.ca.
www.newscanada.com

SPRING RECIPE YOU CAN MAKE FOR LUNCH

Whet your appetite and see what you can whip up for lunch with this simple and delicious sandwich.

Seasoning the delectable fried haloumi cheese with zingy yet earthy za'atar is just what's needed as winter comes to an end.

When layered on naturally fermented bread, the flavours of the middle eastern spice blend – comprised of oregano, thyme, sumac and sesame – truly come alive. Serve with kombucha to add more tangy flavour into the mix.

Za'atar Haloumi Sandwich

Prep time: 5-10 minutes

Cook time: 10 minutes

Serves: 6

Ingredients:

- 12 oz (340 g) Haloumi, sliced into 1/4" slices
- 2 tbsp (30 ml) extra virgin olive oil divided
- 1 lemon
- 2 tsp (10 ml) za'atar
- 3/4 cup (175 ml) hummus
- 6 tbsp (90 ml) olive tapenade

- 3 Roma tomatoes, sliced
- 1/2 red onion, thinly sliced
- 3/4 (175 ml) cup microgreens
- 1 loaf (12 slices) Stonemill Bakehouse Chia and Supergrain bread

Directions:

1 Heat a grill pan over medium heat with olive oil. Add the haloumi, cooking on each side until you have nice grill marks. Do this in batches if needed so as not to crowd the pan.

2 Add a pinch of salt, pepper, za'atar and lemon zest. Before removing from the pan, add a squirt of lemon juice. Set aside.

3 For each sandwich, add two tablespoons of hummus on one slice of bread.

4 Add a tablespoon of olive tapenade onto another slice of bread. Layer the tomatoes, haloumi, red onions, and microgreens.

5 Serve with mint and chlorophyll kombucha.

Find more information at stonemillbakehouse.ca.

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FINANCIAL NEWS

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

UNDERSTANDING THE PENSION INCOME TAX CREDIT PENSION INCOME TAX CREDIT AND WHETHER YOU QUALIFY.

While the credit doesn't provide significant tax savings, being eligible for it has implications for some planning strategies that do, such as pension income splitting. As more couples take advantage of this strategy, the pension income amount becomes a focal point of their tax planning.

The pension income amount allows a taxpayer to claim a federal non-refundable tax credit on up to \$2,000 of eligible pension income. The federal tax credit rate is 15 per cent, so the maximum federal tax savings available is \$300 ($\$2,000 \times 15\%$).

There are also provincial pension income amounts. By claiming it clients receive the first \$2,000 of pension income on a tax-free basis, but only if they're in the lowest tax bracket (since the tax credit rate is capped at 15 per cent). If they're in a higher bracket they'll pay tax on the pension income, but at a reduced rate.

Income-splitting rules allow taxpayers to split up to 50 per cent of eligible pension income with a spouse or common-law partner. The important issue is determining what type of pension income qualifies.

Age is an important factor. Those over 65 have easier access to the pension income amount since more sources of income qualify. If they report amounts on lines 115, 116 or 129 of their federal tax returns, they may be eligible for the pension income amount.

Here's what qualifies for clients over 65:

- Life annuity payments from a superannuation or pension plan. This includes income from life income funds (LIFs) and locked-in retirement income funds (LRIFs)

- RRIF payments (any portion that's transferred to an RRSP, another RRIF, or used to purchase an annuity does not qualify for the pension income amount)

- RRIF payments received as a result of the death of a spouse or common-law partner

- Annuity payments from an insured RRSP (those typically offered by insurance companies) or from a deferred profit sharing plan (DPSP)

- Payments from a Pooled Registered Pension Plan (PRPP)

- Regular annuities and income averaging annuity contracts (IAAC)

- Certain foreign pension payments (see below)

For clients under age 65, the list of qualified pension income for purposes of claiming the pension income amount (and pension income splitting) is more restricted.

Only a few of the items listed above are available. They include:

- 1) Life annuity payments from a superannuation or pension plan.

Regardless of your age, you will qualify for the pension income amount if receiving annuity payments from an employer pension plan. But it's important to note that when a person commutes a pension to a locked-in retirement plan, the income from these plans (e.g., LIFs, LRIFs) will not qualify for the pension income amount until the client reaches age 65.

Canada Revenue Agency's position is that income from a locked-in plan is simply a retirement savings plan, not a pension plan, and that the pension income amount should not be available until age 65. Unless this changes it may impact whether your clients decide to commute their pensions when they retire.

- 2) Payments from a RRIF, or annuity payments from an RRSP, DPSP or PRPP received because of the death of a spouse or common-law partner.

For individuals under age 65, RRIF income, DPSP income, annuities, PRPP income, income-averaging annuity contracts, or RRSP income will only qualify for the pension income amount if they're received because of the death of a spouse or common-law partner.

Some individuals receive a foreign pension and may wonder if they qualify for the pension income amount. In general, foreign pensions reported on line 115 of the client's tax return may qualify for the pension income amount regardless of age, but only for the portion of pension income that's taxable.

For example, clients receiving U.S. social security benefits are permitted a 15 per cent deduction on their Canadian tax returns due to specific provisions in the Canada-U.S. tax treaty. In this case, only the taxable portion of the Social Security Benefit is considered pension income and qualifies for the pension income amount.

