

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

# TODAY'S SENIOR® NEWSMAGAZINE

NOVEMBER - 2022

FRASER VALLEY -  
LOWER MAINLAND EDITION

Volume 28 - Number 1

FREE - Please take a copy  
or by SUBSCRIPTION see page three

CANADIAN PUBLICATIONS MAIL PRODUCT  
SALES AGREEMENT #40025695

## Inside This Issue

ACCORDION TO DAN

by Dan Propp ..... 3

A VISIT TO XWÁYXWAY, STANLEY PARK

by Ursula Maxwell Lewis ..... 4

JIN-ME YOON AT VANCOUVER ART GALLERY.

by Lenora A. Hayman ..... 5

FINANCIAL NEWS

by Rick C. Singh ..... 6

THE PHARMACIST REVIEW ..... 7

WORD FIND PUZZLE ..... 8

HOME IMPROVEMENT "ASK SHELL"

by Shell Busey ..... 8

SALMON ARM & SHUSWAP ..... 10

WRITE AS I PLEASE

by Mel Kositsky ..... 14

STRAIGHT FROM THE HORSES MOUTH

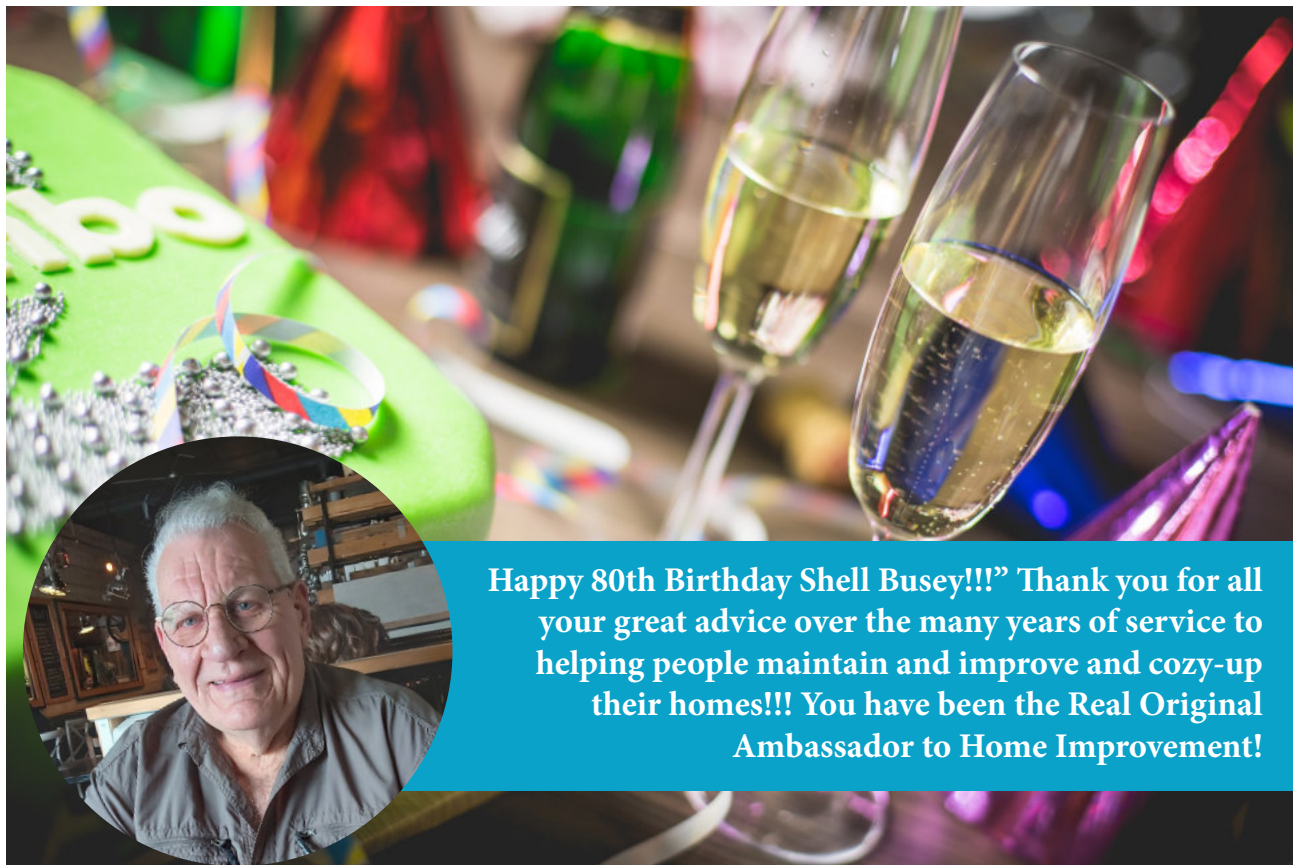
by Mel Kositsky ..... 16

WANNABE COWBOYS IN HAWAII:

PANIOLOS FOR A DAY

By Chris Millikan ..... 17

FOR SENIORS - BY SENIORS  
WITH NEWS YOU CAN USE



Happy 80th Birthday Shell Busey!!! Thank you for all your great advice over the many years of service to helping people maintain and improve and cozy-up their homes!!! You have been the Real Original Ambassador to Home Improvement!



25 Years  
Experience

Tricia Thobaben  
Registered Denturist

**You Smile... We Smile!**

- Removable Denture-On-Implant Options
- Suction Dentures "Dr. Abe's SEMCD Technique"
- Customized Complete Denture Solutions
- Precision Made Partial Dentures (invisible clasps available)
- Relines and Repairs (same day service with our on-site lab)
- FREE Consultations & All Dental Plans Accepted

#110 5450 152 Street  
Surrey, BC V3S 5J9  
info@sullivandentures.com

**604-577-0007**  
www.sullivandentures.com

CALL 604-599-9057  
FOR INFORMATION  
OR BOOK A TOUR  
BEAR CREEK VILLA  
8233-140<sup>TH</sup> STREET SURREY

Stay young at heart, kind  
in spirit and enjoy retire-  
ment living at Bear Creek  
Villa. Surrey's premier all  
inclusive community.

PICTURE OF A RESIDENT



**CRS Financial**  
WEALTH MANAGEMENT  
Call: 604 535 3367

220 - 3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7

Wealth Management  
advice for families  
built upon honesty  
and integrity.



**Get the latest from Dan Propp**

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





## A Suite Senior Living Opportunity!

The Wedgewood suite at MAGNOLIA GARDENS in Langley features a bright, open-concept living space, a large bedroom and bonus space for a library, office or den.

Enjoy the simplicity and independence of our all-inclusive lifestyle. Meals, housekeeping, wellness and social activities, transportation, utilities and even cable TV are all included in our residency rate.

**Come see the Wedgewood today!**

Call Sherri Martin to schedule your tour

**604.351.8668**



**MAGNOLIA GARDENS**  
A BRIA COMMUNITY  
Langley City, BC

RETIREMENT. LIVING!

MagnoliaSeniors.ca



Bring this ad in for  
**\$250 OFF**  
Any new scooter or power chair  
Limited time offer.

✓ Mobility Scooters

✓ Power chairs

✓ Walkers

✓ Wheelchairs

✓ Cushions

✓ Bath Safety

✓ Tires

✓ Batteries

✓ Accessories

✓ And more!



**BUY SELL RENT  
TRADE-IN PROGRAM**

**20412 FRASER HWY, LANGLEY**  
**604 539 8200**



**604-596-9670**

**Butchart Gardens & Chemainus Theatre**  
**Dec 6th-8th 2022: 3 Days**



Join us on Vancouver Island and experience the spectacular Butchart Gardens Christmas lights and "A Tiny Christmas Carol" production at the Chemainus Festival Theatre. Other highlights include lunch buffet and the Christmas lights of Ladysmith. **\$855** Cdn pp Dble occ plus GST**\$1,025** Single plus GST.

**Warm Beach and Leavenworth**  
**December 15-18th, 2022 - 4 Days**

This itinerary is guaranteed to lift your spirits and send you into the Christmas season with joy in your heart. We have included a visit to Warm Beach Camp that is covered in dazzling light displays and the holiday sounds of Victorian Carolers. A horse drawn sleigh ride, the lighting Festival in the Bavarian town of Leavenworth, WA and a traditional Bavarian dinner in Leavenworth. **\$1,095** Cdn pp Dble Occ. No GST. **\$1,395** Single occ. No GST.



**Book 60 days in advance and save \$50 per person**  
**Home pick up and return within Lower Mainland**  
**Proof of Vaccination required**



**www.pitmartours.com**  
**info@pitmartours.com**







# ACCORDION TO DAN



As November 2022 makes its entrance and part of the morning routine for many of us includes making sure our cellphones are recharged. It's kind of fun trying to absorb how much has changed since we were kids. Possibly you still fondly remember Arthur Godfrey playing the ukulele and saying "How Ah Ya; How Ah Ya" on our parents amazing vacuum tube radio, around nineteen fifty-two. Only a few years after the war, it was still necessary in Canada to have a license to own a radio. Thus, this bit of rhyming reflection.

**WHAT A CHANGE!**

"How Ah Ya; How Ah Ya" can take some seniors back to nineteen fifty-two, as our young ears were glued to Arthur Godfrey on that magic vacuum tube radio. We can still recall that distinctive voice way back in our ancient human hard drives as all kinds of memories of those years renew. Perhaps even remember Patti Page singing 'How Much is that Doggy in the Window' and all kinds of other nostalgic thoughts of that time so many years ago.

Those years were followed by transistors, today practically unheard of; and then computers to be followed by iPads and iPhones. Then, suddenly, credit cards, and soon the Loonie and, in Canada, a paper dollar, no more. But in the USA, a paper dollar they are still stuck. We still remember at the corner grocery store when a yummy melt in your mouth jawbreaker you could get three for a penny - imagine 300 jawbreakers for a buck – and pennies now we don't even mint anymore!

**THE TRANSISTORIZED 1960s**

Wasn't that a time, taking a six transistor down to the English Bay or Kitsilano beach tuned to the sounds of CKWX and to rock and roll with DJ Red Robinson.

**A SUBLIME TIME**

'Bye-Bye Love', sung by The Everly Brothers, 'Baby The Rain Must Fall', by Glen Yarbrough; and of course, 'You're Nothing But a Hound Dog' sung by Elvis Presley. There are so many others. Back to some of those more acoustic days, it's also meaningful to go.

Further back to favorite songs, 'I'm Busted' by the great Ray Charles. There was also Fats Domino 'I Found My Thrill on Blueberry Hill'. Of course, Frank Sinatra singing 'Love and Marriage' and 'Three Coins in the Fountain'. What a fantastic music scene that

once used to be.

**AIR WAVES DON'T HAVE ANY BORDERS**

Remember all those radio and television stations we loved to pull in with antennas before the era of cables and satellite?

