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# TODAY'S SENIOR NEWSMAGAZINE



Up close, nothing surpasses nature, its wonders, and colours. (Photo: Dan Propp) Article page 3

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## Inside This Issue


ACCORDION TO DAN	
by Dan Propp .....	3
WILD ATLANTIC WAY IRELAND.....	
by Ursula Maxwell Lewis.....	4
WHO KNEW BY JUNE EARLE....	
by Lenora A. Hayman .....	5
FINANCIAL NEWS	
by Rick C. Singh.....	6
THE PHARMACIST REVIEW .....	7
WRITE AS I PLEASE	
by Mel Kositsky.....	8
WORD FIND PUZZLE.....	13
HOME IMPROVEMENT "ASK SHELL"	
by Shell Busey .....	13
SENIOR READS	
By Pamela Chatry .....	14
STRAIGHT FROM THE HORSE'S MOUTH	
by Mel Kositsky.....	15
HAWAIIAN HEIAUS PROBING BIG ISLAND....	
By Rick Millikan .....	17

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# ACCORDION TO DAN



Wow! It's August already. The days are getting a bit shorter and some of the leaves are hinting a touch of autumn colours. Like us seniors, 'biding' time itself as that expression suggests, perhaps a new meaning since that recent U.S. presidential debate. Oh my, what seniors have seen and experienced over the years, the many changes socially and politically are overwhelming in every aspect on this planet. Fortunately, nature and the four seasons remain a hopeful constant, though with talk of climate change who knows, eh? Still, when we take the time to admire a flower and study it really close up, hope and wonder still provide a special feeling especially in these times.

Music also has the power to blossom and reprise many good memories. A number of the great hits we listen to can help reawaken the era we grew up in. Thus, the following.

### DO YOU STILL REMEMBER?

North to Alaska, do you remember the melody and lyrics to that song? What about the Ballad of Davy Crockett (1955) "Born on a mountain top in Tennessee"...does that reprise memories from the last century? It doesn't seem all that long. How about...'M I C...K E Y...M O U S E' watching Mickey Mouse Clubhouse on that old Admiral, Motorola, Philco, or RCA tv. It was technology that changed everything waking up first thing on weekend mornings, AS KIDS WE WERE mesmerized by the magic of the test pattern and anthem before everything else unfolded on NBC, CBS, ABC and eventually the Canadian Dominion TV Network, the CBC. Programs like Cisco Kid, Hopalong Cassidy, Gene Autry, Superman. To us kids, those programs and so many more meant everything!

There were no cell phones, computers, credit cards. One penny purchased three delicious jawbreakers at the local Ma and Pa grocery store. and it cost a whole nickel for an ice cream cone. We depended upon our hometown electrician to replace vacuum tubes and wired every-

thing up using soldering irons. There were no printed circuit boards, no transistors, not yet! Humans were wired far less too, compared to present day routines. In the era of dial telephones, we had the white pages or personal address books to keep track of names and phone numbers. Many of us still remember names of shows and can picture the old TV stars in our human memory banks as well as the theme songs to programs such as Bonanza and Dragnet. A great time? You bet!

### THE NINETEEN SIXTIES

Also, do you remember the idealism that prevailed back in the early nineteen sixties? There were all those live concerts the melodies, the lyrics, famous groups, the sounds of acoustic instruments like guitars, banjos and bass. Wow what a time! Do you recall the Vancouver folk music scene on 4th Avenue in Vancouver, also in Gastown and downtown Granville and Davie Streets?

### THE ANSWER IS STILL BLOWING IN THE WIND

Do you still recall that time in Vancouver around nineteen sixty-three. All those wooden houses on 4th avenue, painted in bright colours and that popular expression "far out".

How about that famous song..."If You're Going To San Francisco, be sure to wear some flowers in your hair." Love and peace everywhere...when the young new generation had everything figured out like that song The Age of Aquarius to what the future would be all about. So here we are, some of us in 2024, reflecting about an idealism that once flourished. Perhaps someday down the road the world will once again adopt the spirit when the Limelighters, Peter Paul and Mary, Bob Dylan, Pete Seeger, Ian and Sylvia inspired us with incredible melody and lyrics, banjo, bass and guitar "a new world in the morning" changed and encouraged. The folk music that so emotionally guided us then. Perhaps the answer is still blowing in the wind today for those of us seniors now who were once also inspired then. That part

of the nineteen sixties...a message many of us still hope for.

### THE BANFF SCHOOL OF FINE ARTS

When I was just fifteen years old, it was a summer never to forget, six weeks of heaven at the Banff School of Fine Arts. Thus, the lyrics to a bit of a nostalgic song.

### Banff 1960, WHAT AN EXPERIENCE!

Anybody out there in senior land still remember the Banff School of Fine Arts? I'll never forget the experience. What a summer high on a mountain with a view of the Banff Springs Hotel. We all played our special parts. There was the Bow River and memories like that. Six weeks of heaven as so many memories still unfold. The courses by which we were all inspired—classical music, Shakespeare, acting, dance, painting, you name it. Photography was mine! Film development and converting small negatives into eleven by fourteen prints.

The town itself, what a Jewel in the Rockies, Mount Rundle, Lake Louise, Emerald Lake and the pristine atmosphere. It was truly a magical summer. Never to forget. A privilege to have experienced those six weeks of summer. It was truly magic for goodness' sake.

### VANCOUVERS OLD CAMBIE STREET BRIDGE

Anybody still remember the old Cambie Street Bridge before the days of Vancouvers Expo 86. Walking down that area today is hardly recognizable anymore. The following:

### BRIDGE OVER DIFFERENT WATERS

The old Cambie Street bridge to downtown Vancouver, underneath close by where Expo 86 evolved. All the lumber connected industry that once prevailed, such a change today as you look around. So many differences over the years as one recalled. Today walking down for a stroll from Broadway to False Creek, trying to visualize how things once used to be. Some of us nostalgic seniors sometimes need some solace to try and seek. As all that was yesterday is filed away today in a folder marked 'history'. One makes an effort to try and recall the old architecture and way of life and attempt the ghosts of the past to review. Remembering when the old flag once still flew. Well-conditioned by today's 'progress' to which we are all carefully and digitally caught.

Please visit [www.Nostalgicroads.Weebly.com](http://www.Nostalgicroads.Weebly.com) Search for Song CD's by Dan Propp via [cdbaby.com](http://cdbaby.com) and also [www.soundcloud.com](http://www.soundcloud.com)

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Photo: Up close, nothing surpasses nature, its wonders, and colours. (Photo: Dan Propp)

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WILD ATLANTIC WAY  
IRELAND: OYSTERS,  
MUSSELS, SEAWEED - AND  
GOATS

By: Ursula Maxwell-Lewis

My introduction to oysters began in a Dublin pub decades ago, however I still smile at the memory. Parked at a pub with Aer Lingus captain Deryck Braun and his wife, Ann, (we'd all previously flown together for Central African Airways) we spotted a couple of guys shucking local oysters in a tin tub behind a haphazard jute 'curtain'. Ireland's salt-water bivalve molluscs (at a fraction of today's prices, no doubt) passed via the bartender to us entrenching cold water oysters as a perennial favourite with me.

Sampling Croagh Patrick Seafoods on a Wild Atlantic Way tour on Co. Mayo's Clew Bay's rugged shores this Spring I smiled as the image of that (clearly unregulated) first tasting sprang to mind.

Padraic Gannon, owner of the Gannon family aquaculture farm, explained how a chance meeting and an invitation from French businessmen 35 years

ago changed the trajectory of his business. Encouraged to expand his oyster, mussel and seaweed farming locally, internationally and environmentally, Gannon discovered that there was more than one lucrative, environmentally sustainable way to farm his on and off-shore land.

