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# TODAY'S SENIOR NEWSMAGAZINE



Stuck Between a Rock and a Hard Place - By Diane Tijman Full Article page 16

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# ACCORDION TO DAN



In the English language, the words 'front and back' are often acceptable, but when it comes to ships or boats it would create a 'stern' reaction and indeed be an 'afroft'. However, bow and stern sounds 'ship shape' when it comes to using proper grammar. Thus, seeing a boat named Global Warming, the following bit of rhyme went cruising 'out to sea'.

### CRUISING BACK A BIT

Not all that long ago, the word carbon often was linked to carbon paper. It was amazing technology then, because with a manual typewriter one could create instant copies. Nowadays we have 'carbon' tax to decrease climate warming, hopefully sooner than later! A major problem that has turned out to be economically and politically an inconvenient truth for our planet north, east, west and south... or N.E.W.S.!

So much has changed, so quickly since the days of regular and supreme gasoline. The era of the Model T Ford to freeways and suburban innovation and high-rise views. Oh my, the changes you and I have seen over the years, eh? New vocabulary and expressions such as latest breaking news, many people working a gig economy, online banking, emails, texting, scams, cellphones, and computers. Also, of course, the price for food, housing, and mortgages so many of us mortals somehow manage

to pay. It sure is a long way removed from the music that helped us sooth our souls such as the song lyrics, Oh give me a home where the deer and the antelope play.

### WHAT ARE THE COSTS?

Remember the days down in Vancouver where Waterfront Station is today, pre fast food and rapid transit times. We could jump on the CPR Canadian and leisurely and economically head out to Banff and explore the Rocky Mountain high like John Denver used to sing. Hotels and motels and the pace of life was relatively much more affordable and relaxing. Thus, the following.

### DO YOU REMEMBER?

Banff Avenue, Lake Louise, Emerald Lake. The valley of the ten peaks. Tunnel Mountain, the CPR Canadian. For goodness's sake, back to around nineteen sixty-two; the way of life how it was then. Oh my, what some of those special memories still can do! Back to those backward non digital times when scenic postcards and handwritten letters were delivered by the post office; and the word Amazon was exclusively connected to a river. When Rapid Transit was still an undiscovered saying. Today's seniors experienced a pre-digital and skyping time, a slower part of life, rhythm and rhyme. Some of us ponder, perhaps, if there is a price today, we are all paying.

### THERE WAS NO BUSINESS LIKE SHOW BUSINESS

Remember Roger Miller's England swings like a pendulum do; Bobbies on their bicycles, two by two. How about our Terry Jack singing Seasons In The Sun. Goodness, what some of those old hits emotionally still can do. Remember the Poppy Family just a few years ago, eh? How about Tony Bennett, Teresa Brewer and way back to Doris Day.

Raffi, the Limelighters, the Kingston Trio and Frank Sinatra singing Paul Anka's incredible song My Way, Mitzi Gaynor and Rossano Brazzi in South Pacific. Richard Burton and Julie Andrews and Robert Goulet in Camelot. During the JFK era, some of us are still caught. Oh, my goodness, Gilbert and Sullivan productions such as Pinafore, The Mikado and Trial By Jury remain absolutely terrific. Going all over the musical map like Elvis, the Beatles, Luciano Pavarotti, Beethoven to Gershwin's Rhapsody in Blue, Louis Armstrong singing Wonderful World, and who could ever forget Harry Belafonte and what he achieved for music and civil rights.

### A FEW MORE MEMORIES OF BC TO SHARE

Just recently put to pasture, the Mars water bombers floating peacefully on Sproat Lake. The old steam locomotive by the tennis courts in Kitsilano. Of course, the CPR ships that sailed from Vancouver to Nanaimo. Where did all those days go? On Vancouver's Georgia Street, Kellys Records, the Strand Theatre and the main post office. Do you remember the Pacific Stage Lines bus terminal and, close by, the Alcazar Hotel. So many memories have now vanished. Clark and Stewart, that stationary store, Army and Navy, Wosks, Woodwards; so many changes over the past years. The Black Ball Ferry lines – Bainbridge, Smokwa and the Union Steamships – serving the Sunshine Coast. Of course, how could one forget, Woolworths and Simpson Sears. For many of us, they still have a special meaning of a time now increasingly nostalgic and sublime.

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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 : When it comes to Global Warming, have we missed the boat? (Photo: Dan Propp)

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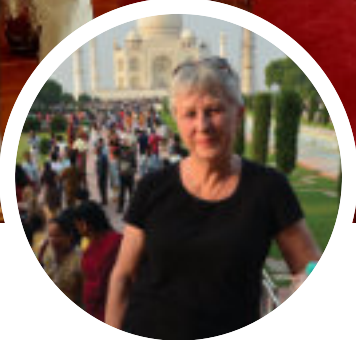
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## CHRIST CHURCH ANGLICAN CELEBRATE 140 YEARS

By Ursula Maxwell-Lewis

Historic Christ Church (Anglican) is now 140 years old. The occasion was celebrated recently with a gathering of parishioners, friends and historians. As autumn sun flooded through the stained glass windows anchored in the elegant locally logged timber structure, Cloverdale-born historian Alan Clegg welcomed guests by describing the early years of what has become a thriving city.

Jean Price (93), granddaughter of the church's first pastor, Reverend William Bell, read from family

reminiscences. Bell was the missionary who arrived from Ontario in 1884 to establish churches in the Cloverdale area. Like all early settlers, he covered the heavily forested emerging farmlands on foot or on horseback.

Among those present were Lorrie Brown and her daughter Jamie, descendants of the Brown family pioneers. Northview Golf and Country Club, 6857-168th St., Surrey, is where the original Brown farm was located.

History records that Rev. Bell immediately arranged for his new bride to stay with the Browns until she had mastered the fine art of bread making. Hitching up their horse and cart, the Rev and Mrs Bell set off on the long trip up and over the hill to the farm. For the next week Mrs Bell was a guest at the farm while she efficiently mastered this essential new survival skill.

Built in 1884 by pioneers seeking a place of worship and community, the landmark Carpenter Gothic Revival style wooden structure was a place of worship and a community hub for early settlers. The bell tower was added later. It was funded by a local family whose 6-year-old son drowned in the nearby Serpentine River

Adjoining the historic church is Surrey Centre Cemetery where visitors can reflect on Surrey history inscribed on headstones marking the resting places of those whose names still featured throughout the community.

A veterans' cemetery is also part of the larger cemetery area. Over time, the site has become a symbol of heritage preservation, connecting modern Surrey to its pioneer past.

In 1979, the church building was designated a municipal heritage site. Today, Christ Church remains active, hosting regular services and community events while serving as a poignant reminder of the city's origins and the enduring legacy of those who built it.

Christ Church is located at 16631 Old McClellan Road, Surrey. For further information call the Vicar, The Venerable Louie Engnan at 604 576-2216

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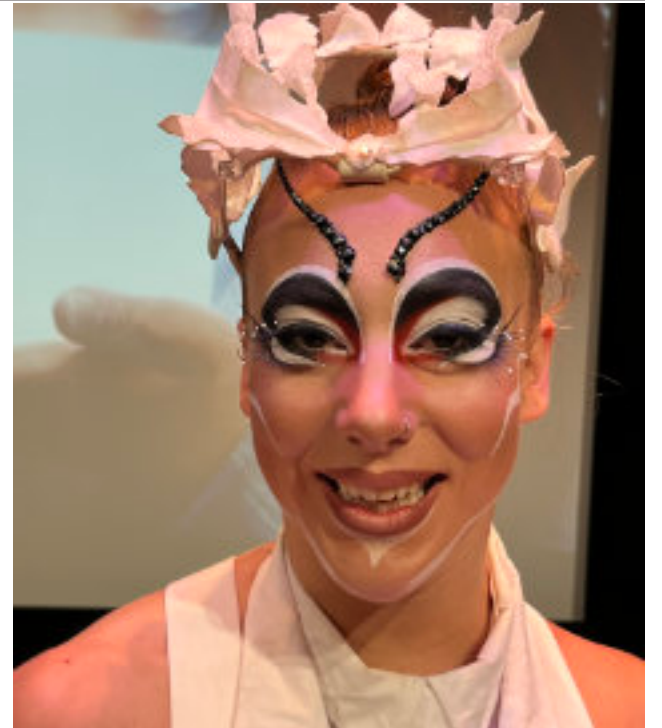
Focusing in hard to fit dentures and I thought why not. Nothing else worked over the years. And to my surprise I found someone who cares and was patient.