It's also important to know what doesn't qualify

for the pension income amount:

- 1) Old Age Security benefits
- 2) Canada Pension Plan benefits
- 3) Quebec Pension Plan benefits
- 4) Death benefits
- 5) RCA payments
- 6) Benefits from Salary Deferral Arrangements
- 7) Income from a U.S. Individual Retirement Account (IRA)

To find out more about your pension income tax credit speak to an accountant. If you require assistance with your retirement and estate planning for your investments 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

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THE PHARMACIST REVIEW

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

STRESSFUL CURRENT EVENTS

Current events and the ongoing pandemic have left all of us feeling uneasy. Never downplay any "stress" or "anxiety" you might have, regardless of the cause. A low level of stress and anxiety is normal and can actually be healthy in that it keeps us alert. However, if it becomes bothersome, be sure to seek the guidance of a trained professional such as a psychiatrist and counselor. Adequate sleep and appropriate diet lifestyle definitely plays a role, as well. Ensure you stay hydrated and have adequate electrolytes on a daily basis. A lifestyle of adequate protein, high fibre, adequate good fats, and low carb can give you a whole slew of benefits, including elevating energy levels, appropriate regulation of glucose metabolism, balancing hormone systems, maintaining healthy skin, and healthy joints. Appropriate exercise, even at a low or moderate level, can do wonders for your mind; try to get outdoors for this and enjoy our beautiful West Coast while realizing the benefits of fresh air and sunshine. Many people also find integrating meditation and prayer into their daily routine to

have huge benefits.

If you cannot omit or eliminate the root cause of the stress and anxiety, then some self-remedies can be safe and effective to try, especially for short-term or milder cases. The Rescue Remedy and Bach Flower Remedy line, with its various lozenges, gels, liquids, and sprays, has been around since the 1930's and, being homeopathic, is very safe to try without fear of side-effects or interactions; there are even formulations safe for kids, and some specific to sleeping. A passion-flower-based supplement called Pascoflair by Pascoe is effective at curbing mild anxiety episodes, as well as preventing future attacks. Zen-Theanine by AOR is an amino-acid that could inhibit production as well as block the action of excitatory neurotransmitters. For more chronic cases, synergistic combinations containing ashwagandha, GABA, ginseng, vitamin B5 and B6's, such as Adrenal-Pro by CanPrev or Endo Calm by Emerald Health Naturals provide longer-lasting effects via adaptogenic action. Talk to Christine Cheng, R.Ph., or Fred Cheng, R.Ph., and their integrative pharmacy teams at Cloverdale Pharmasave and Pharmasave Steveston Village for insight on safe use, dosing, and duration of use.

Don't wait till your mind and body is overwhelmed before you seek professional help. Open and honest communication and relationships with your physician and pharmacist can truly make a difference in getting you through the dips in your life.

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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HOW HARDWORKING FARMERS CONTRIBUTE TO CANADA'S FOOD CHAIN

Photos of empty grocery store shelves on social media and talk of supply chain concerns have some Canadians worried about potential food shortages.

While there have been some disruptions to Canada's food supply chain due to harsh weather conditions, labour shortages and COVID-19 outbreaks, there's no need to panic.

Hardworking farmers across the country play a critical role in maintaining Canada's food chain, by employing hundreds of thousands of people and growing key crops for a growing world.

While Canada does rely on imports from around the world to supplement our food supply, it's also home to a robust agriculture industry with nearly 200,000 farms across the country growing crops like canola, cereals and pulses, corn, potatoes and more. According to Statistics Canada, in 2021 alone, Canadian farmers produced 21.7 million tonnes of wheat, 12.6 million tonnes of canola and 6.3 million tonnes of soybeans.

The hard work and dedication of farmers, and an emerging focus on agricultural innovations that support higher crop yields and higher quality, is keeping our food supply chain strong.

According to Crop Life, plant science

innovations have driven a 50 per cent increase in crop productivity over the last century, providing Canadians with access to a steady food supply. In addition, this innovation plays a key role in creating jobs, spurring economic growth and ensuring the sustainability of farming for years to come.

To help meet this growing need, BASF Canada Agricultural Solutions recently introduced 10 new tools to help growers tackle challenges on their fields, from unwanted weeds to hard-to-control pests and diseases.

Getting these tools to farmers in a timely and reliable manner is also critically important, as growing seasons cannot be delayed.

The company's crop protection facility in Regina is one example of a local facility that's producing solutions with Canadian growers in mind, rather than relying on facilities abroad. Keeping formulation in Canada, whenever possible, helps alleviate concerns about getting the products farmers depend on, on time.

While the world faces some disruptions to the



food supply chain, we're fortunate for Canadian farmers, who work hard to produce a reliable and abundant supply of high-quality crops in our own backyard.

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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.
www.newscanada.com

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FLYOVER ICELAND TO REGAIN YOUR PERSPECTIVE

By Ursula Maxwell-Lewis

Getting away from it all may mean turning off the news and praying that the world will return to normal. Normal meaning newscasts that - while distressing - don't leave one utterly horrified at a major world power unilaterally declaring war on unsuspecting civilians in a neighbouring country.

Thankfully, 'getting away' can also mean heading to Vancouver to enjoy the thrill of FlyOver Iceland via the magic of dynamic IMAX filming, multi-sensory special effects and a whole lot of zooming up and down Game of Thrones-style mountains and valleys, toe-tapping on outsized waterfalls (gentle misting effects included) and a high-powered zip through Reykjavik. Definitely a diversion to remind you that a kinder, gentler world (with an odd assortment of mountain trolls) is still out there.

If you've been to Iceland this is a reminder that beauty, peace and dramatic eye-popping vistas still

cling to our grumpy old globe. Perhaps FlyOver Iceland will inspire you to plan a jaunt to experience the real thing. I can tell you that the waterfall photography doesn't compare with Iceland's mighty waterfalls - like mesmerizing Gullfoss and thundering Dettifoss - have to be seen to be believed.

Swooping across valleys I'm reminded of the gentle heather tones of sturdy succulents firmly anchored in

lava slabs and on verdant plains. Admire the herd of Icelandic ponies as you fly overhead, but you really have to ride these hardy sure-footed even-tempered little horses to appreciate the additional unique gait which makes them such a pleasure to ride.

