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TODAY'S SENIOR® NEWSMAGAZINE

DECEMBER - 2022

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Volume 28 - Number 2
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A vehicle for season's greetings and a happy 2023. (Photo: Dan Propp)

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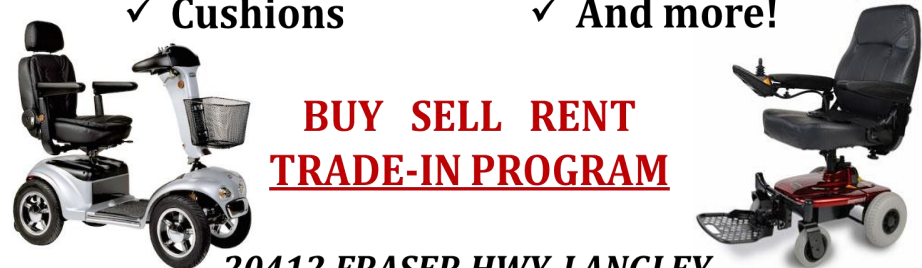


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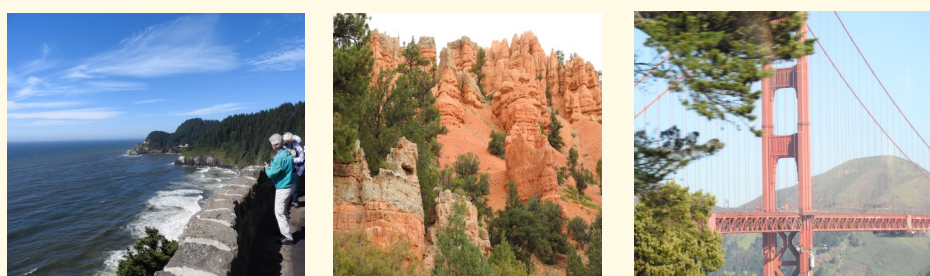
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ACCORDION TO DAN

Remember when we were kids and excited around December about the new Fords, Chevs, Pontiacs, and Buicks soon to be unveiled at the local car dealership. The following is a bit of rhyme that might rekindle a warm family experience or two.

THE STANDARD TRANSMISSION DAYS

Remember when the family car reprised familiar names such as BF Goodrich that might retread a fun thought or two; or Firestone for those of us who are now retired, help to inspire. Clutch back to the nineteen fifties and sixties that favorite family GM, Ford, or Vauxhall renew. Gearing down may literally help steer an automatic reaction to when a brand-new car for around twenty-five hundred dollars at Vancouver's Clarke Simpkins, Bow Mac and Brown Brothers Ford, you could get.

THE 'GLUED-TO' THOSE TV DAYS

Remember that program Queen for a Day broadcast from Hollywood Boulevard. What about the Capitol Record Building off Hollywood and Vine. Today grandkids are likely to ask, "Gramps, what was a record, eh?"

Remember shows like Dr. Kildare, Hollywood Palace, George Burns and Gracie Allan, and Shows of Shows starring Sid Caesar. How about that program, Father Knows Best with Robert Young and Jane Wyatt. All those hours on that tiny screen we would invest, The Ed Sullivan show with guest Marcel Marceau who was totally quiet. The humour of George Gobel, Shelly Berman, Myron Cohen, and from up in "Canad-er", Wayne and Schuster.

What about Hawaii Five O, The Streets of San Francisco, and I Love Lucy... weren't those old tv days a riot. That was the era, before our vocabulary included words such as skype, pixels, hard drive, and "Have you had your fifth covet booster shot?" Who would ever think the day would arrive when consumers would pay at least a dollar for bottled water. An impossible conception then.

For those of us seniors who enjoy floundering around with the past and feel flattened somewhat with the technological present and lured with all kinds of lines, similar puns and hooks, the following just for the 'halibut'.

THE LINES THAT BIND

A steelhead, rainbow trout, ling cod or even a shiner. For some of us it helps net a lure. Like the sign at a barber shop 'Sorry, closed for the day...gone fishin'...back in the old days when nothing could possibly be finer. This bit of rhyme might bring back simpler times for sure. Like the days by Smitty's Boat Rentals in Gibsons Landing, down by the government pier. You could rent a wooden rowboat for twenty-five cents an hour. A way of life then that was less demanding. A slower, natural existence, perhaps more human, less rushing about, more sincere. The ferry boat, The Bainbridge, would still come in from Horseshoe Bay. For a car and driver, it was only six dollars, round trip, its true. For some of us, 'gone fishin' helps replenish memories that never go away. They reel in and renew.

TO THE NEW YEAR

Best wishes of the season. Winter, spring, summer, and fall. Wishes for plenty of fun in Beautiful BC. Be it in Victoria, Richmond, Surrey, and Vancouver. Hope, Spuzzum, Fernie and Powell River, too. Wonderful moments to share and to feel transported by walking, car, or bus, whatever means to maneuver. Plenty of sightseeing for seniors and laughter to deliver.

A very Happy and Healthy 2023 for all!



Please visit www.Nostalgicroads.Weebly.com
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PHOTO: A vehicle for season's greetings and a happy 2023. (Photo: Dan Propp)



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WHAT'S THE REASON FOR THE SEASON?

By Ursula Maxwell-Lewis

Answer me this. Has Christmas been run over by ... well, maybe a reindeer?

Think about it. Just a few short weeks after Thanksgiving family turkey dinners (minus presents), we are tearing around agonizing over Christmas turkey dinners (with presents).

Yes, Christmas resonates with my history-marinated soul, but if you ask the average kid

(perhaps even young adults) why we celebrate it, what might their answers be? Chances are the nativity story will be a surprise. And wise men on camels? Give me a break! Do they consider it just an annual midwinter excuse to gift wrap loads of extra shopping and decorate a (fake or real) evergreen?

Are, I wonder, other societies (at home and abroad) better at passing the real essence of cultural traditions down to the next generation?

Credit card balances, inflation and exorbitant airfares must be triggering an excess of cynicism this year. Maybe nudging my nostalgia button will revive my flagging winter solstice spirits.

Images of a tangerine stuffed stocking toe, a new Nancy Drew mystery, a tiny silver signet ring, a twinkling fresh-cut evergreen at a safe distance from a pot-bellied stove dance in my head. A crackling radio broadcast is interrupted by NORAD's "Breaking News!". An 'unidentified flying object' has shown up on North Pole security radar. Gasp! Darkness surrounding our remote abode seems to intensify. It's still snowing. Great conditions for a portly airborne sleigh driver decked out in a cherry red suit. To this small child from war torn Britain, it was all pure magic.

Mother and I had (just weeks before) graduated from a tent pitched on our newly purchased farm field, to a half-built frame house. Father, a marine engineer, was sailing the high seas in sunny climes.

A few days prior to Christmas a friend rattle down our rocky drive-way in a vintage stick-shift Ford. "Jean!", she exclaimed, John says you and little Ursula can't stay up here alone unprotected!" Mother recoiled in mock horror as Louetta handed her a loaded rifle. "Take it away!", laughed my independent Scottish mother. "You're the first person I'd shoot!"

It's such reflections that prompt me to ponder, have twenty-first century Christmases have simply devolved into endless frenetic mall trips, online sales, maxed credit cards, overstuffed turkeys and stress? Then I remember that faith (call it what you will, no matter which faith or how fragile), coupled with lingering childhood fantasies still tends to beckon us to country carol services and community celebrations.



So, in addition to whatever your reason for the season, your inner child will be inspired to know that the popular Surrey Santa Parade of Lights is back. Starting at 5 pm on Sunday December 5, join the fun as the colourful parade wends its way through historic downtown Cloverdale. Non-perishable food donations or unwrapped toys for the Surrey Christmas Bureau will be gratefully accepted.

New this year, Cloverdale United Church folks will be offering passersby complimentary hot chocolate at the white landmark Cloverdale by-pass church.

Want to win a \$100 Cloverdale shopping gift certificate? Vote for your favourite Museum of Surrey Christmas tree until December 18. No entry fee and lots to see - including the popular TD Children's Zone, Surrey movie history and much more. Cloverdale Community Hamper are donations welcome here at any time. There's also a stalw Arts & Cultural Society craft market on Dec 3 from 10 am to 4 pm. MOS is located at 17710-56 A Ave., Cloverdale.

