

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S
SENIOR
NEWSMAGAZINE



Reflecting and looking forward. Happy New Year, 2023. (Photo: Dan Propp)

JANUARY - 2023

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ACCORDION TO DAN

As the new year unfolds, plenty of nostalgic memories unravel for us seniors. Some of them might focus on nostalgic travels. Specifically, the automobiles that we depended upon that took us all over the province, be it anywhere from Kitimat to Hope. Thus, the following bit of word play by standard or more modern automatic transmission to bring back an experience or two.

BC TRAVELS

Vanderhoof, Hope, Spuzzum, there was plenty of ‘Merritt’ perhaps living in Vancouver or all kinds of locations in Beautiful BC, so many choices, many a dozen’s. There were those of us who stayed put in one place or preferred to be a constant mover. Each village, town, or city with unique qualities. Be it from Squamish to Campbell River, each with their, atmosphere and tendencies, so special to deliver.

Those of us who have travelled in BC, in our old Ford, Chevrolet, Vauxhall, Austin, Rambler, “oh my oh me”! Wow, I bet they can retread many a fond memory. Those times filling up at Home Oil, Esso, Shell, or Chevron, topped up on brake fluid, more air in our flat tires and paid...what we thought then...highway robbery prices like fifty cents for an imperial gallon of supreme, ‘once upon’. For many of us now, “them those days” many an adventure still inspires.

VANCOUVER REFLECTIONS

The price of a cup of coffee has gone up almost as fast as a gallon gas. Recently enjoying a small double-double coffee downtown, the following rhyme evolved.

JAVA THOUGHTS THAT DOUBLE

DOUBLED

Coffee has percolated from about a dime as well as free refills up to around three dollars a cup in no time. One ponders the lessons it instills. Certainly, for us seniors, who remember Vancouver’s famous restaurant The White Lunch where a huge bowl of baked custard pudding was twenty-five cents, just ‘two bits’. Spending a whole dollar, a big hot meal one could munch. As an alternative, a big spender could go down to ‘Kits’ and at a higher end venue, two or three dollars was more than ample.

Yup, relatively speaking, coffee beans have doubled. No wonder so many of us are hooked on caffeine. Amazing the changes over the years us seniors have seen!

When one discusses, the amount of change, in a short span of time, there’s an expression that’s become ever more popular to justify today’s reality...”Oh well, guess, it is what it is”. “Guess that’s just today’s show biz.” Walking along Granville Street, on what used to be Theatre Row, the now so lonely looking majestic movie theatres -- Orpheum and Vogue -- inspired the following.

WASN’T THAT A TIME

The Greatest Show On Earth, with Betty Hutton, Tony Curtis, Jimmy Stewart, Burt Lancaster, wow what those days were worth. Compared to today’s fast paced circus, its amazing what those old days used to net, compared to the present technological feats. For some of seniors, ‘there’s no business like that old fashioned show business’, you bet. The differences between then and now, heavens to Pete. When Hollywood was still ablaze, at that corner on Vine, wasn’t that a time.

Doris Day, Patti Page, Gene Autry, Hop-Along Cassidy, Andy Divine; those days long gone, still something so very special define.

MUSICAL MEMORIES

All those great songs by Fats Domino, Ray Charles and, of course, Johnny Cash and those ‘ties that bind’, help reprise what used to tune us in, be it folk, country, rock, or soul. All those melodies, they help to take us back to a different time. Life would really rock and roll, as we went to work, paid the bills; a way of life that defined what was so deep inside. For many of us seniors continue to instill. A way of life less technological and with a more calming human side.

Please visit www.Nostalgicroads.Weebly.com
Search for Song CD’s by Dan Propp via cdbaby.com and also www.soundcloud.com
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PHOTO: Reflecting and looking forward. Happy New Year, 2023. (Photo: Dan Propp)



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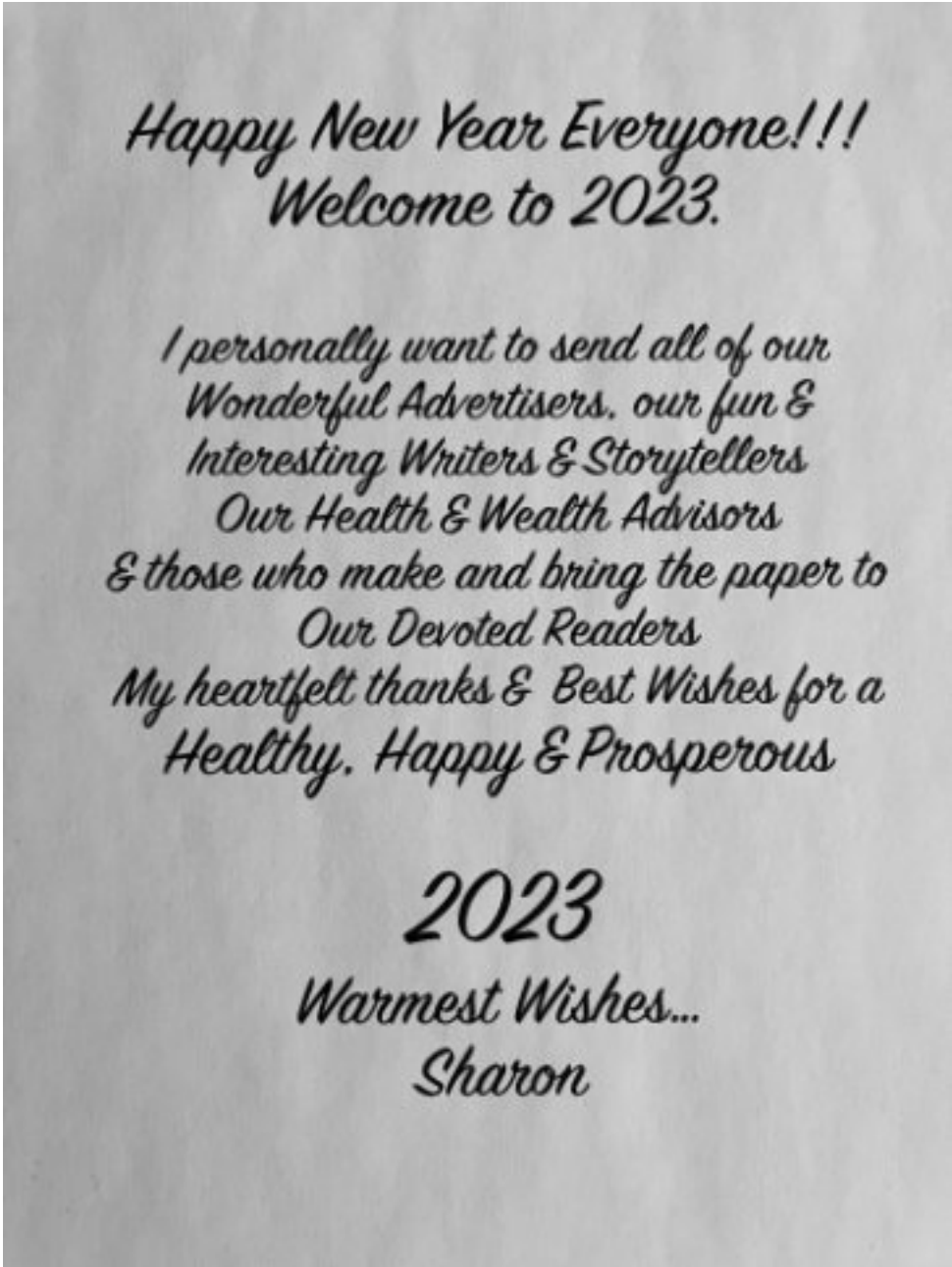
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CULINARY COPING: BOOKS 'N COOKS

By: Ursula Maxwell-Lewis

Happy New Year! May all your sweetest dreams come true and all your ships come home. That old quotation pretty much covers the bases, don't you agree? Health, happiness, peace, a safe comfortable place to call home, good friends, bills paid - and a little spare cash. The stuff of average dreams, which brings me to a bit of nightmare - the escalating cost of groceries. Would my gravy-stained 'dirty 30s' collectible cookbooks embellished with Granny's carefully pencilled notes offer any menu-saving tips, I wonder.

Kitchen Fun, my first culinary sojourn, isn't much use, but I smile and think of the joy of cooking with kids. Inscribed inside in Mum's unique scrawl is: "Ursula's first cookbook, aged about seven, when



she spelt sugar 'shooger' ".

The Ouma Smuts Cook Book sports old South African recipes - sosaties (lamb kebabs), beef biltong (beef jerky, but better!), melkttert (milk tart) - plus quotations to fill in the blank spaces.

