

YOUR OLDTIME STYLE PUBLICATION WITH TODAY'S NEWS FOR SENIORS

TODAY'S SENIOR NEWSMAGAZINE



An artistic Vancouver East End Wall juxtaposes today's cars with the vehicles of yesterday.
(Photo: Dan Propp)


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Inside This Issue

ACCORDION TO DAN	
by Dan Propp	3
TOTEST ALENG: A UNIQUE OPEN AIR	
INDINGENOUS ARTS PAVILION	
by Ursula Maxwell Lewis.....	4
FUN FASHIONS AT THE VANCOUVER ART GALLERY.	
by Lenora A. Hayman	5
FINANCIAL NEWS	
by Rick C. Singh.....	6
THE PHARMACIST REVIEW	7
WORD FIND PUZZLE	8
HOME IMPROVEMENT "ASK SHELL"	
by Shell Busey	8
SALMON ARM & SHUSWAP	10
WRITE AS I PLEASE	
by Mel Kositsky.....	13
STRAIGHT FROM THE HORSES MOUTH	
by Mel Kositsky.....	15
WILDFLOWER HEAVEN ALPINE HIKING AT SUN	
PEAKS	
By Chris Millikan	17

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The temperature is rising! Here's how you can stay cool by making **Magnolia Gardens Seniors Community** your home this summer.

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ACCORDION TO DAN

Comparing the early nineteen seventies and the real value of the dollar today, its worth about a nickel or even less for purchasing a home. Food is around the twenty pennies mark. Mind you, we do not even mint them anymore, which really makes 'sense', eh? However, buying a new automobile, wow its relative worth may be up to a whopping twenty-five cents; whoopee, a whole two bits to where it was back in the 1970's. Just a penny for a thought in this rhyming consumer driven bit of a poem.

In today's era it was projected, that modern technology, would without question provide the general public with so much more leisure time. Some of us still remember that forecast--that the future would be more friendly--so proudly professed by the old digital gurus at this time. Now look around at how many folks are working two or even three shifts to just pay the piper. Seniors remember and not all that long ago either when a cup of coffee, including a refill, served in real cups too--no plastic, and only a dime.

FAMOUS NAMES AND RECOLLECTIONS
Names of famous leaders of the past still can have a powerful influence upon us. One ponders if those leaders were still with us how they might perceive today's leisure filled 2023. Obviously there have been, in some areas, many improvements and more than a few opposites as well.

WHAT WOULD THEY CONCLUDE?
John Foster Dulles, Sir Anthony Eden, Adlai Stevenson, Hubert Humphrey, JFK; those influential names in our past that we grew up with, what would they say of today? What would be their verdicts since the beginning of the year two thousand be. What areas have evolved and improved or slipped in the opposite direction. Summing up all these years, in what direction has humanity moved? It is perhaps something familiar to ponder for seniors. Especially attempting to absorb all those elections, promises and directions.

Do you still recall listening to short wave broadcasts of the BBC, reading the New York Times and all the news fit to print; and in memory still hear the voices of Edward R. Morrow and radio broadcasts of Lorne Green on the CBC. It's quite an experience weighing the past with the present, what we have absorbed in this new age as well as what it defines.

WHAT DOES SODIUM REPRESENT
Before the pandemic, the ingredients listed on the packages of most breads and cereals indicated sodium content from four to seven or eight percent. Now, three years later, with very few exceptions, the sodium content has skyrocketed on the same products -- doubled or even tripled! One was always of the impression that sodium stood for salt and the more salt we eat the higher risk especially for consumers with high blood pressure. Asking several pharmacists, at different drug stores, why many breads and cereals list sodium at 12 or 14 and even higher percentages now, their answers varied. One replied sodium was not salt, others said it was because table salt would be NaCl (sodium chloride). My thinking was the more salt, the longer the shelf life for a product, but what about the shelf life of those of us who are humans? "It seems a bit of a puzzlement", as Yul Brynner exclaimed to Deborah Kerr in The King and I ... "perhaps even a bit, 'in-salting'".



YOU BET YOUR LIFE

Oh well, I guess that's just 'showbiz' to coin an old expression.

One good way to possibly reduce blood pressure for seniors is to cherish a lot of humour from the past and those slower days of sitting in the living room with the family watching the marvel of early television. The following may bring back those days.

REMEMBER
Do you still recall Art Linkletter (who by the way grew up in Moose Jaw, Saskatchewan) and his great program 'Kids Say The Darndest Things'. How about Groucho Marx's off the cuff delivery "Say the secret word and win a hundred dollars" on his program You Bet Your Life. It might bring back memories of the black and white tv era and 'rabbit ears'. Remember Robert Young in Father Knows Best and Jane Wyatt who played his wife. Of course, there was that little booth that used to house the contestants on The \$64,000 Question. Those days some of us kids were mesmerized by everything from the early morning test pattern and all the programs...from the Cisco Kid to Mickey Mouse. At night who could ever forget on CBC, Don Messer's Jubilee and Front Page Challenge with Fred Davis as moderator. Wow wasn't that a time!

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

Photo: An artistic Vancouver East End Wall juxtaposes today's cars with the vehicles of yesterday. (Photo: Dan Propp)

Photo: Flowered and empowered by the musical lyrics and memories of the past. (Photo: Dan Propp)

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TOTEST ALENG: A UNIQUE OPEN AIR INDINGENOUS ARTS PAVILION

By Ursula Maxwell-Lewis

Crowds flocked to Elgin Heritage Park on a sunny June morning for the official naming of Totest Aleng, the Indigenous Learning House, on the banks of South Surrey's Nicomekel River at 13723 Crescent Road.

After the official announcement, Semiahmoo Chief Harley Chappell eloquently shared the oral history of First Nations canoes arriving in this territory centuries ago after a major ice jam had

caused severe flooding.

Survivors travelled north and south establishing what Chief Chappell described as the "mish" peoples, such as the Snohomish and Coast Salish.

Following drumming and traditional dances by the children accompanied, Indigenous elders and Surrey City councillors joined Chief Chappell and Mayor Brenda Locke for the official ribbon cutting.

Totest Aleng is situated on the unceded, traditional and ancestral lands of the Salish peoples, including the q̓icəy̓ (Katzie), q̓w̓a:ḥłəḥ (Kwantlen), and se'mya'me (Semiahmoo) nations just west of the Historic Stewart Farm House.

As a Learning House, resident artists will engage the community through artist led activities, workshops, artist talks and other methods of their choosing.

Indigenous artists interested in learning more about residency, project, or program opportunities should email Kristin.hardie@surrey.ca for full details.

On July 29 Katzie First Nation healer Deanna Miller will host a registered Plant Walk surrounding the South Surrey Indigenous House of Learning.

In the həḥqəmiḥəm language Deanna's name, šx̣'ne:m , means 'healer'. Shewill share her ancestral knowledge of healing through plants she harvests from her land. Register for this, and other upcoming events, at <https://www.surrey.ca/arts-culture/totest-aleng-indigenous-learning-house>.

