

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S
SENIOR
NEWSMAGAZINE



A crowning touch of the good old days, (Photo: Dan Propp) Article page 3

MARCH - 2023

FRASER VALLEY -
LOWER MAINLAND EDITION
Volume 28 - Number 6
FREE - Please take a copy
or by **SUBSCRIPTION** see page three
CANADIAN PUBLICATIONS MAIL PRODUCT
SALES AGREEMENT #40025695

Inside This Issue

ACCORDION TO DAN
by Dan Propp 3

ONENESS GOGOS:
by Ursula Maxwell Lewis..... 4

FINANCIAL NEWS
by Rick C. Singh..... 6

THE PHARMACIST REVIEW 7

WORD FIND PUZZLE..... 8

HOME IMPROVEMENT "ASK SHELL"
by Shell Busey 8

CAPTIVATING DAY TRIPS IN FIJI
by Lenora A. Hayman 9


SALMON ARM & SHUSWAP..... 10

WRITE AS I PLEASE
by Mel Kositsky..... 14


STRAIGHT FROM THE HORSES MOUTH
by Mel Kositsky..... 15

COQUIHALLA CANYON TRAILS EXPLORING
KVR'S WESTERN ROUTES
By Rick Millikan 17

**FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE**



25 Years
Experience



Tricia Thobaben
Registered Denturist

You Smile... We Smile!

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

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

604-577-0007
www.sullivandentures.com



604-596-9670

Call for your
full 2023
Brochure

Oregon Coast: May 27-31, 2023

There is a sense of calm as you listen to the waves on the Oregon Coast. Visit the spectacular Rose Test Gardens in Portland. Included highlights; Ocean front rooms, Evergreen Aviation and Space Museums, home to Howard Hughes' Spruce Goose, a drive over the sand dunes and along the beach on a specialized giant dune buggy and touring the Tillamook Cheese Factory. If you love the Oregon Coast you will love this tour. \$1595 Cdn Dble PP No GST. \$1995 Cdn Sngle No GST.

Other tours scheduled for 2023

Whistler, Barkerville - July 4-8th - 5 Days
Grand Canyon, Bryce, Zion Canyons - Sept - 13 Days
Discover Croatia, Slovenia and the Adriatic Coast with Collette Vacations and Teresa - Sept 21- Oct 2, 2023
Cascades Fall Foliage - October 10-13th - 4 Days
Tulalip and Leavenworth - December - 4 Days
Northern Lights of Finland: Collette Vacations-Jan 20, 2024 - 8 Days



Free Collette Vacations presentation for the Croatia and Finland Tours. **March 8th.** Call for time and location. 604-596-9670

Book 60 days in advance and save \$50 per person Home pick up and return



TRAVEL
PROTECTION
Manulife

www.pitmartours.com
info@pitmartours.com



CRS Financial
WEALTH MANAGEMENT
Call: 604 535 3367
220 - 3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7

Wealth Management
advice for families
built upon honesty
and integrity.



Visit your **saveonfoods**
pharmacy

We're here to help. See inside for services.

Rates start at \$2,795 p/month



Carefree Senior Living in Langley

Discover the freedom of all-inclusive living at MAGNOLIA GARDENS and SUNRIDGE GARDENS seniors communities in Langley.

- Bright & spacious apartments
- Wide variety of delicious menu items each day
- Weekly housekeeping & linen laundry service
- Social, fitness, wellness & entertainment events daily
- Live car-free with our transportation services
- Month-to-month residency agreements

**Come for a tour,
we'll treat you to
a complimentary
lunch.** Call to make
a reservation:
604.351.8668



**SUNRIDGE
GARDENS**
A BRIA COMMUNITY
Murrayville, BC



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

RETIREMENT. LIVING!

BriaCommunities.ca



Bring this ad in for
\$100 OFF
Any new scooter or power chair
Limited time offer.

✓ Mobility Scooters

✓ Power chairs

✓ Walkers

✓ Wheelchairs

✓ Cushions

✓ Bath Safety

✓ Tires

✓ Batteries

✓ Accessories

✓ And more!



**BUY SELL RENT
TRADE-IN PROGRAM**

20412 FRASER HWY, LANGLEY
604 539 8200



Garden Park Tower



Looking for a
new HOME
with wonderful
amenities?

Consider a 55+
Life Lease
Building!

- Generous sizes, starting at 1280 sq ft
- 1 and 2 bedroom with 2 bathrooms
- Balcony, wonderful views
- Secure, underground parking
- Professional services onsite
- Restaurant/take home meals
- Near churches, recreation, library
- Near shopping centers, restaurants
- Commercial space available for leasing

2825 Clearbrook Road, Abbotsford, BC V2T 6S3
Call to make an appointment (604)-743-0232
www.gardenparktower.ca
Email: nadia.baran@gardenparktower.ca



ACCORDION TO DAN

The older one gets living in B.C, nostalgia, memories of years gone by get stronger. Thus, perhaps the following bit of rhyme might pull in that far less digitalized, once upon a time seventeen or twenty-one-inch non-flat screened TV era.

THE GOOD OLD ADMIRAL, G.E., WESTINGHOUSE AND PHILCO

Does anyone recall CBUT's Bob Fortune as our weatherman. Bill Bellman (who later formed radio station CHQM) was the host of a popular local program called Almanac. That evening show entertained many a greater Vancouver fan. Later in the evening, we would listen to CBC's Radio's Lolly Too Dum with Ernie Prentice and Betty Phillips. Also we enjoyed 'Our Pet', Juliette, Front Page Challenge and the Don Messer shows. No Skyping, Googling, still handwriting or typing; how on earth in those old days did society manage?

RETIRED YET SOMEHOW INSPIRED BY VEHICLES OF THE PAST

Many of us still drool seeing a fifty-seven Chevrolet, an original Ford Mustang, Lincoln Continental, and a Pontiac Laurentian. As kids, even more important than playing marbles in school at recess, was the latest new car to be unveiled at the local showroom. When the late nineteen fifties and early sixties cars appeared with amazing fins and painted in two tones, we went crazy with their new looks. Today cars somehow tend to look much the same.

CLUTCHING BACK FOR SOME OF US IS AN AUTOMATIC TRANSMISSION

Edsel, Vauxhall, Lincoln, Mercury, all those cars constitute fond reflections of our past. They 'clutch' our memory. They are a kind of standard transmission, forgive the intended pun. Whatever used to be, next year seems automatically lost. It appears with computerization, it tends to be a vehicle that drives us to a virtual highway, paved like a well marketed digital game. Who knows, maybe society today is being steered in a direction, down the road, easy to fuel and reach a convenient and more conforming destination.

HUMOUR IS ESSENTIAL

There are so many theories and concepts floating about today. Some of us are indebted thankfully to the kind of humour we were once entertained with, over the years.

TO COMEDY

Wayne and Schuster, Groucho Marx, Bob Hope, Joyce Grenfell, and Mad Magazine's Alfred E Newman. It's been amazing and a need to express thanks for all that humor they brought us with their merriment. Whatever life's experiences, it sure helped keep us human. Comedians like Lonesome George Gobel, Jack Carter, Robin Williams, Shelley Berman, Carol Burnett and skits with Abbot and Costello called "WHO'S ON FIRST?". Do you remember another memorable skit "Your money or your life?", to which Jack Benny replied, "I'm still thinking it over"?

Television shows and the comedians like Sid Caesar on 'Your Show of Shows' and Red Skelton who created characters that we so enjoyed watching and still remember. Thanks to comedy and those great comedians, laughter helped us relax and grow mellow.

"Marching" right along for this March issue, for many new immigrants learning a new language is not a "piece of cake". One problem with learning the English language is the anguish that many words



A crowning touch of the good old days, (Photo: Dan Propp)

sound the same and have a similar spelling. Then there are the words spelled the same but have a totally different meaning. In some sense, anyone learning English ends up being 'sentenced' to years of confusion before being released by all its 'bars'. Its enough to drive one to 'drink'! Thus, this rhyming pun-eree.

TO LANGUISH LEARNING THE ENGLISH LANGUAGE

Some folks can 'express' themselves well. Others send a package to relatives back home via 'express' (mail). Learning this new language must be quite a challenge, I guess. It sure was for me, born in South America. I confess, it must continue to drive immigrants totally, 'up the wall'. They must end up feeling totally 'floored'. Those of us now reasonably proficient after many years, likely recall: a doctor needs 'patients', yet so much 'patience' is required for all those arriving from so many nations. Figuring out all the subtle nuances of the English language and getting 'the hang of it' after many years, there is only suitable word left, to write. Congratulations!