After treating our 12 person international group to fresh seafood tastings and introducing three generations of the family, we trekked the winding, picturesque path to admire extensive seaweed beds to discover that harvesting, drying and packaging 'the weed' is a laborious and lucrative enterprise. This proactive Irish aqua-farmer and his industrious family's resourcefulness is unquestionably impressive.

Admiring the scenic hills, paths and expansive seascape surrounding this unique farm and loch it's easy to see why the Gannon family has proudly fought to maintain it for generations.

Replete with fresh seafood, we set off (via Nevin's Newfield Inn) for Mulranny to be introduced to a very different, but equally unique, sustainability project: goats.

The Old Irish Goat Centre is a reminder of the need to preserve the wellbeing of this critically endangered, long haired, impressively horned breed of feral goats.

We're told that this bearded stocky breed dates back 5,000 years to the Neolithic age. They are cold weather goats with an underwool of cashmere. Because their coats are found in 12 different colour patterns they've earned the 'coats of many colours' description. Until about 1900 they were Ireland's only goat breed.

Historically this multipurpose breed supplied milk, fat, meat, horn, hair and hide to the Celts and Vikings. Their hide was used to stretch over the Bodhrán (Irish drum), and as writing parchment for monks. Clearly Irish icons in their own right, but somber reminders that the nutritious milk and meat bolstered families during times of famine.

Cross-breeding has decimated their numbers, but The Old Irish Goat Centre and other supporters aim to save the original breed from extinction and expand the wild herds.

From here we drove to Achill Sound, across the Michael Davitt Bridge and onto Achill Island to explore the Great Western Greenway. Voted one of the top three cycling trails in the world, it's easy to appreciate why - although I confess I admired it all on four wheels and two feet. No matter which you choose, prepare to relax and be impressed.

For more information about the Old Irish Goat projects go to <https://oldirishgoat.ie>

For information about Croagh Patrick Seafoods and Padraic Gannon's tours go the company website. To plan your trip to Ireland check out: Tourism Ireland, Fáilte Ireland and Tourism Northern Ireland online.



Ursula Maxwell-Lewis is a veteran travel journalist. The Island of Ireland has always been one of her favourite destinations, but this was her first visit to the Wild Atlantic Way. Next month: Irish folk and pirate lore. Contact [uttravel@shaw.ca](mailto:uttravel@shaw.ca)

TOP LEFT: Gannon siblings. Two of an extended clan on family land  
TOP RIGHT: Padraic Gannon explains tour offerings  
MIDDLE RIGHT: Mussels, good menu choice  
BOTTOM RIGHT: The Old Irish Goat Centre

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

Lillian, Surrey





# WHO KNEW BY JUNE EARLE. DEFINITELY RECOMMENDED!

Article & photos by Lenora A. Hayman.

What a pleasure to read WHO KNEW: a simple shift in your thinking from “outside-in” to “inside-out” will change your life, by June Earle M.Psych. June Earle, at 90 years young, and a graduate from the Universities of Toronto, UBC and Antioch, gathered articles she wrote over a twelve-year period, for Sun Peaks Independent News, owned by her son Adam and his wife Cathy.

June Earle explains that our feelings are the result of thoughts. Therefore life is an inside-out experience. “What we think, is what we feel, is what we get”! We certainly do have the choice as to what we think and

do. I like also that she stresses that listening is the greatest gift you can give to another. Written in larger print, it’s well worth re-reading when we are letting our thoughts detract from our well-being.

Available on [www.amazon.ca/who-knew-thinking-outside-inside-out/dp1738239802](http://www.amazon.ca/who-knew-thinking-outside-inside-out/dp1738239802)

Thank you for writing this book. Yes, definitely recommended!

Top Left: Jennifer Holmes, Kieran Dagg & David Buckley.

Top Right: Adam Earle, Lenora Hayman & Cathy Earle.

Middle Right: June Earle, author





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# FINANCIAL NEWS

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

## CHANGES TO THE CAPITAL GAINS TAX—WHAT COULD THEY MEAN FOR YOU?

In April, the 2024 federal budget proposed changes to the capital gains tax rate for individuals and businesses. Will they affect you? Here's a look at the changes, how they may apply to you, and what they could mean for your retirement planning.

The 2024 federal budget proposed to increase the taxable portion on capital gains higher than \$250,000 per year for individuals, and on all capital gains for corporations and most types of trusts. These changes came into effect on June 25, 2024.

### What are capital gains and how are they taxed?

A capital gain is the profit you make selling certain types of assets, such as stocks, bonds, shares in mutual funds, a secondary property, such as a cottage, rental or investment property, and business assets, such as buildings or equipment.

In simple terms, if you sell the asset for more than you paid for it, the difference is the capital gain. If you sell it for less than you paid for it, the difference is a capital loss. For example, if you bought an asset for \$100,000 and sold it for \$500,000, your capital gain would be \$400,000.

When you realize capital gains, a percentage—called the inclusion rate—determines the amount that gets added to your income for the year, which is then taxed based on your marginal tax rate.

For capital gains realized before June 25, 2024, that inclusion rate is 50%, which means that on a capital gain of \$400,000, your taxable portion would

be \$200,000.

### What's changing?

Starting June 25, 2024, the capital gains inclusion rate will be 2/3 or 66.67% for capital gains of over \$250,000 per year for individuals, and for all capital gains for corporations and most types of trusts. This means:

If you're an individual who makes more than \$250,000 in capital gains in a year, the inclusion rate will be 50% for the first \$250,000, and 66.67% for any amount above that. For example, if you realize \$400,000 in capital gains the taxable portion will be calculated as follows:

50% inclusion rate on the first \$250,000, or \$125,000

66.67% inclusion rate on the next \$150,000, or \$100,000

The total to be added to your taxable income will be \$225,000

If you own an incorporated business and you sell assets or investments that you hold in your business, the inclusion rate on those capital gains will be 66.67% on the full amount. On a capital gain of \$400,000 this would mean that \$266,667 would be taxable.

### What could this mean for your retirement planning?

If you realize less than \$250,000 in capital gains in a year, the new rules won't change anything for you. This is expected to be the case for most Canadians.

However, there are situations and one-time events that can trigger substantial capital gains, such as the sale of a cottage or a business, or the death of an individual. As the new rules come into effect on June 25, 2024, it's important to understand how they may apply in your case, what exemptions are available, and the impact on your long-term retirement plans.

### Your retirement savings, income, and investments

If you have money saved for retirement, or you're receiving a retirement income, here's how the new rules will apply:

What's exempt—There's no tax on capital gains realized from investments in tax-deferred or tax-sheltered registered plans such as RRSPs, RRIFs, RPPs or TFSA plans. The new rules also won't change anything about how withdrawals from those plans are taxed.

What's taxable—Earnings from investments you

hold in a non-registered account are taxable, so the new inclusion rates will apply to capital gains on assets held in these accounts. Remember that to the extent your capital gains for the year are less than \$250,000, the 50% inclusion rate will continue to apply.

### Selling your property

If you're planning to sell real property and use the proceeds to help fund your retirement, here's how the new rules will apply:

What's exempt—There's no capital gains tax if you're selling your principal residence.

What's taxable—If you sell a property other than your principal residence, such as a cottage, a rental property, or a piece of land, the new inclusion rates apply to any capital gains from the sale to the extent the gains exceed \$250,000. This applies even if you gift a property, such as your family cottage.

### Your estate planning

When a person dies, they are deemed to have disposed of all their capital property at fair market value immediately before death. Any capital gains resulting from this deemed disposition are taxable on their final tax return based on the applicable inclusion rates(s) and taxed based on their marginal tax rate. With the new inclusion rate rules, this could potentially result in a higher final tax bill than under the old rules.

