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# TODAY'S SENIOR® NEWSMAGAZINE



'Howe' Vancouver and so much has changed. (Photo: Dan Propp)

FEBRUARY - 2023

FRASER VALLEY -  
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# ACCORDION TO DAN

Now that we are well into the new year, the question some of us seniors in Beautiful BC might be asking is where did those years vanish that used to be to some degree part and parcel of our past familiarity? Thus, a stab at a bit rhyming poetry regarding BC history.

## WHERE DID THOSE DAYS GO?

"Sorry for the inconvenience" might bring back images of a Vancouver Sun Len Norris cartoon. Perhaps also, a construction sign connected to former Highways Minister, Phil Gaglardi. For many of us it was an interesting time. The days of Social Credit and NDP, the opposition, and all that exciting former BC provincial history. Remembering our provincial railway, the PGE (Pacific Great Eastern) and Premier W.A.C. When BC Ferries was often referred to as British Columbia's own navy. It was such a colourful time watching the Victoria goings, on our 21 inch, black and white tv. The unforgettable radio days of personalities like Jack Webster "precisely" on CKNW; Pat Burns on CJOR; plus Ed Murphy on CKWX. We had newspaper columnists like Eric Nichol and Koshevoy. Boy, oh boy, where did all those great days go?

## OTHER MEMORIES TO QUENCH OUR HUNGER AND THIRST

Do you remember when 'things went better' with a real glass bottle of Coke. How about the Pepsi generation. Fresca and Orange Crush all for a dime or so, for goodness sake. In retrospect there are plenty of reasons for such appreciation. The carbonated pop culture that once used to be. They still manage to fizz big time in that memory bank of ours. As do those many Ma and Pa run grocery stores, so many of them vanished, now are history. Recalling those non digitalized soft drink sponsored signs on their premises still for some of us fondly empowers.

Just like all the one cent candies or three jawbreakers for a penny, walking home from school. Loading up with so many with our school friends. It's a bit hard to blot out that we don't even have a penny minted anymore. It doesn't make sense or cents, pardon the intended pun. In retrospect, those days were kind of fun recalling ink wells, blotter paper, and the twelve-inch--still manufactured in Canada--wooden ruler.

## IAN AND SYLVIA

Four Strong Winds, oh my. how many remember that great song. It was sad recently to read that Canada's Ian Tyson passed away. It was particularly tough to hear the news while right in the middle of reading Ian and Sylvia's incredible book appropriately titled, Four Strong Winds. As a kid, I saw them perform at Howie Bateman's Vancouver coffee cabaret, the Inquisition, many moons ago and what an unforgettable beautiful experience that was.

## TO A MEMORY AND A CAUSE

I remember as a kid seeing Ian and Sylvia perform at Howie Bateman's Inquisition. Learning Ian had left us, while in the middle of reading Ian and Sylvia's book Four Strong Winds, what emotions and memories were stirred. Bringing back memories of the folk era, such a promising and enlightening nineteen sixties and its all-encompassing mission. That news made it particularly rough. All those great groups that used to inspire us so today are badly and very sadly missin'. The Limelighters, Kingston Trio, Bob Dylan and so many others. Somehow the industry in its 'wisdom' has managed to snuff. I will never forget that acoustic performance at Vancouver's Inquisition and how the voices of Ian and Sylvia blended like magic just like Peter, Paul and Mary. A



pity so much that once was, has ended.

## ON A LIGHTER NOTE

Just like a guitar, the English language does have a few strings attached plus many a bridge over troubled waters. However, with respect to the music of Simon and Garfunkel there is no reason to fret. Therefore, the following bit of word play to ponder.

## FRETS

Why are the metal bars across a guitar's neck called frets? What is there to fret about? Please forgive all the pun-ishment, it gets worse the older one gets. Whatever life's strings produce, there is no reason to pout. You just have to cross that bridge and adjust the pegs maybe a tad or two. Just like our Vancouver's Lions Gate or I left my heart in San Francisco's Golden Gate, facing whatever, with music, bridging the gap can emotionally be a cinch. I mean, instrumental, after all...what else can one do. As Walter Cronkite used to say whatever the news..."and that's the way it is". Like guitars such as Martin, Fender or Gibson, there is nothing like a bit of musical wisdom, whatever types of music we face, or daily frets, the easier it sometimes gets.

## A TOAST TO THE MANY COMEDIANS THAT ARE AND WERE

Wayne and Schuster, Groucho Marx and Bob Hope, Joyce Grenfell, even Mad Magazine's Alfred E. Newman. A bit of rhyme how humour helped us cope. Whatever experiences that helped us remain human, like 'Lonesome' George Gobel, Jack Carter, Shelly Berman. Carol Burnett, Abbott and Costello "Who's On First"; and another famous classic bit on the Jack Benny show "Your money or your life"; (his response) "I'm thinking it over". How humour helped

us relax and forget life's challenges and kept us reasonably mellow. There was so much of that laughter in the old days when it reigned supreme. Like Red Skelton's character, Clem Kadiddlehopper, some of us seniors will never forget the kind of comedy that once had been.

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PHOTO CAPTION: 'Howe' Vancouver and so much has changed. (Photo: Dan Propp)

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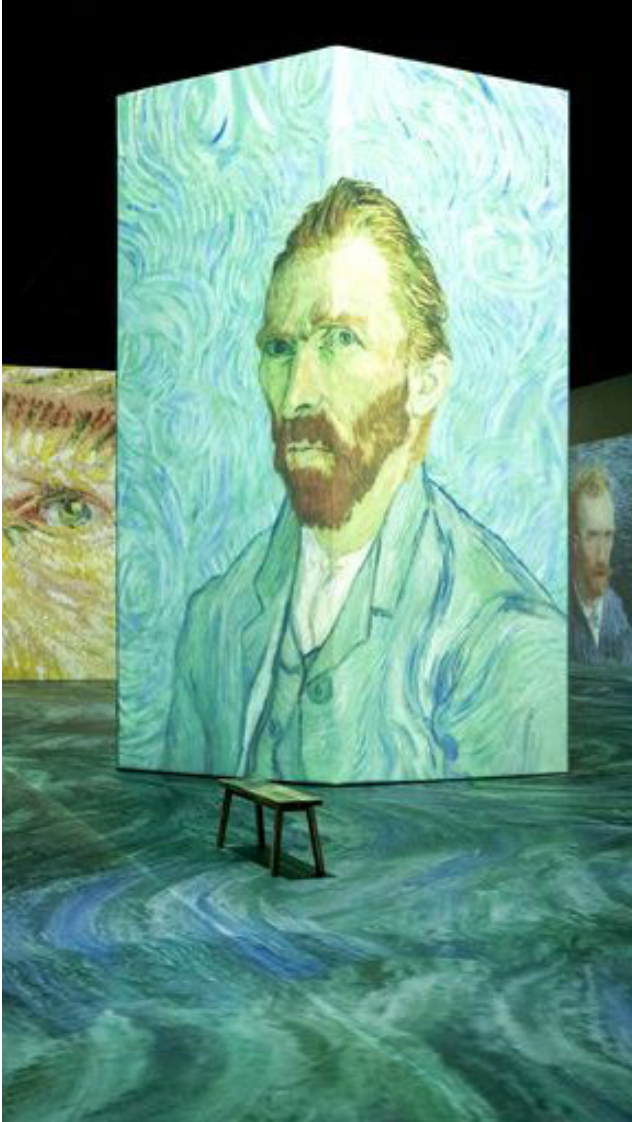
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# FEBRUARY CELEBRATIONS: BEYOND VAN GOGH TO LUNAR NEW YEAR

By Ursula Maxwell-Lewis

Welcome to the month of hearts, flowers and... chocolates. Make mine dark, please. But here are a few words from our sponsor: February.