The Benoni High School 'Domestic Science' Cookery Book cover is history, but what remains reminds me of the importance of 'scullery work'. "After washing everything in hot soapy water, remember to finish drying the pots and pans by the fire".

The author of this book is under the misapprehension that readers have arrived from Pluto. Elementary (by any standard) instruction include this advice under 'Personal Hygiene' (subheading: BODY) "Wash daily all over, and have a hot bath once or twice a week". Really? In Transvaal (now Gautang) temperatures!

Sago Cream and Invalid Tart. Perish the thought of ever tackling those. Old cook book ads, though, are worth the purchase price alone. Women definitely ruled the kitchens. Thankfully things have changed there.

Graham Kerr. Remember The Galloping Gourmet Cookbook (and TV show)? Graham, cheerfully suave in a well-cut suit, chilled Chardonnay in hand, is flanked by an impressive selection of cheeses, breads and cured meats. No mention of 'Charcuterie'. The term apparently hadn't left France yet. Memories of his Veal Steak, Kidney and Mushroom Pudding recipe linger on. Could that still be affordable? Not sure about the Pork Curry.

In the Kitchen With Love. My passion for good pizza, anchovies, homemade pasta, plus undying devotion to Italy was cemented (blended?) by this Sophia Loren volume. Grazie, Sopha!

'DIGRESSION', a brief standalone chapter here, captures my attention. Sophia agrees the inclusion seems odd, but explains how memories of war-torn childhood years in Italy have a place in her kitchen.

"In spite of the horror and burdens of the period, I discovered two kinds of security upon which a child must absolutely depend: protection and food." She briefly elaborates: " We were living under bombardment with the destruction of human lives and were hungry from morning to night." Her reflections in this chapter are understandable, insightful and - in our current world even more are



not as out of place in a cook book as one might imagine. She explains this brief chapter may seem out of place in a recipe book, but she offer other comments on that time in her life and very understandable reasons food is underscores her memories of that time frame. Although published in 1972, her recollections echo, sadly magnified in much of the world today.

Peg Bracken's The I Hate to Cook Book. Her Fake Hollandaise frequently saved me from dining disaster, as did her Parmesan Potatoes (with heavy cream). How, I reflect, did my 110 pound frame survive those delicious years. Perhaps that's what came back to haunt me in retirement!

Switzerland, India, Asia, Thailand, Israel, Scotland, Ireland, Wales - all represented in my collection. Gourmet, Julia Child, food in culture and history, including the fascinating Food In History by Reay Tannahill.

It's the unpretentious Centennial Cook Book (1879-1979) by Cloverdale Senior Citizens which really made me smile. Laboriously typed on 8 1/2 by 11 inch and clipped together by volunteers for a community fundraiser occasional errors are hand corrected. Supported by multiple contributors, all acknowledged under their recipes. I notice that Salmon Loaf recipes feature prominently. Inexpensive Fruit Cake and Economy Spice Cake by an old neighbour reminds me of another time, another place. Eggs, used with abandon, clearly weren't \$6 a dozen in those days.

I'll close with a recipe. We might need it.

The Tia Maria Substitute

Boil together 2 1/2 cups sugar, 2 cups water. Cool. Add 1 26 oz cheap vodka, 4 oz dark rum, 1 vanilla bean and 3 tbsp. 'Camp' coffee. Place in highly closed container for 5 days. Shake daily. Strain and bottle. Makes 2 26 oz bottles of liqueur.

Here's to cheap vodka, a well-stocked kitchen, ingenuity and humour to cope in our kitchens - plus a little extra to share with friends.

Ursula Maxwell-Lewis is a British Columbia-based writer. Contact her at uttravel@shaw.ca

Photos by By Ursula Maxwell-Lewis

LEFT: Destination Silver Star emergency rations!

CENTRE: A family heirloom

RIGHT: Baking with grandchildren. Never dull.

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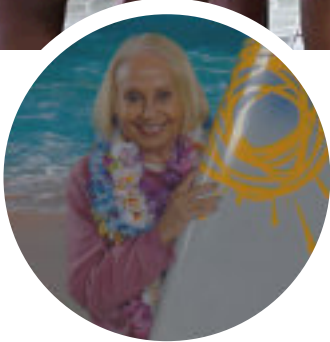
After 5 sets of dentures and a lot of money I saw the ad in the paper that read bite, chew, look good too.

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



FIJI AIRWAYS- VANCOUVER NON-STOP TO NADI, FIJI.

Article & photos by Lenora A. Hayman.

What a thrill to fly on Nov. 25, on the inaugural Fiji Airways non-stop flight, 11 hrs. 40 mins to Nadi, Fiji. Since we left at 9:40pm Friday and landed at 5:30am Sunday, both an evening meal and breakfast were served and we were able to sleep across the Pacific with minimal jet-lag upon arrival. There are flights twice a week on Fridays and Mondays.

In Nadi, the Malolo courtesy airport transfer drove me to Port Denarau to board the Malolo Cat Ferry for the 1 hr. cruise to the beautiful Musket Cove Island

Resort and Marina on Malolo Lailai Island. There are 55 bures and 2 bedroom villas set either in a garden, lagoon or beach front. All the wonderful meals are included such as smoked salmon and steak at Dick's Place and Bistro, or lighter fare like lobster sandwiches at the marina Trader café or a "Pig on the Spit" once a week. A magnificent sunset glowed one evening while sitting around the huge saltwater pool. I heard their spa treatments were calming and sleep inducing.

One morning I chose an Island Hopping Tour which included snorkeling over a reef of beautiful coral near Honeymoon Island and visiting Castaway Resort.

Don't miss the Shell Village tour where we sailed over to Solevu Village, experienced the welcoming Kava Ceremony and visited the primary school children at the Malolo District School. Local women were also selling their jewelry.

Josephine Smith-Moffat is the Director of Musket cove, however her late father Dick Smith in the 1960's built and leased the first private island resort in Fiji-the Castaway. Later in 1968, on Malolo Lailai, Dick Smith, Reg Raffe and Ian McFarlane bought freehold land and called it Leeward Island and built Plantation Resort. In the 70's, the 3 men fell out and divided the island into 3 portions. Reg Raffe got the smaller portion but Plantation Resort was already built there. Dick Smith got the bigger but undeveloped portion and Sir Ian McFarlane got the smaller Lomani area. However in 2000, Sir Ian sold out and Dick Smith



bought the Eastern side and Reg Raffe bought land and built the Lomani Resort.

In 1976 Dick Smith originally built and called his resort Dick's Place but changed it to Musket Cove. The story goes that originally a chief bartered some land in exchange for a musket!

On the final day, I had Joe Mar, the Resort Manager drive me up the hill in his golf cart to the grave of "Dick" Richard Sydney Smith (2-9-1930-29-7-2012) to thank him for his vision about Fiji tourism and the pioneering of the outer island resorts!

PHOTOS:
by Lenora A. Hayman
TOP: Lenora Hayman with students in Solevu Village, Fiji.
RIGHT: Asena, Teni, Sherry, Inny-Servers at Musket Cove.
BOTTOM: Gloria Osborne (Sales/Events Mgr) Lenora Hayman, Joe Mar (Resort Mgr) at Musket Cove.



FINANCIAL NEWS

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

WHAT IS THE TFSA LIMIT FOR 2023?
(FBC.CA/BLOG NOV.24, 2022)

It's official. The federal government has increased the 2023 Tax Free Savings Account (TFSA) contribution limit to \$6,500. This is up from the 2022 annual TFSA contribution limit of \$6,000 and represents the first TFSA limit increase since 2019.

It also means that starting on January 1, 2023, eligible Canadians will now have a cumulative lifetime TFSA contribution limit of up to \$88,000

What is a Tax Free Savings Account (TFSA)?

Since 2009, Tax Free Savings Accounts (TFSAs) have helped Canadians earn tax-free income on investments.

Set up as a registered investment or savings account, TFSAs can hold a variety of investments, including cash savings, mutual funds, securities listed on a designated stock exchange, guaranteed investment certificates (GICs), and bonds.

As the name indicates, all income earned in a TFSA remains tax free and allows Canadians to build up tax-free savings over the course of their lifetime.

Want to learn more about this investment option? Read on to learn the ins and outs of TFSAs – from finding your limit to accurately tracking your contributions.

How do I qualify for a TFSA?

Any Canadian who is 18 years old with a valid Social Insurance Number (SIN) accumulates TFSA contribution room each year (since 2009), even if they do not file a tax return or open a TFSA.