### What happens next?

The changes will affect some Canadians more than others, but if you own a cottage or a small business, or if you have a large estate, or anticipate realizing a large capital gain in future, consult your financial advisor and a tax specialist to review your retirement plans, your estate plan, and your tax strategy. *If you wish you can also contact Rick Singh at CRS Financial by email [rick@crsfinancial.ca](mailto:rick@crsfinancial.ca) or call 604-535-3367.*

Source: Manulife Investments July 8th, 2024

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## RHYTHMS OF HOPE: HEART FOR MUSIC'S MISSION TO MAKE MUSIC ACCESSIBLE TO SENIORS IN LONG-TERM CARE ACROSS CANADA



Imagine a garden filled with the soothing melodies of chimes, drums, and bells, where seniors gather to create music and cherish memories. Thanks to Rick's Heart Foundation and its Heart for Music program, this vision is now a reality. Inspired by the documentary

"Alive Inside" and his late father's experience with dementia, Rick Diamond founded the program to enrich the lives of seniors in long-term care homes across Canada.

Since 2018, the Heart for Music program has reached over 206 care homes, providing more than 4,500 000 minutes of musical therapy. In addition to recreational music programming support and live music performances, a standout feature of the program is its ability to connect staff, residents, and families through personalized playlists created using tablets and Spotify accounts provided by the foundation.

"After assisting a resident with breakfast, she was in pain, so I asked if she wanted to listen to some music with her chair tilted back. In asking her what type of music she liked, she said pop music. I quickly put together some Neil Young, Carole King, Bees Gees, etc. As I sat at my desk, I heard whimpering sounds and I realized she was singing along to the music that was playing. I will never forget that moment, sitting there with tears streaming down my face as I realized I was able to give something to add to her life," shared Leslie

from Good Samaritan Park Meadows Long Term Care Home in Alberta.

In 2024, the program expanded to include garden instruments in care homes. Villa Cathay Care Home and Czorny Alzheimer Centre in British Columbia now feature outdoor instruments like "The Aria" and "The Mushroom." These additions beautify courtyards and offer a multi-sensory experience, especially benefiting residents with cognitive challenges like dementia. Accessible and easy to play, these instruments encourage spontaneous music-making, stimulate senses, and promote social interaction and physical activity.

To learn more about Rick's Heart Foundation and support the Heart for Music program, visit <https://www.heartformusicbc.com/get-involved> or follow them on Instagram (@heartformusicbc) for more updates. By getting involved, you can make each day more musical for our seniors!





## THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

### Type 2 Collagen and Boswellin: A Dynamic Duo for Joint Health

Joint health is a vital aspect of overall well-being, impacting mobility, comfort, and quality of life. For those suffering from joint conditions like osteoarthritis and rheumatoid arthritis, managing pain and inflammation becomes a daily challenge. Among the various natural supplements available, Type 2 collagen and Boswellin® have gained recognition for their potent effects on joint health. When used in combination, these supplements can provide a synergistic approach to supporting joint function and alleviating discomfort.

#### Understanding Type 2 Collagen

Type 2 collagen is a crucial protein found in cartilage, the connective tissue that cushions joints and enables smooth movement. Unlike Type 1 collagen, which is present in skin, bones, and tendons, Type 2 collagen is unique to cartilage. Its primary role is to maintain the structural integrity of cartilage, providing the necessary framework to withstand compressive forces. Most commercial collagen powders contain Type 1 collagen.

When ingested in its undenatured form, UC-II® Type 2 collagen works in the gut by triggering the immune system to target your body's natural process of rebuilding and repairing cartilage. No other dietary ingredient for joint health works in this way to decrease inflammation and help preserve joint health. Studies show it can significantly reduce joint pain and stiffness, and improve overall joint function in individuals with osteoarthritis and rheumatoid arthritis and even outperformed Glucosamine and Chondroitin.

#### Exploring Boswellin®

Boswellin® is a standardized extract from the resin of the Boswellia serrata tree, commonly known as Indian frankincense. The key active components of Boswellin® are boswellic acids known for their potent anti-inflammatory properties.

The primary action of Boswellin® is the inhibition of the enzymes 5-LOX and COX, which play a crucial role in the production of inflammatory molecules that contribute to conditions like arth-

ritis. By blocking 5-LOX, Boswellin® effectively reduces inflammation and pain in as little as 7 days. Additionally, it modulates the production of pro-inflammatory cytokines, further enhancing its anti-inflammatory and pain-killing effects.

#### Synergistic Benefits of Combining Type 2 Collagen and Boswellin®

While Type 2 collagen works by modulating the immune response to reduce joint inflammation and support the structural integrity of cartilage, Boswellin® directly inhibits inflammatory pathways. Boswellin®'s anti-inflammatory properties reduce pain and swelling, allowing for better joint mobility and function. Together, this dual action addresses both the structural and inflammatory aspects of joint health.

You can get both UC-II® and Boswellin® together in one supplement called Type 2 Collagen by Canprev and you only have to take one capsule daily. For additional joint support, consider adding Canprev's Collagen Joint & Cartilage with Fortigel, a targeted Type 1 and Type 3 bioactive collagen peptide. Fortigel has been shown in studies to stimulate chondrocytes, the cells responsible for producing collagen and maintaining cartilage.

*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.*

## GOVERNMENT TO IMPLEMENT ADVOCATE'S RECOMMENDATIONS ON RENT PROTECTIONS IN SENIORS HOUSING

VICTORIA – “On July 4, my office released a report calling on the provincial government to enforce the rent and service cost protections in the Residential Tenancy Act (RTA) for seniors in independent living facing often exorbitant fee increases.

“I am very pleased to have received written confirmation that the Provincial Government agrees seniors independent living units are subject to the RTA. It also recognizes that both rent and mandatory service fees are subject to annual limits on rent increases, which need to be enforced consistently.

A letter from the Ministry of Housing states:

“...services or facilities that the tenant is required to receive and that they cannot opt out of would form part of the tenancy agreement. In these cases, the costs associated with the services and facilities would be captured under “rent” and would be subject to the rent increase provisions under the RTA, even if the services and facilities and their costs are set out under a separate agreement. Similarly, these services and facilities could only be terminated or restricted in accordance with the RTA.”

“The [Residential Tenancy Branch] RTB is

updating its policy guidelines to clarify that independent living is covered by the RTA, even in residences where independent living and assisted living units are co-located. In addition, we welcome your Office's suggestions on how to best educate and communicate with seniors in independent living and housing providers about their rights and responsibilities under the RTA.”

“I was also pleased to see that the ministry will take steps to implement my recommendation to improve the RTB complaint process to reduce intimidation and vulnerability faced by many seniors when raising legitimate tenancy issues. The letter states:

“However, I recognize that there may be a power imbalance between seniors and their landlords during the dispute resolution process, especially when a landlord has legal representation.”

“The RTB has also provided additional training to its arbitrators in active adjudication. In this approach, arbitrators play a greater role in managing the hearing and aim to redress power imbalances between the parties, especially when a party is less familiar with the dispute resolution process.”

“With this confirmation it is my expectation that those landlords in seniors independent living who did not comply with Act will now do so.

“Any tenant in seniors independent living who believes their landlord has raised their rent, including the mandatory service package, more than the allowable rent increase of 3.5% for 2024 is encouraged to contact the Residential Tenancy Branch at 1-800-665-8779 or my office at 1-877-952-3181.

“My office will be monitoring the ministry's progress and seeking regular updates regarding implementation on behalf of the 30,000 B.C. seniors renting units in independent living residences.”

*Dan Levitt BC Seniors Advocate*

Read the report - Forgotten Rights: Seniors Not Afforded Equal Rent Protection: <https://www.seniorsadvocatebc.ca/osa-reports/forgotten-rights-seniors-not-afforded-equal-rent-protection/>

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# WRITE AS I PLEASE

By Mel Kositsky

If too much heat can affect your mind, it is best to stay in the shade.

Tell that to the thousands of people at the beaches and festivals this summer working on their tans and soaking up the sun – just like many of us seniors did years ago with little worry about the effects of ultra-violet rays and climate change.

Despite years of warnings from medical experts, people are still exposing themselves to Mother Nature – but hopefully many are taking the necessary precautions to protect themselves and their children from those harmful rays.