The Romans named this month after the Latin word 'februa', meaning 'to cleanse'. In their world it was the festival month of purification and atonement. In my world that doesn't jive with all

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things St. Valentine.

To the Anglo Saxons February was Sol-monath (cake month). Although the cakes were offered to the gods I would have been much more in sync with that. Kale was somehow involved, too, but let's ignore that.

In my opinion, Lunar New Year (or Spring Festival) gives the red month pizzaz. Colourful, uplifting annual Chinese New Year traditions chase away winter blues. Hopefully you got to the annual parade on January 22. Who can resist watching the 'lions' dance? Not me!

For this Year of the Water Rabbit I will hop on down to Vancouver's Chinatown and treat myself to a visit to a favourite haunt, Sun Yat Sen Gardens. I've also been looking forward to checking out the Chinatown Storytelling Centre located in the historic Bank of Montreal building on Main and Pender. By public transit both places are just a 10 minute walk from the Chinatown/Science World skytrain.

Also this month, 'Beyond Van Gogh' is featured in Cloverdale's Agriplex located on the Cloverdale Fairgrounds, 17798 - 62 Ave., Surrey. This interactive immersive walk-through exhibit is projected on all surfaces surrounding visitors. It features over 300 artworks imaged over 30,000 square feet Opens Feb1 until March 5, 2023. Full details at [www.VanGoghSurrey.com](http://www.VanGoghSurrey.com)

Groundhog Day is February 2. Will we be lumbered with six more weeks of winter, or will we welcome crocuses, daffodils and tree buds for an early spring?

Biblical scholars will also know that February 2nd is Candlemas, the 40th day after Christ's birth. Folklore tells us:

"If Candlemas Day be fair and bright,  
Winter will have another flight  
But if it be dark with clouds and rain,

Winter is gone, and will not come again."

I've also read that candles (before the advent of electricity) prompted citizens to believe that candles provided protection against plague or famine. Irrespective of cultures, faiths or timelines, light continues to guide and influence our lives.

Valentine's Day on February 14 needs no introduction. You know the history and the drill. Let's just do something kind for someone we care about and trust the world will become a more loving orb.

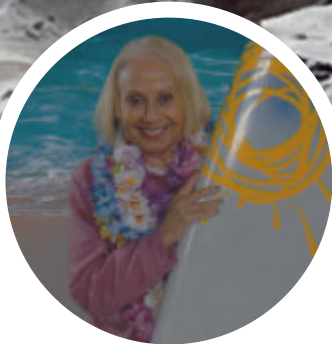
Canada's National Flag Day. At the stroke of noon on February 15, 1965, Canada's red and white maple leaf flag was first raised on Ottawa's Parliament Hill. I remember it well since I was working in Passenger Relations for Air Canada at London's Heathrow Airport. We all trooped outside to admire it flapping wildly in a stiff breeze among world flags at Terminal 3, the International Building at the time. On the same day in 1996, National Flag of Canada Day was declared. Long may the Maple Leaf wave.

For the record: Feb 1: National Snake Day and National Baked Alaska Day. Feb 2: National Crêpes Day. Feb 4: National Working Naked Day. Feb 9: National Pizza Day. Feb 13: National Tortellini Day. Feb 18: National Drink Wine Day. Feb 20: National Muffin Day. Feb 27: National Strawberry Day.

And, the 11th is Ursula's Birth Day on which she now deducts, rather than adds, years. No matter what you celebrate, Happy February!

*Ursula Maxwell-Lewis writes monthly for a variety of publications. Reach her at [utrael@shaw.ca](mailto:utrael@shaw.ca)*

**Put yourself in picture with Beyond Van Gogh. Photo Credit: Timothy Norris**



## FUN AT FIJI'S PEARL RESORT AND SPA

*Article & photos by Lenora A. Hayman.*

The Fiji Resorts along the Queen's Rd. on the Coral Coast of Viti Levu, the largest island of Fiji, are a pleasure to stay in.

The Pearl Resort and Spa ([www.thepearlsouthpacific.com](http://www.thepearlsouthpacific.com) Tel:679-773-0022) is the Pacific Harbours largest hotel with a conference centre, located at the mouth of the Qaraniqio river between Queens Rd. and a long sandy beach. Their mariner moors many yachts. It is the home of the Pearl 18 hole Championship Golf Course and Country Club, designed by Robert Trent Jones Junior.

On arrival, massage therapist Keleji Baleisuva, gave me a wonderful full body Fijian Bobo massage including my feet, with Pure Fiji cold pressed nut oil.

Currently there are 2 restaurants, the Deli, serving light lunches and the Riviera serving a full buffet breakfast, lunch and dinner. Later a gourmet restaurant will re-open, so Chef Vincenzo (Enzo) prepared for Gen. Mgr. Natalie Marletta and myself, a wonderful meal of walnut and beet salad, lobster risotto and tiramisu to show the quality that will be served.

Next morning, a snorkeling trip with 2 guides, both named Simi and Savenaca, the Guest Services Manager took me to a clear viewing of a coral reef near Beqa Island. Later multi-talented Savenaca wove me a banana leaf basket and a fan.

I also visited the locality of Dranikula and their school in Galoa where the kindergarten children looked so cute in their yellow graduation caps and



gowns.

One evening I chose to eat at the Establishment, owned by Chef Ben Tedrick, just outside of the Pearl, at the corner of Hibiscus and River Drive. It has a restaurant, bar, beer garden and events centre. My entrée of paper thin, slightly seared beef tataki with pickle and ginger, sticky soy, wasabi and aioli was delicious. I was pleased that server Dee recommended the main course of moist mahimahi with sauté potato with gnocchi, pumpkin, beans, tomatoes and truffle jus. A tropical pavlova was a lovely conclusion.

Beqa Island (pron.Benga) is the home of the Sawau firewalkers. Tradition says that Tuinaviqalita captured a small spirit called "veli". The "veli" promised him and his people, the power of fire if he gave him his freedom. The "veli" dug a pit and in a blaze of fire heated river stones. After walking across the smoldering stones the "veli" invited Tuinaviqalita to follow him. To his surprise his feet didn't burn so he let the "veli" go. This



power of fire only flows through Tuinaviqalita's descendants in the Beqa's Sawau tribe and is demonstrated in the fire walking ceremony which we witnessed on the beach at the Pearl.

Afterwards we had a Fijian lovo banquet of taro, sweet potato, lamb, beef, pork etc. cooked in an earth underground oven called a lovo. Hot coals are placed in a pit with the wrapped food placed on top. Banana leaves are scattered on top to retain moisture and then soil on top and all is left to cook. I was amazed how much food cooked in one and a half hours. Their Ika Kokoda ( similar to ceviche), the raw marinated fish is delicious too. During the meal we watched a Fijian meke (dance) which included singing and spear dancing. What a lovely evening to conclude my stay.

Fiji Airways is flying twice a week, Mon and Fri, direct, non- stop Vancouver to Nadi, Fiji. Bula Vinaka (Thank you).

**Photos by Lenora Hayman.**

TOP: Firewalkers at The Pearl Resort.

LEFT: Chef Vincenzo, Lenora Hayman & GM.

Natalie Marletta at The Pearl Resort.

RIGHT: Savenaca wove the fan & basket at The Pearl Resort.