Yearly contribution limits are set by the federal government. However, even if you do not max out your TFSA in one year, the unused contribution room will carry forward into the following year as part of your lifetime contribution limit.

Notable exceptions

As stated above, TFSAs are available to any

Canadian resident 18 years of age or older with a valid SIN.

The only exception to this rule is if you live in a province or territory where you cannot enter an agreement or contract – which would be necessary to open a TFSA – until the age of 19. In this case, your contribution limit for the year you are 18 rolls over to the following year.

How do I open a TFSA?

According to the Canada Revenue Agency (CRA) website, to open a TFSA account you must:

1. Contact your financial advisor, financial institution, credit union, or insurance company (issuer).
2. Provide the issuer with your SIN and date of birth so the issuer can register your qualifying arrangement as a TFSA. Your issuer may require supporting documents.

At the time of opening your account, your TFSA issuer can also provide you with specific details about how your contributions could be invested and what types of returns you can expect with each type of investment.

Working with an issuer is critical to ensure that your TFSA is registered correctly so that any income you earn from your account remains tax free.

What's the difference between a TFSA and a RRSP?

Unlike a Registered Retirement Saving Plan (RRSP), TFSA contributions do not provide an immediate tax-deduction. However, unlike an RRSP, when you withdraw funds from a TFSA, they are not taxed.

Additionally, any interest, dividends, or capital gains earned on investments in a TFSA are not taxable while held in the account or when they are withdrawn. This means you never have to report your TFSA earnings or withdrawals as income on your taxes.

This also means your TFSA earnings will never affect your eligibility for income tested benefits (like Old Age Security or Employment Insurance) or federal credits (like the Canada Child Benefit or services tax/harmonized sales tax (GST/HST) credit).

What is the lifetime limit for a TFSA?

Once you turn 18, you will accumulate TFSA contribution room each year even if you have not yet opened an account.

There is no limit to how many TFSAs you can open, but your individual maximum applies regardless of how many accounts you have.

Your total contribution is calculated as follows:

- Your annual TFSA dollar limit (for 2023 this is \$6,500)
- Plus, any unused TFSA contribution room since you turned 18
- Plus, any withdrawals made in the previous year

You can withdraw from your TFSA at any time, and withdrawals give you more contribution room in the future. Withdrawals from your TFSA can be put back in the following year without impacting your contribution room.

Where can I find my TFSA contribution room?

You can confirm your TFSA contribution room through logging into CRA MyAccount for Individuals or by calling the Tax Information Phone Service (TIPS) at 1-800-267-6999. If you have an authorized representative, they can also get these details for you. The CRA can provide you with a TFSA Room Statement to confirm your contribution limit and a TFSA Transaction Summary to confirm the contributions and withdrawals the CRA has received from your TFSA issuer(s).

Tip: It's a great idea to track your own transaction records of withdrawals and contributions. The CRA determines your available TFSA contribution room based on information provided annually by TFSA issuers, so it's in your own best interest to ensure that your records align with that of the CRA.

What is the penalty for going over my TFSA limit?

If you go over your TFSA contribution limit, this excess amount will be subject to a 1% per month penalty tax for as long as that excess amount remains in your account. For example, if you over contribute \$3,000 in a year, you will pay \$30 per month, every month you remain in excess – that is \$360 in penalties in one year alone.

Therefore, it's so important to review your TFSA contributions, annual withdrawals, and limits before you add additional funds in the year.

Note: Withdrawals cannot be added back in the same year that they were made. You will have to wait until the following year to add it back.

To find out more about TFSAs contact your investment advisor or contact Rick at 604-535-3367 (Suite 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca



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THE PHARMACIST REVIEW

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

Anti-Oxidants for Your Skin by Frederick Cheng, R.Ph

Your skin needs anti-oxidants, too.

Anti-oxidants, commonly found in fruits and vegetables, serve to protect and enhance your skin by shielding the damaging action of free-radicals. **Free-radicals** are highly unstable molecules that yearn for stability and their quest for this leaves a destructive path in normally-healthy cells and tissues. This disrupts many normal mechanisms, including cell-repair and inflammation. In the skin, this increases the risk for acne, wrinkling, and changes in pigmentation. The body naturally produces free-radicals, but environmental factors such as sunlight, tobacco, alcohol consumption, toxins, and stress worsen the situation.

The bad news is that free-radicals will always prevail. Good news, though, is that there are effective ways to maximize anti-oxidant levels. One way is by taking an oral anti-oxidant such as **Vitamin C8** by **New Roots Herbal**, which offers wide-spread systemic benefits in the body. An often-neglected method of supplementation is that of topical anti-oxidants. Examples include various combinations of Vitamin C (the most well studied), Vitamin E, Vitamin A ("Retinol", which penetrates well due to small molecular size), Vitamin B3 ("Niacinamide"), CoEnzyme Q10, and Resveratrol (eg. from skin of grapes and berries). As always, not all anti-oxidants are created equal. To make matters worse, anti-oxidants are quite unstable on their own. Thus, it is important to find companies that make quality, trustworthy products, especially when looking for something to put on your skin or ingest into your body.

The Vancouver-based **Riversol** line of skin-care is created by Dr. Jason Rivers. The unique line contains anti-oxidants such as beta-thujaplicin or "Beta-T" (from Pacific Red Cedar tree), Vitamin C, Vitamin E, Chrysin (mainly from passion flower), hesperidin methyl chalcone (from citrus and evening primrose), and propylene glycol alginate (jelly from sea algae), formulated to prevent and reverse signs of aging, such as pigmentation, thinning, and wrinkling of skin.

Viva is a company based in Richmond, BC, and their products are made inhouse in their Richmond facilities. Their **Concentrated Antioxidant Serum** contains natural anti-oxidants such as CoEnzyme Q10, mandarin orange oil, and oils

from floral sources, such as wild rose, sunflower, and lavender. Chemist and co-founder, Jimmy, ensures that all his formulations are free of synthetic preservatives. The ingredients are also sustainably-sourced directly from farmers. In addition, Viva's line offers better hydration than other oil-based skin-care products due to the unique filter spin system designed and perfected by co-founder, Jimmy, which allows the products to carry the ingredients deeper into the skin, while leaving the skin feeling silky and soft.

Come chat with the integrative pharmacists at **Pharmasave Steveston Village** and **Cloverdale Pharmasave** to see the most appropriate forms of anti-oxidant supplementation for you.

Fred Cheng and Christine Cheng are passionate sibling pharmacists at their integrative pharmacies located in Steveston Village and Cloverdale.

HOW TO REDUCE LEAD IN YOUR DRINKING WATER

Lead is a highly toxic metal that is found naturally in the earth's crust. It is used to produce many consumer products like pipes, car parts, electronics and batteries.

Lead poisoning can cause many harmful health effects. It may affect the brain, nervous system, blood pressure and kidneys in adults. But the risks are greatest for fetuses, infants and children because their growing bodies are still developing and absorb lead more easily.

Here are two simple actions you can take to reduce levels of lead in your drinking water:

1. Use point-of-use water filters

Point-of-use, or POU, drinking water filters are used to remove chemicals, including lead, from water where it is being used. POU filters can be:

- attached directly to faucets;
- inserted into water pitchers and bottles;
- inserted into refrigerators for water dispensers and ice makers.

Make sure the POU filter is certified to remove lead. You should look for certification marks and statements about meeting NSF/ANSI Standard 42 for particulate reduction (Class I) and NSF/ANSI Standard 53 for lead reduction.

2. Regularly clean your faucet aerator

A faucet aerator is a mesh screen attached to the tip of a faucet, or tap. It saves water and catches debris and lead particles that may have gotten into the water. After unscrewing the aerator, remove the pieces of debris by turning the aerator over and rinsing it with water. For grime and stubborn pieces that remain, remove them by soaking the aerator in white vinegar for five minutes. Brush the aerator gently with an old toothbrush or cloth and rinse under water before screwing it back on.

Find more information on keeping a healthy home at canada.ca/healthy-home.

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A MUST FOR YOUR NEXT MEXICAN FIESTA

Looking for inspiration for your next dinner party? A Mexican fiesta is a tried and true hit. Serve delicious, spicy margaritas alongside this grilled beef and avocado from Mexico salsa verde, put on a festive playlist and put away those winter blues.