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

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

Lillian, Surrey

Photos by Ursula Maxwell-Lewis  
 Top Left: Alan Clegg introduces Jean Price (right)  
 Top Right: Historic Christ Church, Surrey Centre  
 Middle: Historic Christ Church, a welcoming interior  
 Bottom: The first Christ Church Bible. The first Christ Church Bible.



## CIRQUE DU SOLEIL ENTHRALS EVERYONE.

red puppet towered above us and the Hungarian Henrik Veres not only juggled but played Ewai the dog.

With members balancing on loose not tight ropes and others flying through the air to land on other's shoulders, one almost needs to see Echo twice to absorb all the acts. I certainly left on a high after witnessing this latest creation of Cirque du Soleil!

*Photos all by Lenora Hayman.*

Top Left: Aerialist landing on huge red puppet.

Top Middle: Animals flying off the CUBE.

Top Right Penelope Scheidler.

Middle Right: Charlotte O'Sullivan & Penelope Scheidler suspended by their hair.



Article & photos by Lenora A. Hayman. The Cirque du Soleil's ECHO under the Big Top at Concord Pacific Place to Jan 5, 2025 tells the story of a gal named Future who travels through a world where humans dressed in blue and white cloud-printed or colour-dipped costumes live harmoniously with animals dressed in white and wearing fabulous masks.

I loved the vertical sky-dance ballet opener on the two-storey Echo Cube centrepiece. Also the acrobats, Austria's beautiful Penelope Scheidler and Canada's Charlotte O'Sullivan twirling above us, like fireflies and only joined by a swivel threaded between their hair topknots, was death-defying. An amazing huge,



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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.

### The Role of the Executor, it's an honour to be asked but it comes with great responsibilities.

Appointing an executor may be one of the most important decisions related to an estate plan. Being trusted as an executor to carry out someone's wishes after they've passed can be one of the biggest responsibilities an individual can take on. Estate administration is ever evolving and is more challenging today than ever before. Understanding what may be in store for a future executor can be helpful for those choosing one and those being chosen for this critical role.

#### What is an executor?

An executor is usually a person but can also be a trust company named in a will. The executor collects and oversees estate assets, pays the deceased's debts, and divides what remains of the estate among beneficiaries named in the will to inherit the estate. There can also be more than one named executor (co-executors or alternate executors).

#### Duties and liabilities of an executor

The duties of an executor can be broad and span multiple years. As a starting point, our Checklist of Executor's Duties provides a robust list of tasks for your reference to help keep you on track.

The process starts when a person passes away. The executor may be part of making funeral arrangements and collecting important documentation such as the deceased's will and tax returns.<sup>1</sup> Assets—including financial, physical, and personal effects—will need to be accounted for and safeguarded on behalf of the estate's beneficiaries. Contacting various third parties can be important and time-consuming to make sure all bills are paid, accounts closed, and insurance claims are made.

Before distributions can be made, it's important for the executor to address the deceased's creditors and complete all tax returns. Should any claims be made against the estate (for example, dependent's relief), the executor must remain neutral when working towards a resolution. Generally, the executor is not personally liable for the deceased's debts or any financial obligations of the estate. However, an executor can be found personally liable if the estate assets are distributed to beneficiaries before payment of all estate debts. In such cases it's important to resolve all outstanding estate debts before making a final distribution to beneficiaries.

At various points in the estate administration process, the executor may find that professional help is required. Where appropriate and necessary, the executor can enlist the help of an accountant or lawyer to help with tax returns or legal issues that may arise. Such professional services are expenses for the estate and not for the executor personally.

Finally, after the assets of the estate are collected, all debts and taxes are paid, and claims against the estate are settled, the executor can distribute the remaining value of the estate to the beneficiaries according to the instructions in the will.

#### Insolvent estate and declining to act

What happens if the estate doesn't have enough assets to cover the deceased's liabilities? When an estate is insolvent, provincial legislation may dictate the order of distribution from the estate, including prioritizing the payment of various expenses. Given the significant challenges that come with an insolvent estate, an executor may consider simply declining to act.

An executor can decline to act for solvent estates as well. It's important for an executor to make this decision prior to acting in any capacity for the estate. The process for declining (or being removed as an executor after acting) can be difficult and costly. This can be avoided by having a frank discussion with the person considering naming you as executor while that person is alive.

#### Executor compensation

An executor is entitled to compensation, which would be taxable income for the executor. Generally, this compensation is a percentage of the estate's assets, ranging from 1% to 5% of the deceased's estate. Fair compensation for an executor's services is based on many factors, including (but not limited to):

- gross value of the estate
- complexity of the work involved
- amount of skill, time, and specialized knowledge required.

Clarifying executor compensation in your will can avoid potential conflicts with beneficiaries and may help reduce the tax burden for the executor.

#### Considerations for choosing an executor

When deciding who should be your executor, consider these questions:

- Do they have the time to devote to estate administration?
- Are they willing and able?
- Do they possess integrity, objectivity, and good judgment?
- Are they financially and administratively inclined?
- Are they familiar with your affairs?

Ideally, your chosen executor will be a resident of the same province as you. Having an executor living in another province or country can add delays, complexity, and costs to your estate administration. It can also make the already difficult role of executor even more challenging.

Individuals such as a spouse, family member, or friend may be cost-effective choices, but consider whether they have the skills to administer your estate and manage the expectations of your beneficiaries. A lawyer, accountant, or trust company may cost more, but they may have the skills and resources necessary to manage all the tasks before them.

The role of the executor is growing in scope and complexity. Estate administration may take years to complete. Assets of the estate may be numerous and located in multiple jurisdictions around the world. As such, care should be taken when naming an executor (including co-executors and alternate executors) who's willing and able to see your wishes through.

Executors, you're not alone. You can enlist the help of professionals to guide you through the challenging aspects of the estate. Remember, the role of the executor is a critical one; at times

rewarding, but not without its challenges.

Understanding what may be in store for a future executor can be helpful for choosing one and for being chosen for this critical role.

1 The Canada Revenue Agency has produced their own checklist called "What to Do Following a Death." This can help estate representatives with income tax and benefits related items of the deceased individual.

If you have any questions about any of the above you should speak with a lawyer, or a Notary. You can also contact Rick Singh at CRS Financial Group. Call 604-535-3367 or email: rick@crsfinancial.ca. or visit us at our office in Rosemary Heights, Surrey at Suite 220-3388 Rosemary Heights Crescent, Surrey BC. V3Z 0K7.

Source: Manulife investments Tax and Estate planning, Sept 18th 2024.

## 5 REASONS YOU SHOULD EAT MORE STRAWBERRIES

Did you know strawberries are one of the healthiest fruits? Here are five reasons why incorporating more of these sweet berries is a smart choice.

1 Immunity strength: Just one cup of strawberries has 95 per cent of Health Canada's recommended daily value of vitamin C.

2 Nutritional powerhouse: Strawberries are packed with a variety of other beneficial nutrients, including potassium, folate and fibre.

3 Digestive support: A serving of eight strawberries provides three grams of both soluble and insoluble fibre.

4 Naturally sweet goodness: Strawberries, with their natural sweetness and low-calorie count, offer a delicious treat without excessive sugar content, making them a satisfying choice for those seeking balance in their diet.

5 Versatility: One serving of eight strawberries is the perfect addition to any snack or mealtime – be it a mid-morning energy boost, a healthy evening treat, or a delicious accessory to a sweet or savoury recipe.

Canadians can enjoy the delicious taste and health benefits of fresh strawberries year-round by looking for strawberries grown in California. Find more nutritional information at [californiastrawberries.com](http://californiastrawberries.com).

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## THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

### INSOMNIA: CAUSES, SLEEP HYGIENE, AND NATURAL ALTERNATIVES

A new Canadian study estimated the prevalence of insomnia and the use of sleep aids among adults and showed that 24.6% were dissatisfied with their sleep, 16.3% met the criteria for insomnia disorder, 14.7% used prescribed sleep medications, 28.7% used natural products or over-the-counter aids, and 9.7% used alcohol for sleep. The consequences of insomnia are far-reaching, including fatigue, impaired cognitive function, irritability, and long-term health risks like heart disease and diabetes.