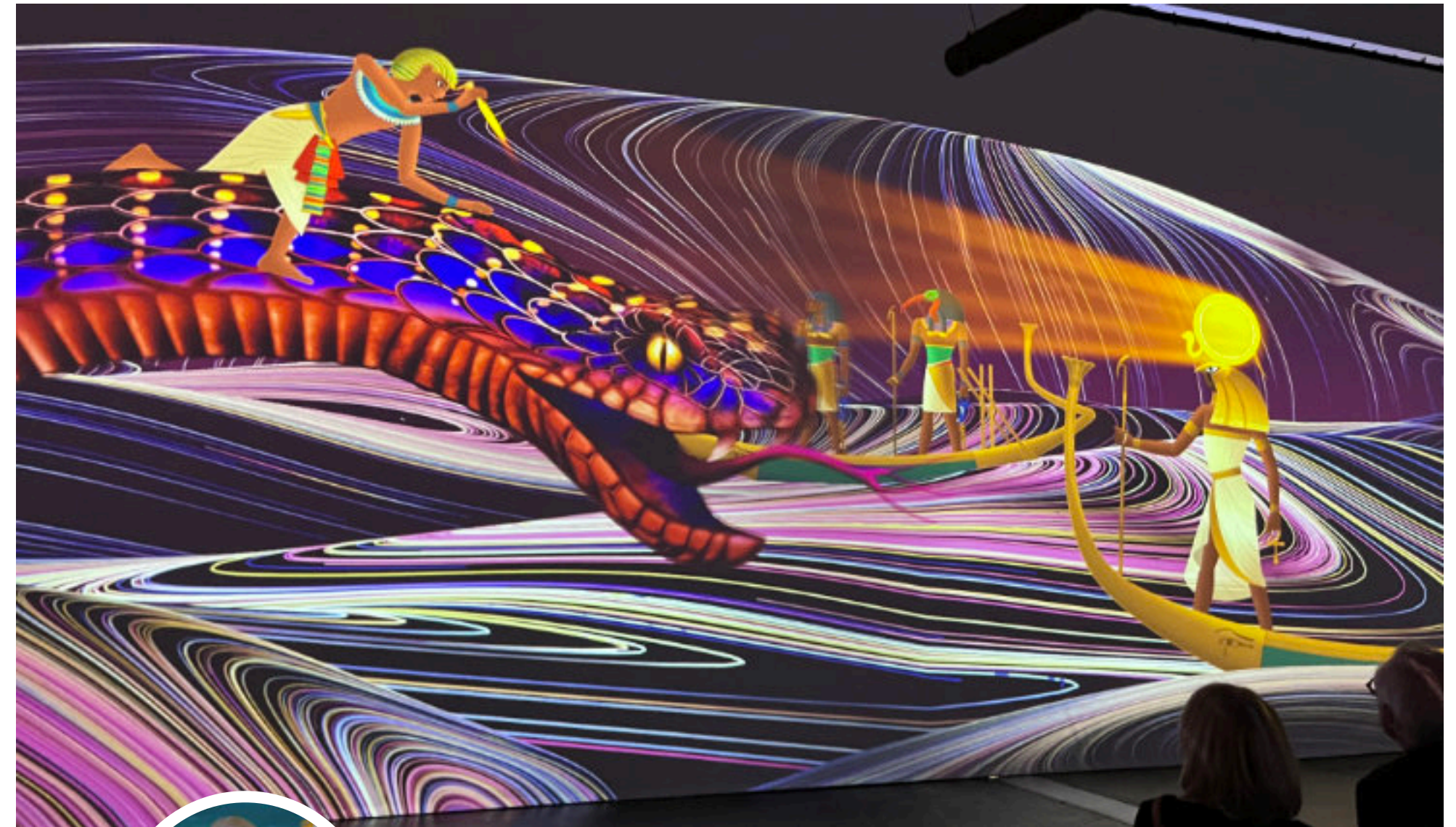
Check the Historic Stewart Farm, 13723 Crescent Road, South Surrey, to experience the magic of a Victorian Christmas. There are different themes, games, crafts and much more here every weekend until Dec 18. These events at this perennial local favourite are also free to the public.

Well, I'm beginning to feel better already! Clearly there are still great memories to be made, as well as holiday traditions available that won't break the family bank. Check with your lower mainland Chamber of Commerce, Business Improvement Association or tourism information centre online for current events and details.

Thank you for letting me share my travels and thoughts with you this year. May you all have a safe, merry, memorable Christmas, a happy Chanukah (Dec 7-15) and may all good things attend you in 2023. To quote Dickens' A Christmas Carol: "And so, as Tiny Tim observed, God bless Us, Every One."

Ursula Maxwell-Lewis is Director Emeritus of the Surrey International Writers' Conference. She can be reached at utravel@shaw.ca

Photos by By Ursula Maxwell-Lewis



KING TUT SOARS INTO VANCOUVER.

Article & photos by Lenora A. Hayman.

One hundred years ago, Nov. 4, 1922, King Tutankhamun's tomb was discovered by archeologist Howard Carter and his wealthy sponsor Lord Carnarvon. Therefore, in celebration, from Nov.4, 2022 -Jan 8, 2023 Vancouver Convention Centre East will be showing Beyond King Tut: The Immersive Experience.

Since the relics of King Tut's tomb, are no longer available for display outside of Egypt, high-resolution digital projections are beamed onto the walls. We strolled through 9 galleries, viewing the family tree,



preparation for mummification, the burial chamber and sarcophagus, and some of the 5400 magnificent treasures he was buried with, including his throne and a sailing vessel. Featured were some of the 12 baboons, one for each hour needed for King Tut to transit through the underworld.

Apparently from CT scanning King Tut had a cleft palate, a curved spine and a clubbed foot. No wonder there were 130 walking sticks found in his tomb.

The vulture represented Upper Egypt and the cobra for Lower Egypt, and both were included in his regalia.

Guests were playing a board game called Senet, a bit like backgammon, 1 of 5 found in his tomb.

King Tut ruled between 1334BC and 1325BC, coming to the throne when he was 9 and dying at 19! He married his 1/2 sister Ankhesenamun, the daughter of Akhenaten and Queen Nefertiti. They had 2 stillborn daughters who were buried with their father.

Even if you have seen the actual artifacts either in Egypt or in a former travelling exhibit, this adds a further dimension to this famous Egyptian boy-king. Book tickets at www.beyondkingtut.com

Photos by Lenora A. Hayman.

MIDDLE RIGHT: King Tut's mask.
TOP: The cobra represented Lower Egypt.
BOTTOM RIGHT: King Tutankhamun & wife Ankhesenamun



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Lillian, Surrey



FINANCIAL NEWS

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

Estate Planning Checklist at beginning of the year

As we approach the end of another calendar year, I want to thank everyone who reads my monthly articles and have contacted me with their questions over the past fourteen years. I am delighted when I get calls from readers who have questions about their financial affairs, because it reinforces why I enjoy doing what I do as a financial advisor, specializing in financial strategies for retirees and Seniors.

Most investors are aware that their portfolios were under pressure from various world events in 2022, after some good returns in the past three years. The investments in managed portfolios or stocks have experienced volatility because of the war in Ukraine, the central banks raising interest rates to control inflation, and supply chain issues. These events are beyond our control, and as in many instances in the past by staying invested and diversified your portfolio will be just fine. Focusing on the things that you can control will enhance your financial plan while the market forces correct themselves.

The end of a calendar year and the start of a new year is also the right time to take stock of what plans are in place for your finances. If you are like most people, getting your personal financial plan started can be a challenge. And what about planning your estate? Well, that subject might really make you shudder. But why? Too dreary? Too complicated? Too intimidating? Or, simply not on your list of priorities?

Estate planning should be a financial priority at almost any stage of life. In fact, an estate plan can be essential for organizing your financial affairs and supporting the well being of your

family members. Simply put, an estate plan is a road map for planning your estate and updated on an ongoing basis - particularly as your circumstances change throughout your life. Why is it important to have a plan? To ensure a simple, tax-efficient, and organized transfer of your assets to loved ones.

