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TODAY'S SENIOR NEWSMAGAZINE

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ACCORDION TO DAN

As this month of April comes into view and the snow at the end of February and beginning of March, thankfully is now

hopefully a faint memory, a Gilbert and Sullivan ditty comes bouncing in. Anybody still remember the opening lyrics? 'Oh, the flowers that bloom in the spring, tra la breathe promises of merry sunshine, tra la'.

Some of us, (once youngsters), enjoy recalling the old days and comparing them to today. There might even be an urge to wonder what Gilbert and Sullivan might have written and embellished audiences if they somehow managed to have been magically reincarnated into this present era of technological and social progress.

Many seniors today likely recall the nineteen sixties, the era of the age of Aquarius and even way back to the Dominion radio network of the CBC, Wayne and Schuster and the farm broadcasts. Thus, the following bit of rhyme takes us back to another time.

DO YOU STILL REMEMBER

A Man And His Music and other radio programs like Fighting Words on the Dominion Network Of The CBC. How about broadcasters like Bill Good Senior and Ted Reynolds. Do those Vancouver popular broadcasting names bring back a memory? Back to a bit of nostalgia some of us older adults often enjoy to go.

Then there was Channel Twelve, KVOS Bellingham and roof tops with aials like Channel Four and Five and programs like Gunsmoke starring James Arness as Matt Dillon and Dragnet's Sargent Friday saying, "Just the facts, Ma'am". That new broadcast medium with sound and moving pictures came alive.

Remember all those 17 and 21 inch TV sets at the Bay, Woodward's, Eaton's, Simpson Sears, and Wosks. Just like middle-agers today; when it is their time to reflect back as seniors, they too will have experienced many changes like computerization as a way of life, many a nostalgic thought unlocks. They sure will also have plenty to contemplate when they reach our age. Will libraries still have books and still by human hand turn over a page. Like us today, will they have fond memories like the nineteen sixty eras of the age of Aquarius, Dinah Shore and Patty Page?

One questions in this edition how someday the future will be perceived by today's youth when they turn into seniors. The thought came to me while riding on rapid transit. Packed solid like sardines in a can, so many eyes were focused on their cell phone screens. Walking on the street, people appeared to be talking to themselves when in fact they were conversing with someone on their cellphones. If that's the norm today, how can seniors, who are not tech savvy (like me), comprehend how old fashioned 2023 will appear sixty years from now. Who knows what that 'future highway' will be like. One can only imagine.

Show Biz

Perhaps more entertaining is the familiarity of our past to reflect when we watched TV, listened to radio programs or read books. There began CBC radio news programs like 'As It Happens' and 'The Sunday

Edition'. You probably listened to entertainment radio – the ever-popular programs – 'The Happy Gang' and, of course, the 'Royal Canadian Air Farce' which later became also popular on TV.

As teenagers, rock and roll music became popular to the dismay of many parents. What ever happened to Sam the Record Man and A&B Sound record



Spring has sprung, The grass has 'riz'. Soon May, June and July, it is, (Photo: Dan Propp)

stores; to 78 rpm and 45 vinyl records? Now there is country music, hip hop and music videos.

There was all kinds of programming from ABC, NBC, and CBS. Does anyone remember George Burns and Gracie Allen Show or the distinctive voice of Arthur Godfrey?

We watch soap operas like "The Edge of Night" and "Guiding Light" that were popular on TV. "Like sands through the hourglass", so are the soap operas--some are of the past and some still on going.

FOR THE BIRDS

Where on earth did that expression come from? Today we end up tweeting on computers or cellphones. In other words, so much is 'feathered' from 'robin' or 'hawking' something from the past. One can go on and on just winging it, trying to figure out this flight path to make all the pieces somehow fit. Anyway, like an owl 'it's always a hoot' to ponder and reflect. 'Though April showers may come your way, they bring the flowers that bloom in May'. In any case, it's that time of year when you know that summer is just around the corner.

Please visit www.Nostalgicroads.Weebly.com

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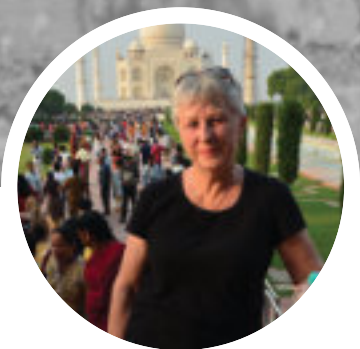
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HEAR THIS: HAPPY MOTHER'S DAY!

By Ursula Maxwell-Lewis

"We're all ghosts. We all carry, inside us, people who came before us."

Liam Callanan (The Cloud Atlas).

This quotation caught my eye and my imagination when my DNA test returned the surprising (to me) information that I am one third Irish. As a proud Scot born into a family with a



passion for history, any history, I'm now on a mission to delve into this new revelation.

With Mother's Day being celebrated on Sunday May 14, plus my late Mother's birthday on May 1 (it's also her eldest brother's birthday and my son's birthday), my late father's birthday on May 7 and my eldest daughter's birthday on May 11, it's a month flooded with memories and mixed emotions.

As the only child of globetrotting parents I was particularly close to my mother. Jean Munro was one of the youngest in a family of eleven children. She was an avid reader, a successful freelance writer and a global thinker. She was also deaf. She swore that a family doctor who treated a childhood ear infection with peroxide (the pain never to be forgotten) either caused her deafness or made it worse. Either way, by the time I came along hearing aids were the norm for her.

Using her sleek long black hair as a camouflage, she'd tuck her hearing aid cord into a bun at the nape of her neck before winding it under high blouse collars. A pocket had been added to her bras into which she could tuck the voice box to which the cord was connected. The innovative foil worked to some extent - except when the silk fabric scraped across the voice box adding to the cacophony of sounds amplified by this 1950's technology for the hearing impaired.

Upon arrival in any new country or city, Mum's first missions were to locate the nearest library and the best audiologist. Medical science wasn't advancing fast enough to cure, or alleviate, her hearing loss, but her search for improved technology never flagged.

My role, though neither of us realized it until I was in my teens, was that I was her 'ears', too. I remember being about 14 when mother declined to attend an event. Instinctively I suddenly realized it was because I'd declined the invitation first. Without realizing it, I'd always automatically tuned in to her 'hearing' reactions. A confused look or a hesitation, even if we weren't conversing in the same group, almost subliminally alerted me that she'd lost the thread of a conversation and needed

help.

People's lack of consideration angered me. Speaking up or enunciating clearly were, for example, simple courtesies people often seemed irritated at observing. Instead, they'd turn to me saying, "Does you mother do.....?". Containing my anger at their lack of consideration, I would, instead of responding to the speaker, turn to Mum clearly repeating, "Mrs. Smith is wondering if you.....". Mother would then reply, while I simmered.

Historically deafness was once interpreted as a mental disability. Many years later an elderly aunt remarked to my grandmother {referring to my mother}: "She's turned oot nae so bad after all."

When I was born my mother told me her first question to the doctor was, "How is her hearing?". As time went by she was delighted to know I could, as she put it, hear the grass grow.

Thankfully, technology and medical science have made great strides in this field. Noticing hearing impaired friends 'tune in' via Bluetooth to their phones, televisions or other electronics always reminds me of my mother. She would have been fascinated - and delighted - at the improvements.

I also smile when friends (mainly men!) still refuse hearing aids. It reminds me of Mum in London informing her very deaf older brother; "Jimmy! If you don't get a hearing aid I'm not going to talk to you!". He chuckled. Mum loaned him her spare hearing aid to try. An NHS one was available for the asking, but I've no recollection of him ever giving in and requesting one!

So, to all the mothers out there (including mine who now lives on in my memory), I hope you can hear me loud and clear: Happy Mothers' Day!

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

Photos:

Top: Saved by a love of reading and writing. My mother Jean Munro at Farley House, Beauty, Scotland. **Top Right:** Mum and I waiting for the ferry from Falmouth to St Mawes, Cornwall, England.

Photos by Ursula Maxwell-Lewis

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And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey

HOW TO SUPPORT MOOD AND MENTAL WELLNESS WITH FOOD AND NUTRITION



According to Statistics Canada, 46 per cent of Canadians say their perceived stress level is somewhat or much worse than before the pandemic.

Food and nutrition can impact multiple processes that influence our mood and behaviour. These also affect our brain processes, including higher-level cognition, such as social decision-making. This means that you may be able to support better mood and mental wellness by being selective with what you choose to eat. Below are four things you can do to help reduce anxiety and better manage your mood.

It's important to note that unchecked anxiety can seriously affect your day-to-day life. Be sure to take the care and time to give yourself what you need to feel more balanced, and seek professional help if you need to.

Balance mood and anxiety with help from mag-

nesium The mineral magnesium is responsible for over 300 biochemical functions in the body. Most notably, it plays a role in helping us calm the nervous system and find a night of better sleep. It's also involved in the production of melatonin, a hormone that helps control sleep and wake cycles.

