

# YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

## TODAY'S SENIOR® NEWSMAGAZINE



There's lots to see in Salmon Arm! Here's a beautiful mural in the downtown area.

**JUNE - 2022**

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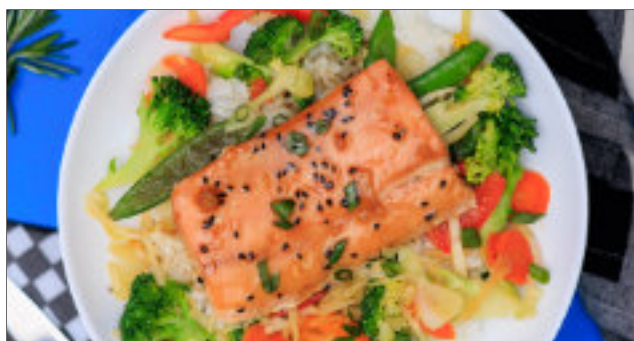
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### Inside This Issue

ACCORDION TO DAN	
by Dan Propp .....	3
DOWNTON ABBEY: A NEW ERA REFRESHES	
by Ursula Maxwell Lewis .....	4
MARY MAGDALENE IN MOSAICS.	
by Lenora A. Hayman .....	5
FINANCIAL NEWS	
by Rick C. Singh .....	6
THE PHARMACIST REVIEW .....	
by Shell Busey .....	7
WORD FIND PUZZLE .....	
by Mel Kositsky .....	8
HOME IMPROVEMENT "ASK SHELL"	
by Shell Busey .....	8
SALMON ARM & SHUSWAP .....	
by Mel Kositsky .....	10
WRITE AS I PLEASE	
by Mel Kositsky .....	13
SENIOR READS	
By Pamela Chatry .....	15
STRAIGHT FROM THE HORSES MOUTH	
by Mel Kositsky .....	16
HAWAII ISLAND: VOLCANO COUNTRY	
By Chris Millikan .....	17

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# ACCORDION TO DAN

Some seniors may still recall studying long hours for high school exams. If memory serves correctly, they were called the University Departmental exams in order to attend university. In those days a C+ average was often enough for acceptance. Today, costs and requirements have skyrocketed, like being able to afford living in a concrete and glass high rise for the average family or student. Requirements just for acceptance realistically is often only available for those at the very top academically, plus who can afford the big expense for the fees and basic living expenses. Ironically, if one studies the greatest innovators in history, many who thought out of the box and heard different drummers, probably scored average grades.

Recently I took a bus to a once familiar campus, walked around and literally got lost. There was nothing left to recognize! This discovery as well as watching construction of a tunnel for a new rapid transit at Broadway and Cambie, resulted in the following bit of rhyme.

## GIVE MY REGARDS TO VANCOUVER'S OLD BROADWAY

Give my regards to Vancouver's old Broadway watching the tunneling progressing from Main to Cambie. Heading slowly but surely to that campus, soon. Bob Dylan was spot on, 'the times are a-changin'', oh my, oh me! Hard to even keep track for some of us who still recall the old days of Vancouver's 4th Avenue. The 1960's, down in Kitsilano, The Age of Aquarius, 'flower power', that idealistic futuristic view, convinced that enlightened idealism would exponentially grow.

### SIMPLER TIMES

Some of us still remember riding CNR's Super Continental and CPR's Canadian. By riding coach, it was very affordable. Or as an alternate you could hop into your old second-hand, three-hundred dollar Chevrolet, Ford, Pontiac, Studebaker and fill up the gas tank for ten dollars or less. Staying overnight in a motel along the way was equally easy on the pocketbook too. As well as paying for a meal. Wow, what you could get in those days for five bucks at a Ma & Pa restaurant.

### A TRIP IN THE OLD DAYS

Banff and Jasper, Saskatoon, Medicine Hat. From those towns, good memories sure last there, so many good thoughts they still bring back. In the majestic Rockies, the Bow River, going for a swim in the Banff sulphur pool, riding the CPR, CNR, Canadian, the Super Continental. Or jumping into the old used Buick, Pontiac, Nash Rambler, all those challenging highways you managed to navigate or tool. Sometimes, learned the hard way that radiator screens were fundamental, heading down from the Rockies down to the flats in Calgary. Or else all those bugs from the farms could get in, making the water boil over and blow the radiator cap sky high; ending up getting towed, oh me, oh my!

All those backward days before the GST, when an imperial gallon of gas was thirty or forty cents. A train ride, going coach class equally a piece of cake. Off on all kinds of adventures the average person still could go.

### OLD COMMERCIALS AND EXPRESSIONS

Finger lickin' good, remembering the Colonel from Kentucky. 'Things go better with coke', 'rrrrroll up the rim', a coffee cup that could make you lucky. International Pancakes, 'you and I would



hop'. Use Ajax, 'boom, boom the foaming cleanser'. 'Never borrow money needlessly but if you must'; all those sayings can still nostalgically create a pleasant tingle. Those old memories of those days gone by are a must. How about the man from Glad, or the lonely repair guy from Maytag? Do you remember the day before automatic washing machines, you had to put everything through the wringer? Maybe you were just a little kid and then in grade nine you suddenly grew three inches taller and bigger. Roy Roger's horse, does any of this bring back a familiar thought or two and help 'Trigger'?

### VANCOUVER MEDIA REFLECTIONS

The Vancouver Sun's Norris cartoons. So many of us still remember them well. There was Jack Wasserman's column, we still had paper dollar bills, no loonies or toonies, Amazing. isn't it how time passes. Those days of Jack Webster, "precisely" and Pat Burns "go ahead doll". All those great memories can tend to take seniors back with fondness.

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The only real constant these days is constant change itself. (photo: Dan Propp)

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DOWNTON ABBEY: A NEW ERA REFRESHES

By Ursula Maxwell-Lewis

If real life on the small screen is getting you down, cheer up. Escape it in the form of "Downton Abbey: A New Era" launched on the a big screen near you recently.

Julian Fellowes, mastermind of the blockbuster Downton Abbey TV series, has successfully manoeuvred his fictional characters through the decades into 1928, an era of major societal and international upheavals.

Frequently tongue-in-cheek, Fellowes has manoevered this standalone saga extension to remind audiences that European travel was becoming the 'in' thing, romance was alive and kicking and emotion...well, (no spoiler alert!) let's just say a few tears were shed.

Faced with substantial structural Downton Abbey repairs, the practical Lady Mary Crawley (now wed to the absent car-racing Henry Talbot) realizes that agreeing to Hollywood filming rights within the estate will plug both family finances and leaks in the attics.

Not only does the decision shore up the estate's focal point (the photogenic estate house) it serves as a catalyst to nudge family members and servants towards lifestyles previously un contemplated, plus test new talents. Horizons expand, roles evolve, history consolidates and bricks and mortar remain undiminished.

While Mary deals with Downton, the Dowager Countess, Lady Violet, played by the inimitable Maggie Smith, reveals a youthful dalliance which has resulted in the inheritance of a villa in the South of France. With the Crawly daughters, Edith and Mary, and their children socially and financially secure, Lady Violet directs the Earl of Grantham (eloquently played by Hugh Bonneville) to head for France to secure the (eye-popping, of course) villa. This is to be her legacy for "Sybbie", her great granddaughter via her late granddaughter Sybil and successful former Irish estate chauffeur Tom Branson.