#### Causes of Insomnia

Stress and anxiety are among the most common causes, leading to racing thoughts and an inability to relax at bedtime. Shift work and menopausal night sweats can disrupt the body's natural sleep-wake cycle, known as the circadian rhythm. Medical conditions like sleep apnea, asthma, anemia, depression, chronic pain, and acid reflux can disrupt the normal sleep process. Certain medications, particularly stimulants or those that alter brain chemistry, can exacerbate insomnia.

#### Sleep Hygiene

One of the first steps is improving sleep hygiene to promote consistent, restorative sleep. This involves creating an environment conducive to sleep and establishing healthy bedtime routines. This includes:

1. Maintaining a regular sleep schedule, going to bed and waking up at the same time daily, even on weekends.
2. Creating a relaxing pre-sleep routine, such as reading or taking a warm bath to signal to the body that it is time to wind down.
3. Limiting exposure to screens (phones, computers, TVs) in the hour before bed, as the blue light interferes with the production of melatonin, which regulates sleep.
4. Creating a comfortable sleep environment, ensuring that the room is dark, quiet, and cool.
5. Avoiding caffeine, nicotine, and alcohol before bed, as these substances are neuro-stimulants. Alcohol can be calming at first but can interfere with the production of L-Tryptophan into the brain which is needed to make melatonin.

6. Exercising regularly, but avoiding vigorous physical activity close to bedtime.

#### Natural Supplements for Insomnia

Melatonin, a hormone that regulates the sleep-wake cycle is particularly beneficial for those experiencing jet lag or shift work-related insomnia and more helpful for falling asleep unless you are using a variable-release melatonin supplement which will mimic how melatonin rises and falls in the body. With Metagenics' MetaSleep's time-release technology, your body absorbs 50% in the first hour and the rest over 5+ hours, to support a healthy sleep pattern. It also contains kava root, which promotes mental calmness during times of stress for better sleep quality.

GABA (Gamma-Aminobutyric Acid), has shown promise in calming the nervous system and reducing sleep latency. Studies suggest it may help individuals fall asleep faster, especially when combined with other calming substances like L-Theanine. Liposomal GABA (Designs For Health) with L-Theanine can be used at bedtime and upon waking up in the middle of the night to help with falling back to sleep.

*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.*

## 5 WAYS TO PROTECT YOURSELF ONLINE

Between work, entertainment and staying in touch with friends and family, we spend many of our waking hours living in a digital world. While there are certainly many benefits of being connected to the online world, we're also increasingly at risk of cyber attacks. Here are five ways to protect yourself online.

#### Use passwords wisely

By now, most people know that you shouldn't use easy-to-guess passwords for websites and apps, like your child's name or the word "password." Create a unique password for every site you register with. That way, your other accounts won't be at risk if the site is hacked. Each password should be at least 12 characters long and have a combination of uppercase and lowercase letters, numbers and symbols. If you're worried about remembering these, another more secure option is to use a passphrase. This is a mix of four or more random words, using a minimum of 15 characters, that are strung together that you can remember but would be very hard for someone else to guess.

Sign up for multi-factor authentication Multi-factor authentication (MFA) adds an extra step to the login process and an extra layer of security to your accounts and devices. MFA can be something about you (like a fingerprint or facial recognition), something you know (like a PIN or security question) or something you own (like tokens or authenticators). MFA helps ensure it really is you trying to log into your account.

#### Share info safely

Before entering your credit card number or other personal information on a site, make sure it's legitimate. Scammers have set up countless spoofed (fake) websites that pretend to be the homepages of retailers and banks to try to steal from you. Make sure the URL is accurately spelled out, has HTTPS at the beginning (the S stands for secure) and has a locked padlock symbol beside it.

#### Be tech smart

Set up all your devices so that they require a password to open them. Be vigilant in installing software

updates and patches as soon as they're available and set up automatic updates wherever possible.

Be cautious when using Wi-Fi outside of your private network. Avoid using public Wi-Fi if possible; but if necessary, use a virtual private network (VPN) to help protect your information while using.

When you're done working on a secure site, use the log-out function. You can also clear your browser's cache and history before and after you log onto a secure site like your bank.

Monitor your accounts Even if you take all these precautions, there are still chances a scammer could sneak past your defences. Use an anti-virus software and a firewall to help prevent and detect suspicious activity on your devices and network. You should also regularly review your banking and credit card statements for unusual charges. If you do see something suspicious, contact your bank immediately.

Find more cyber safety tips at [getcybersafe.ca](http://getcybersafe.ca).  
[www.newscanada.com](http://www.newscanada.com)

## 5 TIPS FOR MANAGING CHRONIC PAIN

Chronic pain is one of the most common symptoms impacting daily life and quality of life for people with arthritis. An important part of arthritis pain control is self-management, including activities and supports you can use on your own to reduce joint pain. Here are five strategies to help you take an active role in arthritis pain relief.

1 Physical activity and exercise Arthritis may cause you to avoid physical activity for several reasons, including the fear of making your arthritis worse because movement is painful or because you are fatigued. Although it may be difficult to stay active when living with joint pain, maintaining regular physical activity can be an important part of pain control and retraining the brain to experience pain less intensely.

2 Eating well There is no miracle diet for arthritis, but food can play a significant role in arthritis pain control. What we eat can impact inflammation, energy levels, mood and weight, which are all factors in how we experience pain. A diet rich in vegetables, fruits, whole grains, lean proteins and healthy fats can help reduce inflammation and manage weight.

3 Heat or cold therapy Heat and cold therapies can be helpful for short-term pain relief. Cold therapy can be used to reduce pain, inflammation and swelling if your joints are hot and swollen. Heat therapy is helpful for relaxing muscles and improving circulation. Be sure to protect yourself by placing a cloth or towel between the heat/cold treatment and your skin.

4 Mindfulness meditation and other mind-body approaches The brain is a powerful tool that can help control our experience of pain. Science has shown that techniques such as mindfulness meditation, cognitive behavioural therapy, distraction and visualization may help reduce the intensity of the physical pain we experience.

5 Assistive devices and joint protection Taking action to protect your joints and minimize joint strain can help reduce arthritis pain and make daily tasks easier. Assistive devices including tools and gadgets, mobility aids, medical equipment or other technologies can help you perform activities of daily living more easily, including cooking, walking or getting dressed.

Find more tips on pain management from Arthritis Society Canada at [arthritis.ca](http://arthritis.ca).

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## WRITE AS I PLEASE

By Mel Kositsky

It is the “perfect” time to explore the many “Ps” of “Politics”.

There is no better place to start than with the Big “P” – the “pending” election of the new “President” of the United States on Tuesday, November 5. This will be a historic day no matter which candidate wins – and a “picnic” for political scientists and “pundits” who seem to control the media these days.

It will be seen as either a victory for the “Progressives” or a return to the right – and similar the growing “populism” movements in many countries. The U.S. is already on the road to more “protectionism”, even after four years of a Democratic administration.

The new President will immediately have to cope with not only the “pressure” of world affairs as the leader of the free world, but also with uniting a very divided country following a vigorous and exhausting campaign filled with many “personal” attacks.

But such is the nature of the political beast these days!

Politics has really become a vicious “blood sport”, and all candidates must now face the “perils” and “pitfalls” of identity politics, complete with attack advertising and cruel, mindless posts on social media. If you want to become a “public” figure, you must be able to withstand the heat in the kitchen when you take to the “podium”. That old community

soapbox no longer exists.

When the new President takes over “power” in January 2025, the transition team must be “prepared” for the unexpected as they start to unravel the campaign “policies”. No one really expects a repeat of the actions which took place last time -- and etched January 6, 2021 as a memorable date in American history. But something similar could easily happen if tempers continue to flare.

A politician these days must “persevere” along the campaign trail and that takes a lot of “patience”. Sometimes candidates must just wait their turn for the right opening because in politics timing is everything.

There is no doubt one must have just the right “personality” to deal with not only the media, but all others, including “party” members who are not always on your side. Things can change quickly in any political arena. The “pendulum” swings both ways.