Grilled beef and sautéed vegetables wrap with avocado salsa verde

Prep time: 30 minutes

Cook time: 25 minutes

Serves: 4 to 6

Ingredients

Grilled beef

- 1 lb (450 g) beef (Bavette, strip loin, inside round, etc.)
- 1 garlic clove, minced
- 3 tbsp (45 ml) olive oil
- 2 tsp (10 ml) ground cumin
- 1 tsp (5 ml) smoked paprika
- 1/2 tsp (2 ml) cayenne pepper
- Salt and pepper

Sautéed vegetables

- 1/4 cup (60 ml) olive oil
- 2 yellow bell peppers, sliced
- 2 red bell peppers, sliced
- 2 red onions, sliced
- 1 tsp (5 ml) ground cumin
- Salt and pepper

Avocado salsa verde

- 1 can of tomatillos, strained and chopped
- 1/2 red onion, minced
- 1 tsp (5 ml) ground cumin
- 1 jalapeño pepper, seeded and finely chopped
- 2 avocados from Mexico, peeled, pitted and diced
- Zest and juice of 1 lime
- Salt and pepper

Garnishes

- Tortillas
- Sour cream

Directions

1 For the grilled beef: in a bowl, mix all the ingredients and rub the meat.

2 Preheat oven to 400°F (200°C). In a hot pan or on the barbecue, grill the meat on both sides and finish cooking in the oven for 5 to 10 minutes according to the desired cooking. Allow to rest for 10 minutes before slicing.

3 For the vegetables: in the same pan, cook the vegetables until golden brown. Season with cumin, salt and pepper and set aside.

4 For the avocado salsa verde, mix all the ingredients and season with salt and pepper.

5 Spread the sour cream on the tortillas and garnish with sliced meat, grilled vegetables and avocado salsa verde.

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

ALONG THE WAY... WITH SHELL
by Chuck Davis

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Shell’s Story continued from last month

Does he have memories of that time? "You bet! I remember how difficult it was sometimes to collect from my customers For young Sheldon, it was out in the ear morning to cover his Globe and Mail route, then on to school, then the other papers after school. It helped that he had bicycle! I always had a brand-new bike. I'd pay \$2 a week down at Ted Beatty's Pro Shop-it's still there- and when the bike I had wore out or went out of style I'd get a new one. I put an extra big basket on the bike to hold all the newspapers." He could hardly wait to get out of school to deliver those papers.

"Shell didn't want to go to school," says his older sister, Shirley. "He was so handy from the very beginning he thought he could make it without going."

Shell agrees. "School wasn't my first love. I never did much academically. My nickname there was 'Seldom,' so 'Sheldon Busey' turned into 'Seldom Busy.' I'd much rather work with my hands: woodworking, mechanical, that kind of thing. I didn't have a car when I went to school, but I got a job delivering drugs locally for Bill Murphy's drug store." He laughs. "Nowadays delivering drugs has a different connotation! Anyway, I started out on the bike, but it was taking too long. Owen Sound is built in a hole: there are lots of hills. Bill says, 'Sheldon, we've got to get you into a car.' So he gave me his car, a brand-spanking-new 1957 Rideau 500 Meteor, a two-door hard-top. I taught myself to drive. I got in and just started. Dad had showed me how the gears worked, I just got in and off I went."

At one point during his prescription delivery days, Shell tore the front fender off Bill Murphy's car. Red-faced, with the fender hanging loose and clanging, he drove the car to Dominion Motors to have it fixed, then went to see Bill and confessed. "He just said, 'I knew it'd happen some day! And when it was repaired, who did he send to pick it up? Me."

Shell's dedication and honesty was being rewarded. "And he had a wonderful personality," says sister Shirley, "especially with the kids. I've got two daughters, and I remember one time when Sheldon was driving for Bill Murphy he came around with a box of bath salts for the girls, and he'd taped 50 pennies on the box."

Shell's a big guy at 6'6" ... or 1.98 metres. (His younger brother Gary tops out at 6'8.5, or just over two metres.

They grow 'em big in Owen Sound! Shell arrived at 10 lbs., 1 oz.) That makes it sound as if he'd be heavily into sports.

"I used to skate a lot. I played football once. I was an outside linebacker. I hit a guy and knocked him out. That was the last time I ever played."

By the way, about that name Busey. It's Scottish/English, and the family pronounces it buzzy, unlike the actor Gary Busey, who says byoossee. And no, they're not related. Busey sounds like a fairly un-

HAPPY NEW YEAR

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New Year
Out with the Old
Hats and horns
Family and Friends
Midnight
Noisemakers
Cheers
Festivities

Auld Lang Syne
In with the New
Resolutions
Bringing in the New Year
January First
Champagne
Banging Pots
Health Wealth and Prosperity

Celebrations
Party Favours
Small Gatherings
Ball Drop
Best Wishes
Fireworks
Dancing and Singing
Happy New Year

complicated name, but: "We collected variations of the way people spelled our name, and gave up at 21." And about that name Sheldon? He laughs. "About the only time I've been called Sheldon was by my Mom or my sister when they were mad at me. Sheldon!"

The way he learned to drive (I got in and just started, pretty much describes how Shell-or, to give him his full formal name, Sheldon Emerson Busey got into the field in which he famous. He got in and just started at OSCVI, The Owen Sound Collegiate Vocational Institute. Owen Sound, one of the prettier towns in Ontario, sounds like an unlikely spot for a vocational school, but the fact is the town is home to a number of major manufacturing companies like RBW (Transcontinental Printing), General Signal, Monroe Auto Equipment (makers of those famous shocks), Pittsburgh Glass, Hobart Food Equipment and so on-and so the need is always there for young people with a mechanical bent. OSCVI has been around for a long time: the precursor to the school was founded in 1856, so by the time Shell entered at age 13 in 1955 its reputation was already long and distinguished. It was a very good school. "They had General Courses there," he says. "That was the academic branch. There were Commercial Courses: accounting, cooking and so on. And then there were the Industrial Courses." He chuckles. "We were the 'bad guys.' We wore engineers' boots and chains."

One of the Institute's major buildings was low and round. The students called it the "salmon can." Shell took to the classes like a duck takes to water. They included cabinetry, electrical, plumbing, motor mechanical. "I remember one teacher really well, Bill Graham. He was the guidance teacher, and he also taught drafting.

Man, Mr. Graham helped me a lot. And he got me my first real job. He came up to me one day and said, "Shell, they're looking for a manager trainee at Beaver Lumber." "When can I start"

Shells Story to be continued next month...

WINTER CHECKLIST: TOP TASKS TO
DO BEFORE THE SNOW ARRIVES

Cooler weather reminds us to make sure we're prepared for the challenges of winter. So, as you sip your pumpkin spice latte, think about some key things to tackle before the snow piles up.

For your body:

Health experts are predicting Canada may be in for an active, potentially serious, flu season this year. This means doctors and hospitals could face additional capacity issues, so it's a good idea to book your physical and any routine tests you need now. To help prevent serious illness, get your flu shot.

For your home:

It's a lot easier to do outdoor chores when there aren't a few feet of snow on the ground and the temperatures are still above zero. Some jobs to add to your list include inspecting windows and doors for any air leaks, shutting off the outdoor water supply, cleaning the eavestroughs and checking the roof for any damage.

For your wardrobe:

Go through your winter clothes and footwear to see what needs to be replaced. You may find your sweaters are a bit tight or the tread on your snow boots has worn down. Taking stock now can help you take advantage of early sales and make sure you find the right gear in the right size before it sells out.

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NEW YEAR'S RESOLUTIONS YOU CAN ACTUALLY STICK TO



For many of us, it's an annual tradition: come up with New Year's resolutions so we can be our best selves, diligently follow the plan for a few days or weeks, and then ditch the resolutions and go back to our usual habits.

Part of the problem is that we often set overly ambitious targets. Once we start to fall behind on our goals, we eventually give up in frustration. This year, set some goals you can actually achieve.

Ease into exercise

Most of us would benefit from some more physical activity. But joining a gym or signing up for classes can feel daunting. Instead, start small. Find a friend who you can go on a brisk walk with two or three times a week. If you're back in the office,

consider riding your bike to work once a week. Get off the bus or subway a couple stops early and walk the rest of the way. And use the stairs a couple of times a week instead of taking the elevator.

Master home cooking

We've all felt the pinch of inflation. One way to save money on meals is to skip restaurant and takeout meals and prepare your food at home. Cooking at home also gives you control over how much sugar, salt and fat you consume.

If you're the kind of person who eats out for almost every meal, set a goal of making at least one dinner at home a week - and make extra so you can have leftovers or freeze it for another day.

If you already cook at home regularly, encourage

your children to join in and learn a valuable life skill. Inspire variety by challenging yourself to try one new recipe every week.

Get to bed earlier

Regular, restful sleep boosts your mood, health and cognitive functioning. Try to have your head hit the pillow 30 minutes to an hour earlier than you're used to.

