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TODAY'S SENIOR NEWSMAGAZINE



Photo: Catching the Steveston July 1st parade can be quite a lure for nostalgic memories.
(Photo: Dan Propp)


AUGUST - 2023

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Christmas lights of Leavenworth and Tulalip

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ACCORDION TO DAN

The Canada Day festivities held in Steveston helped this kid to go fishing back in time.

The July First parade conjured up many nostalgic parades of the past. One such memory took me back to the summer of 1953 when I was a youngster peddling my decorated CCM bicycle at the parade in Gibsons Landing. All kinds of catchy tunes and programs of yesterdays drifted back all over the map.

A PARADE OF MORE NOSTALGIA

Old TV shows, music, wind-up watches are also like parades of the past that can bring a warmth and revitalize what used to be. Of course, classic automobiles can also do the same. At the Steveston parade, seeing two shinny (like new) Studebakers sure did the trick. Thus the following bit of rhyme that might do the same.

REMEMBER

Great Northern Railways, Empire Builder, CNR's Super Continental, Sante Fe, The Milwaukee Road, Southern Pacific, for seniors on both sides...keep those railway memories, on track, eh! Going through some classic national geographic sites can also be a terrific delight. The non-digital, hand-drawn illustrations of Cadillacs Imperials, Chryslers, Fords, Ramblers, and RCA, 24-inch Admiral, Hi-Fidelity Consoles can bring back plenty of nostalgic occasions and vacations. Those old publications too soon turn into 'nostalgic paper savers'.

YESTERDAYS TUNES AND PROGRAMS

"Born on a Mountain Top in Tennessee" sung by Fess Parker. Anybody still remember wearing a Davie Crocket hat? Us elders have experienced so many different eras. Remember those novelty songs like "I never felt more like singing the blues" or "Oh boy it sure is tough being humble when you're perfect in every way"? It just seems like it was only a couple years ago, don't it (okay bad grammar, 'doesn't it'). More bad grammar 'Aw-shucks', 'darn tootin', sorry, I couldn't help myself.

As a kid, do you remember tuning in to children's programs such as "Howdy Doody Time" or "The Friendly Giant"? Of course, thirty years later, kids were hooked on the ever popular 'Mr. Rogers' Neighborhood' and the long-running 'Sesame Street'.

Do you remember TV shows such as 'What's My Line', 'To Tell The Truth' or 'Let's Make a Deal'? Where did all those years quickly go, heavens to Pete!

More "RRRREALLY BIG SHOWS"

'Hot Diggity Dog Diggity' and 'Sing Along With Me' sung by Perry Como as we watched him perform on our TV sets in living colour. Way back, there were juke boxes so you could listen to tunes like my favorite 'Put another Nickel in the Nickelodeon'. It seems like it was yesterday, teenagers were listening and buying record albums of popular songs. Perhaps you were a fan of the Beatles or Leonard Cohen or Sonny and Cher's "I've Got You Babe". Then back to the vacuum tube radio era watching game shows like the Price is Right (which is still on TV today).



Comedy shows like 'I Love Lucy', 'The Jack Benny Show'; variety comedy shows like Red Skelton and Milton Berle.

In closing for this issue, watching the July first parade, seeing all the traffic, cell phones, flags waving, the laughter, and excitement that prevailed along Steveston parade route in this new millennium, it was a wonderful and nostalgic experience. It renewed many happy memories.

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: Catching the Steveston July 1st parade can be quite a lure for nostalgic memories. (Photo: Dan Propp)



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RELAXING AUGUST EVENTS

By Ursula Maxwell-Lewis

If you're trying to squeeze the most out of the last lazy days of summer a few August highlights might be helpful. I'm a hot weather person, so beaches, gardens, coffee with friends (we're regulars at Porter's Bistro in Murrayville on Tuesdays),and the endless assortment of special events around the Lower Mainland leave us all with a wealth of choices.

Free Markets: Richmond and Vancouver are famous for these eclectic events. But, so are Fort Langley, Langley and Cloverdale. Fort Langley offers two options. For night owls, Fort Langley Night Markets take place every Friday from 5 pm to 8 pm until August 25th. If you prefer daytime browsing, the Fort Langley Village Farmers' Market is open Saturdays from 9 am to 3 pm until December 2nd.

Cloverdale Market Days commands the entire 176th Street of Surrey's original town centre from 10 am to 3 pm on August 26 and September 16. Browse the market ,plus a wide assortment of town centre businesses. Remember that the Museum of Surrey is only two blocks east of 176th Street. Both MOS exhibits and the TD Children's Zone are free all year

(closed Mondays). Check your genealogy at Cloverdale Library on the way, too!

Music: Local musicians can often be found starring at our many outstanding local wineries. At Fraser Valley Cider Company, 22128-16th Ave., Langley, singer-songwriter Koan Kane offers an eclectic mix of music on August 4 from 6pm - 9 pm. On August 25, also at the cidery, Strongbow & Wry headline with rock, roots, funk and blues. Mix with a little cider and relax.

Parks: Searching for something more sedate? Parks and gardens abound. Among my favourites is Darts Hill Garden Park, 1633-170 St., South Surrey. The late Francisca and Edwin Darts bequeathed this ever-evolving property to the City of Surrey. I was fortunate enough to meet Francisca years ago and can safely say I'm sure the couple would be delighted with how it has been cherished and admired. It's open 10 am - 4 pm Fridays, Saturdays, Sundays until September 30.

Elgin Park, 13723 Crescent Rd, South Surrey, offers easy forested walking trails flanking the Historic Stewart Farm House and the impressive new Totest Aleng: Indigenous Learning House. Through until October you may find Semiahmoo First Nations artists-in-residence Roxanne Charles and Chalise McCallum working onsite. Take a picnic and relax by the Nicomekl River at anytime until sundown. Soul-renewing in so many ways. The entire site is free to the public. Join the Friends of the Surrey Museum and Archives Society for \$10 per year and help keep this site and the museum in Cloverdale admission free. Contact me for more details.

Trains and Planes: Ride the 'speeder' at Fraser Valley Heritage Rail on Highway 10 in Cloverdale and find out how much this enthusiastic volunteer-driven society has done to keep rail history on track. Since Covid the group told me they've seen a marked increase in young families admiring the interurbans and riding the rails.

Over at Langley Regional Airport another vibrant volunteer group keeps the Canadian Museum of Flight growing. A current initiative there is to connect with women who have been involved in any aspects of aviation. Two cabinets stand ready and waiting to highlight those stories. Contact me, or the CMOF at (604) 532-0035, to help profile Women in Aviation.

Concerts: To close the month on a glittering high note, consider attending 'Harmony Illuminated: A Night of Candlelight Melodies', a candlelight concert on Saturday August 26 from 7.30 pm to 9 pm at historic Cloverdale United Church, 17575-58A Ave., Surrey. Included in the program are works by Joe Hisaishi, Ryuichi Sakamoto, Chopin, Debussy and Gershwin performed by talented Lower Mainland



artists as solo, duet, and small ensemble pieces. "Beautiful music with a romantic vibe," says host Dr. Emma (Rui-Xuan) Shi. Admission is by donation.

