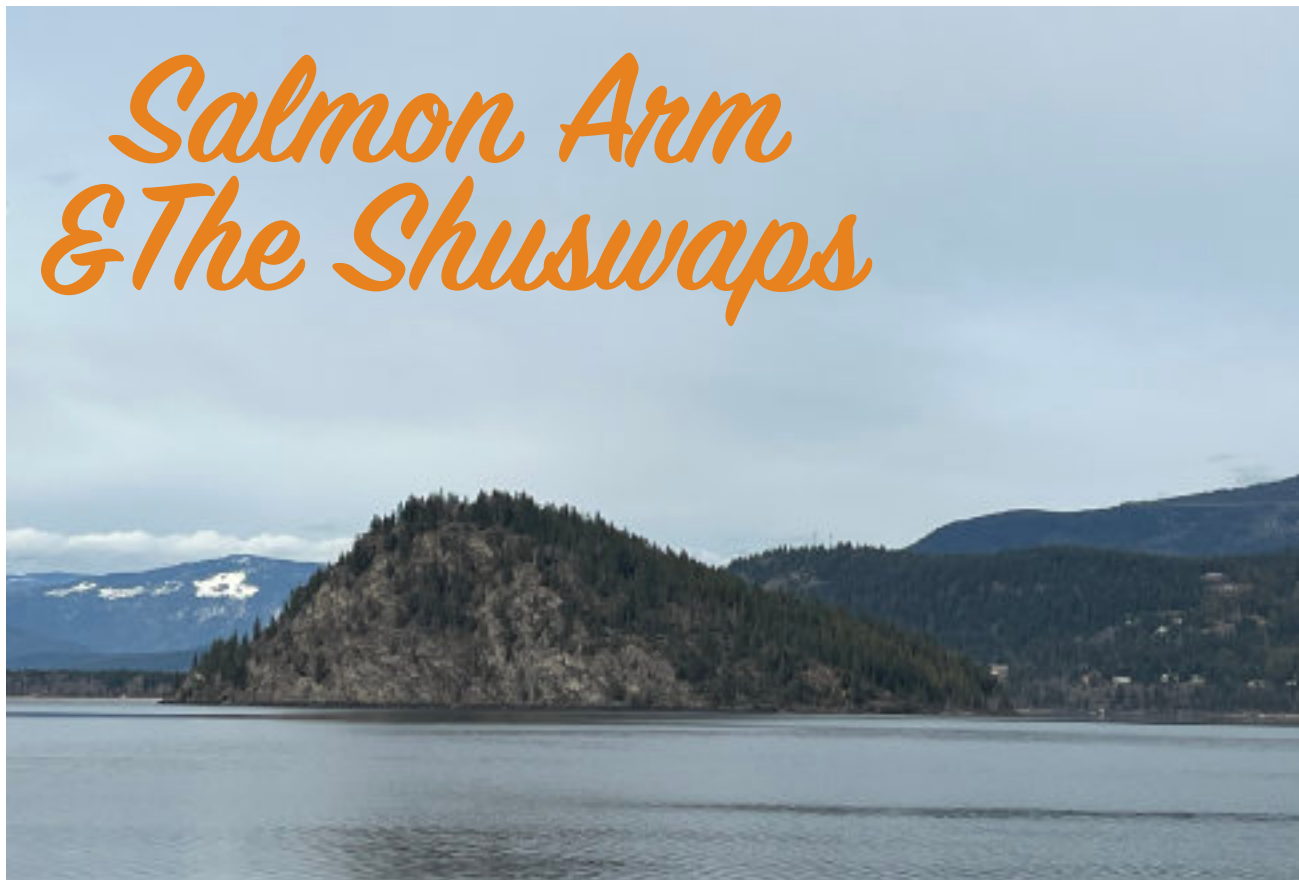


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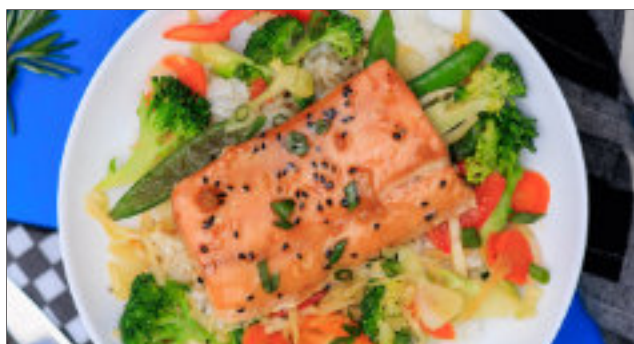
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Leavenworth, Warm Beach Lights	Dec 15-18th	4 Days

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ACCORDION TO DAN



Riding on a bus, heading across the Granville Street Bridge, I couldn't believe my eyes. The view of all those new high rises was unbelievable. While walking down Robson Street to English Bay, street names like Bute, Bidwell, Howe and Seymour gave rise to the following bit of rhyme.

RISING TO THE OCCASION

In Vancouver's west end, real estate has risen a 'Bute'; and 'Howe'! Why? Because the property values keep soaring sky high. No big problem for those who can 'Bidwell' and afford all that loot. The expression 'high rise' seems to be constantly evolving, cemented by all sorts of rapid change and achieving rhythms that are far removed from that old traditional song, and many of us seniors still cherish, 'Home On The Range'.

The construction of music we heard as youngsters is like night and day compared to Teresa Brewer's music 'Put Another Nickel in the Nickelodeon'. Do you recall the Dick Tracy comic books and his famous walkie-talkie wrist watch, which paved the way to a Smart watch? Today we have cellular phones that also take pictures, process them instantly and there's no need for film!

SPACED OUT

Amazing isn't it. Thinking way back when you and I were perhaps a teen trying to comprehend news events we've seen on the old black and white TV era of CBS, ABC, NBC, CTV and CBC. Remember Douglas Edwards doing the evening news and later followed by Walter Cronkite signing off with "And That's The Way It Is". How things used to be!

ENTERTAINMENT NOSTALGIA

Lawrence Welk's "Champagne Music" tagline used a bubble machine for visual effect. At the end of each show Dean Martin would urge his viewers to "Keep those cards and letters coming". A song that is constantly identified with him was "When The Moon Hits Your Eyes,

That's Amore". You might go. "Hot Diggity, (Dog Ziggity) Boom What You Do To Me". Those lyrics still can 'Catch A Falling Star' as we visualize Perry Como singing. "Here's Johnny", the opening line said by Ed McMahon on The Tonight Show with Johnny Carson. Who could ever forget 'You Bet Your Life' with Groucho Marx, for his off the cuff 'one liners', wow, that really wet our appetite.

In the early 1950's, a young' Frank Sinatra sang 'Love and Marriage' goes together like a horse and carriage, and of course, 'Somewhere Over the Rainbow' the voice of Judy Garland, bringing back those simpler, slower paced days we still go and to tunes like 'Put Another Nickel In The Nickelodeon' and 'How Much Is That Doggy In The Window' as memoirs come pleasantly drifting back.

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

Plus books via www.amazon.ca



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The wheels of time have gone
through many stages. (photo: Dan Propp)

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Fraser Valley / Lower Mainland Edition
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8
E-Mail: todayssenior@shaw.ca

Publications Mail Registration #40025695
Printed in Canada, Blackpress

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Main Office / Distribution 778-751-4188
OFFICE HOURS: 9:00am-Noon
Tuesday, Wednesday, Friday
Online: todaysseniornewsmagazine.com

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SPICE UP MAY WITH PARKS, A PADDLEWHEELER AND WINERIES



upcoming programs and events, at www.surrey.ca/arts-culture/historic-stewart-farm.

The Museum of Surrey, 17710-56A Ave., Cloverdale: Comprised of two buildings, one for travelling exhibits, the other an extensive combination of permanent exhibits, the complex includes a must-see Indigenous Hall. The popular children's TDExplore Zone is open again.

No admission charge for the Stewart Farm House or Museum of Surrey, but donations are appreciated. Professional photoshoots must be booked in advance.

Surrey Art Gallery and Civic Theatre, 13750-88th Ave., Surrey: Until May 29, the gallery feature is Rajesh Vora: Everyday Moments. The works focus on rooftop sculptures and water tanks in India's Punjab region. Look for works by local emerging artists, too, as well seminars such as The Pool of Memories: Interactive Community Workshops available until May 15.

On stage in the Surrey Civic Theatre on May 13 I'm looking forward to hearing Josh Feinberg In Concert as he showcases "sounds of the sitar infused with a modern-day twist". Vivek Pandya will accompany Feinberg on the tabla. Check www.surrey.ca or the usual social media platforms for all City of Surrey events.