A 35 minute (8.5 minutes at high speed) trip doesn't allow for sightings of geysers, hot springs - evidence of the fascinating geothermal activity that powers the island's capital - or glimpses of the island of Grimsey on the Arctic Circle. These experiences - plus the magical Northern Lights playing tag across a bitterly cold Icelandic night and reclining in steaming open air thermal spa baths - have to be experienced first hand. But, while you're planning your itinerary, this is the next best thing.

For reservations or more information about FlyOver Iceland go to www.flyovercanada.com. Book a FlyOver Canada add-on at the same time, and remember to land at the coffee shop after the show.

Ursula Maxwell-Lewis is a BC-based journalist and photographer whose work appears regularly in a variety of publications. Contact her at utrael@shaw.ca



Debby Donaldson

Retired Registered Nurse

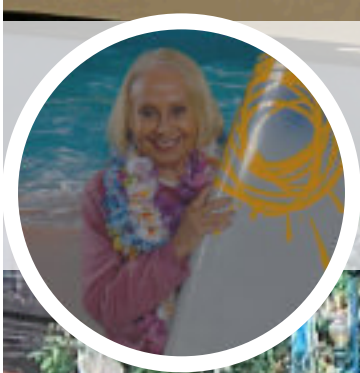
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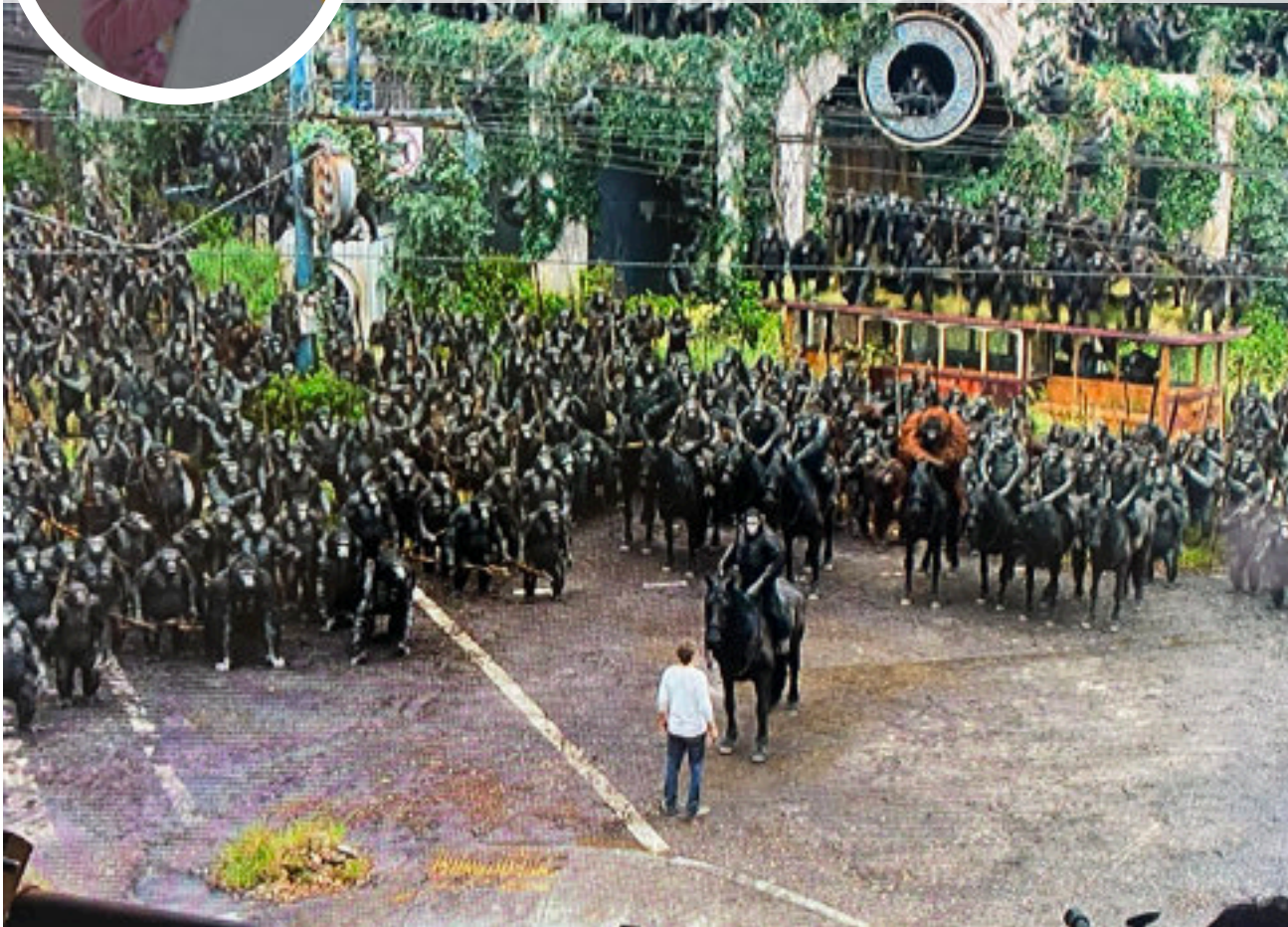
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ARTIFICIAL INTELLIGENCE AT THE VANCOUVER ART GALLERY.



Article & photos by Lenora A. Hayman.

The Imitation Game: Visual Culture in the Age of Artificial Intelligence is at the Vancouver Art Gallery until 23 Oct.2022. It examines the use of Artificial Intelligence (AI) from 1950 to the present in animation, architecture, industrial design, fashion, graphic design, visual art and visual design.

WETA, the New Zealand-based studio that created the special effects for the film Lord of the Rings, generated thousands of orcs, humans and dragons that would have been impossible for human animators to create.