Ursula Maxwell-Lewis is a retired journalist and dedicated traveller. Contact her at utrael@shaw.ca

Photo:

TOP LEFT: Directors Terry Nichols (aka the Equipment Guy) with Art Crowther
TOP RIGHT: Ride the Speeder. Student volunteers Fateh Sandhu and Grpreet Singh with Toir Guide Grace Ducharme and Director Allen Aubert.

Photos Ursula Maxwell-Lewis

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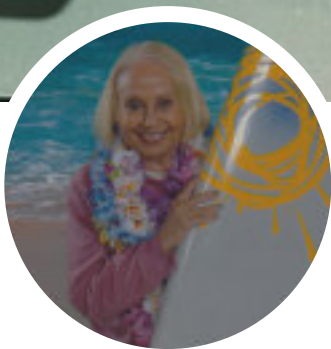
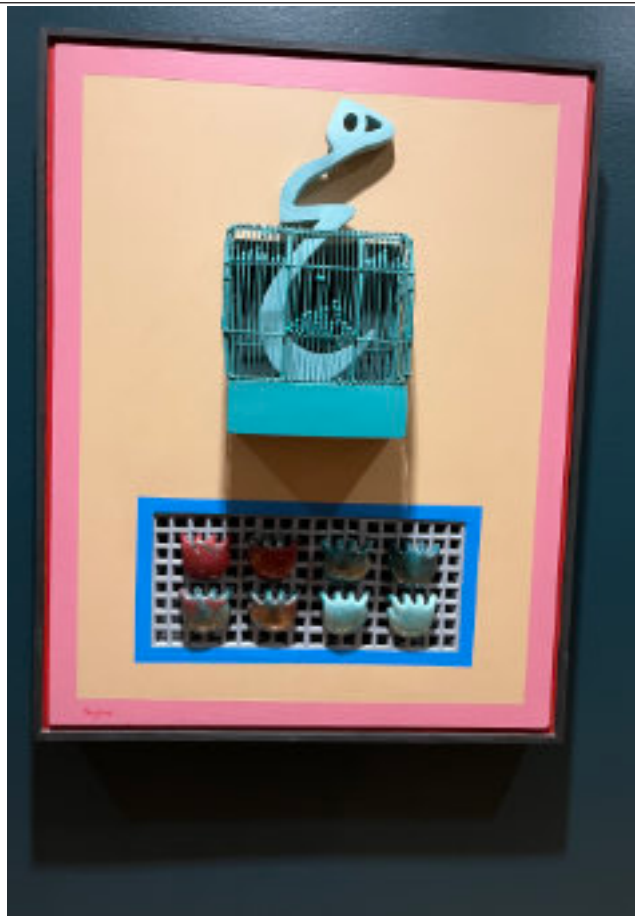
And lord and behold I can eat and chew after 15 years.

So, if you are in this same boat, give him a chance, you will be pleased.

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PARVIZ TANAVOLI-FATHER OF MODERN IRANIAN SCULPTURE AT THE VANCOUVER ART GALLERY.

Article & photos by Lenora A. Hayman.

Parviz Tanavoli: Poets, Locks, Cages at the Vancouver Art Gallery until Nov. 19, 2023 “highlights Tanavoli’s belief in sculpture as a kind of poetry”. This is the first major show in Canada by Iranian-born, Vancouver-based artist Parviz Tanavoli.

The Fallen Poet 1967, in glazed earthenware depicts Farhad, the Mountain Carver, a figure in a Persian folktale, written by Persian poet Nizami Ganjavi (1141-1209). In order to marry the Armenian Princess Shirin, Farhad must carve a tunnel through Mount Bisotun. Prior to completion, the king who also loves Shirin, falsely tells Farhad that Shirin is dead. Tragically Farhad commits suicide by diving off the mountain. Perhaps this is a metaphor for the end of sculpture but Tanavoli has certainly revived a new sculptural tradition.

The Cage’s structure represents the grillwork on public shrines, tombs and mosques. Tanavoli said “I do not consider what I put in cages imprisoned, but preserved and made safe”.

The Ibex 1970, bronze on a travertine base is a

Persian motif. The Ibex is a wild mountain goat native to the Zagros mountain of Iran and is “a marker of identity of the mountain people living in Iran since pre-Islamic times”. This motif is often seen in ancient Persian rock engravings, on friezes, painted pottery and stamp seals.

The Disciples of Sheikh San’an 1974, silkscreen on paper, depicts an interpretation of the poem The Conference of Birds written by the Sulfi mystic and poet Farid al-Din Attar(c 1142-c1220). The architectural composition of towers is punctuated with geometric symbols and Tanavoli’s motifs of the hand, script, caged bird and lock.

This interesting amalgamation of both sacred and secular in Tanavoli’s exhibition shows the development of present-day sculpture in Iran.

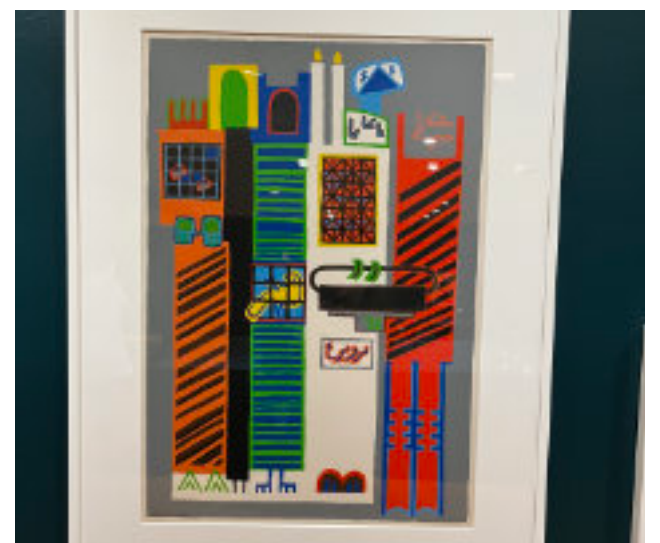
Photos by Lenora A. Hayman

LEFT: Fallen Poet 1967 by Paviz Tanavoli

CENTER: The Cage by Paviz Tanavoli

RIGHT: Ibex 1970 by Parviz Tanavoli

MIDDLE: Disciples of Sheikh San’an 1974 by Parviz Tanavoli.



PREP YOUR HOME FOR SAFETY

When it comes to home safety, preparation is critical. The following tips will help you ensure your family and home are well protected in the event of a fire or carbon monoxide (CO) incident:

Check your alarms. If you can’t remember when your alarms were installed, the safest bet is to replace them. Smoke alarms should be replaced every 10 years and CO alarms every five to 10 years, depending on the model. Remember that batteries in your alarms don’t last forever and should also be replaced every six months, unless the alarm features a 10-year sealed battery.