Please visit www.Nostalgicroads.Weebly.com



SUBSCRIPTION

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

Name
Address
Phone
City
Postal Code

Send To:

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

Search for Song CD's by Dan Propp via
cdbaby.com and also www.soundcloud.com
Plus books via www.amazon.ca

TODAY'S SENIOR NEWSMAGAZINE LTD.
Fraser Valley / Lower Mainland Edition
Box 61533 - Brookswood P.O. Langley, B. C. - V3A 8C8
E-Mail: todaysseniorn@shaw.ca

Publications Mail Registration #40025695
Printed in Canada, Blackpress

Publishers / Copyright Disclaimer:

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

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

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

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

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

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

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

Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188
OFFICE HOURS: 9:00am-Noon
Tuesday, Wednesday, Friday
Online: todaysseniornewsmagazine.com

Emergency 604-992-0721

ADVERTISING
John Ross 604-992-0783



ONENESS GOGOS: CANADIAN GRANDMOTHERS HELP AFRICAN GRANDMOTHERS

By Ursula Maxwell-Lewis

In 2008, South Surrey resident Mary Harris contacted me asking if I would be interested in a story about a group of White Rock/South Surrey grandmothers rallying to help African grandmothers and grandchildren. Intrigued, I agreed.

Under the umbrella of the Stephen Lewis Foundation, Harris and friends had joined forces with like-minded Canadian women dedicated to helping and supporting African grandmothers unexpectedly raising grandchildren in 15 sub-Saharan countries.

Due to AIDS/ HIV decimating families and communities, African grandmothers with little or no resources suddenly faced the daunting challenge of parenting orphaned grandchildren. Basically, the usual parental segment of the population had been wiped out leaving an entire generation of children in dire need of protection, food, clothing, schooling, healthcare, housing, guidance, love.

Against this backdrop, the White Rock/ South Surrey 'Oneness Gogos' was established. Gogo is the Zulu word for 'grandmother'. The group were to be part of a growing cross-Canada network of grandmothers established under The Stephen Lewis Foundation Grandmothers to Grandmothers Campaign.

Fifteen years after our first meeting - February 13, 2023 - the Oneness Gogos and I reconnected at their White Rock Library monthly meeting conducted by current co-coordinators Penny Cuddy, Thelma Newbury and Anne Hartnell.

This being Random Acts of Kindness Week, the meeting featured a 'thank you' presentation to White Rock Library staff for hosting the group since its inception, plus a letter of appreciation from Stephen

Lewis Foundation staff in Ontario who had been similarly acknowledged by the White Rock Gogos group. I also had the privilege, as guest speaker, of sharing my own experiences of living and working in Africa.

As explained by the Stephen Lewis Foundation, AIDS/HIV had almost obliterated an entire generation on the African sub-continent. Statistics indicate that a staggering 35 million people perished due to the Aids/HIV pandemic. Children were left alone, vulnerable, with virtually no support. Africa's grandmothers (Gogos) stepped into the breach. Their unexpected challenge was to care for, raise, and educate millions of orphaned youngsters. During a trip to Africa, Stephen Lewis became aware of the catastrophe which resulted in The Stephen Lewis Foundation launching the Grandmothers to Grandmothers Campaign in 2006. The aim was to alleviate the daunting challenges shouldered by African grandmothers.

As the SLF Foundation website explains, "Grandmothers and grandmothers in Canada, Australia, the United Kingdom and the United States have rallied in response, creating a dynamic movement. They raise funds in their communities to support the life-enhancing programs run by grandmothers in Africa and the community-based organizations which support them."

"The grandmothers movement amplifies the voices and expertise of grandmothers in Africa, and shows the world that leadership by older women is critical in reclaiming hope and rebuilding resilience across communities."

Here in White Rock and South Surrey, Penny Cuddy tells me that the Oneness Gogos have two main objectives in their support of the SLF:

1) To raise awareness everywhere of the HIV/ AIDS crisis and the challenges the African grandmothers face in raising their grandchildren.

2) To raise funds and send donations to the SLF which assist the grandmothers to realize their grass roots projects that have been accepted by SLF.

"We have done this in a variety of ways, such as making and selling crafts, sales of African jewellery, African dinners, teas, dances, walkathons, fashion shows, garage sales, plant sales, concerts and any other community opportunities which arise," Cuddy explains.

'Craft and Chat' sessions involving crafting, activities and socializing were held twice a month

at a local retirement home. Speakers or videos are often part of their monthly library meetings. There's an elected steering committee, sub committees and committee chairs who recommend operating guidelines and projects. One example is the Random Acts of Kindness Week celebrated every February.

"The desire is to thank and assist our local community. To show our gratitude for their support," she says, naming just a few examples of their extensive outreach. "Over the past 10 years, we have handed out hot chocolate and sweets, organized a Kindness Bazaar of used household items for new immigrants, donated toiletries to two local women's programs, made soup for clients of the Food Bank and Women's Place lunch program, made and filled Welcome Bags for new Canadians and baked goodies for the Hospice freezer."

Thelma Newbury, the committee Memory Keeper, has compiled books of photos, news clippings, programs and posters. Each member has something unique to contribute, they tell me. New members are always welcome.

Regarding their African counterparts, Canadian Gogos say: "We will not rest until they can rest." A Oneness Gogos 15th Anniversary Tea was held on February 23 at Clancy's Tea Cozy, 15223 Pacific Ave., White Rock. The event celebrated the work done by local grandmothers at home and abroad,

For more information about joining the Oneness Gogos call 604 542-4772. The Greater Van Gogos website lists all Southwestern British Columbia groups. For the Stephen Lewis Foundation go to www.grandmotherscampaign.org

Ursula Maxwell-Lewis is a British Columbia writer and photographer. Her work appears various of publications. She can be reached at utrael@shaw.ca

Photos:

Top: Oneness Gogos. White Rock/South Surrey grandmothers have championed Sub-Saharan African grandmothers for 15 years. **Top Right:** Anne Hartnell, Oneness Gogos co-coordinator presents Jean Smith, White Rock library tech, with 15 anniversary gifts for WRL staff.

Photos by Ursula Maxwell-Lewis

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

Details on page 3.



**SEE RED?
SEE YOUR
DOCTOR.**

Blood in the urine is the most common symptom of bladder cancer. Don't ignore this warning sign. It could save your life.




**BLADDER
CANCER
CANADA**

FOR INFORMATION AND SUPPORT
VISIT see-red.ca OR CALL 866-674-8889





© Bladder Cancer Canada 2014



- Seamless Gutters and Downpipes
- Leaf Screen and Leaf Traps
- Servicing Greater Vancouver and the Fraser Valley
- 15 year warranty
- Free estimates

Call Today for a Free Estimate 604.722.1434

**GREATER VANCOUVER
GUTTERS**



www.vancouvergutters.ca



DENTAL IMPLANTS FOR SENIORS

**FREE
DENTAL IMPLANT
CONSULTATION**



BEAUTIFUL SMILE FOR YOUR GOLDEN YEARS

Are you:

- Tired of having missing teeth?
- Unable to eat the food you love?
- Embarrassed to smile or speak with your friends and family?
- Frustrated with your dentures or bridge being loose or not fitting well?
- Finding that your food lacks flavor?
- Seeing shrinkage in your jawbone?

Dental Implants is Right for you!

- ✓ It's Permanent
- ✓ Stable and Comfortable
- ✓ Natural Appearance
- ✓ Help Preserve Remaining Teeth

- ✓ Improve functionality
- ✓ Taste and Feel your food
- ✓ Prevent Jawbone Shrinkage





DENTIST@FALSE CREEK

PARKVIEW DENTAL
COSMETIC IMPLANT GENERAL DENTISTRY

DR. SHAHDAD AYOUGHI



TOP100DOC.COM

Parkview Dental and Implant Centre, 230-3665 Kingsway, (@Boundary) Vancouver BC V5R 5W2 TEL: 604.4381555
Dentist @ False Creek and Implant Centre, 1681 Manitoba Street, Vancouver BC V5Y 0B8 TEL: 604.5597270



FINANCIAL NEWS

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

UNDERSTANDING THE PENSION INCOME TAX CREDIT

Pension income tax credit and whether you qualify.

While the credit doesn't provide significant tax savings, being eligible for it has implications for some planning strategies that do, such as pension income splitting. As more couples take advantage of this strategy, the pension income amount becomes a focal point of their tax planning.

The pension income amount allows a taxpayer to claim a federal non-refundable tax credit on up to \$2,000 of eligible pension income. The federal tax credit rate is 15 per cent, so the maximum federal tax savings available is \$300 (\$2,000 × 15%).

There are also provincial pension income amounts. By claiming it clients receive the first \$2,000 of pension income on a tax-free basis, but only if they're in the lowest tax bracket (since the tax credit rate is capped at 15 per cent). If they're in a higher bracket they'll pay tax on the pension income, but at a reduced rate.

Income-splitting rules allow taxpayers to split up to 50 per cent of eligible pension income with a spouse or common-law partner. The important issue is determining what type of pension income qualifies.

Age is an important factor. Those over 65 have easier access to the pension income amount since more sources of income qualify. If they report amounts on lines 115, 116 or 129 of their federal tax returns, they may be eligible for the pension income amount.

