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In a flash, the world has stepped into a constant state of change (Photo: Dan Propp)

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ACCORDION TO DAN

Seniors, when was the last time you bought a dozen Sylvania flash bulbs for your film camera? Flashing

back to the 'days of old', when some of us old Kodak and Ansco film 'shutter clickers' still proudly surrendered to glorious black and white film. Some of us may still have a few rolls of Kodachrome and Anscochrome colour film and written on the back of the film package expiration dated in 1986 possibly kept in an older standby fridge that still works.

In our basements, the ranks of further obsolescence are stacks of cassette tapes—beta, VHS, and 8 tracks.

Heaven knows what else! Everything seems to have vanished so quickly and now even the Gulf of Mexico; and according to Google some of recent maps showing the provincial parks here in Canada as state parks.

Today's photography in the media and as a hobby is practically all colourfully pixel-fided in full colour.

Talk about a rapidly changing world, eh?! Some of us youngsters still cherish the era of rabbit ears on TV sets, long before the wonders of the NBC peacock in full living colour, the satellite dish and cable. We embraced the magic of Swanson tv dinners, sitting in our living rooms watching our black and white TV screens, and aerials on top of our rooftops were commonplace. Thus the following bit of rhyme.

Wasn't That a Time!

TV shows, performers, movies, wasn't that a time? Lucille Ball and Dezi Arnaz and I've Got a Secret with Gary Moore. When we were so very young that era defines. Stars like Burt Lancaster, Susan Hayward, Tony Curtis, Victor Mature. William Bendix in The Life OF Riley, Martin and Lewis and Andy Devine. Gunsmoke with actress Amanda Blake as Miss Kitty and James Arness as Matt Dillon. We still recall Have Gun Will Travel and Dragnet. Game shows like the \$64,000 Question sponsored by Revlon. Back then, you could buy two houses for \$64,000. Perhaps some of those references may help a few good memories to unravel. That way of life was part of our foundation. Far removed from the trumped-up concept today of a fifty first state.

Transistor radios were still an amazing innovation. In retrospect, 'them those days' weren't they great!?



How about the nineteen sixties, the idealistic folk era, acoustic music, guitar, bass and banjo and all those concerts that inspired us, and a more hopeful humanistic state to strive for. Today everything is measured by credit cards and inflation.

A HOPEFUL STATE TO PONDER

Its a long way today from the Age of Aquarius and Going to San Francisco wearing flowers in our hair. Looking back to those hopeful years makes one curious what ever happened to the love and peace era that inspired us everywhere. We had Peter, Paul, Mary, The Kingston Trio, the Limelighters, and the hootenanny. It's hard in today's fast paced society to grasp even the remote concept lately we face. Suddenly talks of the Gulf of America and a 51st state. Not only the recent commentary but the suggestion we could end up being another Ukraine and NATO being weakened with no longer the same shield.

Some of us feel more comfortable turning the clock back again to the music and passion of the folk era; the lyrics and the melodies that many parts of our planet used to yield.

Without question those of us seniors who were either born in Canada or immigrated with our parents many moons ago felt very comfortable with our neighbor to the south. Also it was from below our border that the idealism of the folk music and peace movement flourished in the nineteen sixties. The entertainment on the silver screen and twenty one

inch television Admirals, Philcos, General Electrics, etc and networks like ABC, NBC, and CBS were of equal influence to Canada's CBC and CTV. Thus the following to help replenish a few nostalgic memories or two.

NOSTALGIC MEMORIES

TV shows with the likes of Steve Allan, Your Show of Shows with Sid Caesar— a live variety show with a cast of well known comedians, Phil Silvers and Jack Benny, such great shows. Wasn't that a time! There were catchy commercials too, Alka-Seltzer - "Plop plop fizz fizz", Kit Kat - "Give me a break" and of course, Coca-Cola - "I'd like to teach the world to sing". Do some of those famous name products bring back memories. For many of us, you bet! Remember the black and white test pattern used at the beginning of every broadcast and at the end after signing off?

How things used to be in the USA and up here in Canada, eh? For many of us seniors on both sides of the border remind us of another day, transport us to what used to be; rambling over the latest automobile designs like the '57 Chevy, Oldsmobile '88, Ford Meteor. Those were special and harmonious times.

Please visit www.Nostalgicroads.Weebly.com

Search for Song CD's by Dan Propp via cdbaby.com and also www.soundcloud.com

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Photo:

In a flash, the world has stepped into a constant state of change (Photo: Dan Propp)

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Columnist & Community Relations:

Mel Kositsky 604-649-1648

or email at: melkositsky@gmail.com

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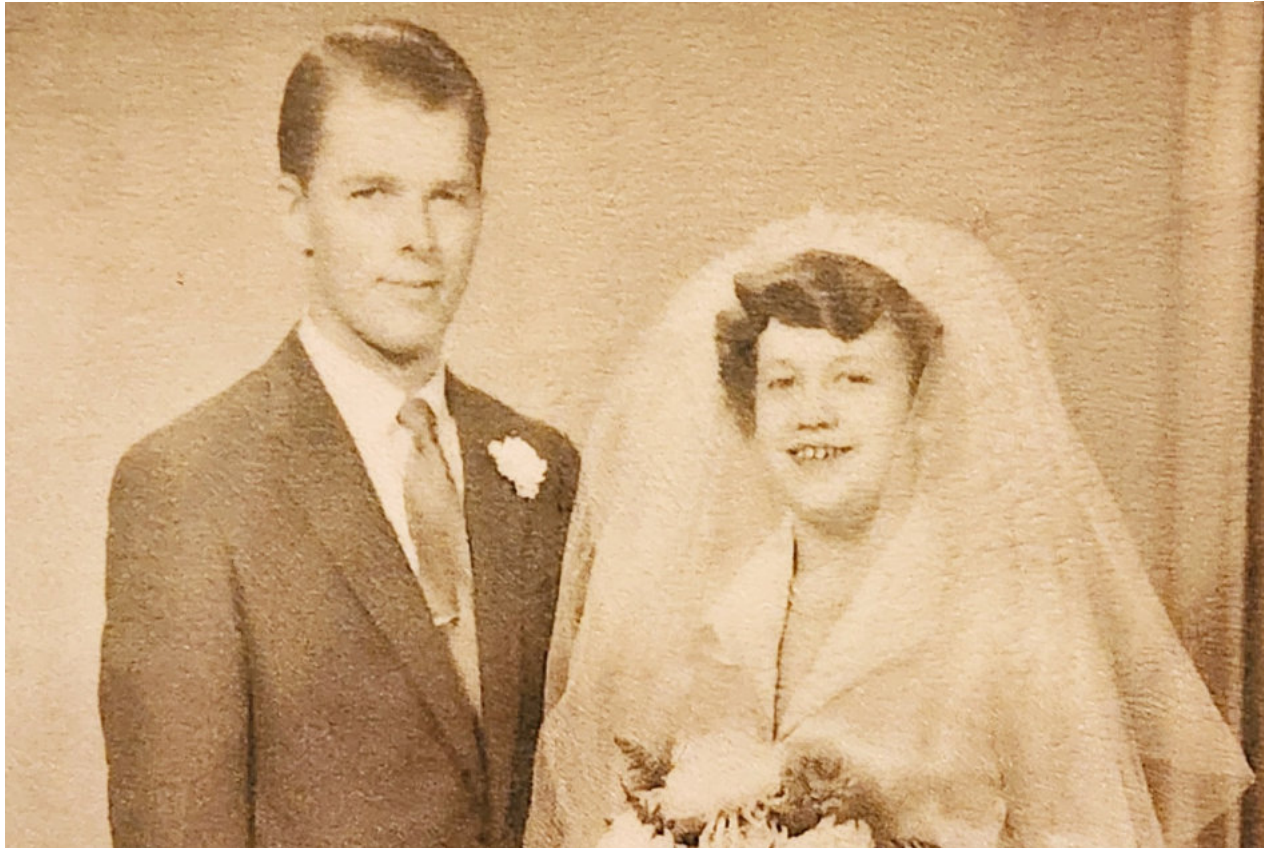
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JEAN BOSE - AN INDEPENDENT WOMAN'S STORY

By Ursula Maxwell-Lewis

Knowing longtime Cloverdale senior Jean Bose to be a practical woman with an impish sense of humor and deep roots in Surrey and the Fraser Valley, I asked her to take a stroll down memory lane with me. We compared yesteryear with today's high-tech, fast-paced 21st-century lifestyle.

Jean and her husband, historian Roger Bose, farmed cattle and corn on the land where The Ridge at Bose Farms now stands at 16360-73, 64th Ave., Cloverdale.

"Mother was 20 when she had her first child, so was my grandmother, and so on. But I thought, 'That stops right here!'" laughed the feisty 89-

year-old. That was my first clue that young Jean was just as strong-willed as she remains today.

Born to Scottish and English immigrants, Jean recalls being told that her father drove "at high speed over roads best suited to cattle from Chilliwack to the nearest hospital in Hope" for her birth in 1935.

By the time five-year-old Jean was ready to start school the family had moved to Strawberry Hill. "There was the Surrey side, the Guildford side and the Delta side. We lived on the Delta side," she recalls. Over-crowding and portables are current headaches, but school in the 1940s meant a two-room Strawberry Hill school for Jean until grade five, then being bussed to Cloverdale Elementary for grade six. "That was quite a deal!", she recalls.

In Grade 7, she met Roger, a Lord Tweedsmuir student. But when Princess Margaret Secondary School opened, she was back on her home turf in North Surrey. "Things were kind of free and easy," Jean reflects, as I tried to follow where students went and how they actually got there. "Three miles is a long way to walk to school," she reflects.