Install two-in-one protection. Installing alarms with two-in-one protection, such as the First Alert 10-Year Battery Combination Smoke and CO Alarm, can be a convenient way to help ensure long-term protection. They alert you to smoke or CO threats, and a 10-year sealed battery eliminates the need for battery replacements and late-night battery chirps for

a decade. Both smoke and CO alarms need to be maintained and tested regularly to ensure that they’re working properly. Testing your alarms is simple – hold down the test button and wait for the alarm to sound. It’s also important to clean your alarms to remove any dust or debris that could prevent them from functioning properly.

Take stock of safety. Designate a place in your home for other safety items, including extra batteries, flashlights, an all-weather radio, and non-perishable food and water. Additionally, keep a fire extinguisher on each level of your home and in higher risk areas like the kitchen and garage. Make sure that they are easy to reach, accessible to every adult member of the household and that all adults know how to use them.

More information about how you can help protect your home and family can be found at firstalert.ca.

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FINANCIAL NEWS

by Rick C. Singh, Founder, President,
and Financial Advisor,
CPCA (Certified Professional Consultant on Aging)
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BANK OF CANADA’S LATEST
RATE HIKES ARE SIGNS IT MADE
A ‘MISTAKE’: ANALYSTS

The Bank of Canada has shifted to a less prescriptive messaging strategy than it used in January when it signaled a rate-hike pause that reignited the housing market, which added to inflation and the need to resume tightening five months later.

Last week after lifting rates to a 22-year high of 5.0 per cent, Governor Tiff Macklem struck a more hawkish tone than when he announced a pause in January, warning the bank could hike again if economic data shows it is needed.

That switch could leave the BoC less vulnerable to criticism when forecasts go awry, leaving investors and borrowers to arrive at their own conclusions in assessing the outlook for interest rates.

“Every time (the members of the governing council) try to provide that hand-holding forward guidance, it doesn’t work,” said Derek Holt, vice president of capital markets economics at Scotiabank.

Central bankers around the world have underestimated inflation and grappled with communication. Macklem came under a rare attack

last year from opposition politicians for misjudging inflation and locking in to a rigid forward guidance.

“We are turning the corner on inflation,” Macklem told reporters in January when the BoC became the first major central bank to announce a pause. “If economic developments and — in particular — if inflation comes down in line with our forecast, that will confirm that we have likely done enough.”

The markets quickly priced in a half-percentage-point in cuts by the end of the year, and the slumping housing market recovered. The average sale price of a home increased 19 per cent between January and May, according to the Canadian Real Estate Association.

That jump in housing prices “is likely to persist and boost inflation by as much as 0.3 percentage points by the end of 2023, compared with the January outlook,” the BoC said last week.

It made sense'

Last week, Macklem defended the decision.

“It made sense to pause,” he said, to assess the effect of the most rapid increase in rates in the BoC’s history. But then the economy outperformed the bank’s expectations, he added, which is something that has happened repeatedly in recent years.

The central bank’s tightening campaign is a major concern for Canadians who loaded up on cheap mortgages and took on credit card and other debt in recent years. Household debt as a proportion of disposable income rose to 184.5 per cent in the first quarter, near a record high, which means there is \$1.85 in debt for every dollar of household disposable income.

Macklem did not use the word “pause” while announcing last week’s 25-basis-point hike, the second in as many months, though some analysts now expect the bank to do just that.

“Now maybe you’re getting a certain maturity of the central bank that says, ‘We’re not going to do that again,’” Holt said.

Though many economists are doubtful another

rate hike is coming, money markets are still not shifting their bets toward a possible cut as they did in January, both because of the uncertainty of the inflation outlook and the bank’s threat to raise again if needed.

Macklem has delivered misleading messaging before.

He assured Canadians during the pandemic that rates would rise only in 2023 when it expected the economic slack to be absorbed, but the central bank began hiking rates in March 2022 as inflation spiked.

In October 2021, Macklem forecast inflation would return close to the central bank’s two per cent target by the end of 2022, only to push back that goal in January of this year to end 2024. Last week, the bank further delayed that target to mid-2025.

Marc Chandler, chief market strategist at Bannockburn Global Forex LLC, said the fact that the BoC hiked not once, but twice starting in June after announcing the pause is evidence that it knew there was ground to be made up.

“The June hike wasn’t a one-off ... it wasn’t just an insurance policy, but (a sign) they think that they made a mistake.”

By Steve Scherer and Fergal Smith Reuters
Posted July 17, 2023

If you have any questions about this article or have any financial related questions, contact Rick Singh at 604-535-3367 (Suite 220, 3388 Rosemary Heights Cres. Surrey, BC V3Z 0K7) or email: rick@crsfinancial.ca

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ENJOY YOUR SUMMER WITHOUT STRESSING OVER MONEY

Here are tips to help you make the most of summer without breaking the bank during this time of high costs and high interest rates:

Make a summer budget

Prepare a budget in advance for the activities you want to do over the summer. That way you can set limits on your spending, identify ways to reduce costs and focus on what you really want – and what you can really afford – to do.

A free online tool to help you start is the budget planner from the Financial Consumer Agency of Canada. The smartphone-friendly tool is designed to help people start and maintain a budget. It uses insights into how people make financial decisions to create an interactive experience personalized to your needs.

Indulge in day trips

Travelling can get expensive, but you might not need to go far for some fun. Check out local travel guides to know what’s happening in your region and to get information about parks and festivals near you. Pack a simple picnic and make a day of it whether you go to the local pool or a local park. We are fortunate to have national and provincial

parks in every province and territory in Canada.

Spending time outside in nature can be a great and inexpensive way to relax and recharge our batteries.

Plan ahead to cut down costs. If you decide to go on a trip, consider ways to make it more affordable. Air travel can add up, so road trips might be a better option this year. You may wish to check out places off the beaten path since they can be cheaper. Research and compare restaurant and accommodation options in advance to help you stay within your budget.

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

RADICAL REMISSION OF CANCER

Medically speaking remission is defined as the reduction or disappearance of the signs and symptoms of cancer. Ph.D. and researcher, Kelly A. Turner, was interested in what she called Radical Remissions or patients that had unexpected recoveries of their cancers. Their doctors would consider it an unexplainable fluke but would never look deeper to see what “cured” them. Kelly interviewed over 150 patients, studied 1000 cases, and found that they shared 9 common strategies. These factors include making significant dietary changes, using herbs and supplements, taking control of one's health, following your intuition, releasing suppressed emotions, increasing positive emotions, embracing social support, deepening one's spiritual connection, and pursuing strong reasons for living. The psychological mindset is

very important, but I will discuss the first two factors.

Many adopted a plant-based or organic diet, reducing sugar and processed foods, and increasing the consumption of nutrient-dense foods. Cancer cells tend to rely heavily on glucose (carbohydrates) for energy and thus reducing carb intake may starve cancer cells and inhibit their growth. Some studies show improved outcomes and reduced tumor growth. Eating plant-based foods will provide antioxidants and nutrients for immune support. Some studies show ketogenic diets may enhance the anti-tumor effects of chemotherapy and radiation.