## FINANCIAL NEWS

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

**Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.**

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the "Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option" allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and wanted to make sure that his new spouse is looked after financially after he passes away as he is older than his new wife. He also wants to make sure that his children from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor annuitant on his RRIF and named his children as irrevocable beneficiaries.

### How does it work?

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise their rights under the contract, including the right to change the beneficiaries, adjust

the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse's ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

### Married with Children from a previous marriage

You may want to provide an income stream to your spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse's death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death but will need the kids' consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting their residual interest.

### Spouse is Financially Irresponsible

Perhaps you are concerned that our spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse's needs, and that the investments are not cashed in and spent.

*To find out more about estate planning for your RRIF 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 for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.*

## 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.

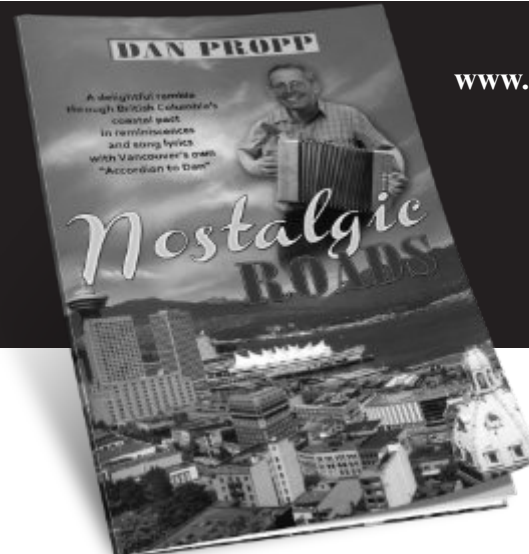
**Store food right:** We already spend so much on food, it pays to store it properly for lasting freshness. Check the temperature of your fridge to make sure it's set to 4°C (40 °F) or lower, and set your freezer at -18°C (0°F) or lower so your ingredients are stored safely.

**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](http://canada.ca/dental). [www.newscanada.com](http://www.newscanada.com)



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## THE PHARMACIST REVIEW

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

### THE NEW PNEUMONIA VACCINE: PREVNAR 20

**Respiratory infections** are rampant in our Covid world, so it is more important now than ever to have your vaccination status up to date. Speak with your family pharmacist and physician to see what vaccine is required for your specific needs, be it age-related infection concerns, or travel preparations. One of the latest vaccines in our arsenal is the conjugate vaccine called **Prevnar 20**, which protects against pneumococcal pneumonia.

**Pneumonia** can be caused by many different organisms but **pneumococcus** ("**Streptococcus pneumoniae**") is the most common cause of this lung infection. Pneumonia can be life-threatening, but that is not the only danger; the bacteria can spread to other parts of the body in "invasive" cases, affecting the brain and spinal cord ("meningitis"), the blood ("bacteremia"), as well as the sinus and the ear. It could affect people of all ages, but those under 5yo and 65yo or older tend to be at the highest risk and thus are recommended to get vaccinated; special populations between those ages, such as those with existing heart, liver, lung disease or diabetes, may require protection as well.

In BC, we have access to a self-pay vaccine called **Prevnar 20** ("P20", which replaced Prevnar 13), as well as a government-funded one called **Pneumovax 23** ("P23"). The important difference between the two is that Pneumovax 23 is a "polysaccharide" vaccine consisting of the sugar part of the bacteria, whereas Prevnar 20 is a "conjugate" vaccine which contains the sugar attached to a carrier protein. The conjugate vaccine, Prevnar 20, will not only elicit a stronger immune response, but also a longer-lasting one. The effects of P23 generally lasts only 5-6 years, and thus requires a booster every 5 years. If you have received the government vaccine, you should get P20 one year later. If you had the older Prevnar 13 followed by P23, then you do not need the new P20. The protection from P20 should last a life-time, but you do need to get a booster of P23 every 5 years. An integrative pharmacist at **Pharmasave Steveston Village** or **Cloverdale Pharmasave** can help you minimize and manage the typically mild side-effects associated with vaccinations, as well as help you integrate adjuncts such as appropriate supplements, diet, and sleep to maximize your immunity throughout the year. Be sure to discuss the specifics of your case with your trusted healthcare provider.

*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.*

## TIPS TO CHOOSE HEALTHY AT THE GROCERY STORE



Here are some ways to make sure you get the good stuff next time you're out grocery shopping.

- **Look at location:** It's a common tip to read labels in the grocery store, but for products without nutritional information, look at the label on the shelf to see where the items are grown. Choose produce locally or from within Canada when you can, as it may be both fresher for you and better for the environment. Choosing what's in-season is often a cheaper way to eat fresh.

- **Shop the edge of the store:** The aisles on the side of a grocery store typically have the least processed foods, which are often the healthiest. Start your shopping along these perimeter aisles to fill up with healthy goodness like kale, mushrooms, eggs and beets.

- **Don't stress about colour:** You may have heard that a plate or grocery cart full of healthy food is a colourful one, but that's really a reminder to get you thinking of all the veggies you could add to your list and to encourage variety. But it's not the be-all-and-end-all – in fact, some of the most nutritious veggies are not brightly coloured, including cauliflower and mushrooms.

- **Plan your meals:** Setting out a rough menu for the week helps you actually make use of the healthy food you get at the store to prevent food waste and a wasted food budget. Otherwise, it can be tempting to let that kale go limp in the fridge or not even pick it up in the first place. A little trial and error will help you add new meals to your rotation, and help you discover new healthy additions to include in them.

We all know how important our immune systems are, so look for a variety of nutrient-rich foods to help your overall health. Some simple ideas:

- **Mushrooms** provide zinc, which supports the immune


system; selenium which helps keep your body's tissues healthy; and vitamin B6 which helps your body get ready to use and store energy.

- Lean ground beef has vitamin B12 and iron to help out your nerve and blood cells.
- Spinach offers vitamins A and E which can protect your vision and help prevent blood clots.
- Milk is often fortified to help you get more vitamin D.
- Beans and legumes can help vary your sources of protein and provide fibre and iron.
- Oranges provide vitamin C, which helps you absorb iron from other foods.

Find more healthy eating information and ideas at [mushrooms.ca](http://mushrooms.ca).

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

### VACCINATION HEALTH



- Stay up-to-date on your vaccination status
- Know which vaccines are required for travel health

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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

"And I said Yes! The manager of the Beaver Lumber store in Owen Sound was Roy Kennedy, whose brother Keith was the president of the company. So I went and talked to Bob Wilson, who was Roy Kennedy's assistant, and after the interview I came back and told Mr. Graham that I thought it had gone well. They seemed interested. In fact, the first time I talked to Roy Kennedy himself he said, 'When can you start?' and I said,

'This afternoon!'

It was 1961. Shell was 18. His first job at Beaver Lumber was unloading a railway boxcar. He can't remember which railway it was, because both CP and CN came through Owen Sound. But he does remember this: "The whole thing was loaded up with the components for a Panabode house. There was a 16-inch clearance at the top of the load, just enough for me to crawl in. So I unloaded all those components and put them onto the company's three-ton truck and drove to Sauble Beach, up near Wiarton, where the house was going to go up. By the way, I'd never driven a truck before. I got to Sauble Beach and started to unload the truck. Now, the components in a Panabode house are all numbered, and they have to be laid out in a certain way for the people who are going to put the house up. It took me a week to get all those darn parts laid out right."

BEAVER UNIVERSITY

Shell picked a great company to start with Beaver Lumber had been incorporated in 1906 in Winnipeg. By 1999 the company had built itself up to more than 700 million in annual sales, and was bought out in November of that year by Home Hardware Stores Limited, another premier Canadian hardware and building supplier. (They have a combined total of more than 1,100 stores across the country now.)