Help from healthy fats

Getting enough healthy fats does so many wonders for the body and mind. Foods like avocados, walnuts, ground flax, organic eggs and wild fish are thought to support mood regulation, blood sugar regulation, sleep and energy levels. These foods may help keep our cognitive and emotional health in check since they can affect our hormonal system.

Find calm with help from adaptogenic herbs Ashwagandha is an exciting adaptogenic herb that is well studied and proven to be beneficial for stress and anxiety and overall enhancement of well-being.

It can be used for acute stress, which is great for someone experiencing anxiety, or long-term use for someone experiencing chronic stress.

Get enough zinc

The hippocampus, an area of the brain, controls learning and mood and contains some of the highest zinc concentrations in the body. One study on 100 female high school students found that zinc deficiency may negatively affect mood. The best food sources of zinc include oysters, red meat and poultry. Pumpkin seeds, legumes and other plant-based foods also offer high amounts of zinc.

When shopping for natural medicines and supplements, consider places that specialize in this area, so you can seek expert advice and tips.

Find more wellness tips at naturesemporium.com.

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Debby Donaldson

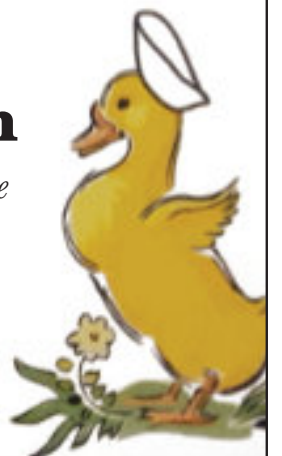
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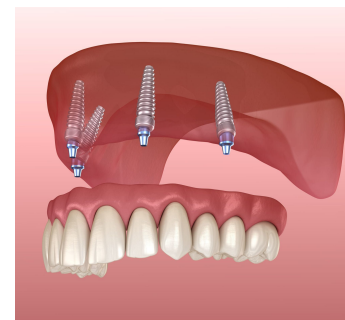
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FINANCIAL NEWS

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

How do employee pension plans work?

Working for a company that offers a pension plan is one of the greatest financial benefits in Canada. But what is an employee pension plan and how can it help you achieve your

retirement savings goals? Employee pension plans can vary. Often, I get asked to explain the options available to a person who is retiring because they do not understand the best options for them. So, a good place to start is with the basic differences between pension plans and what the benefits are.

What are the two main types of employee pension plans?

There are two main types of employee pension plans: defined benefit, and defined contribution.

What is a defined benefit pension plan?

Defined benefit pension plans provide retirement income based on a formula that includes your: years of service with your employer, salary, and age at retirement.

How does a defined benefit pension plan work?

Defined benefit pension plans pool the contributions from both you and your employer in a pension fund. Those funds are then invested. Your employer (the pension plan sponsor) is responsible for paying employees their retirement income from the plan. You may be required to contribute to a defined benefit pension plan during your time with a company.

What is a defined contribution pension plan?

Defined contribution pension plans provide retirement income based on the savings each member has in the plan. The amount of retirement income you get depends on how much you contribute to the plan, how much your employer contributes, and how that money grows over time. There is no prescribed income level that will be paid.

How does a defined contribution pension plan work?

Usually with a defined contribution pension plan, you and your employer pay a defined amount into your pension plan each year. Companies have mandatory employer contributions, and

most have an optional employee component. In most cases you control how you invest your money. You can usually select investments based on your own risk tolerance and goals. The investment performance determines what your retirement income will be.

Who manages employee pension plans?

Your employer is responsible for administering the plan. Most employers rely on different service providers to manage their pension plan. This often includes:

- plan administration service providers (provide record keeping and other services),
- investment fund managers (who invest the pension fund assets),
- life insurance companies (for record keeping and/or investment management services),
- trust companies (for custodial services), and
- consultants (for services like plan valuation, pension design consulting, member communications consulting and fund manager search services).

What happens to your pension plan if you change employers?

Under pension legislation in most Canadian jurisdictions, defined benefit, and defined contribution pension plans vest* at some point. In most jurisdictions, the vesting is immediate. This means, once your employer makes contributions to the plan, it is your money. In other jurisdictions, you need to work with your employer for a specified period before you are vested in your benefits.

What happens to your pension if you leave your employer?

If you leave your employer your options for what you can do with your pension will depend on the legislation and plan.

You may be able to: leave your money in the plan you are leaving, transfer the value of your pension to another pension plan (if the other plan permits), transfer your commuted value to a registered retirement savings plan or other plan (if it's not locked-in), or a locked-in vehicle (if it's locked in), or take the cash value, less tax (if it's not locked in).

Some provinces may have vesting based on years of service or membership in the plan. If you leave before the benefits vest, you will get the value of your own contributions and earnings. You will not, however, receive your employer's contributions and related earnings.

If you are leaving a pension plan for any reason, it may be helpful to talk to a financial advisor. They can walk you through your options. A CRS Financial advisor can help answer questions and address any concerns you may have.

Need help understanding your retirement savings options?

Knowing what your employee pension plan offers can help you make the most of your retirement savings. Or, if you do not have a company pension plan, you can create your own retirement savings plan. Whatever the case, at CRS Financial we can help you understand your options. To find out more about your options contact Rick at 604-535-3367 (Suite 220, 3388 Rosemary Heights Cres. Surrey, BC V3Z 0K7) or email: rick@crsfinancial.ca

Source: Sun Life Investments

THE COST OF KIDNEY DISEASE IN CANADA

Millions of Canadians suffer from kidney disease, with nearly 50,000 estimated to be living with end-stage kidney disease, which has no cure. The significant costs to the health-care system from the treatment of the disease underscore the importance of prevention and early detection, especially since the disease can strike anyone, not just those with elevated risk factors like diabetes and high blood pressure. Here are the facts from the Kidney Patient and Donor Alliance.

- Almost \$2 billion is spent on dialysis and kidney transplantation in Canada each year.
- According to the Canadian Institute for Health Information, in 2019, a total of 4,404 deaths in Canada were attributed to kidney disease.
- Every day, approximately 65 Canadians are newly diagnosed with kidney disease.
- There are indirect costs to patients and their families, such as the loss of income due to the frequency of treatments, the cost of travel to and from dialysis appointments, and the emotional toll of living with the disease.
- A kidney transplant from a living donor is seen as the best treatment for kidney disease. Increasing living-donor kidney transplants by 20 per cent within four years will save over \$20 million in averted dialysis costs and help more Canadians have a longer and better life.

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THE PHARMACIST REVIEW

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

"Proactive Defence Against Allergies

Respiratory allergies such as allergic rhinitis (or "hay fever") affects 1 in 5 Canadians and is extremely frustrating for the chronic sufferer. There are both hereditary and environmental components. It occurs when the body is over-reactive to an allergen, which manifests into upper respiratory and sinus symptoms such as runny, itchy nose, and red and itchy eyes. The chronicity of these symptoms often lead to fatigue and frustration. The most common air-borne allergens are pollen, mold, dust mites, and pet dander.

The best way to alleviate symptoms is to remove yourself from the environmental allergen whenever possible. This may include minimizing outdoor activity, keeping the window closed at home and in the car, frequent cleaning of furniture, walls, floors, and pet areas, as well as the use of a HEPA filters at home. Try wearing a mask when cleaning. It is also important to do laundry frequently, shower thoroughly, and use a saline sinus rinse. An often overlooked remedy is to coat your nasal passage with a sterile sinus gel after using a nasal rinse and after each time you blow your nose. This will help trap the allergens and minimize exposure of your skin's receptors to the triggers.

Healthy eating on a regular basis, including a diet of adequate protein, lower fat and lower carbohydrate/sugars, can greatly affect your energy metabolism, and minimize inflammation throughout the body which is related to the severity of your allergy symptoms. Be wary of hidden carbs in fruits, vegetables, dairy, and nuts. Taking a good-quality broad-spectrum probiotic such as New Root Herbal's Acidophilus Ultra can balance the flora in your lower gut and help regulate your immunity to an optimal level, as well as aide water/electrolyte balance in the bowels and help maintain desirable bowel movements. Regularly taking Vitamin D and omega-fatty acids can improve immune function and also minimize inflammation, but be picky in your selection; we feel the CanPrev and Metagenics ones offer great quality, tunability, and value. Antioxidants such as quercetin on its own or in combinations such as Vitamin C8 by New Roots herbal can maximize lung health and lead to a more reasonable response to allergens. Herbs such as stinging nettle and bromelain have been used successfully to curb the annoying response of runny nose, stuffy sinuses and itchy eyes. Ortho Molecular's D-Hist is available in an adult and a kids formulation; it combines N-Acetyl-L-Cysteine with Vitamin C, quercetin, stinging nettle, and NALC into a quick acting capsule that could take effect after a day's use.