Fort Langley, the birthplace of BC is anchored by the Fort and extensive speciality town centre shopping and dining. Seasonal events in Fort Langley and the Township of Langley are popular and listed at www.tourism-langley.ca/location/fort-langley/ Tip: carpool or go early. Parking is free, but can be

problematic.

Wineries: Thought the Fraser Valley wineries are plentiful, welcoming and each features its own unique personality. Too many to list here, but Tourism Langley, Tourism Abbotsford and Tourism Chilliwack will steer you in the right direction with maps to keep you entertained all summer. Don't forget The BC Ale Trail at www.bcaletrail.ca and the rapidly expanding Surrey Spice Trail through <https://discoversurrey.ca>

Last but definitely not least, cruise down the Fraser River. Among the vessels cruising this historic river is a picturesque paddlewheeler. The MV Native carried pioneers, fur traders, gold miners and families from 1863 until 1921. The current MV Native is a replica built in 1988. Find out more at <https://VancouverPaddlewheeler.com> or call 604-525-4465.

Ursula Maxwell-Lewis is a BC-based writer and photographer. Her work appears regularly in assorted Canadian print and on-line publications. Contact her at utravel@shaw.ca

By Ursula Maxwell-Lewis

To mask, or not to mask? In many cases it's now up to you. In all cases, my habit is to;

a) check the rules for the country, facility or vehicle
b) tote along a couple of masks in case others (or I) feel the need to take this simple precaution

Friends and fellow travellers tell me local travel for another year is their choice. Fortunately, the Lower Mainland offers endless choices. A couple of my favourite seasonal parks have re-opened, but entry dates are limited to select weekends.

Darts Hill Garden Park at 170th St. and 16 Ave. never disappoints, but each year horticultural changes entice visitors to return frequently. For a \$5 donation Darts Hill is open to enchant you from 10 am to 4 pm on Fridays, Saturdays and Sundays. Tip: an annual \$20 membership earns you free passes and other perks. Check them out on the website at www.dartshill.ca

Glades Woodland Garden, 457-172 St, Surrey, is open weekends from 10am to 4pm until June 26. Tickets are \$7 per person. Advance reservations are required. Check the website for the special Mother's Day event or call 604 501 5050.

Elegant water features highlight and enhance this park's constantly expanding natural charm. Hydrangea season is eye-popping, but take time to note the plethora of tiny details, plants and quirky artwork. The Japanese garden is bound to charm you.

Parks with personality throughout this area are plentiful. These just happen to be two of my photography favourites. Plenty of free parking. Both these public parks were bequeathed to the City of Surrey. Check out their history

Historic Stewart Farm House, 13723 Crescent Road, South Surrey: An historic house with picnic-friendly lawns overlooking the easy-flowing Nicomekl River. Canoe down the 34 km river, if so inspired. Admission to the house is by donation. Costumed hosts who know how to operate that impressive old kitchen stove often have fresh baking on hand. Tip: Look for the recipes, as well as

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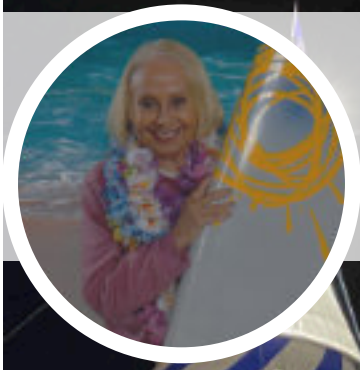
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And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey



CIRQUE DU SOLEIL ALEGRIA SOARS!



Article & photos by Lenora A. Hayman

The Cirque du Soleil Alegria ("Joy" in Spanish) under the Big Top at Concord Pacific Place until June 5, first played from 1994-2013. In 2019 it was reimagined in celebration for its 25th anniversary.

An energetic cast of 53 acrobats, clowns, musicians and singers from 19 nationalities, tell the story of a kingdom that has lost its king. A Mr. Fleur is the old king's fool who awkwardly tries to be the legal heir to the crown. We witnessed the power struggle between the old dynasty and the new.

I had the privilege of going behind stage a few days earlier to see the exquisite costumes and photos of their amazing makeup, the Aristocrats' turquoise and mauve hats and masks, the Bronx hula hoop gal's costume and Mr. Fleur's red outfit. The singer in black personified commitment and power of hope, while the singer in white is sensible during adversity. The high-flying trapeze angels in white were the guardians of the kingdom. There were women repairing wigs and regalia, 2 performance medical therapists, an onsite laundry and behind scene televisions viewing the acts for safety concerns.

The show is full of gayety and glee, just what we need during these trying times.

Tickets. www.cirquedusoleil.com

Phone 1-877-924-7783 for Accessible Seating Tickets for those in wheelchairs & walkers.

Ushers will store walkers during the show & return them afterwards.

TOP: Cirque du Soleil Big Top.

BOTTOM LEFT: The Aristocrats in Alegria. **BOTTOM RIGHT:** The Bronx girls in Alegria.



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FINANCIAL NEWS

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

HOW DO EMPLOYEE PENSION PLANS WORK?

Working for a company that offers a pension plan is one of the greatest financial benefits in Canada. But what is an employee pension plan and how can it help you achieve your

retirement savings goals? Employee pension plans can vary. Often, I get asked to explain the options available to a person who is retiring because they do not understand the best options for them. So, a good place to start is with the basic differences between pension plans and what the benefits are.

What are the two main types of employee pension plans?

There two main types of employee pension plans defined benefit, and defined contribution.

What is a defined benefit pension plan?

Defined benefit pension plans provide retirement income based on a formula that includes your: years of service with your employer, salary, and age at retirement.

How does a defined benefit pension plan work?

Defined benefit pension plans pool the contributions from both you and your employer in a pension fund. Those funds are then invested. Your employer (the pension plan sponsor) is responsible for paying employees their retirement income from the plan. You may be required to contribute to a defined benefit pension plan during your time with a company.

What is a defined contribution pension plan?

Defined contribution pension plans provide retirement income based on the savings each member has in the plan. The amount of retirement income you get depends on how much you contribute to the plan, how much your employer contributes, and how that money grows over time. There is no prescribed income level that will be paid.

How does a defined contribution pension plan work?

Usually with a defined contribution pension plan, you and your employer pay a defined amount into your pension plan each year. Companies have mandatory employer contributions, and most have an optional employee component. In most cases you control how you invest your money. You can usually select investments based on your own risk tolerance and goals. The investment performance determines what your retirement income will be.

Who manages employee pension plans?

Your employer is responsible for administering the plan. Most employers rely on different service providers to manage their pension plan. This often includes:

- plan administration service providers (provide record keeping and other services),
- investment fund managers (who invest the pension fund assets),
- life insurance companies (for record keeping and/or investment management services),
- trust companies (for custodial services), and
- consultants (for services like plan valuation, pension design consulting, member communications consulting and fund manager search services).

What happens to your pension plan if you change employers?

Under pension legislation in most Canadian jurisdictions, defined benefit, and defined contribution pension plans vest* at some point. In most jurisdictions, the vesting is immediate. This means, once your employer makes contributions to the plan, it is your money. In other jurisdictions, you need to work with your employer for a specified period before you are vested in your benefits.

What happens to your pension if you leave your employer?

If you leave your employer your options for what you can do with your pension will depend on the legislation and plan.

You may be able to: leave your money in the plan you are leaving, transfer the value of your pension to another pension plan (if the other plan permits), transfer your commuted value to a registered retirement savings plan or other plan (if it's not locked-in), or a locked-in vehicle (if it's locked in), or take the cash value, less tax (if it's not locked in).

Some provinces may have vesting based on years of service or membership in the plan. If you leave before the benefits vest, you will get the value of your own contributions and earnings. You will not, however, receive your employer's contributions and related earnings.

If you are leaving a pension plan for any reason, it may be helpful to talk to a financial

advisor. They can walk you through your options. A CRS Financial advisor can help answer questions and address any concerns you may have.

Need help understanding your retirement savings options?

Knowing what your employee pension plan offers can help you make the most of your retirement savings. Or, if you do not have a company pension plan, you can create your own retirement savings plan. Whatever the case, at CRS Financial we can help you understand your options. To find out more about your options contact Rick at 604-535-3367 (Suite 220, 3388 Rosemary Heights Cres. Surrey, BC V3Z 0K7) or email: rick@crsfinancial.ca

Source: Sun Life Investments

PROTECTING YOUR HOME AGAINST THE ELEMENTS

With climate change comes more frequent and severe weather, and possibly damage to your home. From flooding and wind, to fire and hail, the elements can lead to an array of costly issues. With that in mind, here are some tips to protect your home and belongings from insurer Aviva Canada:

- Before a storm, bring in or secure outdoor items such as furniture, appliances, umbrellas, bicycles and toys.
- If possible, park your vehicle in your garage or carport and bring in the barbecue for the duration of the storm.
- If you live in a hail prone area, think ahead and consider replacing your roof or siding with hail-resistant materials. These can include class-4 rated hail-resistant asphalt shingles for the roof and cement fibre board for siding.