Canada just went through a number of provincial elections and federal byelections, with more to come before a full national vote gets under way. That is expected sometime in 2025 but it could come earlier or later than the scheduled October date.

While the current minority government has lasted longer than most in history, there is much uncertainty on “Parliament Hill” in Ottawa, and changes to the Canada Election Act are “pending” as discussions on Bill C-65 continue. Among those changes is a proposed new election date.

Unfortunately, today’s politics has become much too “physical” and it is no longer confined to just name calling. From the two reported assassination attempts of former President Donald Trump to vandalism of elected representatives’ homes and offices, it is dangerous out there. Some “protests” have crossed over the line.

Today’s politicians must not only have “pride” in their community but must maintain a high degree of “passion” in order to carry out their work and reach their “potential”. That requires a “positive” attitude on a daily basis as there is no room for “pessimism” if you want to demonstrate good leadership skills.

They will also need to develop the “power of persuasion” if they want their ideas to move forward.

They must remember that a good idea is only achieved if they succeed in convincing others to support it. Sometimes that requires using a lot of “psychology” on your colleagues – friends and opponents – in order to reach a compromise.

Lone wolves may get a lot of “publicity” but they rarely succeed. Democracy is not a dictatorship -- although some leaders seem to think so. And the old axiom that -- any publicity (good or bad) is helpful to any campaign if it keeps your name in the news – seems to be proven over and over again.

More and more our governments are moving towards a very combative two-party system. Independent thinkers find it hard to get their views across and we are losing our “philosophers” to rigid enforcement by party whips. The concept of “principle” is being lost in the shuffle.

Running for office is a life changing experience. Once you become a candidate for any order of government you become a “public” figure and embark on a journey that takes great commitment – and often earns you little recognition.

You must believe you have great “potential” to become a leader but always keep things in “perspective” as the many “partisan” issues that arise may dictate your “popularity” and impact your future success.

But never give up on your dream!

You must always “push” yourself while others doubt you. You will have to “pick” yourself up when you fall. You must “promise” yourself that you’ll never give up and “prove” to yourself that you are doing the right thing.

And always be “proud” of who you are and what you stand for!

**As we get ready to remember those who sacrificed their lives and proudly fought to defend democracy and give us the freedoms we enjoy today, may peace be with you.**

**Take the time this year to recognize and honour those fallen and wounded soldiers on Remembrance Day at the eleventh hour of the eleventh day of the eleventh month. “Lest We Forget!”**

## SURREY UNVEILS NEW AGE FRIENDLY ACTION PLAN TO SUPPORT RESIDENTS 55+

**The City of Surrey has launched its first-ever Age Friendly Action Plan, a key initiative to support residents ages 55 and older in leading healthier, more active, and engaged lives.**

Surrey, BC – The City of Surrey has launched its first-ever Age Friendly Action Plan, a key initiative to support residents ages 55 and older in leading healthier, more active, and engaged lives. Developed in collaboration with the Surrey Age Friendly Network and informed by community feedback, this action plan focuses on ensuring that Surrey meets the diverse needs of older adults throughout the city and remains inclusive, welcoming and accessible for everyone.

“The Age Friendly Action Plan aims to enhance the well-being and vitality of older adults in Surrey, empowering them to lead active and fulfilling lives,” said Mayor Brenda Locke. “This comprehensive plan is a testament to our commitment to fostering a community that prioritizes vital needs such as safety, transportation,

housing, and accessibility. Council is taking a leading role in creating an age-friendly city and we look forward to bringing this vision to life.”

Four key focus areas include:

1 Safety, Health, and Wellness: Seniors are supported to be active and engaged in their community, with engagement practices in place to prevent isolation.

2 Transportation: Seniors have a range of safe, convenient, and affordable transportation choices.

3 Home: Seniors have access to affordable and appropriate housing, with the necessary support to remain as independent as possible.

4 Buildings and Outdoor Spaces: Public places, outdoor spaces, and buildings are designed to be welcoming, safe, and accessible for all.

Surrey is committed to creating partnerships across all sectors to meet the evolving needs of residents aged 55 and older. The City is working closely with community partners to ensure the plan’s implementation in the coming years. To learn more about Surrey’s age-friendly programs and services, visit [surrey.ca/seniors](https://www.surrey.ca/seniors).

The City of Surrey recognizes the contributions of its community partners in developing the Age Friendly Action Plan and supported by the Age-Friendly Communities Grant, provided by BC Healthy Communities.

*From Surrey News - <https://www.surrey.ca/>*

## HOW TECH CAN HELP YOU TAKE CHARGE OF YOUR HEALTH

Canada is facing a doctor shortage, which may impact your access to a family physician if your current one retires or if you move. This is particularly concerning for adults 65 and older, who face increased risks of diseases and health complications.

Here are two easy technology-based solutions to help loved ones think proactively about their health:

**Virtual care:** With virtual care services, you can consult with doctors from the comfort of your home, regardless of location or mobility. One option for virtual care is Maple, a platform offering monthly memberships to chat with a primary care provider at any time of day or night.

**Better health monitoring:** Wearable health monitors, like smartwatches, and automatic pill dispensers make it easier than ever to track your health.

Thinking proactively about health can help individuals stay healthy for longer. Learn more about virtual health-care options at [getmaple.ca](https://getmaple.ca).

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



# IMMUNOCOMPROMISED? HERE ARE 3 THINGS TO BE AWARE OF



If your immune system doesn't work the way it's supposed to – maybe you take immune suppressing treatments for rheumatoid arthritis, or you've had an organ transplant – you're probably aware that you have a harder time fighting infection. Here are a few common areas of risk to be aware of:

### Food safety

While nobody wants to get food poisoning, generally people can recover quickly. However, food poisoning can occasionally cause serious

complications – mainly for those who have compromised immune systems. Talk to your health-care team about any foods that put you at greater risk for food poisoning, such as fresh deli meats or raw seafood.

### Dormant viruses

Everyone gets a cold or flu from time to time and usually fully recovers. However, at times, certain viruses may remain dormant in your body and then re-activate later when your immune system is weak.

Cytomegalovirus, or CMV, is one that as many as half of Canadian adults have been exposed to in their lifetime, but thanks to their healthy immune systems, it goes unnoticed. But, for those who are immunocompromised or received a transplant, this virus can be dangerous.

For immunocompromised adults, particularly those who have had an organ transplant, CMV may bring joint pain, an inflamed liver and various blood disorders. In many cases, transplant patients who get CMV have a reactivation of the CMV virus that's been dormant in them since childhood. Transplant recipients are at higher risk because medications they must take to help prevent organ rejection have a major effect on the immune system's ability to fight infections.

### Pet care reminders

Our furry – or scaly or feathered – friends are incredibly important to us. But it's smart to be aware of health risks they occasionally carry. If you adopt a new pet, be certain to have it checked for parasites, viruses and bacteria that can transfer to humans. Remember to apply appropriate preventative treatments if your pet spends time outside, and regularly wash their bedding or blankets.

Many pets also have bacteria in their mouths that can lead to infection – after all, think of what they're licking day-to-day – so be sure to treat any scratches or bites, however minor, to prevent infection. Be careful when scooping their poop as well, as parasites like toxoplasmosis can have a serious impact. These tips apply to most pet owners, but they are especially important to be aware of for those of us for whom getting sick is more dangerous.

If you are immunocompromised, speak with your health-care providers about how to manage risks.

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## CREATE A COZY AND SUSTAINABLE HOME THIS WINTER

As winter approaches, transform your home into a warm, inviting space. Here are some tips:

- Stop drafts: Seal gaps around windows and doors to help to keep cold air out and save on energy bills.
- Add indoor plants: They improve air quality and add freshness to your space. Snake plants, spider plants and peace lilies are particularly effective.
- Maintain humidity levels: Using a humidifier to prevent dryness will help make your home warmer and more comfortable.
- Layer with soft furnishings: Use rugs, heavy curtains and flannel or fleece sheets to add warmth and texture.
- Embrace Danish hygge: Surround yourself with things that make you happy, like

books, blankets and a warm cup of tea.