Speak with your integrative pharmacists at Pharmasave Steveston Village and Cloverdale Pharmasave to explore the many natural options to prevent and treat respiratory allergies.

(Fred and Christine Cheng are a passionate, charismatic brother-sister pharmacist team at their unique, family-operated Pharmasave stores in Steveston Village, and Cloverdale, B.C.) "

4 FACTS ABOUT BEST BEFORE DATES THAT CAN SAVE YOU MONEY

We're all feeling the pinch of inflation, with rising prices and interest rates. Here are four simple ways you can use best before dates to save money.

1 Know the difference between a best before date and an expiry date Did you know that expiration dates and best before dates are not the same thing? An expiration date is the last day a food is safe to eat. Expiry dates are required on only a small number of foods, such as infant formula and meal replacements. Best before dates are about food freshness, quality and how long they should last unopened, not about food safety.

2 Taste before you waste There's a common misperception that after a package of food has passed its best before date, it's no longer safe to eat. Best before dates indicate when a packaged food will be at its peak in terms of flavour and nutrition. If stored properly, most food is perfectly edible beyond the best before date on the label. Open the package and give it the "sniff test" or look for mould or other signs of spoilage. Otherwise, using something beyond its best before date is perfectly fine and can help reduce your food



waste.

3 Keep an eye out for "Enjoy Tonight" sales Studies show that Canadians love best before dates, and for good reason. Buying food that is close to or past its best before date can result in significant savings. For example, if you buy a tub of yogurt the day before the best-before date, your local grocery store may offer you up to 50 per cent off.

4 More foods include best before dates than required by Canadian law Canada exempts fresh produce and requires best before dates on fewer foods than some other countries. The food industry can still choose to put a best before date, many do, which often results in sales when the date approaches. So, keep an eye out for savings.

www.newscanada.com

PRO TIPS TO PREP YOUR GARDEN FOR SPRING



There's nothing quite like plucking a fresh head of lettuce or the first green bean from your own garden. It's not only rewarding, it's good for the environment.

Gardening helps to improve air and soil quality. Plants help protect the soil, recycle nutrients and provide homes for animals. Gardening also helps protect local wildlife and pollinators. Whether you're new to gardening or you've been at it for years, here's how you can get a head start on growing season.

Plan your bounty

Start thinking about what you want to grow, and how you'll arrange the garden. Remember that when different plants are grown side by side they sometimes give each other a leg up in becoming hearty, nutrient-rich food. Sometimes called interplanting, this technique has been used for centuries by Indigenous growers, namely with beans, corn and squash – often called the three sisters. Make note of local frost dates and find out what else might grow well together to help you plan out your plot of

land.

Check your soil


A healthy garden starts with healthy soil, so when the ground has thawed a little, it's time to check it out. Toss a handful of soil back and forth from hand to hand. If it's dark coloured, falls apart easily and smells fresh and alive, then you know you're in good shape. If it's not – maybe it seems musty or smells bad – then it's time to add some compost or manure to the top 10 to 15 centimetres.

Be wary of tilling

While weeding is a good practice, and mulching can help prevent weeds' return, tilling your soil (i.e. turning it over and breaking it up) should be done with care. Tilling or raking too much can disrupt the activity of worms and microorganisms that keeps it fresh and healthy for plants. Only till in spots where you plan to plant directly or if you are mixing manure into the top of a new garden bed.

While you take on these steps individually, Canadian farmers and agricultural businesses also work to bring responsibly grown food to our tables. Using cutting-edge farming practices, they can help preserve the environment and support community wellbeing. Find more information about how they're feeding Canadians and growing a better future at canada.ca/taste-the-commitment.

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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

new colors and a new name: Saveway Building Supplies.

By the way, no business is static, and the lumber business is no exception. Lumberland was eventually acquired by Revs, a company that had started away back in 1903 as Revelstoke Companies Ltd. Along the way Rev acquired Monarch Lumber, then in 1988 merged with BC's West Fraser Building Supplies. By the time they picked up Lumberland in 1997 Revy had become the largest home improvement retailer in Western Canada. But in 2001 they were bought out themselves by Quebec-based

RONA-which had bought Cashway's 66 Ontario stores the year before! In Canada today RONA is second in size only to Home Depot, with 540 stores in all regions of Canada, more than 16,000 employees and dealers, and retail sales hovering around \$3 billion a year.

But, getting back to those four Saveway stores in B.C., they were in Ladner, Langley, Burnaby and Surrey. The latter store, near the south foot of the Pattullo Bridge, was the headquarters. Based there and supervising the changeover: Shell Busey.

"I was now wearing two hats," says Shell, "responsible for Beaver Lumber stores from Prince George north, and that took in places like Fort St. John, Vanderhoof, Chetwynd and Whitehorse, Yukon. And I was changing the four Beaver Lumber stores in the Lower Mainland to Saveway stores, buying new merchandise and switching to new colors."

Shell and Frankie liked British Columbia, and decided to stay. The girls liked it here, too. "When we came to B.C.," Frankie recalls, "Monica was 14 months old, and she'd already lived in three houses. Kyna was four-and-a-half and our house here was her fifth."

And now yet another company steps into the picture. In 1975 Shell left Beaver Lumber to become merchandise manager for IRLY Bird Building Supplies, responsible for merchandising and warehouse operations. "I looked for new products, bought them, distributed them ..." IRLY stands for Independent Retail Lumber Yards. Their corporate structure is interesting: they're a private store chain. Each store is independent, but joins forces with other independents as a common group to pool resources for distribution, advertising, communication and buying. ("You own the store," an ex-IRLY man told

me, "no fee, they give you the name, the color scheme, they buy in bulk. IRLY Distributors Ltd. is the functioning arm, they're non-profit; they take in just enough from the members to keep the main office running.") IRLY was founded in 1963 by a small group of Vancouver dealers. The retail outlets are known today as IRLY Building Centres.

North to . . . the Yukon

Shell might have stayed with IRLY, but Beaver Lumber came calling again. "Keith Mitchell was general manager responsible for franchising for Beaver,"

SPRING!!



- | | | | | |
|---------------|-----------------|---------------|----------------|------------------|
| Showers | Flowers | Spring | Birds | Nests |
| Babies | Cherry Blossoms | Picnics | Crocus | Sunshine |
| Bunnies | Daffodils | Easter Sunday | Tulips | Good Friday |
| Coloured Eggs | Chocolate Bunny | April Fools | Robins | Hot Crossed Buns |
| Wood Peckers | Easter Egg Hunt | Baby Chicks | Chocolate Eggs | Easer Basket |
| Blooms | Budding Trees | | | |

Shell explains.

"He flew out here and talked to me, said Beaver was contemplating switching to a franchising system and would I be interested in the Whitehorse location? And I said,

'You mean White Rock?' and Keith said, 'No, I mean Whitehorse. In the Yukon.

Shell and Frankie talked again. (Discussions about moving were a regular part of the Busey lifestyle!)

"Beaver had a northern living allowance, and a house would be supplied. No furniture, but a house. So we decided to do it; we put own house in Delta up for sale do day for the franchise and went up to Whitehorse in the fail of 1976. Frankie stayed at home in Delta with the kids." The plan was they would come up when the house sold.

"I'd bought an International Scout, one of the original SUVs. They used to call them 'cornbinders,' because of the look. They were the Hummer of their day. And I drove that Scout up the Alaska Highway to Whitehorse in November, 1976. Dave Langtry came with me. Dave was a Beaver Lumber/Saveway employee, working for me and taking management training. He had an old Chevy Suburban and an Airstream trailer. The house was right in town, but there was no furniture and I didn't have the money to buy any yet, so Dave and I stayed in his Airstream.

"The store was a sty. The stock was out in the open at the back of the store, but that wasn't a problem, there was an honour system in that part of the world. But I was going night and day fixing it up, and at night, at the end of the day, I would meet my contractor accounts at the local pub to take their orders for the next day. That's how you did business in the Yukon!"

They did other things differently in Yukon. "I bought gold from the prospectors right in the saloons," Shell recalls. "I'll never forget the man's name, old Jacob, he

pulled his old, smelly rag out of his back pocket and there were the nuggets he'd panned right out of the river. No weigh scales, just the hand thing. 'Hmm, that one's worth 80 bucks.' Frankie and the girls got some nice pieces of jewellery."

It wasn't long after he got to Whitehorse that Shell learned that the most important thing in the city is getting it. Shopping for home related goods in the Yukon isn't a casual thing. castor road deliver. (Harold Parson whose company ran big supertrains - two trailers hauled behind the tractor up to Whitehorse, told the writer they sent five up every week in the 1970s when Shell was there. Harold's retired now, but his son Glen has upped that total considerably.)

I'd come home every three weeks or so, fly down to see Frankie and the kids. I was up there five months. But our home in Delta wasn't selling. Finally, I got on the phone to Keith Mitchell and told him it wasn't working.