**FROM BOTH SIDES OF THE BORDER**

Remember on CBS Art Linkletter and his program 'Kids Say the Darndest Things'. In an excellent autobiography by Art Linkletter, he writes about growing up in Moose Jaw, Saskatchewan.

There was Lorne Greene. His distinctive voice heard during the war years on the CBC radio network and who later became famous on NBC with his TV show Bonanza.

This Hour Has Seven Days became a popular Canadian public affairs broadcasting show with host Laurier LaPierre. Front Page Challenge also became another popular Canadian TV show. That is one of the greatest advantages of getting older, there are so many show biz memories.

**A SHORT PUN FOR DECEMBER JUST AROUND THE CORNER**

Remember downtown Vancouver during the winter months and all the bright lights?

Santa's wife decides to join her husband on his yearly flight. During the season to be jolly, as they come over Vancouver she says to her husband, 'Do you think it might...rain...dear?'

Please visit [www.Nostalgicroads.Weebly.com](http://www.Nostalgicroads.Weebly.com)



## SUBSCRIPTION

Twelve Issues for **\$30.00** (Tax Included)  
*Please enclose cheque or money order!*

Name .....  
Address .....  
Phone .....  
City .....  
Postal Code .....

*Send To:*

**TODAY'S SENIOR at Box 61533  
Brookwood P.O., Langley, B.C. V3A 8C8**

Search for Song CD's by Dan Propp via [cdbaby.com](http://cdbaby.com) and also [www.soundcloud.com](http://www.soundcloud.com)

Plus books via [www.amazon.ca](http://www.amazon.ca)

Photo: Imagine another take on Frank Sinatra's 1950's hit..."Love and Cherish, goes together like two cute dogs in a carriage." (Photo: Dan Propp)

**TODAY'S SENIOR NEWSMAGAZINE LTD.**  
*Fraser Valley / Lower Mainland Edition*  
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8  
E-Mail: [todaysseniormagazine@shaw.ca](mailto:todaysseniormagazine@shaw.ca)

**Publications Mail Registration #40025695**  
*Printed in Canada, Blackpress*

**Publishers / Copyright Disclaimer:**

No part of this publication may be reproduced, copied or transferred without first obtaining written permission from the Publisher, but we do welcome requests.

The opinions expressed herein are those of the writers and do not necessarily reflect the opinions or views of the publishers, staff or employees of Today's Senior.

Due care and attention is used in checking advertising copy for accuracy and legitimacy, but no warranty is implied or given by the publishers. We reserve the right to refuse any advertising or editorial submissions which we believe to be inconsistent with the concept of the publication.

All submissions should be typed (double spaced where possible). Submissions and pictures are submitted at owner's risk. Make copies of important pictures and documents please and ensure you are the authorized copyright holder of any supplied content.

All submissions and columns fall under the Registration of Today's Senior.

As Today's Senior continues to grow in popularity, an increasing number of people and businesses are advertising their service, concept or product as either a regular advertisement or in a paid editorial format. Therefore we suggest that you follow logical consumer practices and guidelines when purchasing any products or services.

The management and staff of Today's Senior cannot recommend any product or service that appears in Today's Senior Newsmagazine.

## Telephone Contact Numbers PRODUCTION / DISTRIBUTION

**Main Office / Distribution 778-751-4188**  
OFFICE HOURS: 9:00am-Noon  
Tuesday, Wednesday, Friday  
Online: [todaysseniormagazine.com](http://todaysseniormagazine.com)

**Emergency 604-992-0721**  
**ADVERTISING 604-992-0783**  
**John Ross**





A VISIT TO ƵŲÁƵŲŲAY, STANLEY PARK

By Ursula Maxwell-Lewis

Spending an evening at in Stanley Park at The Teahouse ( as a guest of Destination British Columbia) meant I had the chance to nip out and snap a few October sunset shots in the 'golden hour' as

BITE, CHEW & LOOK GOOD TOO™

Troubles . . . with your dentures?

While talking, eating . . .

*We focus in lower hard to fit dentures*

Chhun Lim, R.D.

DENTURE CLINIC In Fleetwood

- New, Complete & Partial Dentures
- Same Day Relines, Soft Liner
- Dentures on Implants
  - Repairs (while you wait)
  - Free Consultation
- Second Opinion Save your Money

604-507-9958

NEW LOCATION (On Google Map)

8438-140st Surrey, B.C. V3W 5L2

FINALLY I CAN EAT!

After 5 sets of dentures and a lot of money I saw the ad in the paper that read bite, chew, look good too.

Focusing in hard to fit dentures and I thought why not. Nothing else worked over the years. And to my surprise I found someone who cares and was patient.

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

daylight faded over Third Beach. Cyclists, walkers and photographers paused to absorb the tranquility and timeless beauty of water reflections, colours and Vancouver's distant cityscapes. Clearly impressed, watchers whispered - if they spoke at all. Stanley Park is outstanding, but It's years since I visit, so I'd forgotten that it never fails to impress.

As Rajinder, my personable Abbotsford Uber lady driver, navigated the winding park accesses dwarfed by statuesque evergreens, I reflected on the history of this 1,001 acre public park - truly a land-before-time surrounded by immense commercial wealth.

It remains the traditional territory of Coast Salish First Nations, including the Musqueam, Squamish and Tsleil Waututh peoples.

According the the Canadian Encyclopaedia Archaeologists have found artifacts in the park that are more than 3,200 years old.

"The peninsula was the site of one of the largest Indigenous settlements in the Lower Mainland, known as Whoi Whoi (ƵŲÁƵŲŲay), home to hundreds of people near the present-day location of Lumberman's Arch. For many generations, they drew from the forest and marine resources of the surrounding environment to create homes and sustain families. In 1887, city employees destroyed the remaining structures of Whoi Whoi and evicted the residents to build the first Park Road."

Can you picture 'today' vanishing and 'ancient times' blanketing the area? Pause, and you may feel cloaked in the dramatic weight of the past. Gaze upward. Feel dwarfed by nature's majestic evergreens. I challenge you not to feel awed by an intangible presence and remember those who first lived there..

So, with a heartfelt thanks to the Indigenous peoples who lived and cherished this land, here's a little modern history about one of British Columbia's natural crown Jewels.

Britain colonized the area - known as Coal Peninsula - in 1858 during the Fraser Canyon Gold Rush. Vancouver's incorporation as a city in 1886, prompted the Brits to name it after the Governor General, Lord Stanley, 16th Earl of Derby, who officially opened it in 1888.

Stanley Park is 'a natural'. In other words it evolved naturally, not courtesy of landscape architects, and it remains mainly densely forested despite the constraints of a burgeoning city. Popular with hikers, cyclists and day-trippers, the 8.8 km Vancouver Seawall took fifty years to build, beginning in 1914 at Brockton Point and First Beach before proceeding in segments until completion in 1971.

The Stanley Park totem poles are mainly courtesy of the Kwakwaka'wakw people of northern Vancouver Island. Installed by the Art, Historical, and Scientific Association of Vancouver in the 1920s, they have proven to be popular tourist at attractions ever since.

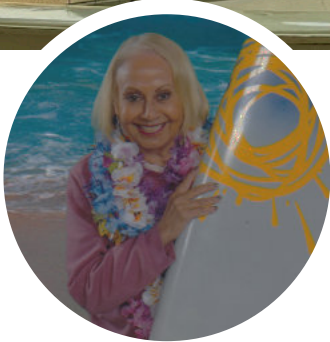
Don't forget the children's play areas ( a big deal as the year-old Grade One field trip for my three kids) and the Vancouver Aquarium is always worth visiting and supporting.

For full information about Vancouver's Stanley Park go to: <https://vancouver.ca/parks-recreation-culture/stanley-park.aspx>

Ursula Maxwell-Lewis is a Cloverdale-based journalist and photographer. Reach her at [untravel@shaw.ca](mailto:untravel@shaw.ca)

**Photos by By Ursula Maxwell-Lewis**  
**TO LEFT:** Sunset near Third Beach.  
**TOP RIGHT:** Teahouse Punch with raspberries and BC Ampersand Vodka  
**BOTTOM RIGHT:** Destination British Columbia hosts welcomed guests.





JIN-ME YOON AT VANCOUVER ART GALLERY.

The Jin-me Yoon: About time, exhibition, at the Vancouver Art Gallery from Oct 15, 2022 to March 5, 2023 honours the Vancouver Korean artist Jin-me Yoon’s artwork in her previous 10 years. Yoon is a visual artist utilizing performance photography and video. Yoon currently teaches at SFU’s School of Contemporary Art. Her work “explores the entangled relations of tourism, militarism and colonialism”. Diaspora refers to a population that shares a common heritage who is scattered in different parts of the world.

Hanging from the VAG ceiling Yoon has videos of

Koreans dancing on the Tofino BC Mudflats. An interesting, group of brightly coloured photos, show only the back of the heads of people looking at a forest of trees, perhaps contemplating the climate crisis, while living on the unceded lands of our First Nations people? Do visit this interesting exhibition which mirrors the intertwined relations between people and place.

Article and Photos by Lenora Hayman.  
Top Left: Dancing on Tofino Mudflats. Video by Jin-me Yoon.  
Top Right: Contemplating a forest. Photo by Jin-me Yoon.  
Bottom Right: Jin-me Yoon, Photo by Lenora A. Hayman.



Multiple Realty Ltd.  
2298 Kingsway  
Vancouver, B.C. V5N 5M9  
604-788-3530



D'arcy Hamilton

"PURE MAGIC" - CBC

a WONDERHEADS Christmas Carol

TOURING BC STAGES THIS HOLIDAY SEASON!

DEC 6	BELL PERFORMING ARTS CENTRE SURREY
DEC 8	CHILLIWACK CULTURAL CENTRE CHILLIWACK
DEC 10	THE MASSEY THEATRE NEW WESTMINSTER
DEC 11	CENTENNIAL THEATRE NORTH VANCOUVER

INFO & TICKETS: [WWW.WONDERHEADS.COM](http://WWW.WONDERHEADS.COM)





## FINANCIAL NEWS

by Rick C. Singh, Founder, President,  
and Financial Advisor,  
CPCA (Certified Professional Consultant on Aging)  
CRS Financial Wealth Management.

### TAX FREE SAVINGS ACCOUNT COMPLIMENTS YOUR RSP

Four years ago, the Canada Revenue Agency announced that the TFSA contribution limit will increase to \$6,000 for 2019. This is in keeping with increasing the limit from time to time, which was last raised in 2013 to \$5,500 from the original deposit amount of \$5,000 when the TFSA was first introduced in 2009.