- Optimize heating efficiency: Make sure your heating system is serviced and working efficiently. Consider installing a programmable thermostat to regulate the temperature and reduce energy consumption when you're not home.
- Use draft-stoppers: Place draft-stoppers at the base of doors to prevent cold air from entering through gaps. This small investment can make a big difference in keeping your home warm.
- Cook at home: Use your kitchen to cook warm meals and bake. The heat from the oven and stove will help warm up your home, and the smell of fresh food adds to the coziness.
- Add area rugs: Lay down area rugs, especially in rooms with hard flooring, to add warmth underfoot. They also help insulate the floor

and keep rooms cozy.

- Use thermal curtains: Install thermal or insulated curtains on your windows to help keep the cold out and retain the warmth inside. This can be especially effective during the night when temperatures drop.

Creating a cozy space is essential for enjoying the winter months. Learn more about keeping your home cozy and safe this winter at [belairdirect.com](http://belairdirect.com).

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

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One of my distinctive qualities is my commitment to offering innovative therapies that go beyond the conventional. Through techniques like rock bleeding, trigger point release, and facial stretching, I provide a holistic approach to fitness and rehabilitation.

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## HOME IMPROVEMENT "ASK SHELL"

By Shell Busey

### Who is Sheldon (SHELL) E. Busey ?????

Well my friends here is where I started, SOME call me the Home Improvement Guy others just call me Shell.

Born & raised in Owen Sound Ontario November 25th 1942 two brothers & 2 sisters, went to school when I wasn't working at part time jobs to help Mom & Dad out with everything from shopping to paper routes to groceries I was truly a mommy's Boy I loved my family. Mom was a great cook and Dad was a tool & die maker for the RCR Victor, some of you will remember when TV cabinets were made of real wood & 24inches deep & weight a ton (BLACK AND WHITE) only, well he made the molding knives to give the wood a very nice rich design. I used to go down when he was working night shift sit on the window sill and talk to him about how he came up with his designs? He would always say that was the fun in his work generating something new, where I got a lot of my smarts, he was a great Dad, & mom and the whole family were very close. I'm the only BUSEY from our clan alive now, "GOD BESS THEM ALL"

Dad passed away at 54years of age, not without passing on many of his genes and talents. He would produce extension ladders for extra money and holidays for the family, his nick name was ASH because he was always building the best ladder and sought after by the trades and they wanted the best Ash lumber, you recall my saying "Good better Best" they where the best. I'M sure with out going any farther with family look at me anytime and you will say WOW was he ever fed well and you know MOM was the best, and my siblings were the greatest. "NOW FOR MY CAREER STORY" which I hope you enjoy. In school I was in what they called the industrial course that taught, everything from woodworking furniture home building, drafting blueprint drawings, auto mechanics, electrical, plumbing AND a lot, of COMMON SENSE. OH! I must say as well I took a number of night classes as time went on like marketing courses etc.

I won't bore you with all this "BRAIN DRAIN" but I did make a living like most of the trades in this ERA. Where did I start? Here Goes, in 1961 my drafting teacher tapped me on shoulder and asked me to join him in his office, I thought what did I do now? And OH! SURPRISE he asked if I was interested in a JOB, my answer was when can I start? He said wait a moment, don't you want to know what it is FIRST, Yes sir, and this is where it started. I could hardly wait because one thing I wanted was a CAR. Come on teach what is it, well BEAVER LUMBER is looking for a management trainee, and they would like you be at their store after school today for an interview around 4:30 are you available for that? YES SIR!

The interview went well, great people, the school agreed with my 3rd completed year & I started the following Monday. I was one happy student to say the least. Wait a moment I have to tell you after my first week I found out that my teacher mentor was getting married in two years and the manager was the Pres-

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Remembrance Day	November	Eleventh	Poppies	War
Peace	Wait for Me Daddy	Cenataph	Soldiers	Wreaths
Trenches	Line of Duty	Weapons	Hero	L'est We Forget
Vetran	Camaraderie	Flanders Fields	John McRae	Parade
Cross	Freedom	Respect	Battleground	Armistace Day
Memorial	History			

ident's Brother and controlled the Canadian Beaver Lumber Co. head office in Winnipeg Manitoba. WOW DID I WIN THE LOTTO. I lasted 3Years IN Owen Sound, earning my ribbon in the following positions; 1. Building materials handling, unloading railcars of lumber, plywood & warehousing the same materials, using the cutting area on all machines, helping out in the carpenter shop building kitchen cabinets and other custom millwork for customers, (and I should mention no fork lifting machine all by hand and lots exercise from railcars onto truck over to warehouse unload the truck piled into in designated area and so on) THEN IN REVERSE to job sites. Inventory control and ordering replacement materials from supply source, learning all the time, LOVED MY TRAINING. 2. Moved into the retail store for merchandising of product, pricing, inventory control, customer service, all of the cash balancing no COMPUTORS, everything had to be written up on an invoice and balanced at the end of the day. Approve contractor trades accounts, credit approvals, and monthly profit and loss statements, once this was achieved I had earned my certificate, as a assistant manager YEAR 1964 a great year.

YEAR 1964 asked to move to BARRIE ONTARIO. The assistant Manager was being moved to a new position and I was his replacement, filling the position under existing store manager, and responsible for all of the training learned in Owen Sound, plus all of the yard and warehouse staff, (well trained and knowledgeable staff, as well, something new, the entire FARM POLE BARN building sales staff and building department. Oh yes we had mechanical lifting equipment as well as forklifts for lifts of lumber and plywood and steel roofing. (Should have mentioned earlier, store hours were 5 1/2 days a week closed Sat. noon and all day Sunday. (I met the most wonderful LADY in Owen Sound training and graduating as a NURSE from Mount Forest Ont. And yes we got married on April 17th 1965)

YEAR 1966 < TO BE CONTINUED NEXT MONTH)

### REMOVING ONLINE ACCESSIBILITY BARRIERS FOR PEOPLE WITH DISABILITIES

March of Dimes Canada is integrating an online accessibility tool into its national operations that allows people with disabilities to personalize their online experiences according to their accessibility needs.

The TD Accessibility Adapter is a browser plug-in designed to co-exist with other assistive technologies and helps address accessibility barriers by enabling users with disabilities such as dyslexia, epilepsy and ADHD to make the websites they visit more user-friendly.

"Our vision is to create an inclusive, barrier-free society for people with disabilities. But, as technology moves at an increasingly rapid pace, we're seeing more and more barriers like cost and accessibility concerns appear," says the March of Dimes Canada's Lesley Smith. "The adapter helps address some of those barriers, which is why we're so excited to leverage the tool with our network – including our employees – to help level the playing field."

According to one study, only three per cent of the internet is currently accessible for people with disabilities. And at a time when everyday experiences continue to shift online, people with disabilities are three times more likely than those without to never use the internet, according to another survey.

For users with dyslexia, the tool can swap out all the text online and replace it with text that is more spaced out and easily identifiable. Those with ADHD can black out everything on their screens except for the single sentence they're reading to help them concentrate. Font size and saturation, the vibrancy of the colours on screen, can also be adjusted for users with low vision.

This is one of many accessible technology programs that help people with disabilities build their digital skills and become actively engaged digital citizens.

www.newscanada.com



## SENIOR READS

By Pamela Chatry

### Mornings with Rosemary

By Libby Page

Publisher: Simon Schuster Paperbacks

What makes a great community? Is it local gathering places like an independently owned coffee shop or bookstore just down the street? What about a park or a grocery store mere minutes from your door?

For Rosemary Peterson, the central character in 'Mornings with Rosemary' by Libby Page, is the outdoor pool. Rosemary, now in her 80's, has a deep love for the Lido pool which first opened before WWII. She and her husband, George, shared a love of swimming in the Lido (It was where they had their first date!) which she carried on after he passed, revelling in her daily plunge. It's safe to say

that this little community pool is a time capsule of memories.