Various supplements were commonly reported by individuals who experienced radical remissions from cancer. These supplements are mentioned as part of a broader discussion on complementary and alternative therapies that individuals used in their healing journeys. The most common supplements mentioned in her research focused on 3 categories:

- 1. Digestion Support:
 - o Digestive Enzymes/Probiotics: These supplements aid in the breakdown of carbohydrates, proteins, and fats, facilitating digestion e.g. Advanced Digestive Enzymes by Thorne as well as support a healthy gut microbiome e.g. Probiotics Recovery by New Roots Herbal.
- 2. Detoxification Support:
 - o Antifungals, Antiparasitics, Antibacterials, and Antivirals: Supplements or natural compounds that clear the terrain of invaders that suppress the overall immune system e.g. Candida Stop/Purge Parasitis by New Roots, Black Walnut Matrix by Canprev.
 - o Liver Detoxifiers: Supplements that support liver function and promote detoxification, De-

tox-Pro by Canprev or Liver by New Roots.

- 3. Immune System Support:
 - o Various herbs, vitamins, and minerals for potential immune system boosters. Examples include IP-6, Curcumin, vitamin C, vitamin B12, vitamin D, trace minerals, melatonin, and fish oils e.g. CF IP-6 & Inositol, Curcumin BDM50 by Purica, Immuno Multi by CanPrev, Orthomega by Ortho Molecular, Omega D3 Liquid Forte by Cytomatrix
 - o Mushrooms: Turkey Tail, Reishi, Shiitake, and Maitake have polysaccharides and beta-glucans that exhibit immune-modulating effects and have demonstrated anti-tumor properties in laboratory and animal studies e.g. Immune 7 by Purica, Defend Now/Balance Blend by Eversio Wellness.

Join us for our 40th Anniversary Customer Appreciation Day on Sept 9th, 2023 with 30% off all products plus a seminar on Medicinal Mushrooms by Eversio Wellness.

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

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HOME IMPROVEMENT
“ASK SHELL”

By Shell Busey

ALONG THE WAY... WITH SHELL
by Chuck Davis

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Shell’s Story continued from last month

The Buseys are strongly behind a program called SOS Children’s Villages. SOS provides children in need with "a caring, loving and lifetime secure family environment where basic needs for food, health, shelter and met." SOS BC has are three education programs: Family Continuance; Community Education and Awareness; and Lifeskills Funding Program. The Village is "a group of family homes that provide children with long term care and support including a home, a family and system where children a tightly knit sup- port can stay until independence."

All this work hasn't gone unrecognized: during 2001, the International Year of the Volunteer, Shell was honoured with the Volunteer Award, presented by Senator Ed Lawson.

The CKNW Orphans' Fund merits special attention: the Fund began during wartime in 1945, the second year of the station's existence. It has become one of Vancouver's best-known and most successful charities, raising and dis- tributing over a million dollars each year to needy children. In 2001 Shell was directly involved in a project that raised a great deal of money for the Orphans' Fund. It was called the Rankin House.

The CKNW Orphans Fund was delighted with the results of the Rankin House the renovation. The home, built in 1929, is in the Sawyers Walk subdivision of South Surrey. It's a little charmer, and its transformation eye-popping.

The company that developed Sawyers Walk, a subdivision of heritage-style new Portrait Homes. They partnered with Shell, who was happy to take on the challenge. :Thanks to the generous contributions of many companies who donated a great deal of the materials as well valuable time and expertise” the Orphans' Fund administrators wrote, "the 1929 farm house was brought into the 21st century. The real credit for this project goes to Shell Busey's HouseSmart Referral Network and other participating companies who rallied to the cause with a great deal of enthusiasm.

"Motivation for the project," they continued, "was provided by Shell Busey and Portrait Homes who made dream come true by making a gift of the net proceeds from the sale of the finished home to the CKNW Orphans Fund."

There's more. Portrait Home's Sawyers Walk subdivision won the Georgie Award for the best new residential development in B.C. The Georgie Awards are sponsored by the Canadian Home Builders Assn. of BC (this was the 10th annual event), and salute builders "whose projects exhibit quality, innovation and affordability." The HouseSmart Centre and Portrait Homes took a Gold for Best Residential Renovation, \$50,000 to \$149,000. The Rankin House project raised \$75,000 for the Orphans' Fund.

Public service

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Summertime	Barbeque	Sunshine	Swimming	Wildflowers	Sandcastles
Beach	Lake	Ocean	Fishing	Boating	Tubing
Waterskiing	Paddleboarding	Canoeing	Kayaking	Life Jackets	Sunbathing
Hiking	Towels	Water	Sea Shells	Cabin	Tent
Picnic	Icecream	Slushies	Sprinklers	Pool	Stay Safe

In 1985 Shell was approached and asked to run for council in the municipality of Delta. He was elected December 2, 1985 for a two-year term, and then was re-elected and on December 7, 1987 began serving a three-year term. (The provincial government had lengthened the terms for councillors all through B.C.) "That was a unique challenge, Shell says, "but I decided not to run again in 1990 because my schedule wouldn't permit the time needed to perform the task properly." It was a experience for him. "When valuable learning you serve on council," he says, "you really grow into a community, and you get to know the movers and shakers. But it can affect your relation- ships, too. The person who had been a friend before might continue to be, or might not."

A funny memory of his first month on council had to do with the naming of streets for a new development. Councillor Norm Lortie groused, tongue in cheek, that there was no street in Delta named for him. Mayor Ernie Burnett cracked, "We're dealing with streets, not dead ends.

'Doug Husband was mayor during Shell's second term. Delta's current mayor, Lois Jackson, was Shell's running mate in both 1985 and 1987.

Shell's five years of municipal service, rewarding as they were, were tough on business. He estimates he lost 50,000 in business, because his company couldn't deal with the municipality itself.

Fishin

Around 1985 Shell had an opportunity to go on a fishing trip in the Queen Charlottes, a promotional effort by CIOR. He'd been an avid fisherman away back in his Owen Sound youth, but this was a whole new level. Shell Was hooked,' and still manages a trip every summer. In 1987 Monica became her dad's fishing buddy, and continued going on those summer trips for many years. On one of those trips-and we have the picture on page 68 to prove it-she bested her

dad with a 50-pound salmon. Repeat: 50 pounds. Frankie and Monica's older sister Kyna aren't into fishing. "We prefer shopping junkets to the West Ed- monton Mall," Frankie says, laughing, "and trips to figure skating competitions and shows!"

Cruisin'

1985 was an interesting year for Frankie. Under CJOR's auspices, she and Shell were invited by Vera Deane of Super Cruise World to host a cruise to Mex- ico. It was a great opportunity for them to meet a lot of nice people, and see a part of the world they hadn't seen before. And it planted the germ of an idea in Frankie's mind. Other cruises followed: the Carib- bean in 1986, Mexico again in the fall of 1987 (a trip on which they included their girls, a special treat for Kyna, who had just graduated from high school), and then in 1988 from Acapulco through the Panama Canal to Puerto Rico. Frankie's father, Charlie, came along on that one.