But it's summer – so “don't worry and be happy” as you enjoy some “sunny days” -- and try not to think too hard during those “Hot August Nights”.

Just imagine you are one of those well-to-do “snowbirds”, who head south to Mexico, Arizona, Hawaii, California, the Caribbean, or other warm places each winter – searching for that “hot” weather that we have been experiencing here through most of July. Soon enough we will be back to the rain and the cold.

It has been a strange summer so far – and it is likely to get stranger. And it's not only the weather.

The political landscape in North America has changed drastically with the attempted assassination of former President Donald Trump and the retirement of current President Joe Biden – two seniors who were planning to do battle again in November.

Whatever happens to the south of us has a major impact on Canada – and the Canadian political scene -- so it is hard to make predictions anymore because it seems that just one week in politics these days is a very long time. Things can change very quickly!

For the next few months Canadians will get a close-up look at the major differences in the political systems of both countries, and perhaps prepare

themselves for the upcoming 2025 federal election.

But for now, this is the time of the year to give your mind a rest – and have some fun thinking about things you really can't do anything about. Just let your mind partake in some “summer ramblings”.

How about starting by playing the “Blame Game”.

That's when you look in the mirror and blame everyone else for all your problems. You know you have the solutions for everything in this mixed-up, crazy world - just no one bothers to ask you.

And you wonder – how did everything in life become so political? Maybe just blame the media? Or blame it all on the new social media?

The way Canadians get their news is changing rapidly and look for more changes this fall as the major broadcasters continue to make cuts of staff and programing. Those in the information business must continue to adapt, but it seems broadcasters are more focussed on creating media entertainers than just covering the news.

The world quickly found out in mid-July has easy it is to cause mass confusion because of a Windows IT issue. And it wasn't even a massive cyber-attack that they have been constantly warning us about for years. Imagine people actually had to go back to using pens and paper to get through the day.

The internet issue also caused a number of financial institutions and businesses to close their doors. Do you still believe in creating a cashless society?

We have forgotten how we lived and loved before the Internet and social media. Now we are inundated with all these media “experts” and so-called “Influencers”. But were any of them helpful when the power went out?

You have to pity those poor people of Toronto (also known as the centre of the universe to some). They just couldn't handle a three-hour heavy rain storm last month. The repeated media coverage lasted way longer than the rain – and you would have thought it was a major disaster if you tuned in late to national broadcasts. It took the world-wide Internet problem to stop the crying over a few flooded streets and highways.

Does it really matter to you who won gold medals at the 2024 Summer Olympics in France? Hopefully you enjoyed the show because millions of dollars were spent on broadcasting it from Europe and sending hundreds of people there. (Although some of the coverage was done from studios in Toronto and pretending the announcers were at the Games.)

Do the Olympics and other world championships really bring people together through sports?

Baseball fans are losing out when it comes to

television coverage of their favourite sport. The “Boys of Summer” are still playing to large crowds, and will have their turn in the limelight briefly this fall when they finally hold their playoffs and the World Series, but this year you hardly see any broadcasts.

That's not only because of the Olympics, but with the World Cup of soccer coming to North America in 2026, there is a major push to promote the other “football” game. With the National Football League and professional hockey about to start up again, baseball will continue to get lost in the shuffle.

## TIPS TO PROTECT YOUR GARDEN AND LAWN FROM DROUGHT

For the past few years, Canada has been experiencing drought conditions. This means less moisture in the soil. We often think about the impact droughts have on agriculture, but they also impact lawns, plants and gardens.

Follow these tips to keep your lawn and garden lush, green and healthy.

Strong, healthy plants with deep root systems are better able to withstand dry conditions. To strengthen your plants, feed them fertilizer. Fertilize your lawn when it begins to get green and continue every other month until late fall when temperatures drop and the ground freezes. Fertilize your garden with granular fertilizer monthly or weekly with a water-soluble product. Make sure you use the right mix of fertilizer; nitrogen boosts growth, phosphorus fosters root growth and potassium protects against disease and stress, like droughts.

When selecting plants and types of grass, look for options that are more resistant to heat and dry conditions. For example, lavender is a drought-resistant plant, and Kentucky bluegrass does better in dry conditions.

When you water your garden, do so low and slow to allow for maximum absorption. Avoid watering it during the hottest times of the day, as evaporation is higher.

To keep more moisture in the soil and limit evaporation, cover it with mulch or plants with large foliage that blocks direct sunlight.

www.newscanada.com

## INVESTIGATING INNATE IMMUNITY: THE RESILIENCE STUDY FOR OLDER ADULTS

As we age, our immune system naturally declines, leaving us more vulnerable to infections and diseases. The disproportionate impact of the COVID-19 pandemic on older adults underscored the urgency to address this issue. The RESILIENCE Study aims to evaluate a novel treatment's efficacy in enhancing natural immune function and reducing respiratory infections in adults 65 and older.

Led by Dr. Theodore Steiner, Professor of Medicine at the University of British Columbia and an Infectious Diseases Specialist at Vancouver General Hospital, the RESILIENCE Study aims to advance our understanding of the immune systems of people over 65.

The RESILIENCE Study involves testing Site-Specific Immunomodulators (SSIs), a class of

medications designed to train and enhance innate immune function. SSIs are being studied not only for reducing the risk of infections but also for bolstering immune responses to cancer and mitigating the progression of chronic inflammatory diseases.

**Advancing Our Understanding of Immune System Function**

Participation in the RESILIENCE Study offers eligible individuals an opportunity to contribute to cutting-edge research. Participants will be randomly assigned to receive either the investigational product (SSI) or a placebo, administered through a small needle under the skin three times a week for four weeks and then monitored for 22 weeks. During the 26-week study, participants undergo regular blood tests to measure

immune function, monitor for infections, and assess their quality of life.

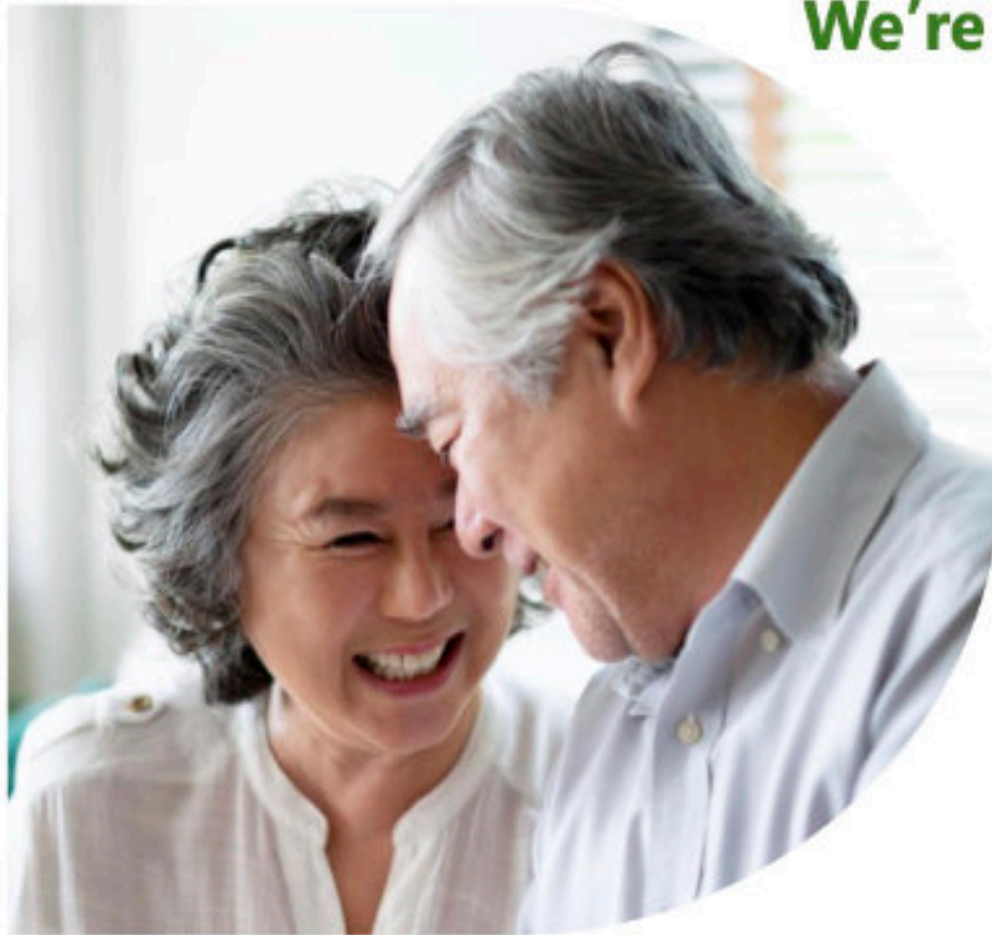
If you are interested in joining the RESILIENCE Study, the trial's dedicated team can provide information and address any questions or concerns. Whether through email ([info@isstudy.ca](mailto:info@isstudy.ca)) or phone (1-877-223-8637), reaching out to the RESILIENCE Trial Study Team is the first step toward learning more about immune health and shaping the future of medical research.