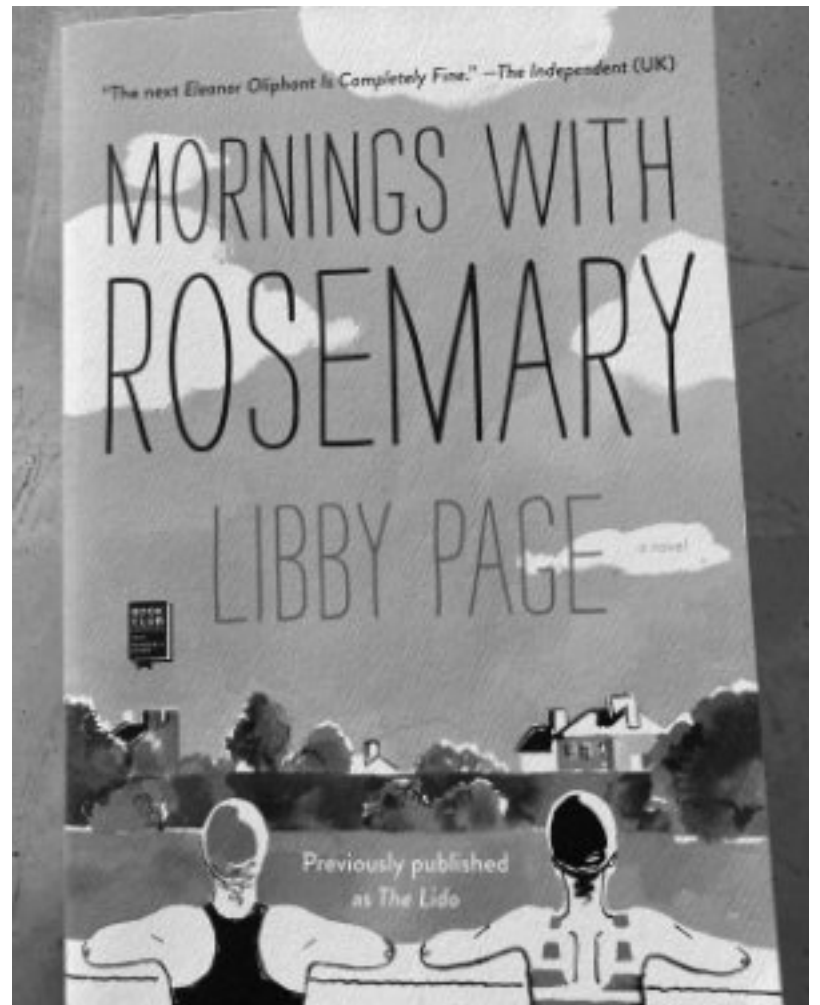
Unfortunately, Lido has been sold to a local housing developer who plans to cement it over. Rosemary, a former librarian, has already seen the loss of an important community treasure when the library was shut down. The thought of losing another one is unbearable!

Fortunately, Rosemary meets a young reporter named Kate Matthews, who is assigned to cover the story of the Lido for the local paper. Kate, who is attempting to rebuild her career after some struggles, soon realizes that the pool is more than just a place to swim. It is also a central character in the Community's story; a gathering place for athletes and families, for the lonely and for lovers.

Kate and Rosemary form an unlikely new friendship, and decide to undertake saving the Lido together. It soon becomes apparent that their greater purpose is to help save each other.

Along the way you'll meet many endearing personalities from their wonderful community, who rally together with the common cause of helping the pool stay open. You'll soon become very fond of these 'pro-pool' characters.

It was a surprise to learn that this is Page's first book. She writes with a warmth and maturity that is reminiscent of Fredrick Backman's 'A Man Called Ove'. If you're looking for a feel-good book, pick



up a copy of 'Mornings with Rosemary'. You won't regret it!

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

Each horse racing season ends with just one finish line – the Breeders' Cup World Championships.

This year the Breeders' Cup will return to the iconic racing venue in southern California – Del Mar Racecourse, just outside of San Diego. The eyes of racing fans around the world will be focussed on some top performances on Friday, November 1 and Saturday, November 2.

The historic track is dubbed “Where the turf meets the surf” and one of its original founders, Hollywood legend Bing Crosby, created a popular tune that has been sung by countless racing fans over the years. It is akin to “Take me out to the ball game”, the seventh-inning stretch song played at all baseball games.

It's a two-day, 14-race, year-end culmination of the season that every horse, jockey, trainer and owner across the globe has in their sights for that weekend. And it is why the horse breeding industry exists locally and internationally – to produce champion racehorses for global competitions.

The annual Breeders' Cup week of racing is the equivalent of the Super Bowl, World Series, Stanley Cup or World Cup of soccer. Since racing is not really a team sport - and each stable competes separately - it can better be compared to major golf or tennis tournaments – or even auto racing.

This World Championships features 14 Grade One races run during the two-day festival, offering more than \$34 million in purses and awards. The Championships will be televised live by NBC Sports. More information on each major race and the entries can be found on the website BreedersCup.com.

It starts with Future Stars Friday, when the sport's potential new superstars compete in five Juvenile races restricted to two-year-olds. The action continues on Saturday when the Breeders' Cup will crown nine more World Champions across different surfaces and divisions, including the season-defining \$7 million Longines Breeders' Cup Classic.

And this spectacular event returns to Del Mar in

2025, on October 31 and November 1.

In local racing news, the 2024 season at Hastings Racecourse in Vancouver concluded on the weekend of October 12-13, and featured the final two stakes' races of the meeting with the two-year-olds in the spotlight.

The meet was highlighted by significant growth in key areas despite a slight decrease in overall wagering compared to last year. Total wagering for the season reached \$21,531,203 – a four per cent decline from 2023.

The decrease was primarily due to one fewer racing day and 36 fewer races in 2024. However, the average wagering per race saw a notable increase of 7.8 per cent, demonstrating positive momentum with the product, according to an article by BC Racebook writer Greg Douglas for Canadian Thoroughbred.

“We were quite pleased with some of the increases and progress we saw this year,” said Dawn Lupul, Manager of Racing and Communications at BC Racebook. “We made some changes to the schedule with the addition of Friday nights and were on FanDuel TV regularly this year, providing additional access to the core horse racing and sporting fans. We are so thankful to the fans for another great season.”

Field size and horse population continue to be a concern. According to The Jockey Club, the number of mares bred in B.C. has dropped from 87 in 2022 to 55 in 2024.

The season also showcased impressive performance by the top jockeys and trainers. Amadeo Perez claimed the title of leading jockey with 62 Wins, earning more than \$847,000 and finishing in the top three placings 65 per cent of the time.

Trainer Steve Henson finished first with 51 Wins and the second highest stable earnings of \$534,000. Second was Barbara Heads, who had 28 Wins and \$578,000 in earnings.

The leading owner by earnings was Peter Redekop at \$308,713 from 15 wins in 34 starts. The leading owner by winners was Willow Creek Farms with 26 victories.

Queen Of Attitude was the winningest horse at the meet with six in eight starts. The seven-year-old mare by Bakken – Deputy Princess by Silver Deputy, raced for breeder Helen Klimes and Lorie Henson. The mare raced at the \$8,000 and \$10,000 claiming price for most of the season.

BC's top two-year-old, Willow Creek Farms' Mount Doom made it look easy in the \$50,000 Glen Todd Ascot Graduation, pressing the pace from the outset with Counter Cat to the final turn before edging clear to win by 4 3/4 lengths in 1:45.57 for 1-1/16-mile distance.

Sent out at 2-to-5 odds, Mount Doom, the son of Bakken – Song for Arbonne by Arch, is trained by Steve Henson and was bred by Bill Stewart in B.C.

Mount Doom was a \$15,496 yearling purchase at the BC CTHS Horses of Racing Sale and he is from a winning mare who has also produced stakes winner Mount Asgard. The Ascot Graduation was the fourth stakes win for Mount Doom from five career races. He has earned \$103,475.

Jeffrey Sangara's Someday Lady dueled on the pace

for the first half of the Glen Todd Fantasy Stakes and then pulled clear to win by 2 1/4 lengths as the 1-to-5 favourite.

Ridden by Kerron Khelewan, the grey daughter of Cairo Prince – Tessanna by Storm Victory, was bred in B.C. by Helen Klimes and Willow Creek Farms. Cindy Krasner is the filly's trainer.

The time for 1 1/16 miles was 1:45.98. Sailing Force was second over Another Last Dance and Zenari.

Someday Lady, a \$22,138 (US) yearling purchase at the BC CTHS Horses of the Racing Age sale, is the third named foal for Tessanna and second winner. Tessanna, placed three times in five races, is a half-sister to six winners.

