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TODAY'S SENIOR NEWSMAGAZINE



Cave Art and Crystalline Marvels Spelunking in France - Full Article Page 17

SEPTEMBER - 2023


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Christmas lights of Leavenworth and Tulalip

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ACCORDION TO DAN

As September makes a hopefully cooler and more comfortable entrance, after a summer of hot temperatures and, fortunately, clear blue skies on the lower mainland, a new season is just around the corner. Regular routines once again fall into place, school bells ring and autumn leaves will soon make a colourful entrance. A time, perhaps, for seniors to do some reflecting over the years.

A Discovery at a Thrift Store

While wandering around the stores in Steveston some time ago, I discovered a package filled with penny matches in mint shape with nostalgic covers from the past. A particular match cover made one think back to how routines used to be. It was a penny match cover with a black and white portrait of former prime minister John Diefenbaker, possibly taken during an election year. I received permission from the staff at the Richmond Hospital Auxiliary thrift shop to take a picture. Wow, so many autumns of the past sure lit up including 'the follow John era', before and after. Thus, the follow bit of rhyme to replenish a time gone by.

ANOTHER TIME, EH?

Do you recall a famous song with lyrics such as "Don't let the smoke get in your eyes." Remember those catchy melodies when penny matchstick covers were so popular then? At a thrift store, a whole package of them was a perfect match for enlightening nostalgic thoughts. It can take us back to such famous leaders who shaped our nation, like Lester Pearson, Brian Mulroney, Pierre Trudeau, and many more. For us seniors, it brings back all kinds of tides and memories to shore.

SUNSHINE COAST REFLECTIONS

For those who may have some roots to B.C.'s Sunshine Coast and the talk that has been going for at least a lifetime of a connecting bridge or highway to the Sunshine Coast, the following...

LIKE AN ISLAND

Sechelt, Selma Park, Davis Bay, Roberts Creek, Gibsons, Gower Point, the peaceful Sunshine Coast. Geographically it is a peninsula, but like a unique island, accessible only by water or air. Yet still after all these years, the talk of a bridge crossing to the lower Mainland, some of us who grew up there may declare that concept unfortunately is still 'toast'. Thank heavens even some developers with such a commercial concept even did not seriously bother, so far-fortunately-at least.

It's what makes the Beautiful Sunshine Coast so special, like royalty, peacefully, like Vancouver Island, reign with a crowning touch. Even though some of it is also occasionally of the liquid kind, forgive the pun. Once, if ever, it is connected, its distinctive beauty will likely never be the same again.

BEACHES OF SPECIAL MEMORIES

Granthams Landing, Hopkins Landing--how some of us recall the old days of Howe Sound, walking on the beach. From the shores of Gibsons Landing, with the tides of time now, so many years later, truly with age and more understanding. Such wonderful memories in retrospect about nature and society, what they both teach...walking over pebbles and sand and the incredible view of Keats Island, about a mile to the other side. Climbing over logs of driftwood, barnacles, and seaweed, especially on low tide, feeling so free, deep inside.

Other Tides Can Also Bring Back Memories to Shore

Like a penny match cover, old publications can take us back to what used to be, and like the delete

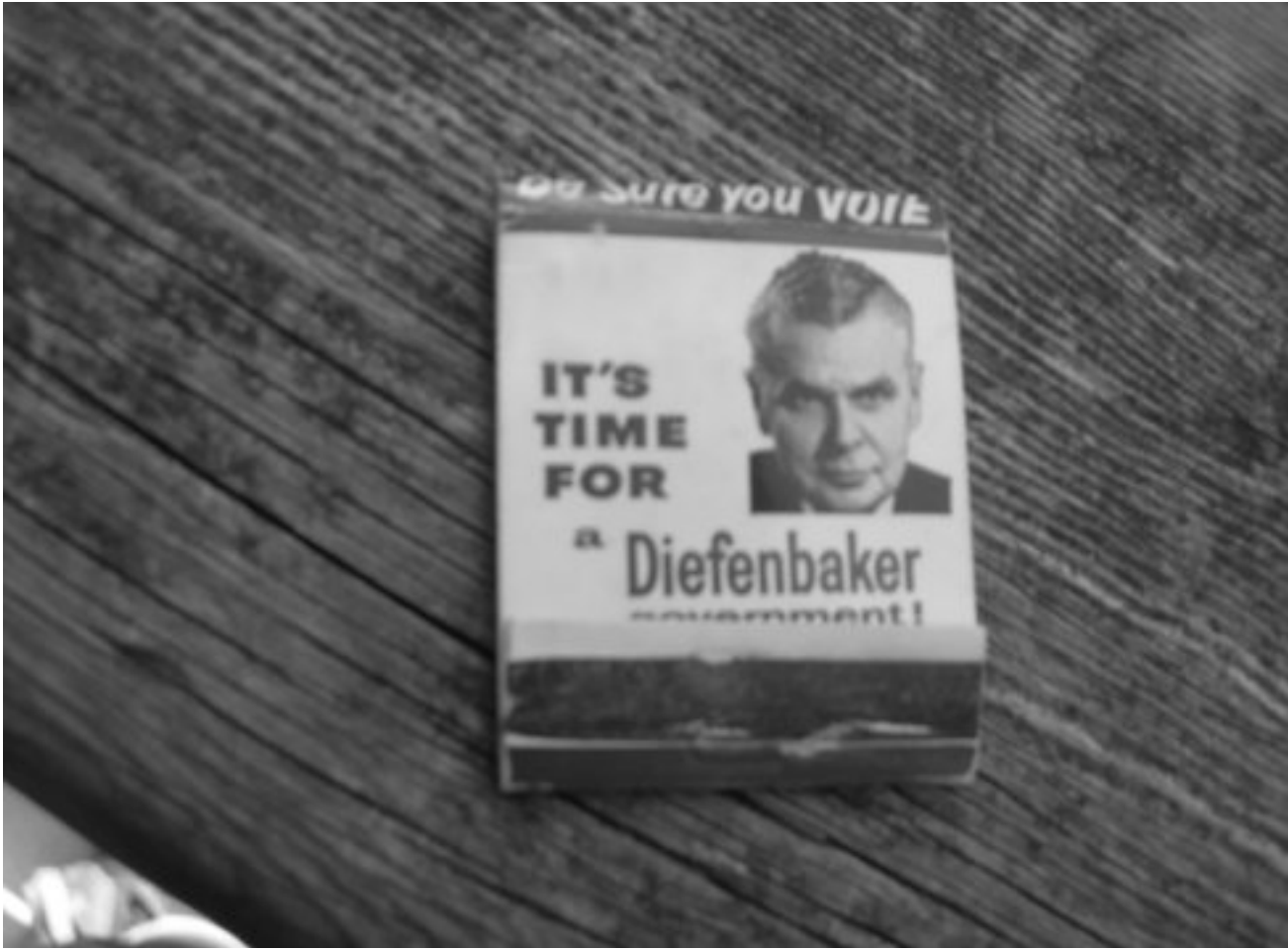


Photo Caption: An old match cover recently discovered at a thrift store. (Photo: Dan Propp)

