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TODAY'S
SENIOR
NEWSMAGAZINE



An old Westinghouse TV - screen removed - frames a clever display at an East End Vancouver store.
Photo by Dan Propp - Full Article page 3

JULY - 2022

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ACCORDION TO DAN

Hard to believe it's July 2022! Amazing how fast those years have slipped away. Going for a ride on Canada Line

over and underground watching as the high rise buildings suddenly vanish going through the tunnel. There are so many passengers rushing about to wherever they have to go. It's quite an experience.

As a senior with an orange-coloured transit pass, I often ponder nostalgically about the years that passed.

Recently, I was walking by a store window in Vancouver's east end. Displayed was an old TV set, probably a Westinghouse, with it's screen removed. Featured inside the shell of the TV, you could see some of the store products. Looking at this window display, it brought back the following bit of rhyme.

THE BLACK AND WHITE PRE WEB DAYS

Do you remember the Gary Moore show? How about 'I've Got a Secret'? Carol Burnett or I Love Lucy can make one feel nostalgic. You bet! Those days of the 57 Chevrolet, songs sung by Teresa Brewer and Patty Page. Like a slower paced pre-computerized age.

Back to rabbit ears, antennas on roof tops, Howdy Doody, pre Sesame Street when the only web we enjoyed was Jack Webb, starring in Dragnet, "Just the facts Ma'am"; Los Angeles and Hollywood cops. Do you remember William Bendix who starred in 'The Life of Riley'? Those were the days, back to a 1950's beat. We watched Marcel Marceau; Maurice Chevalier; Ed Sullivan's "a rreally big (shew) show"; Julie Andrews, acrobats, jugglers, Wayne and Schuster. A TV set was truly a family booster. A new thrill, consisted of the whole family snacking on Swanson TV dinners in the living room back to that we would go.

A SUMMER STROLL, A SUMMER GOAL

This July or August, as seniors, go for a stroll along Vancouver's downtown, capture what is still nostalgically significant and what vanished so quickly.

VANCOUVER REFLECTIONS

I miss banana splits at Woolworth's and the old bargain basement at the Bay and Woodward's food floor and, of course, \$1.49 day. Downtown, in other words, so much has faded away...Scott's Restaurant and their unbelievable chiffon lemon pie; the twenty-five cent huge baked custard puddings at the White Lunch; Mr. Mikes steak dinners, just a dollar nineteen, oh my! A few too many developments, that's my hunch, too much corporate, far too little 'Ma and Pa' stores from how the city used to be. You might have a look at some of the old picture postcards at the Vancouver Flee Market and feel some nostalgic awe. They may reprise a happy memory.

ACCESS FOR AN APPONTMENT WIYH A PHYSICIAN

For many immigrants and others newly arriving in BC, finding a GP has increasingly become a major issue, according to news reports. Listening to a talk show on the radio, the following bit of reflection jumped out, seemingly out of thin air.

PATIENCE IS ONE THING...PATIENTS, QUITE ANOTHER

I heard a caller on a talk show voice his opinion that it's easy to have a meaningful medical chat with a pharmacist. Not always these days that easy, however, to see a doctor. Wow, that was truly a revealing admission. Perhaps today is as good a time



as any to reprise the important messages by the late Tommy Douglas. Universal Medicare was a concept so basic for health. Some of us seniors, whatever our political persuasions, still are moved and can hear the sincerity and passion of his voice. Because of recent events, possibly the experience of not being able to see a physician will spark a major reversal so that good health care can be accessed equally for all.

Please visit www.Nostalgicroads.Weebly.com

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

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Photo: An old Westinghouse TV - screen removed - frames a clever display at an East End Vancouver store. (photo: Dan Propp)

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CHRIS THORNLEY: JAZZED FOR RETIREMENT

By Ursula Maxwell-Lewis

Creative artists never retire, they just change their tune. Such was my impression while chatting to Thornley Creative Communications founder, Surrey Civic Treasure Award recipient and retired musician, Chris Thornley.

Known for his dedicated Surrey Food Bank support through business and the successful Blues for the

Bank fundraiser, the Vancouver-born White Rock/Surrey entrepreneur began his career as a CBC Vancouver office boy. "Mail boy was what I really was," he recalls. "They didn't make me a television producer. I was shocked!, What was good about the job was that I got to see how all departments worked. That's how I got interested in graphic design."

Music was a high school passion fuelled by the Beatles and a Zellers (or was it Sears?) guitar. A buddy lured him from CBC with the offer of a Victoria club band gig. "I arrived to find the doors closed and a 'Gone Out of Business' sign."

With \$800 in his pocket he registered with Douglas College commercial art instructor Sid Dyke. Dyke encouraged him to apply for a Super Valu advertising design job. "There's no way on God's green earth I would have hired me," he laughs. "I didn't have a great portfolio!" The job was among the foundations leading, ultimately, to establishing his own business.

Refocussing to family, Chris tells me; "We met at school. Married young. I was 21. Cathy was 19 and wanted get out of Chilliwack. When I found out she had a Johnny Winter (Grammy Award-winning Muddy Waters blues guitarist) record, I knew she was the gal for me!" Honeymoon memories involve driving Cathy's \$95 1965 Ford Falcon "pristine on one side, sideswiped on the other" to San Francisco. They're now grandparents - with a better car.

The proud owner of a 1967 LG0 Gibson restored to

pristine condition by Jake de Villiers of Crescent Beach Guitar, Chris enjoys jamming by invitation at White Rock's West Beach Pub and Bar and Pelican Rouge Cafe. Both establishments encourage experienced and emerging musicians to share their skills at regular scheduled and open mic events. Chris, who also sings and plays the harmonica, also recently appeared for a Nanaimo Loaves and Fishes Food Bank fundraiser.

"Artists working at home are working in a vacuum," he explains. "Artists tend to be very protective of their work. But, if you build their trust you'd be surprised at what you can do together. You never know when you find a diamond in the rough."

