

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

# TODAY'S SENIOR NEWSMAGAZINE



Discovering North Shore Trails West Van Walkabouts - Full Article by Rick Millikan - page 17

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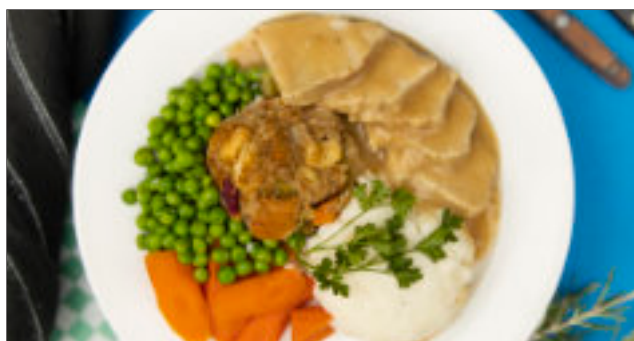
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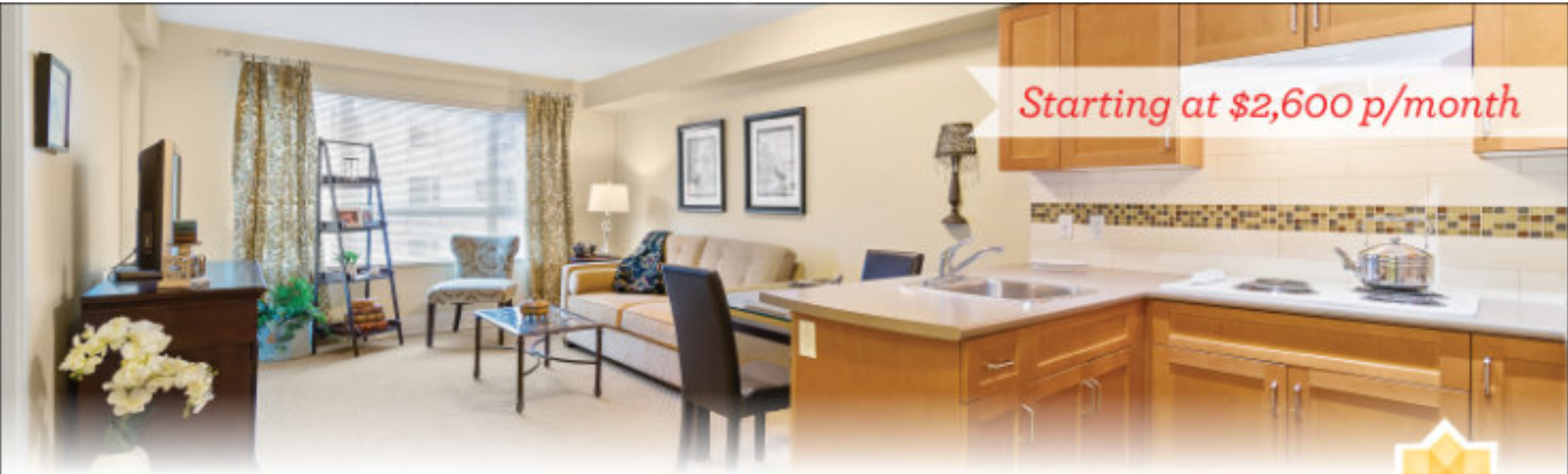
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# ACCORDION TO DAN



Remember (just a few years ago) seniors, as a kid, what a thrill it was going to a movie? Perhaps it was in Powell River, New Westminster, Kelowna, Port Alberni or on Vancouver's theatre row. Maybe the Vogue, Orpheum, or how about the Cinerama 3-D effect at the Strand. Perhaps the following bit of rhyme might replenish a happy reflection or two, this September...can you believe it, 2022!

**JUST A FEW YEARS AGO, EH?**

Wasn't that a time, of non-computerized, hand illustrated movie posters of Victor Mature to Judy Garland, The Carry On Gang to Hopalong Cassidy. Sometimes as low as twenty-five cents for a matinee ticket we paid. Now as golden agers, there's still the capacity to recall the taste of yummy ice cream bars and hot buttered popcorn waiting for the feature to begin with Metro Goldwyn Meyer's lion growling with such majesty!

You might remember being moved by great motion pictures like The Greatest Show On Earth, with Jimmy Stewart's role as the sad clown, looking so forlorn. A movie was magic and even included cartoons, serials, previews, movietone news and massive productions that mirrored so many ideals. Some of us would often turn around facing the projectionist booth envying the power they had threading those magic thirty-five-millimetre technicolor reels.

This September, as the leaves begin to fall, might also be an appropriate time to reprise a few local commercials that may provide a nostalgic chuckle or two.

**OLD TIME COMMERCIAL JINGLES**

Honest Nat's Dept Store at 48th and Fraser. On CKWX, CJOR and CKNW... may bring back a few air waves of the past back to shore. Does that hard drive between the ears refresh old BC days just a tad. Like 'never borrow money needlessly but if you must' (Household Finance HFC). So much history. Like Woodward's "dollar forty-nine day, Tuesday". How about the musical jingle for Dominion Foods, "mainly because of the meat". Now, so many years ago. Jingles can remind us of another day. Bob Dylan wrote, 'the times are sure a changin'. Here in BC and probably all over the world that's almost an old-fashioned understatement now. Its hard to keep up with the many changes since then.

**THOUGHTS TO PONDER**

Do you recall when, compared to the USA, our dollar was worth about a nickel more. A ride on a BC electric bus was fifteen cents. A Coke, Seven Up or

Hires Root Beer, just a dime at a Ma and Pa store. That's probably why some of us enjoy writing in the past tense.