"One day, we got some information on classes. I was an honor roll student. 'You're taking commercial,' said my dad. I'd wanted to be a nurse, but that killed that."

A school work experience opportunity at the peat plant off Bose Road in Delta led 17-year-old Jean to take on payroll, typing, and other duties. Clearly bored with school, she was delighted to work there until graduation and for the following four years. Smiling, she recalls, "I had a wonderful desk with a window that looked down, and I could watch the ships on the Fraser River."

Marriage to Roger, who farmed cattle and corn with his father, Henry Bose, and the arrival of four sons led me to assume that Jean settled into the traditional role of a stay-at-home farm wife. Not a chance!

"Roger volunteered me for a job with the Surrey Association for the Mentally Handicapped (now Surrey Association for Community

Living!)," she chuckles, then tells me how (for the next 30 years) she thoroughly enjoyed her very varied and innovative work there. Times were changing rapidly, but BC Government tri-monthly correspondence courses with telephone assistance from educators lead Jean to dive in to subjects which fascinated her and resulted in a degree. "I forget which. The certificates are somewhere," she grins, clearly still inspired by memories of advancement those courses generated.

Jean loved her work. The Surrey Association was exploring how to grow and meet the ever increasing needs of clients and families. It was during these years the very successful sheltered works began, expanded and reorganized in concert with similar ones across Canada.

Clearly, Jean's drive at work and Roger's farming successes influenced their independent sons: Allan (an electrician), Gordon (a veterinarian and Search and Rescue volunteer), Donald (an engineer), and Vern, who, Jean says, has a passion for big trucks.

Who did the cooking? I asked. "Not Roger! But dinners were a big hairy deal!" she laughs, while applauding her husband's support for her career. "Roger said, 'Do it,' so I did it!"

Tucked into their busy life are hilarious tales of a single-car family building a summer holiday house six hours away in the mountain wilds, accessible only by dirt roads. Jean recalls, "Once the basement was waterproofed, you lived in it. Then you built the main floor. Everybody did it! The day the road paving was finished, we all went out and just stood there, staring at it!"

Now retired in Cloverdale, Roger still writes and shares the history with community Surrey organisations, while Jean continues to attend Cloverdale United Church, where she has been a lifelong volunteer.

Ursula Maxwell-Lewis is the former owner of the Cloverdale Reporter. Contact her at uttravel@shaw.ca.

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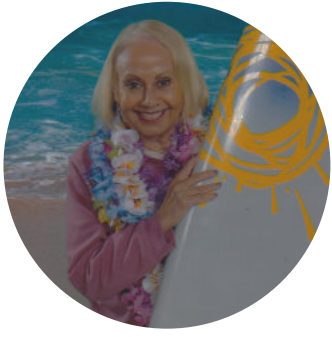
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And lord and behold I can eat and chew after 15 years.

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

Lillian, Surrey



CENTRAL RESTAURANT VANCOUVER BENTALL AN EASY GOING SPOT.

Article & photos by Lenora A. Hayman.

Central Restaurant Vancouver Bentall, at 555 Burrard, a sister to the first one in Calgary recently opened. The owners were in the music business and the record discs displayed on the walls, open kitchen, bright, green décor, and patio created a youthful vibe.

My friend and I tried Happy Hour mocktail drinks paired with their regular menu items. The refreshing strawberry yuzu soda had muddled strawberry, citrusy yuzu, lemon and basil with large, popping strawberry pearls.

The pressed Ahi Tuna with the ginger garlic soy vinaigrette and sesame and mango purée was exquisite, while the Togarashi Tuna Tataki with the seared Ahi Tuna with a salad of green beans, daikon and chili oil offered a spicy bite.

The lemon peppered calamari was tender in the aerated batter, green onion, zucchini, pickled red Fresno peppers, basil and dipped in delicious yuzu dressing. This paired well with the basil, raspberry refresher mocktail.

We continued sharing the medium-rare Central Signature Angus beef sirloin and a platter of truffle mushroom and pork belly Fettucine, both nicely presented.



For our finale, a slab of Maui pie ice cream cake with chocolate covered gelato, macadamia, cocoa crust, whipped cream and warm fudge.

There certainly is a wide variety of choices.

Thanks to server Sylvi Booth, Regional Manager Andrew Gordon and other enthusiastic staff.
4 Coloured photos all by Lenora A. Hayman

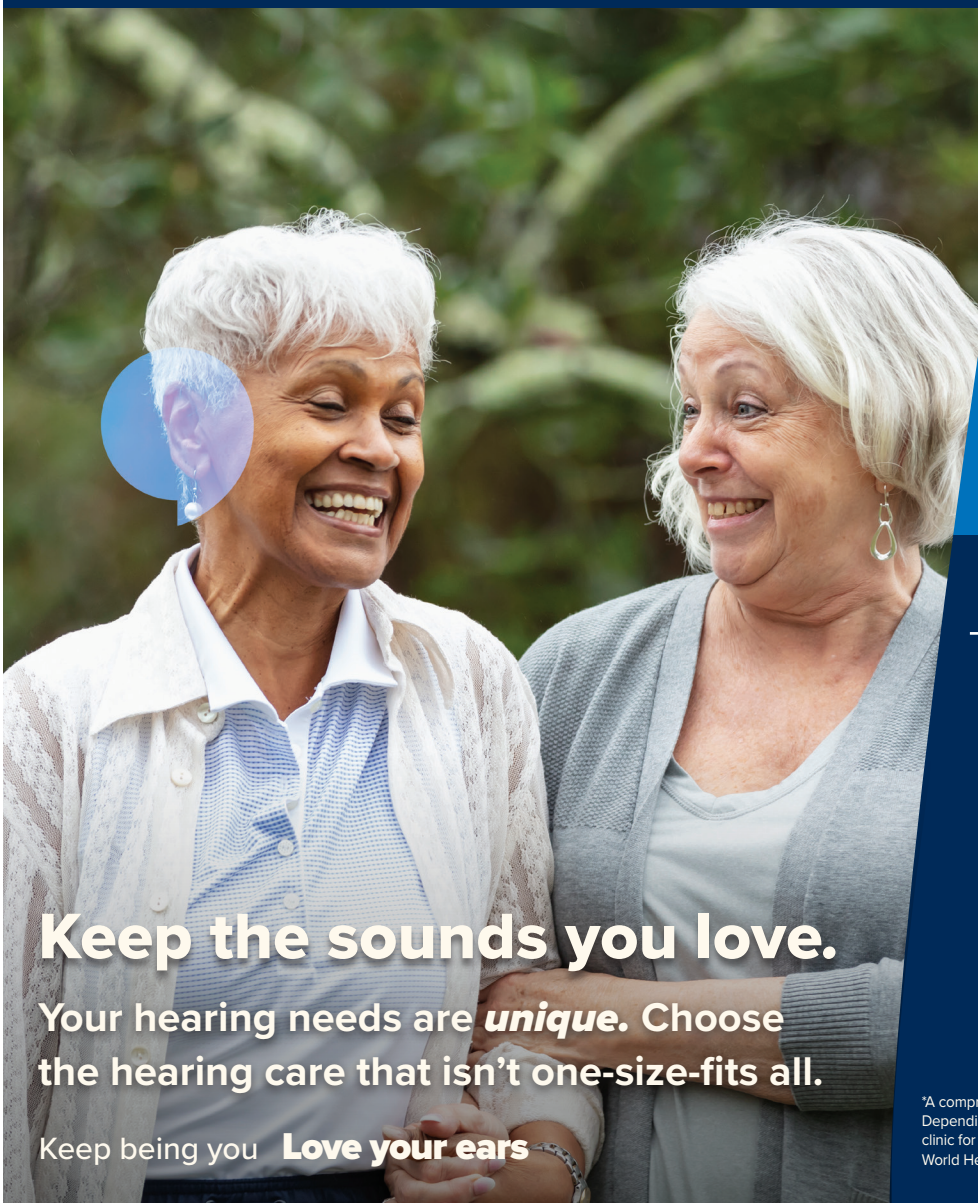
Top Left: Pressed Ahi Tuna Sushi & Togarashi Tuna Tataki.

Top Right: Lemon Peppered Calamari with Yuzu dressing.

Middle Left: Basil Blueberry Refresher Mocktail.

Middle Right: Sylvi Booth (Server), Andrew Gordon (Reg. Manager) Central Restaurants.

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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.

HOW DO EMPLOYEE PENSION PLANS WORK?

Working for a company that offers a pension plan is one of the greatest financial benefits in Canada. But what is an employee pension plan and how can it help you achieve your retirement savings goals? Employee pension plans can vary. Often, I get asked to explain the options available to a person who is retiring because they do not understand the best options for them. So, a good place to start is with the basic differences between pension plans and what the benefits are.

What are the two main types of employee pension plans?

There are two main types of employee pension plans: defined benefit, and defined contribution.

What is a defined benefit pension plan?

Defined benefit pension plans provide retirement income based on a formula that includes your: years of service with your employer, salary, and age at retirement.

How does a defined benefit pension plan work?

Defined benefit pension plans pool the contributions from both you and your employer in a pension fund. Those funds are then invested. Your employer (the pension plan sponsor) is responsible for paying employees their retirement income from the plan. You may be required to contribute to a defined benefit pension plan during your time with a company.

What is a defined contribution pension plan?

Defined contribution pension plans provide retirement income based on the savings each member has in the plan. The amount of retirement income you get depends on how much you contribute to the plan, how much your employer contributes, and how that money grows over time. There is no prescribed income level that will be paid.

How does a defined contribution pension plan work?