Stumbling blocks at home and abroad offer the family various challenges embellished with wry humour and clever commentary. Lady Violet's possibly racy past raises eyebrows and questions - not the least of which is, how racy really was it?

Of course, for those of us with itchy feet, the majestic British countryside and sweeping French vistas were - to say the least - travel inspiring.

Downton Abby was filmed in a variety of appealing British locations including Highclere Castle ( a Hampshire Jacobean estate house), picturesque Bampton Village, Oxfordshire, Alnwick Castle, Northumberland, and Cogges Manor Farm, an historic Witney, Oxfordshire farm.

During the filming in France, you'll admire the Villa Rocabella in Le Pradet in the Provence-Alpes-Côte d'Azur region. Let me just say one word if you are unfamiliar with this region - "Go!". A gold star, absolutely favourite region in my view.

Downton Abbey: A New Era ticks all the right boxes if you yearn for 1920's elegant couture, admire the early years of jazz, are fascinated by photography, and appreciate slick tongue-in-cheek repartee and travel. Or, just off-load todays news. Re-set, relax, escape, dream, admire...and plan a special journey.

Two of my favourite Downton Abbey quotes: "I'm a woman, Mary. I can be as contrary as I choose." (Violet, Dowager Duchess of Downton)



Britain boasts many famous houses influenced by strong women. This one, Hardwick Hall, in Derbyshire was owned by the Cavendish family for centuries. It's now a National Trust property open to visitors.

Photo: Ursula Maxwell-Lewis

"All alone with plenty of money and a house in Eton Square. I can't imagine anything better." (Lady Mary Crawley)

Ursula Maxwell-Lewis writes for a variety of publications. She is a lifelong traveller who finds history and unique tales irresistible. Reach her at [utrael@shaw.ca](mailto:utrael@shaw.ca)

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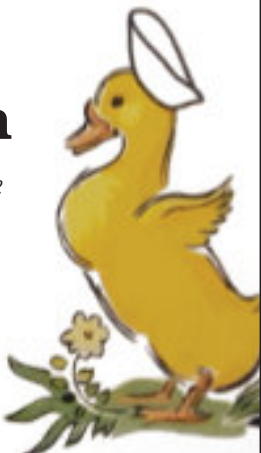
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# MARY MAGDALENE IN MOSAICS.

Article & photos by Lenora A. Hayman.

The Mary Magdalene Resurrected is a series of seven two-metre mosaics of Mary Magdalene on display at the Italian Cultural Centre, 3075 Slocan St. Vancouver, 604-430-3337 from Mon-Sat 10:00am-5:00pm until August 15th. 2022, as part of Il Centro's Save Venice project.

Mosaic artist, Lillian Broca, who was born in Romania and raised in Montreal, based her story on the Gnostic Gospel's portrayal of Mary Magdalene, not as a prostitute but a female disciple and companion of Christ. There were two Marys in Christ's life, his mother Mary and Mary Magdalene who witnessed his resurrection.

Each mosaic has an illustrated script, using one of the seven languages used during Mary Magdalene's life, Aramaic, Armenian, Hebrew, Ethiopian, Latin, Biblical Greek and Coptic, the liturgical language of the Coptic Orthodox Church, descended from the ancient Egyptian language.

The mosaics are made of Venetian smalti, the opaque glass tile used in classical Byzantine mosaics, and gold smalti, gold leaf mounted on glass and covered with a thin piece of crystal and fused into one solid piece. Millefiori, the ornamental glass produced by cutting cross sections of fused bundles of glass rods of different colours and sizes is used too.

The mosaic Mary Magdalene, The Sacred Union depicts Christ and Mary Magdalene perhaps as an equal and not a subordinate female. Lilian Broca said "My intent was and still is, is to restore through my art, the high social status and feminine power she possessed during her life with Jesus by her side".

Another mosaic Mary Magdalene, The Washing of Feet shows Christ washing Mary Magdalene's feet not the reverse as told in the Bible.

A 3rd mosaic, Mary Magdalene, The Anointing, whose fabrication Lilian Broca shared with Adeline

Benhammouda, shows Mary Magdalene gently pouring fragrant oil over Christ's head.

On the wall are seven smaller sketches done in watercolour, coloured pencil and gold that provided the basis of these mosaics.

The day I visited, several school children had created pretty, Mosaic, paper plates to give to their mothers for Mothers' Day.

We concluded our evening by dining at La Piazza Dario Ristorante, 604-430-2195, on site. We enjoyed their Calamari Squid Fritti, Tortellini with ham and peas and the Zabaione whipped dessert with egg, sugar and Marsala wine, made table side on an open flame.

Grazie mille-thanks so much.



TOP LEFT: Mary Magdalene, The Sacred Union.  
TOP RIGHT: The Anointing. BOTTOM RIGHT: The Washing of the Feet.

VINTAGE

# Pasture

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FINANCIAL NEWS

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

ARE FINANCIAL HEADLINES  
KEEPING YOU AWAKE AT NIGHT?

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

The ongoing volatility in financial markets since 2008 and the sudden declines in 2022 have caused a lot of investors to stay awake at night because their investments were fluctuating from their previous highs. Retirees and those planning for retirement are re evaluating what they invested in previously, and are looking for safety and security.

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

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

Guaranteed Investment Funds (GIF)  
for Estate Planning

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

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

Protect your capital with the death benefit guarantee

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

Avoid Probate and Estate Fees

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

Transfer Assets without delays

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

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

Distribute your assets with privacy

A probated will is a public document,

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

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

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

4 EASY-TO-REMEMBER TIPS FOR  
MANAGING FATIGUE

Fatigue is a common symptom that affects people with chronic conditions such as arthritis. It can be hard to manage since it can affect most areas of your life. But there are strategies that can help.

"We’ve found the ‘four Ps’ is one of the best techniques to help people cope with fatigue," says Trish Barbato, president and CEO of the Arthritis Society.

1 Prioritize

Keep a list of all your activities for one week and arrange it in order of importance. Then determine what you can skip, do differently or delegate. By only taking on your top priorities, you can conserve your energy.

2 Plan

If you usually feel better in the mornings, schedule your more demanding activities then. Just don’t overdo it. Something big coming up? Book rest time before and after.

3 Pace

Break up your daily activities so you’re not overdoing it. There are several ways to do that. You can take regular breaks and alternate activities so you don’t put too much strain on one part of your body. You can also give a nod to the “two-hour pain rule” which suggests you overdid it if you feel pain for more than two hours after an activity.

4 Posture

Correct posture distributes weight over your larger muscle groups, helping you conserve your energy. To check your posture, align your ears over your shoulders, chin tucked in, shoulders down and back, tummy in, seat tucked under, and knees unlocked. When driving, sit close to the wheel with your knees bent and use a supportive pillow at your lower back.

Learn more tips for managing fatigue at arthritis.ca.

www.newscanada.com



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# THE PHARMACIST REVIEW

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

## FERRITIN IRON

IRON is a key element that is important in the body's daily metabolism. It is required for growth, development, and oxygen management. Lacking iron in the body could lead to issues such as chronic fatigue, decreased exercise capacity, and the most common form of anemia known as "iron-deficiency anemia". Meats, beans, lentils, and nuts are some of the most common dietary sources of iron. How much iron we need to supplement with is very dependent on age, sex, and diet. If you tend to be vegetarian, you would require twice as much iron supplementation because our bodies cannot absorb the non-heme iron in plant sources as well as it can heme iron from animal sources. Taking a vitamin C tablet with your meals or iron supplement will help maximize absorption.