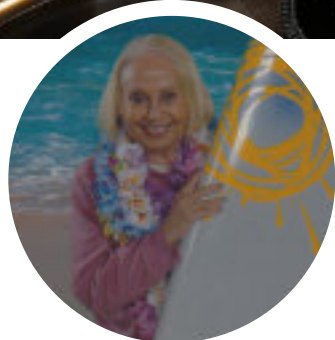
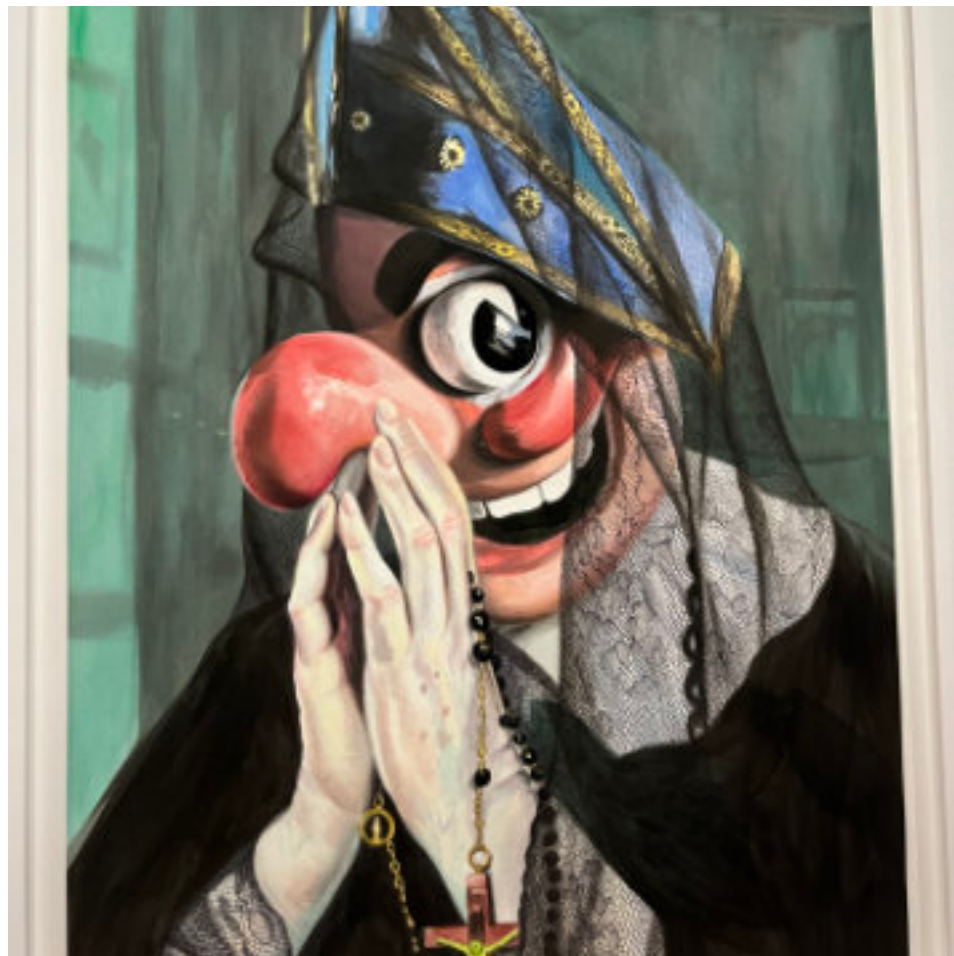
Dave Langtry decided to stay in Whitehorse (his wife Kathy joined him, and they lived and worked in Whitehorse for many years before returning to Ontario), but Shell headed back south.

A fluke

That time in Whitehorse, brief as it was, proved to be a valuable learning experience for Shell. "When I got back from Whitehorse I contracted as a consultant to the Surrey Co-Op, which at that time was in Cloverdale. And I had an interest in 'knockdown' kitchen cabinets, too." (Knockdown: made or constructed so as to be capable of being knocked down or taken apart, as for transportation.)

What Shell didn't know was that his interest in kitchen cabinetry was going to change his career direction and his life and lead to his becoming Western Canada's most well-known home improvement guru. What happened next was a fluke!

Shells Story to be continued next month...



SHARY BOYLE DELIGHTS US AT VANCOUVER ART GALLERY.

Article & photos by Lenora A. Hayman.

SHARY BOYLE: OUTSIDE the PALACE of ME at the Vancouver Art Gallery from March 4, 2023 to June 4, 2023 is a wonderful exhibition of Shary Boyle, a Canadian visual artist and performer. The multi-sensory installations include drawings, delightful ceramic sculptures, a life-sized automation, two-way mirrors and a coin-operated sculpture. A variety of music plays in the background as you experience her 28 artworks.

Shary Boyle, Centering, 2021 requires \$1 or \$2 coins to activate the foot pedal to twirl the pottery wheel. The funds are donated to the YWCA Inspirations Studio.

Sharyl Boyle, Judy, 2021, has a 2nd pair of arms to display her puppets including the green-skin witch from the Wizard of Oz.

Sharyl Boyle, Punch 2019, a painting has bulging eyes, a bulbous nose and chiclet-like teeth.

Sharyl Boyle, White Elephant, 2021 is a 9ft. white elongated animatronic white woman, with a porcelain face. Her head spins without warning, flaring out her hair. The White Elephant represents how Caucasians see each other and how they see themselves. It shows the distinction between personal integrity and public persona and how it has become blurred.

Boyle has performed and exhibited from Los Angeles, New York, Paris, South Korea to the remote communities of Dawson City, Yukon Territory and Inuvik.

We are now honoured to have her in Vancouver.

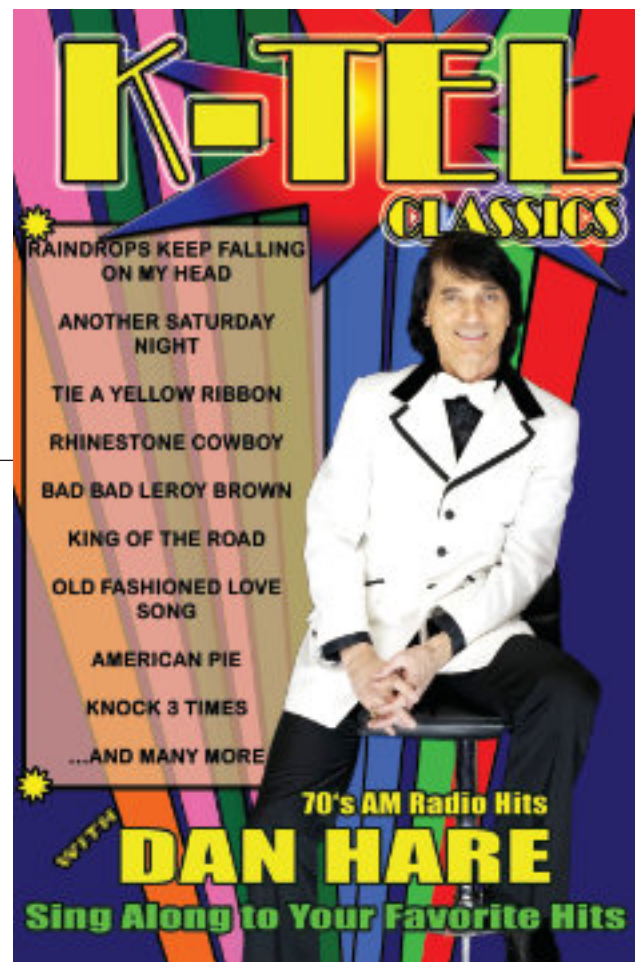
Photos by Lenora A. Hayman.

TOP LEFT: Shary Boyle, Centering, 2021.

BOTTOM LEFT: Boyle, Judy, 2021.

TOP RIGHT: Shary Boyle, Punch, 2019.

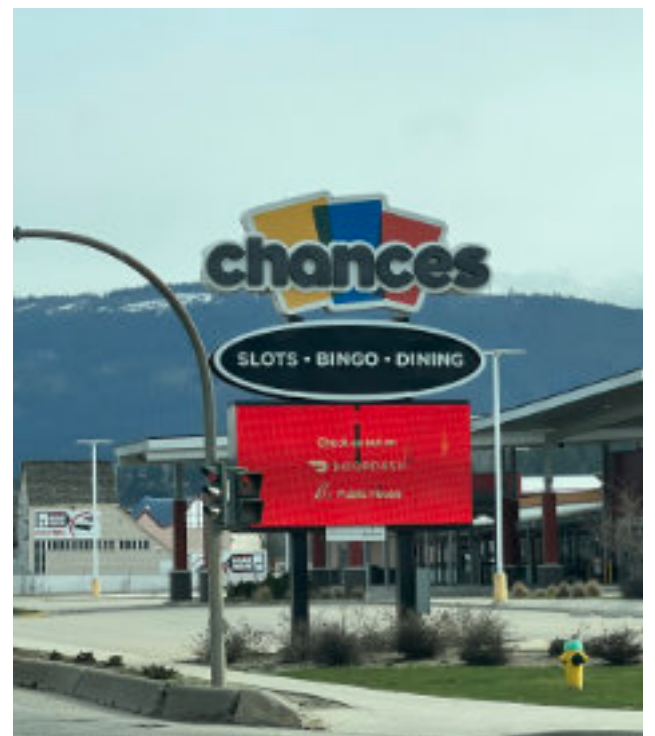
MIDDLE RIGHT: Shary Boyle, White Elephant, 2021.