Do you still remember Lowney Bridge Mixture Candy or Macintosh Toffee? Well at least a few classic structures are still standing in Vancouver like the Orpheum, and The Vogue, but not the Strand. Do you remember perhaps your parents Pontiac, Ford, Rambler, or Vauxhall car? How about the days of Arthur Delamont and the Kitsilano Boys' Band? The radio personalities of CKLG, CJOR and CKWX. Duthies Book Stores, Aristocratic Restaurant, Leos Camera Supply, Dunne and Rundle, Kelly's Records, Eaton's, and Simpson Sears, Vancouver, places all those years we shopped. Today we gaze at today's incredible "progress" as the years go by.

This September issue is an appropriate time to honour a great Vancouver tradition that continues to entertain: the magic of Theatre Under the Stars. Therefore, this poetry:

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**Photo:** Downtown Vancouver – The old and the new. (Photo: Dan Propp)

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## EMANCIPATION: NOVA SCOTIA'S BLACK LOYALISTS

By Ursula Maxwell-Lewis

When Canada's House of Commons voted unanimously in March 2021 to officially designate August 1 'Emancipation Day' I approved, but thought no more about it at the time.

This year that changed after I visited the Black Loyalist Heritage Centre in Shelburne, Nova Scotia. Via the notes in this column, my hope is that you, too, might pause annually on the first day of August to reflect on this painful, unique, indelible segment of Canadian Maritime history to remember the Black Loyalists of Nova Scotia and New Brunswick, their descendents, and their courageous contribution to Canada.

Why was August 1 chosen? It marks the specific day in 1834 that the Slavery Abolition Act of 1833

came into effect across the British Empire.

How is that directly connected to Canada? Enter the Black Loyalists of Nova Scotia and New Brunswick.

Let me begin with a Black Loyalists Heritage Centre site quote: "The Black Loyalists were mostly runaway slaves, who were offered their freedom by the British to serve in the British military against the Americans during the American Revolution. In 1783 and 1784, approximately 3,500 Black Loyalists were relocated to the Maritimes. There was also a small number in Ontario".

In return for their service and allegiance to the British Crown, the slaves were promised their freedom and land in British North America. History, however, documents that their freedom was hard won. Despite including many skilled artisans, cooks, tailors, guides and fishermen they endured racism, extreme hardship and - compared to white settlers - waited years to receive smaller inferior land grants.

After demanding shelter, land and provisions, an offer was made to relocate them to Africa, their ancestral home. In 1792, approximately 1,200 Black Loyalists accepted the offer and emigrated to Sierra Leone to establish their own colony. However, many chose to remain in Canada. They continue to be honoured and revered here by their descendants.

The Lindsay Gallery, featuring a multi-media exhibit, anchors the solid single story building which opened in 2015. Over 3,000 names inscribed on glass in the gallery floor, on the imposing picture windows and on the story boards proudly proclaim the original Black Loyalists who were also listed in the Book of Negroes.

Under the inscribed glass floor is a simulated archaeological dig displaying many of the 16,000 artifacts found on the property. Storyboards, documents and interpretive guides, including Jason Farmer, a 9th generation Black Loyalist, offer visitors insight into the settlers hardship and courage.

Towering trees surround Aminata's Walk (named after the central character in the Book of Negroes), a trail leading to an example of a pitifully ventilated A-frame style Pit House constructed of logs, moss, leaves and rocks perched over a hole in the ground. Intuitively my conscience roils in sympathy for those long-gone families. I recoil at the thought of virtually no protection from the elements, women in childbirth, diseases without vaccines, poverty, no sanitation. Unconscionable.



Nearby is the 1835 one-room school which remained in use until the 1960s. St. Paul's Anglican Church is on the site of the original Meeting House run by Moses Wilkinson, a Methodist preacher, in the 1780s.

A short walk away is the riverside burial ground proudly featuring a national monument stating: "This Monument Declares Birchtown to be a National Historic Site".

'The Book of Negroes' mini-series based on the book by Canadian author Lawrence Hill, was partially filmed here and many of the props were donated to the society.

For more information on Nova Scotia's Black Loyalist Heritage Centre go to [www.blackloyalist.com](http://www.blackloyalist.com) or <https://www.novascotia.com/see-do/attractions/black-loyalist-heritage-site/1633>

Ursula Maxwell-Lewis writes monthly travel columns for Today's Senior. She can be reached at [uttravel@shaw.ca](mailto:uttravel@shaw.ca)

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

Lillian, Surrey





CANADIAN FEMALE ARTISTS HONOURED AT VANCOUVER ART GALLERY.

by Lenora A. Hayman.

Uninvited: Canadian Women Artists in the Modern Moment, June 11, 2022-Jan 8, 2023 is an exhibition at the Vancouver Art Gallery of 200 or more works of art by female painters,

photographers, weavers, bead designers and sculptors, in the 1920s, 30s and 40s who were not invited to join the male Group of Seven!

Instead of landscape painting these women created themes such as urbanization, environment desecration, indigenous culture and portraits.

Bess Larkin Housser Harris (1890-1969) created Old Mine Shaft, Cobalt c 1930. Bess Harris and her husband Lawren Harris, both enjoyed hiking in the forest, and had an interest in world religions. This abstract mountain scene apparently was one of her favorites.

Prudence Heward's (1896-1947) Girl Under a Tree, 1931, is "one of the most eccentric nudes in the history of Canadian art"! The muscular female has her head turned in an uneasy angle.

Kathleen Munn's (1887-1974) Untitled (Two Figures in a Landscape) c 1925, shows figures in an abstracted bronze and gold landscape.

Uninvited also includes artwork by members of

the Beaver Hall Group of painters of Montreal, including Anne Savage and Liliias Torrance Newton, as well as Emily Carr and sculptures by Torontonians artists Elizabeth Wyn Wood, Frances Loring and Florence Wyle.

Included in this era are works from indigenous women including a Mi'kmaq quillbox maker, Bridget Ann Sack of Shubenacadie, NS and immigrant communities such as painter Regina Seiden Goldberg.

Thank you Vancouver Art Gallery for honouring these women.