Depending on where you live, you could see a devastating hailstorm as early as May or as late as September. Get prepared now to help minimize damage. Speak with your insurance agent, and make sure you have a comprehensive insurance policy that will protect you based on your needs. Have an emergency kit ready that includes a flashlight, water, snacks, batteries and first aid supplies. In the event of a hail storm, close your blinds to help absorb and block any broken glass, and stay away from windows and doors.

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



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THE PHARMACIST REVIEW

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

SUPPLEMENT YOUR LIFESTYLE

There is no single answer to the question, "what are the best daily supplements you recommend?". We are all individuals. Our genetics and environmental influences have made us all unique in our health needs. The food you eat, your choice of lifestyle, and the exposure to environmental chemicals and risks, including body trauma, has an impact on how your body is acclimated based on your genetic blue-print. Ideally, we get all our necessary nutrients in our daily diet, but that is not always possible.

It is important to work with your integrative pharmacist, physician or trusted health professional to pinpoint your supplement needs and source the appropriate ones for your individual case. A daily **multi-vitamin and -mineral** that is sourced from whole foods is ideal, but is not always possible, especially during the pandemic. We love the **CanPrev** and **Omega Alpha** versions for their ease of use (2 daily), but the **Metagenics** and **Thorne** ones have been around for decades and offer an undisputedly high quality of ingredients. For the kids in the family, **Herbaland (Richmond)** and **Sisu (Vancouver)** both make some clean multivitamin chews.

Omega Fatty Acids are crucial for healthy skin, heart, nerves, memory, joints, and fat metabolism. The EPA:DHA ratio is an important factor to consider for specific needs; a DHA bias is useful for cognitive function and minimizing risk of dementia. The Metagenics/Omegagenics line has been trusted for years (available as scent-free capsules and liquids) because they offer different formulations specific to your needs. The liquid NutraSea/NutraVeg lines are

great-tasting and easy to give to both adults and kids. Both companies disclose multiple statistics for their formulations based on lot numbers, including source of the oils and chemical analysis.

Probiotics can be used daily for maintenance of healthy gut flora, which is important for fluid-electrolyte balance, gut motility, and immunity. Often, they are used by patients taking antibiotics to offset the detrimental effects on the existing healthy gut bacteria.

Mushroom and **antioxidant** blends are very popular throughout the year, especially during the flu season and the COVID19 pandemic. They can help modulate the immune system and help manage stress, as well as repair damaged tissues. Of note are the **Purica (Duncan, BC)** line of mushrooms and mushroom protein powders, as well as **New Roots Herbal's Vitamin C8**.

Whatever you decide on with your integrative health member, pay close attention to dosing, adjustments, and be diligent about taking them regularly for maximum safety and maximum benefit. This article was intended to simply offer you a glimpse of how supplements can be catered to your specific health needs. Reach out to the integrative pharmacy teams at **Cloverdale Pharmasave** and **Pharmasave Steveston Village** for a brief chat or to schedule a detailed assessment of your supplement regimen.

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.



5 TIPS FOR GARDENING WITH SORE JOINTS



The days are getting longer, the temperature is getting warmer, and many of us are itching to get our hands dirty in the garden again.

Whether you choose to grow colourful blooms or nutritious veggies, gardening can be great for your mind and body. But, if you have arthritis, it can also be hard on your joints.

"There are many benefits that come with gardening, but it's important to remember to avoid pushing yourself too much," says Trish Barbato, president and CEO of the Arthritis Society. Here are some tips she shares.

1 Start low and go slow.

Gradually increase the amount of time you're active and the effort you make while gardening. Schedule tasks like weeding, mulching or pruning over several days to avoid overexerting yourself.

2 Use the right tools.

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

3 Bring the garden to you.

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

4 Build in breaks.

Set an alarm at least every hour to take a 10-minute pause. This will help you avoid stiffness and pain the next day.

5 Avoid the heavy lifting.

Carry smaller loads, or better yet, delegate more challenging tasks to family and friends.

Find more information and resources to help you garden at arthritis.ca.

www.newscanada.com

3 WAYS TO SET YOUR HOUSE APART FROM THE REST

When it comes to home improvement projects, there's more to think about than simply the aesthetics. Functionality, sustainability and durability each play a large role in any home, and with the effects of climate change on the rise, here are three home improvement projects to consider this spring.

Rainwater harvesting

Rainwater harvesting is a simple and convenient way to make your home more sustainable and save on utility bills. It offers many other benefits as well such as helping to control storm-water runoff, which reduces the risk of erosion in gardens and around downspouts and it minimizes the impact on sewer systems.

Native plant garden

An easy way to add curb appeal while doing your part for Mother Nature is to plant native species in your garden. An Aviva Canada survey found 89 per cent of Canadians agree that biodiversity is important to solving the climate crisis. Native plants can help support healthy ecosystems and are accustomed to your local conditions --- soil type, temperature, climate and light -- so it's okay if you lack the proverbial green thumb.

Use technology to automate your home

Home automation devices can help make your life easier and are a great way to reduce your carbon footprint. Things like smart thermostats can help regulate the temperature in your house, and lighting control systems can help decrease your use of unnecessary electricity. You can even connect your speakers and cooking appliances.

Find more information at aviva.ca

sustainability.

www.newscanada.com

DOES THE WEATHER IMPACT YOUR ARTHRITIS?

Is there truth to the idea that weather affects your joints, or is it an old wives' tale?

Scientists are not yet sure why, but studies do suggest that weather changes can increase pain.

While controlling the weather isn't an option, there are things you can do to manage your pain. Start by tracking your symptoms. You can find a daily symptom tracker on the Arthritis Society's website. Once you know what kind of weather affects you, follow these tips.

If your symptoms are worse in warm weather:

- A cool shower or cold pack can help with pain and inflammation on hot days.
- It's important to stay hydrated. Drink plenty of water and try to avoid caffeine, alcohol and sugary drinks that can contribute to dehydration.
- Try to avoid spending time in the sun during the hottest hours of the day.

You can try a cooling ointment or spray that produces an icy feeling where it's applied.

If your symptoms are worse in colder weather:

- Take a warm bath or shower to help relieve the pain.
- Use a hot water bottle, warm pack or heating pad to soothe sore joints.
- Dress in multiple layers and cover exposed skin when outdoors.
- Try soaking your sore hands in warm water.

Find more resources on heat or cold therapy at arthritis.ca.

www.newscanada.com



HOME IMPROVEMENT
“ASK SHELL”
By Shell Busey

My experiences in the Home Improvement industry now span some 35 plus years all the way from stock boy to radio and TV shows dispensing advice and know how to you the home owner. A lot of water has gone under the bridge (so to speak) over those years and I am often asked just where I have been in this industry.

I started to work for Beaver Lumber in Owen Sound, Ontario when I was 18 years old. This relationship would last for the following 15 years. I began my career with Beaver Lumber like most others at that time by unloading box cars, piling lumber, doing deliveries and eventually working into a sales desk position. In 1965 I began the first of a series of moves within Beaver Lumber by becoming the assistant manager at the store in Barrie, Ontario.

I was married to my wife Frankie that spring and we spent one year living in Barrie and then transferred to Orangeville, Ontario where I received my first position as a store manager. We spent an enjoyable two years in Orangeville and were then transferred to Northern Ontario where we would spend the next three years. In 1970 we left Sault Ste. Marie with our then 18 month old daughter Kyna and moved back to Barrie, Ontario. I managed the Beaver store there for one year and we then were on our way to Windsor, Ontario. This was again to be only a one year stay during which our second daughter Monica was born.

When we left Windsor in 1973 it was to go back to the regional office in Toronto and into a position of regional supervisor making regular calls to the stores in my territory. A year later I was asked to make a move that would shape our future. I was offered a position in British Columbia supervising the then Saveway stores. This was a much bigger move than just one area of Ontario to another but being somewhat gypsy at heart we decided it was too good an opportunity to pass up.

So began our life in British Columbia, it was and continues to be a good decision twenty some years later. Between moving to B.C. in 1974 and 1977 I used my marketing and merchandising skills with Beaver Lumber and also for the Irlly Bird Distribution Centre and for a short period the Surrey Co-op. During this time I also travelled to Whitehorse, Yukon to set up the first Beaver Lumber franchise.

Throughout the years I had always had a yen to have my own Building Supply store and so in 1977 purchased a Windsor Plywood franchise in North Delta. This was later converted to Build It Centre and associated with the Tim-Br-Mart buying group. This proved to be a successful venture but by 1987 I had ventured into other interests and decided to sell the store. During this ten year time frame we had also owned for a period a second Windsor Plywood store and opened a complete Hardware store.