Tax-Free Savings Account (TFSA) allows Canadians, age 18 and over, to set money aside tax-free throughout their lifetime. Each calendar year, you can now contribute up to \$6,000, plus any unused TFSA contribution room from the previous years, and the amount you withdrew the year before. All income earned and withdrawals from a TFSA are tax-free. Plus, having a TFSA does not impact federal benefits and credits. It's a great way to save for short and long-term goals. If you have been over the age of 18 and a resident in Canada since 2009, at the beginning of 2021 you could technically have contributed \$81,500 to a TFSA. A couple could essentially be able to have a combined total of \$163,000 in a TFSA.

**More and more Canadians are learning that using a Tax Free Savings Account (TFSA) in combination with an RRSP gives them many advantages**

Excerpts from an article written back on Tuesday November 17, 2009 by Rudy Mezzetta in the Investment Executive, is still very informative on the topic of combining RSP and TFSA in your investment strategy. I am sharing it with you again to help you better understand the differences between an RSP and a TFSA.

Although the tax-free savings account is still less than thirteen years old, it has already established itself as a useful component in the financial plans of many Canadians. The TFSA is also becoming an essential companion to the RRSP program. "One complements the other," whereas the RRSP is intended to help Canadians save for retirement, a TFSA has been designed to encourage medium- or long-term savings for any purpose. "The TFSA gives you another tool to plan your income level to meet your lifestyle needs,"

Introduced on Jan. 1st, 2009, a TFSA allows a Canadian over the age of 18 to contribute \$6,000 annually into a tax-sheltered account. If you started contributing the maximum each year in 2009 this amount totals \$81,500 per individual. The TFSA rules are mirror opposites of those for RRSPs: while TFSA contributions are not tax-deductible, withdrawals are free from taxes. Unused TFSA contribution room is carried forward indefinitely, and any withdrawal in a given year is added to the contribution room of the following year.

If a taxpayer is unable to maximize both an RRSP and TFSA, and their income is higher today than it is expected to be in the future, it might make more sense to favour the RRSP and receive the tax credit. If an individual is in a lower tax bracket, then a TFSA contribution might make more sense.

Another strategy for individuals with limited resources is to make an RRSP contribution and then contribute the refund to a TFSA. Generally, all investments that are RRSP-eligible are also eligible for a TFSA. It's helpful to keep in mind that locked-in investments, such as a guaranteed investment certificate, will not permit the investor to take advantage of one of the TFSA's key advantages — withdrawals without taxes that can be redeposit in future years.

Retirees, and those approaching retirement, have been the quickest to take advantage of the introduction of the TFSA. Older Canadians may be more experienced with investing, and thus quicker to interpret and understand the many positive attributes of the TFSA. TFSAs offer Canadians, particularly retirees and those who've converted their RRSPs into RRIFs, an opportunity to shelter more of their income. In addition, money that must be withdrawn from a RRIF can be used to contribute to a TFSA.

In the 2008 tax year, due to market downturn many Canadians found themselves selling investments held in their RRIFs at a loss in order

to make their mandatory minimum withdrawals; but there are no mandated minimum yearly withdrawals from TFSAs, another positive feature for retirees.

Unlike RRSP or RRIF withdrawals, those from a TFSA do not affect income-tested benefits and credits such as the Canada Pension Plan or old-age security. Contributing to a TFSA rather than an RRSP during the working years might be particularly useful for low-income Canadians who don't want to risk losing any of their income-tested benefits in retirement.

A TFSA holder can name his or her spouse as a successor accountholder of the account. Upon the death of the original TFSA holder, the spouse takes over as the new owner of the account, which remains tax-exempt. If the surviving spouse already has a TFSA, the money in the deceased's TFSA can be rolled into the surviving spouse's TFSA without affecting contribution room.

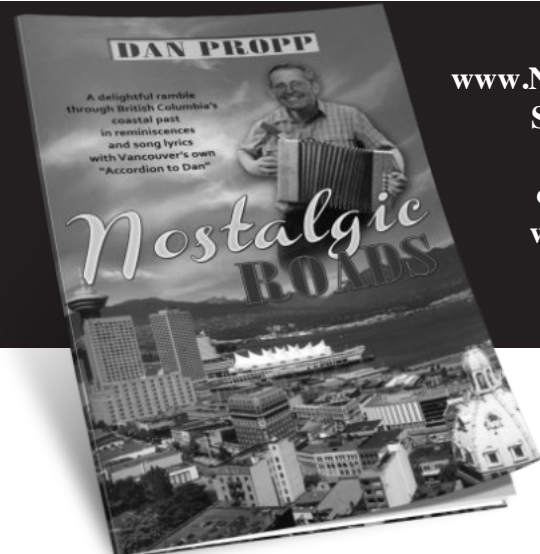
All provinces and territories, except Quebec and Nunavut, permit a TFSA holder to name a beneficiary. Doing so prevents the TFSA from being included in the estate, thus avoiding probate costs.

But unless the TFSA passes to a surviving spouse, the plan loses its tax-exempt status. All income earned or gains made prior to the death of the holder are not taxable, but the gains made after the holder's death are subject to taxes.

*To receive a free consultation on your TFSA and RSP strategy contact Rick at CRS Financial Group: Call 604-535-3367 or email: rick@crsfinancial.ca*

If you would like to  
**ADVERTISE**  
in *Today's Senior News-*  
*magazine*

**Details on page 3.**



**DAN PROPP**  
A delightful ramble through British Columbia's coastal past in reminiscences and song lyrics with Vancouver's own "Accordion to Dan"

**Nostalgic Roads**

Please visit  
[www.Nostalgicroads.Weebly.com](http://www.Nostalgicroads.Weebly.com)  
Search for Song CD's  
by Dan Propp via  
[cdbaby.com](http://cdbaby.com) and also  
[www.soundcloud.com](http://www.soundcloud.com)  
plus books via  
[www.amazon.ca](http://www.amazon.ca)

**Accordion Sing-Alongs**  
604-277-6570  
604-802-4428

## Financial Advisor

**RESP: More than just a gift...**

**Pave the way for a child's future.**

A Registered Education Savings Plan (RESP) is designed to help save for post-secondary education for a child.

Anyone can contribute to a child's RESP. It makes a great gift and offers many benefits.

An RESP provides clients tax-deferred growth, government contributions, as well as flexibility.

If a child decides not to attend post-secondary education you may be able to choose a new beneficiary.

The child has up to 35 years to use the funds if they decide to attend post-secondary at a later age.

An RESP contribution makes a great gift and gives a head start in preparing for a child's future.



**CRS** **CRS Financial**  
WEALTH MANAGEMENT

220 - 3388 Rosemary Heights Crescent  
Surrey, BC, V3Z 0K7  
Phone: 604-535-3367  
Email: [info@crsfinancial.ca](mailto:info@crsfinancial.ca)





## THE PHARMACIST REVIEW

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

### Gearing Your Body Up For Winter Fitness

Ski the Whistler Peak-to-Creek in the morning, and finish the day with an afternoon round of golf at the Westwood Plateau Golf Course; this is the reality that is possible in the Fall and Winter on our beautiful West Coast. How can we ensure that our bodies are in tip-top shape throughout the seasons in order to enjoy our everyday outdoor activities?

If you are active year-round, then you should have no trouble transitioning into Fall and Winter activities. Always do some warmup and stretching that is specific to your choice of activity, be it a winter stroll, some stick-and-puck at the rink, or swimming at the indoor pool. Check with your trainer or an applied fitness and health expert to see what is best for you. Also, make sure you are fitted appropriately in terms of outerwear and gear. It is always ideal on the West Coast to layer with wicking layers (ie. clothing that allows your sweat to escape and breath starting with the innermost layer), as well as waterproof outerwear and footwear (ie. something that prevents wind or rain from seeping in but allows your sweat

and moisture to escape, such as "Gore-Tex", "HyVent", "OmniTech", "OutDry", etc.). Staying dry is the key to preventing frost-bite. Note that "water-resistant" is not the same as "water-proof". Appropriate, waterproof footwear plays a role in minimizing risk of injury relating to falls, gait, as well as preventing fungal infections. Good compression socks will help improve circulation and minimize fatigue; Sigvaris has comfortable, customizable, prescription and non-prescription options for your favourite sports such as thin ones for hockey, or Merino Wool ones for hiking.

Always stick to a balanced whole-food diet; it is best to aim for variety, and focus on adequate protein, high fibre veggies, and keep the fats and carbohydrates low. This will ensure you have the nutrients for exercise and recovery, as well as maintain healthy metabolism and gut motility. Having branched chain amino acids and electrolytes before, during and after exercise can help prevent muscle breakdown, and minimize risk of cramping. An easy, delicious option is TruMe, which comes in an easy-to-mix powder in 5 flavours (eg. sour watermelon, pink lemonade, ginger-lime).

Taking a good glucosamine supplement with or without collagen will keep your joints in tip-top shape and allow them to be resilient as you stay active. Recovery by Purica and CanPrev are excellent places to start; they offer very clean formulas with all the necessary ingredients for maximize therapy. Check out our recent articles for details or speak with us at Cloverdale Pharmasave and Pharmasave Steveston Village.

If you are prone to getting muscle and joint aches, fatigue, or cramping, then consider trying Traumacare, which is an arnica based formula with many

other homeopathic ingredients to alleviate pain, bruising, and inflammation. It are available as oral tablets and topical creams and ointments. Being truly homeopathic, Traumacare can be used as often as needed without worry of side-effects or interactions. As a family, we rely heavily on Arnicare and Arnicare Sport during the ski season to minimize muscle fatigue, soreness, and speed recovery. They are theorized to accelerate the removal of lactic acid from muscles. We have seen much benefit in all these homeopathic formulations in pets and humans alike.

Hopefully, by practicing some of the above tips, you will be more inclined to do less hibernating and more active living this Fall and Winter. Be sure to access your trainer and integrative pharmacist or physician to discuss options to supplement a healthy diet to maximize your health and lifestyle.