In conclusion, the RESILIENCE Study seeks to address important questions about enhancing immune function in older adults, offering a platform for scientific inquiry and potential advancements in medical treatments.



# Are you wondering if you can strengthen your immune system?

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## RESILIENCE STUDY

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### Who is conducting the study?



#### Dr. Ted Steiner

Chief Medical Officer, Qu Biologics and Division Head in Infectious Diseases, UBC

### What does the study involve?

- 28-day study treatment period
- Immune monitoring for an additional 5 months (blood will be collected 5 times)
- Regular interactions and support from clinical study staff

### Who can participate?

- 65 years of age or older
- Living in the Greater Vancouver area

### Study collaborators:



### To learn more, contact:



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[www.qubiologics.com/clinical-trials/resilience-study](http://www.qubiologics.com/clinical-trials/resilience-study)





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**For more information, please contact:**  
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## 55+ BC GAMES 2024

SEPT 10-14. 2024

- 2,000-4,000 registered participants from across BC
- 28 different sports competitions over 4 days
- Up to 1,200 community volunteers
- Core event activities include sports events, athlete registration, opening ceremonies, participant celebration, passing of the flag ceremony, volunteer appreciation event
- Accommodations throughout Shuswap Region



Salmon Arm is excited to host the 55+ BC Games September 10-14, 2024 to highlight community spirit and active living. Organized by a dedicated board of volunteers under the guidance of the BC Senior Games Society (BCSGS), this event stands as the largest annual multi-sport gathering in the province. With facilities across the Shuswap, our Games offer a picturesque backdrop for spirited competition, promoting camaraderie and sportsmanship among participants province-wide.

## SMALL CITY, BIG EVENTS

Upcoming Events:	
JUNE 7 2024	Torchlighting Ceremony - 100 Day Countdown to the Games
SEPT 10-11 2024	Games Village
SEPT 10 2024	Accreditation Day
SEPT 11 2024	Opening Ceremony & Sponsor Recognition Event
SEPT 12 2024	Thursday Community Dance Event
SEPT 13 2024	Dance & Passing of the Flag Ceremony
SEPT 14 2024	Volunteer Appreciation Event

» **Promotion of an Active Lifestyle:** The games promote active and healthy lifestyles among the 55+ community, encouraging participation in sports and recreational activities. This focus on wellness can inspire community members of all ages to prioritize their health and fitness.

» **Legacy and Long-Term Benefits:** Hosting the 55+ BC Games can leave a lasting legacy for Salmon Arm, including improved sports facilities, increased tourism infrastructure, and a heightened reputation as a welcoming and vibrant community. These benefits can continue to contribute to the well-being and prosperity of the community for years to come.

[55plusbcgames.org](http://55plusbcgames.org)





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HOME IMPROVEMENT  
“ASK SHELL”

By Shell Busey

INSTALLING INTERIOR CERAMIC TILE FLOORS

It is very important that the under surface that you are tiling over be sound construction. Movement in the under surface can cause tiles and grout to crack and spoil the appearance of your floor. The stiffer the floor the better.

Extra pony walls or braces under the floor or the addition of an extra layer of material on top of the existing surface can reduce movement.

During new construction you should consider floor joists on 12" centres instead of 16" centres on areas where you plan to install ceramic tile floors. Double layering of plywood floors is also highly recommended to stop the potential of cracking.

LAYING THE TILE:

Plan your layout before beginning to lay the tiles down.

Remember that your often walls are not completely square. Concentrate on that focal points in the room and place full tiles in these areas. Cut tiles will be much less noticeable along cupboard edges etc.

Liquid latex additives are available to add to thin set mortar mixes to make the installation more durable. Epoxy ceramic tile adhesives are also available. They are stronger but more expensive. Whatever type of adhesive you are using do not skimp on the coverage. Trowel a thin coat onto the floor surface and cover the back of the tile completely with adhesive mortar, do not leave any ridges.

There should be 3/16" of adhesive mortar between the tile and the floor surface. When placing the tiles on the floor do not push the tile too hard or you will force the bonding material out around the edges.

5 GROUPS THAT SHOULD  
BE EXTRA CAUTIOUS IN  
THE HEAT

Heat waves are on the rise. That's when we experience elevated temperatures and humidity for a few days. Extreme heat can harm everyone's health, but some groups are more at risk. Here are five groups that should be extra cautious during a heat wave.

Older adults

As we age, our body's ability to deal with extreme heat decreases, and we have more difficulty adjusting to sudden temperature changes. With older age, we may also take certain medications and have other chronic diseases that may affect our ability to regulate our body temperature.

During heat waves, older adults should spend as much time as possible in a cooler or air-conditioned location such as a basement, library or community centre, and stay hydrated.



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

They should also monitor themselves for signs of heat illness, including dizziness, nausea, headache, extreme thirst and rapid breathing or heartbeat. Since these symptoms can rapidly evolve into life-threatening emergencies, older adults should have someone check in on them daily.

Children

Everyone knows that kids are constantly on the move. They also don't always pay attention to their surroundings. Teach your kids to recognize the signs that they're overheating, listed above. If they're experiencing these, they should stop what they're doing, find a place to cool off, drink water and notify an adult.

People living with pre-existing health conditions If you have respiratory issues, a heart condition, a mental illness, Parkinson's disease, hypertension or another pre-existing health condition, you may be more at risk to the effects of extreme heat.

Speak to your health-care provider about the risks of extreme heat to your health and spend as much time as possible in a cool or air-conditioned location during heat waves. If that's not possible at home, spend as much time as you can in a cool public space, such as an air-conditioned mall,



library or community centre.

Outdoor workers

Many jobs require working outdoors on hot days. Unless you're required to wear heavy safety gear, choose loose-fitting, breathable clothing and a wide-brimmed hat. Try to stay in the shade as much as possible and stay hydrated – drinking water is best.

Athletes

Many summer sports are played outdoors. During a heat wave, try to schedule games and practices early in the morning or later in the evening when the weather is cooler, or postpone until the heat passes. And remember to stay hydrated.

Learn more about how to protect yourself during a heat wave at [canada.ca/health](http://canada.ca/health).

[www.newscanada.com](http://www.newscanada.com)





SENIOR  
READS

By Pamela Chatry

I'll Push You...  
A Journey of 500 Miles, Two Best Friends, and  
One Wheelchair

By Patrick Gray and Justin Skeesuck  
Publisher: Tyndale House

If you're like me, after you read a review expounding an amazing book, you go to your nearest bookstore and add it to your collection. That was the case with this month's read. However, my exuberant anticipation was quickly replaced with disappointment only 30 pages in. The book just wasn't measuring up to the hype. I faced a dilemma. Do I keep reading it to the end because I paid for it, or is life too short to read a bad book? I decided not to finish. It just didn't seem worth it. What's your rule? How many pages are you willing to read before making this decision? Unsure, try reading a page for every year of your age. By then you will definitely know whether you're enjoying it or shelving it for life.