Ursula Maxwell-Lewis is a regular columnist for Today's Senior and other Canadian publications. She can be reached at utrael@shaw.ca

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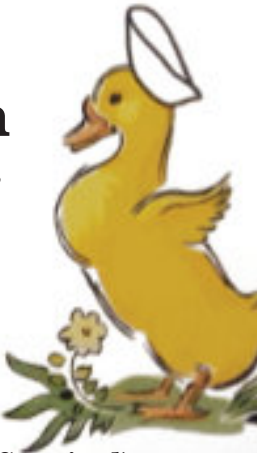
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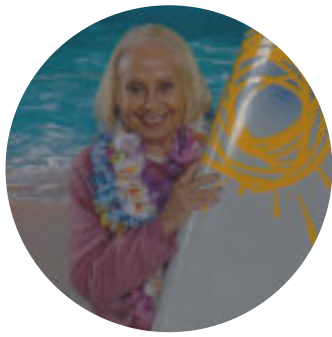
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DISCERNING CHATS WITH PETER LEGGE.

Article & photo by Lenora A. Hayman.

It has always been a pleasure to listen to Peter Legge's one on one interviews with interesting and successful people. Fortunately for us his new book SECRETS of the MASTERS is a selection of twenty of these conversations with skilled entrepreneurs, a politician, an athlete, a philanthropist etc.

Business man Jimmy Pattison's advice to young people is "to do what they like doing. If you like what you do, you'll usually be good at it".

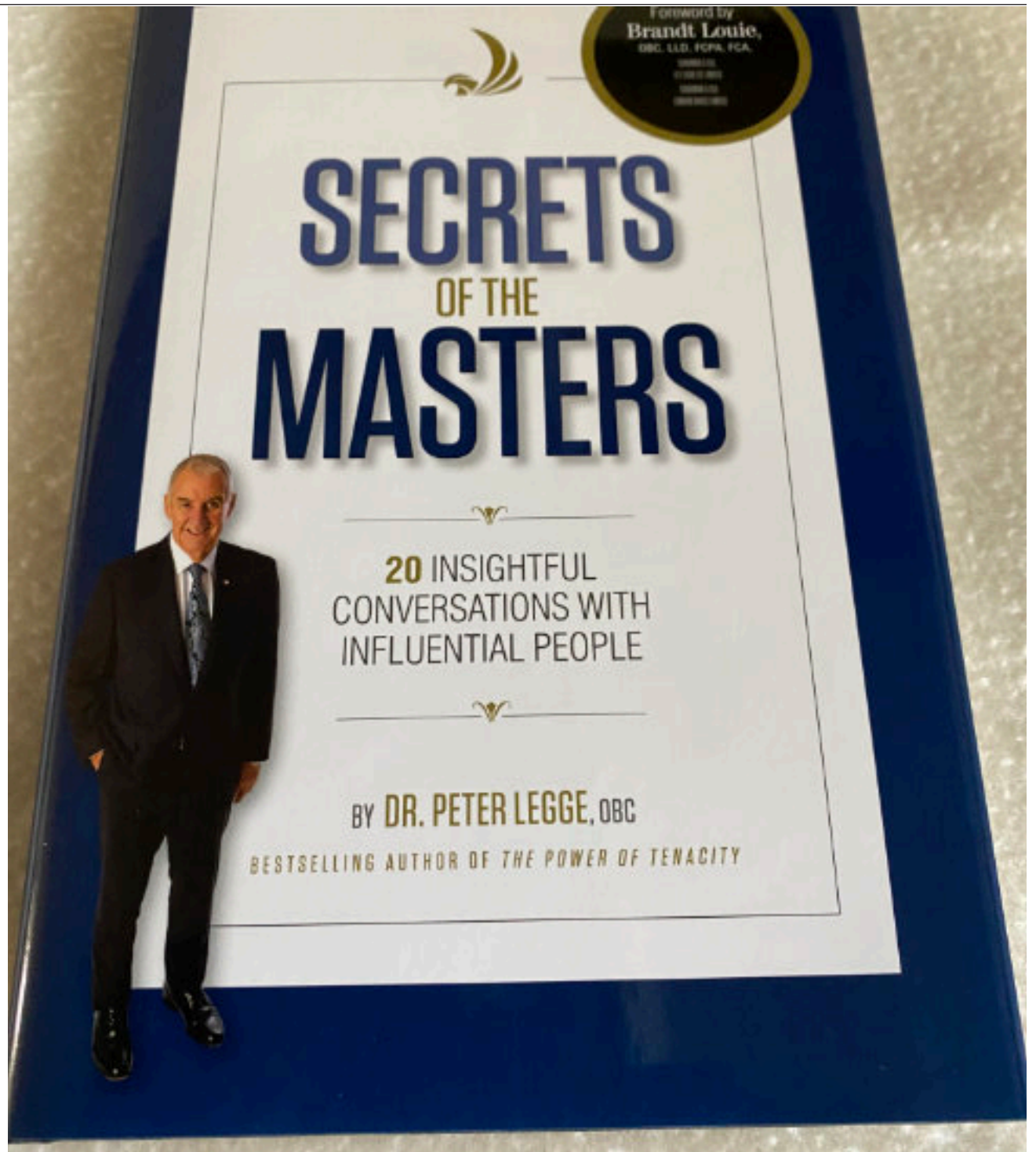
Advertising Executive Frank Palmer is an example of producing what he promises.

Akeela B. Davis, President of Courageous Business Culture helps her clients identify their goals and advises not to be shy of advertising their own achievements.

Reading this book is a pleasant learning experience from students to seniors.

Order at www.peterlegge.com/books or phone 604-299-7311.

PHOTO RIGHT: SECRETS of the MASTERS by Peter Legge.



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.

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FINANCIAL NEWS

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

DECODING FINANCIAL JARGON

HOW TO UNDERSTAND THE LANGUAGE OF FINANCE LIKE A BOSS.

DOES THIS SOUND FAMILIAR? A colleague is talking to you about the alpha of one of their investments. You nod your head, but your eyes gloss over. The discussion ends and you wonder what you just had a conversation about.

Finance-speak can be confusing to many of us. There are a lot of complicated words or terms used to explain some of the simplest concepts. Becoming more familiar with these terms can help you better understand your financial situation and give you more confidence when speaking with your advisor.

Here's a useful glossary – in plain English – to help you get started.