When you start your plan, there is a lot to think about. You want to live your life to the fullest and ensure that your heirs will get the most out of the assets you are setting aside for them. Here are the things you will need to know:

YOUR WILL

The will is a legally enforceable declaration of how a person wishes his/her property to be distributed after death. A will can be quick and easy to produce and will cover the following:

- Naming the executor – the individual(s) or organization chosen to administer the estate. If you should die without a will (referred to as dying intestate), the province you live in will step in to administer your estate. In this case, you have essentially forfeited your say on how things are divided and who will be in charge of the process.
- Naming beneficiaries of the estate (e.g., immediate, or extended family, institutions, etc.)
- The distribution of assets within the estate (e.g., investments, real estate, possessions)

Probate is the process by which a provincial court confirms the validity of your will. Potentially, it can be quite time consuming, tying up your assets for months or longer. Probate fees are the taxes that must be paid to the provincial government before your executor can begin to administer your will. The fees vary from province to province and are based on the value of the assets in your estate. In most provinces, the fee structure is tiered.

In addition to probate fees, there are fees payable to the executor for administration services and fees payable for legal and accounting services. In the end, the cost of probate can be significant. We all know the old cliché that the only two certainties in life are death and taxes, but how much do we really know about taxes after death? If you have a will, upon your death it is your executor's responsibility to file a tax return for you. The government will consider you to have sold all your assets at once before your death and any capital gains/losses will be crystallized. That may lead to a big tax bill.

Minimize Taxes and avoid Probate: Depending on your

individual needs, there are strategies you can employ within your estate plan to minimize the amount of taxes you have to pay and to avoid probate. Below are key examples:

- Top up your TFSA at start of the year. Contribution limit for 2022 and 2023 is \$6,000
- If you are turning 71 this year you must convert your RSP to either a RIF, annuity, or cash
- If you have Income and RSP contribution room, consider topping up your RSP
- If you do not have a spouse, consider naming a dependent (disabled) child or grandchild as beneficiary on your RSP, RIF. Proceeds will roll over tax free on your death.
- Maximize asset "roll-overs" - transfers to your spouse that defer capital gains
- Get advice on setting up a trust to ensure your beneficiaries are looked after
- Give gifts of cash or possessions while you are still alive
- Consider charitable donations to create valuable tax benefits
- Buy life insurance that is paid out to a named beneficiary on a tax-free basis
- Restructure investments with insurance companies to avoid probate on death

In January you will be receiving your year end statements from the respective financial institutions you deal with. This is the perfect opportunity to review if you are on track with your estate planning goals. An interesting point is that most Canadians do not have a plan in place, so it is difficult to know what they are working towards, or what will happen to their assets at death. It is especially important to review your year end statements with a purpose in mind, and it is never too late to develop a strategy for your Estate and investment assets.

The reassurance of having a strategy in place to preserve the value of your estate for loved ones is something to value. Why pay if you do not have to? Work with your financial advisor to figure out what exactly is in your estate, and then devise your plan. If you do not have a financial advisor and need help with your Estate Plan call Rick at 604-535-3367 or email: rick@crsfinancial.ca to get a complimentary review of your estate plan.



THE PHARMACIST REVIEW

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

Stress-free Supplements for a Stress-free Christmas

Christmas and the Holiday Season should be an uplifting time of year. It can definitely become stressful, but it does not have to be. There are many feasible options to alleviate stress and allow you to embrace the joy of the Holidays.

Do not procrastinate. Declutter your life and home. Prioritize yourself. Allow time for leisurely activities and exercise. Regulate your sleep rhythm. Eat with your body in mind; lay low on the sugary +/- fatty snacks and "spirited" drinks, while focusing more on getting enough protein and high-fibre veggies in.

Great supplements to try for addressing stress and anxiety are homeopathics such as Rescue Remedy (can be taken by all ages round the clock with no worry of side-effects or interactions), protein-derived amino acids such as L-Theanine, 5-hydroxytryptophan ("5-HTP"), or herbal supplements such as ashwagandha, rhodiola, astragalus, some of which are available in combination with B Vitamins +/- magnesium. There are lots of effective formulas from trustworthy companies such as CanPrev, and Pascoe. AOR makes a unique blend of herbs and vitamins that also includes porcine adrenal gland cortex; it is called "Ortho Adapt", and it even has a healthy dose of licorice extract to help manage heartburn or excessive stomach acid issues. Medicinal mushrooms are also very useful; Purica has a great line of individual mushrooms (such as chaga or lion's mane) or you can find 8 of their mushrooms combined with ashwagandha for both stress and immunity. Because herbs are still chemicals that you are putting in your bodies, be sure to consult an integrative physician or pharmacist such as those at Pharmasave Steveston Village or Cloverdale Pharmasave. We can work together to find you something to free you from stress so you can celebrate Christmas in full spirit with your friends and loved ones.


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."

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COMMON WINTER ROAD HAZARDS AND WHAT YOU NEED TO KNOW



Driving in the winter comes with an increase in road hazards and poor driving conditions. While many of us know what to expect for the winter season ahead, there are many driving tips that could help you safely navigate the road and feel better behind the wheel in the face of such risks.

The dreaded ice and snow
Move with ease in snowy or icy weather. Do not accelerate or brake too quickly. This can cause your vehicle to lose traction with the road and create skidding, which can be extremely difficult to control. It is best to navigate the road slowly and use more time to get to your destination.

Lack of visibility
Winter can bring a number of scenarios that decrease your visibility on the road. There is the potential for heavy snowfall; the glare from the sun reflecting off the snow; or slush spraying from other vehicles onto your windshield. Before you start your next trip, ensure you have a pair of sunglasses, your windshield washer fluid is filled, your headlights are working, and your windshield wipers aren't damaged from freezing.

Snowbanks
Although fun to play in, large snowbanks can create a major hazard while driving in the winter. They can result in blind spots and reduced visibility at intersections, which can put drivers at risk. After you come to a complete stop, it's important to slowly approach the corner until your view of oncoming traffic is no longer blocked.

Low temperatures
Colder temperatures in the winter typically result in a decrease in your tire pressure. Low tire pressure can result in damage to your tire and make your vehicle more difficult to control. Be sure to check your tire pressure frequently. Additionally, low temperatures can also make the rubber in your tires more rigid or

brittle. Equip your vehicle with a quality winter tire, such as Michelin X-Ice Snow tires, to ensure long-lasting performance in the winter. They're designed for maximum mobility for seasons to come.

Snow on other cars
There's nothing worse than clearing the snow and ice off your vehicle in -15-degree Celsius weather. However, not properly clearing your windshield can result in reduced visibility for others while on the road. Snow blowing off of vehicles can be a distraction or could even cause damage as it flies through the air at high speeds. Keep an eye out for snow-covered vehicles on the roadways and avoid them when possible.

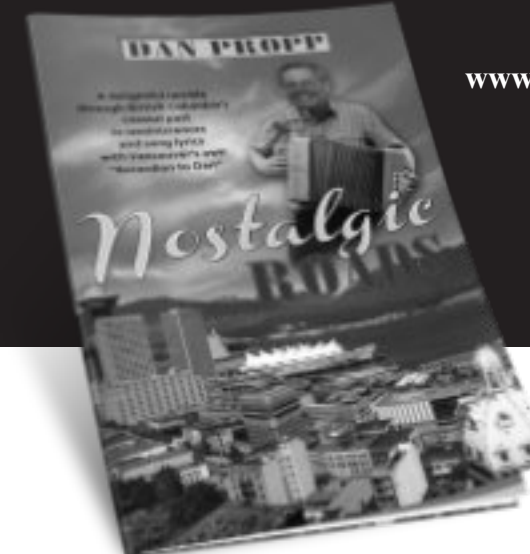
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HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

ALONG THE WAY... WITH SHELL by Chuck Davis

Reproduced with permission from Shell Busey

Shell's Story continued from last month

throughout B.C. from 8:30 to 11:00 a.m. The Merritt Herald put it well when Shell visited that city back in September, 1998: "What amazes most people is not how many home fix-it tips or improvement ideas he has in his head, but how he can tell callers from Merritt to Fort St.

John to Prince Rupert what they need, where to get it, and even the name of the person working the cash register on a Saturday afternoon at 4 o'clock."

Does he use a computer to keep it all straight? Nope. "The only software I've got is the block between my two ears," Shell says. "I have to be thankful to the man upstairs who gave me the brain to remember it all."