button on our cellphones, quickly they are gone forever. Not to be negative, of course, but one is positive that an old-fashioned photographic negative is much more difficult to delete. The same is true with publications such as old, cherished copies of National Geographic, Life, Weekend Magazine, The Star Weekly, and so many more. You can still take an imaginary voyage on what used to be, and today, like a Sylvania flash bulb in the blink of an eye it's gone.

OTHER FLASHBACKS

Do you remember your first car, the old milk shake machines, a juke box, and entertainers like Patti Page singing "If you're fond of sand dunes and salty air, quaint little villages here and there' You're sure to fall in love with old Cape Cod". How things once used to be. Buying and driving a well-used '57 Chevy for two or three hundred bucks when you couldn't afford anything newer. How about steering to the old ma and pa place to hang out, enjoying root beer floats and penny gum. That is what those early years were all about. Before plastic credit cards, corporate this and corporate that, what a different time, eh? All those comic books for a nickel or dime like Hopalong Cassidy, Little Lulu and Donald Duck. Amazing trying to explain to children today what we used to be able to get for a buck.



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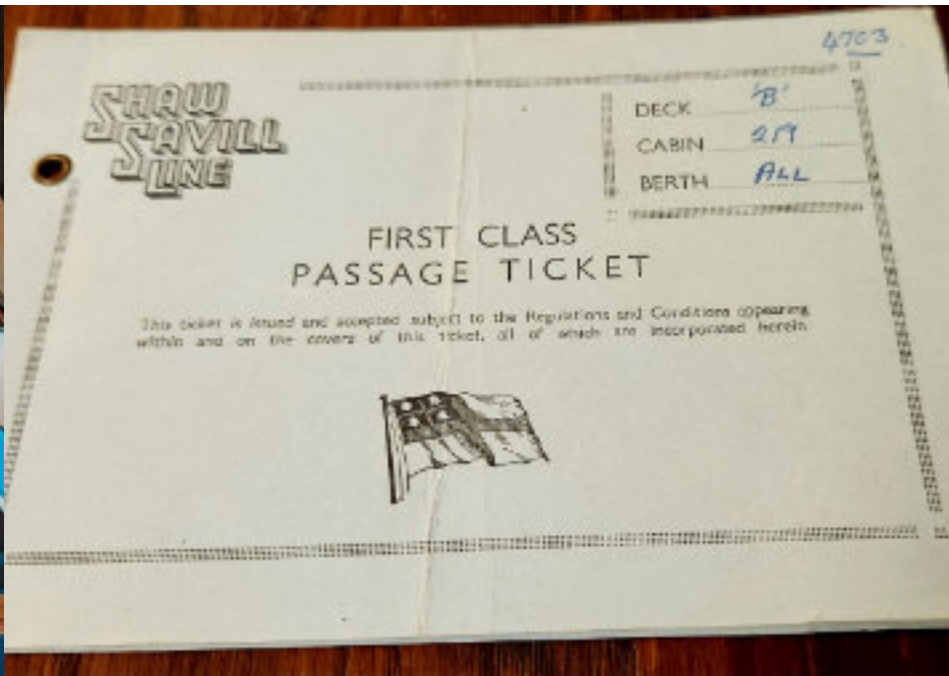
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SAVE THAT STUFF! I LOVE IT!

By Ursula Maxwell-Lewis

During a summer visit to Calgary my youngest daughter asked me to go through 5-year-old McKinley's artwork in order to set aside a selection to compile a kindergarten memory book. "She's a hoarder!" warned Hilary. "She saves everything."

Presented with a large blue box and a daunting stack of mish-mashed papers, I quickly sorted, flattened and stacked the colourful one-of-a-kind expressions of creativity.

Coralling McKinley, I informed her that we'd have two piles: Keep / Toss

For the next hour the dialogue went like this:

Miss. M: "Oh! I LOVE this picture!" (Save Pile 1).

Miss.M: "Oh, I didn't finish this picture" (Finish Someday Pile 2)

Miss. M: "Aw... I need this picture in my room" (Wall Space Pile 3)

Me: "Kinners, you have to throw something away (Toss Pile 4)

The Toss Pile was the smallest. At least there was one.

In addition, I had learned a lesson. Saving 'stuff' is genetic.

As I write this I realize that my office houses papers I can't (won't) throw out either.

For example, I recently unearthed some old post cards. And I do mean 'old'.

They were among souvenirs I'd inherited from my late globe-trotting father.

The Hotel Lexington (New York City) post card quotes 'RATES from from \$3.59 single'. From one featuring the Wrigley Sign, Times Square, I learn it was spectacular, the largest of its kind in the world, extends the entire 44th to 45th Street block on the east side of Broadway and contains 1,084 feet of neon tubing, almost 70 miles of insulated wire and 29,508 lamp receptacles. I wonder where it is now. Not plugged in anywhere, I'll bet!

Then there's the post card featuring H.M King George VI and H.M Queen Elizabeth (a souvenir of the 1938 Empire Exhibition, Scotland) from Grandmother Conway addressed to my dad: 5th Engineer S.S Matra c/o Cunard White Star Ltd.

She reported that both the weather and the exhibition were 'splendid'. She and Dad's Aunt Jessie are 'having a great time'.

I have to keep all of those, don't I? Mckinley might eventually like to add them to her collection. Best to keep them - along with a selection from 1940s India.

Then, there's the Q.S.M.V Dominion Monarch cruiseship tickets mother saved after we immigrated to South Africa. "First Class Passage Ticket" from Southhampton to Cape Town £218 (total for both of us). I clearly remember that ship. She was all sparkling brass and highly polished wood.

I'm chuckling at the beautifully typed letter from an Ontario Royal Bank manager effusively welcoming me as a customer.