Usually, with a defined contribution pension plan, you and your employer pay a defined amount into your pension plan each year. Companies have mandatory employer contributions, and most have an optional employee component. In most cases, you control how you invest your money. You can usually select investments based on your own risk tolerance and goals. The investment performance determines what your retirement income will be.

Who manages employee pension plans?

Your employer is responsible for administering the plan. Most employers rely on different service providers to manage their pension plan. This often includes:

- Plan administration service providers (provide record keeping and other services)
- Investment fund managers (who invest the pension fund assets)
- Life insurance companies (for record keeping and/or investment management services)
- Trust companies (for custodial services)
- Consultants (for services like plan valuation, pension design consulting, member communications consulting, and fund manager search services)

What happens to your pension plan if you change employers?

Under pension legislation in most Canadian jurisdictions, defined benefit and defined contribution pension plans vest* at some point. In most jurisdictions, the vesting is immediate. This means, once your employer makes contributions to the plan, it is your money. In other jurisdictions, you need to work with your employer for a specified period before you are vested in your benefits.

What happens to your pension if you leave your employer?

If you leave your employer, your options for what you can do with your pension will depend on the legislation and plan.

You may be able to: leave your money in the plan you are leaving, transfer the value of your pension to another pension plan (if the other plan permits), transfer your commuted value to a registered retirement savings plan or other plan (if it's not locked-in), or a locked-in vehicle (if it's locked in), or take the cash value, less tax (if it's not locked in).

Some provinces may have vesting based on years of service or membership in the plan. If you leave before the benefits vest, you will get the value of your own contributions and earnings. You will not, however, receive your employer's contributions and related earnings.

If you are leaving a pension plan for any reason, it may be helpful to talk to a financial advisor. They can walk you through your options. A CRS Financial advisor can help answer questions and address any concerns you may have.

Need help understanding your retirement savings options?

Knowing what your employee pension plan offers can help you make the most of your retirement savings. Or, if you do not have a company pension plan, you can create your own retirement savings plan. Whatever the case, at CRS Financial we can help you understand your options.

To find out more about your options, contact Rick at 604-535-3367 (Suite 220, 3388 Rosemary Heights Cres. Surrey, BC V3Z 0K7) or email: rick@crsfinancial.ca

Source: Sun Life Investments

3 WAYS TO ELEVATE YOUR SEASONAL MENUS

Fall and winter provide an abundance of fresh, seasonal produce that offer delicious flavours and textures. From mid-week family favourite meals to holiday feasts and indoor entertaining inspiration, here are three ways to elevate your meals, incorporate seasonal ingredients and champion sustainability with every bite.

1 Source seasonal selections

As the cool weather approaches, so does the need for warm, hearty dishes like soups and stews. Fall is the perfect time for hearty squashes, pumpkins and sweet root vegetables. Check out a seasonal food guide online for veggies available in your area to help you plan your next trip to the grocery store or farmer's market. Consider also choosing proteins from companies that incorporate eco-friendly initiatives, like Maple Leaf Foods, as another way to shop sustainably.

2 Family fun at the farm

Plan a day trip to a local farm with loved ones and bond over well-loved fall activities like apple picking and scouring the pumpkin patch. Use your fresh farm finds to bake a fall dessert like a pie or cobbler. You can even add apples or squash to a seasonal salad to elevate the dish.

3 Harvest a fresh bounty

Make harvesting from your garden a family affair. Join the Maple Leaf Foods and Earth Rangers' "Grow Your Own Greens" Challenge and create an indoor garden. Have kids and family members help choose the herbs and veggies they'd like to plant and save your scraps in a DIY composter to make nutrient-rich soil. Soil health is paramount to preserving the future of food, on a small scale, like composting at home or larger, like farmers who practice regenerative agriculture. Check out Earth Rangers' app to learn more about sustainable farming and why saving your seeds and scraps is a good thing. www.newscanada.com

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

NATURAL SOLUTIONS FOR VEIN HEALTH AND HEMORRHOIDS

Diosmin and hesperidin found in Circuvein and HemorAid (by Flora) are two powerful flavonoids derived primarily from citrus fruits, widely recognized for their benefits in vein health and hemorrhoid treatment. These compounds have been extensively studied for their ability to strengthen blood vessels, reduce inflammation, and improve circulation. Weak, leaky blood vessels often spell pain, discomfort, swelling, and inflammation in the form of hemorrhoids and varicose veins. As natural alternatives to pharmaceutical treatments, they offer effective support for conditions like chronic venous insufficiency (CVI), varicose veins, and hemorrhoids.

How Circuvein Supports Vein Health

Veins play a crucial role in transporting blood back to the heart. When the veins in the legs weaken, blood can pool, leading to varicose veins, swelling (edema), and discomfort. In just 2 months, diosmin and hesperidin can work together

to combat these issues by:

Strengthening Blood Vessel Walls: These flavonoids improve venous tone, making veins more elastic and less prone to leakage.

Enhancing Circulation: By promoting better blood flow, they help reduce leg swelling and the feeling of heaviness.

Reducing Inflammation: Chronic inflammation can damage vein walls and worsen symptoms. Diosmin and hesperidin have anti-inflammatory properties that help soothe swollen veins and prevent further deterioration.

Preventing Blood Pooling: By improving lymphatic drainage, they help reduce fluid retention in the legs.

Clinical Evidence for Vein Health
Several clinical studies support the use of diosmin and hesperidin for venous conditions:

- A 2016 meta-analysis found that flavonoids, including diosmin and hesperidin, significantly reduced leg swelling, pain, and heaviness in patients with chronic venous insufficiency.

- A 2012 study in the Journal of Vascular Surgery showed that patients with severe varicose veins and venous ulcers who took 1000 mg of diosmin daily had improved wound healing and reduced leg swelling.

- Another 2019 study on chronic venous disease found that long-term use of diosmin prevented disease progression and improved quality of life.

Clinical Evidence for Hemorrhoids

- A 2018 meta-analysis of 24 studies found that diosmin significantly reduced pain, bleeding, and recurrence in hemorrhoid sufferers.

- A 2015 study showed that taking 900 mg of diosmin + 100 mg of hesperidin daily for 7 days

reduced acute hemorrhoid symptoms by 50% within 48 hours.

- A 2014 study on chronic hemorrhoids found that long-term diosmin use reduced flare-ups and improved overall vein health.

Safe, Sustainable, and Effective

Circuvein and HemorAid (by Flora) are well-tolerated, but individuals taking blood thinners, NSAIDs, or those with bleeding disorders should consult a healthcare provider before use.

They are considered safe for long-term use, sustainable, and vegan, making them an excellent natural alternative to invasive treatments like surgery or laser therapy. Whether you're struggling with unsightly varicose veins or painful hemorrhoids, Circuvein/HemorAid offers a proven, non-invasive solution to restore vascular health naturally. Flora is a Canadian-owned company based in Burnaby.

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



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3 REASONS SENIORS SHOULD HAVE REGULAR EYE EXAMS

As we get older, we tend to assume that certain things like aches and strains after strenuous activity are inevitable. But, just as stretching before and after a workout or other physical activity can help avoid that pain, there are steps you can take to help protect your eyes. The most important step, if you're 65 or older, is to have an annual eye exam. Take it from Canadian astronaut Col. Chris Hadfield, who recently spoke about the importance of eye exams for seniors: "As you get older, everything in your body ages," he says. "It's like your car. If you wait until the oil is so bad that it's starting to affect your car's performance, then you've already done damage."

Here are three reasons why you should get your eyes checked:

You could be covered

According to a recent survey, only 41 per cent of Canadian seniors are up-to-date with their annual eye exams. Price is often cited as a reason for not getting one, but many provincial healthcare plans cover the cost of an annual eye exam for eligible seniors 65 and older.

Early diagnosis is essential

According to the Canadian Council of the Blind, 75 per cent of vision loss is preventable and treatable if detected early. As the risk of developing major eye conditions like glaucoma or cataracts increases with age, a routine eye exam can help spot concerns at the earliest stage possible.

Rather than needlessly suffering with blurry vision, you may be given a new or updated prescription for glasses. In other cases, treatment

might involve lifestyle changes, such as eating a healthier diet and getting regular exercise, eye drops, medication or surgery.

Eye exams can detect more than vision problems

In addition to preventative care for your vision, and eye exam can also detect other issues affecting your general health. During an eye exam, your optometrist will look for indicators of everything from skin cancer and high blood pressure to diabetes and brain tumours.

Optical coherence tomography (OCT) is a scan of the back of the eye that helps optometrists detect and monitor a range of sight-threatening conditions like diabetes, glaucoma and age-related macular degeneration. Optometrists operating in the independent clinics at Specsavers include this test as part of every standard eye exam at no additional cost to the patient.

Learn more about the importance of regular eye exams at specsavers.ca.
www.newscanada.com



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WRITE AS I PLEASE

By Mel Kositsky

Disclaimer: This is no April Fool's Day column – but it is a good time to reflect on the “foolishness” that is happening in the world today, especially in North America.

The political rhetoric is mostly being “fueled” by the mass media – both mainstream media and social media outlets (which are overtaking regular news sources), leaving the average person to wonder what's really “true” and what is just “fake” news.

Politics have become so polarized that people have almost forgotten how to behave like good citizens. Many people are so angry about anything and everything that they now fail to enjoy the high quality of life available to Canadian citizens.

There will always be economic challenges – but the sky is not falling! The Canadian identity is not being threatened or cancelled by outrageous politicians or such actions as the closing of Hudson's Bay Company stores. The Bay may have a long history behind it, but in reality – it is just another failed retail outlet owned by Americans for many, many years. Their stores are not heritage sites.