While economical, a common issue with traditional ferrous gluconate/sulfate/fumarate is that there is a higher risk for poor absorption and under-utilization of the elemental iron. This could lead to a multitude of side-effects, including constipation and gastro-intestinal malaise. Polysaccharide iron complexes (eg. Feramax), and heme iron polypeptides

(eg. New Roots Herbal's "Heme Iron" with 5MTHF/folate, Vit.B12 and Vit.C) can dramatically improve absorption. Heme iron preparations have the added benefit of being already in a form that the red blood cells can use for carrying oxygen, so there tends to be a more immediate response in enhancing energy levels.

Flora Health's "Ferritin+" takes things even further. Ferritin is a naturally protein-coated storage form of iron that is found in many organisms, including algae, bacteria, higher plants, and animals. The protein coating allows it to be a timed-release formula as well as offer maximum absorption; the ferritin in Ferritin+ is derived from organic peas. Just one capsule a day is typically adequate to maintain healthy iron levels, and it is even safe during pregnancy. As usual, it is highly-encouraged to have your symptoms professionally assessed by a physician and be sure to consult your integrative pharmacist such as those at Cloverdale Pharmasave and Pharmasave Steveston Village regarding safe, efficient, and effective iron supplementation for your individual case.

*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.*



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# 2 SIMPLE WAYS TO UPGRADE YOUR CLEANING ROUTINE

Your daily on-the-go schedule can make it challenging to keep your home clean and tidy. At the same time, relaxing in a clean home can feel calming and also help declutter the mind.

Here are two simple ways to upgrade your cleaning routine. As with any system, creating one that will work for you, not against you, starts with a good structure and the right tools.

Break it down and plan ahead. Making a whole list of chores that includes everything from making the bed to cleaning out your storage space can feel overwhelming.

Start with what needs to be done today. These tasks may include loading the dishwasher making the bed, putting away clutter and wiping down countertops.

Once you've settled into a daily routine with these tasks, move on to weekly chores and pick a designated weekly chore day to get these done. Some tasks you might schedule weekly include laundry, changing linens, lawn work and garden- ing, vacuuming and dusting.

Then, move on to monthly, quarterly and yearly tasks. These chores will be more time consuming, and it helps to schedule these ahead so you are prepared to take them on. These tasks could include cleaning the stove and oven, cleaning out the fridge, tidying your storage spaces like the garage or basement, and sorting through old clothes. Be mindful of your health at home

The products you use in your home leave behind residue that can come into contact with your skin, the food you prepare, the clothes you wear and your pets. Any cleaning products should be gentle on your home, furniture and your health, avoiding harsh cleaning products that contain hazardous and toxic chemicals. Opt for naturally-derived, nontoxic and biodegradable cleaning products when you can. This will keep your home free of dangerous chemicals and create a healthier home environment. You can find affordable, high-quality natural and green cleaning products at local health food stores like Nature's Emporium. Find more information at [naturesemporium.com](http://naturesemporium.com). [www.newscanada.com](http://www.newscanada.com)



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Shell Busey's Home Cleaning Formula available in powder form. (Just add required amount of water and use) for removing green algae and black stains on concrete, asphalt and pavement; wood, vinyl or aluminum siding; and white or coloured stucco.

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Directions:

- 1. Mix ingredients together as stated on the bottle.
- 2. Wet surface with hose.
- 3. Wet down all plant life.
- 4. Never wash any exterior surface in full sunlight.
- 5. Flood over surface or spray on with low pressure sprayer (garden sprayer).
- 6. Let sit approximately 3-5 minutes.
- 7. Scrub with stiff broom or brush.
- 8. RINSE WELL WITH CLEAR WATER TO LANDSCAPE AREAS

NOTE:

Do not wash windows with cleaning formula  
When cleaning siding, start at the bottom and work up to the top, using a round type brush on a long pole, rinsing as you move upward. If vinyl or wood horizontal siding do 2 - 3 rows at one time.  
If concrete or asphalt start closest to drainage area.  
Other uses for Shell Busey's Home Cleaning Formula:  
Bathroom - Ceramic Tile walls, Floors and Showers  
Mix 1 leveled lid full into 2 litres of warm water  
Apply with spray bottle  
Scrub with sponge and rinse well  
Preparing surfaces for painting use Medium duty mix (as stated on bottle)  
Preparing deck surfaces for stain use Heavy duty mix (as stated on bottle)  
Washing oil soaked cloths or work overalls use 2 lids of formula per wash load.  
Shell Busey's cleaning solution available in powder form.  
Just add required amount of water and use.

SUNNY DAYS



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Fishing	Canoeing	Sun Bathing	Shorts	Water Sports	Sandals
Sun Glasses	Camping	Travelling	Holidays	Schools Out	Sunscreen
Sailing					

TODAY’S ORGANIC WASTE IS  
TOMORROW’S CLEAN ENERGY

Looking for ways to reduce your carbon footprint at home? An easy way is to recycle or reuse plastics, paper and aluminum. Recycling cuts down on energy consumption which can help reduce greenhouse gas emissions. The answer might also be found in your green bin. In Canada, it’s estimated that 80 percent of our municipal and industrial solid waste heads to the landfill. Recyclable materials such as paper and cardboard make up a third of our waste, while another third consists of yard and kitchen scraps. Diverting these materials from our landfills can help reduce emissions and keep landfills from filling up too quickly.

Try these energy and money saving tips to minimize food and organic waste at home:

- 1. Always shop with a list to avoid overbuying.
  - 2. Choose long-lasting items rather than disposable products.
  - 3. Try out recipes for leftover fruits and vegetables.
  - 4. Freeze bread, meat and more in meal-size portions for easy thawing.
  - 5. Leave grass cuttings on your lawn to return nutrients to the soil.
  - 6. Composting is a great way to reuse your food scraps for your plants and yard. If you don’t have a yard, an indoor vermicomposting bin may be for you.
- Every community has different rules for composting—check your

local municipality to learn how you can divert as much organic waste as you can.

Some cities and towns are making good use of food scraps and farm waste, too. They’re using this organic waste to produce clean energy known as renewable natural gas or RNG. By converting the biogas released from organic waste into carbon-neutral energy, RNG is fueling garbage trucks, transit fleets and other vehicles, heating homes and businesses, and even powering factories with net-zero emissions. Learn more about RNG at [www.enbridge.com/RNG](http://www.enbridge.com/RNG)

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# Benefits of walk-in tubs

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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.

**Sponsored content provided by Walk-in Tubs Fraser Valley.**

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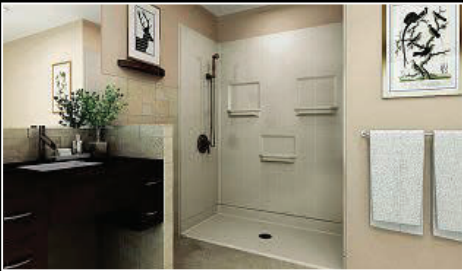
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# Salmon Arm & Shuswap



**WHETHER YOU ARE A PERFORMER, AN APPRECIATOR, OR BOTH, THE SHUSWAP HAS A WHOLE LOT TO OFFER IN THE WAY OF MUSIC AND WE HAVE BEEN SEEING THE RETURN OF SO MANY FANTASTIC EVENTS THIS YEAR.**

After a few years of online broadcasting Salmon Arm's Roots & Blues Festival will be coming back to town August 18th – 21st. "Salmon Arm ROOTS and BLUES is more than just a leading BC music festival. It's a place where music lovers of all ages and backgrounds express themselves. It's a festival where kids dance and play while parents and grandparents reconnect with old friends and swap stories of performances from the past three decades. ROOTS and BLUES is more than a community, it's a family. And our family is growing." See [rootsandblues.ca](http://rootsandblues.ca) for more info.