Here's what qualifies for clients over 65:

- Life annuity payments from a superannuation or pension plan. This includes income from life income funds (LIFs) and locked-in retirement income funds (LRIFs)
- RRIF payments (any portion that's

transferred to an RRSP, another RRIF, or used to purchase an annuity does not qualify for the pension income amount)

- RRIF payments received as a result of the death of a spouse or common-law partner
- Annuity payments from an insured RRSP (those typically offered by insurance companies) or from a deferred profit sharing plan (DPSP)
- Payments from a Pooled Registered Pension Plan (PRPP)
- Regular annuities and income averaging annuity contracts (IAAC)
- Certain foreign pension payments (see below)

For clients under age 65, the list of qualified pension income for purposes of claiming the pension income amount (and pension income splitting) is more restricted.

Only a few of the items listed above are available. They include:

- 1) Life annuity payments from a superannuation or pension plan.

Regardless of your age, you will qualify for the pension income amount if receiving annuity payments from an employer pension plan. But it's important to note that when a person commutes a pension to a locked-in retirement plan, the income from these plans (e.g., LIFs, LRIFs) will not qualify for the pension income amount until the client reaches age 65. Canada Revenue Agency's position is that income from a locked-in plan is simply a retirement savings plan, not a pension plan, and that the pension income amount should not be available until age 65. Unless this changes it may impact whether your clients decide to commute their pensions when they retire.

- 2) Payments from a RRIF, or annuity payments from an RRSP, DPSP or PRPP received because of the death of a spouse or common-law partner.

For individuals under age 65, RRIF income, DPSP income, annuities, PRPP income, income-averaging annuity contracts, or RRSP income will only qualify for the pension income amount if they're received because of the death of a spouse or common-law partner.

Some individuals receive a foreign pension and may wonder if they qualify for the pension income amount. In general, foreign pensions reported on line 115 of the client's tax return may qualify for the pension income amount regardless of age, but only for the portion of pension income that's taxable.

For example, clients receiving U.S. social security benefits are permitted a 15 per cent

deduction on their Canadian tax returns due to specific provisions in the Canada-U.S. tax treaty. In this case, only the taxable portion of the Social Security Benefit is considered pension income and qualifies for the pension income amount.

It's also important to know what doesn't qualify for the pension income amount:

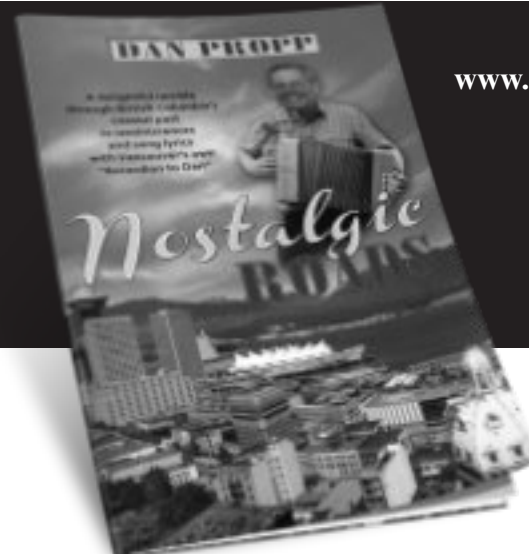
- 1) Old Age Security benefits
- 2) Canada Pension Plan benefits
- 3) Quebec Pension Plan benefits
- 4) Death benefits
- 5) RCA payments
- 6) Benefits from Salary Deferral Arrangements
- 7) Income from a U.S. Individual Retirement Account (IRA)

To find out more about your pension income tax credit speak to an accountant. If you require assistance with your retirement and estate planning for your investments 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

The information provided is based on current tax legislation and interpretations for Canadian residents and is accurate to the best of our knowledge as of the date of publication. Future changes to tax legislation and interpretations may affect this information. This information is general in nature, and is not intended to be legal or tax advice. For specific situations, advice should be obtained from the appropriate professional advisors. This information is provided by The Canada Life Assurance Company and is current as of Dec. 31, 2016.

REPUBLISHED WITH PERMISSION, December 2016. Written by Frank Di Pietro, Mackenzie Investments. Copyright remains with the original publisher and the article is reused here with permission.

This information is provided for your convenience only. It is in no way an endorsement of the information provided by these third parties. Canada Life has not reviewed or endorsed this concept or its marketing materials and strategies. Your advisor is not affiliated with the contacts listed, and makes no representation, warranty or guarantee of the information offered.



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

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

Financial Advisor

RESP: More than just a gift...
Pave the way for a child's future.

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

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

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

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

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

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



CRS Financial
 WEALTH MANAGEMENT

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



THE PHARMACIST REVIEW

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

How Much Vitamin D Should Canadians Be Taking?

With Winter in full swing and with the recent Health Canada approval of higher strength Vitamin D supplements (2500IU), I often get asked how much to take. 75 to 96% of Canadians do not get enough Vitamin D from food sources. **Even with supplementation, 54-84% of Canadians still had inadequate Vitamin D intake.**

We can make Vitamin D from UVB sunlight exposure on our skin, but it varies considerably depending on skin tone, time of exposure, area of skin exposure, sunscreen use, etc. Darker-skinned people may need 30 minutes to 3 hours more exposure than lighter-skinned people to produce the same amount of the “sunshine vitamin”.

Sunscreens of SPF of 30 or more has been shown to block Vitamin D production by as much as 95%. Also, you will not get any benefit from the sun’s UVB rays through windows so if you work or spend lots of time next to sunny windows, you are still prone to vitamin D deficiencies.

Health Canada recommends anyone over the age of 50 should be supplementing with at least 400IU of Vitamin D (upper tolerable limit of 4000IU). People under the age of 50 can either supplement with 400IU of Vitamin D or get it from their diet (e.g. fatty fish and egg yolks). Some clinicians feel that the further you are away from the equator, the higher the needs (1000IU/day) for preventing deficiencies.

Some people may need even higher levels because of reduced fat absorption from inflammatory bowel disease like Crohn’s Disease/Ulcerative Colitis and liver disease. Vitamin D deficiencies are associated with immune-related conditions including autoimmune diseases and viral infections and are also linked with higher risks for osteoporosis, fractures, heart disease, and cancer. Research showed that people with the highest levels of Vitamin D had a 50% lower risk of colorectal cancer than people with the lowest levels of Vitamin D. Osteoporosis Canada recommends patients with osteoporosis or with risk factors for fractures take 800-2000IU/day.

The definitive way to know how much Vitamin D to take is to test your levels. **Vitamin D levels are at their lowest in the winter so this may be the best time to test.** Vitamin D testing is only covered by MSP when ordered by a specialist and in patients at high risk for Vitamin D deficiency.

Fortunately, a relatively inexpensive finger prick rapid test (MediSure) is available at Cloverdale Pharmasave for under \$20. If you start supplementing or change your dose, then allow 3 months before retesting. Talk to our pharmacists about the various Vitamin D options which could include Vitamin K to possibly prevent calcification of arteries. **A Vitamin D Test and a bottle of Vitamin D could be a unique Christmas stocking stuffer or gift.**

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

QUICK WEEKNIGHT TERIYAKI FOR A DELICIOUS AND NUTRITIOUS DINNER



Few meals beat a stir fry for speedy cooking and mouth-watering taste. This family-friendly dish combines a sweet teriyaki chicken with fresh bok choy, and hearty portabella mushrooms for an added nutritional punch. Serve alongside rice.

Mushroom Teriyaki Chicken Rice Bowl

Prep time: 15 minutes

Cook time: 10 minutes

Serves: 2

Ingredients

- 1/2 tsp (1 ml) each salt and pepper
- 1 tsp (5 ml) garlic powder
- 1/2 lb (225g) boneless, skinless, chicken breasts cut into 1-inch cubes
- 1 tsp (5 ml) vegetable oil
- 2 large portobella mushrooms, diced
- 2 cups (500 ml) baby bok choy, sliced

Sauce:

- 1/4 cup (60 ml) soy sauce
- 1/4 cup (60 ml) water
- 3 tbsp (45 ml) honey
- 2 tsp (10 ml) rice vinegar
- 1 tsp (5 ml) ground ginger
- 2 tsp (10 ml) garlic powder
- 2 tsp (10 ml) cornstarch
- 1 tsp (5 ml) sesame seeds

fresh chives

Directions

1 In a small bowl, mix together salt, pepper and garlic powder. Season chicken with half of the seasoning mixture. In a medium sized bowl, toss together mushrooms, bok choy and the rest of the seasoning mixture. Heat oil in a large non-stick skillet over medium-high heat. Cook chicken for 4 minutes, stirring often. Stir in mushrooms and bok choy and cook for 1 minute.

rooms and bok choy and cook for 1 minute.

2 In a small saucepan whisk together soy sauce, water, honey, rice vinegar, ground ginger, garlic powder, cornstarch.. Bring sauce to a simmer over medium heat and cook for 1 minute or until sauce is thickened. Remove from heat.