Alpha: It's not just the first letter of the Greek alphabet. In finance, alpha is a measurement of how an investment performs compared to a benchmark index. Say your investment in a U.S. equity fund returns five per cent, while the S&P 500 Index earns one per cent – the alpha is four, because your investment outperformed the benchmark by four per cent.

Annuity: A contract between you and an insurance company. You make a lump-sum payment or series of payments, and in return you get a set monthly income for a set period.

Asset allocation: The strategy of dividing investments among different asset categories like stocks, bonds and cash.

Beneficiary: The person(s) named on your life insurance policy or segregated fund contract to receive the death benefit when you die. Registered Retirement Savings Plans and Tax-Free Savings Accounts also have beneficiary designations.

Beta: A measurement of the volatility of an investment compared to the market. The beta of the overall market is 1 or neutral. An investment with a

beta above 1 is more volatile than the market, while lower than 1 is less volatile.

Bond: Companies and governments issue bonds to fund operations, innovate and grow. When you buy a bond, you are essentially loaning money to the issuer, which promises to return your money by a specific date and pay you interest for that period.

Capital gain/loss: Simply put, the difference between the price you paid for a property or an investment and the price you sold it for.

Commodity: A basic good, raw material or agricultural product that can be bought or sold on the market, like gold, sugar or grains. Some financial and technological products can be commodities, such as foreign currencies or cellphone bandwidth.

Compound interest: The interest calculated on the initial principal of a loan or deposit, plus all the accumulated interest. In other words, it's interest on interest.

Dependant: A person eligible to be covered by you under your benefits plan, for example, your spouse or child.

Dividend: Money an investment fund or company pays to its shareholders, usually from profits, and expressed on a per-share basis.

Exchange-traded fund (ETF): A basket of securities (which can include stocks, commodities or bonds) that trades on an exchange. The price of an ETF's shares will change throughout the trading day since they are bought and sold on the market.

Living benefits insurance: Insurance that provides the benefit while the insured person is alive, such as critical illness, disability, long-term care, health, dental and travel insurance.

Mutual fund: Pools of money contributed by investors with similar investment goals and managed by investment professionals. Mutual funds typically invest in bonds, stocks or both depending on their investment objectives. Unlike ETFs, mutual funds are priced once a day.

Portfolio: A group of investments owned by one organization or individual and managed as a collective whole with specific investment goals in mind.

Rider: An optional addition to an insurance policy to provide protection, for an additional cost, for risks not covered in the basic policy.

Segregated fund contract: A pool of investments held by a life insurance company and managed separately from its other investments. Segregated fund contracts combine the growth potential of investment funds with insurance protection – you are guaranteed to receive at least a set percentage of what you've paid into the plan on death or maturity (less any amounts withdrawn), even if the investments have dropped in value.

Segregated fund contracts also offer useful estate planning features and potential creditor protection.

Stock: Companies issue stock to raise capital. In return the stockholder is given a proportional share in ownership of the company. This comes with a proportional voting right to determine how the business is run and a right to receive dividends, if any are paid.

Volatility: The amount and frequency by which an investment fluctuates in value.

Yield: The earnings generated by an investment expressed as a percentage of its market value over a specific period. Only an investment that pays interest income or dividends can have a yield attributed to it.

Source: Manulife Financial, Solutions magazine 2020

CRS Financial Group is based in South Surrey, BC. We specialize in assisting individuals with their financial affairs, encompassing Investments, Insurance, Retirement and Estate planning. If you would like Rick Singh to review your investment portfolios or estate plan please call 605-535-3367 to schedule an appointment or phone conversation. You can also email rick at rick@crsfinancial.ca

STRESS-FREE TIPS FOR MOVING

Summer is the most popular season to move house. Weather is more co-operative, days are longer and you can connect with your new community before it quiets down for the winter. Plus, kids can settle in in time for the school year.

That said, moving can have its challenges in any season, so here are some quick tips to help:

Don't wait

It's never too early to plan your move once you know the date. Start decluttering right away so you'll have less to pack, and be sure to promptly secure people and vehicles to help – whether that's confirming the date for your buddy's truck or booking a team of professionals.

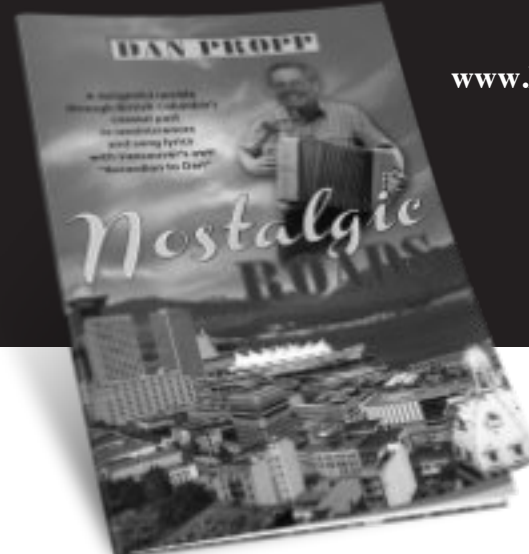
Fuel up

Moving day can be so busy that it's easy to forget to pause for meals. But you know it's important to eat so you can keep up your strength and stay hydrated. This is especially important on hot summer days when the risk of heat stroke is highest.

Dress right

All the bending and lifting you'll be doing on moving day can put a real strain on your body, so proper clothes and well-fitting, supportive shoes are crucial. A pair of insoles like Dr. Scholl's Tri-Comfort Insoles or Custom Fit Orthotics can provide the cushioning and support you need to move all day pain free.

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THE PHARMACIST REVIEW

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

THE SMARTEST CALCIUM (MCHC/MCHA)

CALCIUM is important for more than just healthy bone and teeth. Adequate daily calcium intake is crucial to processes such as muscle contraction, normal heart rhythm, nerve function, blood clotting, and skin sebum production, to name a few. The main dangers of not having enough calcium in your diet is that the growth potential in kids may not be reached, and adults will be at higher risk for osteoporosis (ie. having weak, porous bones).

Typical minimum requirement across the ages is 1000mg daily in divided doses, with a usual max of 2500mg daily, dependent on your specific health needs. Dairy products, leafy green veggies (eg. kale,

broccoli), fortified soy and dairy-free products, and canned fish are the most common dietary sources. Vegans and latose-intolerant individuals, as well as those with low thyroid, lack vitamin D, or kidney issues are at highest risk of calcium deficiency. If you cannot get enough through your natural diet, then you must supplement based on your needs.