"Every member of the staff will be delighted to serve you and we hope to see you in the bank often". He assured me not to hesitate to ask for assistance. I'm picturing the staff solemnly lined up to greet a six-year-old Scottish immigrant sporting long black 'pigtails' and clad in a Stuart tartan kilt, a fairisle jumper and brown oxfords.

That's just a small selection of my 'must keep' collection. How can I criticize my youngest granddaughter? Clearly she has inherited my Munro genes.

Of course, McKinley and I are not alone. Collectors abound.

For example, recently Cloverdale resident Lynda Roberts called to tell me she had received a 100-year-old Oxenham / McAdam Friendship Signature Quilt from a cousin who had found it in a trunk.

Needless to say, I went over to admire the fragile 1923 white cotton muslim-backed quilt squares sprinkled with Surrey pioneer names such as Boothroyd, Bose, Cunningham, Hayton, Horten and



Roebuck. Essentially Lynda's quilt represented an historic fabric 'document'.

Since receiving the quilt from her late cousin, Diane, Lynda has been on a 'roots' mission to discover long-lost descendants of the original quilt owner, Isabel Oxenham. Lynda describes the ongoing 'people-finding' journey "like a big puzzle in itself".

This month (inspired by Isobel's quilt), the third McAdam Family Reunion will take place at the Roberts home. Future reunions may require a larger venue.

That reminds me, a couple of years ago I dropped off a quilt for McKinley. It was one I stitched for her mother when she was a child. I wonder if Miss M will also save that and share the history with her daughter. Or perhaps, she'll still have the kindergarten art scrapbook we assembled this summer. Maybe she'll smile, and say, "I remember when... we must keep that."

Ursula Maxwell-Lewis is a former editor and publisher. Contact her at uttravel@shaw.ca

Photo:

TOP LEFT: McKinley makes the tough art decisions. What to keep!

TOP AND BOTTOM: Hotel Lexington, New York. Circa 1939 Cruising First Class to South Africa
Photos Ursula Maxwell-Lewis

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

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AMSTERDAM RAINBOW DRESS AT VANCOUVER ART GALLERY

Article & photos by Lenora A. Hayman.

What a thrill to see the Amsterdam Rainbow Dress at the Vancouver Art Gallery, on Aug. 4, 2023, prior to the 2023 Vancouver Pride Parade. I met the Dutch Consul General Sebastiaan Messerschmidt and Arnout van Krimpen, the dress creator.

Holland is a strong supporter of LGBTIQ+ rights and was the first country in 2001 to legalize same sex marriage. Also the Dutch organization for LGBTIQ+ (COC), founded in 1946, is the oldest worldwide.

Arnout van Krimpen told me that the Amsterdam Rainbow Dress is a 52-foot-long piece, made from flags of 68 countries, where being gay is punishable by law. However when a country decriminalizes this law, that country's flag is removed and replaced with a rainbow flag. The dress was created in 2016, and has travelled around the world to Australia, Denmark, Mozambique, South Africa, USA and Sweden

and in 2021, Canada's east coast.

In BC the Amsterdam Rainbow Dress was photographed by Jamie Mann in the BC Parliament Buildings in Victoria, on Jericho Beach and the Vancouver Art Gallery.

The dress was worn by three LGBTQIA+ community members. Kendall Gender (runner up Canada's Drag Race season2) in Victoria, Joseph Huang on Jericho Beach, and Jaylene Tyme (two-spirited indigenous advocate) at the Vancouver Art Gallery.

The Amsterdam Rainbow Dress has certainly encouraged more awareness of inclusion and equal rights. Thank you.

3 photos all by Lenora A. Hayman.

- Pict 1 Jaylene Tyme displays dress in VAG rotunda.
- Pict 2 Chris Wilson & Jaylene Tyme with dress on VAG steps.
- Pict 3 Dutch Cons. Gen. Sebastiaan Messerschmidt, Jaylene Tyme, Arnout van Krimpen & Sirish Rao.



3 LESSER-KNOWN WONDERS OF WALKING

Most of us know that walking improves heart health, boosts immunity and can help with weight loss. But, did you know there are additional reasons to embrace walking? Here are three lesser-known benefits to inspire your next stroll.

- 1 It helps promote muscle recovery
As a low-strain activity, one benefit of walking is the release of muscle tension, muscle stabilization and increased blood flow, which can reduce the chance of soreness after an intense workout. Whether you include high-intensity workouts in your weekly schedule or not, walking is a step in the right direction to overall physical health.
- 2 It keeps you regular

The colon responds to physical activity, which is why it's important to keep your body moving throughout the day. Walking will help with moving along your digestive system. However, if you do experience occasional constipation despite finding the time for a daily walk, consider a gentle laxative like Senokot that provides relief in six to 12 hours.

- 3 It relieves joint pain
Have knee and hip pain? It may seem counterintuitive to move the parts of your body that experience discomfort, but walking can help strengthen leg muscles around your joints, therefore protecting them and easing any pain.

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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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COMMON WEALTH TRANSFER MISTAKES, IT NEVER ENDS...

In previous months I have written about common wealth transfer mistakes because as a financial advisor I am exposed to many unique estate planning situations. I am continuing this month with some additional wealth transfer mistakes as there are so many that most Canadians are not aware of most of them.

This article will focus on the following, 1) adding a joint owner other than your spouse, 2) lump sum to adult beneficiaries, and 3) spousal issues, especially for more than one marriage(s).

Failing to update beneficiary designations:

When a life event such as a birth, death, marriage, separation or divorce occurs people often remember to review and update their will accordingly but may forget to review their beneficiary designations. Make sure you review your will and any beneficiary designations to make sure that they still reflect your testamentary intentions. This is a common oversight and often results in the courts having to decide.

Failing to name a beneficiary or naming one's estate as beneficiary:

Unless there is specific reason for having assets flow through your estate, such as to make use of tax losses or deductions or to apply any special instructions contained in the will, it may be a better idea to name a beneficiary directly on a contract where possible. Having assets flow through your estate may subject them to claims by your estate creditors, and/or probate and administration fees. Furthermore, if your will is submitted for probate, it becomes a matter of public record, available for anyone to view.