Photos by Lenora A. Hayman

TOP LEFT: Bess Larkin Housser Harris (1890-1969) Old Mine Shaft, Cobalt c 1930  
TOP LEFT: Kathleen Munn (1887-1974) Untitled (Two Figures In A Landscape) c 1925  
BOTTOM RIGHT: Prudence Heward (1896-1947) Girl Under A Tree 1931

5 HEALTHY FACTS ABOUT STRAWBERRIES



Did you know strawberries are one of the healthiest fresh fruits? Here are some healthy facts about everyone's favourite berry.

1. They support the immune system. Just one cup of strawberries has 95 per cent of the recommended daily value of vitamin C.
2. Strawberries are full of beneficial nutrients including potassium, folate, fibre and antioxidants known as polyphenols.
3. The high levels of vitamin C and B combined with the folate, fibre and antioxidants make an ideal combination for heart health. Strawberries may

strengthen cardiac muscles and reduce cholesterol in the blood vessels and arteries.

4. Strawberries have zero sodium, fat or cholesterol.
5. A naturally sweet and low calorie snack, one serving of strawberries has less sugar than an apple and only half the calories of a banana. In fact, a serving of eight strawberries is only 50 calories.

Strawberry farmers along the California coast grow nearly 90 per cent of U.S. strawberries, which can be found in Canada year-round. Find more nutritional information at [californiastrawberries.com/enjoy-8-a-day](http://californiastrawberries.com/enjoy-8-a-day). [www.newscanada.com](http://www.newscanada.com)

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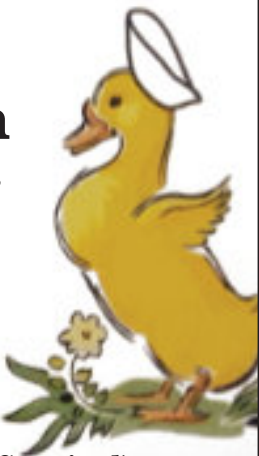
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FINANCIAL NEWS

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 20028 and the sudden declines in 2020 and again most recently, 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.

FIGHTING INFLATION, MAKING THE MOST OF YOUR PURCHASING POWER

Inflation is quickly raising prices of goods and services, and significantly impacting monthly budgets. But there are ways to help lessen the effects. The first thing to do is figure out where inflation is hurting your household budget the most, likely with gas and groceries.

To help offset high gas prices, plan your errands and routes to cut down on travel time. Set up a carpool for your daily commute or the kids’ activities, and take public transit, bike or walk when the distance and weather permits.

For groceries, try to find in-season local produce, check weekly flyers for sales and plan your meals to avoid unnecessary waste. Further stretch your savings by growing your own greens, fruits and vegetables in a garden at home.

When substitutes aren’t available, find ways to mitigate costs. Rewards programs can help you save on future purchases and adventures. If you’re not part of a rewards program, look for one that maximizes the money you spend, such as the BMO Ascend World Elite Mastercard.

Travel, entertainment and dining don’t need to be put on the backburner due to inflation. It’s been a long two years and many of us are eager to get back to the activities we’ve missed out on. Use your earned rewards points towards hotel rooms, flights and tourist attractions. With a plan in place and early preparation, you’ll be able to enjoy your summer holidays within budget.

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## THE PHARMACIST REVIEW

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

### BRAIN SUPPLEMENTS FOR FOCUS, MEMORY FOG, AND COGNITIVE ENHANCEMENT

With mature and adult students going back to school this fall, one may be looking for supplements to help with memory, focus, and retaining information especially when studying. Or perhaps you just want to keep the neurons firing so you can keep up with your daily Wordle game or be more focussed when reading articles and books. Newer products have come available that go well beyond taking your standard Gingko Biloba herb.

A proprietary extract of the plant scelletum (Zembrin) found in **Elite Neuro** by **Innovite** showed after 3 weeks of treatment a significant improvement in cognitive flexibility and executive function compared with placebo. Executive func-

tion includes working memory, attention control, and concept formulation, all things that may be helpful when trying to study. Another study looked at brain electrical activity in 60 older subjects taking Zembrin for 6 weeks. Increased brain activity was shown in areas of memory retrieval, concentration, and mood. Positive effects on cognition may also indirectly come from its calming actions. Studies concluded that larger trials for early Alzheimer's could be warranted.

**Focus** by **Eversio Wellness** contains **Lion's Mane mushroom** and has the highest amount of Beta-D Glucans that I have seen. Mouse studies have shown increased expression of Nerve Growth Factor which is involved with nerve regeneration. In humans, a double-blind placebo-controlled study showed significant improvements in cognitive function scales.

Various products containing Bacopa Extracts are popular for cognitive wellness because of studies showing improvements in memory. **Brain Matrix** by **CytoMatrix** also contains Alpha GPC, and Phosphatidylserine which can upregulate acetylcholine production and improve cognitive markers such as memory, attention, mood, and reaction time. **SuperFocus** by **AOR** is geared towards professionals and students as it contains L-Theanine and Rhodiola for calming as well as Ginseng and Caffeine for energy and performance.

One approach to cognitive health is to consider the gut-brain connection and take probiotics associated with brain health. **HMF Neuro Cognition** by **Genestra** has probiotics as well as Bacopa and other ingredients that may be associated with im-

proved cognitive function. If you regularly take a probiotic, then this could be an all-in-one combination.

For brain health many people think of fish oils, which contain EPA and DHA. The DHA component is traditionally thought of as the component most beneficial to help with neurological effects and is recommended in ADHD patients. Surprisingly the best source of DHA doesn't come from fish oil but from squid oil. **Omegagenics Neuro 1000** by **Metagenics** and **Omega-3 High DHA** by **NutraSea** are great sources of squid oil.

If you are feeling the brain strain of daily life and want to think more clearly, consider taking a daily supplement...to help you remember to take your daily supplements.

*Lyle Sunada is a compounding pharmacist and NAMS Certified Menopause Practitioner specializing in hormone balancing and alternative medicine at Cloverdale Pharmasave. He also specializes in veterinary medicine for animals. Everything mentioned in the article is available In-Store.*

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## HOW TO CUT DOWN YOUR COMMUTING COSTS



Whether we're headed to work, school or other commitments, sky-high gas prices and inflation mean many of us are facing regular trips that are more expensive than ever.