Throughout the year events for all ages are planned at Elgin Historic Park, as well as at the Museum of Surrey, 17710-56A Ave, Cloverdale. Check City of Surrey websites for Coffee Breaks at the Historic Stewart Farm, Heritage Week events, Seniors' Week, Canada Day and special day features about Victorian Life, Heritage Hobbies and - on July 2 - Domestic Science. Think ice cream making and such forgotten talents and re-live Victorian Life August 5,6 and 7.

Entrance to all Elgin Park and Museum of Surrey



facilities is free. Minimal charges apply to some special presentations. Giants, Dragons and Unicorns is the current free featured travelling exhibit at MOS. Check the appropriate website for details. Specialty events, such as history talks, the Silent Film Club, Heritage Kitchen, Victorian Night of Mystery and much more book up very quickly, so plan ahead. Children's programs - such a summer camps - sell out fast, to put it mildly!

Summer reading and other book news is on my radar for my August column, so until we meet again - Happy Canada Day!

Ursula Maxwell-Lewis is British Columbia writer accredited with the Society of American Travel Writers and the Travel Media Association of Canada. Reach her at utrael@shaw.ca

Photo:

TOP LEFT: Chief Harley Chappell and his son drum for dancers at Totest Aleng, the new Indigenous Learning House, South Surrey.

CENTER: A young carver demonstrates his unique talents.

RIGHT: Totest Aleng, the Indigenous Learning House, towers over the heritage vegetable garden.

Photos Ursula Maxwell-Lewis

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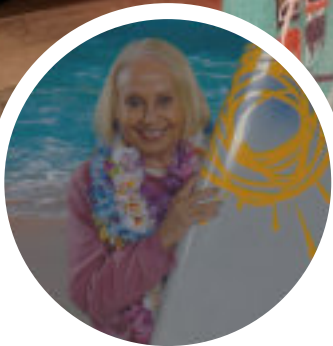
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Lillian, Surrey

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FUN FASHIONS AT THE VANCOUVER ART GALLERY.

Article & photos by Lenora A.Hayman,

The Art Party on Friday May 26, 2023 launched FASHION FICTIONS at the Vancouver Art Gallery until Oct.9, 2023. The exhibition honours the work of over 50 designers who created diverse fashions of garments, headpieces and footwear from 2010-2023.

The title of the exhibition is drawn from artist and technologist Julian Bleecker's essay "Design Fiction (2009) in which he argues that the most transformative work is produced in the spaces between fact and fiction, the present and the near future".

During the party, on the 4th floor, designers Corey Bulpitt and Yolanda Skelton offered a fashion show titled "Good Medicine" directed by Joleen Mitton

from the Vancouver Indigenous Fashion Week with models from Supernaturals. Several of the guests also dressed in "over-the-top" creations too!

Live freeze models posed in the rotunda and mannequins displayed fashions, quirky and resplendent, rather like a mini Vancouver Met Gala!

Did you know through the generous support of BMO, starting May 5, 2023, free admission for all visitors is offered from 4:00pm -8:00pm every first Friday of the month, plus admission is always free for youths age 18 years and under?

Have fun.

Pictures by Lenora A.Hayman

LEFT: Freeze model in rotunda

MIDDLE: Guest at Fashion fictions.

RIGHT: Yellow & brown concertina shawl.

BOTTOM RIGHT: Puffer Jacket.



TURN UP THE HEAT ON SUMMER SAFETY

Summer is the perfect time to get outside, fire up the grill and make new memories with friends and family.

Before hosting your next get together, make sure your space is "summer-proof" and ready for action by taking stock of your home's fire safety precautions. Here are three essential summer fire safety tips from First Alert.

Check and update alarms. The National Fire Protection Association (NFPA) recommends installing smoke and carbon monoxide (CO) alarms on every level and in or near every bedroom of your home. Test alarms regularly and replace the batteries at least every six months. To eliminate the need for battery replacements, upgrade to 10-year sealed battery alarms. Remember that alarms don't last forever and should be replaced at least every 10 years.

Gear up to grill. Before you fire up the barbecue for your next cookout, position it well away from the house on a flat surface and give it a good cleaning to remove built-up grease that could cause flare ups. Equip yourself with long-handled tools to provide plenty of clearance from the heat and flames. In case of an emergency, have a fire extinguishing device on-hand.



Make an escape plan. The warm weather makes summer the ideal time to plan and practise a home emergency plan with your entire family. Identify two exits out of each room, including windows and doors. Set a dedicated meeting spot a safe distance from the house and ensure everyone knows to call 911 only after they are safely outside. The NFPA recommends practising your home escape plan at least twice a year.

Learn more summer safety tips at firstalert.ca.
www.newscanada.com



Everyone loves the 70s AM Radio Hits! Re-live the K-Tel Classics with the enormously talented Dan Hare as he recreates some of your favorite songs. Info available at DanHare.com dhare@telus.net



FINANCIAL NEWS

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

Decoding financial jargon

How to understand the language
of finance like a boss.

DOES THIS SOUND FAMILIAR? A colleague is talking to you about the alpha of one of their investments. You nod your head, but your eyes gloss over. The discussion ends and you wonder what you just had a conversation about.

Finance-speak can be confusing to many of us. There are a lot of complicated words or terms used to explain some of the simplest concepts. Becoming more familiar with these terms can help you better understand your financial situation and give you more confidence when speaking with your advisor.

Here's a useful glossary – in plain English – to help you get started.

Alpha: It's not just the first letter of the Greek alphabet. In finance, alpha is a measurement of how an investment performs compared to a benchmark index. Say your investment in a U.S. equity fund returns five per cent, while the S&P 500 Index earns one per cent – the alpha is four, because your investment outperformed the benchmark by four per cent.

Annuity: A contract between you and an insurance company. You make a lump-sum payment or series of payments, and in return you get a set monthly income for a set period.

Asset allocation: The strategy of dividing

investments among different asset categories like stocks, bonds and cash.

Beneficiary: The person(s) named on your life insurance policy or segregated fund contract to receive the death benefit when you die. Registered Retirement Savings Plans and Tax-Free Savings Accounts also have beneficiary designations.

Beta: A measurement of the volatility of an investment compared to the market. The beta of the overall market is 1 or neutral. An investment with a beta above 1 is more volatile than the market, while lower than 1 is less volatile.

Bond: Companies and governments issue bonds to fund operations, innovate and grow. When you buy a bond, you are essentially loaning money to the issuer, which promises to return your money by a specific date and pay you interest for that period.

Capital gain/loss: Simply put, the difference between the price you paid for a property or an investment and the price you sold it for.

Commodity: A basic good, raw material or agricultural product that can be bought or sold on the market, like gold, sugar or grains. Some financial and technological products can be commodities, such as foreign currencies or cellphone bandwidth.

Compound interest: The interest calculated on the initial principal of a loan or deposit, plus all the accumulated interest. In other words, it's interest on interest.

Dependant: A person eligible to be covered by you under your benefits plan, for example, your spouse or child.

Dividend: Money an investment fund or company pays to its shareholders, usually from profits, and expressed on a per-share basis.

Exchange-traded fund (ETF): A basket of securities (which can include stocks, commodities or bonds) that trades on an exchange. The price of an ETF's shares will change throughout the trading day since they are bought and sold on the market.

Living benefits insurance: Insurance that provides the benefit while the insured person is alive, such as critical illness, disability, long-term care, health, dental and travel insurance.