By 1989 Frankie's plans had jelled. She began her own cruise business, working through Cruise Ship Centres. "I had my office in the front of a location on Scott Road in Delta, and Shell had his Build-It Ser- vices in the back” the first tour was a dandy, with a flight to Lisbon and then a leisurely sun-splashed cruise through the Mediterranean, ending in Athens. Then there was the Caribbean, Fiji and Hawaii, then the Caribbean again. Frankie severed her connection with the Cruise ship Centre "under unfavourable terms" and joined with her old friend Vera Deane, at Super Cruise World, to present new journeys. Mon- ica's high school graduation in 1991 sparked another Caribbean cruise for Frankie and the girls. Another memorable trip was one to the Caribbean in 1993 aboard Holland America's spectacular and dramatic Statendam.

Shells Story to be continued next month...



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NO AC? HOW TO KEEP COOL THIS SUMMER

Unusual heat can pose serious health risks, such as heat exhaustion or heat stroke. Knowing how to stay cool is a must – especially if you don't have air conditioning. Here are a few tips to help you keep your cool.

Stay hydrated

To decrease your risk of dehydration, drink plenty of cool liquids - especially water - before you feel thirsty. When you are thirsty, you are already dehydrated.

Dress for the weather

Check forecasts regularly so you know when to take action. On hot days wear loose-fitting, light-coloured clothing made of breathable fabric. Because sunburned skin is less efficient at sweating – and sweating is how your body naturally cools off – be sure to wear sunscreen that is at least SPF 30 and a wide-brimmed hat for protection.

Keep your home cool

Create meals such as a bean salad or cold noodle bowl that don't need to be cooked in an oven. Block the sun by opening awnings and closing curtains or blinds during the day. And, if it's safe to do so, open your windows at night to let cooler air into your home while the sun is down.

Beat the heat

If your home is extremely warm, try taking a cool shower or bath until you feel refreshed, and try to spend a few hours in a cool place. It could be a tree-shaded area, swimming facility or an air-conditioned spot like a shopping mall or public library.

Watch for symptoms of heat illness, including dizziness or fainting, nausea or vomiting, headache, or rapid breathing and heartbeat. If you have any of these symptoms during extreme heat, move to a cool place and drink liquids right away. Water is best.

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6 SPRING CLEANING TIPS FOR A HEALTHIER HOME

Spring cleaning can feel daunting. However, doing a deep clean is important, not just for appearances but also for your health at home.

Here are a few cleaning tips to help make your home a healthier place to live.

1 Leave outdoor shoes at the door
Outdoor shoes can track dirt and contaminants into your home. Set up a drop zone for any outdoor footwear. If you prefer something solid on your feet indoors, keep a pair of slippers or shoes ready to change into and only wear them while inside. You can also give them a routine clean from time to time.

2 Start with dust and dirt

Dust and dust mites can cause allergic reactions and worsen health conditions like asthma, so place this step high on your to-do list. Use a wet cloth or mop for hard surfaces to avoid spreading dust around and use a high efficiency particulate air filter in your vacuum, if you can.

3 Don't mix your cleaning solutions
Read the label and follow all instructions on your household chemical cleaning products. Never mix household chemicals or use them together since some common ingredients, such as bleach and ammonia, can produce harmful gases when mixed. Store cleaners locked out of sight and in their original containers to prevent confusion about what they are or how to use them.

4 Remember to ventilate

Ventilation is vital for healthy indoor air every day, but it's especially important to improve your indoor air flow when you're cleaning. It's easy to disturb dust and small particles as you clean or be exposed to a buildup of chemicals in your cleaning

products. Turn on your kitchen and bathroom exhaust fans when cleaning and open your windows for fresh air.

5 Banish mould for good

As you go about spring cleaning, inspect your home for signs of mould or excess moisture which can lead to health effects like eye irritation. Musty smells and stains or discolouration may be signs of mould. For small amounts of mould, Health Canada recommends using dish soap and water to clean them up. Bleach isn't needed. If the mould covers a large area or keeps coming back, consider hiring a professional.

6 Clean up after cleaning

When you no longer need household cleaning products, make sure they don't sit around your home – take extras to a hazardous waste disposal site. Likewise, if you discover unused or expired medications or health products don't let them hang around either. Always take them back to a pharmacy instead of tossing them down the drain.

More information on how to maintain a healthy home is available at canada.ca/healthy-home.

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NO COTTAGE? NO PROBLEM!



Cottaging is a quintessential Canadian pastime – satisfying the desire to escape the urban bustle and kick back with friends and family. But as owning a cottage or cabin becomes more and more expensive, many Canadians face a dilemma: “How can I get out of town for a few days without breaking my budget?”

Short-term rentals or resort-style hotels have become the go-to solution for many, but finding something in the right price range can be a challenge. If you’re not a cottage owner and still want that cottage-like experience, there are alternatives you can explore.

Vacation options have seen a real revolution in recent years in response to increasing demand for outdoor escapes within Canada. New accommodation choices like cabins, yurts and glamping tents are popping up in campgrounds across the country. They can offer outdoor experiences that vary from rustic escapes to deluxe retreats. Some private options even come stocked with necessities like kitchen utensils, small appliances and barbecues. With minimal packing required, you can take advantage of these ready-to-camp sites and get your cottaging fix without much hassle.

“Our cabin accommodations can be described as ‘cottage-lite,’” says Rafael Gonzalez, regional manager at Parkbridge, which offers a number of accommodation choices at its cottage and RV resorts across Canada. “The value and scenery are unbeatable and have a strong cottage-country vibe – beautiful lakes surrounded by rolling hills.”

Perhaps the best part of these many glamping options is that they’re much more

affordable than renting a cottage. Bargain hunters can often find discounts for mid-week stays at many campgrounds.

Some private campgrounds also offer season-long rental sites as an alternative to cottage ownership. Typically, seasonal sites are intended for RV units, sometimes known as trailers; but the word “trailer” doesn’t do modern options justice. RVs have come a long way, and some of the newest models easily compare to a small cottage, without the same cost. They can include custom luxurious

finishes like engineered hardwood floors and stone countertops, multiple bedrooms and smart-home technology. Getting a season-long site usually involves signing a lease with the campground operator but still typically offers savings over owning a traditional cottage or cabin.

With all these cottage alternatives available, it’s worth considering your options. You’re bound to find something to help you recharge and relax at a price point that works for you.

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WRITE AS I PLEASE

By Mel Kositsky

Those "Hot August Nights" may not seem that warm anymore.

With the strange weather patterns of late, and an extremely hot spring and start to summer, there is not much left to experience this month. So enjoy it while you can. Who knows what weather the fall will bring? Will that pleasant "summer breeze" just become a memory?

Why is this all happening? Climate change fanatics are taking advantage of this period to promote their cause -- all in the name of science, of course. The term "global warming" is making a comeback -- even though this heat wave is less than temperatures from just two years ago. If you watch the daily weather broadcasts, we are not always setting records this summer. It was much hotter on some days many years ago and that pattern will always continue.

Heat waves and storms, droughts and floods, hurricanes, typhoons, earthquakes and tornados have all happened before but now we like to call them "extreme" weather conditions. Heavy rain storms are now referred to as "atmospheric rivers" replacing such terms as "pineapple express" -- even though we know those weather patterns originate in the south Pacific. We just get to see more destruction because there are better communication systems -- and major broadcast media love to show disasters when they get the footage.