Someday Lady has two wins in four races for earnings of \$71,509. She also won the Sadie Diamond Futurity earlier this year.

He is not quite a senior yet, but jockey Mike Smith rules as the “dean” in most of the riding colonies he frequents as he still gets the job done. Also known as “Moneyman Mike”, Smith captured the major prize at the first-ever Grade 1 California Crown – a \$1 million race for older horses held at Santa Anita on September 28.

Getting his head down on the wire, Argentine-bred Subsanador, with the 59-year-old Smith aboard, won in a three-horse photo over National Treasure and Newgate. The victory earned Subsanador (Fortify – Save the Date (Arg) by Hurricane Cat) a berth in the Breeders' Cup Classic on November 2.

Sent off the 6-1 third choice, Subsanador, owned by the relatively new Wathnan Stable, got a dream trip saving ground while comfortably tracking pacesetter National Treasure and jockey Flavien Prat.

Entering the stretch, Smith angled Subsanador outside of Met Mile (G1) and Preakness Stakes winner National Treasure, while Newgate had begun his rally from well off the pace. It was then a three-way duel to the wire with Subsanador prevailing by a head while in tight quarters in between horses.

“I knew my horse could handle the pocket.” Smith said in a Santa Anita news release. “I knew National Treasure would be the speed... so I knew to lay back.”

Earlier that afternoon, Smith also won the GII, California Crown Eddie D. Stakes.

Trained by Hall of Famer Richard Mandella, Subsanador completed 1 1/8 miles in 1:48.68 for a 102 Beyer Speed Figure according to Daily Racing Form. National Treasure, trained by Bob Baffert, held second by a nose over stablemate Newgate after setting fractions of 22.89, 47.19, 1:11.26 and 1:36.17 for a mile.

Imported last year from Argentina, where he was a Group I winner on turf, Subsanador was making his fifth U.S. start and third for Mandella. Subsanador started his domestic career trained by John Sadler. He was fourth in the GII San Antonio last December and second by a head to Newgate in the GI Santa Anita Handicap in March. He then was sold privately to Wathnam Racing and transferred to Mandella.



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## STUCK BETWEEN A ROCK AND A HARD PLACE

By Diane Tijman, Retired Teacher

Last month, I shared the highlights of my wonderful cruise along the St. Lawrence River, visiting Newfoundland, Nova Scotia, and Maine. However, I left out one heartwarming experience that truly deserves its own spotlight.

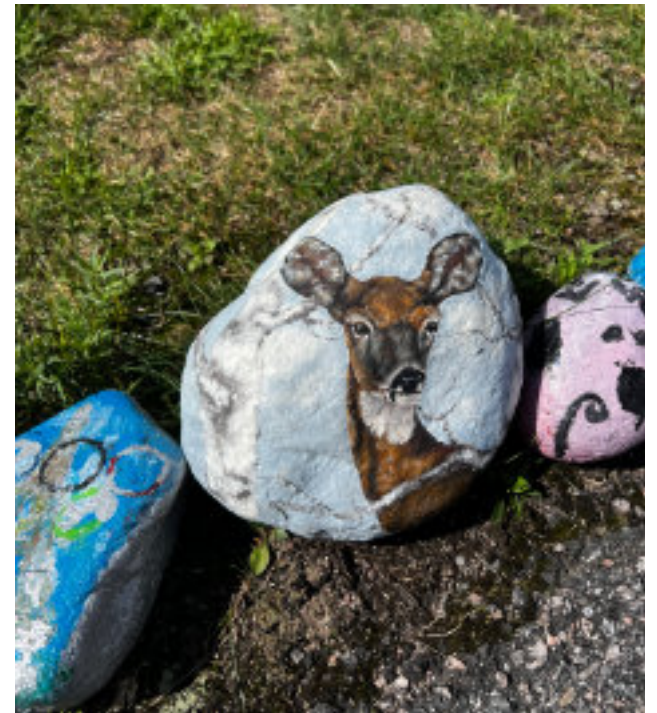
On September 2, we arrived in Baie-Comeau, Québec, a charming town on the north shore of the St. Lawrence, and I stumbled upon something quite special. Baie-Comeau, known as the hometown of former Prime Minister Brian Mulroney, is a bustling lumber port with a mix of French and English charm. The town boasts picturesque streets lined with grand old homes, remnants of its lumber-baron past. But what captured my heart was a painted rock path I discovered as we walked back to the cruise ship.

Rocks, beautifully painted, lined the path—each one telling a story. Some bore messages like “Courage Hugo!”, while others were adorned with images of local scenery, animals, cartoon characters, and themes that would delight any child. I soon recognised that the contributions from schools, doctors, nurses and

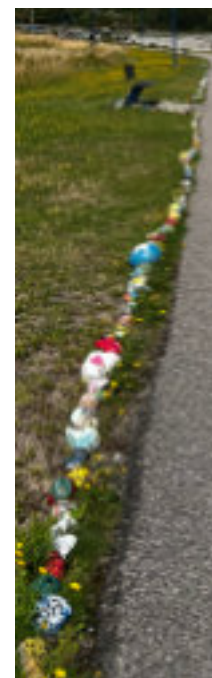
children, made it clear that this wasn't just a random collection of rocks. This was something much bigger. Markers along the path informed us that over 10,000 painted rocks were part of this incredible display. Eventually, we reached a sign featuring a photo of a young boy and his story.

Hugo Jobin, an 8-year-old from Baie-Comeau, is battling cancer and is now in remission. Grateful for the support he received during his battle, Hugo wanted to give back to his community. His idea? To create “the longest rock snake in the world!”—or as they say in French, “le plus grand serpent au monde!” The overwhelming response from the community, and now beyond, was deeply moving. What began as a local project has grown to attract rocks from all over Canada and even from overseas. Hugo's parents and friends, along with local businesses, have rallied to help varnish, deliver, and place the rocks. With each day, the snake grows longer. Will they break the world record? Time will tell, but either way, it's an achievement already close to the heart.

In just one month, this project set the Canadian record with over 14,000 rocks, and it now exceeds 24,400 and will soon break the current North American record, held by a Texas rock snake of 25,000 rocks, and perhaps even the Guinness World Record of 30,000. Will Hugo's snake surpass them all? Absolutely! To follow this inspiring journey, visit “Serpent de roches - tous avec Hugo” on Facebook.



An example of some of the beautiful artistry found in some of the rocks. Translation: Happiness is sweetest when it's shared.



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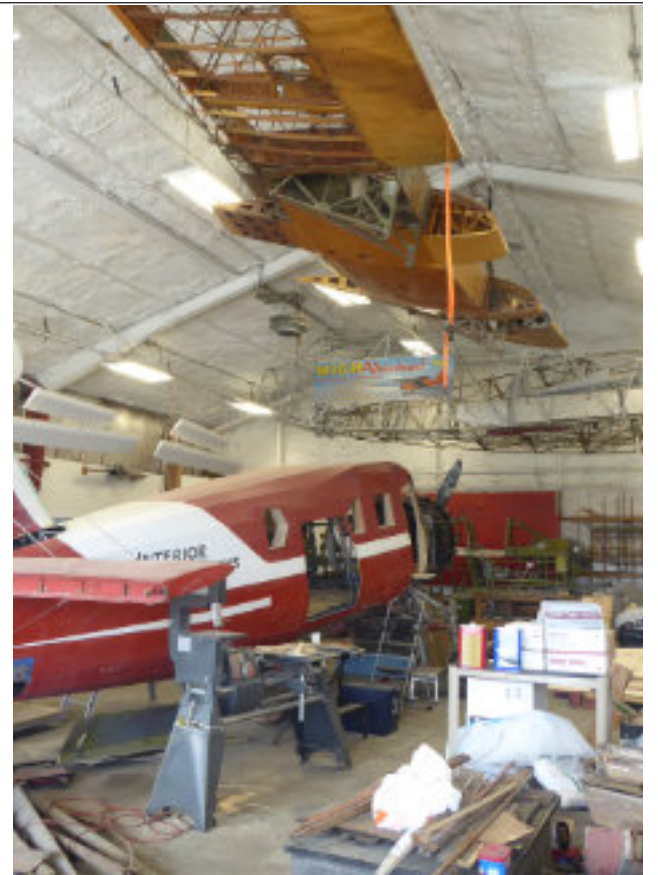
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## ASHORE IN ANCHORAGE ALASKA'S NEW FRONTIER

By Rick Millikan

In May, the Nieuw Amsterdam carries us north from Vancouver Three seadays later, we debark in Anchorage. Japanese currents warm its harbour, making it ice-free year-round...and today's coats unnecessary.