Perhaps it is because people have moved away from reading newspapers to just getting “quick” information “fixes” from electronic sources, which have become much less “objective” over the years. Daily and community newspapers are being replaced by digital productions so people rarely get to hold a publication (like this one) in their hands anymore. They are not taking the time to sit back, relax and read.

Today's media is being dominated by quick political slogans and hash tags such as the newest Canadian cry -- “#Elbows Up”.

Canada is much more than a meaningless exhibition hockey game between two countries – but it seems anything that encourages partisan politics is broadly embraced.

Canada is not going to become a part of the United States! But after years of a federal minority government, we are now fully engaged in a real election campaign and that means all sides will be using the media to their best advantage. An election is a competition for your vote!

This federal election is a perfect time to really become a good citizen. That means at least getting out to vote on election day. That has not been happening in recent years as participation at the polls keeps dropping for all orders of government. Canadian citizens need to fully exercise their democratic rights.



Today's Senior columnist Mel Kositsky met with GameSense advisor Ting Caturla of the BC Lottery Corporation to further discuss the issue of “Gambling and Seniors”, which was featured in our March 2025 edition. BCLC has launched a program targeted to seniors about issues around gaming and scams. More information can be found on the website or at GameSense kiosks at casinos.

“Canadians define ‘citizenship’ as more than having a passport, obeying the law and paying taxes. These are widely seen as key aspects of citizenship, but just as important are being active participants in one's community, helping others and accepting differences.”

That was the main findings of the first-ever national public opinion survey to ask Canadians what it means to be a good citizen in this country. It was conducted by The Environics Institute in 2011 to reveal attitudes and expectations with respect to membership in Canadian society and explore public opinion about the state of citizenship in Canada – how the public feels about the current policies and rules about legal citizenship, and what is expected of both newcomers and established society.

As an “old school” journalist, who has been writing newspaper columns for more than 50 years, I am a believer in “lifelong learning”, books and libraries. I have seen first-hand the transition of civil society and the coming of the Internet, and how technology has consistently changed our lives.

Now the world is faced with the challenge of Artificial Intelligence, which we don't yet fully understand. Thus, we are entering yet another age of learning and who knows what that will bring. Brace yourself!

But there is still room for monthly newspapers such as this one to play an important role in people's lives – and it is not just for seniors! With people living much longer, it is important for readers of all ages to learn about all the issues – because it won't be long before they too are experiencing the challenges seniors face today – and more.

Right now, the movement to support Canadian products is stronger than ever – and that is a good thing!

“Shop local” has been the mantra of many small businesses for years as they watched potential customers “stew” in long lineups to cross the U.S. border rather than support stores and buy products in their own communities. Online shop-

ping has killed some businesses and created opportunities for others. It is all part of a fluid economic cycle and people have the right to make their own choices.

(Just check the border cams on a regular basis and you will find all this current political rhetoric is not making much difference. The Spring Break lineups were huge.)

Local support also needs to be extended to publications such as this one if you want to continue enjoying reading stories about people, events and places in your community. This paper only exists through advertising and subscriptions – as it is distributed free of charge. (An online version is also available at www.todaysseniornewsmagazine.com)

A short history of Today's Senior as it developed from The Resource Directories for Seniors to the Newsmagazine format.

It was started more than 30 years ago by Al and Mary Lou Bischoff of Langley, B.C., and produced by Wally Coombs, who did the production for The Resource Directories. This was produced for one year and then sold to The Seniors Choice Newsmagazine of Kelowna. Joel and Darlene Rickard, from Kelowna, purchased the paper from The Bischoffs, with Coombs handling the Lower Mainland Edition for them. This arrangement lasted more than two years.

In December of 1995 the paper was taken over by Wally and Yvonne Coombs, of Langley. It continued for a few years (with permission) as The Seniors Choice, until the Kelowna paper was sold to new owners. It then became Today's Senior Newsmagazine. In July of 2007 it was sold to a new owner and Coombs continued on as Publisher until he retired from Today's Senior in mid 2014.

As a niche Canadian product, this publication needs support from its readers and needs its readers to support our advertisers. Read on!

FROM THE OPERATING ROOM TO OUTER SPACE: MARGO MAYO'S STORY OF LIFELONG LEARNING

In 1967, nursing was one of the few career options available to young Canadian women. That spring, Margo Mayo graduated as a Registered Nurse (RN) from the Holy Cross Hospital School of Nursing in Alberta. It was the beginning of an incredible career that would take her from operating rooms to Egyptian deserts, naval destroyers, and NASA's mission control. Her willingness to embrace new challenges, often as the only woman in the room, led Margo to an unparalleled and exciting professional journey.

Margo's nursing career started in the Cardiac Recovery Room at the University of Alberta Hospital. But her adventurous spirit soon led her to exciting locations, including Spence Bay in the Northwest Territories, Norway House in Manitoba, and London, England, each offering unique nursing experiences.

But Margo was on the lookout for a new adventure. She discovered that the military offered equal pay, with compensation based on rank, and thought, "That could be fun!" In 1970, she joined the Canadian Armed Forces. Stationed in Trenton, Ontario, Margo, along with two other nurses and a female doctor, worked alongside their male counterparts, providing outpatient services and aeromedical evacuations. Women constituted only about 1.5% of the military personnel then, but Margo wasn't phased, "I got used to working in scenarios with lots of men," she quips.

Margo found most of her male co-workers to be friendly and accommodating, but not all of them. When nurses were permitted to attend staff school to become officers, Margo found resistance there.

After weeks of listening to male workers rant about how women couldn't be leaders, she finally intervened—or rather, Queen Elizabeth did.

"I asked [one of the men], 'Does the name Queen Elizabeth II strike a familiar note at all?' He just looked at me. I said, 'If not, you might want to glance at your commissioning scroll, and I think you'll find that she is your boss. You work for a woman now. We all do.'" "It was a major victory," laughs Margo.

In 1973, Margo joined a small medical unit as part of the Canadian Forces contingent of the UN Emergency Forces in the Middle East, stationed in Egypt. As part of her service, she produced a training video on malaria and presented it to the Middle Eastern Medical Society. This project foreshadowed a transition from nursing to training that was soon to come. After completing her Bachelor of Science in 1983, she began teaching at the Canadian Forces Medical Services School in Borden, Ontario, where she discovered a passion for teaching and subsequently reclassified to Training and Development.

"My first project was pilot validation training for the CH147 Chinook helicopter. I was teaching people how to teach." Margo was unique. She had medical training, an ability to see patterns, was fearless with technology and was an excellent teacher. That's how she ended up spending time in the Navy, serving as the Standards Officer for the Engineering Division of the Canadian Forces Fleet School in Halifax.

"They gave me my own destroyer," she laughs. "The St Croix, she had no weapons, and she never left the docks, but her engines were used as classrooms. She was a training ground, and she was well used."

Margo kept pace as computers integrated into learning environments, using whatever technology



UN Peackeping Diving Red Sea

was available to advance the military's ability to train its forces. But in 1990, after 20 years of service, Margo felt like she had hit a ceiling in her career. She retired from the military and began work on her PhD shortly after, focusing on a Computer Applications Speciality for Education Psychology.

She founded Mayo Education Strategies in 1994. Margo and her team worked on instructional design projects equipping learners to understand everything from Equine Neurology to Marketing to Helicopter Mechanics. During this time, the Canadian Space Agency reached out with a request for information and an invitation to go to Montreal for a briefing.

"They gave us the firehose treatment. They just opened the taps, and information came flooding out. After a couple of days, Gail and I looked at each other and said, 'It sounds like they want us to design training for astronauts.'

The Canadian Space Agency (CSA) was internationally renowned for developing the Canadarm, a robotic arm used by the Space Shuttle to move cargo, assist astronauts and repair satellites. The CSA engaged Margo to teach astronauts and mission controllers how to use a large and more complex arm on the International Space Station.

"The only manuals they had were tiny little half-inch binders with an annotated outline. All the information was in the engineers' heads. We had to get the information and then create computer-based training for astronauts, cosmonauts and mission control."

Margo remembers one particularly challenging aspect of the project related to the warning system that communicated problems with the arm back to the astronauts. She spent weeks looking for patterns, and then her nursing skills kicked in. "I said to myself, 'It's an arm; what does an arm have? Anatomy, Physiology, Pathophysiology.'" It clicked, and the pieces started to come together.

Retirement didn't come easy to Margo, "I failed at retirement six times," she laughs. Just a few years ago, she closed the books on her final paid projects and, not long after that, moved into Sunridge Gardens Seniors Living Community in Langley. The walls of her suite tell stories of one adventure layered upon another. She points out the bronzed cast of an ankle mounted to a plaque given to her as a memorial of when she broke her leg skydiving. Her UofA Nursing diploma hangs beside her PhD diploma across from a wall of career memorabilia: mission badges from NASA, an International Space Station certificate, and a



Memorabilia and honours



Margo Mayo Veteran 2025

photo of the Canadarm in action in outer space.

Margo's career path also taught her about herself: "I discovered I wasn't a one-trick pony. I've got lots of tricks!" She keeps discovering new ones: "I get interested in something new, and I try to learn about it. I work on the assumption that everyone on the planet knows more about something than I do. And if they are willing to teach me, I am more than happy to learn."

HOW FREE TAX CLINICS CAN BOOST YOUR RETURN AND BENEFITS

Tax season doesn't have to be confusing. Keep it simple by getting free tax help in your community. Getting your taxes done can actually improve your financial situation. You could be eligible for benefits like the Canada child benefit or the GST/HST credit.

If you earn less than \$35,000 and have a simple tax situation (for example, if you don't have a business or rental income), you could get free tax help.

The Canada Revenue Agency works with community organizations and volunteers to provide free clinics through the Community Volunteer Income Tax Program and, in Quebec, the Income Tax Assistance – Volunteer Program.