Unloading boxcars, piling lumber, restocking shelves and doing deliveries, Shell worked hard and eventually earned himself a sales desk position.

He was making a good start on a job that would last at Beaver Lumber for a very satisfying 15 years. In fact, he came early to the attention of Irv Nelson, Beaver Lumber's supervisor for Central and Eastern Ontario. "That included about 20 stores," Irv recalls. "I first heard about Shell through Roy Kennedy, who ran our store in Owen Sound. Roy called me at Head Office in Oakville, he tells me he's got this kid working two hours after school, and he's pretty good. Now, Beaver always cut staff back for the summer and Shell was on the Owen Sound list to be cut. But Roy says, 'I'd like to keep this kid, can we put him into the Management Training program?' I said sure, so that's what we did."

As part of his management training Shell attended "Beaver University" in Oakville, Ontario, Beaver's headquarters. On the wall of his office today, sharing space with dozens of other awards, pictures and plaques of all kinds is a certificate, dated April 2,

February 2023

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February	Ground Hog Day	Valentines Day	February fourteenth
Love	Hearts	Flowers	Chocolates
Candlelight	Cherubs	Candies	Dinner
Lovebirds	Champagne	Valentine Cards	Punxsatawney Phil
Seeing Shadow	Spring or Winter	Poems	Proposal
Ring	Heart Candies	Love Hearts	Anniversary
Love Letters	Music	Better Half	Love is in the Air
Sweet Heart			

1965, showing that Sheldon Busey had satisfactorily completed the Beaver Lumber Course "Techniques of Management."

All this work, by the way, could make a young man thirsty. Owen Sound was dry, although you could order beer from the government liquor store in Wiarton. "Strange to say," Shell says, "it was delivered in a school bus. Or Cotton's Taxi would go to Wiarton and bring back whatever you'd ordered."

Along about the same time as he was taking that management trainee course at Beaver, Shell was going out with a young student nurse named Frances Woods, who came from Mount Forest. Friends called her 'Frankie.' "Mount Forest is about 50 miles (80 k) south of Owen Sound, Frankie says, "but the nurses' residence was in Owen Sound. Shell and I met in the Olympia restaurant in Owen Sound. It was a local hangout, we called it the 'Lymp.'

Frankie graduated as a nurse in 1964, but her marriage to Shell the following year shortened her health care career somewhat: she was a nurse for only six years. The main reason: Shell started moving around a lot! And there were small children to cope with. By the time a return to nursing became a possibility, the family business had developed.

Man on the Move

In 1965, the same year he and Frankie were married, Shell began the first of a series of moves within Beaver Lumber by being named, at age 22, the assistant manager at the chain's store in Barrie, about 75 miles (120 k) east of Owen Sound, with a population at the time of 24,000. He proved himself there quickly-that Beaver University training and hard work had paid off-and a year later he and Frankie moved to Orangeville, where he became the store manager, at 23 the youngest in the entire Beaver Lumber

Shells Story to be continued next month...

START A NEW TRADITION  
THIS HOLIDAY SEASON

It's that time of the year again: we pick out greeting cards, maybe take a family photo, and open up that box of unique decorations and ornaments.

Other favourite traditions may include putting lights on the house or a fresh tree, or perhaps a reusable one. And, of course, we make plans to visit friends and family to celebrate the holidays and see in the New Year.

This year, why not consider getting to know other traditions, or even creating a new tradition with your family or friends?

Here are three idea starters:

1 Host a holiday dessert party – invite colleagues, friends or neighbours to a sweet potluck where they share and describe their favourite traditional desserts that all can enjoy with a cup of egg nog or mulled cider – and be ready to share the recipes digitally, too!

2 Host a holiday story evening – guests bring a craft, ornament, decoration or photo if it's too large to bring – and share its story. How did they acquire it, or why did they buy it, and what does it mean to them?

3 Create a new giving tradition – charity gift catalogues like World Vision Canada's offer a unique opportunity for children to pick a family gift like goats or chickens, or to gift a teacher or grandparent with a meaningful gift like school essentials, crop seeds for farmers, a scarf or jewellery – or a special angel ornament for the tree! Ask children, or help them, to write in the gift cards why they chose that specific gift.

This time of year is so special for so many reasons. Take time to learn the stories behind treats or traditions, and see the holiday season in a new light.

www.newscanada.com

# FIND OUT IF SMALL TOWN LIFE IS RIGHT FOR YOU

Looking to make the move to a smaller town? Whether you're seeking a retirement adventure across the country, a change of pace or a fresh start for your family, Canada's rural communities have a real draw for many. These steps can help guide you when you're considering this change.

**Get the scoop on the community**  
See what you can learn about the make up of the community you're considering before committing to the move. What is the growth of the community like? Looking at population and migration information can help you avoid a future hub if you're moving to find long-term peace and quiet. Up-to-date census data is a valuable way to get insights on the population and community for your potential new home, as well as the surrounding areas.

**Prepare to adjust your routines**  
Every town has its own rhythms. Be prepared to get involved and show that you're serious about being a part of the community and respect the way of life. Take stock of your daily routine and how it will change. What will you miss? What are you looking forward to? What are you willing to compromise on? For example, you may not be able to walk to a café for a weekend coffee, but instead enjoy it with a beautiful view at home.

**Discover what it's like in the off season**  
Many day-trippers and vacationers fall in love with an idealized vision of small-town life with bustling main street cafés, ice cream parlours and craft shops. But many of these draws have limited hours outside of tourist season so you may have to adjust your expectations.

High season for tourists also tends to be the best weather – ask locals what it's like being a full-timer and be sure to include weather in your research. It's no



secret that Canadian weather can be extreme in certain regions. With some planning, you'll know what to expect and what resources are available. For instance, if you know you'll need help with snow removal, confirm early on that the community you're interested in offers it.

It's easy to see why so many of us opt for the slower pace of rural life and wild scenery. With a little planning, it's possible to make the transition and settle into that community vibe.

Find more information at [statcan.gc.ca/census](http://statcan.gc.ca/census).  
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# Salmon Arm & Shuswap

## WINTER SHELTER WILL OPEN IN SALMON ARM

BC Housing news release (Jan. 17)

**SALMON ARM** – People experiencing homelessness in Salmon Arm will soon have access to a warm, safe place to sleep when a new temporary winter shelter opens in the community.

"We recognize the urgent need to offer safe, indoor housing to those currently sheltering outside in Salmon Arm," said Ravi Kahlon, Minister of Housing. "While we have invested in more than 5,200 shelter spaces across B.C. this winter season, we recognize shelters are not a long-term solution to homelessness, and through BC Housing we continue to look for opportunities for more supportive housing in the region."

Located at the Downtown Activity Centre at 451 Shuswap St., the new shelter will be open from 8 p.m. until 6 a.m. daily, providing a place to stay for approximately 20 people.

The shelter is the result of a partnership between the Province, Canadian Mental Health Association Shuswap Revelstoke (CMHA-SR) and the City of Salmon Arm.

Guests at the new shelter will have access to warm meals, hygiene facilities, off-site warming centres during the day, and referrals to health services.

CMHA-SR will operate the new shelter. CMHA-SR operates a number of different housing programs in Salmon Arm, including supportive housing and housing for families and seniors.

"We are pleased that we have been able to secure a temporary space for a winter shelter at 451 Shuswap St.," said Dawn Dunlop, executive director of CMHA-SR. "This has been the result of many partners working together. We are excited to open the space and look forward to welcoming and supporting people in our community."