"I'll Push You...A Journey of 500 Miles, Two

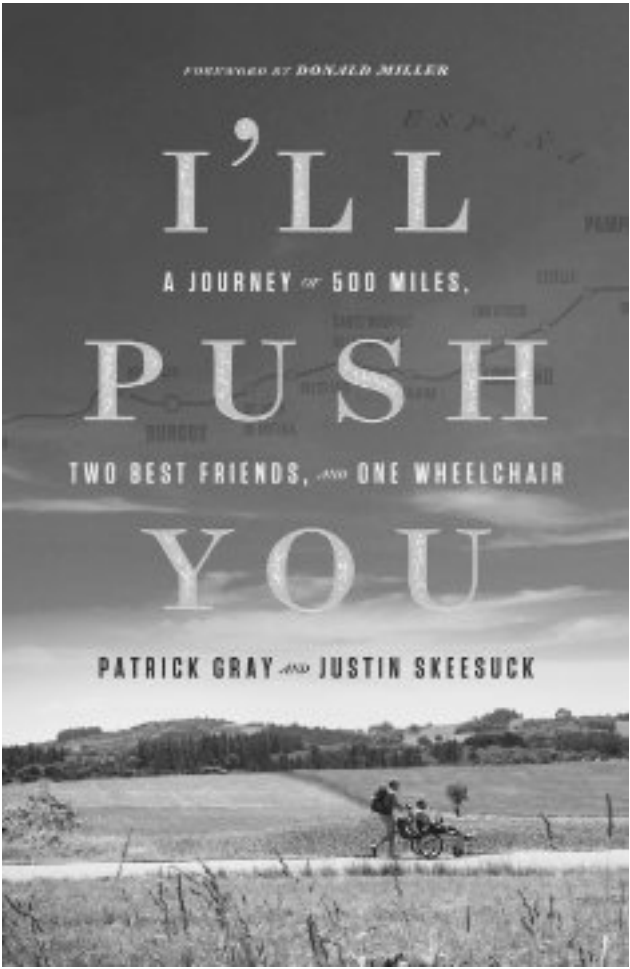
Best Friends, and One Wheelchair" is a good example of a title and book cover enticing enough to make one want to read it. Who wouldn't want to read a true story of two lifelong best friends, Patrick and Justin, traveling for six weeks on the famous Camino de Santiago in Spain?

Justin is in a wheelchair with a progressive neuromuscular disease, unable to bathe and dress himself. Able-bodied Patrick agrees to take on the challenge of pushing and pulling the chair through Spain's extremely treacherous terrain. Imagine getting up every single day knowing that you, alone, are responsible for moving a 200-pound man in a wheelchair over rugged mountainous trails that are designed for foot travel. What a commitment! I knew I wanted to read this story.

So why, then, did I stop reading? While the book shares an important story of true friendship and a remarkable journey that inspires and captures the spirit of commitment, the writers tended to get off track, becoming 'preachy' about faith and self-discovery. The book was touted as a "travel adventure", not a spiritual self-help book. The dual stories were an unwelcome surprise and became tiresome. It simply didn't come together well, which was disappointing for an otherwise enticing storyline. This one wasn't worth the time for me. There is a documentary by the same name. Maybe I'll give that a try.

So, what's your marker for putting a book down? I'd love to hear from you. You can email me at [Pamela@TheBookBags.ca](mailto:Pamela@TheBookBags.ca)

*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

The British Columbia thoroughbred horse racing industry is looking forward to its biggest day of the season on Monday, August 5, when BC Cup day will be held at Hastings Racecourse in Vancouver.

That afternoon of racing features a number of stakes races restricted to the best of BC-bred horses, along with some other competitive races. Expectations are high that it could be the biggest day of the race meet and perhaps a \$1 million handle will be wagered for the first time this season, which began in late April.

Trainer Barbara Anderson Heads will send out two of her stable stars, both owned by Peter Redekop. And both bring winning form to the August races.

BC-bred three-year-olds Avana and August Rain are not only being prepped for the BC Cup races, but are also contenders for the annual BC Derby and BC Oaks, to be raced on Saturday, September 14.

Live racing at Hastings has been experiencing a good season so far, taking advantage of warm, dry weather and the return of Friday night racing. Officials are hoping to build on the success of the July 20 "Cup Day", when thousands of patrons showed up for the annual entertainment event featuring live music – with many of them attending the races for the first time.

Reports show the eight-race card, with 56 horses starting, produced the best all-sources handle of the year, \$974,201, with a "live" bet figure of \$235,282. (That is money bet at the track as opposed to online sources.)

It was also a great day of racing for owner Jordan Froelich, with four wins and a third. Trainer Dino Condilenios also had four wins and jockey Silvino Morales rode three winners that day.

While the \$125,000 Grade 3 BC Derby remains

the highlight of the season at Hastings, some of the lustre of the top race for three-year-old colts and geldings on September 14 has been lost. Due to the mid-June discovery of an equine disease at Manitoba's Assiniboia Downs, changes had to be made to this year's Western Canada Derby Series.

The unique series has been revised as the \$125,000 Manitoba Derby has been removed from the competition due to the continued federal quarantine of the backstretch barn area of Assiniboia Downs. The \$200,000 Grade 3 Canadian Derby at Century Mile racetrack in Edmonton on August 24 and the BC Derby will go ahead as planned, but the \$100,000 bonus to any horse winning all three of the races has been discontinued for this year. However, the new \$25,000 bonus prizes for owners and trainers being introduced this year are still going ahead.

A mid-June discovery of equine infectious anemia (EIA) that infected one horse triggered the quarantine by the Canadian Food and Inspection Agency (CFIA). Though every horse in the barn area subsequently tested negative, a 45-day quarantine of the area was imposed and will continue until the entire equine inventory is tested again. A continued negative result will ultimately lift the quarantine.

The second and final Coggins testing is scheduled for Monday, July 29, with the results proposed to be released on Friday, August 2. However, entry date for the Manitoba Derby is on August 1 and until the quarantine is removed, access to the backstretch for horses not already on the property continues to be denied. The Manitoba Derby is scheduled for August 5 at Assiniboia and will go with local horses only.

My Boy Prince, Canada's 2023 champion two-year-old colt, is expected to be the heavy favorite to capture the 165th running of the King's Plate on Saturday, August 17 at Woodbine racetrack, located close to the Toronto airport. Known as the most famous Canadian race, the \$1 million Plate is restricted to Canadian-foaled, three-year-old horses who will race the one and one-quarter mile distance.

The Prince won his third straight 2024 race in mid-July – The \$150,000 Plate Trial – and has now won six of his 10 lifetime starts, with two seconds and one third-place showing. That third-place finish was in the Breeders' Cup Juvenile Turf at Santa Anita last November.

Owned by Gary Barber and trained by Hall of Famer Mark Casse, the grey son of Cairo Prince is usually ridden by Sahin Civaci, a former Hastings' jockey. My Boy Prince was the sale topper – at \$115,000 – at the 2022 CTHS Ontario premier yearling sale.

## 5 TIPS TO BEAT ARTHRITIS FATIGUE THIS SUMMER

We only get a few months of warm weather in Canada. So, as temperatures rise, you may want to get outside and enjoy every moment. But when you have a chronic condition such as arthritis, extreme fatigue – the feeling of needing to rest even before you start an activity – can quickly cast a shadow on a bright summer day.

Here are five tips to overcome arthritis fatigue so you can make the most of the summer.

### Feed your energy

Skipping a meal is common when experiencing pain or fatigue. But this only worsens the issue by causing hormone fluctuations, which increase stress and exhaustion. To help you stay energized and nourished, prep meals when you have energy, and keep fruits, vegetables and ready-to-eat meals on hand to prevent spikes and crashes in blood sugar.