Scott Eaton's Entangled11, 2019 looks like intertwined bodies.

It's amazing what images computers can generate.

TOP RIGHT: Scott Eaton's Entangles 11, 2019.
TOP LEFT: Crowd scene generated by WETA for Lord of the Rings.

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“I'm proud to see the accomplishments at the hospital, like the new ER wing, and the new MRI suite. Langley really needs those things, and to contribute in a small way really makes me feel a part of the community.”

- Dennis Ducklow



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WRITE AS I PLEASE

By Mel Kositsky

There is really mass confusion out there. But this is not to be confused with "mask" confusion. No, this is not the start of an April Fool's column -- it is just a reality check.

The pandemic is not over despite the large crowds attending sporting events and concerts, and the relaxation of "health" guards. People are being told that now that they have been triple vaccinated they should be able to remove their masks and go travelling again. Yes it is possible -- but do it at your own risk! Reality is that you can still get sick and test positive but the virus effects may be "mild" depending on your personal health conditions. You still need to exercise great caution as there is concern for emerging variants and the possibility of the need of a fourth shot for the most vulnerable. It seems people have forgotten this is still cold, flu and allergy season. The virus can spread quickly.

There are many places in the world still experiencing huge spikes in "reported" COVID cases, such as Hong Kong, China, South Korea and parts of Europe. No one knows how accurate these figures are. But what is known -- or can be expected -- cases will continue to rise as travel increases (including trips to the U.S.). The more interactions there are, the likelihood is that the virus will continue to spread, even during the warmer summer months when people can spend more time outdoors -- and hopefully experience some sunshine. It has been a dreary spring on the "wet" coast.

One bright spot is that the British Columbia government has announced that the minimum wage in the province will go up on June 1, 2022 to \$15.65 from its current \$15.20. The minimum wage will continue to increase annually on June 1 based on the average inflation rate. The figure being used this year was 2.8 per cent but should rise next time as inflation is now above five per cent and rising all over the world.

While B.C., especially the Lower Mainland, remains one of the most expensive places to live in the world, the wage increase is still well below what anti-poverty advocates describe as a "liveable wage". The current amount is \$20.52 so there is still quite a way to go. But many people do not support wealth sharing initiatives so the debate rages on.

One debate that may come to an end -- finally -- is the annual practice of changing our clocks twice a year. It seems Canada has to wait for the United States to make up its mind on keeping Daylight Savings Time all year long. The Americans are in the process of approving its "Sunshine Act" and could get it done this year. That would mean that in November 2023 there would be no time change and we would stay with Daylight Savings -- unless, of course, the plan is changed again.

That would suit the "boys of summer" as Major League Baseball is set to "play ball" again.

A months-long lockout has ended and these multi-millionaire athletes will get back to the playing field instead of arguing in the boardroom. The full 162-game season has been salvaged and will

now start on April 7. The economic pinch of the pandemic probably was felt by all parties and the thought of continued economic losses was too much to bear. As for the well compensated players, they probably got tired of reading about the ultra high salaries of the football and basketball players -- and feared not getting their share. The fickle fan base only has so much money to spend. Baseball would also have missed out on the billions of proceeds from the increased gambling on sports that is now rampant in North America.

For example, basketball fans are now enjoying "March Madness" -- the U.S. college basketball championships that attract so much attention and huge betting pools. It is expected the three-week tournament, which ends in early April, will see more than \$3 billion in wagering -- as well as many major community prize pools -- or brackets -- that attract so many to make their picks. All this for a bunch of "amateur" athletes that don't get paid or share in the profits of the colleges and major business sponsors -- including huge media contracts. This is no longer about sport but "big, big business".

Nominations are now being accepted for the Order of British Columbia, the Province's highest honour. British Columbians who have demonstrated outstanding achievement, excellence or distinction in a field of endeavour benefiting people in the province or elsewhere are eligible for nomination. British Columbians are encouraged to nominate inspiring individuals who have left a lasting legacy in their respective fields. The Order of British Columbia is one way of acknowledging those British Columbians whose extraordinary contributions and achievements have benefited B.C. and beyond. The Insignia of the Order of B.C. is in the form of a medal. The medal depicts a stylistic dogwood, the floral emblem of B.C., and features a crowned shield of arms. It is worn with a green, gold, white and blue ribbon.

"A nomination for the Order of British Columbia is a wonderful way to recognize the best and brightest individuals in B.C. It's a way to thank and celebrate them for their service and mark their legacy and contributions in making our province a better place," said Janet Austin, B.C.'s lieutenant governor and chancellor of the Order of British Columbia in a news release. "If you know someone who has made a positive impact in our province, I encourage you to nominate them." Nominations will be reviewed by an independent advisory council, chaired by the chief justice of British Columbia. Nominations must be received by the Honours and Awards Secretariat by Monday, April 4 to be considered for 2022.

"In these challenging times, it is more important than ever to recognize those who are going above and beyond to make British Columbia a better place for everyone," said Premier John Horgan. "If you know an extraordinary British Columbian who is making a difference in the lives of others, their community and our province, nominate them now for the Order of British Columbia." In addition to the Order of B.C., people may nominate individuals for the Province's other honour: the Medal of Good Citizenship. The medal recognizes citizens for their exceptional long-term service and contributions to their communities without expectation of remuneration or reward. The medal reflects their generosity, service, acts of selflessness and contributions to community life. Nominations for the Medal of Good Citizenship are accepted year-round.

To be considered for 2022, nominations and letters of support for the Order of British Columbia must be received by Monday, April 4, 2022, at the Honours and Awards Secretariat office: bchoursandawards@gov.bc.ca (mailto:bchoursandawards@gov.bc.ca).