Start by avoiding caffeinated drinks and vigorous activities late in the day. To help you fall asleep earlier, put away your phone and laptop and turn off the TV at least an hour before you plan to go to bed. Instead, dim the lights in your room, and maybe curl up with a book.

Protect your digital self

Make this the year you protect yourself from cybercrime. Don't reuse a password for multiple purposes or accounts. If you're worried about remembering all your passwords, consider using a password manager. With this tool, you only have to remember one password to access all your accounts.

For a higher level of security, consider using passphrases instead of passwords. Passphrases are a series of four or more random words that are easy for you to remember, but almost impossible for cybercriminals to guess, such as BathroomLampClosetMug.

Also set up a schedule to make sure all your devices and software are updated. Better yet, enable automatic updates whenever possible. Make a habit of clearing your cache and browser history after browsing online, and always log out of your accounts.

Find more cybersecurity tips at getcybersafe.ca. www.newscanada.com

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WHY IS THE SHUSWAP WATERSHED COUNCIL OFFERING GRANT FUNDING FOCUSED ON NUTRIENTS?

Nutrients such as phosphorus and nitrogen are an important part of any ecosystem. In an aquatic system like Shuswap Lake, they are the basis of the food chain for algae, plants, invertebrates (insects), and fish. However, if too many nutrients – especially phosphorus – flow into a lake, it can trigger an algal bloom which in turn reduces the quality of water for drinking and recreation, creates odours, and can even be toxic to people, pets and livestock.

From 2016-2019, the Shuswap Watershed Council worked with researchers at the University of British Columbia – Okanagan to better understand nutrients in the Shuswap watershed. The results showed that the highest proportions of phosphorus in the lakes come from the settled valley bottoms of the Shuswap River and the Salmon River where there are farms, homes and commercial development.

To protect our water quality from too many nutrients, and the potential for more frequent or severe algal blooms, the Shuswap Watershed Council has created the Water Quality Grant Program to assist farmers and landowners with new management

practices to reduce, capture or divert phosphorus-rich waters or effluent so that phosphorus doesn't end up in rivers or lakes where it could contribute to water quality concerns. The Shuswap Watershed Council (SWC) was established in 2014 as a watershed-based partnership of several organizations with an interest or responsibility for protecting water quality. There are up to 22 members that represent three regional districts, two municipalities, the Secwepemc Nation, three provincial government agencies and Shuswap communities.

The SWC is a collaborative, non-regulatory group that focuses on strategic initiatives to protect, maintain and enhance water quality and to promote safe recreation in the Shuswap. The SWC works alongside organizations that have regulatory roles in managing the Shuswap watershed, complementing their work and carefully avoiding duplication.

The Fraser Basin Council, a provincial non-government organization, provides staff services to the Shuswap Watershed Council.

https://www.fraserbasin.bc.ca/Water_Quality_

Grants.html

Water Quality Grants

NEW! As of December 1, 2022, the Shuswap Watershed Council is inviting applications to its Water Quality Grant Program. Up to \$55,000 in funding is available, to be distributed in early 2023. Applications close January 31, 2023.

- About the Water Quality Grant Program
- Apply for a water quality grant
- Why is the SWC offering grant funding focused on nutrients?
- Summary of water quality improvement projects funded by the SWC

About the Water Quality Grant Program

The Shuswap Watershed Council would like to help you keep nutrients on the land, and out of surface waters

The SWC's Water Quality Grant Program was first launched in early 2020. The purpose of the grant program is to provide financial support for projects and new management practices in the Shuswap watershed that improve nutrient retention on the land and in the soil so that less phosphorus flows into Shuswap and Mara Lakes. By retaining nutrients in soils, and preventing their movement into nearby watercourses, a win-win situation is created for farms and for water quality.

The grant program is administered through a process of applications, reviews, and approvals.

Apply for a Water Quality Grant

To apply for a grant, please:

- read the SWC Grant Program Guide (PDF)
- complete and submit the SWC Grant Program Application Form (Word document), including a program budget*

*Applicants can choose to use this budget template (Excel) if desired.

For more information about the SWC's Water Quality Grant Program, see the following:

- Map of the Shuswap watershed
- YouTube video describing SWC water quality grant recipients' projects in 2020
- Research summary report, Understanding Nutrients and Water Quality in the Shuswap River and Salmon River

Prospective applicants are encouraged to contact the SWC, care of the Fraser Basin Council, to discuss their project before submitting an application.

Applications are due by 4:00 pm on January 31, 2023.

Contact:

Alex de Chantal SWC Program Manager c/o Fraser Basin Council 200A - 1383 McGill Road Kamloops, BC V2C 6K7

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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.

Find more information at michelin.ca.
www.newscanada.com

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HEALTHY HABITS FOR THE NEW YEAR

New year, new start, new you? With the start of the new year, many of us are thinking of ways to make healthier changes in our daily lives. But it's easy to get overwhelmed with the amount of information and options out there.

That's why registered dietitian Sue Mah encourages us to think about our eating habits. "Healthy eating isn't just about what you eat, it's about how you eat too," she says. "Take time to be aware of your thoughts, feelings and behaviours with food."

Here are some ways to be mindful of your eating habits in your day-to-day routine.

- Tune into your hunger cues. Notice why you're eating. Are you eating because you're actually hungry? Or are you reaching for food when you're feeling bored, sad or upset, or maybe when you're just craving something sweet or salty? Be aware of when you're feeling full.

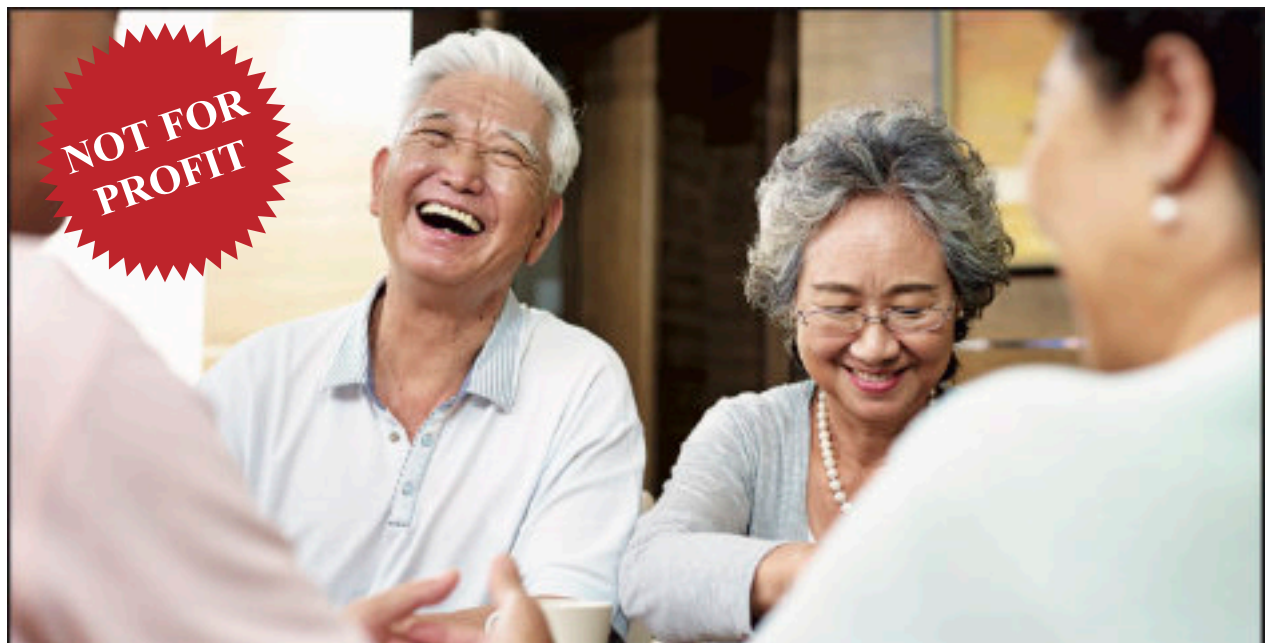
- Enjoy meals with all your senses. Pay attention to the colours, textures, tastes and smells of food and beverages. You already know that 100 per cent orange juice is an excellent source of vitamin C. Now, think about the brilliant colour of a glass of Florida orange juice. Listen to the crunch of a ripe red apple or take in the wonderful aroma of a homemade soup filled with colourful veggies.

- Eat with others. Connect with others through food every day. Whether you're having a quick breakfast at home, sharing recipes over lunch at the office or cooking a busy weeknight's dinner with the family, turn off the TV and other distractions. Take time to enjoy mealtimes together and catch up on the day's events.