For folks looking for music on the Bluegrass & Old-time of things, look no further than the Nimblefingers Workshop & Festival which also returns this year to the Sorrento Centre from August 14th – 26th. This event provides a festival weekend



from the 19th-21st, sandwiched between 2 full weeks of musical workshops. Attendees must register in advance and the event provides optional camping, meals and daily lessons with a whole range of spectacular musicians who travel to the Shuswap each year to teach and perform. Head to [nimblefingers.ca](http://nimblefingers.ca) to find out more!

The Shuswap also sees weekly live-music events during the summer months. The Salmon Arm Arts Centre hosts Wednesday on the Wharf: a weekly outdoor event held from 6:45-8:30pm at Salmon Arm's Marine Peace Park in Salmon Arm. This event is by donation and sees a fantastic selection of musical performers both local and out-of-town travelling through between July and August. [salmonarmartscentre.ca](http://salmonarmartscentre.ca)

Head north from Salmon Arm and you will also find Music in the Bay: a weekly event organized by The Arts Council for the South Shuswap (ACSS). Music in the Bay takes place on Thursday evenings throughout the summer months providing outdoor live music, a thriving artisan market and great options for food & beverages. The ACSS also run a concert series which brings live music to the surrounding Community halls of the area. The Small Hall Music Crawl takes place during the winter months and has so far showcased the Sunnybrae Community Hall, the Carlin Community Hall, the Sorrento Retreat and Conference Centre and the Eagle Bay Community Hall. [shuswaparts.com](http://shuswaparts.com) for more info.

Speaking of Community Halls, for those looking to share their own performances the Coffeehouse music scene is the place to go. A scene that has been running now for over 2 decades, the Coffeehouses are a family-friendly open-mic night that takes place across several Community halls in the area, each running once a month and generally between October to May. Carlin Hall is the first Saturday of the month, followed by Sunnybrae Hall on the second, Glen Eden on the third and Eagle Bay on the fourth. Head to the hall association's Facebook and/or web pages for more details!

It doesn't end there and if you're ever keen to see what else is going on in the area have a look at [shuswaptourism.ca](http://shuswaptourism.ca), [downtownsalmonarm.com](http://downtownsalmonarm.com), [shuswapculture.ca](http://shuswapculture.ca) and dive deep into the local Facebook groups such as Salmon Arm News & Events and Shuswap Everything Friendly Goes and you're bound to find something fun to attend. Check out the local breweries, cideries and wineries dotted around the lake too who are all hosting terrific options for weekly and weekend visits with live music and markets. Enjoy!

## MAY EVENTS AT THE SOUTH SHUSWAP LIBRARY.

You are welcome to come in and choose your materials! We ask that you sanitize your hands before you browse. Our two computer stations are available to use.

We also have chairs and tables available for use in branch and free Wifi.

**Proof of vaccination is not required for Library use or program attendance.**

Please call the branch if you have any questions – 250.675.4818

**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.

If you haven't seen our new shelving visit the branch to see how open and bright the library looks.

**Looking for Local writers to write about this beautiful area Salmon Arm & Shuswap from your perspective!**

History or Current Events or interesting or fun excursions; water fun; wine tours or just the breath taking beauty of this wonderful gem in British Columbia!





ALL ABOUT THE SHUSWAP

Beautiful . Casual . Down-to-earth.

Our Story: About the Shuswap  
The Shuswap boasts a small town feel and big country activities; and this may be the finest place to get back to getting down-to-earth.  
The Shuswap is a region comprised of communities centered around Shuswap Lake, just north of the Thompson-Okanagan region, near the centre of BC's interior.  
Our region is the home of the world-renowned Shuswap Lake and is one of Canada's premier warm water destinations. But the Shuswap is also the centre for a pretty grand selection of activities, things to do and friendly folks who are proud to share this incredible area. Our mild weather, varied geography (alpine meadows, warm lakes, desert-like rolling, arid hills, enchanting forests) and four-seasons ensure that there are a variety of new adventures and experiences to be found.  
This isn't the place for a big city shakedown or a luxury extravaganza. But it is a perfect destination for beautiful, natural and down-to earth vacation experiences.  
There's always something afoot here. Visitors can kick up their heels on a houseboat, or put their feet up at a resort, or start a small revolution and place their best foot forward on a mountain bike. Don't forget boating, golfing, nordic skiing, snowshoeing, snowmobiling, skiing, hiking, walking, swimming or cycling. Those just discovering the Shuswap might also be interested in savouring pie and sipping espresso; exploring museums, art galleries and amazing events and festivals; dining on incredible local produce, visiting farms, tasting local wines and chatting with the friendly folks who call this home. Or they might simply deliciously stumble on the best activity: putting their feet up and doing nothing at all.  
In addition to great tasting and good feeling experiences, the Shuswap is also home to the Salmon Arm Roots & Blues Festival, an event that draws over 30,000 visitors to the region once a year for a weekend filled with some of the world's best blues, world, folk, zydeco, alternative, funk and reggae music.



However, there's one spectacle that stands out above all else in the Shuswap: the Sockeye Salmon run. Every year Sockeye Salmon journey upstream from the Pacific Ocean to the Shuswap's Adams River, an incredible display of nature. During September and October, the quiet banks of the Adams River —405 km (251 miles) inland from the Pacific Ocean— becomes the scene of a natural miracle. The river's normally peaceful waters turn turbulent and crimson as over two million sockeye salmon return to their home waters to spawn and to die. And every four years, their arrival is welcomed, a pageant which draws hundreds of thousands of visitors from around the world.  
Our History: The Shuswap of yesterday  
The Shuswap has a storied history. Shuswap Lake is named after the Shuswap First Nations — the Secwepemc — an important Salish nation of tribal bands whose ancestors have always lived in the BC interior. Once numbering over 5,000, the Secwepemc fished salmon, hunted and gathered food throughout the region. The Adams River has long been known as the largest spawning grounds for the Sockeye Salmon, and the natural cycle was an integral component of First Nation's culture and lifestyle. It was just a couple of centuries ago that the Shuswap saw traders and explorers passing through the area, and in time began to see settlements spring up throughout the region. Some of the area's first settlers were from Finland, and they set up farms and grazed sheep in high alpine meadows. In 1864 gold was discovered on the Columbia and the Shuswap's Seymour Arm became a supply centre for the Big Bend gold rush. The Hudson's Bay Company built the first steamer to ply the Shuswap region's water, and soon other companies followed suit. However, the advent of the completion of the Canadian Pacific Railway, which linked Canada's coast, soon led to the decline of steamer traffic, as trains were faster and more efficient modes of transportation. The Last Spike — the area where the railway's east and west portions were finally linked together— is located at Craigellachie, in the eastern most area of the Shuswap. Upon completion of the railway, the area saw rapid settlement and development: farms and stores were established, and brisk trade evolved as businesses served the needs of resource industries such as logging and mining. The spirit of exploration and discovery remains alive today throughout the