During the early 80's two new ventures came my way. One was to be approached to run for council in the municipality of Delta. I accepted this unique challenge and was successful in being elected and served two terms as an Alderman until 1990 when my schedule would no longer permit the time needed to perform the task properly.

The other venture that happened would have a profound effect on my future and still does to this day. In 1983 the then CJOR radio station approached Windsor Plywood to have someone guest on a talk show to dis-

The Merry Month of May!

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Spring Cleaning	May Days	Mayflower	Tulips
Daffodils	Sunshine	Apple Blossoms	Cherry Blossoms
Birds Nesting	Bees Pollinating	Lawn Mowing	Weed Wacking
Downscaling	Moving	Power Washing	Fish and Chips
Bunnies	Trees Budding	Picnics	Barbeques
Backyard Gatherings	Sprinklers	Icecream Cones	Mothers Day
Plants	Cloverdale Rodeo	Spring	Hiking
Blooms and Blossoms			

cuss Building Supplies and Home Improvement.

For some reason it was deemed that that person would be Shell Busey. Little did I know what that one day would bring. I guess it must have been well accepted as I was soon approached and asked to host my own talk show on Home Improvement. I was to continue to host my own talk show on CJOR except for a short stint with CKO until CJOR changed their format in 1988 and discontinued talk radio.

In 1989 I was approached by BC Hydro to become a consultant for their Power Smart programs promoting new energy efficient products and information to home owners. In 1990 the BC Hydro Home Ideas show began broadcasting from CKNW Radio, Vancouver along the WIN Radio Network 56 affiliated stations throughout B.C. Since 1991 I have travelled throughout the province of B.C. as BC Hydro's Power Smart consultant providing information to homeowners at Home Shows. The expansion of radio out of the province of British Columbia began with the Home Discovery show from CHQR Calgary in 1992. Since then CHED Edmonton, COB Winnipeg and CKGL Kitcheener have added the Home Discovery show to their programming.

This expansion of radio has led to my involvement in Home Shows and appearances throughout the Western provinces.

My first foray into television was for the BCTV Saturday morning news hour. BCTV produces and airs Shell Busey Home Improvement segments as a regular feature on the Saturday morning news

hour. CBC also featured Home Improvement tips with Shell Busey on their 50's Up program for a period of time.

In 1995 I was approached by CHEK TV to consider hosting a Home Improvement series. Thus the Home Check series was born. Produced by Chek TV, Victoria and BCTV. Vancouver, Home Check is a renovation and home repair series now shown across Canada weekly. As host and co-producer of Home Check I endeavour to bring information on new products and how to information for home owners.

My involvement in radio and TV has given me an opportunity to do something I really enjoy, have a lot of fun and hopefully help you the homeowner with the needs and projects around your home. I hope to continue to bring you tips and information for many years to come.

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As we age and begin to lose our mobility and sense of balance, bathing can not only become difficult but also a cause of additional stress and anxiety. Fear of falling and a fear of not being able to get out of the tub are two of the most common occurrences with many of our seniors today. Walk-in tubs have become extremely popular in the last decade and estimates show that people who go ahead and install a walk-in tub in their homes today, will be able to live independently for an additional five years.

Walk-in tubs are exactly what the name implies, tubs that have large doors that open, and you simply walk in and sit down on a 17-inch-high seat. You close and lock the door and the tub fills rapidly while you are sitting comfortably and safely inside. All the taps and controls are easily accessible at your fingertips. Once you are done your bath, turn the dial and the tub quickly drains and you simply open the door and walk out of the tub. The various models all have numerous grab bars and non-slip surfaces making getting in and out worry free. Walk-in

tubs are designed for an aging population who desire to remain independent for many years to come.

Manufacturers have optional tub designs accommodating every shape and size of person and bathroom. There is a tub size that will fit in the space where your existing tub or shower is. Walk-in tubs can be as basic as a soaker tub to as deluxe as your own personal spa. Offering numerous options such as heated back, multi-speed warm air jets, water jets, ozone, light therapy, aromatherapy, and more.

The benefits of a walk-in tub are numerous. Many people crave being able to confidently have a bath again and find relief by just soaking in a warm tub. Owners say they believe they sleep better after a soothing bath. The warm air or water jets give a deep massage and help to stimulate circulation, thus carrying additional healing oxygen throughout the body to the hands and feet. This has shown positive results increasing mobility and helping to relieve the pain and symptoms of such conditions as arthritis, chronic back pain, fibromyalgia, diabetic



and peripheral neuropathy, as well as various other acute and chronic conditions.

The Canadian Government website states that 1 in 4 seniors fall every year, and 25% of these falls are serious, leaving the victims permanently disabled and bedridden. A large percentage

of these falls take place in the bathroom. Aside from all the pain and suffering it also ends up costing the Canadian medical system two billion dollars annually. Therefore, the British Columbia and Federal Governments are helping many people who decide to purchase

“ Perhaps, one of the best decisions I’ve made is when I decided to go ahead and put a walk-in tub in my house. I no longer have a fear of falling and this will help me live in my home for many more years to come.”

Jean S.

a walk-in tub now. The help comes in the forms of a tax credit, a Provincial Sales Tax waiver, and in certain qualifying cases a \$7,500.00 Government Grant.

As we all age and the years fly by, many seniors are faced with the reality that taking proactive steps today and deciding to retrofit their homes with a walk-in tub is one of the best investments they can make to help them age in place, comfortably and independently in the home they love.

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Salmon Arm & The Shuswaps



SALMON ARM AND THE SHUSWAPS

By Mel Kositsky

It's an area of British Columbia that most people love to visit, but it is rapidly becoming a wonderful place to live, especially for those in retirement.

Many tourists come to Salmon Arm from Vancouver, Calgary and Asia. Most tourists arrive during the summer season, either stopping en route to other holiday destinations or to visit Shuswap Lake, often to experience rental houseboats. The lake area also has recreational residential communities and campgrounds all around its shores. Salmon Arm has several hotels, campsites and houseboat rental outlets. The city lies on the Trans-Canada Highway approximately halfway between Vancouver and Calgary. It is also at the top of Highway 97, which leads to Vernon and Kelowna. The economy benefits from through traffic -- many brand-name hotels and restaurants have opened in the past few decades. The Canadian Pacific Railway also runs through Salmon Arm but no passenger service is available, although the Rocky Mountaineer trains pass through on occasion.

Salmon Arm takes its name from the southwest arm of the Shuswap Lake, due to the large runs of salmon that used to run up the creeks that empty into the lake. The area has retained a unique rural quality that is reflected in the richness and diversity of the communities throughout the Shuswap. The lake has four "arms" -- Shuswap Arm in the west, Seymour Arm in the north, Anstey Arm in the northeast, and Salmon Arm in the south. In the 2021 Census of Population conducted by Statistics Canada, Salmon Arm recorded a population of 19,432 living in 8,106 of its 8,517 total private dwellings, a change of 9.7% from its 2016 population of 17,706. With a land area of 155.19 km² (59.92 sq mi), it had a population density of 125.2/km² (324.3/sq mi) in 2021.

Salmon Arm was incorporated as a municipal district on May 15, 1905. The city of Salmon Arm separated from the district in 1912, but was downgraded to a village in 1958. In 1970, the city of Salmon Arm once again reunited with the District Municipality. Salmon Arm once again became a city in 2005, and is

now the location of the head offices of the Columbia-Shuswap Regional District.

Located in the Thompson Okanagan region, the popular Shuswap Lake provides for a host of summer activities and brings locals and visitors alike to experience what the area has to offer. Water sports are one of the main attractions with several locations good for swimming and boating. Fishing is also popular with several species of fish including Kamloops, Rainbow, Bull, and Eastern Brook Trout, Kokanee, Whitefish, Lingcod, and Perch. Take a walk on the Salmon Arm Wharf, a wooden boardwalk that is the longest inland wooden curved wharf in Canada. A scenic stroll will offer a great view of the bird sanctuary and ecological reserve. For the more active visitors there are trails for hiking, biking, horse riding and mountain biking -- and in the winter snowmobiling is a favourite pastime.

A vibrant arts and culture community, unique shopping and dining options and a strong sense of community make Salmon Arm a well rounded community with something for everyone. Salmon Arm provides the amenities of a city living within a small community setting, which makes it perfect for families and retirees. The area has retained a unique rural quality that is reflected in the richness and diversity of the communities throughout the Shuswap. Residents have a keen sense of pride and satisfaction in protecting their quality of life. It is this balance that appeals to residents and visitors alike. Salmon Arm's economy is a diverse mixture of forestry, agriculture, tourism, commerce and manufacturing. A growing industry in the Salmon Arm area is the ever-popular agri-tourism. These farms include wineries, berry farms, orchards, cheese plants, dairy farms, corn fields, pumpkin and gourd patches, canning and cider pressing, and petting zoos.