3 Add teriyaki sauce to chicken and vegetable mixture and remove from heat.

4 Serve over rice and garnish with fresh chives and sesame seeds.

Find more information at mushrooms.ca/recipes. www.newscanada.com

TESTED YOUR VITAMIN D?

MediSure M

RAPID TEST TEST RAPIDE

D

1 TEST

www.MediSure.ca

This at-home test can be used to ensure you have adequate levels of Vitamin D with **Results in 10 Minutes.**

Speak to our integrative health Pharmacists to find out more.

PHARMASAVE

Downtown Cloverdale
5778-5784 Street, Surrey 604-578-2888
Steveston Village
4185-52429 No. 3 Road, Richmond 604-252-8158
www.iPharmasave.com

Multiple Realty Ltd.

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



D'arcy Hamilton



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
chain. This was a young man on his way up, the company paid its top management achievers shell recalls to this day bonus bag, bonus cheque as Orangeville manager exceeded his yes, So there was an upside to the constant moves, too! "You have to kind of accept the fact through promotion. when the move comes, you go. In those days, when a company knew you were going steady with a girl, that was recognized. But as soon as you were engaged, boom, you're moved. As soon as you set a wedding date, boom, you were moved again. That way, they knew, if you hung in there, you'd likely be with the company a long time."
He was.

"Orangeville was my introduction to the management level, I learned a lot. And I did all the things managers do: joined the Chamber of Commerce, joined the Lions Club, we curled. We didn't have a house there, we rented a second-floor flat and Frankie worked as a nurse in the operating room at Dufferin Hospital. But she was ready to move at a moment's notice."

A bit of historical trivia for people puzzled by that name Orangeville. No, they don't grow oranges there; the town was named for Orange Lawrence, an early settler and businessman.

After two years the Buseys transferred yet again, in 1968, to Sault Ste. Marie for three years, and on December 11, 1969 had a daughter, Kyna-pronounced Keena-there. ("We wanted to give her a name that you couldn't make a nickname out of.")

The Sault location was big and busy. The city is on Highway 7 in Ontario, and at the point where Lakes Superior and Huron meet, with lake Michigan just around the corner. That made it strategically located, as Beaver's distribution centre for the chain's stores in places like Wawa, Blind River and Espinola. And there was another attraction: "The weather and the fishing and the outdoor life was absolutely fantastic," Shell recalls.

While he was there, by the way, Shell-always eager to broaden his skills-earned a marketing certificate from the Ontario Retail Lumber Dealers Association. In future years, he would win marketing awards.

Sault was also the home of big Algoma Steel. Next, in June 1971, it was back to Barrie. Exactly a year later they were off to Windsor, Ontario for a year. The family was getting to know Ontario geography! In Windsor, they had-on April 9, 1973-a second daughter, Monica . . . who works for her dad today in the HouseSmart Centre in Surrey.

Off to B.C.
"In 1973 we left the city of Windsor, because I'd been promoted to divisional supervisor, and that meant a move to the regional office in Oakville, where I'd be based, making regular calls to the stores in my area." The Busey's had liked Orangeville a lot,

Happy Saint Patricks Day!



St. Patricks Day
Shamrocks
Kiss Me I'm Irish
Blarney
Jig
Banshee
Cockles and Mussels
Belleek

Fiddle
Shenanigans
Killarney
Dublin
Limerick
Leprechaun
Irish Wolf Hound
Tam O' Shanter

Ireland
Rainbow
Blarney Stone
Shillelagh
Four Leaf Clover
Ides of March
Green
Top O' The Mornin

Celtic
St. Paddy
Magical
Guinness
Pot of Gold
Lucky
Tradition
Luck of the Irish

and that's where they lived while Shell toiled in the Oakville office. In fact, Frankie's father, Charlie Woods, a retired farmer and carpenter, helped to build their home.

"Then," Shell says, "a year after that, 1974, I was asked to make a move that would shape our future. Beaver offered me a position in British Columbia supervising their new 'Saveway' stores? This was a much bigger move than just one area of Ontario to another, but being somewhat gypsy at heart we decided it was too good an opportunity to pass up"

Before we follow Shell, Frankie and the girls to B.C. in mist be instructive to have a look at the retail wood industry in Canada at the time. It was in ferment. And Shell Busey was right in the middle of it all. "Beaver Lumber had been bought out by Molson's," Irv Nelson explains "and the new owners decided to get into cash. and-carry. This was to counteract a company called Cashway that had been growing fast in Ontario with this Svstem: Cashway had 50 to 60 stores. They influenced other chains, too. Lumberland, for example, started in cash-and-carry because of Cashway."

Incidentally, there's a funny story about that Molson's takeover. It seems the first regional management meeting after the takeover was held in the Beaver boardroom, and someone had stocked the room with refreshments .. including a plentiful supply of Labatt's! There was a hurried replacement.)

Lumberland, headquartered in Burnaby, was the "trendy place," says Shell. "There were about 10 locations in the Lower Mainland. You could drive in, load up with what you wanted, then drive past a kiosk to pay on your way out."

Lumberland changed the face of the retail wood business in B.C. Beaver's response to the cash-and-carry trend was to convert four of its stores in the Lower Mainland of B.C. to the new system. The

stores would get new merchandise.
Shells Story to be continued next month...

SPRING
RENOVATION IDEAS

Refurbish your kitchen & Bathroom
Cabinets, add new Quartz Countertops
and Faucets

Shell Busey would say
"It's Just That Easy"

Before: Walnut



After: White



For a Free Quote Call
Marlene
604-996-0549



CAPTIVATING DAY TRIPS IN FIJI.

Article & photos by Lenora A. Hayman.

Do take advantage of the Fiji Airways (FIJIAIRWAYS.COM) Vancouver to Nadi, Fiji, direct flights, twice weekly, Monday and Friday. Flight time is only 11hrs 40mins while other airlines take 20-30 hrs. with 1 stop. Here are 2 interesting day trips including requested shared transfers from your Nadi area hotels.

Denerau Island, 10km west of Nadi Int'l Airport is a private resort development known for its hotels and resorts and 18-hole Denerau golf course. The beautiful Port Denerau Marina offers good restaurants, duty-free shopping, boutiques, berths for a multitude of yachts and the launching spot for sailing to the outer island resorts.

Cloud 9 (book@cloud9.com.fj 679-869-7947) is a 2 level floating day bar situated on the waters of the Mamanuca islands at RoRo reef, an hours boat ride from the Denerau Marina. Do wear your bathing togs and cover up since there is minimal changing room. I was fortunate to meet owner Bar'el Wachtel and visiting disk jockey Arlo Enemark who spun the music that day.

After Wyse Verenadau Gade made me an espresso Fiji coffee with Absolut vodka from their international bar, I ordered a heart-shaped pizza from their on-board wood-fired pizzeria made by Chef Tevita Baleiwai, Asesela Waqaniolo and Pex Tasere Jnr. Some folk lounged on the daybeds, other brave souls jumped off the 2nd floor into the water, but I preferred to leisurely swim in the crystal clear water near the vessel. Allow a full day with 4 hours on Cloud9 for a fun time meeting folk of all ages.

The Sheraton Fiji Golf and Beach Resort on Denerau Island on Wednesday and Saturday has a Farm to Fork evening (restaurant.fiji@sheraton.com 679-675-0777). About 10 years ago 80% of the hotel food was imported, but now 25% is imported with the rest from their own farms and well-chosen farmers. After Apolosi, a Fijian warrior, challenged us at the Sheraton Fiji entrance, Ravesi Konrote, their Cluster Marketing Mgr, joined me on the ride to their 5 acre farm near the Denerau Golf and Racquet Club. Shahil, a gardener, joined us as we leisurely strolled through their vegetable and herb



gardens providing fresh produce.

We then watched the opening of the Fiji lovo (earth underground oven). After peeling off the banana leaves, that had retained the moisture, the tin foil wrapped, perfectly cooked pork, lamb, beef, taro, corn etc. was revealed on the top of the hot stones.

We were honoured with a Sevusevu Fijian Welcome and Kava Ceremony. Sevusevu is the name given to the token gift, often kava root, that visitors present to the chief. The kava root was placed in a cloth bag, then water added so the contents could be squeezed into the large kava bowl. Traditional words blessed the contents and we then shared the peppery liquid served in a coconut shell.

After a fabulous meal we watched a wonderful Fijian meke (dance) that included amazing fire dancing with twirling balls on fire.

Bula vinaka, thank you, for a lovely evening of dining and dancing under a starry sky.

Photos all by Lenora A. Hayman

Middle: Bar'el Wachtel(owner) Arlo Enemark(disc jockey) & Lenora Hayman sailing to Cloud9.

Top: Asesela Waqaniolo, Pex Tasere Jnr, Chef Tevita Baleiwai on Cloud9.

Middle Right: Apolosi (Fijian Warrior) & Lenora Hayman, Sheraton Fiji.