While there's not much you can do about prices these days, there are few steps you can take to save on your commute. Here are some ideas:

#### Plan your trips

If you know you're heading into the office, you can plan errands around your in-office day(s) and stop at destinations like the grocery store, bank or pet store, on your way home. Running your errands on days that you'll already be out driving can save you time in your schedule and may even save you money at the gas pump.

#### Try out alternative transit or carpooling

In good weather, you may try riding a bike to work to avoid filling up at the pump and enjoying the health benefits at the same time. But in the later fall and winter months when that may not be an option, try carpooling with colleagues – this can help you save on gas, and give you some great

company to enjoy the ride with.

#### Take advantage of apps

As long as you use them hands free, mapping or GPS apps can help you find the most efficient – and therefore cheapest – route. You can also try telematics – a usage-based program that follows your driving habits over time and tailors your insurance premiums accordingly. Apps like these, such as Aviva Journey, are a simple way to reward yourself with cash saved for staying safe on the road.

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

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Details on page 3.

## DOES THE WEATHER IMPACT YOUR ARTHRITIS?

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

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

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

If your symptoms are worse in warm weather:

- A cool shower or cold pack can help with pain and inflammation on hot days.

- It's important to stay hydrated. Drink plenty of water and try to avoid caffeine, alcohol and sugary drinks that can contribute to dehydration.

- Try to avoid spending time in the sun during the hottest hours of the day.

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

If your symptoms are worse in colder weather:

- Take a warm bath or shower to help relieve the pain.

- Use a hot water bottle, warm pack or heating pad to soothe sore joints.

- Dress in multiple layers and cover exposed skin when outdoors.

- Try soaking your sore hands in warm water.

Find more resources on heat or cold therapy at [arthritis.ca](http://arthritis.ca).

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





HOME IMPROVEMENT  
“ASK SHELL”  
By Shell Busey

WEATHERPROOFING

Weather Stripping is most commonly installed around walk-in doors and windows but there is an area often over looked that causes a major impact on the home.

"Garage Weatherproofing"

Garage doors should be weather stripped especially if the garage is under bedrooms or any other living space. Cold winds blowing in and around garage doors can cause discomfort especially on the floors and by cooling the hot air furnace ducts running within the floor joists.

Using garage door weather stripping around the perimeter of the door on the wood frame and convex rubber door stripping on the bottom of the door will give you the weatherproofing required.

After you weather strip the garage door it is most important to vent the cavity of the garage as moisture such as rain, snow etc. from vehicles will need to get out by means of proper ventilation. This can be done simply by installing an 8 x8 wall vent in two sides (ie front and back) of the garage allowing the moisture to evaporate and vent through the passive wall vents.

SEPTEMBER

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|-----------|--------------|--------------------------|----------------|
| September | Schools back | Labour Day               | Leaves         |
| Summer    | Fall         | Harvesting               | Crops          |
| Autumn    | Corn         | Apples                   | Apple Pies     |
| Preserves | Pickles      | Canning                  | Fall Babies    |
| Tractors  | Combines     | Getting Ready for Fall   | September Rain |
| Golfing   | Football     | Fresh Fruits and Veggies |                |

DESIGNING YOUR HOME AND LIFE FOR AN IDEAL RETIREMENT



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

Prioritize accessibility and functionality

Think about what changes you can make now in preparation for the future, so you can work on them gradually, and finance changes over time.

Simple updates in your home can make day-to-day tasks easier and make your space more functional. For example, you can try replacing doorknobs with handles that are easier to grab or installing hand railings along stairs. You could also explore smart home tech and virtual assistants to turn lights on and off or adjust the thermostat. Various provincial

governments even offer support and subsidies for seniors to alleviate the costs of select home improvements.

Maintain access to your community

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

Take advantage of technology

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

For example, if you

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

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# 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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**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.

## CREATION OF NEW ELECTORAL AREA G CONFIRMED BY PROVINCE

**July 21, 2022**

The Province of BC has officially approved the creation of the newest Electoral Area in the Columbia Shuswap Regional District (CSRD) effective November 17, 2022.

Electoral Area G will include the communities of Sorrento, Blind Bay and Notch Hill. A map of the new area is attached to the release. The CSRD has also created interactive mapping on its Elections 2022 webpage, which allows residents to type in their address and confirm which Electoral Area they will be voting in.

The creation of the two new Electoral Areas was the outcome of the Sorrento-Blind Bay Incorporation Study. Once residents voted against incorporation, the default outcome of the study was to move ahead with dividing Electoral Area C into two Electoral Areas – each with its own elected Director.

Due to population growth in Electoral Area C,

splitting the region into two areas and adding an additional Director will create a more equal distribution of elected representation across the region.

The vote for the new Director for Electoral Area G will be included in the General Local Government Elections set for October 15, 2022.

The new Electoral Area G will come into existence with similar services and taxation rates as the current Electoral Area C.

The addition of a new Director will bring the CSRD Board of Directors to 12 members. Seven members are elected directly in each rural electoral area, while the remaining five are appointed from the CSRD's member municipalities of Golden, Revelstoke, Sicamous and Salmon Arm.

Due to its population, the City of Salmon Arm appoints two members to the Board of Directors.



**TODAY'S SENIOR NEWSMAGAZINE**

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HOW DO I OVERCOME EXTREME HEAT IN MY HOUSE?



In the winter you can put on layers and hopefully turn up the heat. But if you don't have air conditioning in your home, it may be difficult to stay comfortable when the temperature rises high.