Shuswap: its vast areas of untrammelled wilderness still beckon to adventurers and to those who seek to be a part of some of British Columbia's most enchanting and captivating landscapes and stories.  
The Shuswap: Our essence and attitude  
At the core of life in the Shuswap there are three dominant elements: our lake, country and culture. There's no escaping it. The Shuswap owes much of its persona and character to the lake. It is an integral part of our lives, our livelihoods, and a major compelling reason for visitation. Shuswap Lake is host to a wide variety of activities, a distinct visual viewscape that dominates our region, and serves to provide the reason for existence for several of our communities and industries. In addition to the lake, incredible nature surrounds our region. There's wilderness just steps away from the back door, and recreational activities that include mountain biking, trail walking, golfing, hiking, quadding and sledding, camping, fishing and more. There's incredible forests, spectacular alpine meadows and an exceptional history and continuing tradition of relating to the land in our region. Our natural surroundings are the envy of many and the lifestyle we are afforded by the country in our region is highly desired. We'd like to keep it that way. And we're proud to share it with others who respect it as we do. And speaking of others... our region's existence, its communities and interactive fabrics are built on relationships. How we interact with each other; our values; and how we desire to share our area with others are integral parts of our story. Our story is not an urban centre story. We often function at a more controlled and reasonable pace. We place great value on freedoms and relationships and community spirit. We celebrate together, look after our region together, and continue to grow and develop stories together that shape our present and our future. We are renowned for some of our events and cultural happenings, and we have a burgeoning cultural and artistic component of our region that is continuing to emerge as a strong presence in our collective story.  
The Shuswap: Where we are and how to get here  
Some folks like to think we're in the middle of nowhere. We like to think we're just at the centre of all that's good. We're happily situated in the central lower third of British Columbia, and pretty conveniently located mid-way between Vancouver, BC and Calgary, AB. Canada's central roadway, Trans-Canada Highway #1 runs right through the Shuswap region, and Highway 97 joins us from the Southern Okanagan. In addition to a number of routes accessing our region via wheels, the Shuswap is easily accessed by flying to the Kamloops or Kelowna International Airports. Drive here, fly here, or put on your best gumboots and jolly well sashay on over. We're ready for you!  
- Shuswap tourism.  
Visit: <https://shuswaptourism.ca/>

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# WHAT TO LOOK FOR WHEN SHOPPING FOR NATURAL PRODUCTS

Finding the right products for you and your family can be tough – especially when you're looking for healthy options. Whether you're shopping for food, cleaning materials, bath and body products or supplements, understanding natural product labels can be confusing and sometimes overwhelming. To help you navigate the world of natural products, here are three things to remember when you're out shopping.

**Simplicity is key**  
If you're reading a product label and its ingredient list is complex and full of items you can't recognize or pronounce, that may be a flag that the product isn't natural. Natural products will feature a simple list of ingredients, and many of them will be ones you know. If you're not sure, ask store staff about an ingredient or do some research online.

**Check for certifications**  
Look for certifications that confirm a product has met requirements for green or eco-friendly and non-GMO or organic designations. Purchasing foods with the "non-GMO" or "organic" label may be your safest bet when it comes to overall health and minimal toxins. When shopping for supplements, look for a natural product number indicated with NPN or a homeopathic medicine number, which is referred to as a DIN-HM. The eight-digit DIN-HM number is given to a product by Health Canada once it has been deemed safe, effective and of high quality.

Know that "natural" isn't always what it seems. When shopping for natural foods, it is important to do your research because the word "natural" can be used widely in the food world. For example, foods containing highly processed high fructose corn syrup can be labeled natural since the synthetic materials used to



create this ingredient are not present in the final product. Foods containing genetically engineered or modified ingredients can also be labeled natural. Find more tips at [naturesemporium.com](http://naturesemporium.com). [www.newscanada.com](http://www.newscanada.com)

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## PESTS AND WEEDS CAN WREAK HAVOC ON IMPORTANT GREENSPACES

Well-cared-for greenspaces in urban areas help make cities beautiful, encourage biodiversity and contribute to healthy communities, which has been more important than ever during COVID-19 restrictions.

But whether it's at a neighbourhood park, soccer field or your own backyard, pests and weeds can wreak havoc if not controlled.

One common weed is the dandelion, which multiplies quickly. If you blow the white seeds from one flower, they can spread and start 200 new seed-producing weeds. Another example is ragweed.

Both plants are more than just a nuisance; they can trigger unpleasant allergies for up to 10 per cent of the population.

Grubs are lawn pests that can cause devastation as well. They feed on the roots of a lawn and cause it to turn brown and die. Skunks and birds then pull back the grass to feed on the grubs, causing further damage.

Trees are not spared from insect attacks, either. The emerald ash borer, a wood-boring beetle, has wiped out millions of trees in Canada.

To keep our parks and greenspaces thriving and accessible, pests like ticks, grubs, and gypsy moths must be managed. Pesticides are one, and sometimes the only, option for controlling these threats.

They are designed to control specific pests while leaving non-target species unharmed.

Pesticides come in consumer formulations specifically made for use by homeowners, as well as commercial products designed for use by people with specialized training, like lawncare and landscaping companies.

Before any pest control product can be sold in Canada it must be approved by the federal government. The regulatory process in Canada is among the most stringent in the world.

Controlling these pests, which can include the use of safe and approved pesticides, helps ensure we will have parks and greenspaces to enjoy for years to come.

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# SUPPORT LOCAL WITH THIS TASTY BRUNCH RECIPE

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

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

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

**Butternut Squash and Shallot Hash with Fried Eggs**

Prep time: 20 minutes

Cook time: 20 minutes

Serves: 4

**Ingredients:**

1 tbsp (15 mL) olive oil

4 eggs

½ cup (125 mL) chopped shallots

1/3 cup (75 mL) diced pancetta

1 red pepper, chopped

1 tbsp (15 mL) finely chopped fresh rosemary

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

½ cup (125 mL) low-sodium chicken broth

3 tbsp (15 mL) butter, divided

1 tbsp (15 mL) apple cider vinegar

1 tbsp (15 mL) honey

¼ cup (60 mL) grated Parmesan cheese

2 tbsp (30 mL) finely chopped fresh chives

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

Pinch hot pepper flakes



**Directions:**

1. Heat oil in large skillet set over medium heat; cook shallots, pancetta, red pepper, rosemary and hot pepper flakes for 3 to 5 minutes or until vegetables start to soften and pancetta starts to brown.
2. Stir in butternut squash, ¼ tsp each salt and pepper. Cook, stirring occasionally, for 5 to 7 minutes or until squash starts to brown. Stir in broth, 1 tbsp butter, vinegar and honey.
3. Cover and cook for 6 to 8 minutes or until liquid is absorbed and squash is tender. Sprinkle with Parmesan and chives.
4. While hash cooks, melt 2 tbsp of butter in non-stick skillet set over medium heat; break eggs into skillet.

Season with remaining salt and pepper.

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

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

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

# HOW TO MAKE YOUR DREAM COTTAGE A REALITY

Are you dreaming of your own little piece of paradise where you can spend summer days? With the skyrocketing price of gas and the complexities of pandemic travel, your vacation goals may have shifted a little closer to home in recent years, boosting the appeal of cottage ownership.

Here are some things to consider if you're thinking of buying a cottage.

