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TODAY'S
SENIOR
NEWSMAGAZINE



Foodies Afoot in Kailua A Tasty Island Tour - By Rick Millikan page 17

JUNE - 2025

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ACCORDION TO DAN

For Seniors in today's way of life, the only 'constant' seems to be obsolescence and change itself.

Some of us golden agers still cherish the nostalgic opposite. Long before Beta, VHS, DVDS, computers, Sputnik, the internet, and cell phones, we remember the era of vacuum tubes. Recently I discovered a genuine reminder of those days. While walking in Steveston, there was a genuine Heathkit vacuum tube tester for sale at the Richmond Hospital Auxiliary Thrift Store. Thus, the following bit of rhyme may reprise a memory or two.

REMEMBER THOSE DAYS?

Light bulbs today still require a vacuum and we still in 2025 use vacuum cleaners. However vacuum tubes vanished way back around the days when Gary Cooper starred in the famous motion picture 'High Noon'. That's why I couldn't believe my eyes. It was for sale at this popular shop.

In a flash, automatically out of my pocket came my trusty, now old fashion, digital camera less than six megapixels bought at a garage sale just a few years ago. What a reliable bargain it has been for me! The image turned out sharp as a pin. It brought me back to the good old days when everyone still depended on black and white tv technicians to repair them. Those were the good old days of the 1950s when soldering irons, oscilloscopes, hand wiring, printed circuit boards, TVs and radios operated with vacuum tubes for many years. Transistors, though invented in 1947, weren't yet widely used. Was I feeling happy as a lark finding this old relic of the past? You bet!

MEMORIES OF DOWNTOWN VANCOUVEER

Do you remember the experience of Cinerama screens at the Strand on Georgia Street. It was located across from The Bay at Georgia and Seymour Streets. Nearby was Kellys Records that still create special memories that nostalgically still command. They reprise what is no more such as the famous Fred Schiffer photography studio down the street, Clarke and Stewart stationers, and Scott's Restaurant as they used to be. And of course, who could ever forget The Sky Diner restaurant, The Krak A Joke Shop, Birks Jewelers at Granville and Georgia, and the famous clock that stood outside---now simply history.

Do you recall the BC Electric building? How about the Grovesnor Hotel where the CJOR radio



studio was broadcasting from the basement. The CBC radio studios were still in the Hotel Vancouver. For some of us we never forget. They broadcast a special longing feeling and ring a splendid bell.

VANCOUVER SCHOOLS

In the east and west ends of the city, architecture goes back to an era that from the outside appears far removed from today's computer age. No doubt many seniors today recall all kinds of memories and stories when they were enrolled as students. The following might replenish a fond memory or two.

CHALK DUST

Anybody still remember Math 91? All those equations and geometry. How about the old B.C. school subjects and how they were run. Going back in history there was the university entrance program, general program, home economics for girls and industrial arts for boys. There were black boards and chalk dust, manual typewriters such as Remingtons, Smith Coronas and Underwoods, measurement in inches, yards, ounces, gallons and miles. Those were the days and sometimes it seems almost like yesterday. Bringing back a few smiles, the introduction of faded blue jeans, turned up collars, being cool. Life began to really rock and roll. How many of us were convinced that way of life would rule forever.

IT'S JUNE

So much has happened in the last few months. It's hard to absorb. Today's breaking news appears to cycle exponentially faster compared to a few years ago. For us seniors what we have experienced over

the many Junes of the past, brings comfort of times that appear slower paced and, in some respects, perhaps more meaningful. How it once was.

GOING BACK JUST A FEW YEARS, EH?

Remember Vancouver landmarks such as Clarke Simpkins, Brown Brothers Motors, the Devonshire Hotel? How about Cunningham Drugs, The Aristocratic Restaurants, Leo's Camera Supply, Dunne and Rundle--now just memories oh well. Those film photography days, nostalgic thoughts, perhaps even a bundle.

The Cave Theatre Restaurant, Isys Supper Club, back then. Granville Street's theatre row, the Orpheum, Paradise, Vogue, Capitol and more. Sometimes it seems it was just yesterday though it was many years ago. The old BC Electric buses and so many other recollections come back to shore.

Cars such as the Austin, DeSoto, Studebaker; and Canadian money---the fifty cent piece, penny and the one and two dollar paper bill; department stores---Honest Nat's Department Store, Woodward's, Eatons, and now the Bay!. In retrospect, lots of good memories, eh?