When a beneficiary other than your estate is named on an insurance investment (such as a

guaranteed investment fund contract (GIF)) the death benefit bypasses your estate and therefore avoids probate fees (and potentially other estate administration fees). The proceeds are then paid directly to the beneficiary, usually within two weeks after receiving all necessary documents. By avoiding your estate, the death benefit may also avoid claims by creditors of the estate and challenges to the validity of the will which can delay the distribution of your estate by weeks, months or even years. Also, if a beneficiary of the family class is named or a beneficiary is named irrevocable, the insurance investment offers you the potential for creditor protection while alive.

Adding a joint owner other than your spouse:

Placing non registered assets into joint ownership with right of survivorship is one of the most common methods of avoiding probate. On the death of one joint owner, the asset transfers directly to the survivor bypassing the deceased's estate. However, there are some significant disadvantages with joint ownership, particularly when someone other than your spouse is added as a joint owner.

For example, you are single with two adult children. Your daughter lives in town and your son lives on the other side of the country. Your health is failing and your daughter is caring for you. To help her to take care of you, you add your daughter as joint owner to your bank and investment accounts which are your only assets. Your intention as per your will is to divide your estate equally between your kids. On your death the accounts automatically transfer to your daughter. If your daughter is not honest and doesn't return the funds to your estate there is nothing left for your son and will probably result in a lawsuit. The court will try to determine your intention. Was this a gift to the daughter or merely an agency agreement? That is why it is important that you document your intentions so the courts can administer your estate according to your wishes. Your other alternative is to make sure you have a properly executed Power of Attorney for property which could allow your child to assist in administering your finances without having to add them as joint owner.

Lump sum to adult beneficiaries:

Sometimes providing a lump sum payment to adult beneficiaries is not wise. This could be the case if the beneficiary is not financially responsible and may spend the money frivolously or perhaps is disabled and may lose their government disability benefits. For

these individuals, an annuity settlement option or testamentary trust may be more appropriate.

Spousal issues, especially for more than one marriage(s):

Another example of failing to consider tax implications often involves second marriages or separated and estranged spouses. For example, you have named your new spouse as beneficiary of your RRSP or RRIF to provide for them after your death, and named your children (perhaps from a previous marriage) as beneficiaries under your will to inherit the rest of your estate. You assume that your spouse will roll over your RRSP and RRIF to their RRSP or RRIF, and pay tax on the withdrawal. But what if they don't? Instead, he or she just takes the cash. Well, your estate could be responsible for any taxes on the RRSP or RRIF which effectively means it comes out of your children's inheritance.

Under these circumstances, there are two strategies that can be utilized to prevent this from happening:

1) It is possible that the legal representative (executor) of the estate to make a unilateral election to deduct the amount paid from the RSP of RRIF in the estate. By doing so, this limits the tax burden in the estate and shifts the income inclusion to the surviving spouse.

2) If you have RRIF, and the contract allows, consider naming your spouse as a successor annuitant or joint Life. On your death, the RRIF will automatically transfer to your spouse on a tax deferred basis ensuring that your estate will not have to pay the tax. For second marriage situations where you want to provide an income stream to your spouse but want to ensure that anything left in the RRIF on your spouse's death goes to your children, you name your children as irrevocable beneficiaries so that no changes can be made to the income stream without your children's authorization.

If you have any questions on any of the above common wealth transfer mistakes, you can contact Rick Singh at CRS Financial Group. Call 604-535-3367 or email: rick@crsfinancial.ca. You can also write or visit us at our office in Rosemary Heights, Surrey at Suite 220-3388 Rosemary Heights Crescent, Surrey BC. V3Z 0K7.



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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

What Supplements Do I Personally Take?

As Cloverdale Pharmasave marks its 40 years in business and I reflect on my 33 years of providing supplement recommendations, I would like to share my personal supplement regimen. In my pursuit of optimal health and well-being, I take supplements to bridge potential nutritional gaps, enhance bodily functions, and bolster my immune system.

1. Magnesium
- Magnesium supports hundreds of enzymatic reactions and is an essential nutrient in the body. Given that magnesium deficiency is common, I take CanPrev's Magnesium BisGlycinate (the best absorbable type of magnesium) to maintain regular bowel movements, prevent leg cramps, and help with my overall vitality.
2. Vitamin D & K
- Based on tests, I have a genetic predisposition to be

- low in Vitamin D and Calcium. Vitamin D aids in calcium absorption, which is crucial for bone strength and immune function. Vitamin K assists in proper blood clotting and bone mineralization. I always recommend taking Vitamin K when taking Calcium or Vitamin D. Research indicates that calcium supplementation can lead to artery calcification whereas Vitamin K can help prevent this effect. I take Vitamin D & K (by CanPrev).
3. Vitamin B Complex
- I am also predisposed to be low in Vitamin B12 and Folate. Stress B Complex (by Thorne) is an all-around B Complex containing the active methylated forms of B vitamins and Vitamin B5 for stress. Many people have trouble methylating the B vitamins into their active forms. B vitamins are not stored in the body and are easily depleted, so supplementing ensures that I have enough to support my energy metabolism.
4. Multivitamin
- In today's fast-paced world, maintaining a balanced diet can be challenging. As a safety net, I take PhytoMulti (by Metagenics) which provides a comprehensive array of essential vitamins and phytonutrients necessary for various bodily functions including cellular repair.
5. Probiotics
- A healthy gut is the foundation of overall well-being, and probiotics play a pivotal role in maintaining gut health and can support digestion, nutrient absorption, and immune function. I currently am taking Probiotic Intensity (by NewRoots), but I change frequently to promote the diversity of good bacteria.
6. Curcumin
- Almost all chronic diseases have an inflammatory component to them, so I take Purica's Curcumin

- BDM50 because it has the highest amount of the most studied curcuminoid and is micronized for maximum absorption.
7. Medicinal Mushroom Blends
- I add Awaken (by Eversio) with Cordyceps, Lion's Mane, and Turkey Tail to my coffee along with Collagen Creamer (by withinUs) and Magnesium-400 powder (by Canprev). I also take Immune-7 (by Purica) with additional mushrooms like Red Reishi. My aim is to nurture my immune system's resilience and readiness to combat potential threats including cancer.
- Join us for our 40th Anniversary Customer Appreciation Day on Sept 9th, 2023 with 30% off all supplements 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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“ASK SHELL”

By Shell Busey

ALONG THE WAY... WITH SHELL
by Chuck Davis

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Shell’s Story continued from last month

What made it memorable? A number of things: there was a great group of travellers on the ship, the Statendam was brand new and beautiful, but most importantly it was a last chance for the entire family to holiday together. The girls were out on their own now, and working, and that made long family trips together rather difficult. The Busey family had travelled a lot together: trips back to Ontario, Christmases in Hawaii, trips to Disneyland, camping at Harrison Hot Springs.... and one of their favourites, Christmases at Whistler, "complete with Charlie Brown Christmas trees."