Bottom Right: Sevusevu Fijian Welcome, Sheraton Fiji.



Debby Donaldson

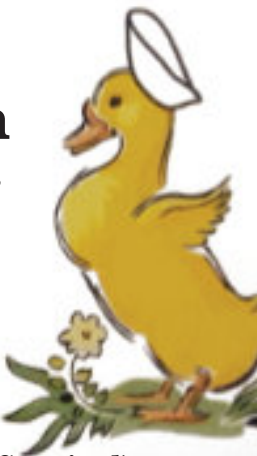
Retired Registered Nurse

Services:

- **Medications**
- **Companionship**
- **Shopping**
- **Appointments (Drs/Surgical)**

Serving Burnaby and New Westminister

References upon request.



778-773-3999
ddonaldson650@gmail.com

Salmon Arm & Shuswap

B.C. BUILDING STRONGER COMMUNITIES WITH \$1-BILLION GROWING COMMUNITIES FUND

Office of the Premier

SURREY - One billion dollars in new grants will be going to local governments in B.C. to help build community infrastructure and amenities to meet the demands of unprecedented population growth.

"B.C.'s strong economy and natural beauty continue to attract people from across Canada and around the world. Cities and towns need support to build thriving, livable communities," said Premier David Eby. "The new Growing Communities Fund will help local municipalities improve roads, build more arenas and water facilities, and improve recreation options for families."

The Growing Communities Fund will provide a one-time total of \$1 billion in grants to all 188 of B.C.'s municipalities and regional districts, which they can use to address their community's unique infrastructure and amenities demands – such as recreation facilities, parks and water-treatment plants, as well as other community infrastructure. It will help communities prepare for future growth and build the amenities needed to support new home construction, especially with the Housing Supply Act where targets are set.

"Addressing B.C.'s housing crisis requires a variety of responses, including increasing the supply of available housing which, in many communities in B.C., requires investments in community infrastructure and amenities," said Anne Kang, Minister of Municipal Affairs. "Today's announcement demonstrates a cross-government co-

operation to address the unique aspects of the housing crisis in each community, ensuring they can thrive into the future."

These grants will complement existing infrastructure funding (such as sewer, water and recreation facilities) and will be distributed to B.C.'s 188 municipalities and regional districts by the end of March 2023. The Growing Communities Fund will come from the surplus shown in the Second Quarter Financial Report. The Province is putting this year's surplus to work for people, to support them now and for the long term.

"I thank the Province for this investment into much-needed community infrastructure," said Brenda Locke, mayor of Surrey. "As we know, Surrey is the fastest-growing city in the province. With that growth, we have an opportunity and a responsibility to work together to create livable communities and create a variety of housing options. This investment will ensure the quality of life in Surrey is not only maintained, but improved. From recreation facilities to parks to roads, this investment will benefit the residents of Surrey both now and well into the future."

The Province has heard from local governments about the need for infrastructure and amenities to support their growth. Infrastructure funding programs are routinely significantly oversubscribed. For example, there are six times more requests for funding through the Investing in Canada Infrastructure Program Community, Culture and Recreation stream than what is available. This one-time fund supports

the priorities of the Union of British Columbia Municipalities (UBCM).

"Today's announcement provides the largest single provincial investment in communities in our province's history," said Jen Ford, president, UBCM. "This unprecedented transfer will help meet the needs of growing populations through the expansion of facilities and replacement of aging infrastructure. It will also support climate adaptation to sustain service delivery and safeguard residents from the risks of extreme weather. By delivering the funds with maximum flexibility, the Province is ensuring that they will be directed to urgent local priorities. This shows tremendous commitment from the province and is welcome news for residents in all communities."



CKVS-FM 93.7 Voice of the Shuswap presents:

And now for
Something Completely Different
Hosted by Ron Long



A radio show catering to the musical tastes of the Seniors of the Shuswap

Airing **Tuesdays** at 3pm
- repeating Fridays at 8pm and Saturdays at 1pm

CKVS streams online at voiceoftheshuswap.ca
To make requests: scd@voiceoftheshuswap.ca



ADVANCED MEDICAL

Healthcare Equipment

FREE CHECKUP AND TUNE UP OF YOUR WALKER

SPRING IS AROUND THE CORNER. ARE YOU PREPARED TO GO OUT? IS YOUR WALKER SAFE AND OK?

FREE CHECKUP AND TUNE UP ON YOUR WALKER WITH THIS AD. JUST CALL US TO BOOK AN APPOINTMENT.

This offer is valid
March 1 to 31st, 2023



1863 Marine Dr.
West Vancouver, BC
Tel: (604)912-0106,
www.AdvancedMedicalBC.ca



FRIENDS, LIFESTYLE, SECURITY

Thanks to our non-profit ownership and operation, Bethshan Gardens offers the most affordable rents you'll find in a retirement community anywhere in the Lower Mainland.

Call for a Tour *Independent Living*
778-373-0299 *Residence for Seniors*

Visit us, and find out what independent living in a supportive environment looks like!

BETHSHANGARDENS.ORG

17528 59TH AVENUE | SURREY-CLOVERDALE | 778-373-0299

Visit your saveonfoods pharmacy

Our pharmacists can be an active partner in your health. They can:

- Administer routine and booster vaccinations
- Help manage your diabetes
- Offer medication reminder packaging
- Deliver your prescription medications

Transferring your prescriptions is easy.*

*By law, not all prescriptions can be transferred.
See your pharmacist for details.



\$10
free gift card
when you spend min. \$20* on pharmacy

Limit 1 coupon per customer. New customers only.
No photocopies. Original coupon must be presented.

Coupon valid until August 30, 2023

*Excluding prescriptions, cosmetics, health & beauty aid, baby products, groceries, tobacco. Selected products may be excluded due to provincial and regulatory restrictions. See pharmacist for details. To the pharmacy attendant: Ensure \$30 or more is spent on eligible pharmacy items. Scan gift card. Scan coupon. Place coupon in drawer.





NOW OPEN!

New Langley Cemetery

THINGS TO KNOW...

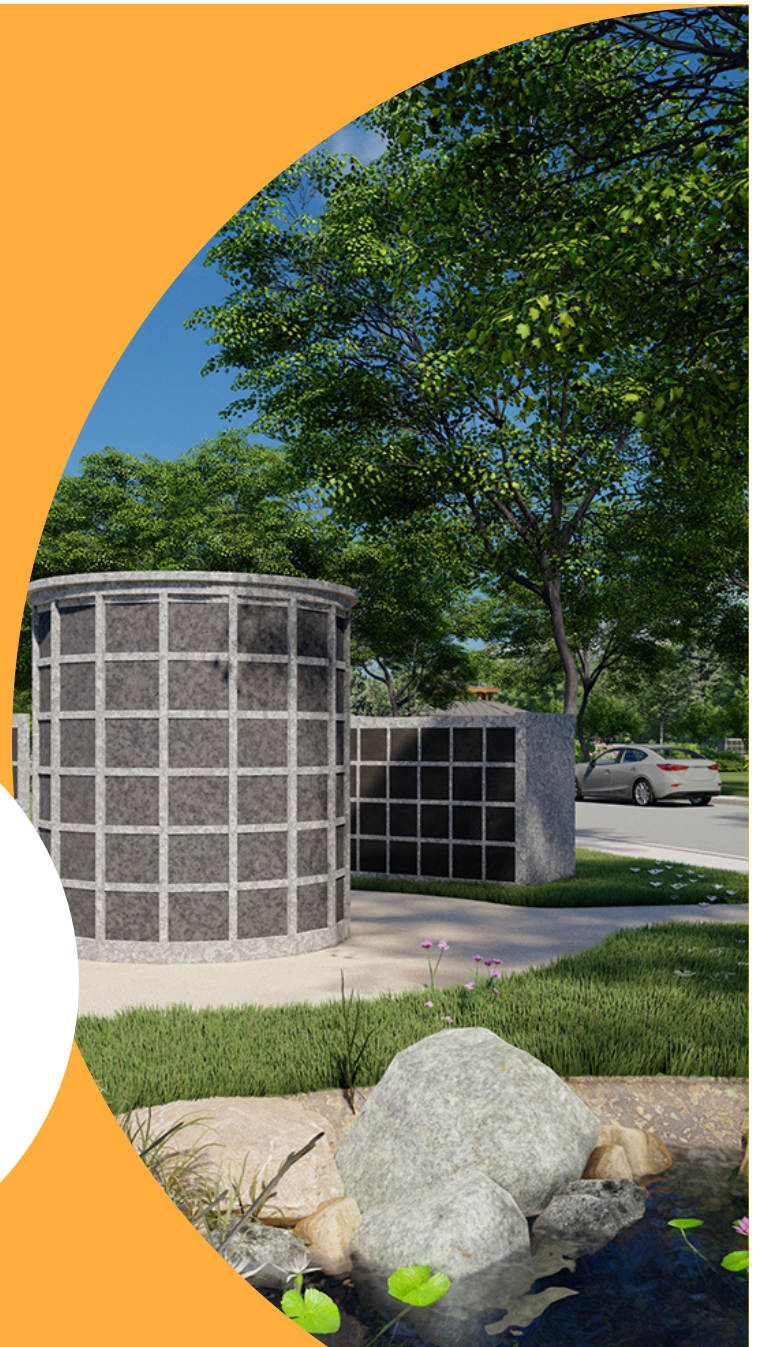
- ✓ Providing tradition burials and cremation memorials
- ✓ Burial options include double depth spaces
- ✓ Family Private Estates
- ✓ Pre-Planning available today

PRE-PLAN NOW

- 📍 920-272 Street, Langley, BC
- 📞 604-856-0330
- 🌐 www.bakerviewmemorial.ca
- ✉ info@bakerviewmemorial.ca



Owned & operated by Bakerview Memorial Cemetery Ltd.