The international climate change movement has set various targets for 2030 and some people fret daily about the consequences of not meeting those targets. So far hardly any nations have reached previous targets and the world is still surviving. Remember these are only targets and those extremists who maintain we are in a "crisis" have to chill out.

Meanwhile, environmentalists keep making life more difficult for the common person by adding on

more restrictions and regulations. Yes, we all have to make some changes to the way we live, especially for health reasons, but don't make people feel like sinners if they don't follow all the new rules. People are not always ready to change. It is not that easy -- and in most cases not affordable.

Don't ever stop asking "Why" this is all happening?

Being curious starts when you are a child and hopefully stays with you all of your life. Little kids have no problem asking adults the question all the time -- why?

Unfortunately some people find that annoying and get irritated or aggravated and do not encourage children to be inquisitive. That's not the right attitude. Children need more positive reinforcement when they ask simple questions. (They might even grow up to be reporters.)

There is probably a book or two of "Why" out there -- written by someone who was curious enough to keep asking that question. People who keep asking questions do not always expect answers -- and in many cases there are no correct responses.

Somehow modern society has confused "discussion" with "debate" and will only consider one side of an issue and quickly take to social media to defend their position and find "like" responders. They are not interested in learning about the other side.

That has become especially true in North American politics. And it also explains why many people are just "tuning out". They are tired of all the negativity and want to just live their lives in peace and make ends meet.

So "Why" does the Bank of Canada keep raising the interest rates? All the experts agree this continuous cycle of rate hikes is especially hurting low-income people. Reports show the gap between the rich and poor is growing significantly and that is making things much more difficult for many. Sometimes you wonder if the decision makers actually live in the real world.

The rate hikes are intended to choke off demand in the economy by making it more expensive for consumers and businesses to borrow -- and spend -- yet the economy keeps growing and debt keeps increasing. It is a double edge sword for most people.

Issues with the supply chain which began during the global pandemic -- and have been increased by such events as Russia's war on Ukraine and the recent B.C. port workers strike -- will keep people paying more for desired goods. They are not going to stop buying. We live in a consumer driven society.

Not only is it driving up the interest costs Canadians pay on their mortgages but all credit charges as the "Big 6" banks and other institutions were quick to raise their "prime" lending rates in early July. And it remains uncertain as to when this cycle will end.

WHAT'S THE SCOOP ON FOOD RECALLS?

Canada is known to have one of the safest food systems in the world. Still, when you hear about a recall on the news or from a friend, it's normal to be curious about how and why it could have happened. To put your mind at ease, here's a run down on how food recalls work in Canada.

What is a food recall?

A food recall is the removal of a food from further sale or use because of the possibility that the food may be contaminated or mislabeled. If a food poses a risk to the health of Canadians, the government agency that oversees Canada's food system, the Canadian Food Inspection Agency, or CFIA, will step in and ask the manufacturer to issue a recall. For us consumers, that generally means we're warned about the issue and the item is taken off store shelves.

How do recalls work?

First, something triggers a food safety investigation by the CFIA, such as the results of a food inspection or a recall in another country. The investigation quickly looks to find out as much information as possible, including potential health risks, the cause of the issue and where along the supply chain it happened.

If the CFIA requests a recall based on what it finds:

- it's the food company's responsibility to carry it out (with the agency's oversight)
- industry removes the product from the market -- this means stores stop selling it
- the agency notifies the public about by posting it on the government's Recalls and Safety Alerts website and sharing through media, social media and email notifications
- the food company works with the agency to fix the problem and prevent it from repeating

If the company hasn't carried out the recall effectively and is unwilling to do so, the CFIA can seize and detain the product.

Why aren't there more recalls? Many checks and balances work to keep the Canadian food system safe. A set of rules called the Safe Food for Canadians Regulations plays a major part. Aligned with international standards, they apply to food that's imported, exported or traded across provinces -- whether by small batch producers or major corporations.

The updated rules streamline food safety requirements and make them more straightforward for businesses to follow. They also include requirements about tracing products and ingredients, which help with more efficient and effective recalls.

You can find more information at inspection.canada.ca.

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SENIOR READS

By Pamela Chatry

SUNNY SUMMER DAY READING
THE BEACH HOUSE BY JANE GREEN
(PENGUIN HOUSE)
28 SUMMERS BY ELIN HILDERBRAND
(LITTLE BROWN)
THE SUMMER COTTAGE BY VIOLA SHIPMAN
(GRAYDON HOUSE)

By Pamela Chatry

Step into a world where the scent of saltwater fills the air, warm sand tickles your toes, and the pages whisk you away to captivating destinations. If you long for your days in the sun, then this month's book review is for you. We're reviewing three perfect summer reads, all with sunny titles and covers that entice you to throw the books in your bag and head to your favorite beach.

First up is the masterful Jane Green with her

enchanting novel, 'The Beach House.' Venture into the picturesque beach town of Nantucket, where Nan, a spirited 65-year-old, embarks on a journey to save her beloved home. As she opens her doors to a colorful cast of characters, their intertwining tales unfold against a backdrop of family, friendship, and daring leaps into the unknown.

Next, prepare to be swept away by the irresistible allure of Elin Hilderbrand's '28 Summers,' inspired by the film 'Same Time, Next Year.' Set against the idyllic backdrop of Nantucket, this novel spans 28 years of simmering passion and affairs that both complicate and enrich the lives of the main characters Mallory and Jake.

Last but not least, the cover of 'The Summer Cottage,' will make you want to pack your bags and head to the shore. It shows a woman lazing in a hammock, gazing out at the ocean. The perfect visual for a beach read! Best-selling romance author Viola Shipman takes us to the appropriately named 'Cozy Cottage,' where the main character, Adie Lou, retreats from a broken marriage and an empty nest. She decides to restore the cottage, "shingle by shingle," and takes it on as a home renovation project, despite having little building experience and push-back from the community.

Let these captivating stories transport you to sunny shores and embark on an unforgettable literary journey. The beach is calling, and these books are the perfect companions for your summer adventures!



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 handpicked books every month to seniors.

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Straight from the Horse's Mouth

By Mel Kositsky

Horse racing fans love this time of the year -- they get a chance to go to "The Spa" or visit the place "Where the Turf Meets the Surf".

Summer racing is underway at both Saratoga in upper state New York and at Del Mar, located in southern California outside of San Diego. It always provides the best racing of the year as trainers bring their best horses attempting to win the large purses and prestigious stake races.

Saratoga Race Course only operates for about 40 days a year from July through September. It is the heart of Saratoga Springs, New York (thus known as The Spa) -- and attracts about 40,000 racing fans some days. Opened in 1863, it is often considered to be the oldest major sporting venue of any kind in the country, but it is actually the fourth oldest racetrack in the U.S. Known for its famous mineral baths, this classic tourist town also features the national thoroughbred museum and thoroughbred racing's Hall of Fame. The past comes alive every summer in the historic grandstand as guests experience not only the best in thoroughbred racing, but the unmatched ambience and charm of Saratoga Springs. The town's motto is "Health, History and Horses".