The pace he sets is exhausting. After his two back-to-back radio shows today, for example, he's off to a 21/2-hour personal appearance at a store in Pitt Meadows, out in the Fraser Valley.

Because of his wide exposure over the years a lot of people have asked Shell: where did you start and how did you get where you are?

It's a genuinely interesting story. It begins in Owen Sound, Ontario.

A GORCHOUS LITTLE CITY

*Owen Sound is a gorgeous little city on Georgian Bay, says Shell. "The population was about 18,000 when I was born. Its over 23,000 now. I was born there November 25, 1942. We lived at 517 8th Street A East. My dad worked for Kennedy's Foundry in Owen Sound."

We have a hunch Shell's fondness for working with his hands was inherited. William Kennedy's Foundry was an old, established firm, started in 1856, and was one of the busiest in Canada, especially during the Second World War, when it expanded to become one of the largest foundry and machine shop operations in the region. They were making a great variety of things when Shell's father, Emerson Busey, worked there: steam engines, sawmill and shingle mill equipment, water turbines, mining machinery and machinery for making paper. Ship propellers from the Kennedy foundry were well known and bought by customers all around the world. While he worked there Emerson Busey invented a 'shaper plane,' a machine that curved around and hugged and shaved the big bronze propellers into their final shapes. He began getting royalties for that innovation.

Shell remembers his dad taking him down to the plant to see the machine he had devised. He was justifiably proud of it. It came in handy in an unexpected way, too:

Shirley, Shell's sister, remembers that their dad would bring home the glittering bronze shavings cast off from that machine and hang them on the family Christmas tree as ornaments! "They were beautiful!"

The old foundry is gone now, says Joan Hyslop of

MERRY CHRISTMAS

J C T N O R T H P O L E R N J O R N A M E N T S Y
I Q Q R E I N D E E R U W P P R E S E N T S F V N
N C A R O L L I N G N X S T O C K I N G S Q G W O
G H V R F H S H O R T B R E A D C O O K I E S B E
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Merry Christmas
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Jingle Bells
Candles
Tinsel
Wisemen
Fruitcake
Presents
Snowman
Carolling
Ornaments

Santa
North Pole
Holly
Christmas tree
Star
Strings of Lights
Stockings
Chimney
Noel
Twelve Days of Christmas
Nuts and Bolts

Elves
Sleigh
Mistletoe
Angels
Jesus
Shortbread Cookies
Milk and Cookies
Rudolph
Reindeer
Letters to Santa
Family Traditions

the Grey County Museum, its buildings torn down over the past couple of years. But, she tells us, old photographs are on display in the museum, showing the workmen at various times of the plant's long life. Perhaps Emerson Busey is in those photographs.

Emerson later became a tool-and-die maker for RCA Victor. RCA had brought its Cabinet Division to Owen Sound in July, 1945, moving into the former North American Bent Chair Company building on 14th Street West. The Owen Sound Sun-Times for May 15, 1954 tells the story: "Logs Are Turned Into Beautiful Plywood Cabinets At RCA Plant." Emerson started working at that plant shortly after it opened.

"My mom, Katie, was a homemaker," says Shell. "We were members of the Pentecostal Church, and Mom was very devoted to the church. She got royalties from Dad's shaper-plane invention from the day he died in 1964 until the day she passed on herself in 1982, and she donated those funds to our church, Rockcliffe Gospel Temple. To this day, there's a pew in that church with my dad's name on it. Dad was born in Warton, Ontario, north of Owen Sound, which is also where my sister Shirley was born.

She's the oldest in the family, then came my brother Ed, who died in his 50s in 1992, then me, then my brother Gary, born in 1944. I had a sister, Mary, who was born developmentally disabled. Mary died a few years ago."

Shell's first job as a kid was pretty standard: he delivered newspapers. A lot of newspapers. "The Globe and Mail in the morning and the Toronto Star later in the day." He also delivered the Owen Sound Sun-Times, a newspaper that celebrated its 150th anniversary in 2003.

Shells Story to be continued next month...

Tips for easy post-celebration clean up

Hosting family and friends during the holiday season is special, but the clean up before and after a big event isn't as fun. Use the tips below to make cleaning a little easier.

1. Create a schedule and stick to it
Cleaning an entire house in one go is overwhelming. Try creating a weekly cleaning schedule in which you complete a different task each day. For example, one day can be dedicated to mopping and vacuuming, while another is straightening up and emptying the trash. Breaking down cleaning tasks into smaller daily chores helps give you time back to focus on the party planning.
2. Clean as you go
When hosting a dinner party, load up your dishwasher with as many pots and large kitchen tools as you can and run it while guests are eating. This way, a large number of dishes are already done so your next load will be dinner plates and glassware from your guests. If it's a party where you're taking turns unwrapping presents, keep a bag nearby to toss the wrapping paper after every person's turn.
3. Use quality tools

Half the battle of cleaning your space – whether large or small – is having the right tools to make the job easier. Make sure you have what you need to handle the heavy lifting. Look for an easy to manoeuvre and versatile vacuum that can condense dirt, pet hair and debris, such as the LG CordZero lineup of vacuums with Kompressor technology. Extra sponges, microfibre cloths and extendable dusters go a long way too. Find out more about the vacuum line up at lg.ca. www.newscanada.com

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

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

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

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

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



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

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

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

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

Jean S.

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

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

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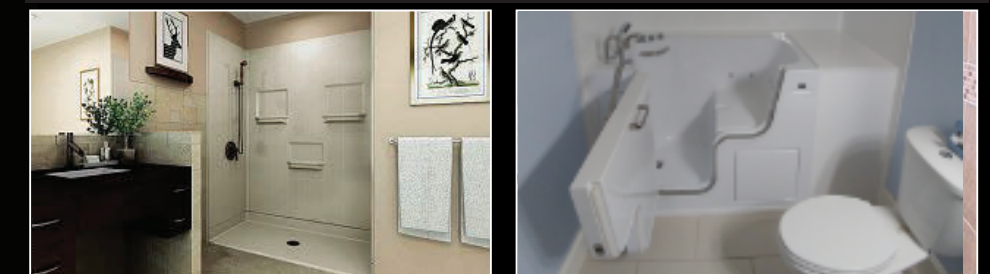
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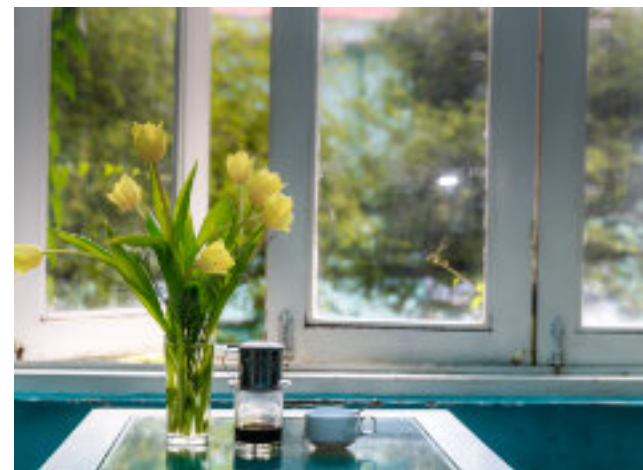
SIMPLE STEPS TO IMPROVE INDOOR AIR QUALITY

Daily activities like cleaning and cooking, or even lighting candles, can result in indoor air pollution. Emissions from building and construction materials and furniture add to the mix. Throw in possible contaminants such as mould, viruses or allergens, and you can end up with quite the collection of pollutants in your home's indoor air.

Exposure to pollutants commonly found in indoor air can cause irritation of the eyes, nose and throat, headaches, dizziness, fatigue and worsened asthma.

Improving ventilation in your home is a key component of maintaining and improving indoor air quality. Ventilation can help improve indoor air quality by removing pollutants and by bringing in fresh air from outside. This is especially important when renovating or when using chemical products in your home.

- By following these steps to improve ventilation, you can improve the indoor air in your home.
- Leave your interior doors open.
- Use bathroom and kitchen fans.
- Have a filtration system built into the duct work of your mechanical HVAC system. Replace or clean the filter as per the manufacturer's instructions.
- Open windows and doors when outside conditions permit.