Start with a plan

Not sure where to begin? To see if your dream is possible, try the Financial Consumer Agency of Canada's free online financial goal calculator. By putting in a few numbers, you can create a snapshot of your current financial state and see if your plan is realistic based on your monthly income.

Time it wisely

You may need to take some time to save up when it comes to buying a cottage. How long you give yourself to achieve your goal will determine how you plan to save and invest. If you give yourself a couple of years, you'll want to keep your money protected and easily accessible. Shorter term savings options include savings accounts, short-term deposits and short-term guaranteed investment certificates, also known as GICs.

If you think it will take longer to achieve your goal, you may consider investing your money in bonds, mutual funds or long-term deposits. Keep in mind that some investments are complex and can be risky. Talk to a financial advisor to find the investment that is right for you.



Budget for extra expenses

Owning a second property can be expensive. Along with the down payment and maybe a second mortgage, be sure to budget for maintenance costs, property taxes and utilities. By going through a plan-

ning exercise, you may find that renting is a better fit.

Find more information at [canada.ca/money](http://canada.ca/money).  
[www.newscanada.com](http://www.newscanada.com)





## WRITE AS I PLEASE

By Mel Kositsky

Get ready for a long, hot summer.

It's hard to think that will be the case right now as we have experienced an awfully cold and wet spring. But the weather experts are all still saying we need to prepare for more natural disasters and another possible heat wave. Really?

Lawn watering restrictions are already in place and the rules were made even tougher this year. Preparations for the wildfires are being made and possible flooding has many people worried -- and rightfully so. The spring freshet is late and snow is still falling in the mountains, so we should be preparing to avoid any mid-June disasters.

One thing is certain -- there will be plenty of hot air blowing this summer -- and it has already started in parts of this country. The politicians are in full swing!

The Ontario provincial election will wind up June 2 when voters go to the polls. Premier Doug Ford was probably hoping the Toronto Maple Leafs would keep winning and become a major distraction from the election campaign. But that did not happen and the debates are heating up in Canada's most populated province. As soon as it is over, Ontario voters will quickly move into more political rhetoric as the municipal elections get under way, campaigning for an October vote.

Quebec is preparing for a provincial election this fall and all of Canada is experiencing yet another federal Conservative party leadership race right now, which winds up on September 10. Six people raised the necessary \$300,000 to be able to enter that race and leadership debates will be held throughout the summer, along with some rigorous campaigning and those famous political barbecues.

In British Columbia there is likely to be another provincial byelection sometime soon before the municipal action heats up. Mayors, councillors and regional district representatives, as well as school trustees, will be elected on Saturday, October 15 for a four-year term. Campaigning has already started in many communities as current politicians announce their retirements and "wannabes" announce their intentions to seek seats on councils. Already it looks like there will be heated competitions in many mayoral races, especially in Vancouver, Surrey, Langley Township and Langley City.

Elections BC has now released the municipal spending limits for all jurisdictions in the province. The limits can be found at <https://elections.bc.ca/local-elections/local-candidates/candidate-expense-limits/>

Now that Kevin Falcon is officially an MLA, having won the Vancouver-Quilchena byelection on April 30, the BC Liberals have their new Leader of the Opposition in the Legislature. Falcon was officially sworn in on May 16 and already the daily Question Period has become loud and raucous. The battle lines are being set

for the 2024 provincial election, which will be contested with new riding boundaries. The provincial boundaries commission has not yet released the new alignments and continues to hold public meetings.

A government news release earlier this year said the British Columbia Electoral Boundaries Commission is reviewing the province's electoral district boundaries and invites input from the public.

The independent and non-partisan Commission was appointed last October to consider the area, boundaries and names of British Columbia's electoral districts for provincial elections. Public input is vital to the Commission's process. The Commission makes recommendations to the Legislative Assembly to ensure that each electoral district of B.C. has effective representation. The Commission considers the number of people living in the area, geography, demographics, means of communication, means of transportation, and special circumstances in developing its recommendations.

Currently there are 87 electoral districts in B.C. Legislation allows for up to six new electoral districts to be added as part of this review.

Commission members are Justice Nitya Iyer (Chair), Linda Tynan, a local government management consultant, and Anton Boegman, the province's Chief Electoral Officer. "We welcome input from all British Columbians early in our process," says Justice Iyer. "It is important for British Columbians to have a voice in how their communities are represented in the legislature."

To provide input, British Columbians can attend a public meeting in person or virtually, complete a survey online at [bcebc.ca](http://bcebc.ca), or contact the Commission directly. The deadline for preliminary input was May 31. The Commission must publish its preliminary report by October 21, 2022. After the preliminary report is published there will be another round of public consultation before the Commission submits its final report.

But before that happens, there has to be a byelection in the Surrey South riding under the old boundaries as Liberal MLA Stephanie Cadieux resigned from office at the end of April to become Canada's first Chief Accessibility Officer.

A federal government news release described Cadieux as a change leader, an advocate for diversity, accessibility, disability inclusion and an entrepreneur with more than 15 years of experience in planning and leadership roles. She has been a member of the Legislative Assembly of British Columbia since 2009.

On May 2 her four-year appointment as the Government of Canada's Chief Accessibility Officer began. Cadieux was the Minister of Children and Family Development from 2012 to 2017, and between 2010 and 2012, held various positions, including Minister of Social Development; Minister of Labour, Citizens' Services and Open Government; and Minister of Community, Sport and Cultural Development. Prior to her engagement in provincial politics, she was the director of marketing and public relations for the BC Paraplegic Association from 2004 until 2009. She was also the provincial peer coordinator for this organization from 2001 until 2004. Cadieux is a member of the disability community, and has been using a wheelchair since the age of 18. Her lived experience allows her to have a deep understanding of accessibility issues faced by people with disabilities.

We will also be getting new federal election boundaries the next time we vote. B.C. will add one more seat in the next election expected in 2025. (See [redistribution2022.ca](http://redistribution2022.ca)). However the

new boundaries released on May 2 are already creating much discussion and concerns. It will be interesting to follow the public consultation process.

Despite the minority government, the Liberals and NDP signed an agreement to work together in the House of Commons and avoid another snap election. But that hasn't stopped the outrageous antics in the House, especially during Question Period when there is shouting, mocking and bullying. The Speaker of the House is often calling for order and stopping procedures until members quiet down. Some observers are calling it a dysfunctional workplace and embarrassing to watch on television -- never mind "live" in the visitors' gallery.

So much for "Hockey Night in Canada".

With the Toronto Maple Leafs eliminated from the Stanley Cup playoffs "again", it seems the major media from the centre of the universe believe the season is over. Wait until next year Leafs' fans!

It will be interesting to see how many eastern Canadians follow the Battle of Alberta between the Edmonton Oilers and the Calgary Flames -- and then follow the winner of that series as Canada's only hope left to capture this year's Cup. But then the number of Canadians playing in the National Hockey League these days is dropping as more Europeans and Americans earn playing spots.

And what happened to the big rivalry predicted between Vancouver and Seattle? It's only been one season but so far no great competitive spirit has emerged between the two northwest teams. Both teams are far away from being contenders and will struggle to make the playoffs even next year. Marketers should create something like the "Cascade Cup" and at least have these two teams compete for something different. It might even be fun!

### THE YEAR OF THE GARDEN IS WORTH CELEBRATING

While each spring we celebrate the return of gardening season, this year's celebrations may be extra special. The Canadian Garden Council and Communities in Bloom are inviting individual gardeners and municipalities to celebrate gardening in Canada.