The space in the Downtown Activity Centre has been leased by BC Housing from Jan. 1 until April 30, 2023. Additionally, BC Housing will continue searching for an appropriate permanent shelter location in Salmon Arm.

"Thank you to our partners BC Housing and CMHA Shuswap/Revelstoke for helping to provide a safe, warm, sleeping space for those most in need," said Alan Harrison, mayor, Salmon Arm.

The Province, through BC Housing, is providing operating funding for the shelter.

While shelters play an important role, particularly during extreme weather, the Province's goal is to move people experiencing homelessness into permanent, secure housing. Since 2017, the Province has more than 36,000 affordable homes delivered or underway, including 138 homes in Salmon Arm.

### Learn More:

To see a map of all permanent, temporary and EWR shelters throughout communities in B.C. visit: <https://smap.bchousing.org/>

A map showing the location of all announced provincially funded housing projects in B.C. is available online: <https://www.bchousing.org/homes-for-BC>

To learn about the steps the Province is taking to tackle the housing crisis and deliver affordable homes for British Columbians, visit: <https://workingforyou.gov.bc.ca/>



## STAY SAFE WHEN BUYING PRODUCTS ONLINE

Online shopping can be convenient, cost-effective and safe, provided you take certain precautions before making your purchase. When it comes to buying electronics, awareness of uncertified and counterfeit electrical products should be top of mind to keep you and your family safe.

These tips from the Electrical Safety Authority, known as ESA, can help you identify trustworthy electronic products when shopping online.

### Recognize certification marks

Whether you've noticed them or not, certification marks on products are common on many household items from toasters to televisions. The marks are proof that the electrical product has been designed and tested to meet the required safety standards – this means it is approved for sale in Canada and safe for use.

When you are getting ready to make a purchase, check the description or images of the product for mention of its certification. In Ontario, common certification marks include the Canadian Standards

Association (CSA), Underwriters' Laboratories Inc. (ULC) and Intertek Testing Services (ETL).

### Check the product after you buy it

Sometimes a product description won't include the certification mark. So, after you have received an electrical product that was bought online, check the label on the product for the presence of a recognized certification mark. Products without a certification mark should be returned to the vendor and reported to the Electrical Safety Authority.

Beware of questionable online shops. Use your gut instinct – if a deal seems too good to be true, it might be. Many counterfeit producers will sell electrical products or equipment at a fraction of the cost. Be cautious of fakes that could cause electrical shock or injury; they are not worth the cost savings.

Taking simple steps like these can go a long way to keeping you safe at home.

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# HOW TO ENHANCE YOUR HOME AND PERSONAL SAFETY WHEN TRAVELLING

When the cold weather hits, many Canadians find themselves on the move. Whether we're visiting friends and family or simply seeking warmer temperatures, here are some tips to keep yourself, your loved ones and your home safe while you're away.

### Plan for your mail

A pile of packages outside your door is a clear sign to would-be thieves that no one is home. Ask Canada Post to hold your mail until you return and place a temporary pause on any newspaper, magazine or other subscriptions you usually enjoy. This gives you peace of mind knowing that nothing will pile up while you're gone.

### Add entryway cameras

Installing cameras at your front and back entrances allows you to easily check in on what's happening outside your home. For a simple and effective setup, look for an all-in-one option like Telus SmartHome Security, which includes 24/7 monitoring and real-time alerts so you know if something's up, as well as automation for lights, heating and devices. Security signs on your front lawn and cameras are also known to deter criminals since they don't want to risk exposure and getting caught.

### Time your lights

It's obvious no one's home when the lights don't turn on for hours or days on end, especially in the dark winter months. Set up your most-used lights on timers to go on and off at typical times of day so no one can tell you're not there.

### Try wearable tech

Apart from the home, consider upgrading your family's personal safety with new technology woven into wearable devices. Telus SmartWear Security for instance includes wearable personal



safety devices disguised as stylish necklaces, bracelets and keychains with a hidden panic button that will share your location and can instantly connect you with contacts or help dispatch emergency services with a double click.

### Revisit your social media approach

You may love to post about special occasions on social media, but it's important to be careful of how much you share and when. Before you depart, look through your feed for any posts that give out personal information about your habits and your home – even a street name or house number. Consider waiting until you get home to post about holiday

activities, and be sure to disable geotagging in your settings.

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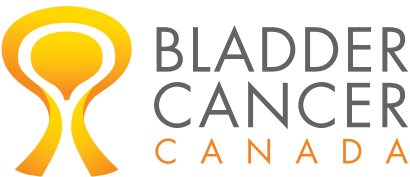
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# BE A CREDIT TO SOCIETY: WORDS GENEROUS DONOR STRIVES TO LIVE BY



Alice Kennedy has a long history of being involved in the community. Born in Alberta, she moved with her family to a small dairy farm in South Langley at a young age, later graduating from University of British Columbia for her teaching degree and teaching for many years in Langley. With her husband George, they started their family in Langley. Now grown, her eldest son, Scott, is fire chief for Langley City and her youngest, Brent, is Chair of Anesthesiology in Northern Ontario. It was Brent who first prompted Kennedy to think about donating to Langley Memorial Hospital Foundation when the COVID-19 pandemic escalated in March 2020.

“I donated \$1,000 to his hospital towards PPE (personal protective equipment) and thought, I have to do the same for my community, for Langley Memorial.”

Having a close connection with the community and the hospital, Kennedy spoke with her financial advisor and Langley Memorial Hospital Foundation staff about how she could best donate certain securities in kind, examples which include shares, mutual funds, interest in related segregated funds, government bonds and more.

To encourage charitable giving, the government provides a tax credit when donating to a registered charity. Donating securities directly to a charity provides an even further tax benefit.

She generously donated \$32,000 to the Foundation, earmarked for a bladder scanner (her late husband, George, had bladder cancer) and a vein finder, in memory of a friend.

Kennedy encourages those thinking of donating to the hospital foundation to consider gifts of securities either now or in one’s Will.

“When you live in a community, you should be community-minded,” she says.

“My one prayer for both my boys was ‘Let them be a credit to society’ - and they are. I really believe that supporting your community and being a credit to it is a lifelong commitment.”

*To learn more about leaving a gift in your Will, please speak with a financial advisor or contact Langley Memorial Hospital Foundation: 604.533.6422 | [info@lmhfoundation.com](mailto:info@lmhfoundation.com)*

# LEAVE THE GAS STATION WITH A SMILE USING THESE TIPS

There’s nothing quite like the freedom of having your own vehicle. While that freedom feels great, one of the downsides of driving is the cost of gas. It’s unpredictable, expensive, and can make you want to give up driving forever! Don’t throw your keys away just yet – below are a few tips that can help you save a bit of money at the pump.

1 Digital tools can help you save Technology is your friend if you’re trying to save money on gas. There are apps available that show where the cheapest gas prices are in your area. You can also use a tool like Google Maps to plan your route in advance. The new eco-friendly routing option will recommend the most direct route that uses the least amount of gas.

2 Safe driving habits can result in lower gas price Observe the speed limit, don’t floor it when the light turns green, avoid hard braking and coast as soon as you see a red light. You might save even more if your insurance company has an app that assesses your driving habits to offer you a personalized premium such as automerit with Belairdirect.

3 Reduce the weight of your vehicle Don’t store heavy items like sports equipment in your vehicle. The heavier it is, the more gas you’re using. Avoid having items in your car unless you specifically need them for that trip.

4 Get your tires checked Did you know tire pressure affects mileage? If your tires are underinflated, your vehicle will use more gas to compensate. Make sure your tires are properly inflated for the most efficient use of gas. While you can’t control the price of gas, there are little things you can do to try to save. You can learn more about ways to save on vehicle costs at [belairdirect.com](http://belairdirect.com).