Here are some key tips to cool down in your overheating home:

- Close your curtains and blinds to block out the heat of the sun
- Open windows overnight to let cool air in, if it's safe
- Go somewhere air conditioned for a couple of hours to take a break from the heat
- Have friends or family stop by to check on you and see if you're okay
- Be patient with yourself, as it's hard to be physically or mentally productive when you're very hot
- Plan and prepare recipes that don't need the

oven — cold or no-cook meals are best

- Drink cool liquids such as water before you feel thirsty to keep hydrated
- Dress to keep cool in light-coloured, loose-fitting clothing made of breathable fabrics

If your home is very hot, it's also important to watch for the signs of heat illness. Keep an eye out for symptoms like unusually rapid heartbeat and breathing, nausea or vomiting, dizziness or fainting, and extreme thirst. If you experience them, get somewhere cool immediately and drink cool liquids.

Call 911 if someone you're with has a very high body temperature, is unconscious or confused, or has stopped sweating. These can be signs of heat stroke, which is a medical emergency.

Find more information and tips for staying cool at [Canada.ca/health](http://Canada.ca/health). [www.newscanada.com](http://www.newscanada.com)

DON'T FORGET THIS STEP WHEN YOU MOVE

It's no secret that moving can be stressful. In addition to organizing and packing, you need to update a lot of personal information, including your mailing address, driver's license and insurance. But one thing you don't want to overlook is the proper transport and registration of your firearms.

If a licensed firearms carrier is shipping guns on your behalf, an Authorization to Transport (ATT) is not needed. If you are transporting them yourself, keep the following in mind:

- You do not need an ATT for non-restricted firearms that you transport yourself.
- You do need an ATT from the provincial or territorial Chief Firearms Officer if you own a restricted or prohibited firearm and are moving to a new address.

Before you move, provide your change of address to the Canadian Firearms Program. This is legally necessary and will ensure you receive renewal notices and other important information. In order to do this, you will need to provide your full name, date of birth, firearms license number, old address and new address.

More information and additional resources can be found at the Public Safety Canada website at [canada.ca/firearms](http://canada.ca/firearms). [www.newscanada.com](http://www.newscanada.com)

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# WHIP UP THE DELICIOUS TASTE OF SUMMER THIS FALL



Although summer is at its end, summer flavours don't have to be over yet. This is the prime time to enjoy nostalgic treats that extend the taste of summer into your fall fun. What's more, while we may return to routines, that does not have to signal the end of strawberry season, since strawberries can be grown in warmer climates like California year round. Here are two sweet summer treats you can enjoy throughout fall.

### Oven-Roasted Strawberry S'mores

Prep time: 20 minutes  
Cook time: 30 minutes  
Serves: 8 s'mores

#### Ingredients

- 1 lb California strawberries
- 2-3 tbsp honey
- 1 tsp vanilla extract
- 8 large marshmallows
- 4 milk chocolate bars, halved
- 8 honey graham cracker sheets, broken into 8 squares each

#### Instructions

1. Preheat oven to 450°F and line a baking sheet with parchment paper.
2. Combine strawberries, honey and vanilla extract. Transfer strawberry mixture to baking sheet.

3. Bake for 20-25 minutes, remove from oven, and allow berries to cool. Once cooled, transfer roasted berries to a glass jar or serving dish.
4. Toast marshmallows under broiler on a pan until golden and gooey.
5. Drizzle marshmallows with roasted berries and assemble.

### Strawberry Jalapeño Poppers

Prep time: 30 minutes  
Serves: 8

#### Ingredients

- 8 large California strawberries
- 6 tbsp cream cheese
- 3 slices cooked bacon crumbled
- 1 jalapeño finely chopped

#### Instructions

1. Wash strawberries and slice in half. Scoop out a little of the centre of each sliced strawberry and set aside.
  2. In a small bowl, mix cream cheese together with crumbled bacon and jalapeño, reserving a little bit for topping.
  3. Fill sliced and scooped strawberries with cream cheese filling and sprinkle a bit more crumbled bacon and jalapeño pieces on top. Enjoy right away or refrigerate for later.
- Find more delicious recipes  
[californiastrawberries.com](http://californiastrawberries.com)  
[www.newscanada.com](http://www.newscanada.com)

# 3 TIPS TO HELP RETIREES MANAGE MONEY



Managing money doesn't come easily for everyone. And as you get older, retirement can present new challenges for finances as your circumstances change. Here are some tips to help you make sense of your bills and keep on top of your money as you enjoy your golden years.

### 1. Re-evaluate your priorities

As you grow older, it's important to regularly re-evaluate your financial priorities and look ahead. Are there expenses you're hanging onto that you don't need, such as a large cable TV package or perhaps a second or third vehicle? Cut the financial fat that doesn't make sense for you now, rather than hanging on to it just in case. Paying bills for

something you value, whatever it is, and not for things you don't need or care about will improve your quality of life now and in the future.

### 2. Ask for help if you need it

Many Canadians can manage their monthly bills, budgets and spending well into their 80s. But, whenever the time comes that you're struggling to make sense of payments or you're getting behind on bills, it's important to ask for help from a trusted friend or family member. You may have been brought up to be independent, but your financial future is worth swallowing your pride. No one will think less of you.

### 3. Keep it simple

Whether you have a highly detailed system to manage your money or you're much more haphazard, it's in your best interest to keep things straightforward. Close out unnecessary bank accounts and think about consolidating debt – you want a system that is both easy for you to follow and for someone to pick up down the line if needed.

At the same time, follow what works best for you. If you're technology-savvy and struggle with due dates, try automating some or all your monthly bill payments – that way you'll always pay recurring bills on time. On the other hand, if you don't trust online banking or you find the internet too costly, confusing, or inaccessible, it's okay to stick with paper bills that come in the mail, where that option exists.

In fact, this year the Canadian Radio-television and Telecommunications Commission mandated that customers who are over 65, or who don't have internet or mobile data, or who self-identify as someone with a disability, must be able to receive paper bills from their communications provider, at no charge, upon request. You can learn more about the new rule at [crtc.gc.ca/paperbilling](http://crtc.gc.ca/paperbilling) or 1-877-249-2782 (CRTC).  
[www.newscanada.com](http://www.newscanada.com)

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## WRITE AS I PLEASE

By Mel Kositsky

### SLOW DOWN!

Two simple words that anyone should be able to understand when you get behind the wheel of a motor vehicle. And now that it is Back to School time, have a little patience when driving.