Mutual fund: Pools of money contributed by investors with similar investment goals and managed

by investment professionals. Mutual funds typically invest in bonds, stocks or both depending on their investment objectives. Unlike ETFs, mutual funds are priced once a day.

Portfolio: A group of investments owned by one organization or individual and managed as a collective whole with specific investment goals in mind.

Rider: An optional addition to an insurance policy to provide protection, for an additional cost, for risks not covered in the basic policy.

Segregated fund contract: A pool of investments held by a life insurance company and managed separately from its other investments. Segregated fund contracts combine the growth potential of investment funds with insurance protection – you are guaranteed to receive at least a set percentage of what you've paid into the plan on death or maturity (less any amounts withdrawn), even if the investments have dropped in value. Segregated fund contracts also offer useful estate planning features and potential creditor protection.

Stock: Companies issue stock to raise capital. In return the stockholder is given a proportional share in ownership of the company. This comes with a proportional voting right to determine how the business is run and a right to receive dividends, if any are paid.

Volatility: The amount and frequency by which an investment fluctuates in value.

Yield: The earnings generated by an investment expressed as a percentage of its market value over a specific period. Only an investment that pays interest income or dividends can have a yield attributed to it.

Source: Manulife Financial, Solutions magazine 2020

CRS Financial Group is based in South Surrey, BC. We specialize in assisting individuals with their financial affairs, encompassing Investments, Insurance, Retirement and Estate planning. If you would like Rick Singh to review your investment portfolios or estate plan please call 605-535-3367 to schedule an appointment or phone conversation. You can also email rick at rick@crsfinancial.ca

DO YOUR HOMEWORK BEFORE YOUR NEXT VISIT TO THE DOCTOR

The current strain on the Canadian health-care system means there are fewer family doctors, specialists and nurse practitioners to assess and treat patients' health concerns. Wait times for specialist appointments are increasing and less time is allotted in doctors' offices to discuss treatment options, side effects and other medical considerations. The average doctor's visit is six to 10 minutes.

With time at a premium, it's more important than ever to be prepared for a doctor's visit.

How to optimize your time with your health-care provider:

- Prioritize your concerns and create a list of what you'd like to discuss.
- Highlight new symptoms your doctor may not be aware of.
- Be prepared for your doctor visit – have any medical tests scheduled ahead of your visit completed.
- Avoid "Dr. Internet" and resist seeking information from medical resources that are outdated and from unknown sources or groups.
- Take advantage of free resources from leading Canadian medical experts like digital health hub Care to Know for information on conditions such as type 2 diabetes, menopause, weight management or pain

management. They deliver directly to your inbox.

- Be your own advocate. Don't be afraid to share what you've researched from trusted medical sources.

- Talk to your doctor about new treatments and medications to learn if they are right for you.

- Take notes, ask questions if you don't understand and summarize what you learned before you leave.

Find more information about working with your health-care team and getting the most from your drug plan at caretoknow.ca.

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

STOP HEALTH CANADA FROM TAKING AWAY YOUR NATURAL HEALTH PRODUCTS

The Natural Health Products (NHP) industry in Canada is facing significant regulatory changes that could have detrimental effects on consumers and the industry itself. With 71% of Canadians using NHPs as part of their proactive health and well-being, **the proposed regulations threaten to lead to soaring prices and the disappearance of popular products in Canada.**

According to surveys conducted among NHP brands, **over 75% believe there is a high chance they will need to withdraw their products from the Canadian market due to the new regulations.** This could result in empty shelves and out-of-stock issues for many beloved brands.

An annual fee of \$542 is being proposed for every product with a natural product number (NPN). Some companies have hundreds of products with separate NPN's, which could result in \$100,000's of extra annual costs that would have to be passed on to the consumer. Furthermore, **approximately 1 out of 5 companies are seriously considering exiting the Canadian market altogether**, indicating the poten-

tial loss of exciting new products and international brands.

The regulatory changes are financially burdensome and threaten to stifle innovation and research within the industry. The complex regulations and lengthy approval processes may price small businesses out of the market, limiting choice for Canadian consumers and hindering the introduction of new and beneficial NHP formulations.

For example, a Mom-and-Pop small business entrepreneur may come up with a novel natural supplement but might have to pay up to \$58,332 just to apply for an NPN review which ultimately may not get approved. Once approved, an NHP site license fee could cost from \$23,000 to \$40,000 annually. This fee is based on the most expensive fee category of sites and a one-size-fits-all fee, whether it's one site with one product or 20 sites with hundreds of products.

Large multinational companies like Nestle, Bayer, and Procter & Gamble are buying up NHP companies. The over-regulated government changes will treat NHPs like pharmaceutical drugs. It may only be larger companies that can afford the new government

fee structure. In the past, I had wondered if the NHP industry would be able to influence and change these larger companies or if these larger companies will negatively change the NHP industry... I think I know the answer.

The proposed regulatory changes are likely to have a devastating impact on the NHP industry with soaring prices and the potential disappearance of popular products. It is crucial for Health Canada to consider the unintended consequences of these regulations and engage in meaningful consultation with industry stakeholders to find a balanced approach that ensures consumer safety while supporting the growth and accessibility of NHPs.

I encourage anyone who cares about natural health products to **tell your member of Parliament to #SaveOurSupplements.** We need to act quickly as the consultation process ends on **July 26, 2023.** Please visit **SaveOurSupplements.ca** for more information.

Lyle Sunada is a compounding pharmacist and NAMS Certified Menopause Practitioner specializing in hormone balancing and alternative medicine at Cloverdale Pharmasave.



BRINGING CATARACTS INTO FOCUS

June is Cataract Awareness Month, and it's a great time to learn about the eye condition. Cataracts affect more than 3.5 million Canadians every year, making it one of the most common aging eye conditions. But it's one many people may not understand very well.

"Developing cataracts as we get older is like greying hair – it's inevitable for most people, and it can happen early on or can develop slowly over many years," says Canadian ophthalmologist Dr. Kathy Cao. "It's so important to be proactive about eye health, especially if you notice changes in your vision."

What are cataracts?

Cataracts occur when the lens in the eye becomes cloudy as natural proteins build up over time, leading to clouded vision, light sensitivity and fading colours. If left untreated, cataracts can cause significant vision loss and blindness.

At the early stages, cataracts only need to be observed – so annual eye appointments are important. When symptoms become more intrusive, it's time to discuss cataract surgery.

"While every surgery should be carefully considered, cataract surgery is one of the safest and most common procedures in the world. It's done on an outpatient basis, which means patients go home the same day of surgery, and they often start to notice

vision improvements with quick recovery," says Dr. Cao.