Whether you are a long-time gardener, or just took up the pastime during the pandemic, the Year of the Garden is a great opportunity to grow your interest and your skills.

Gardens and gardening come with a wide array of benefits. Creating more urban green spaces has long-term sustainability benefits. For example, plants and gardens produce oxygen, sequester carbon, and mitigate the heat island effect in urban areas. Gardening also has individual health benefits for gardeners and broader societal health benefits by creating spaces for us all to enjoy active living.

Gardens and gardening also create important economic benefits, including attracting residents and visitors to communities across the country.

But growing healthy lawns, flowers and vegetables can be challenging. Just as farmers must overcome threats from insects, weeds and diseases to grow safe and healthy food for Canadians, gardeners face similar challenges. Careful planning and management are important to success. When pest challenges threaten your lawn or garden, there are pest control tools available that are safe, effective and specifically designed for homeowners' use.

Let's all celebrate The Year of the Garden and the many benefits that gardens bring to our communities. [www.newscanada.com](http://www.newscanada.com)





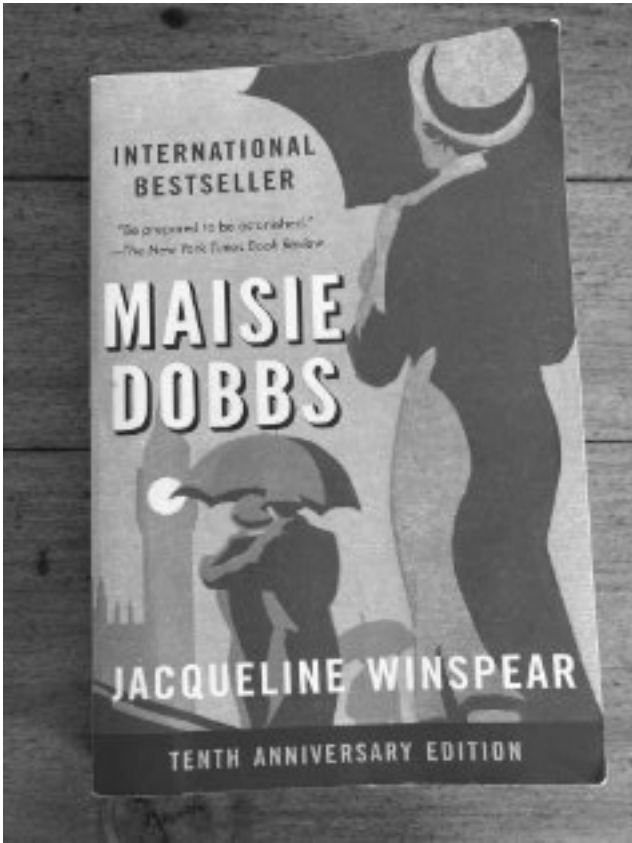
SENIOR  
READS  
By Pamela Chatry

WOMEN AND WAR

When I hear the 70's James Brown song, "War...What is it good for? Absolutely nothing" I can't help but agree. The horrors of war aren't exactly classified. Only the winners' stories have made history. Tales from battle, up until recently, have been part of the winner's spoils and sadly, the perspective of women has been deemed mute.

Well, finally there is a current trend in the publishing market to print books celebrating the significance of women and their war contributions.

In this month's Senior Reads, we celebrate two such authors who remind us that without important contributions of women the world wars could not have been won. Women worked in factories, the land army, drove buses, taxies, and



planes, and were fire fighters etc. Both authors manage to skillfully combine the history of two world wars, romance, and mystery and all the while giving women their long-deserved dues!

Bestselling author, Jacqueline Winspear brings us Maisie Dobbs, a bright, young woman who, with a patron's help, rises from a life of a maid in service, to become a nurse on active duty on the battlefields where she experiences the catastrophic horrors of war and then sets out on her own as a Private Investigator and Psychologist.

The first book in the international bestselling

series, 'Maisie Dobbs' captures you from the very first page. Winspear provides a unique snapshot of the human tragedy of war. It's a story within a story; from the battlefields of France to a mystery involving ex-soldiers "too shattered to resume normal life". The author's gaze inspires empathy and a deeper understanding of the traumas that war survivors must carry for the rest of their lives.

Author Kate Quinn, well-known for her central characters playing several important roles in WW2, tells the story of three female code breakers at Bletchley Hall with an incredible, unforeseen plot twist. This story serves as a reminder to us all that the brain power needed to crack codes wasn't limited to, or reliant upon, just men.

In the 40's, there were hundreds of women working in secret to crack the Nazi's codes. They are forced to overcome food and fashion shortages, try to find love with so much death around them and proudly serve in the war for their country. I have to say that of her many books, The Rose Code is one of my all-time favorites.

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## Straight from the Horse's Mouth

By Mel Kositsky

Once again "The sun shines bright in my old Kentucky home".

That is the first line of the State song written in 1853 by composer Stephen Foster, which is performed before the post parade for the annual \$3 million Kentucky Derby at Churchill Downs. Never have these words had more meaning than following the 148th running of America's biggest race for three-year-olds horses.

Following years of controversy about the final results of recent races, the world is now talking positively about horse racing again as 80-1 longshot Rich Strike came from dead last in the one mile and one-quarter race to sneak along the rail and upset a talented group that lacked a clear-cut favourite. It proved once again that anything can happen in a horse race once the field reaches the starting gate. Score one for the little guys!

It was a storybook ending to a wild ride that began the day before the big race, when the connections of Rich Strike were informed they would be able to compete this year. It was a dream come true for new owner Richard Dawson, longtime trainer Eric Reed and journeyman jockey Sonny Leon. And they made the utmost of the rare opportunity.

The exciting and surprise finish on the first Saturday in May brought back memories of when racing was in its heyday and crowds came to the track for both racing and fun. With COVID-19 restrictions eased in many parts of the world, Churchill Downs returned to its glory years -- with almost 150,000 people on site to take in the festivities. From the rich and famous elites, who filled the clubhouse with their fashion shows and mint julep parties to the throngs of regular folk, who love to party in the track's

infield. NBC reported more than 16 million viewers watched their broadcast.

And despite the growing competition from sports betting across North America, bettors made history with record-setting Derby wagering amounts. Churchill Downs announced that wagering from all sources was the highest all-time for the Kentucky Derby race, that Saturday's racing card and the entire Derby Week of racing. Wagering on Derby Day totaled \$273.8 million, a nine percent increase over the prior record of \$250.9 million in 2019. Wagering on the Derby itself set a new record of \$179 million, topping the 2019 total of \$166.5 million.

Much has been written and said about Rich Strike, a chestnut colt, who has captured the imagination and hearts of not only racing fans but people who love a rags to riches story. His performance really gives hope to the everyday people who work daily taking care of horses at every race track in the world. As the stories come out there is something for everyone to take hold of as a sign of hope -- from the owners, trainers, jockeys, breeders and grooms -- who like to believe this can really happen to them too. But because racing is such an emotional sport, this is much better than winning a lottery!

The unexpected journey began on Friday morning (May 6) when Rich Strike became a very, very late entry into the racing classic. In a surprising move just before final entries for the classic race closed at 9 a.m., Hall of Fame trainer D. Wayne Lukas scratched his horse Ethereal Road from the maximum 20-horse field. It would have been the 86-year-old horseman's 50th Derby starter and possible fifth Derby winner, but he said his horse seemed to lack energy the last few days and he would pass on the race. Ethereal Road only got into the race because Un Ojo, another longshot winner in Arkansas, came up with a foot bruise and had to be scratched.