Calcium carbonate is still a viable option for many people, as long as you take it with food and you have a healthy stomach acid balance; eg. if you are taking an acid-reducer, you may not be absorbing all the calcium in your calcium carbonate formulations. Oral calcium citrate dissociates much more readily and can be taken on an empty stomach; the calcium is absorbed more readily. Poor absorption of calcium may lead to chronic gassiness, bloating, and constipation.

The best absorbed and utilized form of calcium is microcrystalline hydroxyapatite complex ("MCHC" or "MCHA"), which contains not

only calcium but all the minerals found in bone, including phosphorus and collagen. It is often of a bovine source and can be taken with or without food. Metagenics has had a stabilized form of MCHC for over 2 decades; the line is called Bone Builder. Their formulations are great if you want ease of fine-tuning, because they only contain MCHC with or without Vitamin D. AOR has 2 unique formulations, Bone Basics, and Ortho Bone, which utilize MCHC as a foundation but includes cofactors and trace minerals (such as boron, MK4/MK7 K2) to not only absorb the calcium, but also direct it to the bones and appropriate tissues. Ortho Bone adds to the Bone Basics by having silica as a precursor for collagen, which helps maintain a flexible webbing in the lattice structure of healthy bone; there is also B12 and folate which help minimize bone loss by maintaining optimal homocysteine levels in the body.

Have a detailed chat with your integrative physician and pharmacist team for a proper assessment of how much calcium you need and whether your body has a calcium deficiency. The teams at Cloverdale Pharmasave and Pharmasave Steveston Village can help you choose the most appropriate form of calcium based on your budget and specific concerns.

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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DOWNSIZING TIPS FOR HAPPINESS IN A SMALLER SPACE

Downsizing for retirement can relieve stress and help you focus on what is truly important. Whether you feel ready for the change or you're a little nervous to plant roots somewhere new, here are some tips for a smooth and easy transition.

Start decluttering now

Even if you don't plan to move for some time, it's worth cutting down on your clutter. Begin thinking about items you really want to keep forever, such as your mother's china. If those antique dishes mean a lot to you, keep them for your next place and plan to actually use them. If they are just taking up space, recognize that and don't feel

bad about finding them a new home. Beginning to tackle this step now will save you last minute stress and guilt when it comes time to move.

Consider your lifestyle

Are you looking to leave behind the hustle and bustle of city life? Or, are you excited by the option of walking to nearby shops and activities in an area where you don't have to rely on a car? Will your new pad be the home base for a rotation of visiting family or are you planning to live the more nomadic life of the frequent traveller? Consider your physical, social, and personal needs as you think about how and where to live in retirement.

Use all tools available

There are many options and considerations when creating a retirement plan, so use all the resources available to help you make an informed decision for your golden years. For example, you can use free census data to learn about a potential new com-

munity before moving there. You can find useful details on population, age and types of dwellings in different places. Specifically, you'll be able to see if there is a higher concentration of seniors or lots of young children, along with the type of housing in your target area. It's a great way to learn more about a place before you move there.

Find more information at statcan.gc.ca/census.
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Use Shell Busey's Home Cleaning Formula.
Wet surface with Hot Water.
Straight from the bottle sprinkle cleaning formula over stained area and scrub in.
Lay a damp terry towel over entire stained area.
Lay a plastic sheet over stained area to ensure mixture doesn't evaporate. Tape into place with duct tape. (leave for at least 5 hours)
Remove plastic & towel; scrub and hose down the area.
Repeat if Necessary.
Caution: Wear rubber gloves and eye protection when doing this job.

Happy Canada Day!!!



July First
Fireworks
Picnics
Coast to Coast
Hot Dogs
Dancing
Life Jackets
Fries with Salt and Vinegar
Family Gatherings

Canada Day
Champagne
Maple Leaf
Barbeques
Water Fun
Camping
Sunny Days
Ice Cream Cones
Lawn Games

Celebrations
Parks
Confederation
Hamburgers
Swimming
Boating
Starry Nights
Freezies

A MODERN TAKE ON THE CLASSIC FINGER SANDWICH



CURRY APPLE CHICKEN SALAD
Prep time: 5-10 minutes
Cook time: N/A *rotisserie chicken is store-bought
Serves: 6

- Ingredients:**
- 3/4 cup (175 ml) full fat Greek yogurt
 - 1 1/2 tsp (7.5 ml) curry powder
 - Salt and pepper, to taste
 - 2 cups (500 ml) rotisserie chicken, shredded
 - 1 large green apple, diced
 - 1/4 cup (60 ml) golden raisins
 - 1/2 cup (125 ml) halved red grapes
 - 3 tbsp (45 ml) minced shallots
 - 2 stalks celery, finely

diced

- 1 tbsp (15 ml) fresh chives, minced
- 1 loaf (12 slices) Stonemill Bakehouse Sprouted 3 Grains bread

Directions:

1 In a large bowl, mix together the Greek yogurt, curry powder, salt and pepper.

2 Into the bowl, add the chicken, apple, raisins, grapes, shallots, celery, and chives. Toss until everything is well coated in the dressing.

3 Divide mixture between 6 slices of bread and top each with the

corresponding slice.
Find more information at stonemillbakehouse.ca.
www.newscanada.com

If you would like to
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in *Today's Senior News-*
magazine
Details on page 3.

When it comes to recipes, some classics are ripe for reinvention. Take this fresh twist on the traditional chicken salad sandwich, which boasts more fibre, protein and other nutrients – in addition to a great taste.
The naturally fermented bread brings this sandwich to the next level, adding the perfect texture and aroma to set off the flavours.
According to registered dietitian Abbey Sharp, “Fermentation provides probiotics or ‘good’ bacteria, which are great for supporting our immune systems and for regulating digestion. Fermentation is also known to bring out rich and delicious flavours.”
Sharp recommends pairing the sandwich with a fresh bottle of ginger kombucha to add a unique and appealing tang.