Commercial development in Salmon Arm includes a vibrant and visually appealing downtown core consisting of approximately 300 unique retail stores, business services and financial institutions. The downtown core is easily accessible from the Trans-Canada Highway, drawing in visitors from around the world. Downtown Salmon Arm does a tremendous job of securing live music, festivals and community events, adding to the activity. In addition to the downtown core, commercial opportunities are available in areas fronting the Trans-Canada Highway as well as in three large indoor malls. There is available commercial space for lease and/or sale to meet business needs. Salmon Arm also boasts a Commercial Revitalization Tax Exemption Program. This program is designed to support commercial development in Salmon Arm's downtown core.

Agriculture has a long history in Salmon Arm. The Agricultural Reserve Lands account for approximately 35 per cent of land area within the City of Salmon Arm. There are close to 200 farms operating

within the City, including livestock (dairy and beef), equestrian, poultry and fruit and vegetable production. There are extensive opportunities for agri-food and agri-tourism business development with available farm land to support new business establishments.

The first white settlers arrived in this valley in 1888. Salmon Arm first began as a railway camp during the construction of the Canadian Pacific Railway (CPR), later developing into a logging, farming, and dairy centre. The beautiful Shuswap Lake takes its name from the Shuswap Indians, northernmost of the Great Salishan Family, and one of the largest tribes in the interior of British Columbia. Once numbering

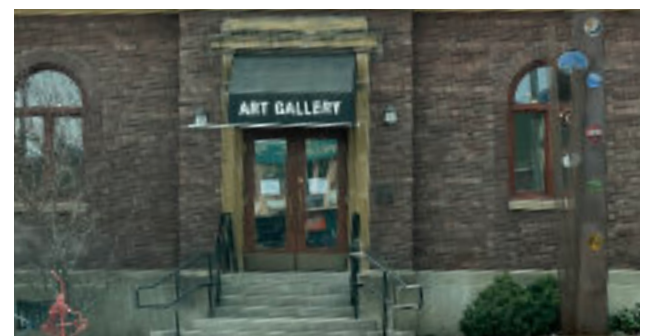


over 5,000, they were fishermen and hunters, roaming in bands through the vast land of lakes and forests, reaching 240 kilometres to the west, east and north.

The Shuswap is named after the Shuswap First Nations -- the Secwepemc -- an important Salish Nation comprising 17 Bands, whose ancestors lived in south-central British Columbia. Today, four First Nations bands live in the Shuswap region -- the Adams Lake Indian Band, Neskonlith Indian Band, Splatshin First Nation and Little Shuswap Lake Indian Band.

Salmon Arm is located within the traditional territory of the Secwepemc. Much has been written about the history of Salmon Arm following the laying of the Canadian Pacific Railway in September, 1885. While miners and settlers looked for gold in the surrounding areas, the beaches of Salmon Arm lay virtually untouched. By the end of the 1890s, the town had grown to include many new buildings such as two general stores, a school, and a hotel. The population had also grown to include over 200 citizens.

By 1904, Salmon Arm had acquired a reputation for having an excellent fruit harvest. The local businessmen grew fruit as a main export, sending it to the



larger, more populated towns that surrounded it. In May 1905, a formal local government was started by the request of its citizens. Later on, in 1912, Salmon Arm upgraded its town status to an official city.

In 1951, Princess Elizabeth, Duchess of Edinburgh and Prince Philip, Duke of Edinburgh visited Salmon Arm while on a royal tour of Canada.

On August 8, 1982, while Prime Minister Pierre Elliott Trudeau and his sons passed through Salmon Arm, they were confronted by three demonstrators protesting "high unemployment and the way the Prime Minister was handling the economy." Trudeau infamously gave the protesters the finger; his gesture was caught on a single television camera and immediately used by some as, "a vivid symbol for those who thought the Liberal prime minister arrogant and hostile to Western Canada." However, to many Trudeau's response was seen as a commemorated joke. Only a month after the incident T-shirts, which depicted a caricature of Trudeau leaning out of a train with his middle finger raised, were being produced and sold to the citizens of Salmon Arm.

In 1998, an area of 13,500 acres (34 km² or just over 5000 hectares) immediately southwest of Salmon Arm was burnt to the extent of deforestation by a wildfire started by lightning. An emergency evacuation was executed as the fire got closer. Remarkably, just as the fire reached the valley floor, a sudden change of wind direction forced the fire back on itself, extinguishing it. The fire came so close that trees in many backyards were singed and barn paint was peeled.

Salmon Arm is a city for families that has all the amenities you are looking for. It boasts a unique, picturesque downtown which draws tourists from around the world. With expansive arts and culture events, world-class wineries, twin-sheet arena, recreation centre and pool, hundreds of kilometres of hiking and biking trails, golf courses and of course houseboating and lake sports, there is something for everyone. Proximity to markets is among the City's many competitive advantages as it provides ready access to provincial, national and international marketplaces. People, products and services are easily moved into and out of Salmon Arm via the TransCanada Highway, CP Rail, Shuswap Regional Airport, nearby Kelowna International Airport and proximity to the Port of Vancouver and several United States border crossings.

Salmon Arm's cost of living is notably lower than the nearby cities of Kamloops and Kelowna, as well as the larger urban centres of Vancouver and Calgary, particularly in the categories of shelter, entertainment



and household goods. The city's tremendous quality of life has supported the attraction of world-class companies and a highly skilled workforce. The diverse and growing economy includes strong clusters of high-technology, commerce and business services, retail, health, tourism, agriculture and manufacturing. There are available industrial and commercial development properties to support new business establishments – at a price point well below larger western Canadian cities. With only a 10-minute commute to work - that's over before it starts - there is a perfect balance between business opportunities and a fabulous quality of life.

CIDER SIPPING IN THE SHUSWAP ...

Did you know that within an hour's drive from Salmon Arm you can visit five different cideries!

The food and beverage scene in the Shuswap is expanding. New restaurants, breweries, farmers, bakeries, coffee shops and food trucks are opening on a regular basis. Farmers Markets are opening, and the vendor lists at each one is expanding. Cider is one of the newer offerings made possible by some wonderful entrepreneurs and we would like to introduce you to a few.

Two of our favourites are right here in Salmon Arm. Northyards Cider Co. and Shuswap Cider Company are as different as their names but one thing they have in common as they both turn out delicious ciders using local ingredients.

Kathleen van der Ree and Alison Round are partners and owners of Salmon Arm's newest craft cidery Northyards Cider Co. formerly the Hanna & Hanna Orchard.

Northyards originated in Squamish in 2010 but when taxes and capacity became an issue, Kathleen and Alison began to look elsewhere for their own orchard where they could grow, pick, ferment, produce and sell their cider – Apple to Table if you will. After scouring the Interior from Keremeos to Kelowna, a family member told them about Hanna. With 29 acres, multiple apple varieties and good infrastructure, the opportunity was solid. The property history and the prospect to evolve the Hanna story was something special they knew was a winner.

Their friendly tasting room is currently offering a selection of traditional and not so traditional flavours all made in the traditional method. Right now you can find Dry, Semi Dry, Grapefruit Hop, Raspberry, Jonagold, Cranberry Orange (Seasonal) and Pineapple Mint on tap and in cans.

Currently open weekends, this summer will be their first year of full sales and we can't wait. They are adding orchard tours too and we know they will be a big hit!

For more information <https://northyardscider.com/>.



Salmon Arm's first cidery opened its doors in June of last year at the Westgate Public Market. The brainchild of three local business women, Gena Ginn, Kailee Amlin and Lindsay Wong, Shuswap Cider Company offers a variety of beautiful ciders made from locally sourced ingredients, on tap as well as in growlers. Apples are sourced from Salmon Arm's Peterson family orchards and blueberries from Blue Eden Farm.

For a family friendly dining experience, cider pairings include Papa Fry poutine, burgers and of course fries and Panzudo wood fired pizza. There is an enclosed tented dining area outside the cidery where people can enjoy a beverage, some yummy food and often you'll find some delightful musical entertainment.

Shuswap Cider main flavours are Dry Apple, Lavender Honey, Cherry Rosé and Semi Sweet Apple but they are always experimenting, and currently they have on tap Perry and a recent pretty favourite, Haskap. Speaking of pretty, the branding is awesome and further features local history. The Dry Apple features a historic paddleboat reminiscent of those that once plied the Shuswap Lake waters. It's simply stunning.

Open five days a week in spring you can get more information at <https://shuswapcider.com/>.