How to prepare

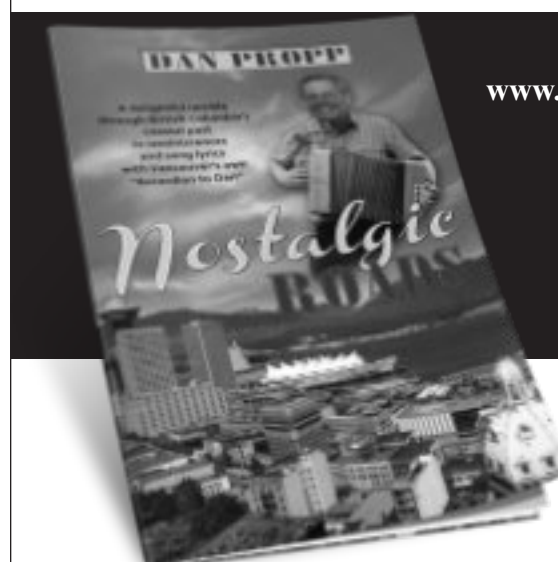
Cataract surgery involves taking out the natural lens in the eye and then replacing it with an artificial lens. When it comes to lenses, one size does not fit all. Patients may not realize there are different types of lenses for their surgery, but in fact, there are many options to meet specific vision goals.

"Your surgeon needs to understand what you as a patient want, the kinds of activities you engage in and your expectations. For example, do you rely on near vision as a bookworm or distant vision as a cyclist? Most people don't realize how much of our everyday activity is done at an arm's length, like working at a computer or putting on makeup. These are important things to think about when choosing a lens," says Dr. Cao.

If you're considering cataract surgery, you should have an informed conversation with your surgeon about your vision goals to select the cataract lens replacement that's right for you.

Find more information at seethefullpicture.ca.

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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
solving their problems.

Sometimes, by the way, the problems can be very strange. Shell got a local call on his show one day that intrigued him mightily. The lady said there was a clicking sound in her apartment, and she couldn't figure out what was causing it or where it was coming from, and it was DRIVING HER NUTS. "So told her I'd come over after the and check it out. And show sure enough there was this ticking sound you could hear quite clearly, click, click, click, like a cricket."

Shell had brought along a stethoscope. "It's not just doctors who use those things, y' know. Anyway, I listened to the walls with the stethoscope and eventually found out the sound was coming from behind her refrigerator. Well, I had drywall tool, and I punched through the wall to see what could see. The drywall was screwed to a metal in the stud cavity where all the hot-water stud, pipes in this apartment building went to and from the mechanical room. That cavity got very, very hot. And as the cavity heated up, the stud would heat up, and when the stud heated up it would expand and twist, and when it would twist one of the little screws in that stud would go click, CLICK, click. In that whole building just that one stud had that problem. It was just the torque on the metal. So I fixed it. And the lady screamed, 'You found it, you found it,' and she threw her arms around me, 'You saved me!' And I said, "It's just that easy."

Earlier in this short book I made beside Shell reference to sitting while he did his Home Discovery Show. Here's an example of the range of problems Shell commented on, all, remember, off the top of his head:

- * Ruth in Stratford, Ontario had problems with concrete condensation
- * Paula in Winnipeg was bothered by moisture in her home's roof cavity Winnipeg wondered about
- * Frank in Winnipeg wondered about dust problems in with his furnace
- * Linda in Edmonton had a network of small cracks in her driveway concrete
- * Michael in Winnipeg asked for a good cleaning compound for his shower head
- * How, asked Jake in Balder, Manitoba, do I put a new vinyl floor over the old one?
- * Roger in Winnipeg was cutting plywood for a shed, needed advice
- * Dan in Winnipeg wanted to fix a hairline crack in the brick facing of his fireplace
- * Aaron in London had his new concrete pad damaged by an ice storm
- * Ken in Winnipeg was bothered by flooding in his basement caused by cracked concrete
- * Ralph in Calgary needed to clean a silicone solution in his bathtub
- * Dave in Calgary had a 16-apartment building and was having venting problems
- * Dorothy in Calgary wanted to repaint the floor in

Happy Canada Day!!!



July First
Fireworks
Picnics
Coast to Coast
Hot Dogs
Dancing
Life Jackets
Fries with Salt and Vinegar
Family Gatherings

Canada Day
Champagne
Maple Leaf
Barbeques
Water Fun
Camping
Sunny Days
Ice Cream Cones
Lawn Games

Celebrations
Parks
Confederation
Hamburgers
Swimming
Boating
Starry Nights
Freezies

her laundry room

Words like humidex, soffit, truss lifts, Energuide and hygrometers were tossed around, and we even learned at one point that having big dogs can affect the surface of your patio deck.

Shell answered each caller as if it was the first time he had ever heard that problem, even though, as he knows from experience, some questions-like the one about cracks in concrete-are asked again and again. "The problem is new to that person," Shell says.

Good advice from someone like Shell can be enormously useful... and enormously calming. Especially if the consumer is building from the ground up. "Many people may not realize it," says Shell, "but there are more than 100! trades associated with building a new home-more than 100! I've seen people divorce because building home on their own took too much of a toll. I know of people who died because it was just too stressful."

It works the other way, too: Shell says he's seeing a 'new consumer' showing up. These new fans tend to be younger homeowners who want hands-on involvement with their new home. Anyone who listens to Shell's phone-in radio show knows many callers are women who want to take charge of jobs around the house-and loving the chance to "roll up their sleeves and get on with doing the best job." And if they're too scared or unsure to try working with their hands? "Any time that I'm talking to that kind of person I say there isn't one thing I can do that that you can't. All you have to do is want to do it."

He's kept up to date in the trade by reading a lot but, more importantly, with a "hands-on" approach. He'd much rather use a product than read about it. "Being in the industry, always like to keep up with the newest technology. I like to be the Real McCoy-how can I educate customers if it's only textbook in-

formation?" For example, Shell studied an eavestrough that its Texas manufacturer claimed would never clog... now it's locally available. Not a week goes by without some company sending him a new or an improved product that they want him to try out, and advise on its consumer potential.

Beginning in 1977 Shell introduced a selection of hand tools, sold under the Western Family brand name In Save-On food stores.

Thanks, Shell!
Shell and Frankie devoted a lot of time to good causes. Frankie keeps files of letters from charitable and other organizations thanking Shell and her for the money or time or goods or other support they give. There are letters from Habitat for Humanity Nanaimo; from DARE (Drug Abuse Resistance Education) for "your generous support of our 2002 Fundraising Gala Dinner and Silent Auction; the CKNW Orphans Fund; the Starlight Children's Foundation (an international non-profit organization dedicated to improving the quality of life for seriously ill children and their families); the Delta Community Hospice Foundation; the North Delta Lions Club, and a whole series of letters from the Pacific Riding for the Disabled Association in Langley, one of the Buseys' favorite organizations. That file includes a hand-written note of thanks from Kathleen Lemieux, PRDA's Chair. "We're all so inspired with you all," she wrote, "where do you get the energy to help out so many groups?" In what has become an annual tradition, Shell gets involved in the Delta Firefighters Annual Golf Tournament, a fund-raiser for the Delta Hospital Foundation. Shell's HouseSmart Centre has a been a regular sponsor of the White Rock Learning Centre, a major goal of which is to provide an alternative educational environment for students who are at risk of leaving school.

Shells Story to be continued next month...



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7 STEPS SENIORS CAN TAKE TO AVOID FRAUD

While anyone at any age can fall victim to a scam, fraud targeting older adults is on the rise. And that's a concern for many of us as we all spend more time online. In fact, 86 per cent of respondents to a 2022 RBC survey say they're worried fraudsters will increasingly target seniors as they are online more. There has also been a greater number of online scams and phishing attempts against seniors. Fortunately, there are many simple steps you can take to help you stay safe online.