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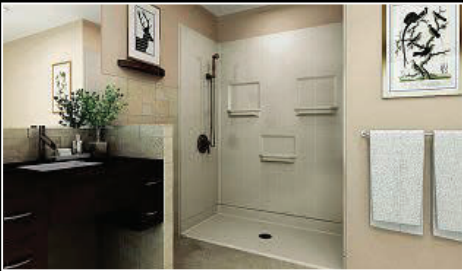
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BLIND BAY GARDEN CLUB If you have a green thumb and would like to share or learn some gardening tips, drop in every 2nd Tuesday of the month at 10:00 a.m.

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.

Splatsin Seeks Federal Grant Funding to Support Rail Trail Project

Columbia Shuswap Regional District

SPLATSIN TE SECWÉPEMC TERRITORY - A \$12.5 million Infrastructure Canada Federal Active Transportation Grant application to develop 42.6 kilometres of the Shuswap North Okanagan Rail Trail has been championed by Splatsin leadership, in partnership with the Regional District of North Okanagan (RDNO) and the Columbia Shuswap Regional District (CSRD).

Should the grant application be successful, the funding would cover trail development within Splatsin te Secwépemc territory from Kilometre 0 at the Bruhn Bridge in Sicamous to Kilometre 42.6 near Stepney Road in the Township of Spallumcheen.

This non-motorized recreational pathway would create an active transportation corridor for walking and bicycling between Sicamous and the Township of Spallumcheen. The project will create new tourism and transportation benefits for the region – including the eventual linkage with the recently opened Okanagan Rail Trail and 200km south to Osoyoos.

Splatsin's efforts to lead this initiative are founded on the understanding that the trail forms part of their unceded Secwépemc territorial lands.

"Splatsin strives to assume the role of caretaker of their traditional lands on behalf of the Splatsin people and the Secwépemc Nation for the benefit and use of the Secwépemc people and its neighbours now and in the future," says Kukpi7 Doug Thomas.

"The economic and land management benefits are the tip of the iceberg. The rail trail will promote a healthy lifestyle and exercise, family outings, the appreciation of nature and knowledge of the land, as well as an improved understanding of the Secwépemc values and culture," Thomas adds.



Both the CSRD and RDNO Board of Directors issued formal letters of support for the Splatsin's funding application.

Plans for the project include conducting archeological impact assessments, trail clearing, site preparation and construction with a gravel-based surface, parking areas, fencing, shoreline protection, as well as signage and drainage improvements.

The total length of the Shuswap North Okanagan Rail Trail is 50 kilometres, however, the final 7.4-kilometre section near Armstrong is not a part of this application. It will be considered for other grant applications in the future.

Article from <https://www.civicinfo.bc.ca/>

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

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

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

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

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

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

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

Review and revise your spending. With inflation on



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

Double check your insurance. Being proactive and taking control helps to lower anxiety and provides a

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

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

www.newscanada.com

5 TIPS TO PROTECT YOURSELF IF YOU MUST BE OUTSIDE ON A HOT DAY



Spending time outside is a valuable booster for your mood and your health. For some, their livelihoods depend on being outdoors, while for others, their favourite physical activity is best done outside. However, when temperatures become extremely hot, time spent outside in the heat can put anyone's health at risk.

Though some are more vulnerable to heat, such as older adults and kids, or those with health conditions like heart problems or breathing difficulties, heat illnesses are preventable! During an extreme heat event, the most important thing is to keep cool and hydrated and avoid overexposure.

Here are key ways to protect your health if you

have to be outside on a very hot day:

1. Dress for the weather

Simple choices like what you wear can make a big difference to your body temperature. On a hot day opt for loose-fitting, light-coloured clothes made from breathable fabrics to help keep you cool.

2. Stay hydrated

Thirst is not a good indicator of dehydration, so make sure you drink plenty of cool fluids like water before you feel the need. Staying hydrated can help you feel cooler in the heat and help ward off heat illness.

3. Find the shade

If you must go outside during a heat wave, schedule activities for cooler, shadier hours of the day – before

11 a.m. and after 3 p.m. – and limit your time in the sun. Choose an area in the shade whenever possible, as tree-shaded spaces can be as much as 5°C cooler than the area around them.

4. Go easy on yourself

Physical activity in extreme heat can put you at greater risk for heat illness, even if you're healthy. So, put off your tougher workouts for a cooler time or place. If you must be active outside on hot day, remember to adjust your expectations and be realistic about your performance. Take extra breaks to remove any gear like a bike helmet and drink water.

5. Know the signs of heat illness

Long-term health problems or death can result from heat illnesses, so be aware of the signs in yourself and those around you. If you experience dizziness or fainting, nausea or vomiting, headache, extreme thirst or unusually rapid breathing and heartbeat during extreme heat, move to a cool place immediately and drink cool fluids.

If you're with someone, like a co-worker or running partner, who has a high body temperature and is either unconscious or confused, call 911 or your local emergency number immediately. This could be heat stroke, which needs emergency medical care. Apply cold water to their skin and clothes and get them to a cool place immediately while you wait for help.

Find more information at Canada.ca/health.

www.newscanada.com



WRITE AS I PLEASE

By Mel Kositsky

How are you going to celebrate Canada Day? Will you be one of the many Canadians waving the flag -- but for different reasons?

It used to be that Canadians displayed the flag on Canada Day in front of their homes, attached to their vehicles and at community events. Celebrate Canada provided little paper flags and pins for the holiday celebrations and everybody was in a great mood -- and some people even enjoyed giant-sized cakes and then watched the fireworks after dark. People were proud to be Canadian.

This year we are witnessing a new movement and new attitudes -- most of it copying aggressive U.S. politics. That nation has been strongly divided by partisan politics, which has now made its way across the border. We have now seen the rise of Canadian "Freedom fighters", who are waving the flag for a different reason -- and it is one that most people can't really figure out.

What happened in downtown Ottawa this winter and at border crossings across the country was damaging to the health and safety of our great nation. But the protesters don't see it that way and are not done yet. Reports indicate they plan to set up shop in Ottawa again this summer -- even on Canada Day -- and who knows in which other locations. Police forces say they are ready for them this time.