Any resident of B.C. or former long-term resid-

ent who has demonstrated outstanding achievement, excellence or distinction in a field of endeavour provincewide is eligible to be nominated. Fields of endeavour may include community leadership, business, labour, industry, art, sports, volunteer service, professions and other occupations. Federal, provincial and municipal elected representatives are not eligible for appointment to the order while they remain in office. A person may not be appointed to the order posthumously. Anyone can nominate an individual whom they feel is worthy of this acknowledgement and honour. Appointments will be made by the lieutenant governor in council on the recommendation of the advisory council, an independent council chaired by the chief justice of British Columbia. The head of the order is the lieutenant governor of B.C.

DESIGNING YOUR HOME AND LIFE FOR AN IDEAL RETIREMENT

As we age, it's important to take a proactive look at how to adapt your home for the best possible quality of life. With a little planning and some simple changes to help make life easier, we're better able to maintain our independence and stay connected. Here are a few cost-effective steps:

Prioritize accessibility and functionality
Think about what changes you can make now in preparation for the future, so you can work on them gradually, and finance changes over time. Simple updates in your home can make day-to-day tasks easier and make your space more functional. For example, you can try replacing doorknobs with handles that are easier to grab or installing hand railings along stairs. You could also explore smart home tech and virtual assistants to turn lights on and off or adjust the thermostat. Various provincial governments even offer support and subsidies for seniors to alleviate the costs of select home improvements.

Maintain access to your community
Consider how your home's location helps you to be a part of the community, and brainstorm ways in which you can stay connected to the places and people which matter to you most. For example, many public transit agencies offer senior's discounts, and community organizations arrange affordable transportation for seniors in many rural communities to help make daily errands and activities doable. Explore the services available near you to help maintain easy and affordable community access.

Take advantage of technology
Technology can simplify many day-to-day tasks -- like shopping and accessing healthcare resources -- while also connecting us with loved ones near and far. If you're worried about the cost of connecting virtually, there are programs to help address financial barriers.

For example, if you receive the senior's Guaranteed Income Supplement from the government, you might be eligible for the Telus Mobility for Good for Seniors program, which provides discounted smartphones and wireless plans so you can stay connected from anywhere. Meanwhile, their Internet for Good for Seniors program provides low-cost, high-speed internet plans for low-income seniors in some provinces, along with the option to purchase a discounted computer. Explore options like this to learn how they can help you access and thrive through virtual connections.

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SIMPLE TIPS TO KEEP YOUR HOME FREE FROM TOXINS



After spending more time indoors during winter, many of us see spring as time of renewal, and a time to re-evaluate our spaces to ensure they encourage good health. One way to do this is by removing common sources of contaminants. Here are some steps to help you protect your family home:

Rethink your décor
Double check for contaminants from the items in your home. For example, pressed-wood furnishings can release toxic fumes like formaldehyde, a known carcinogen like in second-hand smoke. To reduce your risk, try to buy untreated wood or formaldehyde-free furniture whenever possible. Affordable options are available at popular home decorating stores.

Install a water filter
Lead, chloride and other potential toxins can seep into your tap water from sources like plumbing and soil. Fortunately, a water filter attachment on your kitchen sink can help. Not sure if your water has contaminants? you can try an easy at-home DIY test kit from My Water Quality. Simply follow the

instructions and use the courier service included with the testing kit to ship your sample to an accredited lab. A report card will arrive within five to 20 days and provide you with easy-to-read results.

Ditch the plastics
From food containers to water bottles, plastics can be a big part of our everyday lives. But they can expose you to BPA, phthalates and styrene. So, swap out plastic containers for glass ones, avoid putting plastics in the microwave and switch to a stainless-steel water bottle.

Bring nature inside
Sometimes the best defence is a good offence. Since it might be hard to know exactly where toxins in your home are coming from or to remove them all, you can use green plants as natural detoxifiers to purify your indoor air. Some of the best antitoxin plants include spider plants, philodendrons and rubber plants.

Find more information mywaterquality.ca
www.newscanada.com

HOW TO PROTECT YOUR BIGGEST ASSETS IF YOU CAN'T WORK

Whether you're just beginning your career or nearing retirement, you likely have some important assets in your life that need protection. Things like mortgage payments on your dream home to a year-long apartment lease to car payments to your retirement nest egg.

While we all hope to remain healthy and happy, sometimes unexpected events can leave us unable to work. And it's not always a visible illness or injury like a car accident that prevents you from receiving your paycheck. In fact, a third of new disability claims from RBC Insurance clients 18 to 39 years old were related to mental health last year – and this is trending upward since 2019.

So, what should you do to protect yourself and your assets if you suddenly can't work? Here are a few key tips:

1. Create a financial plan and update it regularly. Keeping tabs on your finances and knowing what parts of your budget you can adjust if required can make it easier to see a future without your regular paycheck.

With inflation on the rise, the cost of homeownership - and pretty much everything else - is taking a bigger bite out of your finances. Most people would benefit from reviewing their priorities to work towards financial security.

2. Examine your benefits package and your employer's policies. If you have a benefits package through your job, take the time to get to know it – you're paying into it after all. Discovering the ins and outs of your package means you'll know your options if you must stop work. Check out policies on a leave of absence, see if you get any mental health days, and make the most of your coverage.

3. Sign up for or review your disability insurance. Disability coverage can replace your income if you can't work, so you can still make your payments without the added stress of dipping into savings. Ensure you have private disability coverage and check your workplace benefits.

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A FOCUS ON COMMUNITY INSPIRES DONOR'S GENEROSITY



As a professional photographer, Dennis Ducklow has a unique ability to notice the small examples of beauty that others may miss.

As a retired teacher and school principal, he sees the power of every individual to create a community where people of all ages feel safe and cared for.

And as a monthly donor to Langley Memorial

Hospital, he and his family honour the community where they've lived and worked for four decades, no matter how fast it grows and changes.