• When there are high levels of outdoor air pollution, reduce air entering the home from outside by closing windows and setting your HVAC to recirculation mode.

- Keep baseboard or heating vents clear of furniture.
- Keep beds, bedding and furniture away from outside walls to allow air and heat to flow around furnishings.

Find more information on keeping your home safe at canada.ca/healthy-home.7
www.newscanada.com



CLOSE UP THE COTTAGE WITH SMART TECHNOLOGY

The days are getting shorter and the weather's growing colder: signs that the cottage season is officially over. Luckily, closing up for the year doesn't have to be an arduous process.

Here are some tech tips to make the process simpler and more efficient.

1 If your cottage has Wi-Fi, consider adding security protection that lets you keep an eye on things while you're away.

2 Instead of unplugging every device, use smart plugs to control turning things on and off. Bonus: you can start an air purifier while you're on the road to freshen things up for your arrival.

3 Make cleaning easy with a cordless vacuum that has a telescopic wand to reach dusty shelves, awkward corners and converts into a handheld vacuum for quick and easy spot cleaning. Ensure you get one that works across different floor types, such as the LG CordZero stick vacuum.

4 No trash pickup? No problem. Make hauling out garbage easier – and less messy – with an electronic composter.

With smart technology making cottage life easier than ever, you'll have more time to grab a few chapters (or zzz's) down on the dock before the big drive home.

Find more information on how new tools can make clean-up easier at lg.ca. www.newscanada.com

MAKE THE ULTIMATE HOLIDAY GINGERBREAD COOKIES

Gingerbread cookies are a holiday classic for a reason – they are fun to make and decorate, and even more fun to eat.

Try out Chef Anna Olson's Classic Gingerbread Cookies recipe below:

Prep time: 30 minutes

Cook time: 20-25 minutes

Makes: Approximately 2 dozen

Ingredients

Gingerbread

- 1/2 cup (125 ml) unsalted butter, room temperature
- 1/2 cup (125 ml) packed light brown sugar
- 1/4 cup (60 ml) fancy molasses
- 1/4 cup (60 ml) pure maple syrup
- 1 large egg
- 1 tbsp (15 ml) finely grated fresh ginger
- 2 1/3 cups (350 g) all-purpose flour
- 1 tsp (5 ml) ground ginger
- 1 tsp (5 ml) ground cinnamon
- 1/2 tsp (2 ml) baking soda
- 1/2 tsp (2 ml) fine salt
- 1/2 tsp (2 ml) ground allspice
- 1/4 tsp (1 ml) ground cloves

Royal Icing:

- 3 tbsp (45 ml) meringue powder
- 4 cups (520 g) icing sugar, sifted
- 6 tbsp (90 ml) warm water

Directions

Cookies:

1 For the gingerbread, use an electric beater or a stand mixer to beat the butter and brown sugar together at medium-high speed until fluffy, about 2 minutes. Beat in the molasses and maple syrup until smooth. Add the egg and beat in the ginger.

2 In a separate bowl, sift the flour with the ginger, cinnamon, baking soda, salt, allspice and cloves. Add these dry ingredients all at once to the butter mixture and mix at low speed until combined. Wrap the dough



in two discs and chill for at least 2 hours. Preheat your LG ProBake Convection Slide-In Range to 325°F (160°C) and line 2 baking trays with parchment paper.

3 Roll out the dough on a lightly floured surface to just under 1/4-inch (0.5 cm) thick.

4 Use cookie cutters to cut out your desired shapes and sizes and transfer these to the baking trays, 1-inch (2.5 cm) apart.

5 Bake for 12 to 15 minutes, or until lightly browned at the edges. Transfer to a wire rack to cool before decorating.

To make the royal icing:

1 Place the icing sugar, meringue powder and water into a bowl. Beat on low speed until the icing sugar is incorporated. Increase the speed to medium and beat until the icing comes together and is fluffy, about 5 minutes. Set aside some of the icing in a bowl

with plastic wrap.

2 To make a "flood" style of icing that spreads over the cookie, add just a little more water to the bowl of icing until it spreads on its own but will completely cover a cookie. Add food colouring in small amounts until you reach the colour intensity you want.

3 Spoon the "flood" style icing into a piping bag fitted with a small, plain tip. Pipe an outline on the cookie and then fill it in with icing, or pipe dots and use a toothpick to swirl the colours. Allow 4 to 6 hours for the icing to dry.

4 After drying, use the reserved icing to pipe additional details on top of the flooded layer then sprinkle with coloured sugars. Dry for an additional 4 hours.

Find more delicious recipes at lg.com/anna-olson.
www.newscanada.com

4 THINGS EVERY HOMEOWNER SHOULD KNOW ABOUT RADON

Radon gas can pose a serious health risk, and it can be found almost anywhere – including your home. To keep yourself and your loved ones safe, here are four things every homeowner should know about it.

1. It can seep into your home

Radon is a naturally occurring, odourless gas that is found in the soil surrounding your home. It can enter your home through cracks in the foundation or hollow spaces like support posts, and it can become trapped in enclosed spaces like a basement or crawlspace.

2. Radon is everywhere – but too much in your home can be a health risk

Concentration levels can vary from region to region, from home to home, between different areas of a home and depending on the time of year. According to Health Canada, if your home exceeds the safe limit or 200 becquerels per cubic metre, you should take action to reduce it.

3. It's easy to test your home for unsafe radon levels You can hire a certified professional to test your home for radon, or you can purchase a test kit on your own. If you go the do-it-yourself route, make sure the test is certified through the Canadian National Radon Proficiency Program.

4. New home warranties include radon remediation coverage

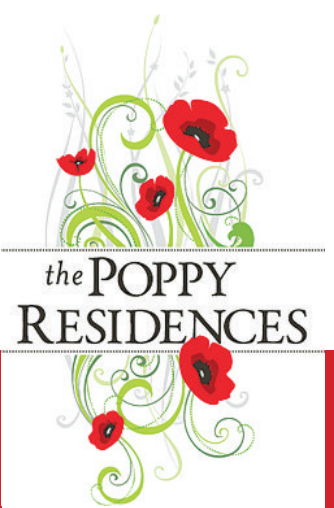
If you live in Ontario and your home is less than seven years old, your new home warranty covers radon remediation. You can work with your builder to make a warranty claim or contact Tarion, the not-for-profit organization that backs the builder's warranty.

Find more information at tarion.com.
www.newscanada.com



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DECLUTTERING FOR THE NEW YEAR



The new year is the perfect opportunity to reset and refresh your home. For many of us, this kind of cleansing is a must-do before the ball drops. Not only is maintaining a clean home a great habit to bring with you into 2023, but it's also a fantastic way to kickstart any other resolution you may have. Who doesn't feel more productive in a fresh, clean home? Below are some tips to get you started.

1. Set your intentions
What are you hoping to achieve by de-cluttering your home? Are you looking to make more room in your closet for new clothes? Do you want to make it easier to find things? Having a specific goal in mind will help motivate you to get the job done.
2. Pick a date
Even the most organized among us are prone to procrastinating when it comes to cleaning. Take a

look at your schedule, choose a date that you know you'll be able to stick to and mark it down in your calendar. Consider asking a friend or partner to help keep you accountable.

3. Take inventory of your tools
If one of your New Year's resolutions is to keep a tidier home, think about how you'll do it. Do you have all the tools you'll need to do this? Do you have enough sponges? Do you need more cleaning solution? Is it time to upgrade your vacuum? If you are in the market for a new one, a vacuum with a telescopic wand and two quick-release batteries, such as the LG CordZero, can be especially helpful to reach into nooks and crannies without interruption.

Find out more about the vacuum lineup at lg.ca.
www.newscanada.com

STRESS-FREE TIPS FOR MOVING

Moving day can bring a mix of emotions, from the sadness of leaving your old home and neighbourhood and the joy of what your future holds. With all that going on, it's important to try to minimize the stress of the actual moving process. Here are some tips to help streamline your next move.

Don't wait
It's never too early to plan your move once you know the date. Start decluttering right away so you'll have less to pack, and be sure to promptly secure people and vehicles to help – whether that's confirming the date for your buddy's truck or booking a team of professionals.

Fuel up
Moving day can be so busy that it's easy to forget to pause for meals. But you know it's important to eat so you can keep up your strength and stay hydrated.