September is the most dangerous time of the year for pedestrians. Not only are there more people, children and parents, walking to and from schools, but the days are getting shorter and rainy weather could make the roads really slick, especially after weeks of hot, dry temperatures. Take it easy on the gas pedal! And respect all school buses!

Unfortunately, speeding through school zones is a summer pastime for some reckless drivers, and many will also pass a vehicle which may still slow down when school is out. Those kinds of drivers will also blast their horns for no reason. But it has to stop. There is no need to weave between traffic just so you can get to the next Red light faster.

More and more community parks and playgrounds are being built adjacent to schools, so it is very important to proceed with caution through those areas. And now one municipality is taking some further preventative action -- one that many drivers will not like -- but it has been deemed necessary by Langley Township Council.

Langley Township has amended its Highway and Traffic Bylaw to prevent the operation of a vehicle "at a rate of speed exceeding 30 km/h on a highway in a school zone where signs are displayed stating a speed limit of 30 km/h, or on which the numerals "30" are prominently shown approaching or passing the school building and school ground to which the signs relate, 24 hours per day on school days, unless otherwise stated on the sign."

That is a big change that drivers will immediately have to get used to. In the past, school zone or park signs have often read from 8 am to 5 pm. Or sometimes they read from "dawn to dusk". Going to "24 hours" is a necessary safety precaution that should be strictly enforced by the RCMP as they crack down on speeders. It is amazing how many accidents we still have during dry summer weather -- and most are usually caused by excessive speed. Council members would have liked to see this enforced seven days a week, but provincial rules limit jurisdiction to only "school days". The Township is asking the province to change those limiting rules.

Many communities have already started putting in traffic calming measures in school zones, such as speed bumps or humps, as well as narrowing the roadways for crosswalks, in an effort to slow drivers down. This is just another step in the right direction.

This September is also election season in British Columbia. Most communities are already in election mode for local governments, school boards and regional districts. You can expect election signs to start popping up all over advertising all the various candidates and political teams. The campaign officially kicks off this month -- with voting day on

Saturday, October 15. Voters will choose their elected officials to serve four-year terms.

Before that, voters in the provincial Surrey South riding go to the polls on Saturday, September 10 to elect a new MLA before the Legislature resumes in October. The by-election, which is fully underway, was called by Premier John Horgan in mid-August.

Also on Sept. 10, the new leader of the federal Conservative Party will be announced. The leadership campaign has been going on for months and now the final voting by mail is underway. Leadership conventions have been replaced by voting by mail systems and we are seeing that becoming more acceptable for other elections. Most communities will be offering "vote by mail" in the municipal elections and that option is available to in the Surrey South by-election.

Despite the impact that the COVID-19 pandemic has had on arrivals to the country, immigration has continued to enrich Canada's linguistic diversity. English and French remain by far the most commonly spoken languages in Canada. More than 9 in 10 Canadians speak one of the two official languages at home at least on a regular basis, according to a Statistics Canada news release.

The 2021 Census also found that 4.6 million Canadians speak predominantly a language other than English or French at home (in other words, they speak this language most often at home, without speaking other languages equally often. These individuals represent 12.7% of the Canadian population, a proportion that has been increasing for 30 years. By comparison, the proportion was 7.7% in 1991, when immigration levels were rising.

In addition, one in four Canadians in 2021—or 9 million people—had a mother tongue other than English or French. This is a record high since the 1901 Census, when a question on mother tongue was first added.

Canada has a rich linguistic diversity. The languages known and spoken here are closely linked to the identity and culture of Canadians and to their relationship with their community. Languages are an integral part of the everyday lives of Canadians—be it in early childhood, at home, at school or at work—and extend beyond the country's borders into broader cultural and historical contexts. For example, in 2022, the Observatoire démographique et statistique de l'espace francophone (link is in French only) estimated that 321 million people around the world spoke French, with half living in Africa.

The vast majority of the Canadian population commonly uses English and French, Canada's official languages, to communicate and access services. Although both are spoken throughout the country, English is a minority language in Quebec, while French is a minority language in the other provinces and territories, as well as in Canada as a whole. Indigenous languages existed long before Canada was formed. As the International Decade of Indigenous Languages kicks off, the preservation, vitality and growth of the more than 70 distinct Indigenous languages spoken in the country remain as relevant and important as ever.

Statistics Canada is releasing a fourth set of 2021 Census results, on mother tongue, languages spoken at home and languages known by Canadians. Census data on languages are essential to understanding how Canada's linguistic profile has changed, as well as for developing and improving programs and services for all Canadians. They are also used in the development, application and administration of various federal and provincial laws, such as the federal Official Languages Act and Indigenous Languages Act, New Brunswick's Official Languages Act, Ontario's French Language Services Act and Quebec's Charter of the French Language.

## CREATIVE IDEAS FOR SENDING A CARE PACKAGE

Sending a small something to family or friends in the mail is a time-honoured way to show your love and support -- whether they live down the street, across the country or on the other side of the world. Here are some fresh themes and ideas for your next care package:

Practical and pleasing

- Cell phone accessories like a charger or new case for the person who's always on their phone
- Grocery delivery or gift card for the overworked student
- Postcards with stamps so they can write you back without gathering supplies
- Beautiful stationery they'll remember you by when they pick up their pen or look at the calendar

Fun and games

- A lively board game you can play together over zoom or your latest tear-your-hair-out puzzle
- An exchange of favourite books from the past year for a long-distance book club
- Relaxation items like bath salts, and a scented candle for a spa day
- Materials for a science experiment that the youngest generation can explore at home, or a story with clues for a whodunit murder mystery

Food and drink

- Certificate for an online cooking class you can do together
- A gift card to a local winery
- Local snacks that are hard to find or afford like organic peanut butter, maple syrup or ketchup chips
- A copy of your favourite cookbook or a special recipe they can cook while thinking of you

Ultimately, when it comes to the perfect care package, it's not so much about what you give, as the fact that you gave something at all. If you do choose to send food, consider how long it will be in transit and what could happen to it on the way. Check the rules of the country to which you're shipping to inform what you pack.