We can all agree that we live in difficult times -- and it can sometimes seem confusing and frustrating. Maybe call it "Chronic COVID response". People are tired of living under all those changing rules and restrictions the pandemic brought and want to break loose. But is it too soon? We are not out of the pandemic yet -- people are still getting sick and dying. However, some people just want this to become a political football they can play with until the next election -- and some it seems can never be satisfied. They seem to have forgotten how many people died because of COVID-19 and related illnesses. It all seems a bit insensitive.

Most people have no issues receiving their third and even fourth booster shots. They believe it will help them stay healthy and they do not object to yet another vaccination, in the same way people get flu shots every year. For many seniors it has become a part of life -- like protecting themselves against shingles. Similarly, people accept travel vaccines, especially if they are headed to exotic locations. As pandemic restrictions ease and life gets back to the "new normal" maybe people will just "chill out" and become Canadian again.

One thing that Canadians can agree on is celebrating the success of its athletes, especially when they win championships. Tennis players and golfers are doing well these days, so it is not just the winter sports, and the latest hero comes from the Toronto area. Basketball star Andrew Wiggins is finally playing up to his potential and won his first NBA championship with the Golden State Warriors. Now 27, he has matured into a top-rated star under head coach Steve Kerr and playing with MVP Steph Curry. He

has found his right place now on a very good team.

Canadians with hopes of one day playing in the NBA got a boost from Wiggins' success. More players from this side of the border are finding spots on those limited NBA rosters, and the Toronto Raptors had almost a handful of Canadians on this year's team. Wiggins may become the best Canadian player since Steve Nash, the Hall of Famer, who is now coaching the Brooklyn Nets.

Wiggins, who was born in Toronto and grew up in Vaughan, still wears his high school jersey number (22), where he emerged a budding superstar by age 15.

In the lead up to this fall's general municipal election, Coquitlam has introduced new Council leave procedures to take effect following the election as a step toward removing barriers for future candidates.

A recent city news release explains that Coquitlam Council has adopted some new ideas that may catch on in other local government jurisdictions. The procedure will provide future Council members up to 16 weeks of paid personal leave for maternity, parental, compassionate care or caregiver purposes. Coquitlam is among the first communities in B.C. to provide this type of Council leave, which is currently not guaranteed in the Community Charter, the legislation that governs B.C.'s local governments.

Research shows diversity at the Council table is lacking; a 2020 survey of Canadian municipal politicians by the Samara Centre for Democracy found 91 per cent to be white, 67 per cent male, 70 per cent age 50 and older, and most from "white collar" backgrounds.

The lack of a paid leave recognizing family commitments disproportionately affects people from racialized communities and women, and may play a role in discouraging these individuals from pursuing a four-year term in local government.

Based on the Community Charter, local government elected officials in B.C. may be disqualified from office if they are absent from Council meetings for either 60 consecutive days or for four consecutive regular Council meetings, whichever is longer. To obtain a leave for any reason other than illness or injury, individuals must seek permission from Council.

To address this gap, Coquitlam has been working with other municipalities through the Union of British Columbia Municipalities (UBCM) to urge the provincial government to expand personal leave options for elected officials. While this continues, the City has adopted its own paid personal leave for Council to encourage a greater range of candidates to run for office this fall, with the aim of removing systemic barriers for people from equity-deserving groups -- that is, those that are traditionally underserved, underrepresented and affected by injustices and biases. Council also approved a new pension benefit for future Council members to further reduce potential financial barriers for those running for office.

The new measures reflect Coquitlam's focus on promoting equity, diversity and inclusion in the City's work and community. A top-level priority in the 2022 Business Plan, this work includes actively identifying and dismantling policies, procedures and practices that prevent some individuals or groups from accessing and participating in civic life, services and opportunities.

The new leave provisions only apply to City of Coquitlam Council members in office following the October 2022 election and will not be provided retroactively. The City will provide Council members with up to 16 weeks of paid leave (or the remainder of the term, whichever occurs first) for the following:

- Maternity and/or parental leave for any elected official, regardless of family status or gender, who is pregnant or has given birth (including miscarriage, termination or stillbirth) or following the birth or adoption of a child.
- Leave for any elected official to provide compassionate care or caregiving support to someone con-

sidered to be family who is critically ill or needing end-of-life care.

The City recognizes that other Council member leaves may be still required based on personal circumstance. These will be considered on a case-by-case basis.

The pension provision will also take effect after the October election, and will be calculated based on years of service at a rate guided by the Municipal Pension Plan. The start date for all Council members, including those re-elected, will be the beginning of the next term.

Coquitlam's Council leave procedure will need to be approved at the start of each new Council term or if there is a change in the composition of Council.

In step with the evolving understanding taking place in Canada and around the world, Coquitlam has strengthened its focus on promoting equity, diversity and inclusion (EDI) in the City's work and in the community at large. EDI initiatives seek to build an equitable and inclusive society for all by addressing the inherent injustices and biases that hinder and harm some people while benefiting others. Council has ranked EDI among the top priorities for the City's work. Preliminary EDI initiatives have included a workshop led by the City's Universal Access-Ability Advisory Committee, a focus on accessible recreation programs, consultation with EDI experts and training for staff at all levels. Learn more at www.coquitlam.ca/edi.

Voters across B.C. will go to the polls on Saturday, Oct. 15 to elect their local government and school district representatives.

SUNFLOWERS (Ode to the Mothers of Ukraine) By M.P. Detina (2022)

When your young children cling to you in fear
and you must set aside your own
And when your grown ones have enlisted
and fitful Worry shares your bed
When you seek refuge underground and
carry a weapon when you're above
And when a molotov sits on the front seat
of your car and provisions in the rear...
When air raid sirens blare in dead of night
and well into day; and when slaps of fleeing
feet, and harrowing sounds of panic; pump
adrenalin to its peak
When the sights of normal have been
cratered and gutted, and the images of
civilian carnage -- indelible...
And when yesterdays haunt and tomorrows
are uncertain and Todays are not inevitable
When you remember those busy 'before War
days' when time was your only enemy
And just when you feel you cannot go on...

Dear Mother of Ukraine: You burrow your roots
deeper and wider. Their anchor is sheer grit.
This will forever be YOUR legacy.