*Christine and Fred Cheng are a passionate, charismatic sister-brother integrative 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.*

**TruMe**  
WHOLE HEALTH

**SOUR WATERMELON BCAA**  
ZERO CALORIES | GLUTEN FREE | VEGAN  
NO ARTIFICIAL COLOURS OR FLAVOURS

**FUEL YOUR BODY**

- Prevent Muscle Loss
- Support Immune Function
- Increase Fat Oxidation for Fat Loss
- No Sugar Added; Sweetened with Stevia

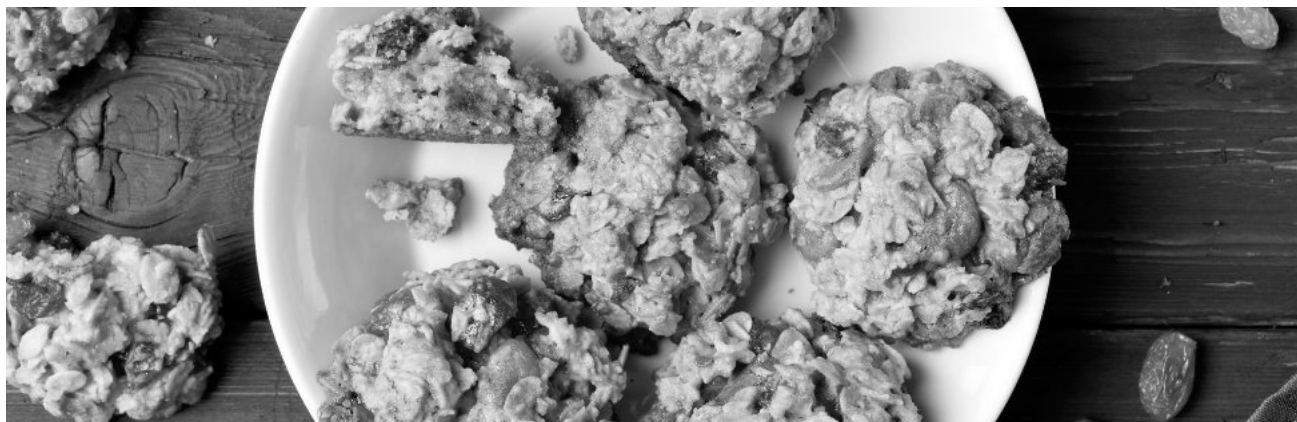
Also available in Ginger, Pink Lemonade, Sour Peach and Cherry.

**PHARMASAVE**

Downtown Cloverdale  
5778-176A Street, Surrey 604-576-2888

Steveston Village  
#105-12420 No. 1 Road, Richmond 604-232-0159  
www.iPharmasave.com

## VEGAN BREAKFAST COOKIES PACKED WITH PUMPKIN AND ANTI-INFLAMMATORY INGREDIENTS



It's pumpkin season, and these delicious cookies, which are high in soluble fibre, omega-3 fatty acids and protein will keep you satisfied for hours.

Soluble fibre plays a role in lowering inflammation, stabilizing blood sugar, reducing cholesterol levels and supporting overall gut health, say dietitians at Arthritis Society Canada. Chia and flax seeds are high in omega-3 fatty acids, which may aid in lowering inflammation and improving cardiovascular health.

### Pumpkin protein breakfast cookies

Prep time: 10 minutes

Bake time: 15 minutes

Servings: 12

Ingredients:

- 3 cups (270 g) old fashioned rolled oats
- 1 cup (240 g) peanut butter (nut butter or alternative)
- 1 cup (236 ml) pumpkin puree, canned
- ½ cup (87.5 g) chopped dates or (79.5 g) raisins
- ¼ cup (40 g) chia seeds
- ¼ cup (34 g) ground flax
- ¼ cup (59 ml) maple syrup
- 1 tsp (4.9 ml) vanilla extract
- 1 tsp (2.76 g) cinnamon

- ½ tsp (1.1 g) ground cloves

Directions:

1. Preheat the oven to 325° F (163°C). Line a cookie sheet with parchment paper.
2. In a large bowl, mix all ingredients together until well combined.
3. Shape dough into 12 large balls and flatten with the palm of your hand.
4. Bake for 15 minutes. Allow to cool for 30 minutes and serve.
5. Store baked cookies in an airtight container at room temperature for up to one week.

Tips:

- Add some chocolate chips or coconut flakes for extra crunch and flavour.
- Make a batch of these cookies and freeze them for later. Store up to one month in the freezer.

Nutritional information (per serving) Calories: 269; total fat 14g; saturated fat 3g; monounsaturated fat 6g; carbohydrates 31g; protein 8g; fibre 5g; sodium 7mg; omega-3 fatty acids 1g.

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

## TIPS FOR CLOSING UP THE COTTAGE THIS YEAR

The end of another season at the cottage or cabin is near. While the warm summer nights and beautiful fall leaves are magical, there comes a time when the cottage has to be closed up until next spring.

Before leaving for another season, it pays to go over the condition of your property and make any repairs to avoid nasty surprises. Here are some key things to do before closing up for the winter:

- Drain your pipes and/or leave your heat on low.
- Examine the septic tank and sump pump; ensure the sump pump has backup battery power.
- Unplug appliances to avoid issues if flooding does occur.
- Inspect your roof and any precarious trees nearby.
- Clean out eavestroughs as they can lead to water damage if blocked.
- Clear space around the foundation, aiming downspouts away from it.
- Review your insurance policy and make sure you have the proper coverage.

Devastating weather events such as heavy rainstorms are increasingly common, so it's also crucial to take steps to prevent damage to your property from extreme conditions. Be sure to secure outdoor furniture or bring it inside, sign up with your utility company for outage alerts, and have a plan in place for what you'll do in the event of a storm. Looking after these concerns can help prevent damage over the winter.

Find more tips like these at [aviva.ca/blog](http://aviva.ca/blog).  
[www.newscanada.com](http://www.newscanada.com)





HOME IMPROVEMENT  
"ASK SHELL"

By Shell Busey

ALONG THE WAY... WITH SHELL  
by Chuck Davis

Reproduced with permission from Shell Busey

Around the beginning of October 1982-which happened to be Renovation Month in British Columbia-Shell Busey, who was running a very successful Windsor Plywood franchise in Delta, got a call from Windsor's Al Wightman, the chain's advertising manager. "Shell," Wightman said, "Rafe Mair's producer wants a guest on Rafe's morning phone-in show on CJOR, an expert on home improvement, to talk to his listeners about home improvement and answer their questions, and give advice on problems common around the house. We'd like you to go on his show, and represent Windsor Plywood and the building renovation industry."

"Me?" Shell said, thunderstruck. "Me talk on the radio? And be questioned by callers? No way, Al! Are you kidding?" But Al persisted. "Give it a try." "Well," Shell responded after a moment, "let me think about it, and I'll call you back." Shell talked to his wife, Frankie and, after thinking about it for a while, called Al back. "Well, okay, I'll give it a try." It wasn't the questions he'd be asked that made Shell nervous; he was confident of his ability to handle that. He'd been doing it for years. It was answering them on radio. CJOR back then was in the basement of the Grosvenor Hotel at 840 Howe Street in Vancouver, where it had been for more than 50 years. On an early October morning, Shell descended into the depths of the OR studios and nervously introduced himself to Rafe's producer. A few minutes later he was on the air.

It went really well. "The lines lit up so quickly, and it was so busy. In fact, Shell said, "the response was so good that when the show was over Rafe said, Maybe what we should do, if you don't mind, I'll have you come back for the last week of Renovation Month, close out the month, give the listeners another opportunity to talk to you.' And I said OK, sure, and we set a date with his producer."

So, toward the end of the month Shell went on Rafe's show again. The response was even better. "When I was finished, I walked out into the station lobby and was leaving to go back to the store but Harvey Gold, the station manager, came out of his office. He said, 'Shell, got time for a coffee?' We went back into Harvey's office, and he presented me with an idea for a regular weekend show on home improvement. Was I interested? It would be on Saturdays from 11 'til noon. I'd get \$50 a show." His first reaction: "I'll think about it, Harvey, and I'll get back to you." Shell was thinking about the impact of the show on his business. He ran a hands-on operation, liked to meet the customers and talk to them, and Saturday was a busy day at the store. But eventually Shell agreed, again, to "give it a try."

So, early one Saturday morning in May, 1983 Shell Busey, 41, began his own regular weekly on-air home improvement program on CJOR 600. It was

IT'S JUST THAT EASY!  
HAPPY 80<sup>TH</sup> SHELL!

I	Y	Q	E	Q	S	E	U	M	P	T	N	E	F	D	Y	Z	M	Y	P	P	I	Q	K	B
T	T	Q	T	H	O	U	S	E	U	Q	G	N	R	E	P	A	I	R	S	E	N	N	Q	E
S	H	E	L	D	O	N	L	Q	E	A	E	X	N	U	U	F	D	A	P	A	T	I	O	A
J	C	E	R	L	A	D	D	E	R	H	W	O	D	G	R	S	S	A	S	L	J	X	B	V
U	O	F	I	R	E	P	L	A	C	E	I	O	N	U	P	F	C	C	M	M	A	S	G	E
S	R	U	K	O	G	X	G	T	H	T	O	I	Y	B	A	S	E	M	E	N	T	N	C	R
T	Z	R	K	T	Q	R	I	C	A	W	D	R	J	H	D	K	S	K	W	H	I	A	S	L
T	T	N	B	U	E	K	R	V	Y	L	O	F	S	N	Q	T	H	N	G	N	N	J	C	U
H	V	I	P	B	D	U	O	L	I	T	T	W	A	B	C	W	E	I	A	R	F	U	B	M
A	L	T	M	W	H	N	P	U	C	W	P	L	E	E	D	N	L	E	U	C	P	Y	D	B
T	Q	U	H	C	E	R	B	A	A	J	Y	H	T	M	P	U	L	F	N	A	A	I	R	E
E	L	R	U	R	O	O	F	I	N	G	U	I	I	D	E	C	B	V	E	B	I	B	I	R
A	B	E	X	S	V	A	N	I	T	Y	H	D	H	A	P	L	U	M	B	I	N	G	V	F
S	X	X	D	B	T	E	O	T	T	C	H	I	M	N	E	Y	S	Z	S	N	T	F	E	L
Y	F	N	E	U	G	O	Y	A	R	D	R	M	C	A	R	P	E	N	T	E	R	A	W	W
E	I	R	O	B	K	X	R	A	P	A	R	T	M	E	N	T	Y	J	B	T	N	R	A	L
W	I	N	D	O	W	S	B	E	B	X	J	C	E	F	L	O	O	R	I	N	G	M	Y	O

Its Just that Easy	Shell Busey	House	Factory	Garage
Roofing	Beaver Lumber	Plumbing	Yard	Driveway
Lumber	Landscape	Furnace	Store	Windsor Plywood
Carpenter	Furniture	Farm	Flooring	Fireplace
Apartment	Church	Sheldon	Renovation	Cleaning
Paint	Kitchen	Chimney	Cabinet	Ladder
Lights	Building	Windows	Patio	Architect
Plans	Vanity	Basement	Repairs	

called the "Build-It Show." (It was no coincidence that Shell's store was called Build-It Centre). RAPE To THE RESCUE!

Working your own controls on a radio phone-in show can be a daunting experience. Shell was lucky to have a generous colleague in Rafe Mair. Rafe very kindly showed him the basic CJOR switches and controls, and watched Shell for a few moments as the nervous neophyte began to take calls. Then Rafe said he was just going to step out for a coffee and left the studio. Shell carried on valiantly, and then breathed a sigh of relief when a commercial break came along and gave him a chance to stand and stretch. He went out into the reception area. "Where's Rafe?" he asked.