If you're expecting family or friends to send a package back to you, remind them not to include any pork products. That's because pork could be contaminated with African swine fever, also known as ASF. It's a contagious virus that, while not dangerous to humans, is highly deadly for pigs. If even just one case of ASF were to be found in Canada, it could shut down our entire pork industry, affecting livelihoods and the economy, and put all Canadian pigs at risk.

Find more information at [Inspection.gc.ca/protect-pigs](https://inspection.gc.ca/protect-pigs).

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

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SENIOR  
READS

By Pamela Chatry

We've all heard the saying, "Never judge a book by its cover" and this month's book review choice is a prime example. The cover of *Unrepentant Madam Stella* by Linda J. Eversole entices the reader by featuring an old photo of an elegant turn-of-the-century woman with an insert from a newspaper clipping that reads, "Accused of Keeping a Disorderly House." What a cover! I just had to read this book.

The book tells the true story of Stella Carroll, an infamous woman who started out dirt poor in Missouri, moved to California while raising her 3 brothers and sisters alone, and eventually became a successful and wealthy property owner and businesswoman operating multiple houses of ill-repute in Victoria, British Columbia. However, this little gem isn't just about Stella, it's a fascinating look into the history of BC's capital city in the early 1900's.

The author, Linda J. Eversole, is not only a freelance researcher and writer she is also a heritage



consultant. She spends her working life in the heritage field, including archaeological excavations in England, working with the Royal British Columbia Museum, and as researcher for the British Columbia Heritage branch. She spent 20 years researching the life of the book's main character, Stella Carroll.

The book is filled with wonderful old pictures of Stella, her family, and many members of her

staff. She takes you back to a time when Victoria was a young Canadian city, giving you photos and history of the many streets, buildings and neighborhoods that make up its past. You'll get to know political figures and magistrates of the day, police, con men, and the real estate moguls who bought up property and built many of the buildings that still stand today. The author does a wonderful job of making the history of Victoria come to life with tales of fires that take whole city blocks, scheming members of the 'Health and Morals Committees', staunchly upright politicians, and stories of the suffragettes who had no sympathy for 'fallen women'.

If you love history and British Columbia, put any prejudices aside on this one and start reading. You won't regret it!

*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

Have you ever thought of owning a racehorse? Here is your chance to purchase a young horse and watch the colt or filly develop into a champion.

This month both the thoroughbred and standardbred breeders will be holding their annual yearling sale via live auctions. Even if you do not purchase one this year, the live auctions are interesting to attend -- and often are very entertaining. Between the sales and live racing being conducted both at Hastings and Fraser Downs during what is known as the "overlap" season, this month will be very busy for all involved in the B.C. horse racing industry.

A total of 77 horses -- yearlings and broodmares -- will be up for sale at the 2022 Canadian Thoroughbred Horse Society -- British Columbia Division annual event on Thursday, September 8 at the Thunderbird Show Park in Langley. A full catalogue is available at [www.cthsbc.org](http://www.cthsbc.org).

In a recent BC Racebook newsletter, an article written by Greg Douglas (known as Dr. Sport) emphasized the importance of these sales to the industry. Last year with a drastically reduced schedule due to the Covid-19 pandemic, all stake races at Hastings were cancelled with the exception of the CTHS-BC Sales Stakes. And remarkably enough, the 2021 Yearling & Mixed Sale resulted in total sales increasing from the three previous years.

There were 74 yearling sales recorded last year at an average of \$15,959 for a gross of \$1,181,000, the highest numbers dating back to 2017.

Four CTHS-BC Sales stakes races, each with a purse of \$50,000 were raced for at Hastings on Monday, August 22 as part of the annual adjustment in racing dates due to the PNE Fair that goes from August 20 thru September 5. Because of the PNE and yearling sale, the first live race day in September will be Saturday, September 10, when the three-year-olds will be competing in the British Columbia Derby.

Racing officials are hoping Derby Day will be one of the biggest racing days of the season, and build on the success of BC Cup Day on the August 1 holiday Monday, when Hastings recorded its highest handle of the season with more than \$1.15 million being wagered as the six BC Cup Day stakes returned for the first time in two years.

Racing at the Vancouver track continues on Saturdays and Sundays, starting at 2 p.m., until Sunday, October 16.

Harness racing returns to Fraser Downs at Elements Casino in Cloverdale, located at 17755 60th Avenue, on Wednesday, September 7 (7 p.m.) and continues until the Christmas season break in December. The standardbreds will race on Wednesday and Thursday nights in September and October, before switching to a Sunday and Monday schedule on October 23 -- the week after racing at Hastings ends.

Opening day for the fall season sees the start of a two-day "Ribfest" being held at the Surrey facility, featuring a BBQ, beer garden and live music on the Wednesday and Thursday night with the live racing.

A total of 35 standardbred yearlings will enter the sales ring on Friday, September 16 at 6 p.m. on the backstretch at Fraser Downs. The list of yearlings for sale and their pedigrees can be found at [www.harnessracingbc.org](http://www.harnessracingbc.org).