You may be able to find a clinic at your local library, shelter, senior's centre, band office or place of worship.

Using these services can help ensure your taxes are filed on time and correctly and you get the benefit and credit payments you're entitled to without interruption. By taking advantage of local resources, you can navigate tax season with greater ease and confidence.

Check your eligibility and find free tax help at canada.ca/get-tax-help.

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Salmon Arm & Shuswap

WHAT'S NEEDED FOR SAFE WATER IN FIRST NATIONS COMMUNITIES?

Everyone in Canada should have clean drinking water. That's why many of us are rightfully concerned about long-term drinking water advisories, in place for years or even decades, in some First Nations communities. But what's actually needed to solve the problem? Here are four things to know:

1 The process is complex. Lifting long-term drinking water advisories is complex and requires collaboration and investment. First Nations, the federal government and environmental public health officers all have different roles when it comes to making sure that water is safe for communities to use. The decision to lift a long-term drinking water advisory is usually made by a community's chief and council, often based on recommendations from environmental public health officers.

2 Infrastructure may be needed. Achieving clean water can mean new system design work or repairs to existing infrastructure.



If a new water treatment system is needed, it can take three to four years to complete.

3 Local workforce development is required. Beyond physical infrastructure, investments also need to support the recruitment and training of local water operators to ensure First Nations communities can sustainably manage their own water systems and ensure safe drinking water for generations to come.

4 Change is happening. Fortunately, much of this work is already happening. There have been 1,415 water and wastewater projects implemented in First Nations communities since 2015, including infrastructure projects and

training opportunities to water operators. These improvements have made a difference to nearly 600 communities, serving approximately 478,000 people.

Still, there is much work to be done. First Nations communities and the Government of Canada have plans to address the remaining long-term drinking water advisories.

Learn more about the work being done to achieve clean water for all at canada.ca/water-on-reserve.

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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 reactivate 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

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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3 TIPS TO HELP YOU QUIT SMOKING

Cigarette smoke contains over 7,000 chemicals, and smoking can cause serious health problems including cancer, and heart and respiratory diseases. While quitting smoking is hard, it is possible, and help is available. Here are three tips to help you achieve your goal.

Have a plan

Start by creating a quit plan. A plan should include the reasons you want to quit, any concerns you may have, a list of things that could trigger a craving, which tools and techniques you'll use to cope with cravings and, perhaps most importantly, the date you're going to quit.

When you are struggling to resist a craving, refer to your plan to remind yourself of why you're quitting and things you can do to help. No two people will

have the exact same plan. What worked for someone else may not necessarily be what will work for you.

Health Canada has a free online quit plan tool that only takes about 10 minutes to complete.

Use replacement tools

After your last cigarette, you'll start to feel uncomfortable withdrawal symptoms like feeling restless, difficulty concentrating or sleeping. This is your body responding to low levels of nicotine, which can all lead back to cravings. But there are tools you can use to help deal with these cravings and effects.

There is a wide variety of nicotine replacement therapy options, including nicotine gums, patches, lozenges and inhalers. Other quit aids include the plant-based natural health product called cytosine, and prescription medications like bupropion or

varenicline. Research has shown combining certain quit aids, such as a nicotine gum along with a nicotine patch, can nearly triple your chances of quitting.

Seek out support

While you're the only one who can make the decision to quit and follow through with it, getting support from those around you can help you succeed. Their support can be as simple as joining you on a walk until your craving passes or, if they smoke, refraining from smoking when they're with you.

You can also seek support from an expert, like a pharmacist or counsellor. There are free quit support services available across the country where you can talk to a quit coach by phone, online or text.

Find the quit-smoking planner and more resources at canada.ca/quit-smoking.

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PIERRE POILLIEVRE



Shell Busey the HouseSmart guy

By Shell Busey

Here we go into my experience of a lifetime—my call-up to the great white north, Whitehorse, Yukon. It started when I mentioned one day, by moving my lips in a yearly meeting when we all had the opportunity to talk about goals, etc. An opportunity to bring up the question: “Was there going to be any chance of Beaver Lumber becoming a franchise?”

The answer was forthcoming with a call from Beaver head office in Ontario. The reason for the call—were we, as a family, interested in moving to White...? I said, “You mean White Rock, B.C.?”

“No,” the answer was, “Whitehorse, Yukon—the great white north.”

The answer at home was, “Always what you wanted.” So, we decided to go and take a look with the whole family. When we returned to Delta, I started to plan with Frankie and our girls, putting plans together for the move to the Yukon.

This project would take considerable time, as it was going to involve everything from staff to our home, as well as our plans for our daughters’ education. We had just bought a new home in North Delta, so school plans for our daughters and franchising had to be considered. When everything was ready to go, it so happened that the plan was set to leave on November 11, 1976—Remembrance Day.

I should have mentioned that we had decided to drive the Alaskan Highway when it was still gravel. One day, I’m sure you’ll get the whole story of this experience. These are some of my experiences I’ll be covering:

1. Our family planning & my selection of staff
2. Our trip up the Alaskan Highway
3. White Pass Yukon Railroad System
4. Warehousing for building products and retail sales
5. Local activities (e.g., gold mining, etc.)
6. From rail to rubber

To close out my April column, I thought it would only be fitting to bring up our family decision on the great white north. After months of going back and forth from Whitehorse every two weeks, it was taking its toll on what the future was going to bring to our family. The six items above will be covered in my May column due to allotted space for my tips promised in March.

Just to keep your interest, I’ll give you a hint: We decided as a family to come back to Delta.

Tips Planned Are as Follows:

Question:

This past winter, the cold and wet weather has taken a toll on a number of concrete driveways, sidewalks, and patios. Forget trying to repair with caulking or liquid Portland Type 10 cement.

Here’s what to do: The damage is caused by poor drainage around the concrete. The ground around the concrete has to be sloped away from the area, directing groundwater away from the affected section.

If the ground allows water to come up against the slab, it will migrate under the concrete, only to freeze, forming ice and heaving the concrete. And concrete doesn’t bend—cracks will happen.

To correct: Dig a trench beside the concrete—8 cm

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| Wood Peckers | Easter Egg Hunt | Baby Chicks | Chocolate Eggs | Easer Basket |
| Blooms | Budding Trees | | | |

wide x 36 cm deep. Line the trench with landscape fabric, add 24 cm of drain rock, another layer of landscape fabric, and then fill the balance with topsoil and sod. Now, the water will run off into the prepared trench, seeping away from the problem area.

It’s just that easy!

Special note: If you haven’t had your perimeter foundation drains around your home cleaned, have it done ASAP. After cleaning, diarize this task to be done every 3–5 years.

Our whole family is going to take a few days off to enjoy the spring weather and celebrate our 60th wedding anniversary.

I will be back with my May column with more of “the rest of our story.”

The Pictures Below Show How We Like to Give Back to Local Non-Profit Groups:

We arranged for a heat recovery ventilation unit to be installed at the Urban Safari Centre located at 1395 176th St., Surrey, B.C. The heat recovery system exhausts stale, moist air from fish aquariums and animals breathing. The unit shown on the wall will exhaust moist air and bring fresh air back into the showroom area, stopping condensation on the windows in cold weather and improving air quality.

If you have never been to Urban Safari, it’s time for you to visit. The children love it! Check their website: Urban Safari.

- Shown in the picture from left:
- Gary Oliver – Developer of Rescue Centre
 - Shell Busey – Arranged the HRV donation (Hoyme Manufacturing, Camrose, Alberta, and Shell Busey’s House Smart)
 - Sharon – Manager
 - Lucky – Volunteer

There are many other volunteers not shown.

Shell & Frankie Busey & Family – Contributors.
More to come in the May issue!





SENIOR READS

By Pamela Chatry

Nosy Parker

By Lesley Crewe

Publisher: Vagrant Press

In 1960s Montreal, a self-proclaimed neighborhood spy with notebooks full of secrets might just uncover the most personal mystery of all—the truth about her missing mother. Lesley Crewe's "Nosy Parker" delivers a captivating blend of childhood adventure, cultural richness, and emotional discovery that proves why this Maritime author continues to be a Canadian favorite.

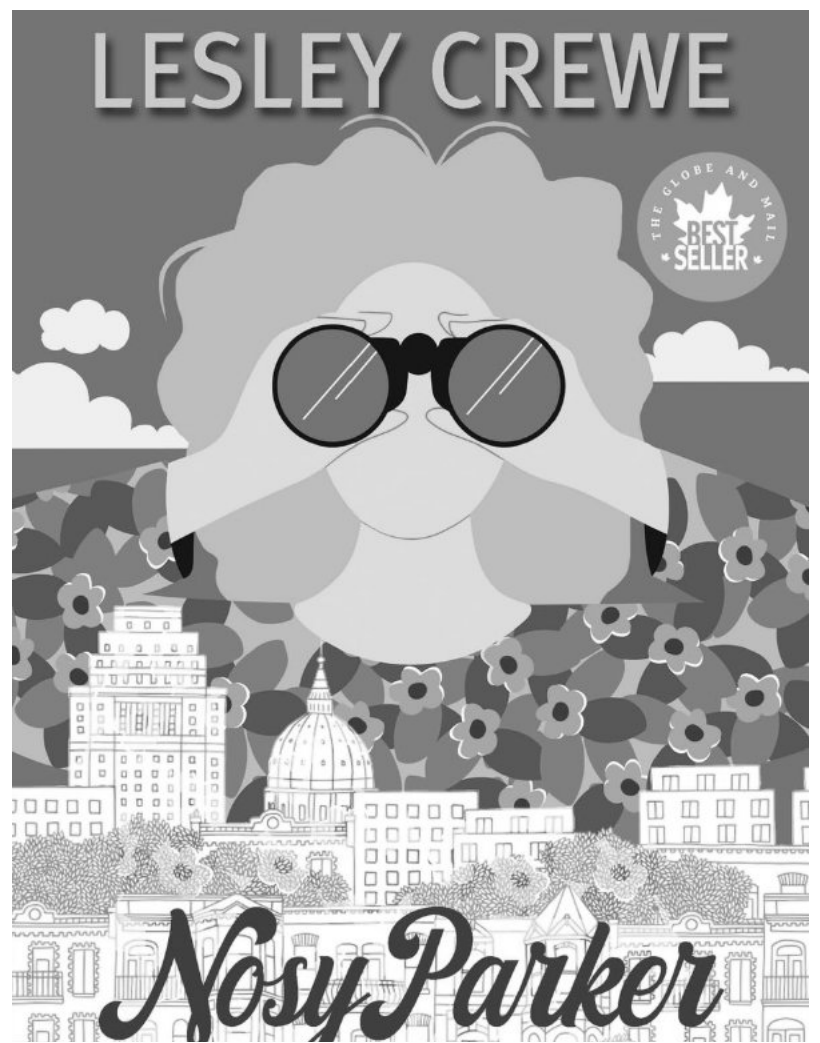
The story whisks us to Montreal's Notre-Dame-de-Grace neighborhood in 1967, where we meet the irrepressibly curious young protagonist nicknamed "Nosy Parker"—a title she earns honestly by being,