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7 COMMON SCAMS TARGETING SENIORS

Scams targeting older adults are on the rise, but being informed and knowing how to spot the signs can reduce your risk of falling prey to one.

Here are seven common scams to watch out for according to Royal Bank of Canada:

1 Romance scams

Initiated on dating or social media sites, scammers build relationships over time before asking for large sums of money. The perpetrator says they can't video chat for technical reasons, but it's because a video call would reveal that they aren't who they say they are.

2 Sweepstakes scams

Scammers claim you won a lottery or other prize, but you must pay taxes or fees to claim the prize. It's often a contest or lottery the victim never even entered.

3 Grandparent scams

Impersonating a relative, often a grandchild, the fraudster phones in a panic saying they're in trouble and need money to be sent immediately. The phone is then handed to their "attorney" or "representative" before you can clearly recognize the voice. Often the fraudster will say "Don't tell my parents," and "You're the only one who can help."

4 Computer software or virus scams

A pop-up ad or email says your computer has been hacked and demands payment from you. Once you engage, they use extreme pressure tactics to push for more funds or gift cards.

5 Government agency scams

The scammer impersonates someone from the Canada Revenue Agency or another government agency, demanding payment or a transfer of funds so you can avoid a penalty or jail time.

6 Gift card scam

If someone posing as a legitimate source or business asks you to pay for something by putting money on a gift card, it's a scam. They say it's urgent, may tell you to purchase several different gift cards, and then ask you to share the gift card number and pin. Once you do, your money is gone.

7 Undercover investigation scam

Criminals pose as legitimate sources like law enforcement or your bank and trick you into providing money to help with a criminal investigation. There are many variations, but the scammer often claims they are investigating an employee at a bank branch and they need the victim to withdraw a large sum of money to be used as evidence. It may happen over multiple days. The victim is told not to tell anyone they're involved and that the money will be returned.

Remember, a business, government agency or your bank will never ask you to participate in an undercover operation to prevent fraud.

To help avoid becoming a victim of one of these scams, remember to think twice, ask questions and take your time if something doesn't feel right.

Find more information on how to protect yourself at rbc.com/privacysecurity. www.newscanada.com



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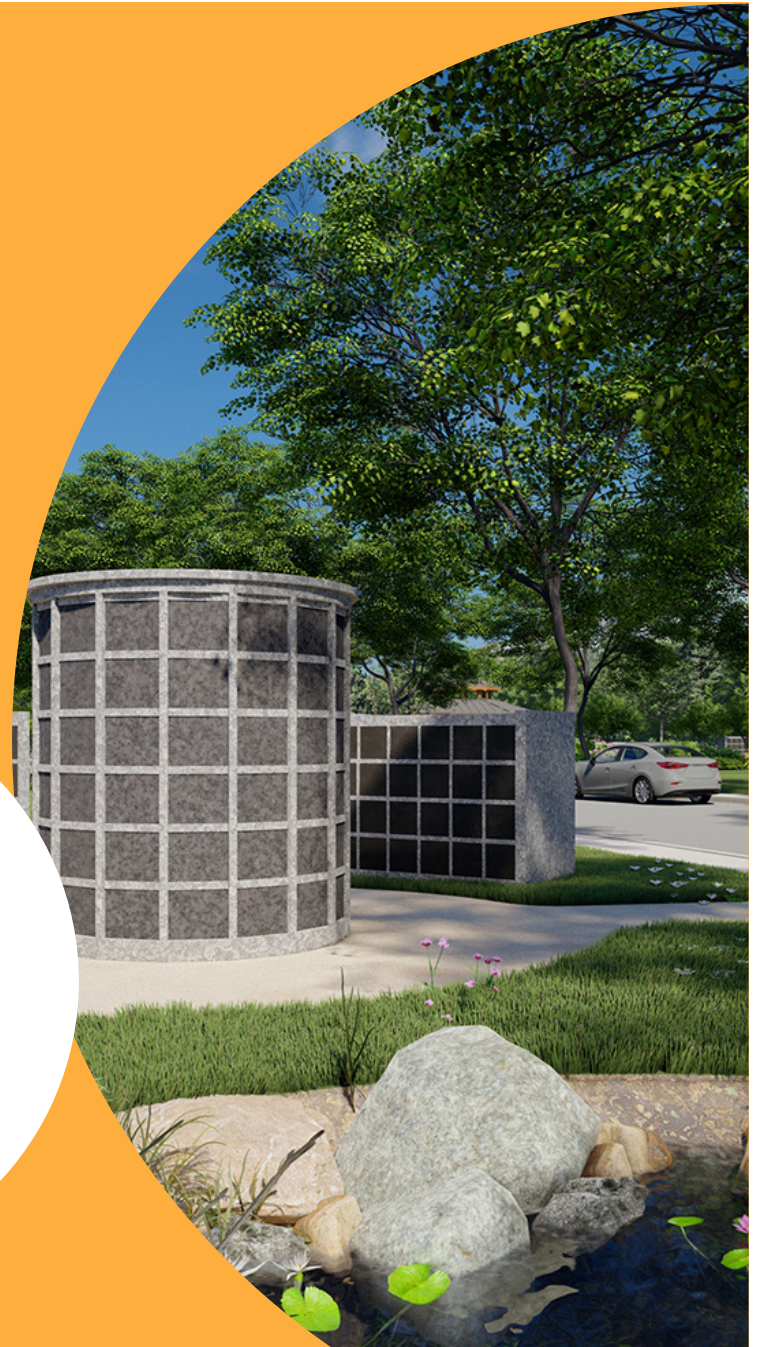
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WRITE AS I PLEASE

By Mel Kositsky

Wait until next year!

That's the battle cry of many sports teams as they near the end of their regular seasons. But for the Vancouver Canucks hockey franchise it has been their lifelong mantra. And this season has been worse than ever. So once again local hockey fans will be waiting until next year to root for the home team.

As the regular hockey season comes to an end, the Canucks are holding a Fan Appreciation Night on April 8 -- their last home game. The hope is that fans won't leave them for a more successful franchise as the playoffs begin. And those playoffs --- they seem to go on and on into June and sometimes July -- which is no time to be playing hockey. But then in Vancouver, especially in the media, hockey is a 13-month sport!

At least this latest version of the Canucks may finish the season on a winning note following a coaching change and some trades as they rebuild the team -- yet again! You would think hockey fans are getting tired of hearing how the new management is going to bring in many new, and younger, faces to wear their ever-changing uniforms. Just do it!

Sports news has become all about "tanking" (another word for losing) so teams can secure better draft choices, and speculation of more trades to

come. All we hear these days -- in all sports -- is about the huge salaries players are making and the juggling of salary caps, which are supposed to help even the playing field. Whatever happened to playing to win? And team loyalty?

Players rarely get to stay with the same team anymore so it is getting harder to follow the games without a scorecard. It is all about chasing those big bucks -- and rightly so. The lifespan of a player is relatively short so it is only right that the stars should get their proper share. No one wants to watch the owners play the games!

But how is it that other teams manage to build winners under the same system? It is amazing how the newest National Hockey League franchises in Las Vegas and Seattle have been able to have great success while Canucks continue to flounder. When the Seattle Kraken came into the league a few years ago it was going to create a great Northwest rivalry. What happened?

The Vancouver media is so embarrassed by the play of their home team they hardly mention the success of the new team, which right now is getting ready for the playoffs. There is no rivalry developing and Seattle's success hardly gets a mention here, which is a bit strange since the media is always covering Seattle teams in other sports. It is just an embarrassing situation.

And it is just not hockey players trading places. With the start of the Major League Baseball season you will have to check the scorecards to see "who's on first".

That's right! We will all be remembering that old comedy routine made famous by American comedy duo Abbott and Costello, beginning in the late 1930s. The premise of the sketch is that Abbott is identifying the players on a baseball team for Costello. However, the players' names can simultaneously serve as the basis for questions (e.g., "Who is the first baseman?") and responses (e.g., "The first baseman's name is Who."), leading to repeated misinterpretations and growing frustration between the performers.

Abbott and Costello performed "Who's on First?" numerous times in their careers, rarely performing it exactly the same way twice. They did the

routine for President Franklin Roosevelt several times. An abridged version was featured in the team's 1940 film debut, *One Night in the Tropics*. The duo reprised the bit in their 1945 film *The Naughty Nineties* and it is that longer version which is considered their finest recorded rendition. They also performed "Who's on First?" numerous times on radio and television (notably in *The Abbott and Costello Show* episode "The Actor's Home", widely considered the definitive version).