The lady at the desk said, "Oh, he's gone home. He says you took to this like a fish to water." Gulp. "That's when I started getting really nervous," Shell said. "I was all alone." But Shell coped. And then some. "The show got to the point," he says, "that it became quite successful." That's putting it mildly. How To, What To ...

Today, just over 20 years later, Shell Busey is the most well-known name in home improvement and renovation in Western Canada. He is everywhere: on top-rated CKNW radio, on the Corus Radio Network, on television, in newspapers and magazines, in flyers and in person at home shows all around Western Canada-where he delights in meeting consumers who are having problems with their foundations, kitchen sinks, driveways, insulation, tiling, concrete work, grouting, eavestroughs: wallpaper, carpeting, roof shingles, furniture stains, sticky doors, stucco, mold and mildew, rot and rattles, rust and dust,

squeaks and leaks and a hundred other assorted household catastrophes. He takes it all on. In fact, Shell says he is passionate about home improvement. He's become the man you turn to, to find out to quote his own show-the "How To, What To, Where To, Why To, When To and Who To." And he shows that dedication and devotion to this specialized field with skill and directness and humour, genuine enthusiasm and immense knowledge.

Not long ago I sat beside Shell for 3 1/2 hours of a Saturday morning while he did his radio shows-the first hour the House Smart show on CKNW, then 2 1/2 hours of Home Discovery on the Corus Radio Network, which takes him all the way east to Ontario-and has an estimated audience of more than 300,000. House Smart begins at 5 a.m., and even at that astonishing hour his ratings are good. Then, on Home Discovery, a show intended to have you discover things about your home, Shell fields calls from across Canada on a wide variety of home improvement problems. (What would you advise someone who spilled some black fax ink on his carpet, which the family dog then walked through?) I watched him in quiet amazement: in more than three hours of talking to callers he never once referred to a note. Except for some phone numbers, he doesn't have any notes! It's all up there in his head, and it's all up-to-date.

He does his shows from the busy CKNW studios in downtown Vancouver, 21 floors above Georgia Street. On Sunday morning it's Home Discovery, heard all

Shells Story to be continued next month...



ADVERTISEMENT

# Benefits of walk-in tubs

**\$1000 OFF!**  
See Ad Below

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.

BE SURE TO ASK ABOUT  
GOVERNMENT GRANT  
& TAX CREDITS!

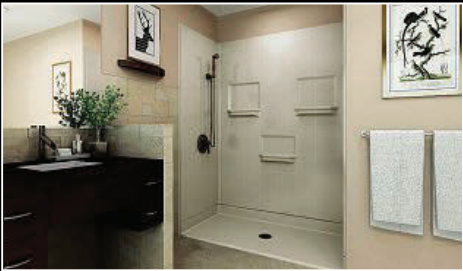
30 YEARS

Go ahead and request a personalized, free no obligation quote today, you will be glad you did!

Walk In Tubs Fraser Valley offers Professionally installed Canadian assembled products providing, Peace of mind, Confidence and Independence to seniors for over 30 years. Enjoy a relaxing bath or shower with NO WORRIES using our SAFE WALK IN TUBS and BARRIER FREE SHOWERS.

• Lifetime Warranty • Reasonably Priced

**\$1000 OFF INSTALLATION FOR YOUR WALK-IN TUB OR BARRIER FREE SHOWER**  
COUPON MUST BE PRESENTED AT TIME OF ORDER. OFFER ENDS DECEMBER 31, 2022



WALK-IN TUBS  
FRASER VALLEY



ACCREDITED  
BUSINESS

604-866-6897 • WWW.WALKINTUBSFRASERVALLEY.COM



# Salmon Arm & Shuswap



## EVENTS AT THE SOUTH SHUSWAP LIBRARY.

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

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

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

Please call the branch if you have any questions – 250.675.4818

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

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

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

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

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

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

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

## MAXIMIZE YOUR SMALL SPACE

Unless you're living in a seven-bedroom mansion, chances are you're like most Canadians: trying to make the most of your small living space. From studio apartments to three-bedroom family homes, most of us are craving more space, particularly when home is also the office.

Maximizing your small space to include an office is not an insurmountable challenge. With the right tools and a little planning, you can bring the benefits of a much larger space to wherever you work.

1. Get a desk that works  
Though you may love the look of something larger, chances are you can make do with a compact desk. Measure your workstation and see what makes sense, taking into account the space you want versus what you actually need. Pro tip: an adjustable standing desk can give you the option to stretch your legs throughout the day.

2. Invest in an ergonomic chair  
Considering this is where you'll be sitting for eight hours a day, investing in the right chair is crucial. Find something with various controls so you're at a comfortable height, with feet flat on the floor and elbows and wrists straight when typing.

3. Clear the clutter  
Extra pens and pencils, papers, folders, and empty coffee mugs and dishes...when you're working in a small space, every item takes up room both physically and mentally. Combine regular work breaks with bringing dishes to the kitchen and store loose items in a box or drawer.

4. Put two screens in one  
Multiple screens were great at the office, but at home, it's rare to have the space for extra monitors. The LG UltraWide monitor has a single stand and curved screen which can show multiple windows at once, making it easier for you to multitask at work.

5. Make use of sleek backgrounds  
By now, we've all seen the hilarious (and not-so-hilarious) backgrounds available for virtual calls. While they can be entertaining, they also serve a helpful purpose: hiding your unmade bed, scattered kid toys and dirty dishes.

Using your space wisely will contribute to a more relaxing and productive work environment, so that at the end of the day you can reconnect with family, friends or your adorable pup. To check out more productivity solutions, visit lg.ca.  
www.newscanada.com

**TODAY'S  
SENIOR<sup>®</sup>  
NEWSMAGAZINE**

**Looking for a salesrep in the  
Salmon Arm Shuswap Area:  
Please call (604) 992-0721  
for more information**

**ARE YOU OR SOMEONE YOU LOVE SUFFERING  
WITH PAIN, BALANCE OR SLEEP ISSUES?**

**Welcome to the New Wearable Wellness World**

We are proud to share with you a revolutionary product.

**Up to 90% pain relief  
31% better balance/stability  
15 degree greater range of motion  
22% more strength and energy  
Fall protection**

Our products are scientifically proven and come with a 30 day money back guarantee



Designed for anyone who wants the ultimate comfort, wellness, and performance. Tests show increased balance, stamina, recovery, strength, and range of motion.

The world's best sock!

For more information, contact

**J & M WELLNESS - VOXXLIFE**

**Jackiemulder.com**

**Phone – 604.561.6200**



# CHANGING GENERATIONS BUT STILL CARING FOR HURTING FAMILIES

## Kearney Moves to the Future while Honouring 114 Years of Tradition

It has now been 114 years ago since Thomas Kearney established Kearney Funeral Services as a family business with a foundational mission of caring for those suffering a loss, while adhering to the highest ethical standards of the profession. This professional and compassionate legacy has endured as the business has grown over the years.

Kearney Funeral Services now serves families throughout the Lower Mainland from four locations: Vancouver, New Westminster, Burnaby and Cloverdale.

Ryan Crean stepped into the role as the current CEO of Kearney Funeral Services, Ryan has a vision to continue his family's legacy while offering options for families in today's society who are experiencing the loss of a loved one.

Many in our community don't speak English, so Kearney is offering translation and services in

several languages. The multiple cultures and religious traditions represented in our community are respected at Kearney with options for services in various traditions. Some in our society prefer a minimalist approach as they deal with the loss of family members, and Kearney's team is able to offer simple and cost-effective solutions for both burial and cremation. They are even able to assist with those who desire a

"green burial".

"A lot has changed over the years," said Ryan. "People change, Vancouver has changed, the funeral profession has changed, but our company's core values of caring for and serving others are timeless and are lived everyday by our team. We are building a company with the values of service at our core, but agile enough to change as culture, communities and the funeral profession change."

Kearney also addresses one of the biggest problems grieving families face upon losing a loved one: having to deal with all the complexities

of death in the midst of sorrow. They provide an immense amount of information on their website (kearneyfs.com) with plenty of blogs and FAQ on various topics. They also are able to assist those who desire to pre-plan their arrangements in order to lessen the burden on their families when they pass away.

With 114 years of experience behind them, the Kearney family has stood behind literally thousands of families in their times of need. As they move forward under Ryan Crean's leadership, the family tradition of caring for those who have suffered loss will continue long into the future.

If you would like to  
**ADVERTISE**  
in *Today's Senior*  
- ALL AREAS -  
Phone: **778-751-4188**

## ACTIVITIES YOU CAN ENJOY AT THE COTTAGE THIS FALL

There's nothing quite like time at the cottage or cabin. While many of us enjoy disconnecting from the hustle and bustle of everyday life, others have a harder time slowing down. Whether it's your first time taking part in this classic Canadian experience, or you're feeling a bit bored with your annual traditions, here are some relaxing pursuits to try.

### Birdwatching

If you've ever admired the hummingbird at your feeder or listened to the chirping outside your window, you know that bird watching can be a rewarding pastime, particularly during fall migration. The hobby is easy to adopt and totally scalable to your level of interest. Start with a budget-friendly pair of binoculars and a library-loaned field guide on local birds. Take a seat or go for a hike and keep your eyes and ears peeled. Note the locations, behaviour and appearance of any birds you spot to help you identify them. Local and online communities are around to help you learn more tips as you get involved with the hobby.

### Whittling

A classic hobby that's making a comeback, whittling is a calming way to use your hands and get out of your head. Choose any fresh, dry piece of wood from the ground around the cabin and use a sharp pocket knife to gently peel or carve it. Start by carefully shaving off layers of wood or trying out designs like a simple bear shape. Remember to take your time and push the blade softly away from you. This activity is also an opportunity to teach children about knife skills and safety using a sturdy vegetable peeler rather than a knife.

### Photography

As a place where families often get to spend rare time together, the cottage is a great spot to practice your photography skills. You have plenty of subjects to snap, whether for portraits, group shots or action. Plus, the picturesque scenery offers fantastic opportunities for creative still life and landscape shots. Photography is also a great skill

for the younger cottager who might be bristling at the forced family time or can't put down the phone – it gives them an outlet to focus on, learn and share with their friends back home.

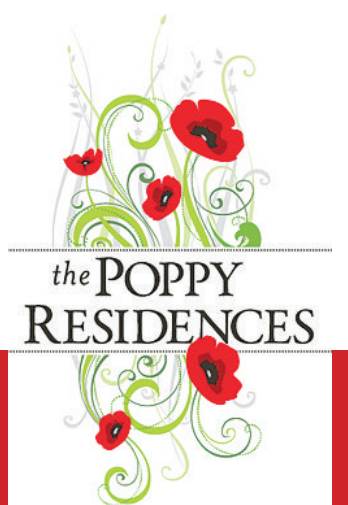
You can find the right photography and video gear for your level or sign up for a class to boost your skills at henrys.com.