as her father puts it, "indecently nosy." Armed with notebooks and keen observation skills, Nosy documents everything about her neighbors, friends, and pets, always on the look-out for mysteries to solve. She just knows there are murderers and spies living nearby!

Behind Nosy's funny, smart, and loveable investigative spirit lies a more personal mystery. Raised by her single father and told only that her mother has passed away with no further explanation, Nosy faces the typical challenges of adolescence with the added burden of this significant unknown. This is one mystery she is bound to solve.

Fortunately, Nosy isn't without strong 'mothering' women in her life. The lively multicultural neighborhood of NDG embraces her with wonderful women who feed her, teach her about their culture, and guide her through the many bumps of adolescence. Through these relationships, Crewe paints a nostalgic portrait of 1960s Canada—a complete time capsule with Expo '67, Girl Guide meetings, typing classes, and baggy gym uniforms—while celebrating a time when neighbors truly took care of one another.

For readers who enjoyed Crewe's previous works like "The Spoon Stealer," this novel offers another delightful character to cheer for. The



perfect balance of humor, inspiration, nostalgia, and poignancy makes "Nosy Parker" the ideal companion when you need a smile or wish to support talented Canadian literature.

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Straight from the Horse's Mouth

By Mel Kositsky

It is another threat to the entire equine industry.

The current trade talks on tariffs between the United States, Canada, Mexico and the rest of the world will have a major impact of many aspects of all forms of equine competitions from the race tracks to the show rings, as well as the horse breeding industry.

Dealing with all the financial challenges since the global pandemic has been frustrating enough, now a new attack on the industry must be faced – one that certainly was never anticipated.

How governments end up dealing with horses through the ongoing and various negotiations is relatively unknown at this time. It will basically be up to horse organizations to fight for their rights and protections, because with so much on the table it is unlikely that horses - as an agricultural product - will get much attention.

There are many current rules and regulations in place that cover much of the global movement of horses for both breeding purposes and major competitions, but that could easily change – and get more expensive! The equine industry will basically become “collateral damage” to all that’s going on.

The National Thoroughbred Racing Association was among the many groups sharing information to help make horse people more aware of the pending consequences. All groups are scrambling to stay on top of the fluid situation, waiting for the next U.S. deadline of April 2 to come.

A tariff is a tax on imported goods. In this case, it is a blanket 25 per cent tariff on all goods. The importing company pays the tariff to the government imposing the levy.

A temporary exception has already been announced, with tariffs on goods that are United States–Mexico–Canada Agreement (USMCA) compliant being paused until April 2. Importantly, this includes live horses. For example – a horse born and raised in Canada is not subject to the 25% duty if entered into the country before April 2. As of now, they will be subjected to that duty after April 2, unless the administration extends or permanently incorporates the exception, or walks back the tariff.

After April 2, goods being imported to the United States will be subject to the 25% duty. However, there are many conditions in which horses can enter the United States for extended periods without paying duties. These include:

- 1) Temporary Entry: Horses can be admitted under bond for exportation within one year from the date of importation, which may be extended up to a total of three years
- 2) Duty-Free Status: Purebred breeding horses are classified under specific HTSUS subheadings 0101.21.0010 for males and 0101.21.0020 for females and have a duty-free status when imported permanently
- 3) Temporary Import for Racing/Shows: Horses from the U.S. which have been exhibited at

recognized expositions in Canada, including racing and horse shows, and have not been in Canada for more than 90 days, are eligible to return to the U.S. without Canadian health certificates

As of now, Canada has not imposed reciprocal tariffs. The Ministry of Agriculture and Agri-Food Canada has indicated that purebred breeding animals (including live horses) could be included in a second round of tariffs. A 21-day public comment period for these proposed countermeasures was to have ended on March 25.

The current talks will not really affect live standardbred racing at Fraser Downs in Surrey right now as it concludes its spring meet. But it may have a significant effect on racing at Hastings Racecourse in Vancouver set to open on May 3, and all the summer horse shows as competitors cross the border.

Horses now competing or in training at U.S. locations are likely heading home early, especially since racing in other places in Canada, such as Alberta, Winnipeg and Toronto are ready to open soon. And, of course, spring is the breeding season, so some tough decisions will have to be made quickly by equine owners about stallions and broodmares going north and south.

With spring training now fully underway at Hastings, trainer Craig MacPherson has recently welcomed a blue-blooded addition to his powerful barn – a seven-year-old British-bred gelding, MASEN (GB).

A son of the Champion European miler Kingman (GB) (Invincible Spirit (Ire), Masen was purchased out of a Fasig-Tipton Digital Sale last May for \$80,000 by MacPherson’s owner, Nicole Droder, and joins the horse population in Vancouver as part of Droder’s ongoing desire to support racing in the province.

In a recent industry news release, MacPherson said: “We’re excited to have a horse like Masen with us and much credit goes to the owner for demonstrating such a spirit of adventure, as well as showing tremendous support to racing at Hastings. So far, he’s been a straightforward horse to deal with and we’re looking forward to seeing how he adapts to Hastings and, of course, to the dirt.”

News from Kentucky confirms that B.C.’s reigning Horse of the Year INFINITE PATIENCE has been scanned in foal to HARD SPUN. Now in the sole ownership of hockey star Ryan Nugent-Hopkins, the eight-year-old daughter of SUNGOLD reportedly “caught” on a first cover by the sire. She is now scheduled to remain in Kentucky for a period before, all being well, eventually heading back to B.C. later in the year.

A stalwart of Darley America’s stallion roster, the 21-year-old HARD SPUN has sired 15 G1 winners and remains a potent source of high-quality runners. The sire, who along with WAR FRONT is among the last sons of the legendary DANZIG still at stud, stands at \$25,000.

The off-season has also been busy for those involved in planning the future of racing in this province. In early March, TRBC trustees met with MNP Consultants to discuss the economic impact on horse racing (in particular Thoroughbred racing).

The meeting was attended by Ole Nielsen and Mike Heads (from BC TOBA) and Denise Prail and David Milburn (representing HBPA BC), as well as Gary Johnson, Interim Chair of Thoroughbred Racing BC.

Reports say the MNP representatives were fully engaged, and there was a wide-ranging, two-hour conversation. The TRBC trustees made the

following points. Horse racing contributes to the cultural fabric of British Columbia in several meaningful ways:

Heritage and Tradition – Horse racing has been a longstanding part of B.C.’s history, dating back over a century. Tracks like Hastings Racecourse have been community landmarks, preserving the province’s equestrian traditions.

Community Engagement – Racing brings together a diverse group of people, from owners, trainers, and jockeys to fans and casual spectators, fostering a strong sense of community and shared experience.

Employment and Livelihoods – The industry supports thousands of jobs, from stable hands and veterinarians to racing officials and hospitality workers, many of whom come from multi-generational horse racing families.

Equestrian and Agricultural Influence – Racing strengthens B.C.’s broader equestrian industry, as retired racehorses transition into careers in pleasure riding, show jumping, eventing, and dressage.

Tourism and Events – Major races and events attract visitors from across Canada and beyond, boosting local economies and highlighting B.C.’s vibrant sports culture.

Philanthropy and Charitable Work – Racing organizations often support community initiatives, backstretch worker programs, and equine welfare efforts, reinforcing a culture of giving back.

In addition to getting points across about the current state of horse racing and breeding of thoroughbreds, it was made clear that there is a specific need for a long-term funding arrangement with government and a strategic plan to see horse racing flourish over the next few years and longer.

HORSES OF RACING AGE SALE: After multiple requests for a spring sale of race horses, Thoroughbred Racing BC has decided to sponsor a sale of horses of racing age on Saturday, April 19, 2025. It is expected to be held in the paddock at Hastings Park.

Brandon Campbell leads all drivers at the current Fraser Downs’ meet, and his five wins on March 13 pushed him far ahead of the pack. It included winning the featured \$10,000 Fillies and Mares Preferred Pace that night with Outlaw Spiced Rum, owned and trained by Rod Therres. In 90 lifetime starts, the mare has posted a record of 32-20-9 with \$180,522 earned.