When the atrocities committed against you
are so unspeakable... that you question the
core of your beliefs.
When your sunlight is shrouded by inhumanity
and your faith in empathy put to the test
And when blame for your suffering: For the
Death. The Destruction. The Darkness, is:
One. Cruel. Old man's quest for legacy...

Dear Mothers of Ukraine: Your courage shines;
a beacon for all to see; as you fight to
hold-on to that which Cruel covets...

The Legacy, that is forever YOURS.

Reader Submission to Today's Senior Newsmagazine



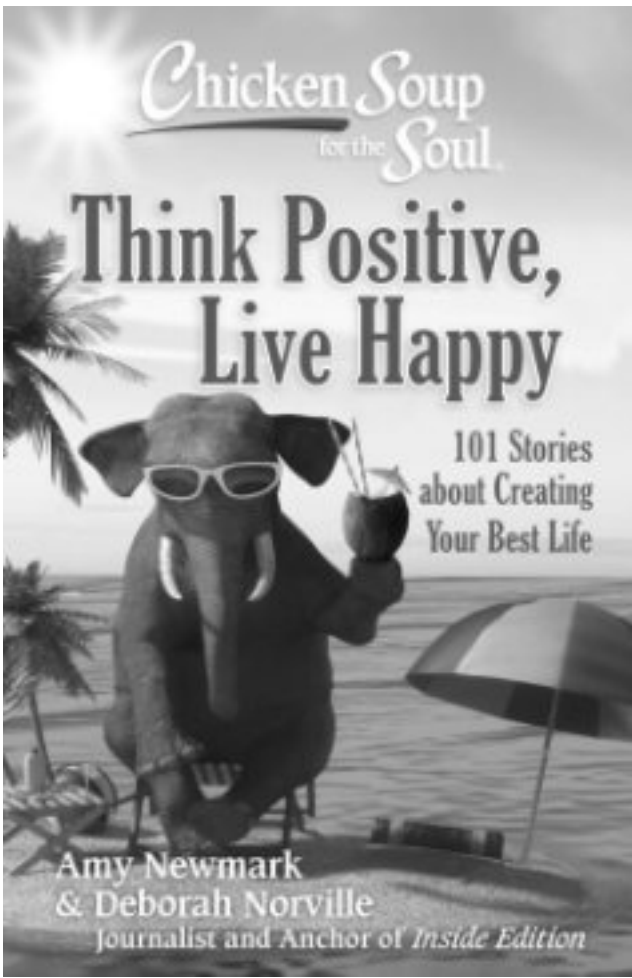
SENIOR
READS

By Pamela Chatry

Rejection:
The Road to Inspiration
and Success

Can you imagine being rejected 144 times? In the 90's, authors, Jack Canfield and Mark Victor Hansen of the bestselling series 'Chicken Soup for the Soul' knew they were onto such a great thing that they didn't give up after each rejection. Today, this series has "over 275 titles that has sold more than 110 million copies in the U.S. and Canada, been translated into 43 languages, been published in over 100 countries and has sold more than 500 million copies worldwide".

The books are comprised of short stories designed to inspire and encourage positivity. There are many contributing authors. The books are published under different themes: books for animal lovers, children, parents, grandparents, teachers, music lovers, the Christian soul, college graduates...There is a book for



every interest and phase of life.

We recently had the opportunity to interview Fraser Valley author and Chicken Soup contributor, Fran McGuckin. Fran's story is also one of determination and success.

Q. How did you get your story published?

A: I hadn't written for a decade due to a car accident and subsequent brain injury. When I moved to Abbotsford, I was invited to join a small writing group. I hesitated but Loreena Hutchison, artist and

my writing mentor, convinced me. One of the writers was an 81-year-old woman who had stories published in the Chicken Soup books. Ultimately, I had two stories published in 2017 in the fourth Chicken Soup book, The Spirit of Canada. I wrote about living on the Sunshine Coast., the fire and the critters. In 2019, I submitted a story about volunteering with the therapeutic riding program for children with special needs.

Q What is the process for getting published in the Chicken Soup books?

A: They call for submissions for each upcoming title and get thousands of responses. From there, they chose 101 stories for each edition. The author is limited to 1,200 words.

Q: What encouraged you to submit your story, Warm from the Inside Out to the 'Think Positive, Live Happy' edition?

A: As a volunteer for the Fraser Valley Therapeutic Equestrian Association, I would lead horses for children's riding. It was a joy to see the smiles and wonderment on their faces. I wrote a short story about this for the Fraser Valley Brain Injury Association's magazine. When I saw the call for submissions for this book, it appeared to fit their criteria. With edits and 500 extra words, it was accepted. I was thrilled. By being a published author, I regained my confidence to once again speak in public and grateful to be a part of a book series that helps others.

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.

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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing seems to be surviving both the post pandemic recovery and the onslaught of sports betting.

The popularity of the equine sport is still prevalent around the world, with large crowds (mostly unmasked) showing up to cheer on their favourites and some are there to even enjoy the gambling aspect. Major sporting events such as the Kentucky Derby and the other Triple Crown races attracted huge crowds, as did the annual Royal Ascot week of racing in England.

The gloom and doom predicted for years has held off -- and although comparative figures are not yet available -- it seems betting on racing is doing quite well (at least for major events) -- and may even have picked up more online supporters.

Racing is no longer the only game in town for bettors, who now have so many different opportunities to spend their dollars -- from corner store lottery tickets to casinos to complicated apps on their hand-held devices -- it is easy these days to place a wager. Betting on all sports is readily available and there are more and more sportsbooks opening up -- and some do not offer racing as a product. While the industry sorts itself out, revenue for horse racing is being lost.

There are many issues facing the future of horse racing, which is still viewed as a great family and social event. And you can even go there for lunch or dinner.

But casual bettors often find horse racing confusing as compared to simply playing a "no brain" slot

machine or buying a "scratch and win" ticket. Most of those games are losers. The odds of winning are better at the track but the payoffs are often much smaller -- and there is so much time between races. The "right now" generation wants immediate action, which is why you usually find an older demographic at the races.

Now horse racing is changing in response to many of the issues it has been facing -- from illegal medication usage, to complaints by animal rights groups. So starting July 1 there is a new "sheriff" in town (as they used to say in the movies). At this point it only involves U.S. racing but it probably won't be long before it crosses the border. So many Canadians race in the States so they will have to comply from the start. However some States are challenging the new Authority and there are a number of court cases in process.