Passengers descend the ship's ramp and head for northern adventures. Rows of excursion buses display destinations signs in front windows. Ours says, 'Heritage Air Museum.' Settled aboard, driver Bob transports us from the low-lying dock area.

On the short drive into the city, Bob introduces Anchorageans. "Over 300,000 people...about 40% of Alaska's population...live in Anchorage," he smiles. "Living here costs 25% more than in the lower forty-eight states. Happily, annual \$3,000 oil grants make lives in Alaska almost affordable. Here, we enjoy three outdoor seasons and then... hibernate!"

Low-rise buildings line downtown streets. We learn the sixteen tallest structures in Anchorage range from fourteen to twenty-two storeys. Another earthquake like 1964's 'big one' may dissuade construction of future high-rises. Our route passes several museums, log-built visitor center, coffee bistros and craft breweries. Near city center, Bob points out the Iditarod's starting point, an annual 1,770-kilometer dogsled race to Nome.

Crossing a grassy linear park, he notes it was once an air strip. We spot a station advertising regular gasoline at \$3.49 per gallon (\$1.08 per liter). Most likely, this bargain reflects Alaska's productive Prudhoe Bay oil fields.

Soon on a quiet freeway, we visualize hordes of seasonal sportsmen and tourists later taking this route to wildlife areas. Others drive this way to Fairbanks, or onto Canada's Alcan Highway traveling to the lower U.S.

Our ride ends at the Heritage Air Museum near Anchorage International Airport. Inside its main hangar, a docent demonstrates air travel's necessity. Showing us a map, he dramatically reveals the scarcity of roads accessing Alaska's vast, rugged interior.

He grins, "A steamship delivered our first plane in a crate. It was reassembled and flown here in 1922. Unimpressed, observers dismissed its potential. Two years later, a former WWI pilot began delivering mail in that biplane hanging above you. Alaskans quickly learned about his flights into remote settlements. Then, they then took air travel seriously!"

Displays reveal early equipment and flights. Old prop engines, water pontoons, airplane skis and emergency snowshoes line the walls. A poster picturing Wiley Post and Will Rogers recalls their flight to Russia 1935...and plane crash. A green and yellow one-engine passenger plane perches above other displays. Alaska Airlines purchased its fleet of Al Jones Airway planes in 1950.

Outside, we survey other aircraft and board an early Alaska Airline passenger plane. Set up like a living room, passenger chairs face each other...surrounded by floor-lamps! This scant seating allowed extra cargo space.

A nearby two-passenger Piper Cub proves especially interesting. "Their fat tires allow takeoffs and landings on small, rough tracts," he beams. "Today, over 1% of Alaskans are licensed pilots. Many fly these small rugged bush planes!"

Inside a smaller hanger, craftsmen restore vintage planes. Suspended above them, wings and fuselages reveal bare metal frames partially covered with plywood. An old red and white Interior Airways cargo plane perches wingless amid its work area.

Back on the bus, Bob takes us around nearby Hood Lake. Countless bush planes encircle its shoreline. Owners could well be hunters, fishermen or prospectors. Winding onward through sparse evergreen forests, we see snowy patches dotting surrounding foothills. Suddenly, an iconic moose appears along a woody trail. Undisturbed by us

excited looky-loos, that velvet-antlered critter continues grazing.

Near the dock, we recross Ship Creek. "Locals often catch salmon here on lunch breaks," Bob quips. "Just another Alaskan perk!"

Today's excursion reveals how Alaskans overcame northern challenges and cherish its new frontier lifestyle.

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# ARE YOU READY FOR WINTER DRIVING CONDITIONS?



Many Canadians take joy in the sight of big, fluffy snowflakes during winter. However, driving in winter isn't always so picturesque. Keep safe - and out of the snowbanks and ditches - with these tips from Co-operators:

**Get your vehicle winter-ready**

- Schedule a pre-winter tune-up to check that your battery, brakes and other essential systems are ready for winter driving.
- Winter tires are well worth the investment. The deep treads and unique composition of winter tires provide up to 50 per cent better traction in cold temperatures. Better traction means better accident prevention – which is why some insurers will even discount insurance premiums when they're installed.
- Ensure you can keep a clear view of the road by replacing old wiper blades that leave streaks. Before you head out, top up the windshield washer fluid (with de-icer in the -40°C range) and stow an extra jug in your vehicle.
- Always carry a sturdy scraper and snow

brush in your car. Be sure to clear your vehicle entirely of snow before driving to ensure you can see.

- Pack emergency supplies to keep you warm and provide traction, as well as a shovel.
- If you're an ATV-er or snowmobiler, make sure that you are properly insured. It's easy and affordable to secure coverage that makes for happy (and safer) trails.

**Keep cool and in control**

- Turn off cruise control when road conditions are wet, icy or snowy. You won't feel your wheels lose traction with your foot off the gas pedal.
- Always adjust your speed to road conditions.
- It takes longer to stop on snow and ice. Maintain space between other vehicles on the road.
- Slow and steady wins the race. Accelerate smoothly, maintain steady pressure on the gas pedal, and brake gently and early to avoid skids.

**There's no substitute for good judgement**

- Be choosy where you drive. Major roads are plowed and salted more frequently, which can help you stay safe driving in snowy or icy conditions. And, because passersby are more likely, you'll be able to signal for help safely in the event of an accident.
- Be even choosier when you drive. Avoid driving in freezing rain or snow squalls. Wait for calmer weather and clear, salted roads whenever possible.
- Give yourself more time than usual when travelling, in case weather conditions worsen.

Winter weather can change quickly, so stay tuned to reports and pay attention to what's around you. If the weather takes a turn for the worse, pull over somewhere safe for a cup of coffee or turn back home. Find more tips on how to prepare your vehicle(s) for winter at [cooperators.ca](http://cooperators.ca).

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

# 7 TIPS FOR FIGHTING THE WINTER BLUES

With the days becoming shorter and the winter season upon us, the lack of sunlight can make us feel a little down. For people living with arthritis and chronic pain, winter can be particularly difficult as colder temperatures can cause joints to become stiffer, making mobility more challenging.

Keep your spirits and energy high this season with these seven tips:

**1 Move every day**

A sedentary lifestyle can intensify chronic pain, causing the body to stiffen and ache from lack of movement. Make movement part of your daily routine as your body releases chemicals that can improve your mood and make you feel more relaxed.

**2 Get plenty of ZZZs**

Inadequate sleep can leave us feeling overtired, emotional and less capable of coping with the winter blues. For people with arthritis, fatigue and low mood play a role in the pain cycle. Having a regular sleep routine and relaxing before bed can help prepare you for a good night's rest.

**3 Eat healthy, nutritious meals**

Filling your plate with fruits and vegetables can help you get the nutrients your body needs for optimal health. Help reduce inflammation and control your weight by opting for fish and lean meats, whole grains, beans and nuts.

**4 Make time for meditation**

Studies have found positive outcomes when relaxation practices such as breathing exercises and meditation are used to improve one's mental state, cope with illness and enhance general well-being. Find resources online to help with your meditation practice, or visit your local community centre to explore in-person mindfulness classes that may be offered.

**5 Laugh it up**

Laughing can reduce stress and anxiety, increase pain tolerance and release endorphins which are linked to a positive mood. Find opportunities to laugh more, whether it's from a comedy show or a YouTube video. Fun fact: 15 minutes of laughing burns up to 40 calories.

**6 Do more of what you love**

Make a list of simple activities that make you happy and commit to doing one every day. Whether it's playing with your kids, grandkids or fur-baby, curling up with a good book or listening to a podcast, take time for yourself and enjoy those moments.

**7 Stay positive**

Remember to celebrate small wins. While you may not be able to do everything because of arthritis, take time to recognize small improvements and achievements. Keeping a done list (instead or in addition to a to-do list) can be a fantastic tool for motivation and morale, and a way to track your progress and give yourself a pat on the back.

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

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