The highlight of the season is Travers Day. The Travers Stakes is a Grade 1 million dollar race that is often called the "Mid-Summer Derby" and is the

third-ranked race for American three-year-olds according to international classifications, behind only the Kentucky Derby and Belmont Stakes. That day also features a number of other stake races. This year it will be held on Saturday, August 26.

The summer Del Mar meet, which opened in late July, goes until September 10. The highlight of the meet is the 33rd running of the \$1 million Pacific Classic for older horses. This year it goes on Saturday, September 2. Located on the Pacific coastline, just north of San Diego, Del Mar is one of the world's most recognizable and scenic racing venues. Opened in 1937, the seaside racetrack not only features top racing, but also the best in fashion and classic California culture. What began as a Hollywood hotspot in the era of the racetrack's founder, Bing Crosby, is now a premier tourist destination. The track is actually located on Jimmy Durante Boulevard!

While this year's 40th running of the Breeders' Cup World Championships will be held at Santa Anita Park in Arcadia, California, on November 3 and 4, it has been announced that Del Mar will be hosting the 2024 Breeders' Cup. It will be the third time Del Mar has hosted those classic races -- previously in 2017 and 2021.

Meanwhile "live" racing continues all summer at Hastings Racecourse in Vancouver. However the regular weekend schedule changes during August.

A full day of stakes races featuring B.C. bred horses will be held on the holiday Monday, August 7. A highlight of the racing season, BC Cup Day will showcase the best horses which were bred in this province. Post time for the first race is 2 p.m. Racing has already shifted to "Friday Night Live" cards and that continues until August 18. The schedule is altered again during the annual Pacific National Exhibition, when racing will only be held on Mondays - August 21 and 28. Then there is a break until Saturday, September 9 when the weekend schedule resumes.

Another major event in Canadian racing this month will be the return of the "King's Plate" to Woodbine in Toronto on August 20. It had been the Queen's Plate for so many years. No word yet if a member of the Royal family will be there this year, but King Charles and family members did attend all five days of racing at the recent Royal Ascot meeting outside London.

Greg Douglas reports in a recent BC Racebook

newsletter that a new leadership group from within the B.C. thoroughbred industry has emerged as one voice in the ongoing mission to ensure the future of horse racing in the province. It has been named the Thoroughbred Racing BC Committee (TRBC) under the direction of chair Gary Johnson, long-time owner and vice president of The Horsemen's Benevolent & Protective Association of B.C. Johnson's committee members include HBPABC president David Milburn, CTHS-BC president Dairen Edwards and director Jamie Demetrick as well as BCTOBA president Ole Neilsen and director Larry Potozny.

"This will help us regain the future we've all been hoping for with all three organizations working together and having a say in major decisions," Milburn said.

Edwards pointed out the formation of the new TRBC committee marks the first time major decisions in the areas of breeding and horse population incentives will be addressed in unison. "When there are decisions to be made that affect us all," he said, "we can now speak with a single voice."

Neilsen added: "B.C. breeding is critical to having a robust horse population. Breeding takes time and commitment. It's imperative that we get away from five-horse fields and work towards having a seven or eight-horse field average."

Johnson said two sub-committees have been formed to launch the development of breeding in B.C. and tackle the horse population issue.

Matthew Ruhlman, BC Racebook chief operating officer, pointed out that the two highest wagering handles after 20 days of racing at Hastings Racecourse this season were a result of seven and eight-horse fields during the latter stages of cards on May 22 (\$624,768) and more recently July 9 (\$652,687).

"It's a work in progress," Ruhlman said, also acknowledging the new Guaranteed \$20,000 Pick 4 Pool that now applies to every race date through the balance of the schedule. "Having all three racing organizations working together as the Thoroughbred Racing BC Committee is an encouraging step forward."

HOW FARMERS GIVE BACK IN UNIQUE WAYS



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YEAR-ROUND HOME SAFETY CHECKLIST



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

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

Spring showers

- Refresh your emergency kit if needed, and add any season-specific items, such as a battery-operated fan if you lose air conditioning in a summer power outage.

- Angle your downspouts away from your home to prevent flood damage.

- Consider adding a sump pump with backup power or reverse-flow valves in basement drains.

- Clear gutters and debris left over from winter storms and do time-sensitive repairs.

- Inspect your roof and repair any damage.

- Consider applying sealant around basement windows and at the base of exterior doors.

- Check your smoke and carbon monoxide alarms each spring and fall.

Sunny summer

- Do more extensive safety updates in summer when weather is clear, such as fixing a leaky foundation.

- Ensure that your landscaping is graded to slope away from your home.

- Trim any trees or bushes that are getting close to power lines.

- Check your ventilation by holding a tissue up to

your bathroom fan – the suction should cause it to noticeably flutter.

- Run a dehumidifier to prevent mould if you live in a humid place or detect a musty smell.

Fall fixes

- Winterize or drain outdoor faucets and pipes ahead of cold weather to avoid frozen, burst pipes.

- Check and replace weatherstripping to ensure your home is protected from the elements.

- Clear your eaves-troughs and downspouts of leaves and debris.

- Refresh your emergency kit with supplies to last you for several days.

- Confirm that your smoke and carbon monoxide alarms are in good working order and replace the backup batteries.

Winter wonderland

- Look for bare patches on your roof after a snowfall to see if your roof or attic insulation may need repair.

- Check for water leaks indoors during minor thaws to get ahead of water damage and mould.

- Test for high levels of radon gas in your home with a simple DIY test, or call in a pro.

- Make sure important documents are stored off the floor and not in the basement ahead of spring thaws and floods.

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

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

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HOW TO BREATHE NEW LIFE INTO YOUR OUTDOOR SPACE

Refresh your outdoor space with these four simple, trendy do-it-yourself projects that bring the wow-factor.

Patio planning

On the patio, truly transform your setup by considering both the style and function of your furniture set. Then choose furniture that reflects your needs. If you love lounging in the backyard, a sectional would be a better fit for you than a set of chairs. If you are an entertainer, be sure to maximize your seating options and an area that promotes conversation. When picking your furniture, sets with a rounded shape lead the 2023 outdoor trends. Colour corrections

To really tie your outdoor space together, enliven your exterior paints and stains that pull inspiration from nature. To make choosing the right shade a simple task, look to an expert choice like BeautiTone's exterior colour of the year, Western White. This paint is a calming neutral influenced by the undertones of Canada's western red cedars. Whether paired with a rich wood stain or a boldly coloured door it can really elevate the curb appeal of your home.

Exterior decor

Now it's time to accessorize. Add personality through vibrant outdoor rugs, ornate planters, as well as lively greens and flowers. With the return of maximalism, which celebrates an eclectic mash up of things and styles, mix and match patterns to capture the trend. To be sure you don't create an eyesore, select a palette of colours and patterns that match in intensity.

Light bright

The final touch to transform an outdoor space is to set the lighting and ambience. Outdoor heaters and fire tables, which you can find at local stores like Home Hardware, are a stylish solution to bring light and warmth to a cool evening. When deciding where you want to place these items, look at the layout of your yard and find distinct areas to highlight. Add lighting to your conversation areas, but also showcase any landscaping or hardscapes you love.