Alas, all good things must come to an end. In early 1995 the lease on the Scott Road location was up and Shell's commitments had grown so much that, says Frankie, we decided we had to give up something, and that something was the cruise business."

CKNW

By the 1980s Shell was known all By end of the through Canada. Then in 1988 B.C. Hydro western came calling. Hydro had recently launched its conservation program. spokesman, someone PowerSmart, and was looking for a go on radio, make public appearances, and who could In essence become "Mr. PowerSmart." The head of Hydro's communications division at the time-the person whose task it was to find this person-was David Brown. "A fellow named Gordon Rose in our display department," David said, "suggested we consider Shell Busey, who was appearing at the time on CJOR. thought Shell would work fine, but we wanted this new program to be on CKNW and its subsidiary WIN, the Western Information Network. They could carry the show all through the province. So I went calling on John Plul, CKNW's promotion manager, and John put me in touch with Ray Dagg, who ran WIN. John also introduced me to Shell.'

WIN had been conceived by Hal Davis of CKNW, and was the first privately owned satellite-based radio information network to be launched in Canada.

Ray Dagg and his WIN associate John Ashbridge drew up a contract, with Hydro's Mike Dixon involved at that end, and suddenly Shell Busey was being heard on a one-hour Sunday morning show all throughout British Columbia. It was called the B.C. Hydro Home Ideas Show. "It was a big success," Ray Dagg said. "Shell was getting more listeners than any other show on the network."

We started getting calls from all over the "We province,' Shell recalls. "'We put in 14 lines and they were always busy. We'd share the calls, one from the city, one from interior." It wasn't long, of course, before the show expanded. The plan was to the extend it to an hour-and-a-half, a specialist on with with Shell for that extra 30 minutes. Then Hydro decided it had to be all Shell.

"My intent for the program," David Brown adds, "was to make friends for B.C. Hydro, and Shell's

SEPTEMBER

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September	Schools back	Labour Day	Leaves
Summer	Fall	Harvesting	Crops
Autumn	Corn	Apples	Apple Pies
Preserves	Pickles	Canning	Fall Babies
Tractors	Combines	Getting Ready for Fall	September Rain
Golfing	Football	Fresh Fruits and Veggies	

show certainly did that. He knows his stuff, and one of the things I like about him is he's a 'dem' and 'dese' and 'dose' kind of guy. He never puts on airs."

The Home Ideas Show came to involve a lot of travel, but Shell was certainly used to that! During the years of the Hydro sponsorship there wasn't a corner of the he didn't see on the Power Smart Tour. province John Ashbridge often accompanied him on those forays into the interior and into northern B.C. and particularly remembers a visit to the Queen Charlotte Islands where Shell was the featured personality at a Home Show held on the Masset Indian Reserve. "That was a complicated technical set-up,' John says, "so while Shell was driving around the shore-line and frightening the seagulls we got the show set up with a microwave link through to Prince Rupert, and then a landline connection to 'NW." And how many people would show up at a Home Show on the Masset Reserve?

"The place was jammed.' (If that name John Ashbridge sounds familiar, aside from his appearances on CKNW news broadcasts, it's because you've been hearing him since 1987 as the PA announcer at Vancouver Canucks' games.)

Some of the stations on the network really went all CKEK in Cranbrook, for example, regularly sponsored own home show and had Shell as the star. Its

PowerSmart at the PNE

The 1989 Pacific National Exhibition presented Shell with one of the most interesting-and most fun-times of his career. He'd gone to see David Brown of BC Hydro with idea for a PowerSmart PNE promotion: get a house, and move it onto the PNE grounds, and then convert it into a PowerSmart home in time for the annual fair. "I'll get my Referral Network clients to do all the improvements in the house in return for the exposure, Shell said. "Done!." said David. A

small, unoccupied one-level house that sat on city-owned property on the Cassiar connector was decided on, and Shell bought it. It cost \$1.

Hydro paid to have the house moved, and Nickel Brothers lifted it gently from its Franklin Street location and transported it a few blocks west to the PNE grounds. It took five months of work to get the house ready, and an Open House was held the day before the fair opened. All the siding and roofing, the windows, the insulation, the lighting, the hot water tank, heat recovery ventilation, everything was done to PowerSmart standards. "We want- ed to show what could be done to a home to make it PowerSmart, to save money in terms of heating and cooling, and so on." The house was a smash, with thousands and thousands of fair visitors walking through and learning the PowerSmart story.

And there's a terrific sequel: after the PNE's run, Hydro donated the house-including all its improvements-to the Burrard Indian Band, where it's used to this day as an administrative building.

Powerhouse

Hydro wasn't totally satisfied with its suggested booth for the 1990 B.C. Home Show, so decided to put placement on its own show. They called it Renovation '90 and held it in one of the buildings at the PNE. "Shell was heavily involved in that show," David Brown said. "He found and helped with administration. We got lots of exhibitors help from him. The show ran for a week and it was really successful."

"We had Shell under contract for 10 years on the show with Hydro as the sponsor," Ray Dagg said. "Then when Hydro ended its association with the program I sold it to Cloverdale Paint, and they've been with it since."

Shells Story to be continued next month...



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IS IT GARBAGE OR IS IT RECYCLABLE?

By now, we've all got the basics down on recycling – paper, aluminum cans, certain plastics and glass bottles can go in your recycling bin, food scraps and disposable masks do not. But there are a number of things that we use in our lives that might have you scratching your head. Here's handy guide to some unusual items that can be recycled – and some that are trash.

Trash:

- Soiled containers: Every year, countless tonnes of recyclables end up in landfill because they got contaminated in transit from your bin to the local recycling depot. Greasy pizza boxes should go in the compost bin if your municipality allows it, otherwise they go in the garbage. Food containers should be emptied and rinsed before you recycle them.

- Plastic wrap: While many plastics are recyclable, food wrap is not. Neither is bubble wrap, the liner bags from cereal boxes and cookies or anything labelled compostable or biodegradable.