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

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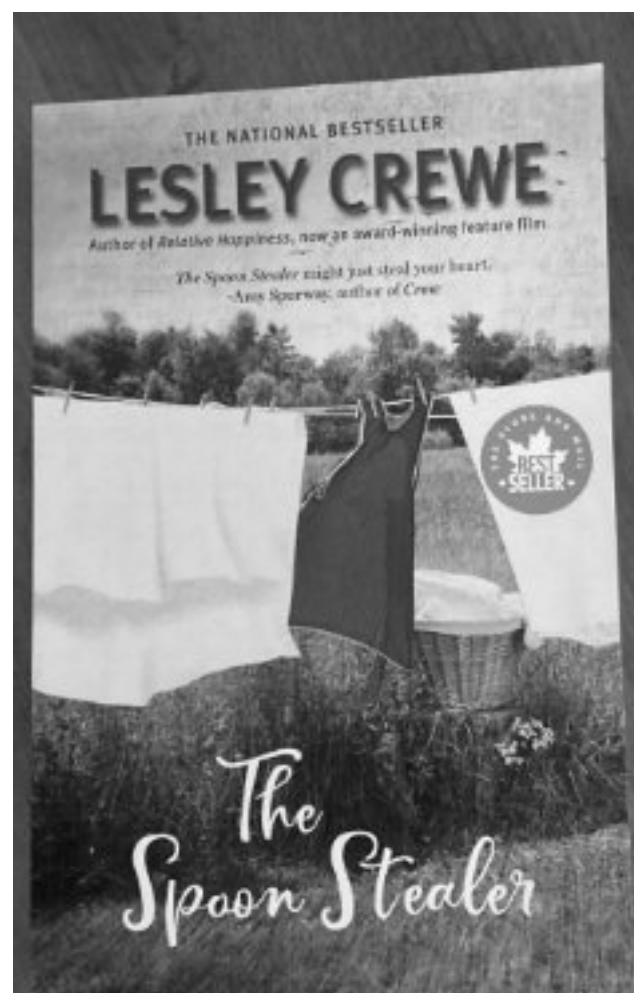
By Pamela Chatry

Canadian Proud! Author Lesley Crewe

There are a lot of great Canadian writers. These authors range from the famous and familiar like Margaret Atwood, Lucy Maud Montgomery, and Michael Ondaatje to the equally wonderful but lesser known.

Recently, I came across a Nova Scotian writer, Lesley Crewe, who fits nicely into the latter category. While not completely unknown (she is a Globe and Mail best selling author), Lesley Crewe isn't yet a household name, although two of her books have already been made into Hollywood movies.

It was a wonderful surprise to discover her. 'The Spoon Stealer' is a book that steals your heart.



The main character, Emmeline, is born into a basket of clean laundry and so is never quite forgiven for messing up a clean load. The book initially takes place during World War I, but traverses back and forth from Emmeline's life in England to her journeys home to the family farm in Nova Scotia.

The book opens to a memoir-writing course at the local library where our charming main character not only shares her life story but also steals spoons! The story she recounts keeps her newly found author friends enthralled but they soon find out that it is Emmeline's big heart, her wisdom and her most generous spirit that keep them coming back.

Spoiler Alert! The spoons play a central role in this book as does her dear best friend, Vera (a small, white dog who springs joyfully to life in our hearts and minds.)

The Spoon Stealer stole my heart. Turning the final page, I felt sad. I had just said good-bye to someone I loved. You absolutely must put this on your winter reading list! Now I am off to the bookstore to find Lesley Crewe's other works of art!

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

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WRITE AS I PLEASE

By Mel Kositsky

Remember the good old days?

That's what a crowd of almost 400 people were talking about on November 19 as Langley again celebrated Douglas Day with a luncheon to honour its pioneers after a three-year pause due to the pandemic. Langley remains one of the few communities in British Columbia to mark this important day.

This year marked the 164th anniversary of the signing of the proclamation establishing the Crown Colony of British Columbia under Governor James Douglas. The Douglas Day Act is the smallest provincial statute, establishing November 19 as Douglas Day in B.C. The celebration of Douglas Day has developed into a unique community event, presenting the Langleys with an opportunity to honour its pioneers every year for the past 76 years. This year's theme was "Langley Celebrates Its Farms".

In her acknowledgement of the pioneers, Sharon Fisher, representing the Native Daughters of B.C., reminded those in attendance that pioneers always provided their own food and shared items among

neighbours, and that the modern "farm to table" marketing strategy "is hardly a new concept".

The Master of Ceremonies for this year's event was Eric Woodward, the newly-elected Mayor of Langley Township. Nathan Pachal, the newly-elected Mayor of Langley City offered a "Toast to the King" to recognize new King Charles, something that has not been done for many, many years after the long reign of his mother Queen Elizabeth II. Entertainment this year was provided by the Cypress Creek Duo. Piper Joe Macdonald again led in the head table. He remembers coming to this event for about 37 years.

The Township of Langley and City of Langley are proud of the contributions made by pioneering families. It is with much gratitude that it honours these pioneers for the dreams they have seen fulfilled, for the values they set, and for the traditions they established that we continue to value. This year a total of 253 pioneers were recognized at the banquet, including 19 new ones who have reached the established criteria to be recognized as a "pioneer". More than a dozen pioneers who recently passed away were also remembered.

Douglas Day was established by municipal bylaw in 1946 to commemorate the founding of British Columbia as a Crown Colony on November 19, 1858. The day is named in honour of Governor James Douglas, who brought the Crown Colony into being with a proclamation made at the Big House in Fort Langley. This is why the Township of Langley is commonly known as "The Birthplace of B.C."

In past years, in any kind of weather, there was a reenactment of this historic ceremony on the grounds of the Fort Langley National Historic Park, with actors wearing clothes from that era. For many years it was a long standing tradition that the Provincial Cabinet would attend the Douglas Day festivities and hold a cabinet meeting at the Fort. That

stopped in the late 1980s.

The formal celebration of Douglas Day began in Langley in 1946, although there were some banquets held as early as the 1920s with the Native Sons and Native Daughters acting as hosts. But since 1946, each year there has been a dinner to honour Langley pioneers. That has now become a daytime event and held in the banquet hall at the Langley Events Centre.

For the first couple of decades an event was held at the Fort Langley Community Hall. It was a celebration which included pioneers from Surrey and Delta. Pioneer Balls were also hosted prior to the annual dinner. The early events hosted about 30 pioneers. The event has grown over the years and now close to 400 pioneers, guests and dignitaries attend the banquet, held since 2008 at the Langley Events Centre. When the event outgrew the Fort Langley Hall, it was moved in 1973 to the then new Langley Civic Centre (now called the George Preston Recreation Centre) in the Brookwood area.

Each year on November 19, the Township and the City of Langley continue to host the event filled with memories, presentations and entertainment to pay tribute to the families who helped shape Langley. A pioneer is someone who is at least 70 years of age, who currently lives in Langley Township or Langley City, and has lived at least 60 of those years in Langley. The theme changes each year. For more information on this event, contact Lisa Egan, the Township's Corporate Events Manager at 604.807.3796 or by email at legan@tol.ca.

The festive season is well upon us now and hopefully everyone gets to enjoy a wonderful holiday season filled with good health and well wishes. Hopefully the weather cooperates so people can get out and visit with their families and loved ones. Happy Holidays and Best Wishes for the New Year!

DID SOMEONE SAY EGGNOG?

Nothing says holiday like a delicious, cold glass of eggnog. Make this smooth treat from scratch at home and you'll never go back to the store-bought version.

Check out Chef Anna Olson's Crème Brûlée

Eggnog recipe below:

Prep time: 20 minutes

Cook time: 8 minutes

Serves: 6-8

Ingredients:

- 2/3 cup (160 ml) granulated sugar, divided
- 1 tbsp (15 ml) water
- 1 tsp (5 ml) fresh lemon juice
- 3 cups (750 ml) 2% milk
- 1/4 tsp (1 ml) finely grated nutmeg
- 6 large egg yolks (reserve 1 egg white for rimming the glass)
- 6 to 8 oz (175 to 250 ml) rum, brandy, whiskey or a combination (optional)
- 1 cup (250 ml) whipping cream

Directions:

- 1 Line a baking tray with parchment paper and set aside.
- 2 Place the water, lemon juice and 1/3 cup (80 ml) of the sugar in a saucepan and stir. Bring to a boil over high heat without stirring, and boil until the sugar turns a light amber, about 90 seconds. Remove from the heat.
- 3 Immediately pour the sugar onto the tray, swirling the sugar into as thin a layer as possible before it sets. Let the mixture cool until set, about 30 minutes.
- 4 Break the sugar into pieces. Crush them in a

resealable bag with a rolling pin until coarsely ground, and set aside.