In the 1970s, Dennis, a school teacher at the time, and his wife Joan, a physiotherapist, decided to make Langley their home.

Drawn in by Langley's lush natural landscape, the proximity to their workplaces and the family-friendly feel, they settled in and started a family. Forty years later, he's seen extraordinary changes in his community.

"Even though the growth has been fast and furious there are still many quiet spaces, and many beautiful areas in Langley," he says.

That's reflected in his own photographic work featuring portraits, personalities, cultural events and serene forest scenes, showcased on doubleexposure.ca.

Given his family's connection to Langley, it follows that Dennis and his family have given generously to the LMH Foundation, where he's also contributed his time as a volunteer photographer.

"After getting more familiar with the Foundation, I knew it was an organization I could stand behind. And I feel good about contributing to a service that is essential. Maybe I'll be a patient there when I get older," he laughs.

His own involvement as a volunteer and a donor is part of a continuum of giving, inspired by a recognition that as Langley grows, so does the need for excellence in health care.

"I'm proud to see the accomplishments at the hospital, like the new ER wing, and the new MRI [suite]. Langley really needs those things, and to contribute in a small way really makes me feel a part of the community."

BRAIN HEALTH TIPS FOR OLDER ADULTS

Practicing healthy habits can help you live well throughout your life. Not only do they promote general overall health, but they also have the added benefit of reducing your risk of developing dementia.

Dementia can affect anyone. There's currently no cure and some risk factors like genetics can't be changed. Fortunately, there are many things you can do throughout your life to help reduce your risk of developing the condition. Here are some ideas to help:

1. Be active
 - Try new activities you've always wanted to adopt — whether that's snowshoeing, hiking or salsa dancing.
 - Vary your fitness routine to avoid boredom.
 - Go outside to get some fresh air.
 2. Stay social
 - Reach out to old friends to catch up.
 - Make new friends by joining a group activity — even if it's virtual.
 3. Eat a well-balanced diet
 - Plan your meals in advance so you have ingredients on hand.
 - Frozen vegetables are convenient and are often less expensive than fresh. They're great for soups and stir-fries.
 - Try a new recipe each week and develop a roster of your favourite healthy recipes.
 4. Challenge your brain
 - Learn how to play a new musical instrument or study a new language.
 - Try a familiar task or activity in a new way: go for a walk in a new-to-you neighbourhood or park.
- Find more information at canada.ca/dementia.
www.newscanada.com

4 FACTS ABOUT CANOLA YOU DIDN'T KNOW



As one of our leading crops, canola has had a major impact in Canada since its creation. From being a scientific achievement in Canadian innovation, to becoming the number one source of farm revenue from crops for more than a decade, there's more to this world-renowned oilseed than you might think. Here are four facts about this popular crop:

Made in Canada by Canadians

Developed in Canada in the 1970s, canola is a type of oilseed that's been bred over decades to maximize crop yields and withstand diseases and

environmental pressures. The name itself, "canola," combines "Canada" and "ola," meaning oil. Since its invention, canola has become one of Canada's biggest agricultural exports and one of the world's most important oilseeds.

An economic success story

With Canada as the single largest producer of canola globally, this oilseed has helped drive economic growth through a value chain made up of growers, seed developers, processors and exporters, generating almost 30 billion dollars in economic activity each year. Today, around 20 million tonnes

of canola are grown and produced by more than 43,000 Canadian farmers annually.

Science is behind its success

A growing industry, much of canola's success can be attributed to the innovative plant science behind it. According to Crop Life Canada, twice as much canola can be produced by farmers when applying a balance of protective tools and biotechnology, compared to the limited growth they'd face otherwise. Agriculture companies are committed to developing seeds and solutions that help farmers produce and grow canola, so they can continue to deliver to satisfy demand for this leading crop. For instance, InVigor® hybrid canola by BASF has been grown on 174 million acres across Canada since its inception 25 years ago.

Not just for cooking

Canola oil is credited with being one of the healthiest cooking oils compared to other edible vegetable oils; it's cholesterol-free, rich in vitamin E, and possesses the least amount of saturated fats. However, it's also used for other non-edible uses, included in everything from toothpaste and cosmetics to canola meal and animal feed, along with biodiesel and industrial lubricants.

Find more information at agriculture.basf.ca/west.

www.newscanada.com



Straight from the Horse's Mouth

By Mel Kositsky

The two major racetracks in Alberta are still considered the "new kids" on the Canadian block but they are moving right ahead in progressive fashion in order to build their business.

While it seems like the new harness racing track outside Calgary just opened, Century Downs Racetrack and Casino is getting set to celebrate its seventh anniversary and has dubbed the afternoon program of Saturday, April 23rd "Fan Appreciation Day" at the races. To help celebrate the big event a pair of harness racing legends -- track announcers -- will be making the journey to Alberta.

"Roger Huston is a legend and an (American) icon. I mean there was a bobblehead doll giveaway at the Meadows one year!" says Paul Ryneveld, the Managing Director of Racing for Century Mile and Century Downs Racetrack and Casino in a news release written by Shannon "Sugar" Doyle. "Vance Cameron brings his flair and expression that has made him a Canadian legend," said Ryneveld. "I have been fortunate to hear both live at their respective tracks and look forward to what will be a memorable seventh anniversary of racing at Century Downs."

Huston, the famous voice of the Little Brown Jug and Cameron, longtime caller of the Gold Cup and Saucer, will both share in the announcing duties for the day. Huston is looking forward to heading west for some harness racing action.

"I always get excited going into a new location to call races and this will mark 20 Canadian tracks that I've had the pleasure of announcing at," says the U.S.-based announcer of close to 181,700 horse races over his career. "This will be the farthest west I've been in Canada," he said. "I did call races at Queensbury Downs (Regina), for an anniversary program back in 1994, but this will be my first time in Alberta."