The names given in the routine for the players at each position are: Who's on first; What's on second; Don't Know is playing third, Why is in left field; Because is in centrefield; Tomorrow is the pitcher and Today is the catcher. The routine usually ends with who is playing shortstop -- and the answer is I Don't Care or something similar. Videos of the classic routine can be found on youtube.com.

By the time football season rolls around, many players will also have swapped uniforms -- so it will be hard to follow all the teams for the first few games. The biggest catch of the season may be made by the New York Jets. Reports say they have landed quarterback Aaron Rodgers, who reportedly wants out of Green Bay Packers and his \$60 million contract to play there next season. Can you even imagine that?

But for sports fans, this is a good time of the year. Baseball is just getting started and basketball is also moving into the playoffs. Golf and tennis are in full swing and even motorsports attract a lot of attention. And now, more than ever, fans can legally bet on the outcomes -- even during the games. Sports betting has become a very big business in North America and governments are reaping the benefits. Even giving themselves big pay raises!

While it may be a tough time to be in government with so many issues on the table, the introduction of sports betting has added to the revenues from casinos, lotteries and horse racing. Governments always get their share with little investment. Gambling is considered a voluntary "sin" tax. So it is no surprise that other sin taxes such as the ones on liquor and tobacco are going up on April 1. Sorry, it is no April Fool's Day joke!

FUNDRAISING FOR A LIFESAVING SURGICAL C-ARM FOR JAMAICA

Maryann Pyne of Surrey is preparing to walk 10km in mid-April's Virtual Vancouver Sun Run - to raise funds for a very special medical need. Volunteers with the Canadian Jamaican Medical Assistance Society (CJMAS) have launched a campaign to obtain and ship to Kingston Public Hospital, Jamaica a replacement for the now worn out surgical C-arm fluoroscope machine - a life-saving item donated through the charity more than a decade ago. CJMAS's goal is to raise \$10,000 to accomplish this.

"C-arm fluoroscopy is used in orthopedic procedures and is an important tool in modern orthopaedic surgery. It enhances the technical proficiency of the surgeon, as well as reducing the length of a patient's hospital stay" said CJMAS President Cindy Hildebrandt. "It is used in many types of complicated surgeries, in pain management, emergency procedures, cardiac and therapeutic studies, and more." The surgical C-arm sent to Jamaica over ten years ago has made a significant difference to the lives and health of thousands of patients and to their medical teams. Now, it is breaking down and wearing out.

CJMAS, an all-volunteer, registered Canadian charity, works to provide educational and health-related resources in Jamaica and to assist students --

both in the early school years and those studying for health-related professions. These efforts are supported by volunteers of Jamaican background and by other Canadians "with a heart for Jamaica". Donations over \$20.00 can receive a tax-deductible receipt.

Have you visited Jamaica? Do you enjoy the Island's food and beverages? Their music? Are you concerned about improving community health? Then, for any - or all - of these reasons, please consider making a donation to CJMAS, marked "for SR 23", to help get a new surgical C-Arm to Kingston. Your gift can be made online at www.cjmas.ca or by cheque, payable to CJMAS, and mailed to 151 - 10090 - 152 St. #271, Surrey, B.C., V3R 8X8. For more information about the work of CJMAS, check our website or contact Maryann Pyne at mpecpyne@yahoo.ca or 778-888-5705. Thank you for caring about so many in Jamaica whose health will be improved by your support.

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ABSTRACTS REDEFINED M.P. Detina (February 2023)

ARROGANCE: knowing all there is to know about whatever
 BIGORTY: dystopian view of world order
 DECEIT: the game of embrace and debase
 DISHONESTY: if it pays, go all in - if not? Cheat
 GREED: nothing says love more than having too much
 HONOR: fluid when applied to merit; balanced when watering an ugly plant
 IDEALISM: belief in the notion that peace is the opposite of war
 IGNORANCE: minds opened to misrepresentation
 INDIFFERENCE: one-dimensional-not-my-problem thinking
 PROFUNDITY: finding out 'Clockwork Orange' is not a colour
 REGRET: not playing 19 in a game of 21
 SHAME: it rhymes with blame
 SOLACE: flowers on a gravestone; empty vase on a kitchen table
 WISDOM: only barking up the wrong tree when it's fruit bearing

*Reader Submission to
Today's Senior Newsmagazine*

HEALTHY SENIORS, HEALTHY COMMUNITY: SPECIAL TEAM BOOSTS SENIORS' HEALTH AND CAREGIVER RESILIENCE



As Robert speaks about his everyday life with Susan, his wife of 25 years, it's clear he's an organized, loving and thoughtful caregiver. But it hasn't been easy.

At an appointment with Dr. Joy Liao, at the Langley Specialized Seniors' Clinic, Robert discusses Susan's slow drift into dementia. He tells Dr. Liao about the early days before her diagnosis, to today,

and how he manages looking after himself as well as his caregiving duties.

Susan (her name changed for privacy) is just one of a growing community of older adults with access to personalized care at Langley Memorial's new and expanded Specialized Seniors Clinic.

With Fraser Health forecasting that the population of seniors aged 75 years and over will

grow 30 per cent by 2025, and 149 per cent by 2040, more seniors will need access to regular, as well as specialized, care.

The new clinic provides a single destination for older adults dealing with the effects of aging that lead to frailty, and for their caregivers, who need to build relationships and find support in the community.

"Our clinic's goal is to improve the function, quality of life and resilience of older adults so that they can remain in their own homes as long as possible, and out of the hospital as much as possible," says Dr. Liao, one of three geriatricians at the Langley Specialized Seniors Clinic, which includes nurses, physical therapist, occupational therapist, pharmacist and clinical coordinator.

Alongside the clinic, home visits play an essential role in improving the resilience of seniors and helping them live independently, in the best health possible by performing comprehensive assessments and where necessary, arranging resources – like physical therapist home visits, options for housekeeping services or meal deliveries, and blister packs for organizing pills – to make life easier.

Healthy seniors are a measure of how well a society is doing, says Dr. Liao.

"Older adults are valuable members of every community. Most contribute to the economy: they shop, they use services which employ people, and they pay taxes...and many volunteers are usually in their senior years," she says. "Our seniors make significant contributions to our society and we all benefit from that."

For more about LMHF's plans to support this clinic and more senior care in the community, visit lmhfoundation.com, or make a donation today at lmhfoundation.com/donate.



SENIOR READS

By Pamela Chatry

Train Beyond The Mountains, Journeys on the Rocky Mountaineer

Rick Antonson

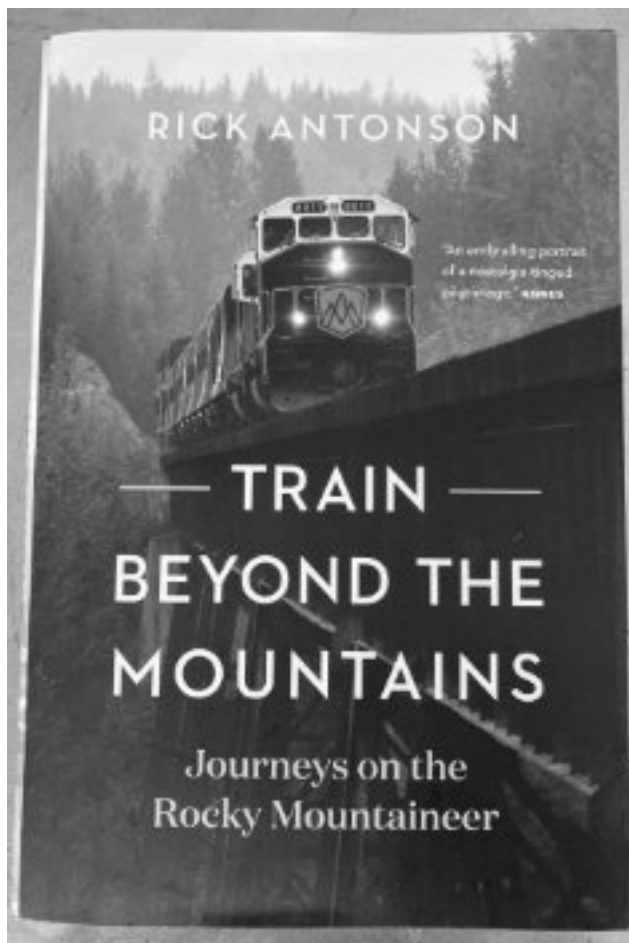
Greystone Books

Review by Pamela Chatry

There was a time passenger trains were the heartbeat of British Columbia. But now, in the modern era, they have almost disappeared from the landscape.

However, amidst this barren train wasteland, there is one company that has resurrected the magic of train travel and taken it to new heights – the Rocky Mountaineer.