Fraser Downs kicked off its 2025 racing season with a bang on February 27 as Stonebridge Jade delivered at 25-1 shocker in the \$10,000 Fillies & Mares Preferred Pace, which highlighted the eight-race card. Live harness racing continues at Fraser Downs on Thursdays and Fridays with post time at 7 p.m. until May 2. Racing resumes on Sept. 4 through Dec. 26, with the exception of Friday, Sept. 5 and Thursday, Dec. 25.

Itll Be Fine was a repeat winner in the \$10,000 Preferred Pace at Fraser Downs on March 14. Dave Hudon drove the winner for trainer Rick Lancaster. The gelding surpassed the \$250,000 earnings mark in his 100th career start, winning for the 28th time. Lancaster also owns the six-year-old, by Hes Watching-Modern Hanover, in partnership with Leslie Godlien of Langley.

Trainer Rebecca Kanak's season got off to a successful start as her stable swept half of the races on the February 28 card, including the \$10,000 Preferred Handicap Pace won by West Coast Beach, who won nine of his 20 races last year while banking just over \$40,000 for Kanak and co-owner Timothy Gordon of Spruce Grove, Alta. Kanak, of Saskatoon, picked up her first career win as a trainer in 2023 and won 38 races last year.

HOW USING A SENIORS REAL ESTATE SPECIALIST CAN HELP YOU

In the evolving real estate landscape, seniors face distinct challenges and opportunities when buying or selling homes. Enter the Seniors Real Estate Specialist (SRES), professionals devoted to guiding older adults through these significant life transitions, offering a blend of expertise and compassion. As seniors consider relocating, whether downsizing from a cherished family home filled with memories or moving to a community that better suits their current lifestyle, they may benefit from personalized support to ensure their needs and goals are met.

Real estate transactions can be both physically and emotionally taxing, especially for seniors moving from homes filled with decades of memories, including milestones and shared experiences with loved ones. For many, the transition becomes even more complicated after the loss of a partner, as they grapple with both the practical and sentimental challenges of moving from a once vibrant home to perhaps a quieter, less familiar space. As physical capabilities decline with age, the maintenance of larger homes may become overwhelming, with mobility issues turning daily tasks into significant hurdles. The burden of upkeep on a larger home, feelings of loneliness, and the overwhelming sense of dread about the work of packing up a home often filled with decades of items can further complicate the decision to move.

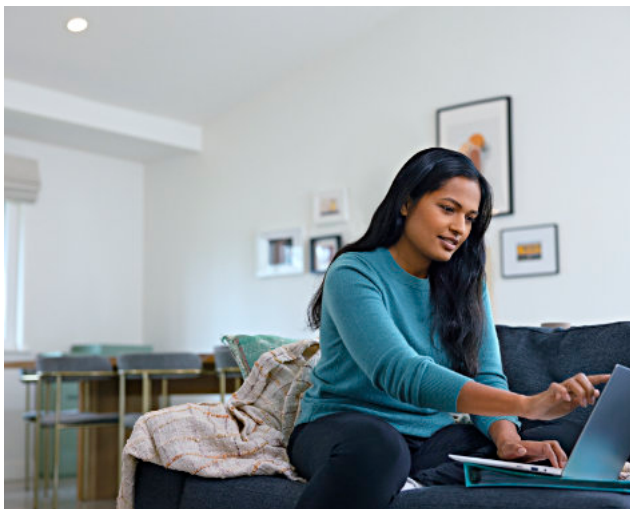
SRES professionals understand these emotional and physical hurdles and empathize with clients through these emotional transitions. They aim to assist seniors in locating housing options that meet their practical needs and foster a sense of community and new beginnings. Beyond real estate expertise, SRES professionals connect clients to a network of trusted specialists, including movers, cleaners, estate planners, and lawyers, providing a comprehensive approach to address the physical aspects and the legal

intricacies of real estate transactions.

Choosing the right housing environment is critical for seniors, whether they're considering a 55+ community or a different living arrangement. SRES specialists prioritize finding communities that align with clients' social, financial, and health needs, ensuring a smooth transition. Ultimately, these specialists position themselves as trusted advocates who blend professionalism with understanding, making the process of selling or buying a home as easy as possible. For seniors navigating the real estate market, partnering with an SRES can turn a potentially overwhelming experience into a seamless transition toward a rewarding new chapter in life.

If you are considering a move, call me and we will get through the process together; Meachel Buizer, Seniors Real Estate Specialist®, 604-217-3011

BUILDING A SMARTER CANADIAN HOME IN 2025



As we move further into the digital age, the concept of a “smart home” is becoming increasingly accessible. In 2025, Canadian homeowners are leveraging advanced technologies to create more efficient, secure and comfortable living spaces.

Here's how you can transform your home

into a smarter, more efficient haven.

Stay updated with AI-powered computing Technology evolves rapidly, so staying updated is key to maintaining an efficient smart home. Thinking of upgrading your computer in 2025? Consider an AI-powered laptop, such as those from Intel, which have artificial intelligence capabilities built into the brain of the computer: their processors. These laptops, called AI PC, can analyze data from your smart home ecosystem, providing insights and recommendations to keep your devices up-to-date and functioning efficiently.

Focus on energy efficiency

Smart technology can significantly reduce your home's energy consumption. Invest in smart thermostats that learn your schedule and adjust temperatures accordingly, or smart lighting systems that turn off when rooms are unoccupied. These devices don't just lower your energy bills – they contribute to a greener environment.

Enhance security

A smart home is a secure home. Install smart locks, video doorbells and security cameras that you can monitor remotely. These devices provide real-time alerts and allow you to keep an eye on your property from anywhere, any time.

Automate routine tasks

Automation is at the heart of a smart home. Use smart plugs and switches to automate routine tasks like turning on the coffee maker or watering the garden. Voice assistants can also help manage daily chores, making your life more convenient and freeing up time for other activities.

Consider professional installation

While many smart home devices are designed for easy DIY installation, some systems may require professional expertise. Consider hiring a professional for complex installations, like home security systems, to ensure your devices are set up correctly.

Building a smarter Canadian home in 2025 isn't just about adopting the latest gadgets; it's about creating a more cohesive, efficient and secure living environment. Learn more about AI-powered devices at intel.com/aipc.

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SENIORS...

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Do you worry about your safety while performing day-to-day activities in your home?

BC REBATE FOR ACCESSIBLE HOME ADAPTATIONS is a program through BC Housing for people in British Columbia with health or mobility issues.

The BC RAHA program provides financial assistance for eligible individuals or families to be able to continue to live comfortably in their home.

Ask us how we can help you access this funding. Call today for a consultation.

Eligible adaptations include the following:

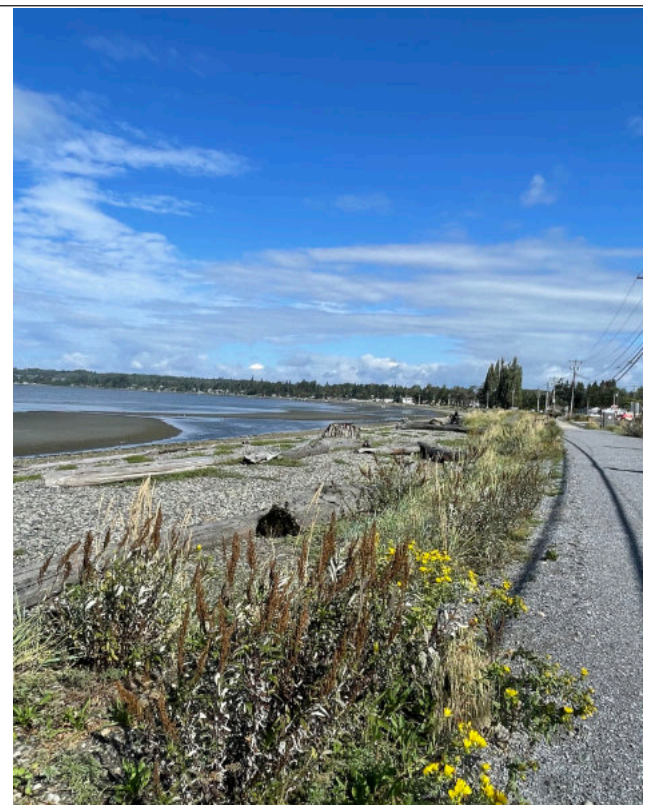
- Tub to walk-in shower with seat
- Higher toilet and grab bars
- Chairlifts and ramps
- Single handle lever faucets in kitchen and bathroom
- Slip resistance flooring
- Door knobs with lever handle
- Counter height modifications
- Gliding shelves in kitchen and bath for easy access

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WHATCOM COUNTY WALKABOUTS COMMUNING WITH NATURE

By Chris Millikan

To stay fit during a Washington State getaway, we explore some of Whatcom County's nature trails. In Birch Bay village, one walking opportunity immediately presents itself.

Across from our oceanfront condo, a level berm-top path calls us to explore the scenic shoreline. Blooming flowers and feathery grasses embellish this easy trail. Small boats lie amid sun-bleached driftwood. Scattered benches and firepits suggest cozy evening get-togethers. One local fisherman tells us about catching Dungeness crabs from November to June, grinning, "At high tide, I just drop traps baited with raw chicken...or bacon...from my little boat. And voila!"

At low tide, families clam-dig along the expansive beach. Others build elaborate sandcastles. We beachcomb, finding pearly oyster shells, purple clams...and an intact sand dollar, all 'keepers!'

In Birch Bay State Park, Terrell Marsh Trail offers a delightful loop walk. Trailside storyboards interpret the woody surroundings. At the trailhead, an enthusiastic pileated woodpecker drums a 'welcome.' Songbirds twitter amidst vine maple, birch, hemlock, red alder, cedar and stately cottonwood.