Natural Fibre • Fair Trade • XS-4X

9 locations across B.C., including:

- North Vancouver • Kitsilano
- Commercial Drive
- Outlet Centre (1453 Lonsdale Ave)

Order online at blueskyclothingco.com
or phone 604-363-6664



Our Spring 2023 collection has arrived. Shop the newest styles, prints, and more today.

NEW CEMETERY OPENS IN ALDERGROVE OFFERING TRADITIONAL BURIAL AND CREMATION MEMORIALS ALONG WITH PRIVATE FAMILY ESTATES

The Lower Mainland’s first large-scale cemetery in more than 60 years, opened in Aldergrove at 920-272 Street, near Aldergrove Regional Park. Bakerview Memorial Cemetery will provide traditional full-body burials as well as distinctive choices for cremated remains and family estates.

Planning for the newest cemetery in the Lower Mainland has been underway for more than a decade. “As our population grows and continues to age, and with the tight supply of land in the Lower Mainland, we came to a very important realization a decade ago, that we need to provide our communities with another option where they can bereave the loss of their loved ones with dignity and respect,” said Oleg Verbenkov, Principal of Bakerview. “This was the dedication and commitment we made to building Bakerview.”

Unlike most of the large cemeteries in the Lower Mainland, Bakerview is owned by three local businesspeople. The partners had a vision for a beautiful private cemetery that could work closely with locally owned funeral homes and residents of all cultures and religious beliefs.

The 20-acre facility started with an extraordinary vision to serve the region. Currently, there are 4600 double-depth traditional burial plots, cremation burial, and columbarium interment options in the first phase. To optimize the use of the land families, have the option to purchase 6 additional rights of interment for cremated remains in an existing traditional burial plot. Currently, Bakerview cemetery introductory prices are the lowest in the region for a private cemetery.

Marcia Terlaak, the cemetery administrator,



elaborated “There is a shortage of cemetery space, for the population growth of the Lower Mainland. The long lead time required to develop a cemetery has limited the expansion and building of new cemeteries. As a final resting place – whether you choose traditional burial, mausoleum, or cremation gardens, a cemetery offers loved ones the opportunity for visitation, reflection, and memorialization. We are looking forward to helping families of all faiths and cultures and hope to reflect their customs and beliefs in the burial services we provide.”

Bakerview conducted its first burial in June of 2021 and welcomes families to make pre-plan arrangements at introductory prices. Surrounded by trees and set amongst the Cascade Mountains, Bakerview provides a serene setting for families and loved ones to say their goodbyes and peacefully pay tribute in a tranquil and idyllic setting.

For a virtual tour, more information or to book an appointment visit:

www.bakerviewmemorialcemetery.ca
or phone (604) 856 0330.

TODAYS SENIOR NEWSMAGAZINE

READ THE LATEST EDITION AS WELL AS BACK ISSUES

todaysseniornewsmagazine.com





WRITE AS I PLEASE

By Mel Kositsky

Consistent succession planning is the key to the sustainability of any organization, especially one that serves seniors. And if the board of directors of a seniors' agency is aging out, that governance exercise is crucial to its survival.

It is all part of good leadership -- which is the key to a successful organization -- especially among non-profit agencies dedicated to working with seniors. And it applies both to the board of directors and management, who must work cooperatively for the betterment of the organization and the broader community it serves.

Those were some of the points stressed at a well-attended, day-long workshop in February put on by The Council of Senior Citizens' Organizations of B.C. (COSCO). The "Passing The Torch" workshop was held at the Langley Seniors Resource Centre and attracted participants from throughout the Lower Mainland. It was the first time the revised workshop was being held in-person by COSCO in some time and included topics such as

Leadership Basics, Effective Governance, Volunteer Development and Building Resiliency.

COSCO has created a 35-page workbook called "Passing The Torch - Building and Strengthening Leadership", which guides the sessions and offers detailed suggestions for any group. The material contained within the booklet serves as a collection of practical information to complement and supplement the material presented and discussed during the workshops themselves.

Presenters at last month's event were COSCO president Leslie Gaudette and membership secretary Linda Forsythe. There are a variety of different leadership styles explained in the workbook -- whether or not there is a "natural leader", born with a combination of talents and traits that enable a person to lead others, has been a subject of debate across time. "It is important to recognize that leaders help develop other leaders -- that is what this workshop is all about," said Gaudette. It also covers ten basic principles of conflict management and how to develop "Smart Goals". Gaudette was one of four recent recipients of the Seniors Leadership Award for Outstanding Service and Community Education. Each year the SFU Gerontology Research Centre recognizes contributions to the well-being of seniors in the province. Loretta Solomon, board chair of the Langley Seniors Resources Society and a COSCO member, also received the award in 2022. The COSCO brochure says the group was first established in 1950. In recent years it has grown dramatically, bringing together seniors' organizations and hundreds of individual members. It now represents more than 80,000 members and has become the largest seniors' federation in B.C. It is run entirely by volunteers, with activities coordinated through an elected board of directors. COSCO is non-par-

tisan but politically active. "We advocate for seniors' needs no matter who is in power" and operates by its motto - "Plan with seniors, not for them".

"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@coscobc.org to learn how you can organize or participate in a session for your group or community. For more information on other programs being offered, check the website at www.coscobc.org.

An upcoming virtual workshop being offered by COSCO will help guide seniors through the "senior drives assessment". It will be a Zoom virtual meeting on April 19th from 1-3 p.m.

This practical guide for senior drivers will help you learn more about driver assessment. It will be of particular interest to drivers who are nearing the age of 80. However, drivers of any age are welcome to attend virtually and the workshop will be useful to everyone. Participants will learn about the ICBC and Road Safety B.C. assessment, which determines whether they can continue to drive.

For more information check:

<https://coscobc.org/stay-on-the-road-free-workshop-april-19th/>

It is one of the first signs of Spring.

While the first day of Spring is not until Monday, March 20, we get to experience a little bit more daylight again -- starting March 12. At 2 a.m. that Sunday, Daylight Savings Time begins. Will this be the last time we "Spring forward"?

For years now politicians have been playing this game of moving the clock -- back and forward. Has the "time" finally come to stop all these surveys and discussions and make a decision? Remember -- time waits for no man - or woman.

WHAT ACTUALLY HAPPENS TO YOUR DATA AFTER YOU SHARE IT ONLINE?



From your email address to your postal code, companies regularly ask for your information. These details are needed for you to receive your order or get the service you requested. What's more, information from your interactions can also be used to make better product recommendations, keep digital apps running smoothly or send you offers for people in your area.

While you agree to give your personal information in order to receive a product or service, by pooling the data of many other people (also called "aggregating"), organizations can learn from its patterns -- and that can deliver positive outcomes for communities without impacting personal

privacy.

Aggregated data can support academic research, improve accessibility of services like healthcare, and increase public safety by uncovering trends and patterns that can be used to make more informed decisions. Done properly, customers' personal information remains safe because personal identifiers have been removed from the data that's been shared.

"Trust in data practices is important to Canadians. According to a recent survey, three-quarters of Canadians agree that a company's reputation for how it treats personal information and privacy influences the way they think about the company," explains Pam Snively, chief data and trust officer at Telus. "These positive uses of data can only happen if a company earns your trust - and that can only happen when companies take a privacy-first approach to ensure data insights won't compromise your privacy."

Snively's team has developed industry-leading standards for responsible data use that help Telus to maintain its commitments to privacy and safeguarding data.

How an organization shares and explains its privacy policy is an important indicator of its data practices. Look for key terms that show your details will be used responsibly and respectfully, like "commitment" and "trust."

www.newscanada.com

5 TAX TIPS TO GET WHAT YOU DESERVE IN 2023

Tax returns can feel overwhelming. H&R Block, has some tips to keep in mind for tax filing, whether it's your first time or you're a seasoned filer.

1 Stay organized. Before you sit down to file or seek help from a local tax expert, gather any forms, slips and receipts you may need. Organize these monthly, including scanning and saving receipts to your computer, so you're not scrambling in tax season.