- Glass and ceramics: While glass bottles for food and beverages are recyclable, many types of glass are not. This includes drinking glasses, window glass and mirrors. Plates and other ceramics are also not recyclable in municipal programs. If you have dishes you no longer need that aren't broken, consider donating them to a thrift store.

Recyclable

- Food and garden waste: As mentioned, food waste should never end up in recycling bins where it can contaminate recyclables. But food and yard waste can be recycled into compost. If your

municipality doesn't have a composting program, consider buying a backyard composter to dispose of those materials. At the end of the season, you'll have some nutrient-rich compost for your plants and garden.

- Electronics: While things like electronics and dead batteries do not typically get picked up curbside, they are recyclable. Most municipalities have depots where you can drop them off. Some electronics retailers also have collection programs.

- Smoke-free products: Many of us are using smoke-free products as an alternative to smoking. When they're finished, they do not go into the recycling bin – but they also shouldn't go into landfill. Instead, vaping devices, pods and accessories can be recycled and safely disposed of through the free national Smoke-Free Recycling Program.

Learn more about how to recycle uncommon items, include vaping materials, terracycle.com/en-ca/brigades/smoke-free-en.ca.

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4 WAYS TO LIVE IN HARMONY WITH NATURE



When we're outdoors, we're reminded of how incredible and kind the world around us is. It's important that we're kind back, and this means making simple choices not to disturb the environment we're in. Here are four steps you can take to show your appreciation to nature:

1 Properly discard food waste
Whether you're camping or having a picnic or in your backyard, never leave food waste outside. When you're packing a cooler, be mindful of what you include and the amount of

waste it might produce. Cooler design has come a long way, and some manufacturers, like Coleman, have models that retain ice for up to three days, so you don't need unnecessary packing materials. Always do your dishes right after meals and well away from waterways. Dirty dishwater should be dumped inside or in an outhouse toilet, if available. If not, you can dig a hole at least six to eight inches deep and far away from waterways.

2 Be mindful of what you leave behind

Whenever you leave an outdoor area, do a thorough scan for anything left and make sure to leave things as you found them. Think about the products you're using when you brush your teeth and wash your hair and body. Try to use products with natural ingredients and collect the soiled water you use instead of letting it seep into the environment.

3 Set up without being disruptive
If you're setting up a tent, picnic area or shelter, take the time to find a suitable, flat surface instead of altering the environment to make your own. Do so away from lakes and streams to help preserve shorelines. When you have a tent, avoid digging and building structures that change the environment. There are quality tents from companies like Coleman that provide plenty of protection from the elements without having to make any changes to your surroundings.

4 Look, don't touch
The world is home to many living things. Just as we hope others don't disturb our homes, we should avoid disturbing theirs. What nature has to offer us is best experienced through our eyes. Rather than collecting plants or rocks as a souvenir or crushing plants for the perfect selfie spot, try taking some fun candid photographs as you go to remind you of the good times on your trip.

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6 SAFETY TIPS FOR A DAY IN THE SUN



A day at the beach, the pool or on the dock is a great way to enjoy some fun in the sun. But when you're out in the sunshine all day, heat illnesses can come on quickly. They can be incredibly dangerous or even deadly. Fortunately, they are highly preventable with a few simple tips.

Watch the weather

Tune in to local forecasts or sign up to receive heat alerts on your phone so you know when to take extra care. If it's available in your area, check the Air Quality Health Index since air pollution is often worse on very hot days. Just as you might plan your day out to avoid rainstorms, consider rescheduling during a heat alert too. You could change your plans to another day or a cooler part of it.

Pack some shade

Did you know that it can be about 5°C cooler under the shade of a tree compared to the surrounding area? It's worth it to secure a spot in the shade for your next picnic and to bring a big umbrella or sunshade to the beach.

Dress appropriately

If the weather forecast is calling for a heat wave, you're probably not reaching for jeans. But make sure you choose something loose-fitting, lightweight and breathable. This will keep your body cooler and let your sweat evaporate so you can feel less hot and sticky. Don't forget your sunglasses and a wide-brimmed, breathable hat.

Load up on liquids

Feeling thirsty is not a good sign of how hydrated you are, especially in hot weather, so remember to drink water or other hydrating liquids before you feel thirsty. Pack a cooler with ice and reusable water bottles for your day out – a double-walled bottle will keep your beverage cooler for longer. Include some fruit and vegetables with high water content in your snack pack too, like watermelon or grapes.

Have a buddy

If you're out with a group of friends or families – keep an eye on each other to make sure you're handling the heat okay. You can also help each other remember to keep hydrated and reapply sunscreen. Watch for symptoms including dizziness, nausea, headache, or rapid breathing or heartbeat. Move to a cool place and drink water if you or your buddy have any of these symptoms during extreme heat.

Find more information at canada.ca/health.
www.newscanada.com

INDULGE IN LOBSTER SEASON WITH THIS EASY AVOCADO RISOTTO RECIPE

This summer, enjoy an elegant restaurant dinner at a fraction of the cost with this quick and easy lobster and avocado risotto featuring the fresh flavours of fennel and peas.

Pro tip: Did you know you can freeze avocados up to three months? Tuck the leftovers in the freezer for a taste anytime.

Lobster and Avocado Risotto

Prep time: 15 minutes

Cook time: 30 minutes

Serves: 4-6

Ingredients

- 1 large avocado from Mexico, diced
- 2 tbsp (15 ml) lemon juice
- 2 tbsp (15 ml) olive oil
- 1 shallot, finely diced
- 1 fennel bulb, finely chopped (keep fronds for garnish)
- 1½ (375 ml) cups arborio rice
- ½ (125 ml) cup white wine
- 6 cups (1 1/2 L) lobster stock or vegetable stock, warmed*
- 1 cup (250 ml) fresh or frozen sweet peas
- 2 x 1½ lb (680 g) cooked lobsters, meat removed and chopped
- Zest of 1 whole lemon
- ½ (125 ml) cup parmesan, grated
- Salt and freshly ground pepper to taste

Preparation

1 Mix the avocado pieces with the lemon juice and set aside.

2 In a large saucepan over medium heat, heat the olive oil and add the shallot. Sweat for 1-2 minutes before adding the rice.

3 Add the chopped fennel, cook, stirring occasionally for 1-2 minutes before adding the dry white wine.

4 Add the wine and cook for a minute while stirring constantly. Add about half of the stock and stir periodically for 3-5 minutes until most of the liquid is absorbed.