- 1 Be aware that fraudsters may pose as government or bank staff, family members, law enforcement or other trusted people. Never give out money or sensitive information to a caller, by text or by email. If you're not sure about something, call a family member, your financial advisor or your bank.
- 2 Never click on a link or download an attachment from an unknown source. Even if it looks to be legitimate, verify the sender before taking any action.
- 3 Keep your information secure by using strong, unique passwords and passphrases; and ensure your anti-virus software and internet browser are always up to date.
- 4 When online, don't enter login

- information or credit card details unless you are sure the site is legitimate. Red flags include poor grammar or spelling errors, a URL that doesn't match the company's main site or a lack of a security lock symbol in the address bar.
- 5 When shopping online, remember that an offer too good to be true usually is. Trust your instincts, ask questions, do your research and be extra cautious.
 - 6 Social media provides fraudsters with a large pool of potential victims. Be mindful of the personal information you post online and take advantage of privacy settings.
 - 7 Stay connected to your finances and set up alerts for suspicious activity on your bank account or credit card. Find more tips at [rbc.com/privacysecurity](https://www.rbc.com/privacysecurity).
- www.newscanada.com



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D'arcy Hamilton

5 TIPS FOR HEALTHIER EYES



Your eyes are your window to the world – they allow you to do everything from perform everyday tasks to enjoy the beauty of the world around you. When it comes to your vision, it is important to be proactive. Use these simple tips to keep your eyes healthy:

- **Book an annual eye exam:** Stay on top of regular eye exams. Less than half of Canadians report visiting their eye care professional every year. But it's only with exams that they spot underlying issues – even if your vision seems good.
- **Take a screen break:** Our eyes need a break from all our devices. Consider following the 20-20-20 rule. Every 20 minutes look at something 20 feet away (6 metres) for 20 seconds – to minimize eyestrain.
- **Eat healthy:** Like our bodies, our eyes need nutrients to maintain good health. Eating foods rich in omega-3 fatty acids, beta-carotene, vitamin C and E, such as fish, leafy greens and citrus fruits, can help support healthy vision.
- **Protect your eyes from UV light:** Sunglasses and hats are not just fashion statements

– they protect eyes from harmful UV light, which can contribute to the development of certain eye conditions.

• **Stay informed:** Vision changes as we age, and common conditions like presbyopia and cataracts can develop. Yet in a survey by Alcon Canada, nearly two-thirds of Canadian seniors aged 55 to 79 said they knew very little or nothing about cataracts.

Vision changes as we age, and common conditions like presbyopia and cataracts can develop. Yet in a survey by Alcon Canada, nearly two-thirds of

Canadian seniors aged 55 to 79 said they knew very little or nothing about cataracts.

Many weren't fully aware of options for treatment either, including that you can choose between different types of lenses for your cataract surgery. But some more advanced lenses may be able to improve vision enough that you no longer need glasses.

Find more information about your options at seethefullpicture.ca.

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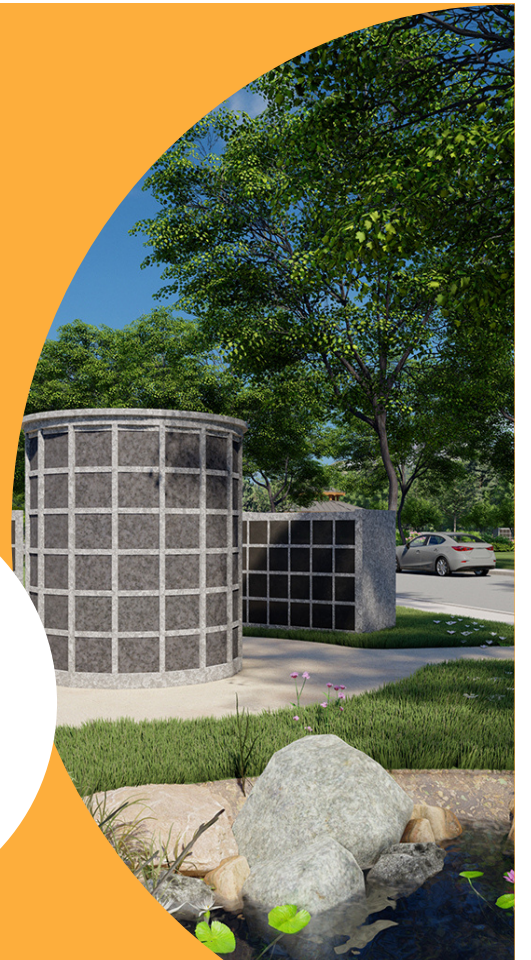
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START YOUR MORNING WITH THIS MAPLE-INFUSED CORNMEAL PORRIDGE



Cornmeal porridge is a breakfast staple in many Indigenous homes. Once you try this version with maple water and fruit preserve topping it will quickly become a favourite.

Cornmeal Porridge with Fruit Preserve

Preparation time: 5 minutes
Cooking time: 20 minutes
Serves: 4

Ingredients:

- 4 cups (1 litre) maple water
- 2 cups (500 ml) yellow cornmeal, medium grind
- 4 cups (1 litre) of fresh or frozen berries
- 1 cup (250 ml) of water
- 2 tbsp (30 ml) of sugar
- 4 tsp (20 ml) maple syrup

Directions:

- 1 In a pan, bring maple water to a boil then reduce to a simmer.
 - 2 Stir in cornmeal and fold gently (do not stop or the mixture will clump together). Remove from heat after 8 minutes.
 - 3 Prepare fruit preserve: Mix berries, water and sugar in a pot. Simmer for 15 minutes, until the mixture has reduced by half.
 - 4 Divide cornmeal into four bowls. Top off with fruit preserve and maple syrup. Serve with berries.
- Tips:**
- If the porridge is too watery for your liking, cook cornmeal longer until it reaches the desired thickness.
 - If you do not have maple water, you can make your own by mixing 1 tbsp (15 ml) of maple syrup with 2 cups (500 ml) of water.
 - Once cooled, leftover fruit preserve can be stored in an airtight container for up to 2 weeks in the fridge.

Find more recipes on Canada's food guide kitchen: food-guide.canada.ca.
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WRITE AS I PLEASE

By Mel Kositsky

"The system is broken!" How often have you heard that phrase on major media outlets, spoken by commentators, so-called experts, and/or political party spokespeople? Yes, you would think we live in such an awful place.

Those who love to complain (and there are many these days), seem to forget we live in one of the most desirable places in the world. The Vancouver area is consistently ranked among the top five cities in the world and people are constantly moving to this province -- from other parts of Canada and around the world! Just recently Canada passed the 40 million mark in population according to Statistics Canada -- and thousands are wanting to come live here on a daily basis. Even Americans want to come live here!

So it is time to stop taking things for granted in this country. Yes, things happen on a daily basis which leave you wondering why? But it is not the end of the world and the sky is NOT falling! Just because the news media love to use the word "crisis" for dramatic effect on everything that goes wrong, it does not mean we are having a total meltdown. Life will always present challenges and we usually meet them head on.