Feeling like a bit of a drive? Going a bit farther "afield" you will also find delicious local cider at Farmstrong Cider in Armstrong, the BX Press in Vernon and Tony's Craft Cider in Lavington. A Cider Trail in the making!

You can find Taste of the Shuswap on Instagram @TasteoftheShuswap and on our website www.TasteoftheShuswap.ca. Please follow along with us!





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BOOKS FOR CONNECTED COOKS Do you love to cook? Join this fun book club to get new recipes and to share cookbook titles. Book club will meet on the 3rd Thursday of each month at 10:00 a.m. from March 17 – December 15. Registration is required. Please call 250-675-4818 to register.

CREATIVE CREW LOOK WHAT YOU CAN DO Display your creative works in branch until August 31 that you made from an ORL book. Art, crafts, woodworking submissions all welcome.

PAGE TURNERS BOOK CLUB Held on the 1st Thursday of each month at 10:00 a.m. Registration is required. Please call the South Shuswap Branch at 250-675-4818 to register.

BLIND BAY GARDEN CLUB If you have a green thumb and would like to share or learn some gardening tips, drop in every 2nd Tuesday of the month at 10:00 a.m.

FIRESIDE KNITTERS Join the knitting crew on the 1st and 3rd Friday of each month at 10:00 a.m. Please call the South Shuswap Branch at 250-675-4818 for more information.

LASS Free Computer Training for Seniors has resumed. Please contact LASS directly at 250-463-4555 to book your training session.

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WRITE AS I PLEASE

By Mel Kositsky

It is time to tighten our money belts -- especially for seniors on fixed incomes. Living in Canada is only going to get more expensive!

Inflation is rising to record levels and the price of nearly everything is only going higher. There is no avoiding it. And once prices go up they are unlikely to come down again, despite what economists -- and especially politicians -- say. For now it is out of their control.

There is no immediate good news ahead. Things are changing and we just have to recognize it. Remember the "fake" toilet paper shortage at the start of the pandemic? People began hoarding all sorts of products for fears of pending shortages. Now we are being challenged by rising costs due to supply chain issues and there are no easy fixes. A simple example is the new packaging of goods. Have you noticed you are now getting less product in the goods you are buying at a higher price -- from less facial tissues in each box to a lot more air in your potato chips bags! Are we going to have to start counting the number of flakes in each cereal box?

Rising interest rates are only going to complicate the problems we are all facing. They are not going to make things more affordable. Only banks and financial companies will benefit as they will be able to charge more for their services. The little amount they will pay for your savings will hardly com-

pensate for your increased costs. Stock markets and online gambling are growing as people are willing to take risky investments in order to make "fast" money. People with home equity will continue to invest in real estate because that is where the "real" money is. If first-time homeowners can't afford to get into the market now, how in the world will they be able to in the future when the cost of borrowing is even more expensive?

Canada is just catching up with the rest of the world which has been experiencing higher inflation rates. It is not a big player on the world stage, and of course, is completely overshadowed by our giant neighbours to the south. Why is it that Canadians can't wait to go to the U.S. and are willing to wait in four-hour (plus) lineups at border crossings? This was happening before the pandemic forced the borders to be closed and has just resumed now that travel has opened up again. What's the big deal down there?

You can understand why people who are classified as "Canadian snowbirds" want to go south for the winter for the warm and drier weather. Yes, they don't want to "shovel" it -- and obviously they have the wealth to cover all their expenses away and at home. You can say they worked hard and earned the right to spend their money how they want, but how are they really contributing to the Canadian economy by living in the U.S.A. or Mexico for six months? And are they taking advantage of a struggling Canadian health care system?

Be careful when listening to the "experts" who are quick to blame the war in Ukraine for all the rising costs. Yes, it is contributing to those costs -- but many were already in place before Putin's planned takeover of Ukraine began after the Olympics in China. The fighting in Ukraine had been going on for years while the "Western" world watched. It has now escalated among fears of a Third World War as the "Cold War" returns.

It has become a "War of Words" as far as western countries are concerned and now Russia is being isolated again. Sides are being drawn up and unfortunately the fighting there may go on for a long time.

Some people are now starting to connect the

"Climate Change" narrative with the "progressive" agenda against fossil fuels. The costs of oil and gas are going up, contributing to the high price of transportation of goods. Shipping costs are being passed on to manufacturers and that in turn contributes to a more expensive supply chain. The consumer always pays more in the end. That means the consumer has to make some difficult choices on how to spend limited funds.

At the same time, deep thinkers such as French author Guillaume Pitron are starting to offer us some different views on what is happening in the world. In his book published in 2020 called "The Rare Metals War: The Dark Side of Clean Energy and Digital Technologies" he writes about the resources race that is on. Powering our digital lives and green technologies are some of the Earth's most precious metals -- but they are running low and what happens when we run out? He questions the "green-tech revolution" as not being the "silver bullet" to solve all our issues and offers some alternate solutions.

Reviewers say it is an important read, especially if you are someone who immediately has a strong opinion about "clean energy." Political persuasion has unfortunately made so many choose "camps" on these complex topics like technology and clean energy instead of critically examining the pros and cons of the many factors that are tied to these topics. We need to start having more patient and honest discussions on objective facts and this book and others like it help us to have these conversations.

One can easily tie in the war for Ukraine with this. Not only is it a strategic geopolitical location, it is a land rich with valuable minerals, nuclear energy plants, oil and gas. Pitron talks about the dark side of the transition of energy -- saying windmills, solar energy and electric cars are not the whole answer. There is a continued need for oil, natural gas and coal to operate the world. He suggests cars of the future do not need to be only electric. We can improve traditional gas engines. Electric cars need rare minerals and wind turbines have proven not to be all that efficient. This dialogue will certainly continue.

ADVERTORIAL

TUKTU - AN INNOVATIVE, SAFE, AND PERSONALIZED MARKETPLACE FOR SERVICE PROVIDERS AND COMPANIONS – NOW ALSO IN VANCOUVER



The past two years have been hard, and during the pandemic, we saw how dangerous and challenging isolation was. Every little task was cumbersome, and we missed our loved ones and the little everyday physical interactions. Our research (with UBC) revealed that though a lot of service providers and care givers exist for aging adults, they only provide basic and expensive services, often employing low skill people who are very different (in terms of culture, language, habits etc.) from the aging adults they support.

Most importantly, these companies don't utilize the talent that is already in the community and in many cases are prohibitively expensive.

We realized that there had to be a better model – something more empathetic and community driven, where we could create ecosystems of care and love around our aging adults.

This is why TuktU (www.tuktu.ca) was born. For bringing us back together.

Over the past few months, we have seen a lot of love on the platform, with community members supporting each other. Hundreds of people in Vancouver have now subscribed to the TuktU network enjoying Technology help, Rides, Companionship, Pet services, Personal shopping, etc. with their community members. This summer, we are doubling down on our efforts and launching four new personalized experiences - Wellness (for yoga, meditation, reiki, fitness etc.), Kitchen assistance (for preparing your favourite meals), Gardening buddies (to make your garden bloom beautifully this spring) and Light housekeeping (to get rid of all the clutter and organize your home).

Getting on TuktU is easy – you can call or go to the

website (www.tuktu.ca) or download the mobile app.

Every provider is safe. Each TuktU goes thorough background checks (with RCMP) and an empathy-based training program. They are people who live close to you in your community and are much more affordable and nicer than professionals. Some speak the same language too.

It's our hope that TuktU can help us get back together and reform our communities.

Come join us! Aging should be safe, comfortable, and fun – Lets make it that way.

Call us at 1-866-938-8588 to know more.

Visit our website – www.tuktu.ca



HELPS OUR COMMUNITY

Local growing not-for-profit reaches out to isolated senior readers

Abbotsford, British Columbia - The Book Bags are a fast-growing, free, non-for-profit community service organization delivering books, magazines, and puzzles to well over 50 seniors and home-bound residents in the Fraser Valley. It's the brainchild of founder, Pamela Chatry, who became frustrated when her mother, living in an independent care facility during COVID, could not access books to read.

Currently, six volunteers, who are passionate about their work, source senior and home-bound readers who could benefit from an in-home monthly book delivery service. The volunteers collect, clean, check, sort and deliver large-print books, novels, non-fiction books and puzzles to isolated Fraser Valley seniors each month. There is also a growing library of books in languages other than English. Currently, there are clients in Abbotsford, Mission, Chilliwack and Aldergrove.

The Book Bags is almost two years old and growing quickly. Pamela Chatry, also a board member of Archway Community Services, and the founder says, “It’s crucial that we serve those seniors who are unable to leave their homes or cannot afford books in our community.”