Author, Rick Antonson, takes you on a journey through the awe-inspiring Rocky Mountains, surrounded by jaw-dropping scenery where history comes to life right before your eyes...



As you sit in the observation car, you wave at those who pass by and wonder what stories they have to tell. It's a journey that can't be replicated by any other mode of transportation.

From the first page, the reader can tell that the author has a deep love of train travel. In his own words, "I've ridden the rails in more than 35 countries." Antonson even proposed to his wife

aboard the Sunset Limited in Alabama, heading to New Orleans!

In this book, he is accompanied by his chatty and wise 10-year-old grandson and a cast of fellow train travellers worthy of Agatha Christie. The reader meets characters from all over the world; those who want to view the breathtaking Rocky Mountains, train buffs who want to add one more journey to their train list, the many wildlife spotted from the observation deck and the highly trained and knowledgeable staff.

This book is a time machine that takes you back to the days when the railroad was king. You'll learn about the brave men who constructed the tracks and the explorers who discovered the province. And, of course, there are plenty of stories of those who travelled on trains before us - including Marilyn Monroe and Joe DiMaggio.

This is a book that will ignite your wanderlust and make you want to use Eurorail to explore the world. It's a rich travelogue, a portrait of the past, and a compelling case for why train travel is a viable and essential option for any journey.

Whether you're an armchair traveller, a historian, or a railroad buff, this book is a must-read.

So why not put down your phone, pick up this book, and let it take you on a journey you'll never forget?

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



Straight from the Horse's Mouth

By Mel Kositsky

Friday nights live are proving to be a hot time for the spring harness racing season at Fraser Downs.

Having switched the 2023 live racing schedule to Thursday and Friday nights has Harness Racing BC full of hope as the season heads into its final phase. Horsemen are hoping the industry can rebuild from the lingering effects of the pandemic. According to an article in a recent BC Racebook newsletter, Kelly MacMillan, president of Harness Racing BC, says: "There's been a lot of hard work done and those patiently planted trees are starting to bear fruit."

MacMillan is referring to the sudden buzz that's been created at the Surrey racetrack, building on the March 3, 2023 handle, which was the largest wagering handle since 2018. The nine-race card resulted in a total of \$324,366 being bet at the track and through simulcast outlets. Overall wagering is up 45 per cent since the start of the current Fraser Downs meet, which began February 2, and goes through April until May 4 and 5. The 45-day thoroughbred season begins at Hastings Racecourse in Vancouver on Sunday, April 30 and continues until October.

"We're finally rolling in the right direction," says MacMillan. "I'm always cautious about being too optimistic but I can't help but be thrilled with the additional interest our product is creating. I'm super excited for what we'll be seeing in the upcoming months." He added that the homestretch grandstand is full most Friday nights with a lot of new people attending the races, as well as enjoying the buffet dinners reintroduced by Elements Casino Surrey.

Nichelle Milner, Regional Manager, Racing Operations, feels a definite upbeat atmosphere throughout the backstretch. "We all try to put forth a creditable product and it's working." Upcoming this month are a number of stakes races for three and four-year-olds, some restricted to B.C. breeds, which should attract a lot of attention. They will go for purses ranging from \$25,000 to \$50,000 for the finals of both the Keith Linton for colts and the Penny Bath for fillies.

The B.C. racing industry has also reached out to an eastern Canadian racing consultant to help grow the sport here. According to a BC Racebook article written by Greg Douglas (aka Dr. Sport), Bluslate Inc. has been engaged to work here. The company was founded by Sean Pinsonneault in 2017 to focus on improving revenues for the long-term prosperity of the horse racing industry.

A former Chief Operating Officer at Woodbine Entertainment, Pinsonneault has been retained as a consultant by the TBC Teletheatre Board of Directors to analyze and identify opportunities to increase wagering handle in the province, as well as the live racing products at Hastings Racecourse and

Fraser Downs.

"We are excited to have Sean on board to enhance our ongoing mandate to increase exposure to horse racing at Hastings Racecourse and Fraser Downs," said Matthew Ruhlman, BC Racebook Chief Operating Officer. "His background speaks for itself."

Dave Milburn, president of The Horsemen's Benevolent & Protective Association of BC (HBPA-BC), added: "This is an excellent initiative on the part of TBC. We hope Sean's involvement will take us to a new level. He'll penetrate markets that haven't been available to us."

With more than 30 years of leadership experience in racetrack management and technology focussing on bringing new innovations to the market, Pinsonneault contributed in no small way to the well-documented success story at Winnipeg's Assiniboia Downs over the past few years. "I'm certainly not here to take all the credit," Pinsonneault said from his office in Oakville, Ontario. "It was a case of a great team working together at a time when we had to start with a whole new slate with the arrival of the COVID pandemic."

Without spectators allowed on the grounds at Assiniboia Downs, CEO Darren Dunn in concert with Pinsonneault, introduced Monday, Tuesday and Wednesday night racing along with other player-focused initiatives that resulted in huge increases in Assiniboia's wagering and nationwide attention. The new format avoided head-on weekend internet wagering competition with U.S.-based tracks such as Santa Anita, Gulfstream, Churchill Downs and Belmont Park as well as Woodbine in Toronto. Assiniboia Downs made international racing headlines when a record one-day handle of \$3,523,260 was bet on its eight-race August 1, 2022 holiday Monday card on 'Manitoba Derby Day'.

"We were fortunate to be a part of Assiniboia's remarkable growth," Pinsonneault says. "Their daily handle on live racing increased from approximately \$250,000 per day to over \$1.1 million per day. The success has been a result of many factors. The staff was eager to do whatever it took to make the business work. I'm confident that the same attitude will apply at Hastings Racecourse and Fraser Downs."

Pinsonneault's introduction to the racing industry was in 1988, maintaining tote equipment at Hiawatha Horse Park, a small track in his home town of Sarnia, Ontario. He began a 16-year career at Woodbine as Director of Pari-Mutuel Operations and rose through the executive ranks to Chief Operating Officer. His 30 years of experience in racetrack management and technology have included titles as Chairman & President of Racetracks of Canada, Secretary Director for the Thoroughbred Racing Protective Bureau and Director for the Ontario Standardbred Alliance.

His work here is part of a new arrangement by both standardbred and thoroughbred racing bodies in B.C. They have given a broader mandate to BC Racebook to help grow interest in the sport. BC Racebook used to be in control of just marketing of the online products in the racebooks around the province. It has now started to promote live racing as well. There is now a move to promote B.C. racing to more venues in Canada, the U.S. and around the world.

Woodbine Entertainment is preparing for one of the most exciting Thoroughbred racing seasons in its storied history. With a stacked stakes schedule that offers more than \$17 million in purses and highlighted by the first running of The King's Plate in 70 years, racing fans are in for an extraordinary season of world-class Thoroughbred ra-

cing at Woodbine Racetrack, which starts April 22.

"The long and storied history of Woodbine includes many incredible seasons of racing, and this year is shaping up to be one of the most exciting ever," said Jim Lawson, CEO, Woodbine Entertainment in a news release. The Woodbine stakes program also features 39 graded stakes, the return of the Grade 1 Canadian International run at a new distance of a mile and a quarter, and three Breeders' Cup 'Win and You're In' races highlighted by the Grade 1 Ricoh Woodbine Mile. Other highlights include the Breeders' Stakes – the last leg of the Canadian Triple Crown, the Grade 1 E.P. Taylor Stakes, and the new Pink Lloyd Stakes.

Added to the racing excitement is the \$1 billion Great Canadian Entertainment Resort Casino Toronto, which is opening this summer on the Woodbine property. The resort, which is operated by Great Canadian Entertainment, will feature a modern Vegas-style casino, integrated 400-room hotel, 5,000-seat live entertainment venue, and multiple on-site dining options. The new casino resort is expected to attract 12 million visitors annually to the property in Rexdale. To support the growth on the property, Woodbine is actively recruiting for hundreds of new jobs.

Woodbine Entertainment is also continuing its work on the Woodbine Community Plan – the redevelopment of the entire 684-acre property that Woodbine Racetrack is situated on. Plans are to build a large-scale urban community, connected to Toronto and the GTA through a new GO Station, that will provide Toronto with much-needed new and affordable housing, employment space and thousands of new jobs.

On the sports betting front, Woodbine Entertainment is continuing its work with regulators on the integration of pari-mutuel wagering into licensed online sports books. Once integrated – which is expected to happen this season – horse racing will be available to the millions of sports bettors in Ontario, reaching an unprecedented number of potential new customers which will benefit the entire industry and the 25,000 jobs it supports across the province.