Bringing these elements together will breathe new life into your yard, making it a space you'll want to spend time in.

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HAWAII'S MENAGERIE CONSIDERING ISLAND 'WILDLIFE'

By Rick Millikan

A laidback holiday prompts investigating Hawaii Island's winsome menagerie. On our lanai, we watch brilliant emerald geckos ascend balusters onto railings, furniture, walls and then scamper across ceilings. After snacking on floor tidbits of bread and bananas, these sticky toed geckos finally exit leaping into the floral shrubbery below.

These Gold Dust Day Geckos regularly appear. We suspect, and later confirm their chirps call mates and repel predators. Hawaii's six other gecko species are seldom seen. Ancient Polynesians brought geckos to Hawaii. Their legends extoll geckos' bold, endearing behaviours. Islanders still appreciate these gravity-defying reptiles for gobbling insects and bestowing good luck.

Intriguing birds abound. Every morning, zebra and spotted doves coo heartily, and then search resort lawns for food. Eurasian house sparrows, Java sparrows, Amazonian saffron finches, Southeast Asian mynas, and American northern red cardinals regularly peck crumbs from our lanai. Research reveals early settlers brought these birds from home countries.

Strolling off to swim, I observe white African cattle egrets perched atop palm trees. At the pool, crested red-and-white Brazilian cardinals bathe in an ornamental waterfall. Returning, mongoose scurry under flowering bushes. Brought from India to protect sugarcane from rats, instead these two-foot-long brown critters flourished eating insects and bird eggs.

On a walk to nearby Kahalu'u Beach Park, colourful birds squawk loudly from banyan trees. These parrots flash their red faces and long green tails. Their forebears escaped from a damaged pet store shipment, adapted, and multiplied. Kahalu'u Bay itself encloses over four hundred endemic fish boasting vibrant colours, unique shapes and behaviours.

Golden plovers strut atop slabs of Kahalu'u's shoreline lava. Breeding in Alaska and Siberia, they abandon their chicks in winter and fly 5,000 kilometers to Hawaii. Describing their transience, Hawaiians named them kolea, 'ones who take and leave.'

Like koleas, humpback whales migrate south.



Safe from killer orcas, they birth calves here. Humpbacks are sometimes seen swimming offshore: spouting, breaching, and fluke slapping. Among Hawaii's resident whales, spinner dolphins pirouette spectacularly from the water. Green turtles bask atop black lava and coral sands. Once a rare monk seal rested within a cordoned off beach area.

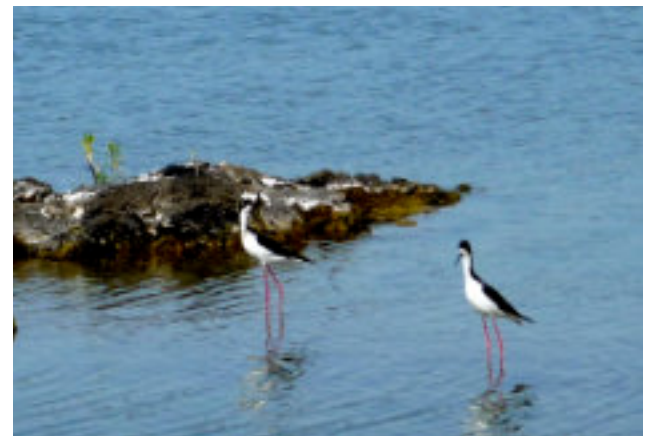
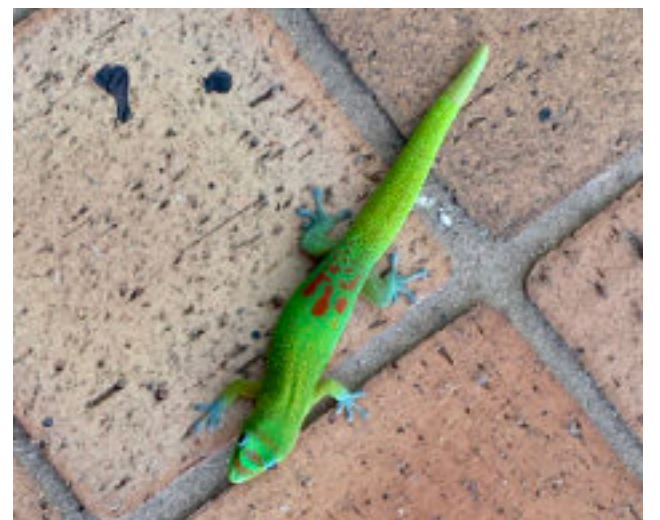
Captain Vancouver began gifting goats, calves, and sheep to King Kamehameha in 1778. Today, goats roam conspicuously throughout the island. Cattle graze upcountry on some of the United States' largest ranches. Sixty descendants of former ranch horses run wild in Waipio Valley.

Brought over to pack coffee beans, donkeys also proliferated. Roadside 'Donkey Crossing' signs still caution motorists about their wild descendants. Relocated to adoptive homes, they've almost vanished.

Wildfowl resembling chickens wander in tropical underbrush. Polynesians brought these and pigs in outriggers to Hawaii. Many pigs became feral. Spotting a wild pig family trotting beside a lane, we recall hearing how Big Island boars outnumber its residents! Licensed locals hunt these tusked porkers...baking them in Imus for luaus.

We also witness families of gray Francolins and California quail parading around the island's desolate uplands. Fluffy chicks follow hens around clumps of pili grass. When picnicking near Kilauea volcano, colourful Chukar partridges waltz curiously past our table. With no natural predators, Hawaii Island's fourteen game bird species appear unafraid and thus unhurried.

Nearby, nenes strut across Chain of Craters Road. Fossil DNA suggests their Canada goose ancestors arrived 500,000 years ago. Like many visitors, they stayed and adapted...even boasting tan feathers! They evolved into non-migratory, shorter winged, non-aquatic birds, with feet half-webbed to better walk on lava. Early Hawaiians named them nene, meaning cherished. In 1959, Hawaiians designated their



beloved Nene, State Bird!

Our lively curiosity and research enhances the appreciation for Hawaii and its evolving treasure trove of nature.

Debby Donaldson

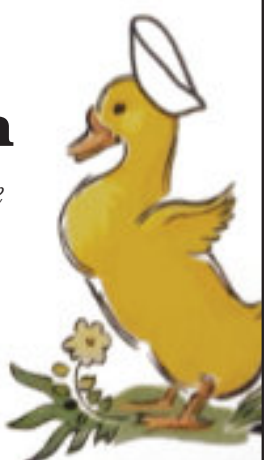
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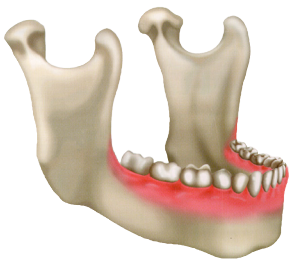
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The number of dental implants you will need to secure your denture is determined by the denture design and your restorative expectations. Some people will tolerate a small amount of movement from the denture and others don't want any movement at all. We will work with the implant specialist to determine the right design for you.



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