5 Add remaining stock, one ladle at a time until the rice becomes slightly translucent and is al dente, or slightly firm to the bite. Add the peas with the last ladle of stock, about 20 minutes after the first ladle of stock was added.

6 Add the diced lobster meat, the lemon zest, the grated parmesan and the avocado. Stir delicately until well incorporated and creamy. Adjust the seasoning with salt and freshly ground pepper. Serve hot and add the fennel fronds as garnish.

*Tip: You can make a quick stock with the carcasses of the lobsters you shelled. Just add an onion, a carrot, a rib of celery and a bay leaf and top with 6 cups of water. Simmer for 20 minutes and strain.

Check out more avocado-inspired recipes at avocadosfrommexico.ca/recipes.

www.newscanada.com

NOBODY'S LISTENING...

We grow old...

Our children think they're our parents now...

Start treating us like children...

Think they know what we need – what we want...

When what we really want and need is quite simple –

Companionship –

Someone to have that second cup of coffee with while

watching the “Laugh of the Day”...

A morning walk in our nature park – saying G'day to old

regulars...

A doze while watching the last part of the noon news...

A fiercely competitive card game in the afternoon ...

A beer and clam juice while we watch our baseball team ...

Free to curse at the TV if they're losing...

Free to pass gas wherever and whenever...

Free to watch our two favorite game shows in the evening -

(you know what they are)...

Free to go to bed early or late - whenever we feel like it...

Free to put on a CD and drift off to beautiful music...

It's that simple.

Sons, daughters – stop shouting – start listening...

You, too, will grow old – maybe then you'll understand -

maybe it'll be too late.

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WHAT IS YOUR BODY TELLING YOU ABOUT THE HEALTH OF YOUR BRAIN?



Scientists know that age is the biggest risk factor for developing brain diseases, like dementia, Alzheimer's and Parkinson's. Today, about six million people worldwide live with Parkinson's, including 100,000 Canadians and that number is expected to double by the year 2040 due to an aging population.

Many people are aware of the common symptoms of Parkinson's – tremors, loss of coordination, difficulty speaking and other movement issues. However, every experience is different and there are

several lesser-known symptoms and indicators that may appear years or decades before an official diagnosis, such as smell loss, depression, anxiety, fatigue, difficulty focusing and acting out your dreams.

The uniqueness of the Parkinson's experience and the variety of symptoms can make it that much more difficult for people to receive a diagnosis. This lag not only delays when people start treatment, but it's estimated that as many as 80 per cent of cells

producing dopamine, a brain chemical that fuels movement, mood and more – may be damaged by the time of an official Parkinson's diagnosis.

So, if you have symptoms, it is important to speak to a doctor. If diagnosed, a movement disorder specialist (a neurologist with additional training in Parkinson's) can help provide care and develop an individualized treatment plan.

Currently, there is no cure for brain diseases like Parkinson's, Alzheimer's or dementia and there are no treatments to slow or stop the progression. However, researchers are working to better understand how these diseases develop, who gets them and why. Today, there are great strides being made.

For example, The Michael J. Fox Foundation's landmark brain health study, the Parkinson's Progression Markers Initiative (PPMI), has launched in certain cities across Canada. The program aims to rewrite the future of Parkinson's disease and brain health in general, by better understanding predictors of it. The goal is to help detect the disease earlier and, ultimately, understand it better to find a cure.

While the study is primarily interested in those recently diagnosed with Parkinson's and not yet taking medication, there's also an opportunity for those over age 60 without Parkinson's disease who have lost their sense of smell or are acting out their dreams while asleep (REM sleep behaviour disorder). Those over age 60 without a known connection to Parkinson's can become a control volunteer as well. Find more information or learn how to get involved at michaeljfox.org/ppmi. www.newscanada.com

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3 HELPFUL TIPS TO BOOST YOUR IMMUNE SYSTEM AS YOU AGE

As we age, our immune system weakens, which is why older people are more susceptible to getting sick and often take longer to recover from illness than they did before. So, the older we get, the more important it is to give your immune system the support it needs. Here are three ways you can do that.

Eat well

The food you eat is the fuel your body needs to function. Consuming a variety of foods, including plenty of fruits and vegetables, to get all the nutrients you need while minimizing the amount of processed foods you eat will help you stay healthy.

Smoking and drinking alcohol both negatively affect your immune system, so you should avoid or minimize consumption of both if you're looking to boost your immunity.

Remember adult vaccines

Throughout one's life, vaccination including adult vaccinations provides effective protection against disease. While many of us are familiar with childhood vaccinations, they don't provide lifelong immunity against every disease. As well, some vaccines are prescribed only for adults.

Adults require helper, or booster shots to maintain immunity for some conditions. And, if you didn't get all your shots as a child, you could still be at risk of infection from vaccine-preventable diseases.

For example, if you are among the 90 per cent of Canadian adults over 50 years old who've had chickenpox – you should consider a vaccine to help prevent shingles. It's a painful disease



caused by the same virus that causes chickenpox.

Exercise regularly

Regular exercise improves your cardiovascular health, lowers blood pressure and helps protect against a variety of viruses and diseases.

A balanced diet and regular exercise will also help you maintain a healthy body weight, which

in turn helps boost your immune system.

While exercise is important, allowing your body to rest is equally valuable. Sleep is the tool your body uses to recharge its batteries, including your immune system.

www.newscanada.com

DO YOU KNOW THE EARLY SIGNS OF GUM DISEASE?

According to a recent survey, symptoms of early gum disease such as bleeding and inflammation affect 65 per cent of Canadians. Yet more than half ignore the issue. Although a common condition, early gum disease can cause serious damage to your teeth and gums if left untreated. Symptoms are caused by plaque formation on teeth as a result of poor oral hygiene. Understanding the signs and stages of gum disease can help you take proactive steps to keep your smile healthy.

Signs of early gum disease include:

- Gum swelling
- Redness
- Bleeding when flossing or brushing
- Tooth sensitivity

There are some simple steps you can take to help improve your gum health. If you see signs or symptoms, don't ignore them. Treat them instead. You can increase the frequency of brushing, flossing and rinsing, learn proper brushing and flossing techniques, try specialized toothbrushes and toothpaste products and add more products to your regimen. There are specialty toothpastes and toothbrushes, such as Colgate PerioGard, that can lead to a significant reduction in gum bleeding and inflammation,

provide long-lasting gum protection against plaque bacteria, and clean in the hard-to-reach spaces between teeth and around the gum line.