Remember that as we celebrate Canada Day on July 1, which falls on a Saturday this year. It should be a great weekend to celebrate our good fortune of being able to live in Canada. Maybe the theme we all should adopt is that famous musical phrase -- "Don't worry, be happy".

From Wikipedia, the free encyclopedia, we find that Canada is one of the largest countries in the world in terms of land mass, and despite all the geographical challenges has stayed together since it was formed in 1867. If you don't believe in keeping the "True North Strong and Free", just think what will happen to our lives if we start breaking down the country into little kingdoms the way most of Europe and Africa have become.

"Canada Day (French: Fête du Canada), formerly known as Dominion Day (French: Fête du Dominion), is the national day of Canada. A federal statutory holiday, it celebrates the anniversary of Canadian Confederation which occurred on July 1, 1867, with the passing of the British North America Act, 1867, when the three separate colonies of the United Canadas (Upper and Lower), Nova Scotia, and New Brunswick were united into a single dominion within the British Empire called Canada. Originally called Dominion Day (French: Le Jour de la Confédération), the holiday was renamed in 1982, the same year that the Canadian constitution was patriated by the Canada Act, 1982. Canada Day celebrations take place throughout the country, as well as in various locations around the world attended by Canadians living abroad.

While you think about all the good things about living in Canada, let's take a look at those things that are not "broken" but may be in need of some repair. And the list can get really long.

The health system - Health care is under great strain and has been since before the pandemic. But those COVID years really brought to the forefront all the issues we are actively dealing with today. As the population has increased, and with people living longer, there are more and more people wanting services and receiving care. The demand for health care workers is high but that does not mean people are wanting to enter that profession. For years, limits on enrolments at universities and agencies meant not enough professionals were turned out and many were aggressively recruited by U.S. institutions. At the same time Canada has been slow to recognize the credentials of immigrants and health care workers are forced to seek other employment when they arrive here. Still, people would rather receive universal care in Canada than in most other countries with private systems.

The tax system - Taxes in Canada are among the highest in the world and so too is tax avoidance. The Income Tax Act just grows and grows on a regular basis and makes it more complicated for the average person to follow. It seems becoming a "tax expert" is a growing profession judging from all the advertising you see. People will always complain about paying taxes but are always demanding more services from all orders of government. Even the governments can't agree on how to divide up the resources. Provincial governments want more money from the federal government, and municipalities want more funds from their provincial masters. Meanwhile those who make the rules are not giving up any of their shares and would rather increase the size of the pot through "new" taxes so they only share new money. Better prepare to always pay more.

The financial system - Banks are getting bigger and richer as interest rates rise again. They won't be lowered any time soon because banks love taking your money -- which is why financial experts always advise you to buy bank stocks if you want to play the markets. When interest rates were lower, the credit cards did not drop their rates and made substantial profits. Some are even raising rates now and/or charging annual fees with no real benefits. Canada's interest rates always closely follow the American system, and with most of Canada's top banks now very active in the U.S., the North American economy is very closely aligned. It doesn't really matter who forms the government on either side of the border.

The electoral system - The size of government keeps increasing and the number of politicians we pay keeps growing, as well as the salaries we pay them (see taxes above). Electoral district boundaries are currently being changed at both the federal and provincial levels, as well as the names of some ridings, which is causing some confusion as we prepare for a provincial election in the fall of 2024 and a federal election in 2025. Until then, byelections are being held under the current riding names and boundaries. Somehow "representation by population" seems to mean we can only add seats to our democratic institutions, not cut back on the number of politicians. Some reform to the system is needed.

The list is really never ending. A lot more could be said about the legal system, the prison system, law enforcement and other protection services. But it is important to remember all these systems employ people who are trying their best to serve the public under very trying circumstances. Technology and social media have made it easier to complain - and now people are complaining about the various platforms being used and want to shut them down. Go figure!

As we learned during the pandemic, it is best to be helpful and "kind" to others. Maybe we should try that again this summer.

RIISING FOOD COSTS LEAD TO GARDENING BOOM



It is no surprise that rising food costs are a top concern for Canadians. According to research from The Canadian Centre for Food Integrity, the cost of food has consistently been the number one worry among the majority of Canadians for the past five years, with a continued increase in 2022. Last year, 69 per cent of Canadians were concerned about the cost of food and 56 per cent were concerned about keeping healthy food affordable.

These rising food costs have led to more people thinking about growing their own vegetable gardens at home to save money. A new study by the Agri-Food Analytics Lab at Dalhousie University found that one in five Canadians have started growing food at home in the past three years.

"Canadians have been under an incredible amount of financial strain in recent years with food price increases leading the way. That has led to more people thinking about growing some of their own food at home," says Paul Lefebvre, new product development manager at Premier Tech Home & Garden, a Canadian manufacturer and marketer of consumer lawn and garden products.

While food security is a complex issue affected by a number of factors, urban or home gardening can, in some cases, help get more healthy food to those who need it. Home gardeners, like farmers, have access to a toolbox of options, including a range of biological, organic and synthetic pesticides to help them protect their crops from attacks from insects, weeds and diseases.

"Canada has some of the best regulation and legislation related to the evaluation of pesticides," says Lefebvre. "Many government regulatory agencies around the world look closely at pesticides to ensure they are safe for use."

Whether you are a long-time home gardener or planting your first vegetable seeds and plants this year, enjoy the fruits of your labour.

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Straight from the Horse's Mouth

By Mel Kositsky

The horse racing industry is at a crossroads and it will be interesting to see what direction it takes. Despite a lack of coverage by mainstream media and strong competition from sports betting, racing these days is thriving and some would say becoming even more popular as it attempts to alter its "too gray" demographic.

Innovation and competition are the keys to success in any business, and while racing traditionalists may not agree to the changes, they will have to go with the flow in order for the sport to survive.

The large outdoor grandstands at racetracks have become "party zones" for events and music concerts in order to attract more patrons to the facility. Except for some major races, people are using the Internet to follow the races and place their wagers as the excitement of "live" racing has not really captured the new generation. But many more people are willing to attend if the races are packaged as part of a much larger "fun" event. We saw that during the recent

American Triple Crown races as concerts, fashion shows and other attractions brought out large crowds. It was like being at an exclusive party.

And now the "Sport of Kings" is finally being opened up to the average person through a different style of partnerships such as syndicates and "micro shares" of horse ownership. It started a few years ago when some racetracks began Horse Racing Clubs trying to attract new investors by offering a piece of a horse through limited ownership numbers. People could become owners of a stable for as little as \$200 to \$500 a share and so far these local ventures have been successful.

Now the micro shares movement is gaining momentum bolstered by the success of Commonwealth Thoroughbreds, part owners of Mage, this year's Kentucky Derby winner. Commonwealth, who owns 25 per cent of the colt, sold shares, with \$50 as the minimum, to 391 people. About 90 of them attended the Derby and left with an unforgettable experience. It is the start of the evolution of horse ownership and attracting new and younger people to the races. Commonwealth says the average age of its investors is 36 and its successful approach will open up the sport to many more people. There are a number of other similar stables in operation.

Now that betting is readily available on mobile phones, tablets and laptops, and Internet betting sites offer races from around the world just about 24 hours a day, getting people to get dressed and leave the comfort of their home computers to attend the races is a challenge for most tracks. There has to be something more to offer patrons -- including good food.