Established when the Horseracing Integrity and Safety Act was signed into federal law in 2020, the Horseracing Integrity and Safety Authority (HISA) is responsible for drafting and enforcing uniform safety and integrity rules in thoroughbred racing in the U.S. Overseen by the Federal Trade Commission (FTC), HISA was created to implement, for the first time, a national, uniform set of rules applicable to every thoroughbred racing participant and racetrack facility. HISA comprises two programs: the Racetrack Safety Program, which goes into effect July 1, 2022, and the Anti-Doping and Medication Control (ADMC) Program, which will go into effect in January 2023.

The Racetrack Safety Program includes operational safety rules and national racetrack accreditation standards that seek to enhance equine welfare and minimize equine and jockey injury. The program will expand veterinary oversight, impose surface maintenance and testing requirements, enhance jockey safety, regulate riding crop use, and implement voided claim rules, among other important measures.

The ADMC Program will create a centralized testing and results management process and apply uniform penalties for integrity violations efficiently and consistently across the United States. These rules and enforcement mechanisms will be administered by a new independent agency, the Horseracing Integrity and Welfare Unit (HIWU), established by Drug Free Sport International (DFS). HIWU will oversee testing, educate stakeholders on the new system, ap-

prove laboratories, investigate potential integrity violations and prosecute rule breaches.

Meanwhile local horse racing continues all summer at Hastings Racecourse in east Vancouver on Saturdays and Sundays. One of its more successful programs this season is the group sharing ownership of a stable of thoroughbred racehorses. People can become a horse owner for only \$300 per year as a member of the Hastings Race Club. And this season the stable has already had a couple of winners. The Hastings Racing Club is a low cost, low risk way to get involved in horse racing. For more information, contact hastings-racingclubs@gmail.com

Hastings Racing Club membership includes:

- Reserved grandstand seating in the Hastings Racing Club section on club's race dates
- Accompanied paddock access before your races on club's race dates
- Free program on club's race dates
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HAWAII ISLAND: A KILAUEA DAYTRIP



By Chris Millikan

Hawaii Island's volcanic activity has long attracted curious visitors, including Mark Twain, Robert Louis Stevenson...and more recently, us!

At Volcanoes National Park Visitor Centre, a Ranger orients guests with a wall map. "This vast park embraces Kilauea and Mauna Loa, two of the world's most active volcanoes," she grins. While distributing pamphlets, she highlights park attractions and updates hiking conditions.

Walking to nearby Sulphur Banks Trail, a paved pathway leads us up through lush tropical greenery. Before long, the landscape becomes surprisingly desolate; hot, acidic soils seem to have arrested plant life. Instead, whirls of yellow, red, white and pink minerals colour barren mounds. Looking closely at deposits reveals tiny, delicate crystals.

Faint breezes carry whiffs of rotten eggs. In 1866, that same noxious smell prompted Mark Twain's wry observation, "The smell of sulfur is strong...but not unpleasant to a sinner!" Today, signage urges visitors to avoid breathing these toxic fumes.

As the trail winds upward, we see steam rising from black fissures. Deeply rooted in the nutrient-rich lava, hardy uluhe ferns and evergreen o'hia lehua trees proliferate. Fluffy red o'hia blossoms catch our eye.

A flat trail at Kilauea's summit takes us along rough a'a lava covered with coarse pili grasses. Reaching Halema'uma'u's rim, we notice fruit, flowers and lei offerings to soothe Pele. According to Hawaiian legend, the moody volcano goddess resides here.

Illustrated panels show how Halema'uma'u doubled in size over decades of eruptions. And in 2018, the caldera released a billion cubic yards of lava underground, causing a massive 500-meter collapse and further widening. Gazing across this enormous pit crater, we watch steam clouds form above its lava lake. One awestruck fellow blurts, "Come back at

dusk...or dawn...and see the lake glow red."

Driving onward, we investigate Thurston Lava Tube. Thick tree ferns flank the entranceway. A path takes us through lush rainforest and down into the dormant pit crater. Red a'apana birdies flit amid towering o'hias.

Bridging a deep crevasse, we enter the chilly chamber. Lava once flowed through here at temperatures exceeding 2,000° F. The cooler air hardened a lava crust around its channel. As the eruption ended, excess molten lava drained away, leaving behind this huge tunnel. Icy droplets fall unexpectedly from the high ceiling; amber lighting helps us avoid shallow puddles. One gal quips, "Ohhh! I'm so excited! My heart must be filled...with lava!"

Our explorations continue along Chain of Craters Road. Driving steadily downward, we count five huge pit craters. Black, grey and red coloured lava flows suggest their oxidized ages. This winding thirty-kilometer-long road ends opposite wide ocean cliffs.

Parking along the roadway, a shady table becomes our picnic spot. We later stroll beyond its gated roadblock. A small sign directs us through endemic milkweed to a viewpoint atop the rugged bluff. Relentless surf sculpted the edge of a 550-year-old lava flow into Holei Sea Arch, a magnificent natural monument over 27-meters high.

Returning upward, we stop at Pu'u Loa Petroglyphs trailhead.

Rock cairns mark a hilly, 3-kilometer footpath. Uneven layers of pahoehoe lava make walking arduous...and slow. Under blazing afternoon sun, we reach the state's largest petroglyph field.

From its raised circular boardwalk, we contemplate simple, etched figures and symbols. Archaeologists found early Hawaiians had recorded over 23,000 historic details here, including cultural events, boundaries and routes.

We also sight countless poho, cup-like depressions dotting the Hill of Long Life. Cradling piko, umbilical cords, they blessed newborns with long, prosperous lives. Ritually used for over 500 years, Hawaiians consider this place sacred.

Our fascinating daytrip reacquaints my hubby and me with Kilauea...and introduces my British cousin to volcanic marvels.

Plan Your Visit

• Check out island possibilities at www.gohawaii.com/

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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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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?

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

CAN ALL DENTURISTS DO THIS?

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

IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

DOES IT WORK FOR EVERYONE?

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

WHAT IF I DON'T GET SUCTION?

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CAN MY OLD DENTURES BE REFIT?

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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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