Regular dental check-ups are also important for helping keep your gums healthy. Make sure to see your dentist at least two times per year to catch any signs of early gum disease and help prevent serious damage to your teeth and gums.

By knowing the signs of early gum disease and taking proactive steps to improve your oral care, you can help keep your smile healthy and beautiful for years to come.

To learn more about the cause, consequences and risk factors associated with gum health, Canadians can take the Gum Health Quiz at colgate.ca.

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EXTINGUISH HOME FIRE FEARS

Fire extinguishers are an integral part of your home fire safety plan. Here are some expert-recommended tips to keep in mind:

Equip your home

“Fire extinguishers should be placed on every level of your home and in common spaces like the kitchen, laundry room and garage,” says Ashley Gocken, a First Alert fire safety expert with Resideo Technologies. “Make sure to store extinguishers in easily accessible places, like under the kitchen sink or mounted on the wall.”

Know your ABCs

Fire extinguishers have specific ratings that indicate what kind of fire(s) they are designed to stop.

- Extinguishers with a Class A rating can put out fires caused by wood, paper, fabric and other common materials.
- Class B rated extinguishers are intended for fires fueled by flammable liquids such as gasoline.
- Class C rated extinguishers are meant for fires caused by electrical equipment, such as frayed cords.

For reliable protection, a multi-purpose, or ABC-rated, extinguisher is recommended, such as a rechargeable home model from First Alert.

Remember to PASS

Using a traditional fire extinguisher is simple if you remember the acronym PASS:

- Pull the pin. You hold the extinguisher with the nozzle pointing away from you and release the locking mechanism.
- Aim low. Point the nozzle of the extinguisher at the base of the fire.
- Squeeze the lever slowly and evenly.
- Sweep the nozzle from side-to-side.

Assess the fire

In the case of a fire, assess the situation before using your extinguisher. If the fire is big or uncontrollable, evacuate your home and call 911 immediately. If the fire is small enough for you to manage with a fire extinguisher, use the PASS technique to put it out. Remember, the most important thing is that you and others safely

evacuate the home.

Inspect extinguishers regularly. Regularly examine your fire extinguishers to help ensure they will function properly in the event of a fire emergency. Check your extinguisher’s pressure gauge. If the pointer is in the green zone, your extinguisher is properly pressurized and ready for use. If the pointer is in the red zone, your fire extinguisher should be serviced or replaced. Remember, a fire extinguisher that has been discharged should never be stored without proper recharging by a certified professional.

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CAVE ART AND CRYSTALLINE MARVELS SPELUNKING IN FRANCE

By Chris Millikan

Of many unforgettable experiences enjoyed while cycling in the Lot and Dordogne valleys, spelunking stands out.

Leaving medieval Saint-Cirq Lapopie for our first caving encounter, the route twists along lofty cliffs, down through riverside villages and uphill to Grottes du Pech Merle. A film in its museum shows us how teenagers discovered this cavern in 1922. Open to the public since 1926, Pech Merle remains one of France's largest cave painting locales.

Tour guide Audrey addresses our English-speaking group. "For millions of years, rainwaters reacted relentlessly with limestone, hollowing out unique underground chambers throughout southeastern France. You'll see how Cro-Magnon artists decorated these cold, damp chambers. And at forty meters underground, you'll feel the 12-degree temperatures that have long preserved the caverns' pristine nature."

Beyond a heavy door, steep stairs take us into the first of several dimly lit galleries.

Stalagmites and stalactites form a vast wonderland where creamy white and pink crystals sparkle and wink. Adjoining, Chapel of the Mammoths boasts an intact mural created 16,000 to 25,000 years ago. Highlighted are twenty-five black lifelike drawings of woolly mammoths, bison, prehistoric horses, and aurochs. "These overlapping figures suggest several artists' workmanship," Audrey

observes. "Yet, the artworks' purpose is a continuing mystery. Perhaps they recorded scenes from their lives or chronicled disappearance of species. Or maybe there's a spiritual significance."

Walking on, Audrey recounts, "Cro-Magnon artists travelled to caves like this to find flat painting surfaces. Hunter-gatherers, they lived in warmer, shallow caves along nearby rivers. There, paleontologists uncovered stone axes, flint arrowheads, bone needles, musical instruments, and lamps...though paintbrushes were never found."

Using their fingers, these artists painted what they hunted, a few human figures and some abstract geometric designs...yet not one plant they gathered! In Ceiling of Hieroglyphics, mammoths, ibex, and female shapes seem to float mystically above us. In Salle de Disques Audrey shows us small human footprints preserved in petrified clay.

A realistic cave-bear head shows us that early artists also used flint blades to carve figures into rock surfaces. Identifying a charcoal-sketched reindeer, Audrey explains, "Charcoal outlines allow carbon dating." An exquisite 29,000-year-old panel in the final gallery portrays two beautiful, black-spotted horses surrounded by dots and ochre handprints. "This is our most celebrated work," beams Audrey.

Days later we visit Grottes de Cougnac's two-cave configuration near Gourdon. Guide Clara first shepherds us through an oak forest. Unlocking a small door, everyone ducks through and into a cavern now containing stone-age artifacts. "For years, a farm family stored wines in this gallery," she relates. "And in 1952, they discovered two others."

Wooden steps lead us down along an ancient mudflow into Hall of Prehistoric Paintings. Sixty figurative drawings form a 25,000-year-old mural. Clara's penlight bobs and dances, bringing mammoths, early goats, giant reindeer, and ibex 'to life.' Over fifty handprints 'sign' these drawings.

A footpath outside takes us 200-meters further along the ridge. At the second cave, we squeeze



through a metal door into Pillar Chamber. There, magnificent stalagmites and stalactites surround traces of an ancient underground stream. Masses of needle-like soda straws hang from the ceiling, some merge into wafer-thin translucent fans. Larger stalactites resemble dripping icicles. Others fuse with stalagmites to make glittering columns.

Embellished with Cro-Magnon artworks and stunning crystalline formations, these limestone caves prove sublime. The artistry of stone-age ancestors provides memorable insights into their prehistoric world.

When You Go:

- www.cycle-the-dordogne.com/ For bicycle holiday itineraries and options
- www.pechmerle.com Plan ahead! To preserve delicate artwork, daily cave visits are strictly limited.
- www.grottesdecougnac.com Atmospheric caverns exhibiting cave art and bedazzling formations.

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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?

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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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