The racing itself is changing. The lack of emerging equine superstars means the major media outlets do not have a "superstar" to focus on the way they do with other sports. This year is the 50th anniversary of the great performance by a horse called Secretariat. Known as "Big Red", the chestnut captured the attention of all sports fans and the general public, developing a following that has been

unmatched since 1973. His records still stand!

Today horse owners are too quick to retire any major winners to the breeding farms before they suffer any embarrassing losses or -- worse -- an injury that would devalue their investment. So news outlets cannot relate to the sport's champions and fail to report on all the annual award winners because they never seem to race again. For many, the breeding industry is thriving but that doesn't make the news or even any sports reports. The only time the public hears about racing is when there is a tragic accident during a race and a horse has to be destroyed.

Not only that, races like the Triple Crown series have lost some of their luster. Few people outside of racing fans will know that Justify was the last Triple Crown winner in 2018. That is because the lightly raced colt only had a handful of races before being retired to stallion duty. His offspring are doing well but he never had the chance to become a household name. This year there were three different winners in the three races - the Kentucky Derby, the Preakness and the Belmont Stakes. So no real champion has emerged. That means the sport has a chance to really build up anticipation of a showdown of top three-year-olds at the Saratoga summer meet when they can compete at The Travers Stake in August. But will that happen?

With the number of larger purses being offered at various tracks, owners and trainers are picking their spots to avoid competition and go for the money rather than go head-to-head against tougher foes. This results in shorter fields and less potential coverage of what could become a major event. The industry itself is still reluctant to take the spotlight away from the difficult Triple Crown formula, but after the 20-horse Kentucky Derby field, hardly any starters there followed through on the other legs -- at least that's what we saw this year. And the winners of the other two legs did not even race in the Derby!

GREAT CANADIAN ENTERTAINMENT AND LIVE NATION CANADA TEAM UP TO DELIVER THE BIGGEST NAMES IN ENTERTAINMENT TO VENUES FROM COAST TO COAST

TORONTO (June 7, 2023) — Great Canadian Entertainment, Canada's leader in gaming and hospitality, today announced an exclusive partnership with Live Nation Canada, the world's leading live entertainment company, to bring some of the biggest names in music and comedy to its venues across Canada including the highly anticipated 5,000-person The Theatre at Great Canadian Casino Resort Toronto which will open at the brand-new \$1B Great Canadian Casino Resort Toronto later this year. With this new partnership, Live Nation Canada becomes the exclusive booking agent, and the two companies will jointly promote the programming.

This strategic alliance is one of the first of its kind in Canada and will elevate the entertainment experience at Great Canadian Entertainment's live venues from coast to coast, including the brand-new The Arena at Pickering Casino Resort, River Rock Casino Resort, Hard Rock Casino Vancouver, Molson Canadian Centre at Casino New Brunswick and The Schooner Showroom at Casino Nova Scotia.

"We are thrilled to be partnering with Live Nation Canada, the premier live entertainment promoter in the world," said Gavin Whiteley, Chief Marketing Officer, Great Canadian Entertainment. "This partnership will bring some of the biggest and most exciting artists to our exceptional venues, providing guests with unforgettable experiences they will cherish for years to come."

This partnership marks a major milestone and

reinforces Great Canadian Entertainment's commitment to delivering world-class entertainment experiences to guests at all its casino and resort destinations. Live Nation's global presence, vast industry network and robust artist relationships will allow Great Canadian Entertainment to offer a wide range of events and the best live experiences across the country.

Great Canadian Rewards members in Ontario can take advantage of exclusive offers, including the lowest available rates, free or discounted stays, and other valuable benefits at across the company's 12 properties in Ontario, including exclusive pre-sale access to live events.

To learn more about Great Canadian Rewards please visit: www.greatcanadian.com/greatcanadianrewards

About Great Canadian Entertainment

Founded in 1982, Great Canadian Entertainment is Canada's premier gaming and hospitality company with 25 gaming, entertainment and hospitality facilities in Ontario, British Columbia, New Brunswick, and Nova Scotia. Great Canadian Casino Resort Toronto, Canada's largest casino resort, is scheduled to open this summer and will include a 400-room hotel, 5,000-person entertainment venue, expanded covered parkade, and multiple on-site dining options.

Committed to investing in and offering opportunity to those in the communities in which it

operates, Great Canadian supports over 1,400 charitable and non-profit organizations across Canada under its PROUD program; "PROUD of our people, our business, our community". A significant portion of gross gaming revenue from Great Canadian's gaming facilities is retained by Crown partners on behalf of their provincial governments for the purpose of supporting programs that benefit healthcare, education, and social services in Canada. To learn more, please visit www.greatcanadian.com

About Live Nation Entertainment

Live Nation Entertainment (NYSE: LYV) is the world's leading live entertainment company comprised of global market leaders: Ticketmaster, Live Nation Concerts, Live Nation Advertising & Sponsorship and Artist Nation Management. For additional information, visit www.livenationentertainment.com

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3 AILMENTS OLDER CANADIANS SHOULD HAVE ON THEIR RADAR



Our golden years can be the best time of our lives, but your body may need a little more care than it did in years past. Regardless of how young you may feel at heart, there are illnesses that are more common at an older age.

Here are three conditions to be aware of that can significantly affect older adults:

1.Shingles

Herpes Zoster, typically referred to as shingles, is caused by the same virus that causes chickenpox. If you had chickenpox in the past, the virus remains dormant in your body and can reactivate later in life as shingles. Shingles often shows up as a painful rash or blisters that can last for weeks and can lead to nerve pain lasting for months or even years. It's estimated that one in three Canadians will get shingles in their lifetime, and with ninety per cent of us thought to have had chicken pox, shingles is a concern for older Canadians.

Treatment may have limited impact, but shingles can be prevented. The National Advisory Committee

on Immunization and the Comité sur l'immunisation du Québec (CIQ) recommend that people aged 50 and over consider vaccination to help prevent shingles. The CIQ also recommends vaccination for people aged 18 years and older who are immunocompromised.

2. Chronic Obstructive Pulmonary Disease (COPD)

COPD is a lung disease that includes chronic bronchitis or emphysema. It causes a narrowing of the airways and can progress slowly over a number of years. It's typically diagnosed in those over age 40, and many people may not realize they have the condition. Symptoms can include a cough lasting longer than three months, wheezing or whistling when breathing, long-lasting colds and shortness of breath during everyday activities. Feeling short of breath is not a normal sign of aging and those experiencing it should seek medical guidance. Those with the disease are also at higher risk of developing heart conditions, diabetes and low bone density. The good news is COPD is manageable with treatment.

3. Respiratory Syncytial Virus (RSV)

RSV is a common and highly contagious virus that affects the lungs and breathing passages. Despite commonly being associated with infants and young children, adults aged 60 and older are also at increased risk for serious infection from RSV.

The natural decline in immune function as we age makes the older-adult crowd more vulnerable to infections and health complications, including RSV. Additionally, immunity against RSV is short-lived, so you can catch it again even if you've already had it. There is currently no vaccine available in Canada for adults to help prevent RSV, so practising steps to avoid coming into contact with the virus is sound advice. Washing your hands frequently, disinfecting surfaces around you, and avoiding time spent close to anyone who is ill are a few steps to help avoid contracting the virus.