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## WRITE AS I PLEASE

By Mel Kositsky

A full house is expected this month for a free leadership seminar for seniors being put on by The Council of Senior Citizens' Organizations of B.C. (COSCO). There is already a waiting list as this popular workshop resumes in 2023.

This day-long "Passing The Torch" workshop, to be held February 8 at the Langley Seniors Resource Centre, is about building and strengthening leadership, and will include such topics as Leadership, Effective Organizations, Volunteer Development and Resiliency in the Future.

COSCO was formed in 1950 and now represents 80,000 members. The COSCO motto is "Plan with seniors, not for them".

Supported by funding from New Horizons, COSCO is remounting the "Passing The Torch" workshop, which aims to develop leadership skills and ensure good governance is in place in organizations where older adults volunteer. This workshop is especially for board members or volunteers

serving in any capacity in any organization, especially for those struggling with how to find volunteers.

Information on its website -- [coscoba.org](http://coscoba.org) -- says the workshop was initially offered over a two-day period in 2014. "With the onset of COVID in 2020, we believe this workshop will assist seniors' groups to adapt and adjust to new circumstances. Thanks to a New Horizons grant awarded in 2021, a planning team revamped the workshop by adapting the best of the original content. A new section, Building Resiliency, addresses emerging issues of Diversity and Technology."

By first addressing leadership skills and structure, organizations can build a strong base to support recruitment and development of volunteers. By finding people to fill essential roles within your organization, you will enable longer-serving members to move onto new challenges. This process allows for healthy growth and development for both your organization and the persons working within it as new ideas and knowledge are brought in.

Passing The Torch is now offered in a virtual format over two half-day sessions or in person as a one-day workshop. Email [passingthetorch@coscoba.org](mailto:passingthetorch@coscoba.org) to learn how you can organize or participate in a session for your group or community.

It doesn't matter what your culture is, most people enjoy eating fortune cookies and reading about their future. At this time of the Lunar year, people can learn a little from the Chinese zodiac as we celebrate the Year of the Rabbit, which began on January 22 -- especially if this is your year. Various online reports say 2023 is the year of the Water Rabbit, which lasts until February 9, 2024. The sign of the Rabbit is a symbol of longevity, peace and prosperity -- 2023 is predicted to be a year of hope.

People born in the year of the Water Rabbit year are predicted to enjoy good fortune and have a peaceful mind throughout their lives. They say 2023 is a good year to give birth. In Chinese astrology, water means longevity and peace, and the Rabbit is a symbol of vigilance, wittiness, cautiousness, deftness and self-protection. Years of the Rabbit include 2023, 2011, 1999, 1987, 1975, 1963, 1951, 1939, 1927...

The Rabbit is considered the luckiest of the 12 animals in the Chinese zodiac and the most compatible zodiac signs for Rabbits are Goats, Dogs, and Pigs. While 2022 was a "yang" year (meaning it was more about action), 2023 will be a "yin" year and much more passive. There will be moments for reflection, rest and renewal. If you are looking for career and financial success, taking action early in the year is recommended, especially in February when rabbits are active. The seeds we plant early in the year are the ones that bear fruit later on.

Some people have been complaining about recent cold snaps and are wanting an early Spring and much warmer weather. But imagine if you lived in Yakutsk.

Last month temperatures plunged to minus 50 Celsius in Yakutsk during an abnormally long cold snap in the Siberian city known as the coldest on earth. Located 5,000 km east of Moscow on the permafrost of the Russian Far East, residents of the mining city often see the thermometer regularly drop well below minus 40. A report from India Today, says at minus 62 C degrees, this Russian city freezes and it is hard to talk and breathe. (It's not on my bucket list!)

## HOW TO IMPROVE YOUR HOME'S INDOOR AIR QUALITY



It may surprise you to learn that the air quality inside your home can, in some cases, be worse than outside. The outdoors gets a steady supply of fresh air. But inside, various toxins can accumulate in enclosed spaces and have detrimental health impacts on the occupants. Here are seven ways you can improve your indoor air quality.

**Use exhaust fans**

You should turn the bathroom exhaust fan on every time you have a shower or bath. This draws the moist air out of the room, helping prevent the formation of mould.

If you have a gas stove, you should turn on the exhaust fan every time you use it so that exhaust gases are removed from the house.

**Install carbon monoxide detectors**

Carbon monoxide (CO) is an odourless, tasteless gas that can seep into the home from combustion appliances such as your furnace or stove. In small concentrations it causes dizziness and headaches - larger concentrations can be lethal. You should install a CO detector (or combination smoke and CO detector) in or near every bedroom in your house. Remember to regularly replace the backup batteries.

**Quit smoking**

Cigarettes and e-cigarettes release a host of toxic chemicals into the air. Countless non-smokers have developed lung cancer through second-hand smoke. If someone in your family is a smoker, insist that they take their habit outside.

**Change your furnace filter**

If you have a forced-air furnace, you should regularly change the filter. This not only traps airborne particles, it also prolongs the life of the furnace as clogged filters force the motor to work harder.

**Avoid bringing in toxic fumes**

New carpets, furniture and various other products can off-gas toxic chemicals when you bring them into your home. If possible, unpackage and store them in a garage or little used room of the house until the odours dissipate.

**Be cautious when painting**

If you're planning on freshening up your house with a new coat of paint, opt for latex instead of oil-based paints. Ideally, hold off on painting until the warmer months when you can open the windows for ventilation. If you can't wait, consider painting one room at a time and closing the door while it dries.

**Test for radon**

Radon is an invisible, odourless radioactive gas that is the leading cause of lung cancer in Canada for non-smokers. Radon gas can accumulate to high levels inside a home, posing a significant risk for occupants. But it's easy to test for - you can find quality test kits online - and it is a quick and affordable fix if you do have an elevated level in your home.

To find out more about radon testing, visit [takeactiononradon.ca](http://takeactiononradon.ca).

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# 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 ½ oz Amaro or Luxardo**

**Sauce:**

- ½ 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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# SATISFY SWEET CRAVINGS WITH QUICK AND HEALTHY COOKIES

Whether you're planning to impress your guests or meal prepping for the week, this five-ingredient recipe is sure to be a crowd pleaser. Not only can you whip up these flourless almond meringue cookies quickly, but they're also a good option for those looking to satisfy their cravings without compromising on dietary goals.

These cookies are under 40 calories per serving and are also kidney-friendly, approved and developed by June Martin, RD, and volunteer at The Kidney Foundation of Canada. "These flourless almond meringue cookies are so pretty and versatile! You can use vanilla extract, lemon zest or cocoa in place of the almond extract to add variety to your cookie platter," June suggests.

**Flourless Almond Meringue Cookies**

Prep time: 10 minutes  
Cooking time: 25 minutes  
Servings per recipe: 24 cookies  
Serving size: 2 cookies

**Ingredients**

- 2 egg whites at room temperature
- 1 tsp (5 ml) cream of tartar
- ½ tsp (2 ml) almond extract
- ½ tsp (2 ml) vanilla extract
- ½ cup (125 ml) white sugar

**Directions**

- 1 Preheat the oven to 300°F or 150°C.
- 2 While the oven is preheating, add the egg whites and cream of tartar to a bowl and beat the mixture until it doubles in size.
- 3 Then add the white sugar, almond and vanilla extracts, and whip the mixture until it becomes stiff. Look for the "firm peaks" that start forming on the surface, indicating a well-whipped meringue.