Find more information and recipes at

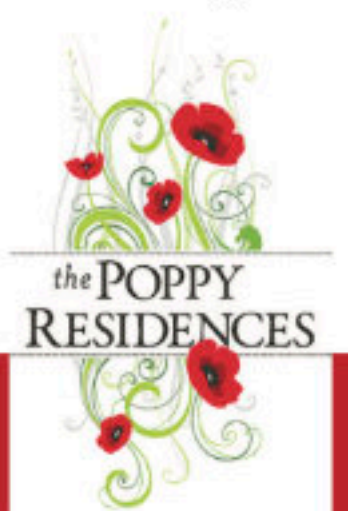
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NEW SENIORS CLINIC HELPS LANGLEY SENIORS LIVE WELL, INDEPENDENTLY



As our population ages and people live longer independently, often with multiple chronic conditions, we need to consider how to help them do that well.

The recent opening of the Specialized Seniors Clinic at the Langley Memorial Hospital campus is doing just that.

Working alongside primary care providers, home health services and the hospital, the clinic team provides wrap-around care that addresses the individual's unique needs, explains geriatrician Dr. Joy Liao.

That full-circle of care is vital, and typically

begins even before seniors see a geriatrician. "Despite our wait list, if urgent needs are identified by our team, they are triaged to see the physician earlier," Dr. Liao says.

Beyond older adults themselves, the team's approach recognizes that the care circle also includes family caregivers, so giving them tools and strategies increases and maintains resilience and protects against physical and mental burnout.

For seniors and their caregivers, keeping active is essential, providing significant benefits for mood, sleep, many chronic diseases as well as ensuring optimal brain function, Dr. Liao notes.

Being social is also key. "We're made to be relational; interacting with others regularly, building those social connections and avoiding isolation not only benefits cognition but improves overall quality of life, especially in our senior years."

With Fraser Health forecasting the population of individuals 75 and older in the Fraser Valley will grow by about 30 per cent by 2025, and by 149 per cent in 2040, more support for seniors is needed. "We need to build today what we need for tomorrow," Dr. Liao notes.

The opening of the new Seniors Clinic shows the community can make a vital difference for seniors.

"The residents in our community deserve to have the resources to live well, independently, long into their senior years, and care like that provided at Langley's Specialized Seniors Clinic is essential to making that happen," says Heather Scott, Executive Director of the Foundation.

To learn more about LMHF's plans to support senior care in the community, visit LMHFoundation.com, or make a donation today at LMHFoundation.com/donate.

THE IMPORTANCE OF SELF-CARE

When hearing the words "self-care," some people may think it means indulging yourself, such as getting a massage or buying yourself a treat. In some ways it can include these types of things, but it is also much more. Whatever your form of self-care, there is real value in taking care of yourself in simple, regular ways. For you, it might be your daily walk through the neighbourhood, a good chat with a friend or a session with a therapist.

Taking care of your physical and mental health can help you handle difficult experiences, help you feel more confident in yourself and your abilities and improve your ability to regain some control after you've been through a tough time.

Of course, many things can affect mental well-being, and they aren't all within our control. But, having things to look forward to and putting aside time to prioritize yourself are important parts of everyone's well-being. As many of us learn the hard way, you can't do your best for anyone else if you're not showing up for yourself.

If even the small things seem challenging or you're finding that emotions like sadness, worry, loneliness or anger are long-lasting or interfering with your daily routines, it may be time to reach out for help. This is another important act of self-care itself.

There are many free and credible mental health resources available online, including self-guided therapy, one-on-one counselling with qualified health professionals and moderated peer-to-peer support. You can find more information about these resources at canada.ca/mental-health.

www.newscanada.com

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WRITE AS I PLEASE

By Mel Kositsky

"This is the mindset we all need. We should live every day with courage and tenacity but also with hope and good thoughts in mind. Something good is just about to happen." -- Peter Legge

Wise words from Mr. Legge, the acclaimed author and inspirational speaker, who often shares his thoughts in weekly newsletters. It is something we can think about as we welcome 2023, which promises to be another challenging year. After getting through a global pandemic and dealing daily with economic uncertainty from rising inflation -- and "experts" fearing a recession -- we can all use some "hope".

"Peace on Earth" and "Goodwill to all" is a festive message we should be living by year-round and not just through the holiday season. We all need a rest from the daily "doom and gloom" media reports. There has been so much tragedy all around us these days, it is no wonder the Russian war on Ukraine has become less of a news item for most news outlets. Many are still too focussed on destroying former U.S. President Donald Trump.

It used to be that this time of the year was one of "renewal". People would make positive New Year's Resolutions and try to stick to them for at least a few months. People wanted to lose weight by going on diets or exercise. Many took out gym memberships that ran out before the pounds disappeared.

Now these resolutions hardly last a week -- especially the ones to spend less and save money. It is much too easy to shop online and those Boxing Day sales last forever. Now travel plans just become part of a "bucket list" that hardly ever gets checked off. (Who invented that term, anyways?).

So instead of making resolutions that likely won't be kept, let's try making predictions for the new year -- and items you likely will never see the news media ever covering.

First of all, let's hope that war comes to an end and does not escalate in 2023. Perhaps winter weather will slow things down and the will to continue fighting will drop off. It won't be any sanctions that end it and NATO countries need to get tougher with Russia before an "accidental" incident creates more conflict.

We would also hope interest rates stop rising. Who really benefits from this constant exercise except the financial institutions, which set the rates. The average person does not (or cannot) worry about debt. Otherwise media reports would not be constantly harping on the issue -- worrying about the average debt of \$1.85 for every dollar earned. People just spend what they need to (or want) and the banks and other money lenders just keep raising their fees and charges. Consumer debt keeps the economy going and media outlets fuel the spending with all their commercials. Have you noticed the increase in television commercial breaks? Shows now just fill in time between commercials.

Don't expect any elections in B.C. in 2023 or at the federal level, despite all the whining by opposition parties and political pundits who have media platforms. They are just making things up to fill space. With a new Premier in office in B.C. and his new team in place, the provincial government holds a strong majority and can just focus on what it wants to do before a fall 2024 election. Why would they give up power and control?

The federal government is in its second "minority" government and has made a deal to stay in power until 2025. Why would any politician take a chance of losing their jobs in these uncertain times? They have it pretty good and are now well rested after a long holiday break. If you ever watch Ques-

tion Period in the House of Commons when they are in session, it is the best comedy show around.

And whatever happened to "global warming"? That term seems to have disappeared, especially in parts of the country experiencing severe winter storms and Arctic temperatures. The "Canadian Snowbirds" are in full flight this winter -- if they ever can get out of their local airports.

Now it seems climate change fanatics have lost the fight for a "worldwide crisis" despite all the motions and resolutions various political bodies have made. Now they are busy setting targets for 2030 and beyond that likely will not ever be met. Funny how these experts and leaders continue to use the services and materials they want the "average" person to forgo. It is mostly a lot of hot air!

The Pacific Agriculture Show will showcase the latest and most innovative equipment and technology for the agriculture industry. Join thousands of farmers and agri-food producers in comparing and investigating what over 300 exhibitors have to make your farm operation more efficient.

B.C.'s agriculture industry is unique in its diversity and the annual show attracts an attendance from all the livestock and horticulture sectors including: dairy, cattle, poultry, equine, hogs, llamas and alpacas, as well as representatives from vegetable, berry, grape, bulb, ornamentals, hothouse, flower and shrub growing operations -- and much more activities during the three-day event.

The show takes place at the Tradex Exhibition Centre at the Abbotsford Airport from January 26 to 28. Show hours Thursday through Saturday are 9 a.m. to 4:30 p.m. Admission is \$15 per person, \$10 for Seniors and 4H members, while children under 14 are admitted free.

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RESET YOUR HEALTH WITH POWERFUL FOOD PAIRINGS

Start the new year right by making the most of your food choices. According to Sue Mah, a registered dietitian, you can easily maximize the nutrition and health benefits of delicious foods simply by pairing them in certain combinations.

Here are a few of her favourite foodie power couples:

Bean burger and orange juice. Tap into the alternative meat products trend with a burger made of beans, a fantastic source of soluble fibre that can help lower blood cholesterol and control your blood sugar levels. To boost the iron absorption from beans and other plant-based foods, pair them with vitamin C. That's where Florida orange juice comes in. Just one cup of 100 per cent OJ contains more than the recommended daily intake for vitamin C and is the perfect pairing.

Bananas and yogurt. You've probably heard of prebiotics and probiotics. Prebiotics are found in



certain foods like bananas, asparagus and onions. Probiotics are healthy bacteria that naturally live in our digestive systems and are commonly found in foods like milk and yogurt. Prebiotics actually act as food for probiotics, so eating bananas and yogurt together is a winning combo for a healthy gut.