Great Canadian Entertainment, Canada's leader in gaming and hospitality, announced in a news release that its \$1 billion, brand-new entertainment resort will be known as Great Canadian Casino Resort Toronto, when it opens its doors at the intersection of Highways 401 and 427 this summer. With its transformative architecture and impressive 33-acre footprint, the destination adjacent to Woodbine Racetrack will feature a modern Vegas-style casino, integrated 400-room hotel, 5,000-seat live entertainment venue, and multiple on-site dining options, bringing to life a new, one-of-a-kind entertainment district in Toronto with best-in-class gaming, entertainment and hospitality experiences. The existing Casino Woodbine will continue to operate with no interruption until Great Canadian Casino Resort Toronto opens.

"We see this as an unprecedented opportunity to introduce an entirely new, world-class experience in Canada that will bring together the best in casino gaming, exceptional live entertainment, dining, and accommodation in one very special place," said Matthew Anfinson, Chief Executive Officer, Great Canadian Entertainment. "We are very excited to reveal more about what this landmark destination will feature and what our guests can expect in the coming weeks, including the announcement of an opening date."

A DELICIOUS EXPRESS RECIPE FOR WEEKNIGHTS



Make room for Spring at the table with this recipe full of sunshine and freshness. Quick and delicious, it will be your best ally on busy weeknights with its exotic spices and avocado from Mexico creamy sauce. Treat yourself while waiting for the return of sunshine.

Spicy rice and black bean bowl with grilled shrimp and avocado sauce

Preparation time: 20 minutes

Cooking time: 15 minutes

Serves: 4 - 6

Ingredients

Rice and black beans

- 2 tbsp (30 ml) olive oil
- 1 onion, minced

- 2 garlic cloves, minced
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) ground coriander
- 1 ½ cup (375 ml) rice
- 2 ½ cups (625 ml) water
- 1 can (540 ml) black beans, rinsed and strained
- 3 green onions, minced
- Cilantro leaves, to taste
- Salt and pepper

Avocado sauce

- 2 avocados from Mexico, peeled and pitted
- ¼ cup (60 ml) sour cream
- ¼ cup (60 ml) cilantro leaves
- 3 tsp (45 ml) chive, minced
- 2 tsp (30 ml) olive oil

- 1 garlic clove, minced
- ½ jalapeño, seeded and minced
- Zest and juice of 1 lime
- ½ cup (125 ml) water
- Salt and pepper

Garnishes

- 2 avocados from Mexico, peeled, pitted and sliced
- 1 mango, peeled and sliced
- 2 beets, cooked and thinly sliced
- 4 radishes, thinly sliced
- 12 large shrimp, grilled
- Lettuce or other greens, to taste

Directions

1 In a saucepan, heat oil and sauté onion with garlic and spices. Add rice and stir. Add water, reduce heat and cover. Simmer until rice has absorbed all the liquid. Remove from heat. Add black beans, green onions and cilantro. Season to taste.

2 For the avocado sauce, using a food processor or blender, purée all the ingredients and season with salt and pepper. Add water, if necessary, until smooth.

3 Transfer the rice to serving bowls and garnish, to taste. Drizzle with the avocado sauce.

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A THIRD KVR ADVENTURE CYCLING AN OSOYOOS LOOP

By Rick Millikan

With transport vehicles secured at a friend's hillside home, my cycling group freewheels toward Osoyoos to further explore the KVR. A magnificent statue of a native horseman welcomes us into Osoyoos. Turning north, Okanagan Highway offers lofty panoramas of Osoyoos Lake and thriving fruit orchards.

Off the highway, our steely steeds carry us along a gravel road to KVR's former branch line. Riding atop its roadbed, KV Trail beelines along a wide irrigation canal into Oliver.

Rejoining the Okanagan Highway outside Oliver, we wind onward to Gallagher Lake. Though mildly rattled by 'Beware of Rattlesnakes' signage, our tents pop-up below a rocky cliff. After a swim, our al fresco dinner features local wine and re-hydrated beef stroganoff.

Sunday: Our quiet roll north along a winding highway pauses at Okanagan Falls for breakfast. Nourished, we proceed on KV Trail. Across a wooden trestle, our ride borders peaceful Skaha Lake. Kaledon's sandy beach beckons...so we plunge into its crystal waters. Hours later, Penticton's campground provides another blissful swim, another pleasant night.

Monday: Pedaling through Penticton, our biker band rejoins KV Trail. This section traces KVR's eastern mainline. Our spin upward between Naramata's thriving vineyards soon becomes a rigorous mountain grind. After a breather under a familiar tunnel, our ascent switchbacks through forests of shady evergreens. In a clearing, a trail host appears providing cold bottled water! Our later bivouac at Chute Lake includes another blissful swim and a visit to its old lodge for apple pie.

Tuesday: After morning snacking, packing, and re-racking, we're on track to Myra Canyon's tunnels and trestles. Charred trees and young jack pines recall the 2003 fire. Eleven awesome kilometers later we stop at a trailside kiosk. Photos display the fire's destruction and incredible trestle reconstruction. Our route snakes down to a forest service campsite beside Hydraulic Lake.

Wednesday: Our gradual descent pauses at Arlington Lake for lunch and sunny swim. Heading onward, scenery morphs from mixed larch, hemlock,

and fir forests to ponderosa pines. Ranchland signs warn of toxic Toad Flax, yellow-blossomed plants towering above other wildflowers. Swooshing into the valley, we cross Kettle River and join the highway into historic Beaverdell. The day ends walking from our grassy campground to Tamarack Restaurant for roast beef dinners!

Thursday: Revisiting Rhone's bicycle pavilion is paramount. We'd met host Paul years ago. Today, he sports a t-shirt declaring, "I'm 86, deaf, blind and cranky!" Smiling, he pours cold waters...and offers his Blue Healer's newest trick. Placing a dog cookie on Spud's head, he walks ten meters and commands: "Wait!" Ten meters further, shouts, "Snack!" Spud flips the biscuit into his mouth!

Proceeding onward, the trail cuts through ranchlands into Kettle River Park. Diving into the river from the sandy beach, we drift with the current. When pitching tents later, it rains! Lightning flashes! Thunder roars! Adjacent RVers furnish a table awning to dine al-storm-o.

Friday: Deer watch us set off along KVR Trail. Merging onto a road, we roll onward to Rock Creek's rustic café. Tasty treats and strong java fuel the granny-gear grind up Highway 3's mountain. Beyond Bridesville, I sight a Swiss flag identifying a ranch campground...and yodel, "We're here!"

Saturday: Morning begins with a climb back up the Swiss campground's steep driveway. At the highway, a jubilant descent includes sighting numerous predators, still as statues. Among the bronze statuary, we pose with the grizzly bear. Then single file, we plunge down Anarchist Mountain to an Osoyoos fruit stand.

Two hardy bike buddies fetch transport vehicles. Meanwhile others like me savour juicy peaches and plums. Once loaded and motorized, all relax and munch our way homeward.

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.

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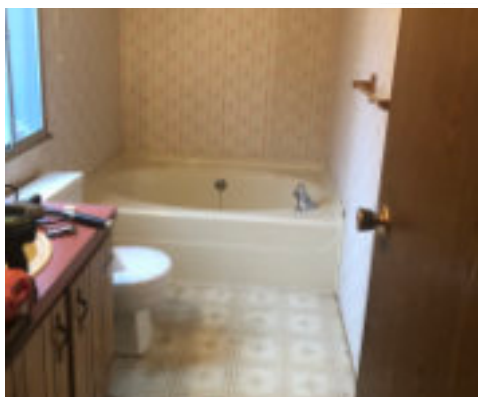
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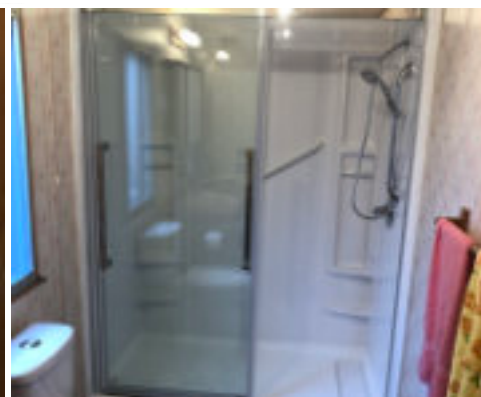
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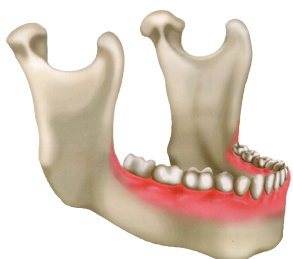
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Bone loss in the jawbone occurs when there has been extraction of natural teeth.

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?

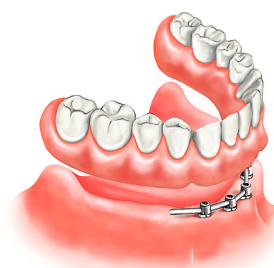
A dental implant is a device which anchors artificial teeth or dentures to the jawbone. They're made from the same medical grade titanium used in hip or knee replacement and strategically placed in the jawbone for optimum stability and function.

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.



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Dentures on Implants vs. Conventional Dentures

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Who is a Candidate for Dental Implants?

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

What is the cost of dental implants?

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

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