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



## The benefits of All-inclusive Living!

Come join us at The Poppy Residences! Book a tour to see what we have to offer. Active lifestyle, social connections, and a carefree environment.



**INDEPENDENT SENIORS LIVING**  
Assisted Living Services Available  
**5291 Grimmer St, Burnaby BC**  
**5 minutes from METROTOWN**  
**604-568-5563 • thepoppyresidences.com**



# 3 TIPS TO MAKE YOUR GOLDEN YEARS MORE FUN



In a world that may seem designed for the young, getting older can feel like you’re becoming invisible. But, of course, you don’t simply stop having fun as you age. Here are some tips to help keep you on your toes to take advantage of the best years of your life.

1. Make a bucket list

Though it may be a bit cliché, making a list of things you want to accomplish in the remainder of

your life can be a great exercise to understand your priorities, and your desired retirement style. Even if you don’t draft a detailed list, give it some thought: Do you crave adventure and new activities, or are you looking forward to slowing down and relaxing? Maybe a bit of both? Recognizing these broad goals can help you realize what will bring you the most fun and enjoyment as you’re making plans.

2. Find fun fitness

Physical activity is crucial to your overall health and wellness, and it is never too late to get started. In fact, in retirement you may be able to devote more time to activity than you ever did in the past. Whether you walk just half the golf course, dance in the kitchen or join a traditional fitness class, the key is to try out different activities to find one you enjoy. Don’t be afraid to make modifications for ability if you’re worried about injuries.

3. Get connected online

If you’re not totally comfortable on the internet, you’re not alone. But it can be a great resource to enrich your social life and help maintain your independence. Try getting your grandkids to teach you their favourite online video games; join social media and participate in groups and forums and reconnect with family and friends you normally call once a year. Just be sure to take the time to brush up on how stay cyber safe.

Scammers often target older adults assuming they are more vulnerable. So, prove them wrong, and watch out for red flags like strange or threatening requests. Don’t give out personal information like your address, social insurance number or mother’s maiden name and never send money to someone you’ve only met online. Some scammers will target seniors pretending to be a family member. So if you get an urgent message from a relative in need, reach out to them through another means like by telephone to verify it’s really them.

If anyone requests something sensitive, block them and report them to the platform you’re on. Find more information at [GetCyberSafe.ca](http://GetCyberSafe.ca). [www.newscanada.com](http://www.newscanada.com)



## LEGACY GIVING

### Creating a Will

Did you know that including a gift to a charity in your Will can decrease and sometimes eliminate taxes owing while you make a difference in the community?

Learn more about preparing your Will or leaving a legacy gift for lasting impact.

### CONTACT US

604.533.6422

[LMHFoundation.com/Legacy](http://LMHFoundation.com/Legacy)



## RESEARCH PARTICIPANTS NEEDED

UBC researchers are inviting older adults with a study partner to participate in a study on social support for health behaviors

### WHAT WILL WE HAVE TO DO?

Participate in two appointments, complete everyday questionnaires on a tablet & wear physical activity monitor for 10 days, provide a blood sample.



### WHO CAN PARTICIPATE?

Eligibility: being 60 years or older and participating together with a study partner. Call for additional criteria.

### WHAT IS IN IT FOR US?

Giftcard or receive an activity tracker.



### HOW DO WE GET STARTED?

Phone 604-822-3549 or e-mail us at [allies@psych.ubc.ca](mailto:allies@psych.ubc.ca)!



Sponsors: This research is supported by a grant from the Canadian Institutes of Health Research.

Allies in Health Study



# FINANCIAL WELLNESS 101



Your financial wellness is as simple or complicated as you want to make it. If your money supports the life you choose to live – for as long as you need it to – then consider yourself successful.

Money sometimes feels overwhelming. It doesn't have to. Here are some tips to help:

Track your spending

Budgets are like dental floss. Boring, and sometimes a little painful. They're also easy to do and worth the effort.

Know what your take-home pay is each month. Subtract the amount you need to commit to basics like housing, food and other obligations.

What's left can go in one of two directions – in or out. Decide what you want to save each month and do

your best not to spend it.

Credit cards are convenient, and a useful way to build a credit rating. If you can pay your full credit card balance each month, you won't have to pay interest in addition to the amount you've borrowed.

Expect the unexpected

If the 2020s have taught us anything, it's that life can go sideways in a hurry.

Jobs can be lost, sometimes with little or no warning. A serious illness or injury can also put you out of work. For most of us, any one of several scenarios could mean real financial difficulty.

So, it's important to manage these risks with the right insurance coverage. If you can build one, an emergency fund is also valuable.

Look ahead to your retirement

We live in a country that combines the freedom to create a financial life for ourselves and our loved ones, with programs that can provide assistance. Understanding how these programs work helps ensure you're covering what you need to with your personal savings, insurance and investments.

The Canada Pension Plan (CPP) is an example. It's designed to provide you with a portion of your retirement income, in addition to what you can save elsewhere. If you are at least 60 and have made one or more valid contributions, you qualify for CPP benefits. CPP Investments manages the Fund in the best interests of the CPP contributors and beneficiaries. With more than \$523 billion (as of June 30, 2022), the Fund is sustainable for the next 75 years.

There is real value in maintaining a long-term perspective. The more you're able to think about money priorities over your entire adult life – as well as your immediate income and expenses at any given time – the more successful you'll be in building real financial wellness for many years to come.

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

If you would like to  
**ADVERTISE**  
in *Today's Senior*  
- ALL AREAS -  
Phone: **778-751-4188**

# LEGACY GIVING CAN BENEFIT FAMILY AND CAUSES YOU CARE ABOUT

Do you have a Will? If you answered "No," you're not alone.

Nearly 60 per cent of Canadians do not have a Will in place, says Luke Berard, CFP, an Investment Advisor and Financial Planner with RBC Wealth Management, and a member of Langley Memorial Hospital Foundation's Legacy Giving Committee.

"That's a staggering number considering your Will is the most important document you'll have prepared, one that will look after your loved ones after you're gone," Berard says.

As a legal document, a Will details how you want

your property distributed, ensuring your wishes are respected if the unexpected happens.

"Your legacy giving can have a real and lasting impact on your community and beyond," Berard reflects. "And in addition to supporting a cause that's important to you, it may also provide substantial tax and estate planning benefits."

Regardless of age or degree of wealth, preparing a Will and estate plan can hold significant benefits including:

1. You determine who will oversee your estate after you're gone – you choose your Executor, who will administer your estate.
2. Save your estate time and money – If you die without a Will – called "intestate" – the Province has its own laws as to where your assets will go and who will be in control.
3. You ensure your family and loved ones are looked after – A Will outlines who your beneficiaries will be.

Because a Will can outline as many beneficiaries as you wish, it also lets you leave a

legacy to both your loved ones and charities whose work you support.

It's important to know that you can change or revoke a bequest simply by changing your Will, assuming you have the capacity to do so.

To ensure your own circumstances have been properly considered, it's always best to speak with a qualified legal advisor, and ideally your financial advisor and tax accountant, Berard notes.

Learn more about legacy giving by speaking to your financial advisor or by contacting Langley Memorial Hospital Foundation at 604-533-6422 or [info@lmhfoundation.com](mailto:info@lmhfoundation.com) to speak with a Legacy Giving Committee advisor.



**Multiple Realty Ltd.**

2298 Kingsway  
Vancouver, B.C. V5N 5M9

**604-788-3530**



D'arcy  
Hamilton





## WRITE AS I PLEASE

By Mel Kositsky

"Sign - sign -- everywhere a sign."

Are there too many political signs or is it just the price of democracy? For three or four weeks before election day -- at all orders of government -- we get to see a variety of election signs -- colours, style and shapes, creative slogans -- and all that various size lettering and photos designed to attract your attention. But do you even bother to read them?

Travelling along at high speeds -- as many do these days -- people can't even read (or pay attention) to the speed control signs, so why would they bother to notice a row of election signs? They are all a blur!

But election signs are a necessary evil in a democratic society. Until all three orders of government agree to ban them entirely, it must continue to be a level playing field. Municipalities cannot continue banning or limiting signs for their own civic elections while provincial and federal law still permits them. Bylaws have to be consistent to be effective -- not confusing.

Local government elections are now complete in B.C. and most new civic administrations will be sworn in for four-year terms on Monday, November 7. There are many new politicians as a result of the October 15 election as the voters who bothered to show up decided to change a few faces at various City Halls. Political scientists and analysts will have a field day going over all the results. That's the fun of elections -- but this is not the first time there have been wholesale changes all around the province.

While in many communities there are long serving politicians on councils and regional district boards, it is not the same as political party systems in the provincial and federal system, where elected officials continue forever to build their pensions. There are no pensions offered at the municipal level, which is why many civic politicians serve two or three terms and then move on. Only the City of Vancouver has a pension plan for politicians, while other communities are starting to offer "resettlement" plans to those who leave office willingly or are forced out by the voters.

The discussions have started as to why there are such low turnouts at the polls in most communities. Considering local government "is the government closest to the people" -- why is voter turnout consistently below 30 percent in most places. Some at less than 20 per cent! People obviously know there is an election happening. The media -- both traditional and social -- are raking in big dollars at top rates to advertise the election and don't forget about all those signs cluttering the boulevards!

At least we saw many new candidates come forward offering to serve their communities. That is a good sign -- and even if they were not successful -- hopefully they will stay involved in community affairs and get ready for next time. Local government elections (by provincial law) are only held every four years on the third Saturday of October. It is the

only fixed election date that other orders of government follow. While provincial and federal leaders set fixed dates, they always seem to get around it.

Next up is the provincial election slated for October 2024, followed by a federal election in 2025 if the minority government lasts that long. Meanwhile both orders of government are going through election boundaries reviews and are recommending that more politicians be elected to represent growing areas of population. The work of these two electoral boundaries commissions are overlapping and many are finding them confusing. The federal commission completed its public hearings in September and now the B.C. commission is looking for public input.

The 2024 provincial election may be contested under different boundaries (as long as a snap election is not called by the new Premier). The BC Electoral Boundaries Commission has published its Preliminary Report with recommendations for changing British Columbia's provincial electoral districts for the next two provincial general elections. A news release in early October explained that the key recommendations to the Legislative Assembly include the creation of six additional electoral districts, bringing the total number of seats to 93 from the current 87. The Commission proposes adding these electoral districts in areas of rapid population growth, specifically Langford, Burnaby, Langley, Surrey, Vancouver and Kelowna.