- 4 Using two teaspoons, scoop the meringue into one teaspoon and slide it onto a parchment lined cookie sheet with the second teaspoon. Keep a small distance between the meringue cookies so they don't stick together when baking.
  - 5 Bake the cookies for 25 minutes or until they become crisp.
- Once the flourless almond meringue cookies are out of the oven and at room temperature, store them in airtight containers to retain their freshness until you serve them.
- Find more recipes at [kidneycommunitykitchen.ca](http://kidneycommunitykitchen.ca).
- About June:**

June Martin is a Registered Dietitian who has been working with hemodialysis and chronic kidney disease patients for over 20 years at Grand River Hospital in Kitchener, ON. She is the co-Chair of The Kidney Foundation National Programs & Public Policy Committee and an integral part of the team behind Kidney Community Kitchen, a Kidney Foundation website providing recipes and renal diet information for people with kidney disease. June is the Past Chair of the Canadian Association of Nephrology Dietitians.

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## Straight from the Horse's Mouth

By Mel Kositsky

The horses are back at the track and training for their upcoming racing seasons.

Stables at both Hastings Racecourse in Vancouver and Fraser Downs in Surrey are getting their horses ready for a full season of both thoroughbred and standardbred racing, respectively. Live racing at Hastings starts at the end of April and continues until October.

Live harness racing at Fraser Downs at Elements Casino Surrey resumes Thursday, February 2 for 56 race dates in a split season. During 2023, the live racing at the Cloverdale track will be held only on Thursday and Friday nights -- a new schedule from 2022 dates. The split season will see 28 days of racing from February 2 until May 5. Another 28 days of racing will be held from Thursday, September 15 until Friday, December 15.

Poor weather and bad track surface conditions caused a number of racing cancellations in December, ending the fall season earlier than expected. The Harness Racing BC board of directors had to come up with some innovative purse supplements in order to assist horsemen facing financial hardships resulting from the cancellation of races. Those horses that had been entered to race on December 4 (the last day races were held at Fraser Downs), received \$100 each for races 3 to 9, following cancellation of the card after the second race.

In order to attract horses for the restart of racing as some have gone to Alberta, Ontario and California, Harness Racing BC will be paying \$500 each to all horses that are entered to race the first two days in February (excluding scratched horses). Qualifying races have been held during late January to help get the horses ready to go. However, a temporary variance has been granted so that horses, which raced at Fraser Downs in December, will be allowed to enter to race at Fraser Downs during the first two weeks of February when racing resumes -- which is outside of the 45-day rule.

(Under the rules governing racing, a race secretary shall not accept an entry unless the horse shows a clean charted line within the previous 45 clear days and must perform satisfactorily in a qualifying race.)

Standardbred Canada has announced that Bulldog Hanover has been voted the 2022 recipient of the Cam Fella Award to be presented to the connections of Bulldog Hanover at the annual O'Brien Awards Black Tie Gala on Saturday, Feb. 4 at the Hilton Mississauga / Meadowvale Hotel in Mississauga, Ont. Named in honour of world-class Standardbred horse Cam Fella, the award recognizes extreme recent meritorious service to the Canadian harness racing industry.

Bulldog Hanover adds the prestigious Cam Fella Award to a lengthy list of accolades and awards

earned not only for his on-track performances during the 2022 racing season, but also as an ambassador of harness racing, generating an incredible amount of media attention, publicity and fan following for the sport.

"The Bulldog" was Standardbred racing's biggest story of the year, and no horse could match what Bulldog Hanover accomplished over the course of 2022. The Jack Darling-trained son of Shadow Play captured the hearts of harness racing fans across the continent, becoming the fastest Standardbred in the sport's history when he stopped the clock in 1:45.4 in the William R. Haughton Memorial at The Meadowlands on July 16 for driver Dexter Dunn. During the season, Bulldog Hanover won 14 races in 16 starts with more than \$1.8 million in earnings for co-owners Jack Darling and Brad Grant, making him the richest Standardbred of 2022. Dexter Dunn and Jody Jamieson handled the driving duties, and his devoted caretaker was John Mallia.

Bulldog Hanover boasts an impressive resume of accomplishments including victories in the Dan Patch Stakes and Hoosier Pacing Derby at Hoosier Park, the Dayton Pacing Derby, the Canadian Pacing Derby, the Breeders Crown and the TVG Open Pace. The racing community, racing fans and casual spectators were in awe of Bulldog Hanover, who would draw crowds and media to wherever he raced. Woodbine Mohawk Park honoured the winner of the Canadian Pacing Derby and Breeders Crown by hosting a retirement ceremony for him in December.

Following the end of his phenomenal season, Bulldog Hanover was retired from racing and will soon start his second year at stud at Seelster Farms in Ontario, for partners Darling, Grant and Diamond Creek Farms.

In addition to the Cam Fella Award, Bulldog Hanover is a divisional finalist for an O'Brien Award, the unanimous choice for the Dan Patch Award and will also be honoured with the Stan Bergstein Proximity Award.

Standardbred Canada established the Cam Fella Award in 1997, and fittingly its namesake was the first recipient acknowledging Cam Fella's unparalleled contributions to the sport of harness racing. The most recent winner of the award was Anthony MacDonald in 2019. A national committee of 16 individuals representing the Standardbred community voted by secret ballot to determine the Cam Fella Award winner. (A winner must receive 75 per cent of the 'Yes' votes to win.)

Canadian-owned, trained and driven, Cam Fella was an outstanding racehorse in the early 1980s, winning 56 races (including one at Cloverdale), more than \$2 million in purse money and two consecutive Horse of the Year titles in North America. As a stallion, 'Cam' sired numerous world champions and horses with earnings in excess of \$107 million. In early 1997, Cam Fella was diagnosed with testicular cancer and was retired from breeding. He died in May of 2001 at the Kentucky Horse Park, where he had lived for several years and served as an outstanding ambassador of the Standardbred breed.

The creation of the Cam Fella Award was the harness racing industry's way of ensuring that the horse's contribution to the sport is never forgotten.

The Canadian Thoroughbred Racing News and the Thoroughbred Daily News are reporting that Shirl's Speight is heading to race in Japan. A recent

article by Jennifer Morrison reports the stallion, owned by Charles E. Fipke, of Kelowna, will be the first international horse to compete in this prestigious one-mile dirt race in Tokyo. The horse is trained by Roger Attfield.

The Canadian-owned and trained stallion, who finished a gallant second in the Breeders' Cup Mile (G1) at Keeneland last November, is headed to Japan to compete in the Group 1 stakes, worth \$1.9 million on Feb. 19 at Tokyo Racecourse. This would mark the first time that an international horse has ever competed in the one-mile dirt race, which was inaugurated in 1984. The February Stakes is a Win and You're In race for the Breeders' Cup Classic (G1) to be held at Santa Anita this November.

Sid Fernando, the advisor to Fipke, told Thoroughbred Daily News that the 6-year-old horse by Speightstown was nominated and accepted to the race.

"Charles is one of the few North American owners who are actually licensed to race in Japan," said Fernando to the TDN. "That's number one. Number two, he also breeds a few mares in Japan every year. He's got a good relationship with Northern Farm and Katsumi Yoshida. He's got a runner in Japan, as well, who last year won a couple of races -- Kana Tape (Jpn) (Lord Kanaloa {Jpn})--and he's an adventurer. He is a guy that is very interested in the international game... His entire career was built on a bunch of adventuring and discovering diamond mines. This all fits his sensibilities.