The volunteers also fill a necessary communication gap with the seniors. As they phone monthly to chat books, identify personal selections and arrange for delivery, they always have time for a few friendly words and help

connect the senior with much-needed community resources. The books and jigsaws encourage seniors to exercise their cognitive skills. "With Covid, the isolation factor is devastating for seniors and they look forward to our visits and new books help them endure their loneliness - and often depression," says Chatry.

The Book Bags recently formed an alliance and partnership with the Abbotsford Association for Healthy Aging (www.abbotsfordhealthyaging.ca). Now working together, this partnership enables both organizations to promote each other's services, locate seniors needing a variety of help and offer much-needed social activities. "This is an enormous win-win for both organizations. We are excited at the prospect of growing together," says Chatry.

A new service offered by The Book Bags is to install a small, free library into lower-income senior housing facilities where a library is not offered or not kept stocked. The service adds and rotates books monthly. The first one was recently installed in Archway Community Services in Abbotsford. If you know of someone who would enjoy joining this service as either a volunteer or reader, or who has gently-used books to donate, please reach out through the website, www.thebookbags.ca or their Facebook Page @BookBagsCommunityService

You can also contact Pamela at
pamela@thebookbags.ca or
phone 604-329-1902.

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

TODAYS SENIOR NEWSMAGAZINE
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SENIOR READS

By Pamela Chatry

Welcome! This is the first of what I hope will be the start of many more columns for Today's Senior. If I may, here's a little history about me and where my lifelong love affair with books first stemmed from. My family was comprised of avid readers. We were encouraged regularly to go to the library. As a child, I remember coming home, stacked to the chin, with armloads of books. I would arrive, little arms laden with 'must-reads' and a few 'not sure about' for back-up in case I ran out. I couldn't wait to escape the world and pour over the literary delights I knew lived within those pages.

Today, a sumptuous new read is one of my most delightful guilty pleasures. I have a home library - shelves slightly bowed with dozens of enticing stories and adventures - just waiting for me to select a book depending on where my mood may strike. What will be on my literary menu today? Am I in the mood for DCI Banks of British crime series fame by Peter Robinson or

Italian crime series featuring Detective Nic Costa by David Hewson? Perhaps a noteworthy classic like The Hobbit by J.R.R. Tolkien or To Kill a Mockingbird by Harper Lee?

I just love it when I happen upon a prolific author like Lucinda Riley! Her Seven Sisters series opens with billionaire Pa Salt, dead and buried at sea. Pa is the beloved father of six adopted daughters. The sisters all gather to mourn his sudden death at their luxurious fairy tale childhood home, Atlantis on Lake Geneva. None have any prior knowledge of from whence they came but are left with intriguing clues to uncover their true origins.

The first sister's story takes you to Brazil but get set to journey across the globe exploring each of the sisters' stories. This isn't like any modern-day tale I've yet read. Riley invites you to experience history with exotic flavor. Marrying historical elements, a travel guide, and a modern-day story - I couldn't read fast enough!

This series should come with a warning label. It's like Cadbury chocolate eggs. You can't just have one. This is an "on the edge of your seat" experience and it is my sincere wish that you enjoy this author's gift to the world as much as I have. Until next time...happy reading!

What's on your bookshelf?

Pamela Chatry is a voracious reader and an admitted addict of books. She had an unfulfilled dream of owning a bookstore. So, instead, she founded The Book Bags and now shares her love of books with Seniors in the Fraser Valley. The Book Bags delivers a free bag of books every month to seniors, handpicked by Pamela and her volunteers.

3 BENEFITS OF A HEALTHY LAWN



(NC) Whether it's in your backyard or a nearby park, lawns provide more than just aesthetic benefits, they contribute to happier and healthier communities. Here's how:

1 Providing oxygen that we breathe
Green space are a valuable part of creating clean air anywhere. For example 15 square metres of grass produces enough oxygen for a family of four every day. That can help make a difference to how we feel and breathe.

2 Reducing the warming effect of hard surfaces

When the summer heat hits, grass helps keep you cool. Street or sidewalk temperatures may reach 38 degrees Celsius or higher, but grass remains at 24 degrees. Your feet and your home can thank your lawn for lower temperatures.

3 Acting as water filtration systems

A healthy lawn will slow runoff and allow time for the water to seep back into the groundwater system, rather than overworking municipal storm sewer systems and creating a flood. A 900 square metre lawn can absorb more than 22,000 litres of water.

To provide these benefits, lawns require care. Pesticides are one tool that help protect lawns by keeping weeds and other pests under control. Health Canada regulates every pesticide sold in the country to ensure they do not pose risks to humans, pets or the environment, when used as directed.

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



HOW CANADIANS CAN HELP LOCAL BUSINESSES SUCCEED

While Canadian businesses continue to recover and grow following the impacts COVID-19 had on our economy, it's important we continue to support

them.

As a direct result of the challenges that many businesses faced during lockdown restrictions, e-commerce alternatives have become a staple for many businesses. The Canadian Federation of Independent Business reports that online presence and selling online have been essential to the survival of small businesses through the pandemic.

Three actions that we can take to help support small businesses are listed below:

1. Consider shopping at Canadian small businesses

Check in with your local Business Improvement Area, also known as a BIA, for information on locally

owned businesses that carry the products you need. Supporting a Canadian e-commerce business is another great option to consider. Canadian online retailers, accountants, web designers and consultants are often easily accessible, convenient and efficient.

2. Leave an online review and share their social media channels

There's nothing like sharing a thoughtful message about your positive experience with a small business. Take a moment to share your experience on social media and recommend them to followers. Go the extra mile by leaving them a great review online.

3. Nominate a small business for financial funding

Show your favourite Canadian small business some support by nominating them for funding they might not know about, such as the Purolator True North Small Business Grant contest. This can help them to keep their doors open, expand and boost their local economy. Through this year's grant contest, Purolator has added an additional prize of \$5,000, which grant recipients will be able to allocate to their community.

Find more information at
purolator.com/small-business-grant
www.newscanada.com

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magazine

Details on page 3.



Straight from the Horse's Mouth

By Mel Kositsky

A sure sign of spring is not only the blooming of May flowers and watching lambs romping in the fields. For horse people it is the newly-born foals finding their legs in the green pastures and the return of morning workouts at Hastings Racecourse in preparation for the upcoming 2022 thoroughbred racing season.

A 45-day racing schedule begins on Saturday, May 7 (Kentucky Derby Day) and runs until Sunday, October 16, mostly on Saturday and Sunday afternoons with a 2 p.m. post time. There will be a special holiday afternoon card on Canada Day (Friday, July 1) and the BC Cup Day card goes on Monday, August 1. During the Pacific National Exhibition in late August, live racing will be held on Monday and Tuesday afternoons (August 22, 23, 29 and 30). The British Columbia Derby for three-year-olds will be raced on Saturday, September 10.

The 2021 season at Hastings ended on a very positive note as a record \$3.4 million was wagered on the September 27 racing card, bolstered by a massive \$2.7 million "Pick 6" pool with a mandatory payout to correct ticket holders. Hastings will try to build on that success by returning to its traditional schedule of afternoon racing on the weekend and opening the season on one of horse racing's most notable days -- when the Kentucky Derby, the first leg of the U.S. Triple Crown, is held. Post time for that televised race is expected to be around 3:45 p.m. (Pacific time).

Nichelle Milner, recently-appointed Regional Manager, Racing Operations for Hastings Racecourse, is preparing for an exciting new season -- the first full season since the COVID pandemic began and will be welcoming back racing fans to the facility in east Vancouver. Scott Henson will be working with Milner as Racing Secretary. There are a number of incentive programs being offered to horsemen

in order to attract more stock to race in B.C. Those programs may help local horse owners to purchase new stock and may even attract some American stables following the recently announced closure of Grants Pass racetrack in Oregon.

But the most difficult problem facing the racing industry this year is recovering from the sudden loss of one of its champions. Tributes continue to pour in for the late Glen Todd, a legendary owner, trainer and breeder for the local thoroughbred industry and beyond. Todd passed away unexpectedly on March 27 at age 75. His huge operation, the North American Thoroughbred Horse Company, was the mainstay of racing at Hastings for many years as he developed many other trainers and gave numerous jockeys a leg up on their careers. Most famous is Mario Gutierrez, who is now competing at Santa Anita in southern California, and has won the Kentucky Derby twice.

Besides earning a place in the British Columbia Horse Racing Hall of Fame, Todd was also inducted into the BC Sports Hall of Fame as a Builder in softball. He began as a coach in the South Surrey/White Rock Minor Softball Association and his love of the sport grew to world class level. In 1993 Todd created the Canada Cup international tournament to give the Canadian national team an opportunity to compete against the world's best in softball.