Spinach and nuts. Spinach is one of the best sources of lutein, a plant compound that is important for healthy eyes and vision. If you enjoy a spinach salad, toss in a handful of nuts like peanuts, almonds or walnuts. The healthy fats found in nuts increase

our body's absorption of lutein. As a bonus, team up this healthy combo with a glass of orange juice to boost iron absorption. Kale is another good alternative for the spinach.

Eggs and cheese. Eggs are one of the few foods that naturally contain vitamin D, which greatly improves our absorption of calcium, a bone-building nutrient found in foods like cheese. So go ahead and combine the two in a cheesy omelette or make scrambled eggs topped with grated cheese.

Find more information at floridacitrus.ca.
www.newscanada.com

HOW FARMERS CAN STRENGTHEN THEIR BUSINESS AMIDST ECONOMIC UNCERTAINTY

From labour shortages and fluctuating commodities prices to evolving environmental risks, Canadian farmers continue to operate amid highly disruptive conditions. When looking to 2023 and beyond, how can agricultural producers continue to adapt and grow within this environment?

According to a recent RBC Agriculture poll, the majority of owners and operators are prioritizing:

1. The cultivation of a strong agricultural network to tap into for advice,
2. the recruitment of skilled workers,
3. building up their farm's leadership team,
4. investing in technology and data-driven decisions
5. and focusing on risk management planning.

"After weathering significant and unpredictable disruptions over the past two years, farmers are increasingly shifting their focus and investments on proactive priorities to strengthen their operations and cultivate growth," says Ryan Riese, national director of agriculture, RBC.

Here are three tips for producers looking to advance these priorities:

1. Make risk management part of your everyday decision-making. Some activities may include regularly scheduled risk assessments, creating contingency cash flow projections and staying updated on the latest industry disruptions, trends and farming solutions.

2. Expand your knowledge with education and training opportunities. Owners and operators will need a broader understanding of business fundamentals than ever before. Explore courses from credible institutions and experienced instructors that



focus on managing a modern farm operation, such as the free Foundations in Agriculture Management program offered by the University of Guelph.

3. Don't go it alone. To navigate an increasingly dynamic and interconnected sector, producers will need to rely on a wide range of employees, partners,

suppliers and non-industry collaborators. Don't hesitate to turn to your advisor, lawyer, mentor or other trusted members of your professional network for proactive feedback and support.

Find more information at rbc.com/agriculture.
www.newscanada.com

AFFORDABLE WAYS TO KEEP YOUR HEALTH UP THIS YEAR



It can be extra difficult to grow or maintain healthy habits when the cost of living is high. With an overloaded health care system, it's also a benefit to stay in shape.

Here are few budget-friendly ways to help you stay healthy this year.

Choose in-season produce: We all know fruits and veggies are a core part of any healthy meal plan. So, learn to love some cheaper staples as they rotate through the season. Winter squash is a delicious choice that can feed a crowd and be incorporated into everything from baked goods and pasta to casseroles

and winter salads.

It's okay to go frozen: If you crave summer favourites like berries or green beans even in the winter, opt for frozen varieties. Depending on the brand, they may be cheaper since you can use them over a longer period of time. Frozen foods have all the nutritional benefits of fresh produce, plus they're usually frozen at peak quality.

Store food right: We already spend so much on food, it pays to store it properly for lasting freshness. Check the temperature of your fridge to make sure it's set to 4°C (40 °F) or lower, and set your freezer at

-18°C (0°F) or lower so your ingredients are stored safely.

Protect your sleep: Sleep is precious for your health, but it can be hard to come by. Skip the pricey home remedies and consider adjusting your routine instead. Plan to go to bed at roughly the same time every night and wind down with a library book or podcast. It's easier said than done, but if you can just let it go, you might start to fall asleep.

Build activity into your day: Exercise doesn't have to mean joining a gym or subscribing to costly programs. Take advantage of movement you get day to day, like choosing a hilly route when you take the dog out or doing a little dance while you wash the dishes. You'll be more likely to fit in free activity if it's a simple extension of your routine.

Get help for your teeth: Dental care can be expensive – especially if you don't have insurance. But a healthy mouth is a crucial part of overall health. It helps you avoid more costly, uncomfortable and long-term problems down the line – so it's not something to put off. If you don't have access to private dental insurance for your kids, look into the new Canada Dental Benefit that provides up to \$650 a year for the next two years to cover dental services for kids under 12.

Find out if you're eligible and apply for the benefit at canada.ca/dental.

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Straight from the Horse's Mouth

By Mel Kositsky

The British Columbia horse racing industry is preparing a "Vision For The Future" and is creating a three-year plan to guide its efforts for a brighter future.

A special meeting of industry representatives was held November 23 at Fraser Downs at Elements Casino. Management from the various sectors of the B.C. racing industry gathered to discuss the future of horse racing in the province. On that same day, the 2023 racing dates for both thoroughbred and harness racing were approved by the B.C. Gaming Policy and Enforcement Branch, and were sent to the meeting by GPEB Director of Racing, Bill McNeill.

A BC Racebook newsletter article written by Greg Douglas (Dr. Sport) gave some insight into the meeting and reactions to the good news.

"There's no question the letter was inspiring for all of us," said David Milburn, President of the Horsemen's Benevolent & Protective Association of B.C. "We've been through some difficult times but we're coming back with renewed enthusiasm from everyone involved. We're moving in the right direction".

Sponsored by TBC Teletheatre, the group session included key members of the HBPABC, BCTOBA, CTHS-BC, BC Racebook, Harness Racing BC as well as management from both Hastings Racecourse and Fraser Downs at Elements Casino.

McNeill's letter confirmed 45 race dates at Hastings Racecourse for 2023, including the return of popular Friday Night racing on four occasions, as well as two Monday night dates during the annual PNE Fair.

Opening day in 2023 at Hastings will be Sunday, April 30 with the meet running through Sunday, October 15, mostly on Saturday and Sunday afternoons. There will be three Holiday Monday cards, including BC Cup Day on August 7. The BC Derby will be held Saturday, September 9.

The Friday night dates with 7 p.m. start times are scheduled for July 28, August 4, 11 and 18. The two Monday night cards, also 7 p.m. starts, are set for August 21 and August 28 when the PNE Fair is dark.

"Evening racing draws a different kind of crowd," said Milburn, long-time horse owner and trainer. "It attracts a new brand of people curious to see what we have to offer."

Milburn noted several new outside promotional events developed by BC Racebook with Hastings management last season will return in 2023. He singled out the 'Horse Power 4 Horses' display of Supercars on the Hastings tarmac in September supporting the Valley Therapeutic Equestrian Association.

Nichelle Milner, Regional Manager of Racing Operations at Hastings, confirmed the set-up date at Hastings will be Friday, January 20 with move-in day Sunday, January 22. Training starts on Tuesday, January 24.

Live harness racing at Fraser Downs at Elements Casino Surrey resumes Thursday, February 2 for 56 race dates in a split season. During 2023, live racing at the Cloverdale track will be held only on Thursday and Friday nights -- a new schedule from 2022 dates.

Poor weather and bad track surface conditions caused a number of cancellations in December.

The split season will see 28 days of racing from February 2 until May 5. Another 28 days of fall racing will be held from Thursday, September 15 until Friday, December 15.

Simulcast racing coverage from tracks around the world continues seven days a week at Fraser Downs, Hastings Racecourse and all BC Racebook outlets around the province, as well as online at www.hpibet.com.

Woodbine Entertainment has announced that The Queen's Plate, North America's longest continuously run stakes race, will once again be known as The King's Plate.

This exciting next chapter of Canada's premier Thoroughbred horse race, which will take place on Sunday, August 20 in 2023, follows the September 2022 accession of King Charles III. The 2023 edition will mark the 164th running of the prestigious, \$1 million-stakes race historically named in honour of the reigning monarch, which has become one of the highest-profile events in Canadian sports.

The Plate is the first leg of the Canadian Triple Crown and followed by the Prince of Wales Stakes run at Fort Erie Race Track, and the Breeders' Stakes run at Woodbine Racetrack.

"The Plate is one of the most celebrated events in horse racing, and we're proud to celebrate its history while starting a new chapter under the banner of The King's Plate," said Jim Lawson, CEO, Woodbine Entertainment in a news release. "Those who attend can expect more than elite-level horse racing. They can soak in the elements of food, fashion and culture that have become associated with this prestigious annual event while enjoying moments designed for a new generation of race fans. We're excited to share more details about The King's Plate in the months to come."