5 Meanwhile, in a saucepan over medium heat, bring the milk and the nutmeg to just below a simmer. In a bowl, whisk the egg yolks and the remaining sugar together.

6 Add a ladleful of hot milk to the egg mixture and whisk well. Whisking continuously, slowly add up to half of the hot milk to temper the egg mixture.

7 Add the tempered egg mixture to the saucepan of remaining milk and reduce the heat to medium-low. Stir until the custard is well combined and coats the back of the spoon, about 3 minutes.

8 Strain the custard through a sieve into a bowl and let it cool to room temperature. Cover and chill completely.

9 When ready to serve, whisk the rum (or brandy and/or whiskey), if using, into the chilled eggnog custard. Whip the cream with an electric beater at high speed until it holds a soft peak when the beaters are lifted. Whisk the whipped cream by hand into the eggnog.

10 To serve, lightly whisk the reserved egg white with a fork and place it in a dish. Place the crushed caramelized sugar in a small saucer, reserving some for garnish. Dip the rim of each glass into the egg white and then into the caramelized sugar. Ladle the chilled eggnog into each glass and top with a sprinkle of



the reserved caramelized sugar.
Find more delicious recipes at
lg.com/anna-olson.
www.newscanada.com

A DECADENT MAKE-AHEAD BRUNCH FOR THE ULTIMATE WEEKEND FEAST

Whether you're a French toast enthusiast or prefer bacon and eggs, it's hard to beat this perfect, over-the-top version of the classic brunch recipe. Plus, since the hands-on time is the night before, you can still get your beauty sleep and wake up ready to tuck in. Try out the recipe:

Overnight baked French Toast

Prep time: 15 minutes

Cook time: 45 minutes

Serves: 6 - 8

Ingredients

French toast

- 9 large eggs
- 1 loaf (675 g) Villaggio white bread
- 3 cups (750 ml) whole milk
- 3 cups (750 ml) whipping cream
- 3/4 cup (180 ml) white sugar
- 2 tsp (10 ml) vanilla
- 1 tsp (5 ml) cinnamon
- Zest of 1 orange
- Pinch of kosher salt
- Optional: 1 1/2 oz Amaro or Luxardo

Sauce:

- 1/2 cup (125 ml) butter
- 1 cup (250 ml) brown sugar
- Pinch of salt
- 2 tbsp (30 ml) whipping cream

Toppings:

- 1/4 cup (60 ml) powdered sugar
- Fresh blueberries, raspberries
- 2 cups (500 ml) whipped cream
- 1 cup (250 ml) maple syrup

Directions

1 Lightly grease a large 3-quart, 13 x 9 inch, baking dish with butter or cooking spray.

2 Slice Villaggio white bread slices into halves. Leave crusts on and arrange in baking dish.

3 In a large mixing bowl, whisk together eggs then, add in milk, whipping cream, vanilla, sugar, orange zest, cinnamon, salt and Italian liqueur, if using.

4 Gently pour the egg and milk mixture evenly over all of the bread slices, pressing down to submerge any floaters. Cover and refrigerate overnight.

5 The next morning, preheat oven to 375°F (190°C), and remove the baking dish from the refrigerator and set aside.

6 In a small saucepan, over medium high heat, melt butter, then, mix in brown sugar, cinnamon, a pinch of salt and the 2 tbsp cream. Cook for approximately 5 minutes, until butter and sugar mix

melts and is incorporated.

7 Drizzle the brown sugar butter mixture evenly over the entire baking dish of soaked bread, bake uncovered for 35 to 45 minutes – longer for a browner and crunchier top.

8 Remove from oven and allow to cool for 10 minutes.

9 Sprinkle with fresh berries, dust with powdered sugar, and serve with whipped cream and maple syrup.

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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing is riding a big gaming wave globally despite strong competition from both sports betting and Powerball type lotteries. Online and on track betting is up and there are record purchases at major horse sales, especially in Kentucky.

This is despite all the worries about rising inflation and interest rates -- and fears of a coming recession worldwide. Somehow gambling and the stock markets continue to hold their own despite all the political turmoil we hear about daily.

A good example is the results from the recent Breeders' Cup -- a two-day event held in early November in Kentucky, which attracts competitive race horses from around the world. The 14 races are considered "World Champion" contests by the organizers. But in today's global marketplace other races maintain their major importance at tracks around the world.

This year total all-sources, global common-pool handle for the two-day Breeders' Cup World Championships at Keeneland Race Course in Kentucky was \$189,060,373, a record for the two-day event. The total represents a 3.4% increase over the prior record of \$182,908,409 set when the event was held in California at Del Mar in 2021 and an

18% increase from the total handle of \$160,472,893 at the 2020 event held at Keeneland.

Total common-pool handle on Saturday's 12-race Breeders' Cup card was a record \$122,918,607. All sources common-pool handle on Breeders' Cup's 10-race Future Stars Friday card was \$66,141,766, also a new record for a Breeders' Cup Friday. This is the fifth consecutive year that the Breeders' Cup grouped all its juvenile races together on the Friday card.

On-track handle for the two days was \$20,822,213. Saturday's attendance was 45,973 and the two-day on-track attendance was 85,824. The Breeders' Cup World Championships will return to Santa Anita Park in California in November 2023 for its 40th running.

The highlight of this year's event was the performance of the undefeated Flightline in the \$6 million Breeders' Cup Classic for older horses. Now the debate rages on as to how good the son of Tapit really is in comparison to past champions. However, racing fans will never know as the horse has been retired from racing and sent to the breeding shed after just six races. In fact, the day after his big race, a 2.5 per cent interest in the stallion was sold at auction at Keeneland for \$4.2 million. Flightline is now settling in well at Lane's End Farm, where he will stand for a fee of \$200,000. His first book will be limited to around 160 mares -- which could work out to more than \$30 million a year in stud fees.

Many horse racing fans would have liked to see the horse race again as hinted by his ownership group before the Classic race. But it is likely that the injury during the race to this year's three-year-old champion runner Epicentre probably contributed greatly to the decision to retire Flightline. With the "big money" on the line for a breeding career, the owners could not afford to risk injury. Nor would they want to see his perfect record tar-

nished.

Epicentre failed to finish the Classic race and since has been retired to stud, as well. That turn of events likely guaranteed Flightline "Horse of the Year" honours, while Epicentre will probably win the three-year-old award for his outstanding season, even though he finished second in the Kentucky Derby to longshot Rich Strike.

Discussions continue about the future of horse racing's stars as the lure of the breeding industry is greater than a continued racing career. Some fear that only geldings will continue to race following their three or four-year-old season and that will lead to smaller fields for major stakes races. The number of small fields competing daily is a major concern for the racing industry in keeping tracks going.

The winter harness racing season continues at Fraser Downs, located at Elements Casino Surrey. Live racing is held on Sunday afternoons and Monday evenings until December 12. Racing at the Cloverdale track is expected to resume early in the new year, following the holiday season break.

Harness Racing BC had its biggest day of the season on November 6, known as BC Breeders Classic Day. It is the richest day of racing with four \$100,000 races being offered, featuring the finals for both two and three-year-olds. The annual event began over 50 years ago and has grown to this level of purse money.

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KEY WEST, FLORIDA VISITING WITH PAPA HEMINGWAY

By Chris Millikan

Novelist Ernest Hemingway inspires a visit to Key West, Florida. Our stately B&B stands just off Duval, renowned for bar crawls and rakish revelry. We love speculating that Hemingway had rambled this lively main street.

Aboard hop-on-and-off trolleys, smiling conductors take us to far-flung historic sites. One drops us at Hemingway's two-story Spanish-Colonial home in the old Bahamian neighbourhood.