## HOW TO PROTECT YOURSELF FROM FRAUDSTERS TARGETING SENIORS

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

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

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

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

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

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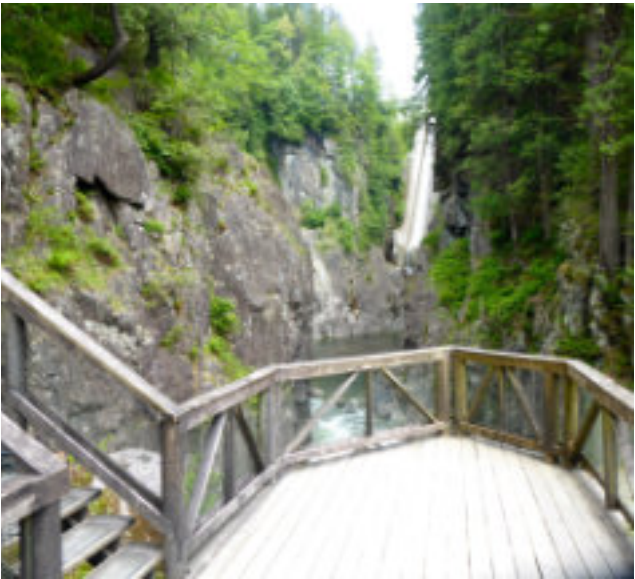
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# DISCOVERING NORTH SHORE TRAILS WEST VAN WALKABOUTS



*By Rick Millikan*

West Vancouver offers walkers splendid opportunities. Ambleside Park exemplifies its pleasant walkways. Heading west, the path passes through Lawson Park and continues along a seawall to Dundarave Village. Shoreline vistas...and brunch reward our efforts.

The path eastward passes between a shoreline welcome totem and large pond, bustling with waterfowl. Skirting a golf course, we parallel Capilano River go under two bridges and along Park Royal Center. Emerging from Marine Drive's underpass, our amble proceeds beneath huge broad-leafed maples bordering the river. Brothers Creek marks the edge of Capilano Regional Park. Rather than continuing 7.5 kilometers to Cleveland Dam, we'll bus there another day and walk back through Capilano Canyon.

Parking near Capilano River Fish Hatchery, Coho Loop Trail takes us around the stunning upper canyon. At Cable Hole, we watch fishermen cast lures into deep pools from huge boulders. Nordic Poles ease an initial 'heart smart' climb...exercising shoulders, arms, and core muscles. Zigzagging upward between walls of greenery, we arrive at Pipeline Bridge high above canyon walls.

Spanning the river, Coho Loop meanders onward through a high-canopied cedar forest. Nearing a grove of giant firs, we detour to 'Grandpa Capilano,' whose 2.4-meter girth reflects 800 years of growth. Returning to the main trail, we proceed to tiered platforms to view spectacular Cleveland Dam. Signage explains its construction and programs

accommodating spawning salmon and trout. Retracing our steps, we cross a log bridge to a shady picnic area.

Parking at Cypress Bowl Road's Pop Up, we investigate West Van's newly developed Mountain Path. Curving up a gravel pathway, we view panoramic Lions Gate Bridge and Stanley Park. Road construction looms above. Happily, builders preserved the forest's essence, added attractive stonework and created an elegant trail trestle spanning two branches of Cave Creek. Our walk winds across this long wooden bridge amid majestic evergreens. The trail proceeds curving upward between massive boulders and expectedly ends among evergreens in a luxurious mountainside neighborhood.

Cypress Bowl trails twist through splendiferous evergreens and along babbling brooks to several alpine lakes. Yew Lake's easy 2.3-kilometer route becomes our favourite.

Interpretive signs explain and illustrate unique plants and animals found trailside. At a junction, another path cuts through a bog encompassing carnivorous sundews and yellow pond lilies. Then the trail enters and encircles an old growth forest of yellow cedar, alpine hemlock and amabilis fir. Rejoining the main trail, we skirt Yew Lake's shoreline and return along a shimmering creek.

Cypress Falls Park's well-marked trails border another sparkling creek. Poles help manage its technical nature. Traipsing over rocky ledges, around exposed roots and atop loose rocks, we maintain our balance. Magnificent cascades reward this endeavor.

Whyte Lake's parking lot accesses two fantastic walks. Their trailheads are just beyond Upper Levels highway underpass. Whyte Lake trail proves technical...

and wonderfully scenic. After hiking 2.5 kilometers up through narrow Nelson Canyon, we enjoy dockside views of peaceful Whyte Lake. The second route crosses



the old highway bridge then plunges to flat, panoramic Sea View trail. Near a community center, we veer down beside a small creek to Larsen Bay beach.

Lighthouse Park's well-signed trails crisscross a virgin rainforest of Douglas fir, red cedar, spruce, hemlock, maple and arbutus. Placards initially illustrate resident species and recount the park's long history. Timeworn steps lead us up into wildflower meadows filled with butterflies and bees. Dense salal hedges and berry vines border shoreline paths. Accessing rocky inlets, we search for seals and whales. From immense boulders, we contemplate Point Atkinson Lighthouse, critical beacon since 1875. Eagles and ravens perch atop surrounding firs.

West Vancouver's trails regularly lead us into healthy, delightful adventures.

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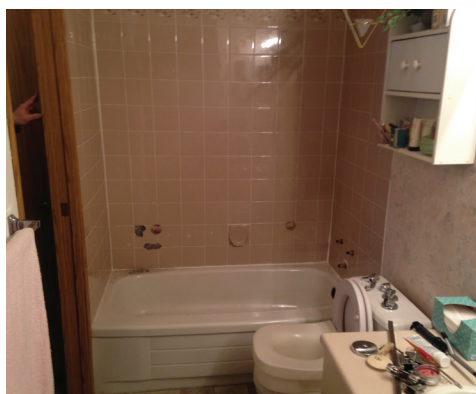
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# Lower Suction Dentures

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## LOWER SUCTION DENTURES NO ADHESIVES and NO IMPLANTS

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

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



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

– Lucy S.

## WHAT ARE LOWER SUCTION DENTURES?

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

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

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

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

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

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

The lower suction denture technique is an excit-

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

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### WHAT IS SEMCD?

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

### HOW DOES IT WORK?

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

### CAN ALL DENTURISTS DO THIS?

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

### IS THERE SURGERY INVOLVED?

No, there is no surgery involved.

### DOES IT WORK FOR EVERYONE?

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

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

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

### CAN MY OLD DENTURES BE REFIT?

Possibly, your dentist will know better after examination.

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

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

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