Amid one group of white-barked trees, a sign recounts Captain George Vancouver's beach landing in 1792. His botanist named the bay for its prominent white birches. As well, Vancouver's

sailors camped hereabouts, stocking their ship with firewood and fresh water. The crew brewed spruce beer, high in Vitamin C... then known to prevent scurvy.

A signboard map illustrates Terrell Creek's estuary ecosystem. We learn abundant birdlife populates these extensive wetlands, including belted kingfishers, oyster catchers, dunlins and widgeons. From an embankment, we gaze across its salt-water marsh.

Just outside Ferndale, we explore Tennant Lake and Hovander Homestead Park. Maps at Tennant Lake's interpretive centre show over 6½ kilometers of pathways. One 2½ kilometer trail winds through fragrance gardens and atop boardwalks zigzagging through marshlands. A wooden tower provides wetland overviews. River Dike Trail parallels the Nooksack through Hovander Farm and meanders onward to Ferndale.

Hovander-Tennant Connector path links with the heritage farm. Amid pond rushes along this pathway, we sight a perfectly poised Great Blue heron, dagger-like bill extended. "He's always here," a passer-by says. "Everybody calls him Harold. Many patient hunters just like him live in Whatcom County...catching fish, frogs, insects and small birds year-round!"

Around Hovander Farm's 'big red barn,' we watch fenced goats, geese, chickens, turkeys and pigs in action. Beautiful demonstration gardens are used for teaching, vegetables donated to local food banks. One area displays endemic plants, typically

considered weeds.

We learn the Hovanders immigrated to Northwest Washington from Sweden. Settling here in 1898, they designed and built their impressive barn and farmhouse. Their homestead became a county park in 1971.

Ferndale's Pioneer Park furnishes additional historic insights. Fencing surrounds the park's collection of sixteen hand-hewn structures. A cedar-slab church rises just inside the wrought-iron gate. And nearby, a county map pinpoints the original sites of these early buildings.

Our leisurely stroll winds among settler cabins, their general store, schoolhouse, jail and barn. At the jailhouse, we snap a selfie! Like Hovander Farm, this park provides another fascinating look back into pioneers' resourceful lives.

Another day, we check out Lynden's architecture, its windmills recalling Dutch heritage. Further south at Bellewood Farm, a path leads us past sprawling pumpkin vines and through their large garden. Crossing a little bridge into their orchard, we sample windfall apples: sweet, juicy Honeycrisp. Recrossing the bridge, we notice a large anthill near 'Stream Walk Trail.' These thatching ants consume nectar from aphids they raise in their mound's 'galleries.' Our walk continues under a long row of shady cottonwoods bordering Ten-Mile-Creek.

Breathing fresh air while walking in the natural world enhances our strength, mobility and mental acuity.

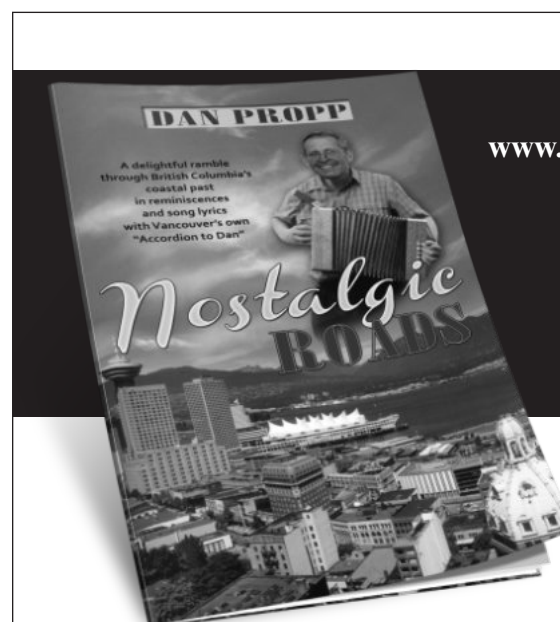
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HOW TO PREP YOUR LAWN IN FALL SO IT THRIVES IN THE SPRING

When it comes to lawn care, most people focus all their efforts during the spring and summer. However, if you want to keep your lawn looking healthy and beautiful, caring for your lawn as winter approaches is equally important. Try these fall lawn tips to keep your lawn in tip-top shape when spring rolls around.

Feed your lawn

Fall is the best time to give your lawn a good feeding. As the weather begins to cool, your lawn will slow its top growth while the roots will continue to actively grow. A fall fertilizer application should be applied at the right time, when the plants are still absorbing nutrients. If the ground is frozen or the grass has stopped growing, it is too late.

"A fall feeding delivers vital nutrients to encourage deep root growth and will help your lawn to store essential nutrients over the long cold Canadian winter," says Mark Beaty, live goods merchant at The Home Depot Canada. "The storing process will continue as long as the plant is green. At the first sign of spring, your lawn will quickly tap into the stored nutrients, increasing the chance of you having a healthy green lawn."

Plant some seed

Early fall is a good time to seed a lawn that needs some repair. Over-seeding an established lawn fills in bare spots and thickens your grass. Over-seeding immediately following aeration is highly recommended because the holes left behind by the aerator provide entry points for new grass to germinate and fill in trouble spots.

The best time to seed your lawn is in the early



fall when the evening temperatures are lower and the morning dew is heavier. New grass that can establish itself in the fall will be more vigorous in the spring.

Keep cutting and watering

As the fall season progresses, your lawn's growth may begin to slow, but you should keep cutting it until your lawn stops growing.

"As the season comes to a close, for your final mowing, drop the mower blade down to a lower level than your regular season height," says Beaty. "Trimming nice and short stops the grass from becoming matted, which encourages mould."

If your lawn isn't getting enough rainfall, provide at least a half inch of water each week to prevent it from drying out. Your lawn is still living and needs watering to build up its root system going into winter.

Let it breathe

Determine whether your lawn requires aeration. Using an aerator, cut a test plug and measure the thatch level (the partially

decomposed material that can build up between the bottom of your grass and soil surface). If it's greater than a half inch (about 1.25 cm), aerate your lawn to loosen soil compaction; this will allow for more water, light and air to reach the soil. A good aeration in the fall can help set the stage for strong spring growth.

If your lawn has a thick layer of thatch, loosen it with a power de-thatcher, which you can rent from your local hardware store, like The Home Depot Canada, and remove the debris promptly with a rake. Anything greater than a half inch of thatch can dry up roots and create fungal problems, which will only worsen over the winter.

Keep it clean

Clear your lawn of any garden tools, children's toys and tree leaves that can smother your lawn in the fall and block the nutrients it needs to stay healthy. Tree leaves offer your grass no protection from the impending snow and can rob your lawn of much-needed fall sunlight.

www.newscanada.com

TOP TIPS FOR TAX-FILING SEASON

The deadline for filing your 2024 income tax and benefit return is April 30, 2025. Are you ready?

It's important to file on time. By doing so, you can avoid delays or interruptions to any refund, or benefit and credit payments you're eligible for. If you have a balance owing, you'll avoid penalties and interest by filing and paying on time.

Here are some tips to help you this tax-filing season.

Assistance for lower-income households You could get free tax help if you have a modest income and a simple tax situation, such as if your income comes from employment, a pension, social assistance or scholarships.

Across Canada, community organizations and volunteers can provide free tax clinics through the Community Volunteer Income Tax Program. In Quebec, it's called the Income Tax Assistance – Volunteer Program. You may be able to find a clinic at your local library, shelter, senior's centre, band office, or place of worship.

Also, this year, two million letters are being sent to lower-income individuals for a free, secure, invitation-only filing method that can be done over the phone or digitally.

Manage your tax affairs online Earlier this year, the Canada Revenue Agency

simplified the process for registering for an online account, allowing you to manage your personal tax and benefit and credit information online. Now, instead of having to wait for a security code in the mail, you can verify your identity immediately with the document verification service. In your account, you can also quickly and easily update your personal information, like your address, phone number and marital status.

File

Last year, 93 per cent of Canadians filed their tax return online. Filing online using a certified software program is easy and, in some cases, free. There's also an option to autofill your return that makes the process even easier if you're already registered for an online account with the agency.

Plus, if you register for direct deposit and are owed a refund, you could get your payment within eight business days.

Changes and new benefits Every year, there are changes that could impact your income tax and benefit return, so it's important to stay on top of things. This year's changes include:

- Eligible first-time homebuyers can now withdraw up to \$60,000 from their Registered Retirement Savings Plan (up from

\$35,000) to buy or build a qualifying home.

- If you operate a non-compliant short-term rental property, you can't deduct any related expenses incurred during the portion of the tax year where it is non-compliant. For 2024, there is an exception that as long as your property became compliant with the applicable laws of the municipality or province where it is located by December 31, 2024, you are considered compliant for all of 2024.

- If you're a volunteer firefighter or a search-and-rescue volunteer and completed at least 200 hours of service last year, the amount your credit is based on has increased from \$3,000 to \$6,000.

Learn more about tax-filing changes at canada.ca/taxes-whats-new.

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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 dentist will determine the prosthetic design that will provide the best results for fit, function and esthetics. The dentist will then work with you and the dental implant specialist to finalize the treatment and determine how many dental implants you may need.



View Video

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.

If you do not have a dental insurance plan there are some good options available to finance your dental treatment such as 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.

If you are not able to move forward with dental implants, our denturists promise to give you denture solutions that fit your lifestyle and budget. Brookwood Denture Clinic has invested extensively in materials, equipment and training to make sure all of our patients receive the care they deserve.

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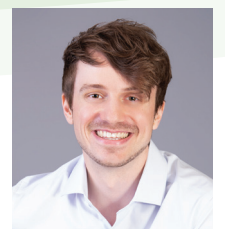
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