Entering extensive gardens through a lacey, wrought iron gate, we join a tour. In the large front room, guide Pat relates details from an audacious life. "Hemingway lived in Key West during his 30's, the prime of his life," she smiles. "He wrote prolifically here for ten years. You'll soon recognize his personal flair."

Shelves brim with antiques gathered in Europe and African tribal art. Antelope heads from safaris decorate walls. We spot the leather boots and battered saddlebags he'd acquired while hunting out West. And first editions of his many novels, bound magazine articles and short story collections fill bookcases.

Pointing to a model of Hemingway's boat, she explains, "Aboard his beloved Pilar, he and his cronies trolled from the Dry Tortugas to Cuba for days, sometimes even weeks at a time. Known as the 'Key West mob,' Hemingway became Papa to Charlie Thompson, Sloppy Joe Russell, and Captain Eddie 'Bra' Saunders."

Black-and-white photos of Hemingway's four wives hang on one wall. We learn that second wife Pauline helped remodel this home. Hemingway met third wife Martha in Sloppy Joe's bar. They later travelled together, assigned to report on the Spanish Civil War. Hearing about their love affair, Pauline immediately replaced his treasured boxing ring with the present swimming pool!

Upstairs, a hefty ginger cat stretches out amid Papa's enormous bed. "This tomcat descends from a six-toed gypsy cat given to him by a salvage captain he'd met down at Sloppy Joe's," Pat grins. "With that extra toe, polydactyl cats look like they're always wearing fluffy mittens." Unique Spanish midwifery and labour chairs stand at the foot of the bed. We relate more to the prominent bathroom scales. Like us, Papa fought weight challenges most of his life!

Outside, 'Humphrey Bogart' struts through the greenery. About sixty 'Hemingway cats' bearing familiar celebrity names roam the lush grounds. Along a brick walkway, pawprints embellish the patio; mini kitty cottages dot the yard; pussycats snooze and lounge everywhere. A feline cemetery sits in a shaded garden. Pat points to a unique artifact nearby. "Papa had this special drinking fountain built for his cats. On top, an old olive jar from Cuba; the base, a converted urinal trough from Sloppy Joe's Bar. He declared that because he'd used it so much, it really belonged to him anyway!"

Standing in Papa's intact studio above the carriage house, we visualize him leaving his bedroom early each morning, walking the connecting catwalk over the garden, and slipping in the door. We picture him sitting on his Cuban cigar-maker's chair,



pounding away on his portable Royal typewriter. He'd finished A Farewell To Arms here, publishing it in 1929. This realistic war story became Hemingway's first bestseller, providing him instant literary stature and financial success.

"Let's remember," suggests Pat, "In Hemingway's heyday, Key West was bursting with fascinating folks: the well-heeled to down-on-their-luck fishermen and wreckers. He based many characters on them in To Have and Have Not, his novel about depression-era Key West."

For 61 years, Papa Hemingway lived his life to the fullest, including raising two sons in his famous Key West heritage house. One magical afternoon at his home reveals new understandings of his storied life...and fires up our imagination for furthering our own adventures.



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- Gliding shelves in kitchen and bath for easy access

HOLIDAY TRAVEL TIPS FOR SENIORS ON THE MOVE



It may have been a while since you boarded a flight to see family and friends. If you're planning a holiday visit or looking to escape the snow, here are some travel tips that may help.

Arrive early. When planning your departure, it's easy to forget the time it may take to park, get checked in and get through security. For those flying to the US, add customs to that list. It's best to

arrive at your departing airport well in advance of your flight – two hours ahead for domestic flights and three hours in advance for US and international ones.

Remember liquid restrictions. Items that pour, spray or spread – anything liquid, aerosol or gel – are limited to a maximum 100 ml per container in your carry-on bag. These items include things like

beverages, personal care products such as shampoo, and non-solid food items. Place them in a clear, one-litre resealable bag (one per passenger) and be ready to remove this bag from your carry-on so screening officers can inspect it.

Don't stress about carry-on medication. Prescription and essential non-prescription medications, such as contact lens solution or cough syrup, are exempt from the 100ml limit. They don't need to be placed in the one-litre bag. You should still pack them so they can easily be removed from carry-on baggage for inspection.

Leave gifts unwrapped. If you're travelling with gifts, leave them unwrapped in your luggage in case they need to be inspected.

Look at screening lane options. When you arrive at the airport screening checkpoint, check if the family/special needs lane is available since it has more space and support than standard lines. Screening officers are available if you need help or if you need more time to get through security.

Opt for easy-to-remove outerwear. Remove outer layers such as hats, coats, gloves and scarves and place them in a bin before going through security. To prevent setting off the metal detector, avoid belts with large buckles and limit jewelry to small earrings, watches and rings.

Find more information on the Canadian Air Transport Security Authority's mobile app or cat-sa.gc.ca.

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HOW TO CAPTURE THE PERFECT FALL SCENE

Even if you're not a photographer, with the onset of fall, there are countless photo opportunities. Thanksgiving, Halloween, holiday get-togethers all include moments you might want to capture forever.

Whether you're using a smartphone or a DSLR camera, there are some easy ways to turn a quick snap into a frameable memory:

- Check out YouTube videos or other online resources to learn more about how camera and phone settings affect your final picture. Consider learning about shutter speed, lenses and exposure to get the perfect photo.
- Get candid. While posed photos are great, some of the best moments come in between the expected shots. Be prepared to keep snapping.
- Don't forget about editing. Ensure your software is up to date and that you've got a top-notch monitor, such as the LG UltraFine, that provides vivid colour display and resolution and enables precise and quick viewing and editing, regardless of the angle.

Now that you've got your perfectly edited shots, load them up as a carousel on a wide-screen monitor, and load up your favourite publishing software to create your next photo project.

For more information on the best displays for fall photography, check out lg.ca. www.newscanada.com

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Dentures on Implants

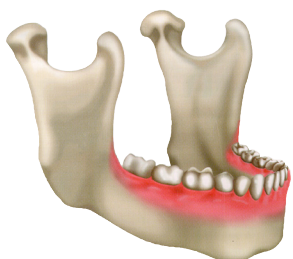
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Adental Implant is the new standard in tooth replacement. It gives denture wearers the fit, feel and function of natural teeth. There is no denture slippage or movement when a denture is connected to dental implants. Regardless of age, dental implants can provide an excellent solution to secure teeth and prevent bone loss.

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

The jaw bone is only designed to last approximately 30 years before it completely deteriorates and dental implants are not an option.

Apart from being able to smile, eat, speak and look better; dental implants are well known in their ability to stop bone loss and the onset of poor facial profile.



Natural Teeth



Resorption: 10 Years



Resorption: 30 Years

What Is A Dental Implant?

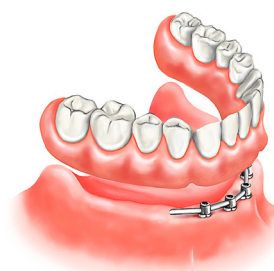
A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

Dental implant placement is a common procedure and an implant specialist or dental surgeon performs the procedure, usually under local anesthetic. Dental implants have a long lifespan under normal conditions and are not sensitive to heat or cold, or susceptible to decay like natural teeth.

The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



Implant Retained Denture
2 Implants



Implant Bar Supported
Denture
4+ implants

Dentures on Implants vs. Conventional Dentures

Despite considerable advancements in conventional dentures, they cannot rival the benefits dentures on implants offer to people missing their natural teeth. Dental implants improve functionality and sore spots become a thing of the past. Denture wearers can speak and eat without denture movement and their diet improves because they can eat virtually anything due to superior denture stability and fit. This treatment also allows the denturist to make your upper denture with an open palate design to increase your sense of taste and reduce the size of the denture.

Who is a Candidate for Dental Implants?

An initial consultation with your denturist will help to determine whether you're a suitable candidate for dental implants. If the denturist believes you could benefit from dental implants, they will refer you to an implant specialist. The denturist and dental implant specialist will work together as a team to achieve the best possible results for you.

What is the cost of dental implants?

Dental implants are an investment in your health and well-being. The cost of dental implants will depend on several factors such as the number of implants, if you require extraction of teeth and the smile design option you choose. The good news is that the cost of dental implants, extractions and dentures can be used as a medical expense deduction on your income tax return. These expenses also qualify for dental financing. We can help you with the details.

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