2 Keep track of key deadlines. Make note of key dates on your calendar to ensure you don't miss any deadlines. Some important dates to note for everyone:

- March 1 is the last day to make any RRSP contributions.

- The last day to file your taxes this year is May 1.

3 Research applicable tax credits. The Canada Workers Benefit is still in play this year, which could be helpful to many Canadians. Additionally, most provinces have their own benefits, such as the Climate Action Incentive Payment. It was made available to most provinces this year and can result in up to \$1,000 in quarterly payments for some families.

4 Make use of free tax calculators. With reputable ones available online, these are a great way to help you determine if you will owe on taxes or get a refund.

5 Ask for help. Free tax calculators are great, but nothing beats a real-life tax expert who is trained to always help maximize your return.

Tax benefits and credits are always shifting, and so is each person's unique situation. Find more information and a handy tax calculator at hrblock.ca.

www.newscanada.com



Straight from the Horse's Mouth

By Mel Kositsky

The eyes of the racing world will be on the Middle East for a couple of months as some of the best horses in thoroughbred racing compete for mega purses in the Dubai World Cup and The Saudi Cup.

Top horses from Europe, Japan, South Africa, Hong Kong, Australia and even North America will be competing for the huge purses, which rival the U.S. Breeders' Cup events. The action concludes with the running of the \$12 million Dubai World Cup on Saturday, March 25. It will be interesting to see how it is covered this year by North American media considering how many objected to a new golf league being formed there and some top soccer players being sought after with huge contract offers following the World Cup in Qatar.

The races are usually shown live early in the morning (West Coast time) on a cable television channel or can be found online through various racing sites, including Canada's www.hpibet.com.

The Dubai World Cup is a Thoroughbred horse race held annually since 1996 and contested at the Meydan Racecourse, which in Arabic suggests a place where people congregate and compete, a sort of meeting point in the Emirate of Dubai, United Arab Emirates. The 2,000 metre race (about 10 furlongs) attracts some of the best horses in the world and is raced on dirt on the left-handed track.

According to Wikipedia, the race is operated through the Emirates Racing Authority (ERA) whose Chairman is Sheikh Mansour bin Zayed Al Nahyan, Minister of Presidential Affairs of the United Arab Emirates. It offers nine races, consisting of eight Thoroughbred contests and one Purebred Arabian contest.

The Dubai World Cup, the final race of Dubai World Cup night, was created in 1996 by Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, who owns Darley Stud and Godolphin Racing, one of the world's leading Thoroughbred breeding and racing operations.

Annually held on the last Saturday in March, the Dubai World Cup is part of the Dubai World Cup Night of races. Since its 2019 running, the race has carried a purse of \$12 million, regaining its place as the world's richest horse race, a record held by the Pegasus World Cup in 2017 and 2018, which is raced at Gulfstream Park in Florida at the end of January. The Dubai World Cup is a Group 1 flat race on dirt for Northern Hemisphere Thoroughbred four-year-olds & up and for Southern Hemisphere Thoroughbred three-year-olds & up run over a distance of 2,000 metres (about 10 furlongs). It was held at Nad Al Sheba Racecourse before 2009. In 2010, the Dubai World Cup was first held at the new Meydan Racecourse on March 27, on an all-

weather surface known as Tapeta. However, it was held as a dirt race again in 2015 due to the high maintenance cost and being an unpopular condition among American participants.

The race's first winner was the future United States Hall of Fame Thoroughbred Cigar, owned by Allen E. Paulson. A plaque honoring that horse hangs outside the barn of Bill Mott at Belmont Park. The 2020 event was cancelled due to the COVID-19 pandemic.

Meydan Racecourse, home of the \$30.5 million (USD) Dubai World Cup meeting (March 25, 2023), will host a total of 22 race meetings during the 2022-23 season. The Dubai World Cup used to be known as the world's richest horse race - but now it is being challenged by The Saudi Cup, which was competed for during the last weekend of February.

Established in 2020 by the Jockey Club of Saudi Arabia, the Saudi Cup is a two-day international racing festival headlined by the \$20 million (USD) Cup for older horses at a distance of 1,800 metres. Held at the King Abdulaziz racecourse in Riyadh, it offers total prize money of \$31.35 million (USD) for the Saudi Cup day card. That day features both dirt and turf races that attracts some of the world's highest rated racehorses.

The Friday of the Saudi Cup weekend is highlighted by an international Jockeys Challenge, which sees seven male and seven female jockeys from all over the world go head-to-head in four special races. The weekend has become a stylish sporting and social event featuring a host of entertainment and hospitality options framed around the thrill of top-class horse racing action.

Harness racing continues locally at Fraser Downs in Surrey and so far pacer Outlaw C My Shadow has become the star of the meet, dominating in the weekly \$10,000 Open Pace. Driven by Brandon Campbell, Outlaw C My Shadow's win streak started back in November at Fraser Downs and he remains unbeaten at the current meet. Connie Kolthammer trains and co-owns the six-year-old son of Shadow Play as part of the Outlaw West Stable. The gelding now has a career record of 15 wins from 85 starts with earnings topping the \$150,000 mark (at time of writing).

Racing continues Thursday and Friday nights at Fraser Downs, located at Elements Casino Surrey in Cloverdale. First post time is 7 p.m.

The Canadian Horse Racing Hall of Fame (CHRF) invites the public to participate in the nomination of people and horses who have made a significant contribution to Canadian Standardbred or Thoroughbred horse racing, for induction to the Canadian Horse Racing Hall of Fame as part of the Class of 2023. All nominations received before the nomination deadline of March 10, 2023, at 5:00 pm EST, that meet the eligibility criteria, will be considered by the Nomination Committee of the appropriate breed.

Nominations in the following categories are being sought:

PERSON: Trainers, Drivers and Jockeys.

BUILDERS: Includes, but not limited to, Breeders, Owners, Officials, and others.

COMMUNICATORS: Includes, but not limited to, Writers, Broadcasters, Photographers, Announcers, Bloggers.

VETERAN PERSON: Trainers, Drivers, Jockeys whose careers have been

concluded for 20 years, but less than 50 years.

MALE HORSE: Stallions or geldings whose contribution to Canadian racing occurred in the past 20 years.

FEMALE HORSE: Fillies and mares whose contribution to Canadian racing occurred in the past 20 years.

VETERAN HORSE: Horses whose careers have been concluded for 20 years, but less than 50 years.

Nominations submitted between 2020 and 2022 need not be re-submitted, unless there are relevant biographical updates/changes for consideration by the Nomination Committee.

To create the ballot of finalists that will be forwarded to the Election Committee, each breed's Nominating Committee will vote on the four categories to be recognized in 2023 before determining the top three nominees in each of the four selected categories. The Election Committee will then vote by secret ballot to determine the Inductees to be recognized as the Class of 2023.

At the discretion of the Nominating Committee and Election Committee of the relevant breed, entry to the Canadian Horse Racing Hall of Fame as an honoured member will not be considered for anyone who has engaged in misconduct considered to be detrimental to the best interests of the Canadian Horse Racing Hall of Fame, its members, and the racing community in general. Complete eligibility criteria is available at: canadianhorseracinghalloffame.com/inductees/eligibility

Nominations may be submitted by completing the online form or by contacting. 416-417-9404 or admin@horseracinghalloffame.com.

Completed nomination forms may also be submitted by mail PO Box 42, Milton PO Main, ON, L9T 2Y3.

It should be noted the Board of Directors of the Canadian Horse Racing Hall of Fame has reduced the number of Inductees to be recognized in each 2022 and 2023 to four per breed, instead of the usual five for Standardbreds and five for Thoroughbreds. The four categories selected for each breed to be recognized in 2023, along with the three finalists in each category will be announced on April 11, 2023. The

CHRF Class of 2023 – consisting of four Standardbred and four

Thoroughbred Inductees – will be announced on April 26, 2023.

The Class of 2022, announced in October 2022, will be formally inducted in August 2023, along with the Class of 2023. Direct questions by email to: admin@horseracinghalloffame.com, or by phone at 416-417-9404.



SEASONAL HOME SAFETY CHECKLIST



Having your own home comes with many perks from privacy, to added space, to your own unique décor. But one thing's for sure – it takes some work to keep the place organized and safe.

To help keep your home running smoothly, here's when to tackle some important home safety tasks.

Winter wonderland

- Look for bare patches on your roof after a snowfall to see if your roof or attic insulation may need repair.
- Check for water leaks indoors during minor thaws to get ahead of water damage and mould.
- Test for high levels of radon gas in your home with a simple DIY test, or call in a pro.
- Make sure important documents are stored off the floor and not in the basement ahead of spring thaws

and floods.

Spring showers

- Refresh your emergency kit if needed, and add any season-specific items, such as a battery-operated fan if you lose air conditioning in a summer power outage.
- Angle your downspouts away from your home to prevent flood damage.
- Consider adding a sump pump with backup power or reverse-flow valves in basement drains.
- Clear gutters and debris left over from winter storms and do time-sensitive repairs.
- Inspect your roof and repair any damage.
- Consider applying sealant around basement windows and at the base of exterior doors.
- Check your smoke and carbon monoxide alarms

each spring and fall.