"British Columbia is a growing province," said Justice Nitya Iyer, Chair of the Commission. "The population has increased by nearly half a million people over the last five years. Our recommendation to increase the number of electoral districts in B.C. reflects that growth."

The Commission also recommends adjustments to the boundaries of 71 electoral districts based on the geographic, demographic, communication and transportation considerations set out in the Electoral Boundaries Commission Act.

"Before we began our deliberations, we travelled throughout the province, meeting as many people as we could, seeking input on electoral boundaries. We held 50 public meetings in 43 communities and received over 1,300 submissions," said Justice Iyer. Our recommendations are the result of the considerations in the Act, the data we collected and the diverse perspectives of British Columbians."

The Commission's full recommendations are included in the Preliminary Report, which can be found on the Commission website. The Commission has made the executive summary of the report available in 10 languages on its website and has mailed a copy of the Preliminary Report to each of the province's public libraries.

The Commission will now begin a final round of public consultations. The Commission encourages British Columbians to read the recommendations and share their views. The Commission will consider amending its recommendations in light of the input it receives. Its final report must be released by April 3, 2023.

The Legislative Assembly will then decide whether to accept all, some or none of the Commission's recommendations.

Public hearings will begin this month in communities throughout the province. British Columbians can also provide input to the Commission by completing the website survey or by writing to the Commission directly by email or post. All public input must be received by 11:59 pm on Nov. 22, 2022.

To read the preliminary report, view the schedule of upcoming public hearings, or provide input on the Commission's recommendations, visit the commission website at bcebc.ca.

## PURE HOLIDAY MAGIC

**A holiday classic whimsically  
reimagined: A WONDERHEADS  
Christmas Carol is sure to delight**

Renowned theatrical imagineers the WONDERHEADS return to BC stages this December with **A WONDERHEADS Christmas Carol**, a whimsical reimagining of the beloved holiday classic. The multi-award winning company brings Scrooge's haunted Christmas eve journey to life with masks, puppets, music, and fantastical theatrical invention.

The WONDERHEADS, who specialize in visual storytelling, have been praised by the CBC as "Pure magic" and the Globe and Mail as "Powerful, surprising, and moving." For over a decade the WONDERHEADS have toured their productions from Alaska to Hawaii, Shanghai to Los Angeles, and St. John's to Victoria -- all to critical acclaim and sold-out audiences who describe the show as watching animation come to life.

Co-Founding Artistic Director Kate Braidwood, who plays Ebenezer Scrooge, embraces the 'live-action Pixar' comparison often used to describe the company's work: "It's a real compliment because, like Pixar, we set out to create entertaining and enchanting shows that resonate with all ages."

Co-Artistic Director Andrew Phoenix adds, "Our take on Dickens' A Christmas Carol is a moving story about greed and compassion that includes glowing ghosts, joyful giants, and the sweetest Tiny Tim you've ever seen; we're aiming to make each audience laugh, cry, and gasp with wonder."

**A WONDERHEADS Christmas Carol** has become a tradition for thousands of theatre-goers each December and for good reason - WONDERHEADS' founders have journeyed from California to Berlin to Japan to hone the company's craft. The result is something entirely unique, entertaining, and memorable.

**A WONDERHEADS Christmas Carol** will play December 6 at the Bell Performing Arts Centre, Surrey • December 8 at the Chilliwack Cultural Centre, Chilliwack • December 10 at the Massey Theatre, New Westminster • December 11 at the Centennial Theatre, North Vancouver • December 14 at the Mary Winspear Centre, Sidney • December 16 and 17 at the McPherson Playhouse, Victoria • December 18 at the Cowichan Performing Arts Centre, Duncan • December 21 at the Tidemark Theatre, Campbell River • December 23, at the Port Theatre, Nanaimo. Tour information and tickets are available at wonderheads.com.

If you would like to  
**ADVERTISE**  
in Today's Senior  
- ALL AREAS -  
Phone: **778-751-4188**



# 3 WAYS TO GET THE MOST OUT OF YOUR NEXT HOLIDAY

Holidays are something many of us cherish. But it can be easy to build something up in your mind and pressure yourself to have the best dream vacation every time you go on holiday. Here are some tips to help you stop fretting and get the most out of your time away.

Consider when to splurge and when to save

It can be tempting to treat yourself to every little thing just because you're on holiday, but you also don't want to miss out on amazing experiences because you were too busy pinching pennies. How you choose to spend or save your money on vacation is entirely personal, but for your best shot at coming away content, spend a little time thinking about what you want most out of your trip, and what you'll be okay either compromising on or shelling out for.

Ask the locals for recommendations

While research is paramount for any great vacation, there's a limit to what the internet or a guidebook can teach you about a place. The most interesting and exciting sites are often those that don't solely cater to tourists. If it's safe, ask the locals where the best food, entertainment or vista can be found. Get a second opinion and be careful you're not getting scammed. A concierge is often a great person to ask, they may even have a list ready for such a question. By talking to people who live there, you'll get a better sense of the culture and style of the place and have a more rewarding time because of it.

Choose memorable experiences

While being anywhere new can be exciting in and of itself, choosing one or two special, unique or once-in-a-lifetime experiences is a great way to make the most of your time away. For example, try taking a class on how to cook a local dish – you'll see your favourite foods cooked first-hand, and you'll bring back knowledge to make something different for yourself at home.

But, if you're looking to bring home memorable food items, check what you're allowed to bring back, and do not pack any pork products. Pork could be contaminated with African swine fever, also known as ASF. It's a virus that's contagious and deadly for pigs, though it's harmless for humans. If even just one case of ASF were to be found in Canada, it could shut down the entire pork industry, affecting livelihoods and the economy, in addition to the animals.

Find more information about ASF at [Inspection.gc.ca/protect-pigs](https://inspection.gc.ca/protect-pigs).  
[www.newscanada.com](http://www.newscanada.com)

## UPDATE YOUR KITCHEN WITHOUT A RENO

When it comes to home improvement on a budget, the kitchen can feel like a non-starter. Appliances, flooring and countertops are all expensive to switch out, and the amount of work is basically a renovation. But take a second look—you have kitchen DIY options that won't break

your back or your budget. Try wallet- and work-friendly updates to these areas:

Cabinet colour

Replacing your cabinets is pricey and messy. But you'll amaze yourself with how much personality a fresh coat of paint can add to your kitchen. Brighten up dark doors to create a bright, clean and airy feel. Take plain white cabinets and drawers, and paint on a layer of mahogany sophistication. Feeling bold? Paint with a bright accent colour like red or blue to really let that part of your kitchen pop. Switch out the hardware to a new metal and you'll end up with completely new cabinetry.

The lighting

The great thing about swapping your lighting setup is that it will enhance all your other DIY choices. Go with a central hanging light for a classic feel, or a set of track lights to put the spotlight exactly where you want it. Many kitchens have an unused light fixture in the ceiling, so you can even add a second set of lights without having to worry about rewiring or tearing into the ceiling.

Your faucet

DIY that makes an impact doesn't have to mean everything but the kitchen sink. A new faucet is easy to install, and it can make a surprising difference to the feel of your kitchen. Look for one that matches form with function: a pull-down faucet will let you more easily keep the sink pristine, and if it uses Delta's Touch2O, you can turn it on with a tap anywhere on the faucet and avoid messy handles during meal prep. A timeless design with a modern feel can fit into just about any kitchen.

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

**TODAYS SENIOR NEWSMAGAZINE**  
READ THE LATEST EDITION AS WELL AS BACK ISSUES  
[todaysseniornewsmagazine.com](http://todaysseniornewsmagazine.com)







## Straight from the Horse's Mouth

By Mel Kositsky

Fall is the best time of the year to be a sports fan. The baseball season is into the World Series playoffs, the football and hockey seasons get under way, followed by basketball, with golf and tennis championships usually concluding.

The auto racing world gears down its horsepower as it concludes its championships and the horse racing industry provides major entertainment with its biggest races worldwide. Harness racing holds its Breeders' Crown championships at the end of October and the world gets to experience the biggest thoroughbred races in the first week of November.

The 39th running of the Longines Breeders' Cup Classic will be held on Saturday, November 5 at the Keeneland Race Course in Lexington, Kentucky. It is the third time Keeneland has hosted racing's World Championships in the last seven years. Most recently it hosted the Cup in 2020 during the COVID pandemic, when attendance was limited. Keeneland is designated a U.S. National Historic Landmark for its role in the growth of horse racing and is considered one of the best tracks in the entire country.

The \$6 million Classic, at one and one-quarter miles, serves as an anchor for a two-day extravaganza of top racing. Horses from around the globe will compete in 14 races Friday (Nov. 4) and Saturday, with the Breeders' Cup Classic closing out the championships. More than \$31 million in purses will be up for grabs.

This year's Classic has drawn a strong group of older racehorses, led by the unbeaten Flightline and multiple Grade 1 winner Life Is Good. They will be challenged by talented three-year-olds Epicenter, Taiga and longshot Kentucky Derby winner Rich Strike. Horse of the Year honours will be on the line in all categories as this has been a very competitive year of racing.

With two full days of exciting events both on and off the track, glamorous fashion, celebrity sightings and food curated by world-renowned chefs, it is not just another day at the races. The festivities will be broadcast world-wide via the NBC network. Friday's coverage begins at 11 a.m. Pacific time and Saturday's extended coverage starts at 10 a.m. Post time for the Classic on Saturday is tentatively set for 2:40 p.m. Pacific time.

The Breeders' Cup originated in 1984 as a year-end championship for North American thoroughbred horses and their breeders. The brainchild of the late John Gaines, the former owner of Gainesway Farm, the Breeders' Cup was built by thoroughbred breeders. In 2007, the Breeders' Cup was expanded from one day to two. Now the first day is called Future Stars Friday, with many of racing's most promising colts and fillies running on both the dirt and the turf. Championship Saturday will give out more than \$22 million in purse money over nine races, including the \$6 million Classic.

Since the Breeders' Cup came into existence, the role played by European entries, especially on the turf, has been very important and exciting. Horses from countries such as England, Ireland, France and Germany have been strong competitors

to the North Americans -- and in recent years Japanese runners have made an impact. Other horses will come from South Africa and the Middle East as racing in Dubai continues to grow,

So far horses from Australia and New Zealand have not made a major impact on the Breeders' Cup, despite its very strong thoroughbred racing heritage. That is mostly due to scheduling conflicts as the signature event of their season, the "Melbourne Cup" is always raced on the first Tuesday of November at Flemington racecourse. It is known as "the race that stops the nation".