When trainer Eric Reed was informed just minutes before the 9 o'clock cutoff, he told racing officials his horse Rich Strike was training well and was ready to go. Reed was quoted in Bloodhorse magazine as saying: "It's just a blessing to be able to run."

And such began the makings of a Hollywood movie as the storylines are all there -- especially about the trainer and the jockey. And if the horse does well in his next race -- which should be on Saturday, June 11 in the Belmont Stakes in New York -- his following will only keep growing. Just like the little engine that could. Reed, a local trainer with modest success over the years, who followed his father Herbert into the horse business, must have been thinking about that famous movie line from Dumb and Dumber. "So you're telling me there's a chance".

Reed had claimed Rich Strike for Dawson for \$30,000 in a race at Churchill Downs as a two-year-old last

September when owner/breeder Calumet Farms decided to put the horse up for sale following a disappointing first start on the turf. Reed had watched the horse train and was on the lookout for a new horse for Dawson. The well-bred colt by stallion Keen Ice out of Gold Strike, a Canadian champion mare Calumet had purchased for more than \$200,000, was a perfect addition for the small stable. Reed, who almost left the business following a barn fire in 2016 when he lost 23 horses, watched the horse break his maiden on the dirt, winning the one mile race by more than 17 lengths. He knew he bought a good one. Now everyone with connections to this bloodline are looking to cash in too.

There already have been some great horse movies such as the one about the legendary Seabiscuit and Australian star Phar Lap. There was also one about Mine That Bird titled "50-1", about the horse who won the 2009 Derby as a 50-1 shot in similar fashion on a very muddy surface. Both horses snuck up the rail from the back of the field and captured the hearts of racing fans with their surprising performances. In 2009 local jockey Calvin Borel, an elder statesman at Churchill known for "riding the rail", got aboard an unknown horse from New Mexico with cowboy connections -- and the rest is history. Mine That Bird went on to finish second in the Preakness Stakes and third in the Belmont (the three races that make up the American Triple Crown). He never won another race and the gelding was retired a year later and now at age 16 is living in Texas as a pony horse. (Ironically in 2010 Mine That Bird was moved to Lukas' barn before retiring.)

There have been many longshot winners in the Derby and most have been whisked away to breeding farms so as to not spoil their winning records. The racing world is hoping that won't happen to Rich Strike and they get to see him race again this year. The connections of Rich Strike decided to skip the Preakness much to the dismay of racing experts, who see this series as the Holy Grail of racing. There has been much discussion about the spacing of the races, with the Preakness being held in Maryland just two weeks after the Kentucky Derby, and then it is almost another month before the Belmont is raced. Traditionalists do not want to change this pattern, but it was altered due to the pandemic in the past two years. Racing is changing and some tracks are offering big purses to attract star horses to their facilities -- so the importance of the Triple Crown is now up for debate.

The local thoroughbred horse racing season opened on Derby Day at Hastings Racecourse in Vancouver and live racing will be held there on Saturday and Sunday afternoons. The harness racing season at Fraser Downs in Surrey has been extended until the end of June. Live racing will be held there on Monday nights, starting at 6 p.m.

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# HAWAII ISLAND: VOLCANO COUNTRY



*By Chris Millikan*

Many curious Hawaii Island visitors flock to Volcanoes National Park. Legend says volcano goddess Pele lives there atop Kilauea. And deep in Halema'uma'u caldera, she is thought to conjure her schemes for rearranging Hawaii's vast, easternmost district. So, we head to neighbouring Puna...and instead, check out how her venting altered lush green landscapes.

Off highway 130, a tree-lined country road gets us to Lava Tree State Park, fondly nicknamed 'Pele's Sculpture Garden.' Amid luxuriant greenery, a paved trail guides us around a unique 17-acre forest of stony monuments. One storyboard illustrates how her 1700's lava flow covered this area's once giant rainforest.

Fiery lava burned away the heartwood of towering o'hia lehua trees and hardened around their cool, moist trunks. When the flow subsided, these molds remained; centuries-old o'hias were 'frozen in time.' Some mistake these coal-black 'skeletons' for petrified wood. Though similar in appearance, tree molds are hollow. Faint bark imprints may still be visible inside their trunks.

Red ginger, yellow rattlesnake blossoms and white cane orchids embellish peaceful surroundings. Birds flit and twitter among huge ferns. Fencing encloses open trailside fissures, some over 9-meters deep; signage urges folks to '...always stay on the trail.' Just off the main path, smaller walkways end at a gazebo and shaded benches, perfect for reflection and relaxation.

A quiet road next takes us toward the coast. One roadblock's detour recalls outcomes of 2018's massive eruption. Underground lava flowing from Puna's fissures covered twenty kilometers of public roads, including this link. Puna's Geothermal Venture became inoperative, eliminating 25% of the island's electricity. Lava filled Kapoho Bay, obliterating its wondrous tidal pools...but establishing a brand-new

black sand beach! Lovely Ahalanui Beach Park was demolished, as well as its natural geothermal swimming pool. And lava also buried four subdivisions. Altogether, more than seven hundred homes were destroyed throughout Puna. Overall, these flows created 1.3-square miles of 'new real estate!'

Winding onward under gigantic banyan trees, we spot small farms, extensive papaya orchards and homes with prolific gardens. Circling back past Pahoa, we carry on down highway 130, passing orchid greenhouses, a meditation centre, and historic Star of the Sea Painted Church. Turning northeast, highway 137 takes us above the rugged shoreline. Although this rebuilt highway continues to Isaac Hale Park through new lava fields, our outing ends at Kehena Black Sand Beach. We return to Pahoa, mentioned in guidebooks as Hawaii's 'outlaw' town or 'the last frontier.'

Western-style, false-fronted buildings line Pahoa's main-street. Parking in front of a café, we stroll its raised boardwalk. Pastel painted art galleries, boutiques and craft stores reflect a creative community. Although eateries tempt us with posted ethnic and fusion menus, we drive to the outskirts of town.

Black Rock Café provides home-style cooking, friendly service...and unexpected insights. The lengthy menu highlights Puna's heritage. We read that dense rainforest flourished in this region, with o'hia lehua trees reaching 30-meters high. When 'outsiders' arrived, they harvested these trees for railway ties and lumber. Eventually, sugarcane plantations and other

farming pursuits replaced logging. As opportunities changed, Puna morphed into a forerunner of diversified agribusinesses. Pahoa also adjusted, developing into a funky little crossroads town.

Our server tells us old town's businesses are mainly family owned. And that Pahoa possesses Hawaii's highest concentration of vintage buildings, including the island's oldest movie theater. Munching a mahi-mahi burger, grilled ono stuffed tacos and a seafood platter, our threesome shares thoughts on residents' dreams of further restoration of their town. Hopefully they'll receive grants for preserving their historic gems.

Pele's volcano country proves fascinating. In exploring Puna, we expand our understandings of survival, adaptation, and evolution.

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# Dentures on Implants

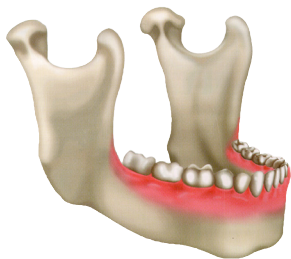
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Bone loss in the jawbone occurs when there has been extraction of natural teeth.

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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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