The story of The Queen's Plate began in 1859 when the president of the Toronto Turf Club, Sir Casimir Gzowski, petitioned for an annual horse racing prize awarded by Queen Victoria to Canadian-bred horses. The prize from the British monarchy, which continues to this day, is the value of 50 guineas (a defunct British gold coin no longer minted).

Following the succession of King Edward VII in 1901, the event changed its name to The King's Plate (and would remain so during the reign of George V, Edward VIII, and George VI), before once again returning to The Queen's Plate (Queen Elizabeth II) in 1952, the moniker it held for the last 70 years. The 164th running will celebrate the tradition and style fans have come to expect while embracing the transformative spirit that comes with the royal succession.

The King's Plate is scheduled to take place at Woodbine Racetrack and run on the Tapeta track at a distance of a mile and a quarter on Sunday, August 20. Entry conditions for the 2023 King's Plate are unchanged and the race remains open to all three-year-old thoroughbred horses foaled in Canada.

The 163rd Queen's Plate in 2022 was a sold-out event that attracted an estimated 15,000 spectators and hundreds of thousands of viewers on CTV and TSN. Moira, the winning thoroughbred, set a Plate record time of 2:01.48 in one of the most exciting finishes in race history. Woodbine Entertainment also plans to celebrate and honour the late Queen Elizabeth II in 2023 for her contributions and support of the event and Thoroughbred horse racing in Canada for the last 70 years.

In other racing industry news, Standardbred Canada (SC) and the Canadian Thoroughbred Horse Society (CTHS) are conducting a National Economic Impact Study. The two organizations are working with Serecon, a third-party research company, to conduct an economic scan and facilitate key stakeholder inter-

views through a national survey and provide further analysis. The goals of the project are:

- To increase the understanding of the current state of the sector;
- To identify and articulate the economic and social impacts of horse racing across the country;
- To develop strategic recommendations to ensure the sustainability and inclusivity of the horse racing sector;
- Socialize findings with key federal government stakeholders.

The study will review such economic drivers as cost of ownership, economic contribution from horses, and industry trends.

"We are pleased to collaborate with Standardbred Canada to conduct the economic impact study for the Thoroughbred and Standardbred racing breeds," said Adrian Munro, President of CTHS. "The study will build off of the pre-pandemic era to begin tracking overall impact drivers for our industry."

"This is a first for both national breed registries who have agreed to work together to collect data and information on the horse racing sector in Canada and using the key performance metrics that the survey provides will help us understand and measure our lines of business with the ultimate goal of building a sustainable future for the industry," said Dan Gall, President and CEO of Standardbred Canada.

The final report will be reviewed by CTHS and the SC Board of Directors and is scheduled to be submitted in January 2023. This report will provide an overview of the evolution and current state of the Canadian horse racing industry and highlight the economic and social impacts of the sector, outline challenges, opportunities, and recommendations to consider.

Bob Burden, a Senior Director with Serecon, added that, "Our team will accurately assess the total contribution of the Canadian horse racing industry to Canada's economy so that both associations will be better equipped to address challenges going forward."

The news release said both parties, SC and CTHS, encourage the horse racing sector to provide information into the research being conducted to allow our sector to be as thorough and accurate as possible with the data collected.

FINANCING TO MODERNIZE YOUR BUSINESS

If you're running a business, it can sometimes seem like you need to invest money to make money. That's why businesses often look for financing to help their growth. What kind of financing is your best bet? Here's what to consider:

Credit

Borrowing on credit or taking out a loan can be an effective way to give your business a leg up. But be sure to review the repayment terms and interest rate and to make a manageable plan for repayment. If you're pitching to lenders, remember to focus on the steady stability of your venture. Lenders want to know you'll be able to pay them back.

Grants

Not all financing must be repaid with interest. If you're thinking about borrowing on credit or taking out a loan, it's worthwhile to explore grant opportunities first. Grants can help you remain prudent and achieve your goals without taking on additional risk. Look for grants tailored to your specific needs, such as the Boost Your Business Technology grant, for instance, to modernize your operations. The program offers grants of up to \$15,000 and zero per cent interest loans for eligible businesses, as well as access to specialized advisors to help you implement digital tools.

Find more information at canada.ca/digital-adoption.

www.newscanada.com



PEDALING IN PARADISE WHEELIE GOOD TIMES IN MAUI!

By Rick Millikan

Bicycles can provide free transit and delightful exercise during Maui vacations. Though some travelers pedal from Kahului Airport, special taxis carry us plus our bikes twice to beachside condos.

Settled in Kihei, shopping jaunts become bike adventures and evade town gridlocks Beachside roadways take us south to picnic destinations past at along Wailea's sandy shorelines and at Ahihi Marine Sanctuary. And Highway 30's wide shoulder takes us north to snorkel off Olawalu, Ka'anapali, Napili, Kapalua and Honolua Bay beaches.

Maui's Haleakala Volcano offers special cycling experiences. Avoiding the awesome grind up its 3,000-meter summit, a van shuttles us up in time for spectacular sunrise views and peaceful, exhilarating descents. Provided safety tips, we practice maneuvering their heavy-duty coasters around the parking lot.

Descending single file, I appreciate the view of the rugged volcanic landscapes and distant ocean vistas. Coasting exhilaratingly onward past eucalyptus groves, rolling pastures and flower farms, we stop in Kula village for breakfasts featuring juicy papayas and pineapples.

Remounted, we continue freewheeling downward, then softly pedal along country roads: through 'cowboy-style' Makawao; past pineapple and sugarcane fields and on into funky Paia town. At its white sand beach, our guide high-fives us, recognizing completion of this 61-kilometer ride!

To explore Lahaina, the Hawaiian Kingdom's early capital, we rent snappy beach cruisers. They allow us easy parking for our investigation of two heritage graveyards...

Next entering Hale Pa'ahao, stuck-in-irons-house, we wheel beside the old prison's high lava walls and lean cruisers against a cellblock. One cell encloses a narrow cot and iron shackles. Beside the barred door, an 1850's document lists punishable crimes: ship desertion, adultery, drunkenness, and dangerous horseback riding. Fruit theft isn't listed. So I pick up golden mangos from its shady grounds and stow them in my pannier.

A nearby temple boasts twin pagodas. Adorned in shell leis, a bronze statue represents this Buddhist sect's founder. Sighting two humungous avocados abandoned on a nearby lane, I thank Buddha...and put these luscious treasures beside the mangos.

An immense banyan tree sprawls in oldtown Lahaina's center. We discover that an adjacent coral-block building served as customs house when hundreds of whaling ships anchored in the harbour. It now houses a small museum displaying centuries-old artifacts. Free maps highlight several other historic sites.

Skirting the busy waterfront, we enter a shoreline park where fellow cyclists lounge under shady coconut palms. Nearby lie the remains of Kamehameha III's brick palace.

Walking our cruisers along picturesque Front Street, bronze heritage plaques identify early buildings like the western-style balconied 1901 Pioneer Inn. Across the street stands Lahaina's oldest structure. Built of coral, lava and wood, Baldwin



Mission Home was the island's medical center. Inside, instruments in glass cases represent Dr. Baldwin's medical, dentistry and veterinarian services. Many furnishings reflect patients' grateful payments. We learn during Maui's smallpox epidemic Doctor Baldwin saved thousands of islanders administering vaccinations and quarantines.

Wo Hing Temple reflects Lahaina's sugarcane plantation era. Early Chinese workers formed a fraternal society, which constructed this two-story temple. Upstairs artifacts include a Taoist altar and bronze incense burner. Amid rusty woks in its community cookhouse, we watch two of Edison's movies depicting turn-of-the-century Hawaii.

Our explorations end at Jodo Mission. Inside its serene, gated enclosure, we contemplate its huge temple bell, lofty pagoda, temple, and magnificent, massive bronze Buddha. The Amida Buddha commemorates the arrival of Hawaii's first Japanese immigrants in 1868.

Returning to a favourite Front Street restaurant, we enjoy fish tacos on its lanai. Watching cyclists swoop past, we wonder: Did they choose bicycles as easy, breezy alternatives to cars? Or like us, choose bicycles for the best sightseeing?

If you plan to cycle Maui:

- Check out www.ibike.org/encouragement/travel/bagregs.htm for bicycle baggage info.



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

WHAT ARE LOWER SUCTION DENTURES?

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

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

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

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

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

Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

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

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WHAT IS SEMCD?

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

HOW DOES IT WORK?

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

CAN ALL DENTURISTS DO THIS?

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

IS THERE SURGERY INVOLVED?

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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?

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

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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 or call the clinic to set up an appointment for a complimentary consultation.

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