There are all sorts of ways to enjoy life well into our golden years, but it can be helpful to know what you might be up against.

www.newscanada.com

HOW TO MAKE AIR TRAVEL EASIER FOR SENIORS

As you prepare to take to the skies this summer, you may have questions about how best to get through security screening. Here are some tips to help you navigate the process with confidence.

First, plan to give yourself plenty of time to get to the airport. The Canadian Air Transport Security Authority recommends that you arrive at least two hours in advance for domestic flights and three hours in advance for U.S. and international flights. This will give you plenty of time to make your way through the airport and security screening at a comfortable pace.

Next, pack smart. When placed in your carry-on bag, liquids, aerosols and gels must be in containers of 100 ml or less and placed in a clear, resealable 1-litre plastic bag. It's important to note that the 100 ml rule doesn't apply to prescription and non-prescription medication. If you have a daily or weekly pill separator, those are also permitted.

Your 1-litre bag, as well as any medication, will need to be removed from your carry-on baggage and placed in the bin for inspection. Remember that while you are limited to two carry-on bags per person, medical equipment and mobility aids are not included in this limit.

Ask for assistance. Air travel can be challenging, especially if you need extra support. But don't let that stop you. At the security-screening checkpoint, there are several options. If you're travelling with a mobility aid like a walker, cane or wheelchair, check if there's a Family/Special Needs line available. This line features screening equipment that can accommodate larger items, and the screening officers can offer additional assistance if you need more time and help with your belongings.

If there is no Family/Special Needs line, let the screening officers know that you require assistance. Upon request, they'll expedite the screening process for you.

Giving yourself extra time, being mindful when packing and asking for assistance when needed will set you up for success at security screening and start your trip on a positive note. Find more information at catsa.gc.ca.

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WILDFLOWER HEAVEN ALPINE HIKING AT SUN PEAKS

By Chris Millikan

A summer getaway into B.C.'s interior takes us to Sun Peaks. From our cozy 'homebase' in the center of this mountain village, we'll explore alpine meadows. Savoury crepes and pungent coffees on a sunny patio launch our first morning...

Lift tickets in hand, we're set for 'high' adventure! Trail guide Janet greets us over at Sunburst chairlift. "The hardy like hiking into the alpine straight from the village," she quips, "But riding this chairlift makes the trip up much easier...and faster...for most of us!" We swoop smoothly above wooded hillsides and on upward into Shuswap Highlands. Below us, mountain bikers race along dirt paths snaking through purple fireweed thickets.

At 2000-meters, we hop out onto Mid Mountain platform. "Here, we're right on the wildflowers' doorstep!" Janet grins. "From this point, hikers of all abilities fan out onto an immense network of trails offering different distances and challenges." Pocket maps illustrate sixteen possible loops.

Janet tells us moderate Vista Trail will take us to 'Top of the World' and back in four hours. Like many, it follows well-worn cattle and deer tracks. Re-established as footpaths, volunteers maintain them regularly. Right from the outset, red Indian paintbrush, purple phlox, blue bugle, and pink lupines bedazzle. "Just wait!" Janet smiles. "The best is yet to come."

A storyboard overlooking the valley tells us Sun Peaks was developed in 1961 and originally named for 1840's Hudson's Bay Company fur trader John Tod. Though the fledgling resort offered few amenities at that time, it boasted North America's longest chairlift!

Our panting and puffing is soon rewarded as the trail opens onto colour-drenched slopes. Janet remarks, "Wildflowers typically carpet alpine meadows from mid-July to mid-August." In the distance, a majestic antlered stag calmly surveys the situation before sauntering nonchalantly into lower flower-filled meadows.

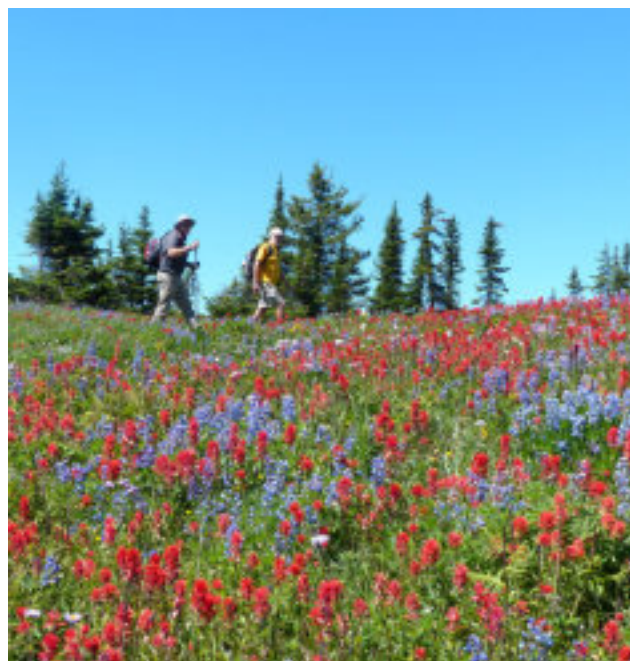
Farther on, Janet points to tall perennials growing amid wildflower luxuriance. "Mountain Hellebores!" she dramatically announces. "They keep ranchers from herding cattle here until all their toxic blooms

die off. Thanks to Hellebore Heroes, our wildflowers are safe from grazing!"

Ahead, a kaleidoscope of blue, red, yellow, purple, and pink blossoms set Tod mountain's southern slopes ablaze! The trail skirts Juniper Ridge, this hike's highest point. Seated there among splendiferous florals, we can see Sun Peaks fairytale village nestled far below. Picnicking rarely feels so magical!

Heading back aboard the lift, we immerse in forested mountainsides and gentle green valleys that stretch forever. Mouthwatering al fresco dinners celebrate our extraordinary day. We enthusiastically toast natural beauty and crystal-clear air.

Inspired to hike to Tod Lake next morning, the chairlift once again carries us to Mid Mountain station. A map helps us navigate our self-guided expedition. Locating key directional markers, we follow along a rutted service road before switch-backing upward onto Gil's Trail. Scenic panoramas materialize at every turn. Pausing often, we marvel at breathtaking vistas along Tod Mountain's northeastern slope. These breaks allow us close-up looks at fuzzy white pussy toes, orange hawkweed and subalpine daisies. When steep inclines challenge resolve, trusty walking poles support our steady uphill tramping. The footpath narrows and eventually levels



off. Amid evergreens bordering flower-filled meadows, dwarf dogwoods bloom in hemlock shade.

A wooden signpost announces arrival at Tod Lake's 1995-meter altitude. Picture perfect views stun our senses. Saluting our achievement with high-fives, water slurps, and apple slices, we head back.

Though widely known as a glorious winter wonderland, Sun Peaks' summer trails and alpine meadows reveal a different kind of paradise, ideal for hikers like us.

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

WHAT ARE LOWER SUCTION DENTURES?

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

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

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

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

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

Who Is A Candidate For Lower Suction Dentures?

The lower suction denture technique is an excit-

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

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

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

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

IS THERE SURGERY INVOLVED?
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 dentist 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.

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

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