"And, on top of all of that, he'd like to also try to win a Grade 1 race on dirt with Shirl's Speight. With his Japanese contacts and everything, it's showcasing that horse over there as a potential stallion prospect, not that he plans on selling the horse or anything. For Japanese breeders, it's exposure."

Shirl's Speight has won 5 of 14 races including the Grade 1 Maker's Mark Mile, the Grade 3 Tampa Bay Stakes and Grade 3 Marine Stakes. He has earned just over \$1 million. Fipke was inducted into the Canadian Hall of Fame last October as an owner/breeder. The Canadian geologist and diamond prospector has been involved in thoroughbred racing for more than 40 years.

Meanwhile, horse racing across North America seems to be holding its own against all types of sports betting. In fact, opening day at Santa Anita for its winter meet set new records, with Equibase reporting a record opening day handle of \$26,315,016 in late December, which was \$3.3 million more than the previous high. It was reported that the on-track crowd of 41,446 bet \$3,165,792.

Both harness and thoroughbred race tracks holding winter racing are doing well despite a variety of weather conditions which are causing havoc with track maintenance. Turf Paradise at Phoenix, Arizona was forced to close for a few days and rebuild its entire dirt running surface. A number of Canadian stables race there every winter, including some from B.C.

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## KETTLE VALLEY TRAIL ADVENTURE CYCLING FROM PRINCETON TO MIDWAY

By Rick Millikan

Pedal pals and I regularly tour southern B.C. Our first exploration of Kettle Valley Railroad routes begins in Princeton. Atop its roadbed, KV trail takes us through town and across an outlying bridge. Toting fifty pounds of gear, we now grind up a relentless slope. Our slow pace gives us ample time to contemplate Similkameen Valley's terrific panoramas. Our grind eventually traverses large pastures and evergreen forests. Late that afternoon, we camp beside Chain Lake, ideal for refreshing swims!

Tuesday: Hot oatmeal and coffee fuel most mornings. With Gear packed and racked, we cycle beneath fragrant pines, beside two more glorious lakes and along Kirton Creek. Sandy patches spoil the start of our descent. Using an adjacent roadway, we freewheel exuberantly down into Summerland and pedal on the wide shouldered Okanagan Highway to a Lake Okanagan campground. After splashy lake paddles, a buddy pours boiled water into dinner packets. Voila: delicious three-cheese-lasagna!

Wednesday: Okanagan Highway takes us to Penticton's northeast edge. Rejoining KV Trail, we spin up hillsides between flourishing vineyards. At Naramata, roads take us zigzagging upward to some friends' home. Tents sprout on their lawn like mushrooms. Unloaded, we rocket back down to Naramata's beach to swim.

Thursday: Early morning ensures a cooler ascent. Halfway up, we meet another cyclist and ask about trailside cacti. "Don't worry about cactus punctures! Yet do consider local rattlesnakes, which strike at anything that moves," she grins, "Last week, a small diamondback lunged at my bike. It embedded its fangs in my front tire...whipping itself around the wheel! Imagine fixing that flat! The hardest part was prying its head off my tire!"

Later emerging from an old railroad tunnel, we sight a big black bear rummaging below. Looking up, sniffing the air, she seems to hear our bear bells. KV Trail soon winds upward through shady mountain forests and into Ovens Park. Clever, rock-built ovens



remain recalling how railroaders baked their bread. Chugging into Chute Lake, we arrive where steam trains loaded lake-ice to chill boxcars of Okanagan fruit. Diving into Chute Lake, we immediately imagine its winters!

Friday: Our pedal borders flower filled meadows of larch, hemlock and fir forests. Passage through Myra Canyon utilizes two long tunnels and eighteen wooden trestles that span deep gullies. Riding Myra's rim presents an array of incredible panoramas. Descending through dense evergreens, by noon we're at McCulloch Lake, swimming, and camping.

Saturday: Gradually rolling downward, we brake for refreshing dips in Arlington Lake and West Kettle River. Cool, splashy fun continues at Beaverdell's Little Dipper Campgrounds.

Sunday: Huge restaurant flapjacks fuel today's pedal. A ten-kilometer jaunt later, we arrive at recommended swimming spot. It's terrific! Revitalized, we pedal onward into Bull Creek Canyon. Stopping again, a boulder identifies a faint pathway down to a white sand beach. This waterhole even provides massages, thanks to its cascades and waterfalls.

In Rhone, a former whistle-stop, we discover a Trans-Canada Trail Pavilion. Host Paul wears a big smile and T-shirt announcing: "I'm 77, young for a tree." Welcoming us, he serves cold well water and introduces his Australian Blue Healer. With his encouragement, Spud doggedly pushes a big rock around a picnic table. With more coaxing, he drags that rock back around the table. Following the performance and some trail chat, we thank Paul for his hospitality. Travel continues, opening and closing gates to cycle across dry, grassy ranchlands.



Rolling into Rock Creek, we lunch in its shady Park. Reenergized, our ride follows scenic Highway 3 to Midway. This little town represents Kettle Valley Railway's Mile 0, an apt conclusion to our 400-kilometer adventure.

Check Out:

- B.C.'s Trans Canada Trail highlights sections of the KVT: <http://bctrail.ca/>
- The Langfords' Cycling the Kettle Valley Railway- provides maps, historic asides and information re tours.
- Vernon is especially likeable and pleasantly bike-able: [www.tourismvernon.com](http://www.tourismvernon.com)
- They provide the disabled assisted tours of Kalamalka and artful Vernon: [Cyclingwithoutage.Vernon.bc@gmail.com](mailto:Cyclingwithoutage.Vernon.bc@gmail.com)



## TIPS FOR FUTURE-PROOFING YOUR RENO

There are many reasons to renovate your home, including needing more space for a growing family and wanting to reduce your carbon footprint. Whatever your scope or motivation, you should plan for your reno to stand the test of time.

Plan for senior-friendly design  
If you plan on staying in the home long-term, factor in some features that can make it easier to live there well into your golden years without adding much cost. Wider doorways make it easier to traverse with a walker or wheelchair, levers instead of doorknobs can be opened with arthritic hands and

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extra lighting illuminates a room if eyesight diminishes. When getting quotes, ask your contractor for suggestions.

How will you use it in the future? A playroom may seem like a great idea now, but what will you do when the kids inevitably outgrow it? Can the space be easily converted to an office or spare bedroom down the road? Or if you're planning to downsize soon, then maybe opt for mid-range fixtures rather than go all out on high-end or custom features which a buyer might change anyway.

How will it withstand the weather? No one wants to think about it, but climate change is already affecting our lives with more frequent extreme weather events like devastating floods, wildfires and heatwaves. As you consider options for

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your renovation, think about climate-proofing options. Fireproof materials, durable metal roofing, a more efficient and eco-friendly heating system, and improved insulation and ventilation are just a few ideas.

Review your insurance coverage. In planning your updates, account for hidden costs in the future like product lifespan, upkeep needs and even insurance changes. As Phil Gibson, EVP and managing director of personal insurance at Aviva Canada explains, “Renovations like finishing a basement, removing structural supports or building an addition may impact insurance coverage as they can change the home’s rebuild value. Your insurance representative can help ensure that your home is covered for its true value, giving you peace of mind should the unexpected happen.”

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

# 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](https://canada.ca/mental-health).

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# Dentures on Implants

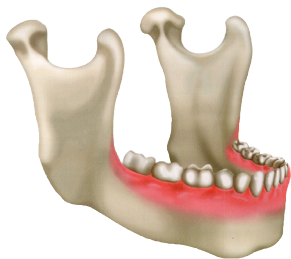
## Take the next step

**A**dental 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.

**Call for a complimentary consultation!**

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

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