### Bust a move

It's normal to feel unmotivated to exercise when our energy is low, but when you boost cardiovascular activity, your organs receive oxygen and nutrients, triggering endorphins, which will help raise your energy levels and reduce fatigue. If you struggle with arthritis, stick to moderate, low-impact exercises, such as walking, swimming or cycling.

### Get enough sleep

Catching enough Zs is vital in preventing arthritis-related fatigue. If pain due to arthritis flare-ups is coming between you and a good night's rest, try taking a hot bath, using a heating pad, doing a gentle yoga sequence or following a guided meditation to relax into sleep and soothe your muscles and joints.

### Stay hydrated

Many people overestimate how much water they drink and wait until they are thirsty. Keeping a reusable water bottle handy, tracking your daily water intake and setting a hydration goal can make you more aware of your water consumption and prevent fatigue and dehydration, which can be especially dangerous during the summer months.

### Take care of your mental health

Our thoughts and emotions impact our physical health and vice versa, so it's no wonder that people with arthritis are twice as likely to report mood disorders like anxiety and depression. Engaging in activities that support your mental well-being can reduce fatigue and boost overall health.

Find more wellness tips from Arthritis Society Canada at [arthritis.ca/living-well](http://arthritis.ca/living-well).

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HOW TO FIND THE RIGHT ORAL HEALTH PROVIDER FOR YOU



When we think of oral health-care, we tend to think of dentists. However, the oral health field includes several other trained professionals. The new Canadian Dental Care Plan (CDCP) helps reduce the cost of dental care from a wide range of oral health providers, including dentists, dental hygienists, denturists and dental specialists. Here’s how each of these oral health providers can be part of your oral health-care team.

Dental hygienists

If you regularly go to dental clinics, you probably know that the dental hygienists on staff do much of the preventive work. They perform oral cancer screenings, assess your head, neck and jaw, clean your teeth, take your X-rays and may apply fluoride to prevent tooth decay, among other services. But you don’t need to necessarily visit a dentist clinic or receive a referral to see a dental hygienist.

Independent dental hygienists can work from their own or a shared office space, or work in places like schools and long-term care facilities. Some are even mobile, visiting clients in their homes or, in some cases, even in remote parts of the country.

Denturists

Denturists are oral health providers who specialize in dentures. You do not need a referral from a dentist to see a denturist. They work with patients who are missing some or all of their teeth and can design, fabricate and repair removable dentures.

Dental specialists

Dental specialists cover several different areas of specialization and can also provide oral health-care under the CDCP. These can include pediatric dentists specializing in children, and oral and maxillofacial surgeons treating facial injuries, deformities, and tumours or infections in your mouth. If you need to see any of these specialists, your oral health professional can provide a referral.

The Canadian Dental Care Plan Oral health is an essential part of our overall health. Yet, according to Statistics Canada, one in four Canadians avoid visiting an oral health professional due to the cost. Are you among them? If so, you should be aware of a new plan that may be available to help lower the cost of your oral health-care services.

If you’re a Canadian resident who does not have access to dental insurance and you have a family income under \$90,000, you might be eligible. This federal government plan helps reduce the cost of a wide range of oral health services, such as examinations, teeth cleaning, X-rays, fillings, dentures, root canals and oral surgeries. These services can be provided by dentists, denturists, dental hygienists and dental specialists.

Learn more at [canada.ca/dental](http://canada.ca/dental).  
[www.newscanada.com](http://www.newscanada.com)

CELEBRATE SUMMER WITH THESE EASY AND PLANET-FRIENDLY HOT DOG TOPPINGS

With summer barbecue season here, hot dogs are a must at every cookout. And, while ketchup and mustard are typically crowd-pleasers, you can keep your meals feeling fresh by getting creative with what you already have in the fridge and “upcooking” your ingredients. If you have leftover veggies from earlier meals, reduce waste by using them as fun, new toppings. Try these tasty, planet-friendly topping ideas at your next barbecue bash:

Homemade Hot Dog Toppings

Prep Time (per topping): 10-20 minutes  
Serves: 6 hot dogs

1. Summer Fresh Tomato Cucumber Salsa

Ingredients:

- 1 package of Maple Leaf Top Dogs
- 1/3 cup (80 ml) finely diced cherry tomatoes
- 3 tbsp (45 ml) finely diced cucumber
- 1 tbsp (15 ml) finely diced red onion
- 1 tsp (5 ml) flat-leaf parsley, minced

2. Hawaiian Pineapple Topper

Ingredients:

- 1 cup (237 ml) diced small pineapple
- 2 tsp (10 ml) finely chopped green onion
- 6 slices Maple Leaf Ready Crisp Bacon, prepared per package direction and chopped
- Lime, optional

3. Grilled Corn Relish

Ingredients:

- 1 cup (235 ml) grilled corn
- 2 tbsp (30 ml) finely diced red pepper
- 1 tbsp (15 ml) finely diced green pepper
- 1 tbsp (15 ml) honey mustard
- Salt and pepper, to taste

Directions for each:

- 1 Mix ingredients in a small bowl and refrigerate until ready to use.
- 2 Preheat grill to medium-high heat.
- 3 Grill hot dogs per package directions.
- 4 Place each hot dog onto a bun and add your favourite topping.

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## HAWAIIAN HEIAUS PROBING BIG ISLAND HISTORY

By Rick Millikan

Decades ago, the old Keauhou Beach Hotel introduced us to Hawaii's past. Its onsite royal cottage, petroglyphs, fresh-water fertility springs and two heiaus sparked a long interest in island history.

One massive heiau, Hapaiali'i covers one third of a shoreline acre of lava. Cut precisely, huge slabs of basalt still fit tightly together forming its rectangular platform. The hotel's cultural guide told us carbon-dating indicated its 15th century construction. He also explained how its structure provides a solar calendar. Sunshine directly above its southwest corner marked winter solstice, the summer solstice when above the northwest corner. Such solar and lunar observations resulted in the early Hawaiian's twelve-month calendar.

Years later from Hawi, we drove muddy cane

field roads toward Mo'okini Heiau. Confronted by huge puddles, we parked and walked gingerly onward to Hawaii's top archaeological site. Off the beaten track, this 5th century heiau lies deserted.

Low, rusty-red walls form its ragged rectangular shape. Amid this flat, desolate site lies a lava slab, an altar for animal sacrifices. As trade winds moan and animate tall dry grass, we visualize ancient rituals.

Just beyond, a wooden sign declares Kamehameha Akahi Aina Hanau, Kamehameha's birthplace. Being born at the time of Halley's comet, kahunas priests interpreted this as an auspicious event. They predicted that a newborn baby like Kamehameha would become king.

Nowadays, our investigations often include heiaus enclosed in Pu'uuhonua o Honaunau National Park. Crossing the former royal compound under coconut palms, we head past shaded canoe shelters, thatched workhouses, and simple dwellings toward the Place of Refuge. Lava-slabs are set up for playing konane. These archaic game-boards evoke storied contests between chiefs. We imagine young Kamehameha strategically moving the white coral and black lava bits around its flat surface...becoming a renowned champion.

Carved snarling gods rise opposite a sandy cove. These wooden tikis flank a large, thatched mausoleum containing twenty-three revered chiefs' bones. These fearsome idols also guard the refuge entrance. Law breakers and defeated warriors once raced around the Great Wall for safety.

Inside, three heiaus survived tsunami devastation. Ale'ale'a Heiau is the largest and best restored structure. Here, we visualize kahuna priests judging refuge seekers. These kapu breakers could be women defiantly eating bananas, coconuts or pork; villagers wearing flamboyant yellow or red feathers reserved for chiefs; folks innocently entering royals' personal space. After time, Kahunas forgave these wayward miscreants, allowing their return to families.