A celebration of life for the south Langley resident was held April 28 at the George Preston Recreation Centre in Brookwood. It is also expected that another tribute day will be held at Hastings this month to commemorate Todd's contributions to the racing industry befitting of his almost 60-year legacy. Among the many comments posted on social media about Todd were:

BC Racebook wrote: "We are deeply saddened by the passing of Canadian Racing 'Icon' Glen Todd. He was a longtime supporter of the BC Thoroughbred horse racing industry.... Glen was involved in racing for nearly 60 years, whether as an owner of hundreds of racehorses or as a business leader in providing direction. His love, passion, drive and commitment to the local racing community will be greatly missed for a long time."

The Horsemen's Benevolent and Protective Association of BC issued a Statement of Condolence on its website. It read that the HBPA "shares the grief of our racing family here in British Columbia following the terribly sad news of Glen Todd's recent passing. Glen's immense contribution to the industry in the Province over the years is impossible to overstate. His loss, and the loss of his loyalty and friendship to all of us involved in racing at Hastings, will be felt keenly for some time to come. Glen's generosity, vision, extraordinary energy and work ethic were a driving force. His kindnesses, small and extremely large, touched many on the backstretch and beyond over the years. Indeed, when the global pandemic threatened the

very survival of Hastings as a racing venue, it was that generosity, commitment and swift action that saved the day. Glen's voice, his wisdom and his guidance will leave an incalculable void. His passing reduces us all. Our thoughts are with his family and friends at this time. Rest in peace, Glen."

Todd's death has meant the end of an era at Hastings as a dispersal sale of his racing age stock is being held, including such horses as Five Star General (winner of the 2019 British Columbia Derby) and the stakes mare Princess of Cairo. Fasig-Tipton presents the Glen Todd Dispersal Sale consigned at Pegasus Training Center in Washington state as an online digital auction from April 27-May 3. A total of 31 horses will be offered for sale online with no reserves, including yearlings, two-year-olds in training and older horses at digital.fasigtipton.com. For more information contact the Pegasus office at 425-898-1060 or info@pegasustrainingcenter.com.

For those wishing to experience the thrill of owning part of a racehorse, there is still the opportunity to become a member of the Hastings Racing Club. It is expected a small stable of four horses will be competing this summer wearing club silks. Members get a first-hand experience of being a thoroughbred racehorse owner and having a look behind the scenes of the B.C. horse racing industry. It allows racing fans some added excitement for the whole of the May to October racing season.

By joining the Hastings Racing Club you'll be joining 100 plus other members having a stake in your horse's racing career, which keeps the cost per member low, whilst delivering all of the thrills that racehorse ownership can deliver. As part of the club, you become an officially licenced owner and will be granted full access to the backstretch at Hastings Racecourse to watch the horses train, chat with your trainer and spend some time with the horses. For more information on how to join and the cost of membership contact -- hastingsracingclub@gmail.com.

At total of 14 of the 22 horses offered for sale on April 9 at Hastings changed hands at the CTHS Horses of Racing Age Sale. It is hoped this spring sale will become a regular feature on the western Canada sales calendar. The catalogue contained a solid collection of pedigree, promise and potential - not to mention a smattering of experienced claimer types, with only seven entries not reaching their reserved bids and one three-year-old filly withdrawn. In total 16 two-year-olds in training were offered for sale. The sale topper was Ardundel Castle, a two-year-old filly by Palace Malice, consigned by Wild Rose Farm. The purchaser was Lyle Johnson for \$31,000. Four of the horses sold were consigned by the North American Thoroughbred Horse Company.

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AFOOT IN NORTH VANCOUVER ENJOYING ACTIVE LIVES



By Rick Millikan

As new residents, we love strolling in North Vancouver. Sidewalks pass art installations, skirt neighbourhood gardens and traverse numerous parks. Forest trails follow waterways revealing natural splendours.

Two favorite routes celebrate city culture and history. One starts outside the top of Lonsdale Quay Market. This landscaped promenade bridges Esplanade, soon presenting students' futuristic visions embossed on silvery plaques. Crossing First Avenue, stainless steel figures portray pensive locals on the stairway of Jack Loucks Court.

Approaching Second Avenue, we see Nebula Garden, a glass wall conjuring a colourful galaxy. Upon ascending Lonsdale, we discover cow statuettes decorating planters. A bus stop panel explains Lost Cows of Lillooet and describes North Van's historic cattle trail. A magnificent bronze grizzly and handsome camel adorn further street corners. Our jaunt culminates at City Hall Square amid artistic waterworks. Facing the library, we gaze upon pavement tiles' insightful quotes.

The second begins at Waterfront Park. Brightly painted totems welcome us onto Spirit Trail. First nations' artwork continues with an ornate Squamish Nation gateway and a series of bronze plaques portraying native legends. Bridging Mosquito Creek, a walkway along Burrard Inlet leads to Bodwell High School and two haunting murals: Blessing of the Salmon and Wisdom Wall.

Another city route, the 'green necklace' introduces five parks, further art installations and quiet neighbourhoods. Stenciled gents with canes, dog-walkers, umbrella toters, trike riders, skateboarders and skiers decorate walkways. Seeing Sisyphus roll boulders up hillsides reinvigorates our climbs. A T-Rex chasing children amuses our grandson.

Maplewood Flats' pathways border Burrard Inlet's shoreline, looping back between alders, evergreens, tamaracks and vine maples. Trailside installations include scale replicas of artsy settlers' dwellings and native artwork. Posted critter-sightings encourage naturalists. Often spotting chickadees, towhees, bushtits and other feathered friends, we even sight a resident black-tailed doe with fawns.

Cates Park embraces a spectacular totem and local history. Stairs link its long shingle beach to a cliff-side trail sheltered by cedars and lined with benches. A trailside memorial recalls Malcolm Lowry's stilted homesite, where he wrote Under the



Volcano, a world classic. A refinery opposite once flared gas. Missing the "S" in Shell's sign, Malcolm called them 'the fires of hell.'

Rice Lake offers a smooth undulating path. Lofty evergreens provide cool shade and cones for Douglas squirrels. From a bridge spanning a creek, we watch a water ouzel dive for grubs. Signage explains how natives once harvested wild rice here...until the lake was expanded for log storage. Now stocked with trout, fishermen line its large dock seasonally.

Beginning at Harbourside Park, Sea-To-Sky Trail gradually ascends through woodsy Bridgman Park and Inter-River Park and then steeply rises into Lynn Creek Canyon. An alternative trail starts at Lillooet-Clearwater parking lot. Switchbacking down through mature forest, this easier pathway heads directly to Lynn Canyon Suspension Bridge. After viewing this spectacular gorge, we amble past Lynn Creek's crystal-clear 30-foot-deep pool and return upward via a colossal wooden stairway.

Riverside Drive directly accesses Fisherman's Trail high above Seymour River. Crossing BC Hydro's suspension bridge, we investigate the western bank's historic sites. One placard recounts a backwater that stored shingle bolts. Another tells about a tunnel once conveying a waterline. Veering onto unmarked Elbow Trail, a brick chimney recalls a settler's cabin. Winding into a clearing, picnic tables present fine riverside vistas.

Goldie Lake Trail descends from Mount Seymour resort and through alpine forest to its namesake lake.



Lakeside boulders provide seats for snacks. Looping back past Flower Lake, our pleasant walk ends with an aerobic clamber up a steep ski slope to the parking lot.

By creating and maintaining wondrous pathways, North Vancouver encourages active lives and outdoor adventures.

Before You Go:

- Check out North Vancouver's public art: www.nvrc.ca/arts-culture/public-art/art-collection
- Locate trails: www.vancouvertrails.com/communities/north-vancouver



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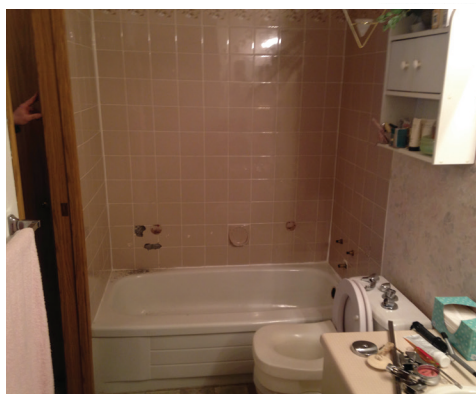
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“ I have worn upper and lower dentures for over 20 years and have always had fit issues and sore spots on my lower gums. My lower jaw has become so thin that I'm not a candidate for dental implants. I struggled to eat due to the movement and discomfort 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.

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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.

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HOW DOES IT WORK?

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CAN ALL DENTURISTS DO THIS?

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IS THERE SURGERY INVOLVED?

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DOES IT WORK FOR EVERYONE?

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WHAT IF I DON'T GET SUCTION?

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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 or call the clinic to set up an appointment for a complimentary consultation.

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