When asked about his favourite races to announce, over the years, there are a few Little Brown Jugs that do stand out. "I'd be foolish if I didn't say Falcon Seelster's Jug win, in 1985, was my favourite and likely my most popular race call... The Wiggle It Jiggleit Jug, of 2015, will go down as the greatest race I've ever seen or ever called... Life Sign's Jug victory, of 1993, was a memorable one as well."

(The Little Brown Jug, raced annually in mid-September by three-year-old pacers, is the harness racing equivalent of the Kentucky Derby.)

Cameron, from Prince Edward Island, has never been west of Marquis Downs, in Saskatoon. "I was out that way in 1981 and called races with guys like Ed Tracey, Jerv Clifton, Jamie Gray and Billy Companion, coming in from Alberta, so I do have 'a wee bit of western swing' in me," he said. "I was absolutely humbled to get the call and to team up with Roger Huston for this - I'm just really looking forward to it."

Known for his popular 'Boom! Just like that', 'Brouhaha', 'To it and at it - at and it to it' and more - Cameron sounds very keen and will be hoping to use some of his signature calls on the day. "I'm going to

bring them all," he says of his popular catchphrases. "And I may have a new one with me as well - I'm sure it will be a great time in the booth."

Event organizer James Jungquist, a former driver on the Alberta and B.C. circuits, came up with the idea of bringing these two legends together at Century Downs.

"When I moved into this new marketing role - I thought about my time in the sulky and what would have gotten me excited as a horse person. This was it!" says Jungquist. "Roger Huston is harness racing and Vance Cameron is that in Canada. This will be an awesome event for race fans and horse people on track and off. We've had a wonderful response from our industry partners in making this happen - I'd like to applaud Century Downs, Horse Racing Alberta and ASHA for coming together and sharing in this very special event."

The Alberta track has also introduced a new way to bet on the horses in Canada -- and it may significantly change wagering habits if it catches on.

Global Racing Network, a BetMakers Company, now offers horse racing from two of Canada's premier racetracks for global distribution to licensed fixed-odds wagering operators. It began with Century Downs Racetrack and Casino's 2022 meet on February 26th. Licensed betting operators around the world can now offer content from both Calgary's Century Downs Racetrack and Casino ("Century Downs") and Edmonton's Century Mile Racetrack and Casino ("Century Mile"; or collectively "Century") for fixed-odds betting.

Global Racing Network will distribute Century's racing content, including both data and race vision (live and replay vision of racing), to facilitate fixed odds wagering on the thoroughbred and standardbred horse racing product generated by the two racetracks.

Kerry Gatten, Partnerships Manager of BetMakers' Global Racing Network, said in a news release: "We are delighted to offer the first-rate content of Century Downs Racetrack and Casino and Century Mile Racetrack and Casino to a global audience and to help introduce a new source of betting revenue to the Century tracks. We want our global partners to know that Century is an attractive racing content option, with an extensive calendar of high quality standardbred and thoroughbred racing in a time zone that is accessible to a broad array of markets including Europe, Asia and Australia."

Christian Stuart, CEO - North America for BetMakers Technology Group, parent company of Global Racing Network, said: "At BetMakers we believe that growth in racing can be achieved by helping our clients distribute their racing to as many markets and licensed operators as possible and to offer a range of products to satisfy every bettor. BetMakers' Global Racing Network distribution services are designed to support the international expansion goals of partners like Century and to help them generate revenue from new sources."

Paul Ryneveld, Managing Director Racing of Century Downs and Century Mile Racetrack and Casino, commented: "The Century racetracks have worked hard to be a premier destination for horse racing fans in Canada and we are excited to expand our distribution to new markets and new racing enthusiasts all over the world through our Global Racing Network partnership."

Global Racing Network, A BetMakers Company, helps forge lucrative connections between racing rights holders and licensed betting operators. Global Racing Network offers direct access to the gaming industry's largest operators as well as those in emerging markets as a trusted partner to the worldwide racing industry. A full-service provider, Global Racing Network helps partners further monetize and protect their racing with their regulated Integrity framework, Race Vision video, Race Day Control, Official Price, and

real time Reporting and Analytics platforms.

In other harness racing news, Standardbred Canada announced the host tracks and dates for the 2022 Regional Driving Championships and National Driving Championship, which will determine Canada's representative to the 2023 World Driving Championship for harness racing.

The 2022 National Driving Championship will take place at Century Mile in Edmonton, Alta., on Thursday, November 24.

"As the newest racetrack in Canada, it is not only a privilege but also very exciting to host the National Driving Championship at Century Mile Racetrack and Casino," said Paul Ryneveld, Managing Director, Racing, at Century Mile in a news release. "In our first three seasons of racing, drivers and horsepeople alike found the one-mile track to their liking and we believe the wide turns and long homestretch will make for a fun event from both a spectator and a betting angle. This will also be a fantastic event to showcase Century Mile to racing fans across Canada and North America, and to the drivers competing to represent Canada in the next World Driving Championship."

This marks the first time that the National Driving Championship has been hosted in Alberta. Drivers must earn their way into the National Driving Championship by finishing first or second in their respective Regional Driving Championship.

The Ontario Regional will be hosted at The Raceway at the Western Fair District, Century Downs will host the Western Regional, Red Shores Racetrack and Casino at Charlottetown Driving Park will be the site of the Atlantic Regional and the Quebec / Eastern Ontario Regional will be hosted at Hippodrome 3R.

"We are very pleased to present the 2022 Regional and National Driving Championships after having to postpone the 2020 events due to COVID," said Dan Gall, President & CEO of Standardbred Canada. "We are looking forward to working with all of our track partners across the country and are very excited to present the National Driving Championship at Century Mile, Canada's newest horse racing venue. The one-mile oval and state of the art facility promises an exciting competition for the drivers and an exceptional experience for racing fans."