Sunny summer

- Do more extensive safety updates in summer when weather is clear, such as fixing a leaky foundation.
- Ensure that your landscaping is graded to slope away from your home.
- Trim any trees or bushes that are getting close to power lines.
- Check your ventilation by holding a tissue up to your bathroom fan – the suction should cause it to noticeably flutter.
- Run a dehumidifier to prevent mould if you live in a humid place or detect a musty smell.

Fall fixes

- Winterize or drain outdoor faucets and pipes ahead of cold weather to avoid frozen, burst pipes.
- Check and replace weatherstripping to ensure your home is protected from the elements.
- Clear your eaves-troughs and downspouts of leaves and debris.
- Refresh your emergency kit with supplies to last you for several days.
- Confirm that your smoke and carbon monoxide alarms are in good working order and replace the backup batteries.

Whatever the season, make sure you know the risks in your area so you can properly prepare your home for them. Do you live near a river that floods in your area every spring? Or, are you at risk for wildfires in summer? Are you likely to face severe winter storms or power outages in winter? A little preparation, can help you be ready for just about anything.

Find out about your regional risks and learn more safety tips at getprepared.ca.
www.newscanada.com



Ching Ming Festival

Honour your family's legacy when you plan ahead.

up to **18% off** select cemetery property* + **0% interest** for 60 months**

Act now to secure these savings. Call 604-328-6079.

Forest Lawn

FUNERAL HOME & MEMORIAL PARK

3789 Royal Oak Ave. | Burnaby, BC V5G 3M1

ForestLawnMemorial-Burnaby.com

Ocean View

FUNERAL HOME & BURIAL PARK

4000 Imperial St. | Burnaby, BC V5J 1A4

OceanViewBurialPark.com

Victory Memorial Park

FUNERAL CENTRE & CEMETERY

14831 - 28th Ave. | Surrey, BC V4P 1P3

VictoryMemorialPark.com

Every Detail Remembered™

Dignity[®]
MEMORIAL

*Limited-time discount valid only for select cemetery property through 3/30/2023 Discount applies to new pre-need purchases only. Terms and conditions apply. See an associate for details.

*Limited-time discount valid only for select cemetery property through 5/30/2023. Discount applies to new pre-need purchases only. Terms and conditions apply. See an associate for details.



COQUIHALLA CANYON
TRAILS EXPLORING KVR'S
WESTERN ROUTES

By Rick Millikan

Cycling Kettle Valley Railroad's western routes begins one August. Gathering in Langley, bike buddies and I traverse Fraser Valley's acres of crops and verdant pastures. Following a refreshing swim in Cultus Lake, we pedal into Chilliwack and camp on a fellow cyclist's lawn.

Sunday: Spanning the mighty Fraser, as a peloton we zip across Bird Island. A larger-than-life sculpture welcomes us into Hope, a stop-off for Cariboo gold miners...and capital of chainsaw sculptures.

In town a park sign points to KVR trail. Five Othello tunnels and two bridges provide an amazing passage. Placards recount the chief engineer's love of Shakespeare's plays and naming rail sites after favourite characters. After watching salmon hurtle through Coquihalla River rapids, we locate a



campground.

Monday: A gravel road leads to a bridge washout. Fording the river, we merge onto Coquihalla Highway and grind upward. Turkey vultures circle ominously above.

Twenty kilometers beyond Portia Station, Pipeline Road accesses KVR Trail. The single-track winds through shady pines and emerges along Coquihalla Canyon's rim.

Past Iago Station, we coast down below KVR's 98-meter snowshed, one of the original fifteen. On through a rail tunnel, we descend onto a logging road and rattle alongside the peaceful Coquihalla River. Above, eight rusty trestles and five tunnels further recall this ambitious undertaking. As floods and avalanches caused costly maintenance, this route was abandoned.

A black bear mama and cub materialize amid evergreens. Bicycle bear bells ring out as we hustle by. At sunset, we ascend to the original railbed and onward to a paved roadway. A stately antlered stag witnesses our arrival at Coquihalla Lake campground.

Tuesday: KVR's mainline proceeds east through Princeton; our ride traces its northwestern spur line. Dashing along the highway, we pass Juliet Station and twenty-kilometers later veer onto Coldwater River Road. Pines and sagebrush dot ranches and a first nation's reserve.

Our scenic jaunt ends in western-style Merritt,

where sidewalk plaques honour its Mountain Festival's country singers. Securing steely steeds, we saunter into copper-domed Coldwater Hotel for mouthwatering vittles. Back at camp, I launder grungy clothes in washroom sinks. Hung on a fence, these dry quickly.

Wednesday: Today's a scorcher. Nine Mile Farm seems a perfect morning stop. Lawn sprinklers cool us, organic fruit nourishes us, and shady lawns provide rest. Crossing Thompson River at Spence's Bridge, we pedal to Goldpan Camp and chill out in a river cove's turquoise waters.

Thursday: We rise early to avoid canyon traffic and noontime heat. Curious horses, dogs, magpies, and chipmunks eye our slow progress. Brutal climbs earn exhilarating descents. Plunging into Lytton, we sight the Thompson joining the muddy Fraser. Grub is found at this longtime trading center. We camp south of Boston Bar at Anderson Creek. The creek provides jacuzzi-like cascades.

Friday: Hell Gate Canyon proves awesome! Remnants of Cariboo Wagon road stretch along its north face. To our relief, its six tunnels provide well-lit separated sidewalks. As the canyon widens, we emerge from a seventh tunnel into Yale. Only St. John Church survived Yale's fiery history.

Refreshed by a Lake of the Woods dip, we cycle through Hope and onto Sea Bird Island. Across the Agassiz Bridge, our pedal skirts the Fraser sloughs, and returns to our homey Chilliwack camp.

Saturday: Outside sprawling Chilliwack, we contemplate a spooky residence. Once B.C. Railway's electrical Powerhouse, it became the setting for Steven King's 'Dream Catchers.' Many kilometers later we lie on the grass watching Abbotsford's airshow. Jets and vintage aircraft perform aerial stunts above us.

Bidding farewell to pedal pals near White Rock, I head homeward. There my odometer reports 600-kilometers brimming with hot times and cool adventures.

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.

SENIORS...

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

CALL US TODAY!

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

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

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

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

Eligible adaptations include the following:

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

604.857.5990
profilerenovation.ca

PROFILE RENOVATION DIVISION

NKBA NATIONAL KITCHEN BATH ASSOCIATION



LIFE'S BETTER AT THE BEACH!



Gorgeous top floor corner unit offering stunning views of the ever-changing bay. 2 bedrooms, 2 full baths, and a sun drenched 1133 sq ft open floor plan make this home a winner.

Only 10 years old, and very well maintained this complex has a wonderful community spirit.

Enjoy the privacy rarely available in White Rock as you entertain on your 297 sq ft covered deck.

Pet friendly and with direct access to the beach. Close to everything but still away from it all.

YOU DESERVE TO LIVE HERE.

No lawns to mow, no stairs to climb, no problems.

**#306 - 15747 MARINE DRIVE, WHITE ROCK
\$1,298,000**

**Joanne Beeson 604 753 7400
RE/MAX Colonial Pacific Realty Ltd**

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

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

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

All Free To Qualifying Seniors & Disabled!



Easily Replaces Your Bathtub or Shower



BEFORE



AFTER



AFTER

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

CALL FOR YOUR FREE BROCHURE TODAY!

SEMCD
Certified

Lower Suction Dentures

LOWER SUCTION DENTURES NO ADHESIVES and NO IMPLANTS

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

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



Smile, Laugh, Eat —
securely fitting dentures can be life changing.

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

WHAT ARE LOWER SUCTION DENTURES?

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

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

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

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

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

Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

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

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

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

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

CAN ALL DENTURISTS DO THIS?
Only denturists that have been trained and SEMCD certified can use this technique.

IS THERE SURGERY INVOLVED?
No, there is no surgery involved.

DOES IT WORK FOR EVERYONE?
Eight out of ten patients can attain suction on the lower denture.

WHAT IF I DON'T GET SUCTION?
Even if suction is not achieved, Suction Effective Dentures are 100% more stable than conventional dentures.

CAN MY OLD DENTURES BE REFIT?
Possibly, your denturist will know better after examination.

I HAVE A LARGE AMOUNT OF BONE LOSS, WILL THIS TECHNIQUE HELP ME?
Yes, suction is not contingent on the amount of bone, but relies more on the surrounding tissue.

www.yourdenture.com • 604-530-9936

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

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

 /BrookwoodDentureClinic



Darren Sailer R.D.
Denturist



Colin Harty R.D.
Denturist

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

CELEBRATING 25 YEARS OF CREATING GREAT SMILES!