A brochure recounts a famed fugitive. Quarrelling with husband King Kamehameha, Queen Ka'ahumanu swam to this sanctuary. Beside Ale'ale'a Heiau, a sign marks the volcanic slab under which she hid. Hearing her little dog barking, King Kamehameha soon found her!

The legendary 'Ale'ale'a Heiau became a temple of pleasure. Alii climbed kauila-wood ladders to relax atop the platform...and watch hula! A long ground level basalt block below provides further seating. Postholes recall its former thatched canopy that shaded alii viewing ocean activities.

Hawaii's most noticeable temple is Kailua's



Ahu'ena Heiau. This replicated temple rises on an islet off King Kamehameha Hotel's white sand beach. A wooden golden plover, the healing god, stands beside this heiau.

King Kamehameha ultimately administered his Hawaiian Kingdom from its thatched drum house. One far-reaching decision dealt with the offspring of Captain Vancouver's gifted calves wreaking destruction around villages. He hired John Parker to corral these feral critters. Over time, Parker developed a vast ranch and Hawaii's important beef and leather industries.

When King Kamehameha died, Queen Kaahumanu and son Kamehameha II broke kapu by dining together. This subversive act undermined traditional religion. Heiaus were abandoned, destroyed and left to ruin. Fortunately, remaining heiaus invoke Hawaii's remarkable history.



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**Details on page 3.**



## WHY YOU NEED TO FEED YOUR GARDEN



Just as people need an adequate and consistent diet to grow and stay healthy, plants also need proper nutrition. As plants grow, they extract nutrients from the soil. Those nutrients need to be replenished. Fertilizer is food for plants, providing them with these important nutrients. For the most lush, green garden with strong, healthy leaves and root systems, it is important to feed your plants, and to do it right. Simply follow the 4Rs: the right source at the right rate, the right time and the right place.

## The right source

When reviewing fertilizer, you'll notice it has three numbers on the bag. This indicates the ratio of the three main fertilizers inside: nitrogen, phosphorus and potassium (NPK). For example, if

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the bag says 21-4-3 it contains 21 per cent nitrogen, 4 per cent phosphorus and 3 per cent potassium. Nitrogen is important for boosting growth and green colour, phosphorus feeds seedlings and fosters new root growth, and potassium is important for all-around health and protects against disease and stress.

## The right rate

Follow the instructions on the bag and don't be heavy-handed; more is not always better. Using a fertilizer spreader on your lawn will help disperse it evenly. Uneven application can result in variations in colour or burning if overapplied. Never spread fertilizer by hand. There are granular and water-soluble fertilizers available for use in your garden.

## The right time

Fertilize your lawn every other month beginning in April, or when it begins to get green, and continue into the fall before the ground freezes. Fertilize your garden with granular fertilizer monthly or weekly with a water-soluble product.

## The right place

Follow the instructions on the package and use the appropriate tools to ensure the fertilizer is in the optimal place for the plant. Avoid applying fertilizer before heavy rain to ensure the nutrients stay in the soil where the plants can feast on them.

If you have leftover fertilizer, you can use it, share it or store it. Consistent fertilizing helps plants develop strong, healthy root systems that make them resistant to heat, drought and wear. Sharing fertilizer with family, friends or neighbours helps them grow beautiful, lush lawns and gardens. Store fertilizer in a dry place out of direct sunlight in the same packaging it came in.

Growing a green, lush garden is easy when you follow the 4Rs. Find more information on lawn care at [fertilizercanada.ca/lawncare](http://fertilizercanada.ca/lawncare).

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## TIPS TO PROTECT YOUR GARDEN AND LAWN FROM DROUGHT



For the past few years, Canada has been experiencing drought conditions. This means less moisture in the soil. We often think about the impact droughts have on agriculture, but they also impact lawns, plants and gardens.

Follow these tips to keep your lawn and garden lush, green and healthy.

Strong, healthy plants with deep root systems are better able to withstand dry conditions. To strengthen your plants, feed them fertilizer. Fertilize your lawn when it begins to get green and continue every other month until late fall when temperatures drop and the ground freezes. Fertilize your garden with granular fertilizer monthly or weekly with a water-soluble product. Make sure you use the right mix of fertilizer; nitrogen boosts growth, phosphorus fosters root growth and potassium protects against disease and stress, like droughts.

When selecting plants and types of grass, look for options that are more resistant to heat and dry conditions. For example, lavender is a drought-resistant plant, and Kentucky bluegrass does better in dry conditions.

When you water your garden, do so low and slow to allow for maximum absorption. Avoid watering it during the hottest times of the day, as evaporation is higher.

To keep more moisture in the soil and limit evaporation, cover it with mulch or plants with large foliage that blocks direct sunlight.

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# Dentures VS Dentures on Implants

*A better life is possible with secure and functional teeth*

Dental implants are widely considered the standard in tooth replacement. They give denture wearers the fit, feel and function of natural teeth. You can eat all the foods you love, speak without fear or worry, and confidently go about your day never thinking twice about your teeth. Regardless of age, dental implants provide an excellent solution to secure teeth and prevent bone loss.

**What are dental implants?**

Dental implants are small titanium screws that are gently placed during a surgical procedure. They can retain or support a partial or complete denture to function more like natural teeth.

**Preventing Bone Loss in the Jaw**

Apart from being able to smile, eat, speak with confidence, and look better; dental implants are well known in their ability to preserve bone in the jaw. The jaw bone will shrink over time (deteriorate), making it difficult to wear a conventional denture or have dental implants placed as an option in the future. Dental implants protect the integrity of the facial structure to keep you looking younger. There may also be an option to have dental implants placed at the same time as tooth extractions to streamline your treatment.



Natural Teeth



Resorption: 10 Years



Resorption: 30 Years

**How many dental implants are necessary to secure a denture?**

The number of implants a person requires will depend on the prosthetic (denture) design. The denturist will determine the prosthetic design that will provide the best results for fit, function and esthetics. The denturist will then work with you and the dental implant specialist to finalize the treatment and determine how many dental implants you may need.

**What is the cost of dental implant treatment?**

Dental implant treatment costs will vary based on the prosthetic (denture) design and number of implants needed to secure the denture. At your complimentary consultation, we will provide you with an estimate of the cost of dental implant treatment based on the outcome you would like to see. When initially comparing a conventional denture with a denture on implants, dentures are a more affordable option for tooth replacement however, over the long term, a denture on implants offers the most satisfaction.



View Video

If you do not have a dental insurance plan there are some good options available to finance your dental treatment such a line of credit through your financial institution. Third-party financing options are also available for patients who qualify and we can assist with the application. The good news is that the cost of your dental treatment, including dentures and dental implants, can be used as a medical expense deduction when you file your annual income tax return.

Dentures on Implants	VS	Conventional Dentures
Dental implants preserve remaining jawbone and maintain facial structure (keeps you looking young)		Decreasing jawbone quality can lead to further deterioration of facial structure
Strong, stable and securely attached to the jaw; fits comfortably, no sore spots		Often moves around; can cause discomfort and potential for sore spots
Denture feels and functions like natural teeth		Can feel unnatural
No need for denture adhesive		May need denture adhesive
Helps restore normal chewing capacity, able to eat hard foods and speak with confidence		Low bite force, harder to eat, restricted chewing capacity, often have to avoid certain foods
The prosthetic (denture) is smaller in size, open palate design available for upper dentures, Retained and Supported denture designs available		Larger denture size, no option for an open palate design
Improved function and aesthetics		Limited function and aesthetics, results may be challenging to achieve
Dental implants bring a level of freedom and confidence that exceed expectations		Social limitations due to lack of stability in the fit

**About Us**

The denturists at Brookwood Denture Clinic are ‘trusted partners’ in the dental community. They provide conventional dentures, precision dentures and have changed hundreds of lives with dentures on implants. The denturists work in partnership with dental implant specialists in the community that are experienced in dental implant placement.

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