It is said the race, and its related festivities such as a major parade, is etched in the national conscience. Your average Australian would forget their Mother's birthday before they would miss Melbourne Cup day. It is the one time of the year when the entire country stands still. That happens at 3 p.m. every year on the first Tuesday of November. At 3 p.m. on that special Tuesday, Australians stop whatever they are doing, wherever they may be, and tune in to watch the famous race -- which is run at 3,200 metres (approximately two miles) for about three minutes and 20 seconds. The race record is 3:16.3 set by Kingston Rule in 1993.

While not an official public holiday, some people take the day off work. Others huddle around the nearest available television screen, and many workplaces wrap up usual business early to host Melbourne Cup parties.

Here is B.C., the thoroughbred season at Hastings Racecourse in Vancouver wrapped up its season on October 22. Harness racing at Fraser Downs in Surrey continues throughout the winter with a Sunday afternoon, Monday evening schedule. Harness racing's Breeders' Stakes Series wraps up on Sunday, November 6 with four \$100,000 races.

## SENIORS...

You May Be Eligible for Financial Assistance from the Gov't. of B.C.

CALL US TODAY!

604.857.5990  
profilerenovation.ca

PROFILE

RENOVATION DIVISION

NKBA  
NATIONAL KITCHEN+BATH ASSOCIATION

Canadian Home Builders' Association



Do you worry about your safety while performing day-to-day activities in your home?

BC REBATE FOR ACCESSIBLE HOME ADAPTATIONS is a program through BC Housing for people in British Columbia with health or mobility issues.

The BC RAHA program provides financial assistance for eligible, low-income individuals or families to be able to continue to live comfortably in their home.

Ask us how we can help you access this funding. Call today for a consultation.

Eligible adaptations include the following:

- Tub to walk-in shower with seat
- Higher toilet and grab bars
- Chairlifts and ramps
- Single handle lever faucets in kitchen and bathroom
- Slip resistance flooring
- Door knobs with lever handle
- Counter height modifications
- Gliding shelves in kitchen and bath for easy access





## WANNABE COWBOYS IN HAWAII: PANIOLOS FOR A DAY

By Chris Millikan

On one Hawaiian holiday, hubby Rick, daughter Jessica and I sign up for a horseback ride in cattle country. So, from Kona, we city slickers head north to the Kohala peninsula. Kohala Mountain Road takes us high above the Pacific and across rolling green ranchlands.

Arriving early, we novices nervously survey the situation. A returning group reassures us that the riding experience was vastly rewarding. Their sweaty horses, with saddles and bridles removed, roll joyously in pasture grasses. Meanwhile, handsome, rested horses wait in the stable...curiously looking us over!

Wrangler Joan assists the group with gear selection: leather chaps, cowboy boots, hats, jackets...and prized Australian rain slickers! Debating stylish cowboy hats versus helmets, we rookies snap on riding helmets.

Once all are fully outfitted, Joan speaks to us on the outside porch. "Surprisingly, Hawaiians were raising cattle here long before the Texans. Even now, four of the USA's biggest ranches flourish here. Today, we're riding across the Ponoholo, an 11,000-acre working ranch."

She then demonstrates holding and effectively using the reins, "They're your steering wheel! Pull firmly downward: right, to go right; left, to go left."

Calling us forward one-by-one, Joan introduces us to our horses, chosen according to our heights, weights, and experiences. She gestures my way, "Ipo's just right for you; his Hawaiian name means sweetheart!" Sporting glossy blond mane and tail, he becomes my newest boyfriend. She quips with Rick, "Named for the rugged mountains, Kohala's YOUR transport today!" And royal Ali'i bedazzles Jessica with his silken regal beauty.

With rain slickers secured behind saddles, we launch from a handy step, settling comfortably into polished saddles. Perfectly adjusted stirrups help us guide our mounts over to watering troughs in the paddock before setting out. At first, Ipo pauses to sneak mouthfuls of grass. Reining him in firmly, he quickens his pace...and we soon catch up with the others.

Passing through multiple gates, everybody rides out into rolling pasturelands dotted with black Angus cattle. Onward to open range, confidence increases minute-by-minute...and I begin feeling a bit like a Hawaiian cowboy.

At the top of a rise, Joan notes, "On clear days, you can see the Kohala and Kona coastlines, Mauna Kea, Mauna Loa, Hualalai volcanoes...and sometimes even Maui's Haleakala. Early Hawaiians grew sweet potatoes up here; later, sugarcane flourished!"

As the trail continues upward, the terrain becomes increasingly rugged and windswept. Sometimes trotting, Ipo's gentle, jogging pace suits me perfectly; others enjoy cantering, galloping...and even racing.

Circling a rusty-red cinder crater, we dismount amid centuries-old ruins, our legs surprisingly wobbly. Munching thick deli sandwiches alongside a wall where King Kamehameha I once trained warriors seems otherworldly.

Over lunch, Joan reviews Hawaii's cowboy heritage, "When Captain Vancouver gifted five longhorn calves to Kamehameha I in 1798, the king made them kapu, taboo for slaughter. They escaped a stone corral in Kona, and over years multiplied into thousands of wild cattle that regularly devastated native crops. Ending the kapu made little difference. So King Kamehameha III brought Spanish vaqueros from California to teach Hawaiians how to ride, rope and wrangle these marauding mavericks."

She adds, "Integrating Spanish and Hawaiian cultures, paniolo traditions emerged and successful ranching methods evolved." We recall learning about the paniolo legacy and culture highlights at Waimea's 175-year-old Parker Ranch during a different holiday.

Misty rain begins falling. Shrugging on our slickers, we remount. A brilliant rainbow arcs across the moody horizon as our faithful horses trot us back to the stables.

Riding horseback amid breathtaking upcountry pasturelands and picnicking in historic ruins, our paniolo encounter reveals another side of paradise...and bumps up our Big Island fun.





west coast 15<sup>TH</sup> ANNUAL

christmas show  
& artisan marketplace

CRAFTS · FOOD · GIFTS

---

**TRADEX, ABBOTSFORD**

**NOVEMBER 18 - 20, 2022**





**BUY ONLINE NOW TO SAVE \$3 PER TICKET**

*2 for 1 tickets available Friday afternoon*

[westcoastchristmasshow.com](http://westcoastchristmasshow.com)







**WHEN YOU'RE READY FOR A CHANGE.  
NO STAIRS, NO YARD WORK!  
COUNTRY QUIET, BUT WITH METROTOWN CONVENIENCE.**



Come home to the serenity of Central Park. Tennis and miles of trails. Peaceful tranquility. Close to Skytrain and Metrotown with all the amenities of a car.

No yard work, just acres of park for your pleasure. No maintenance. This complex has been re-piped, has upgraded elevators, new boilers, and all new windows and doors.

This 2 bedroom home offers 2 updated bathrooms, and a fully updated kitchen. Bright and spacious, you can bring your favorite furniture pieces, they will fit. Plus an in suite laundry room (not just a closet).

**A beautiful home in an unbeatable location.**

**Make it yours today.**

**\$524,900.00**

**Call today for your private viewing.**



**D'ARCY HAMILTON**  
**604 788 3530**



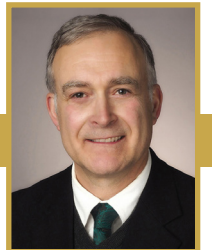
**Hannah Lamberte**  
*Funeral Director at  
Vancouver Location*



**Kearney**  
FUNERAL SERVICES

### We are Here to Help

We move forward towards the future while Honouring 114 Years of Tradition as a locally-based, Family-owned funeral home.



**Mike Garisto**

*Pre-Need Advisor*  
604 312 9799  
m.garisto@kearneyfs.com

### We are Here to Help Pre-Planning

Pre-Planning allows you to make carefully-considered, pressure-free decisions that are the right choices for you and your family.

Vancouver	New Westminster	Burnaby	Cloverdale
604 736 0268 450 West 2 <sup>nd</sup> Avenue	604 521 4881 219 6 <sup>th</sup> Street	604 299 6889 4715 Hastings Street	604 574 2603 17667 57 <sup>th</sup> Avenue



**www.KearneyFS.com**

*We offer translation and services in various languages*

DBA Crean Family Holdings Ltd.



Present this coupon and claim:

**\$200 discount on your burial services or \$100 discount on your cremation service**  
when you sign a Pre-Need funeral plan made with our Advisors.

\*Pre-need contract must be signed to apply the discount. Valid until December 31, 2022.

**ABSOLUTELY FREE To Low Income Seniors & Disabled!!**  
**NEW BC GOVERNMENT GRANT!**  
**PAYS YOU up to \$17,500!!!**  
**You May Qualify for FREE Bathroom Modifications!!!**

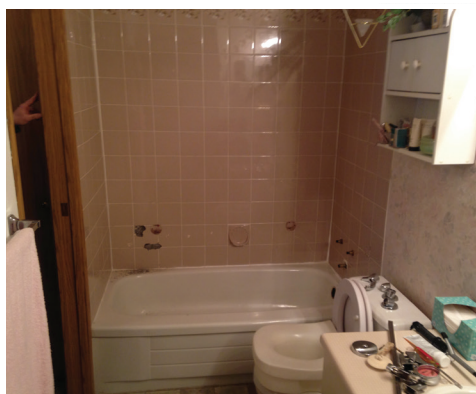
"There is a severe shortage of assisted living and long term care beds in the province of B.C.! This government program will pay up to 100% for safety and accessibility modifications to keep seniors safe in there own homes."

- ✓ **WALK-IN BATHTUBS**
- ✓ **WALK-IN SHOWERS**
- ✓ **CUSTOM KITCHENS AND BATHROOMS**
- ✓ **OFFERING ALL CUSTOM HOME RENOVATIONS**

**All Free To Qualifying Seniors & Disabled!**



**Easily Replaces Your Bathtub or Shower**



**BEFORE**



**AFTER**



**AFTER**

**CALL TODAY TO SEE IF YOU QUALIFY!**  
**HANDI BATH 778-323-0304**

**CALL FOR YOUR FREE BROCHURE TODAY!**



# Lower Suction Dentures

SEMCD  
Certified

## 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.

**Call for a complimentary consultation 604-530-9936**

### 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.

**www.yourdenture.com • 604-530-9936**

*“A positive impact on every aspect of your life.”*

**Brookwood Denture Clinic Ltd.**  
DENTURE AND IMPLANT SOLUTIONS  
102 – 20103 40th Avenue, Langley

f /BrookwoodDentureClinic



Darren Sailer R.D.  
Denturist



Colin Harty R.D.  
Denturist

Darren Sailer and Colin Harty are Certified BPS Precision Denture and SEMCD (Lower Suction Denture) Clinicians. For more information about complete or partial dentures or how to care for dentures please visit [www.yourdenture.com](http://www.yourdenture.com) or call the clinic to set up an appointment for a complimentary consultation.

**CELEBRATING 25 YEARS OF CREATING GREAT SMILES!**