Here are the locations and dates for the four regional events (in chronological order):

REGIONAL DRIVING CHAMPIONSHIPS

- Wednesday, May 11 - Ontario Regional Driving Championship - The Raceway at Western Fair District; London, Ont.

- Saturday, June 4 - Western Regional Driving Championship - Century Downs; Calgary, Alta.

- Saturday, June 11 - Atlantic Regional Driving Championship, Red Shores Racetrack & Casino at Charlottetown Driving Park; Charlottetown, P.E.I.

- Sunday, June 26 - Quebec / Eastern Ontario Regional Driving Championship, Hippodrome 3R; Trois Rivières, Que.

NATIONAL DRIVING CHAMPIONSHIP

- Thursday, November 24 - Century Mile; Edmonton, Alta.

Regional events will feature either eight or nine drivers who will compete in a minimum of eight races. Drivers will receive points based on their finishing position and the top two point earners will advance to the National Driving Championship.

Past winners of the NDC title include Doug McNair (2018), Brandon Campbell (2016), Jody Jamieson (2014 & 2011), Brad Forward (2009) and Gilles Barrieau (2007).

The winner of the 2022 National Driving Championship will have the opportunity to represent Canada in the 2023 World Driving Championship to be held in Italy in conjunction with The World Trotting Conference.



HAWAII ISLAND OFF THE BEATEN TRACK IN MILOLI'I



By Chris Millikan

Our grand Hawaii Island holiday ends on Mauna Loa volcano's vast southwestern slope.

Between Hilo and Kailua-Kona, a sign directs us onto the paved, one-lane road to Miloli'i, a secluded coastal village eight-kilometers down. Low gear saves brakes from smoking. Our snail's pace soothes jangled nerves...and provides better sightseeing!

Past macadamia nut and avocado orchards, honour stands at small farms tempt us with bargain produce. When negotiating switchbacks, we gaze out beyond sheer drop-offs. Pastel homes dot the lava field and cluster along the slate-blue Pacific far below.

This 'main' road ultimately snakes across century-old lava into Miloli'i. Crossing a stone causeway, we arrive at its beach park. A Hawaiian local helps us locate our holiday rental. Backtracking to stone gateposts, another steep road takes us into a newish subdivision...and to our comfortable, ocean-view 'home.'

On Sunday, we return to Miloli'i Beach Park, where a weathered sign proclaims: Last Fishing Village in Hawaii. Illustrated churchyard storyboards depict how generations of families have fished here. We learn old-timers sailed out to feed papaya and taro to the then plentiful opelu (mackerel). After months of fattening, they netted them easily!

Another placard describes the red-trimmed, yellow clapboard church as '...one of the state's oldest examples of New England missionary wood construction.' Today, it continues serving Miloli'i and neighbouring communities.

Over in the picnic shelter, Hawaiians awaiting 11:00 services tell us more about their historic village. "An 1869 tsunami washed our church up to where it now sits...totally intact," grins Lei-Aloha. "Nowadays, folks still go out to feed and catch mackerel, but keep the fish they get. Their motorboats launch from that concrete dock opposite."

An elderly woman says she's always lived here, witnessing countless changes. "Old fishing shacks are long gone," she recounts. "Still without power or water lines, homes use solar panels for electricity and huge tanks for collecting rainwater." Wanting us to know the significance of their village name, her friend explains, "Miloli'i means 'fine twist.' Fishermen once twisted fine fibrous bark from olona shrubs into tough nets and ropes."

Settling in beach chairs under kukui nut trees, we marvel at fearless Hawaiian kids surfing powerful waves. One proud mom videos their aquatic tricks.



Easy paddling in a calm tidal pool suits us perfectly!

Our spacious second-storey lanai provides an idyllic place to laze, read and play Scrabble. From here, we watch winter swells crashing relentlessly against nearby cliffs, return friendly waves from passersby and spy quail-like Franklins parading through our quiet neighbourhood. Sometimes we glimpse saffron finches flitting amid pili grasses...and frolicking feral goats.

Sitting around the table, we relish simple meals featuring local apple bananas, avocados, papayas and juicy tangerines. And as brilliant red, orange and yellow sunsets fade, the clearest of starry night skies emerge.

At the park another day, we try hiking to Honomalino Bay. Beyond the church, multiple No Trespassing signs flank an old public roadway. Just inside the fenced entrance, a woman sporting dragon tattoos greets us. While escorting us through the property, she points out two derelict houses surviving the 1926 lava flow. Onward past some tents, she introduces her exotic chicken flock. Showing us out the back gate, she mentions Honomolono's white beach has become blackened with lava sand.

The footpath morphs unexpectedly into a rough, precarious lava trail overgrown with vegetation. We decide this two-kilometer hike is too risky and turn back. Meeting Lei-Aloha again near the village lagoon, she tells us how fish are naturally trapped here, fed and ultimately harvested.

Our laidback Miloli'i week offers us the charm of



encountering Hawaiian village life, a memorable alternative to resort-style hustle-and-bustle.

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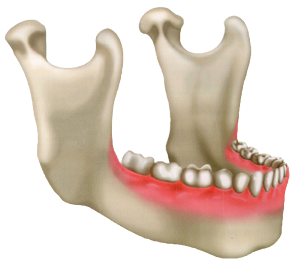
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Adental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants 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



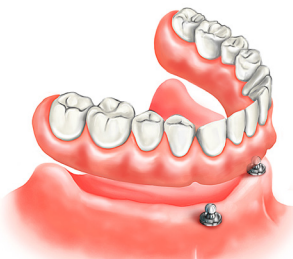
Resorption: 30 Years

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.

What is the cost of dental implants?

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

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