Please visit www.Nostalgicroads.Weebly.com

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

Plus books via www.amazon.ca

Photo: Wow, what a surprise! A genuine Heathkit Tube Checker for sale at a thrift store! (Photo: Dan Propp)

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A LITTLE MUSIC, A LITTLE MAGIC

By Ursula Maxwell-Lewis

A Little Music, A Little Magic

Mozart reputedly said, "Music is the strongest form of magic." If you've been watching the world news lately, you'll likely agree: a little magic is exactly what we need right now. Here are a few musical notes to warm your heart this June.

"A Stroll Down Broadway": Presented by the Opus One Women's Choir under the direction of Brenda Wilson — features two performances at two venues:

- Friday, June 6 at 7:30 PM – Fort Langley Community Hall, 8870 Glover Road
- Sunday, June 8 at 3:00 PM – United Churches of Langley, 21562 Old Yale Road

Admission is free for those 18 and under. Adults: \$25; students and seniors: \$20. Tickets are available at the door or by pre-booking at opusonewomenschoir@gmail.com.

Interested in joining this Langley-based choir? Opus One welcomes women who love to sing for fun and friendship—no experience necessary. For details, contact Patti Johnson at pitipatj@gmail.



com.

"82nd Music Sunday Celebration": Sunday, June 22 at 10:30 AM, Cloverdale United Church (17575 58 Ave., Surrey).

This popular long-standing event began in 1943 when Jean Taylor, a Dublin-born choir member, proposed a special music service before the summer break. Jean became choir director in 1946 and founded the church's Junior Choir. After her retirement in 1966, her daughter Shirley Taylor Barker continued the legacy until 1978.

Other directors over the years have included Dave Proznick, Steve Johnston, Tim Bailey, and Sharon Lauze. During the pandemic, Dianne Nichols and a small choir adapted to online

services. In 2021, Dr. Emma Rui-Xuan Shi took the helm. Currently, Tim Bailey directs the choir while Dr. Shi is on maternity leave.

This year's service will feature a special performance by members of the church's Korean Intercultural Ministry and English Language Learning group.

Rev. Matthew Emery, CUC Lead Minister and accomplished singer, reflects, "Music has had quite a formative impact on my ministry. It was largely thanks to my university church choir that I stayed connected to church during a time when many people drift away."

The morning will conclude with a traditional feast of strawberry shortcake, coffee, and tea.

"Vancouver International Jazz Festival": June 20 to July 1, Downtown Vancouver. Established in 1986 this popular vibrant event covers a lot of ground - physically and musically. Its extensive program is available online at www.coastaljazz.ca. I can only suggest you browse the site, make your choice and find the venue. Definitely a musical event to chase the blues away.

I hope the above will inspire you to tune in to whatever music genre and venue appeals to you. There is a wealth of it in British Columbia's Lower Mainland.

Ursula Maxwell-Lewis is Director Emeritus of the Surrey International Writers' Conference. Contact her at utrans@shaw.ca

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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

HOW WORKING ABROAD HELPS SUPPORT YOUR COMMUNITY AT HOME

Most of us are used to hearing that "charity begins at home," but it's important to remember that it doesn't also end at home. When people take real action to make a difference to others' lives, that impact ripples out through their community, and spreads positive change far out from the initial point.

Here are just a couple of examples of Canadian expertise making a positive impact on the global scene through the support of Global Affairs Canada:

Supporting sustainable mining. An environmental engineer went to work with the Department of Environment and Natural Resources in the Philippines. She's helping to guide mining practices there, especially in climate-vulnerable areas. With her help, the mining sector there is putting measures in place to protect vulnerable communities in the zones where extraction is happening.

Building climate diplomacy. Experts in environmental and climate diplomacy, and capacity development went from Canada to build a curriculum for training negotiators in the Maldives. This small island nation in the Indian Ocean is made up of over 1,000 low-lying coral islands—most rising no more than a metre or two above sea level—making it one of the most climate-vulnerable countries in

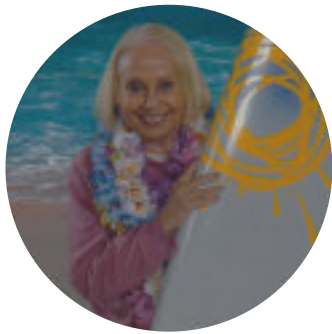


the world. The Maldives needs skilled diplomats and negotiators to have a voice on the world stage and advocate for its very existence.

Helping others helps Canadians, too. When Canadians share their skills and expertise abroad, the benefits return here. By supporting sustainability efforts around the globe, local leaders are also making Canada more climate secure. The partnerships that these experts are helping to build lead to greater opportunities for everyone involved to learn, cooperate and work together to make the world a better place.

Learn more about the local leaders making a global impact from a new podcast called Canadian Changemakers at tap-pat.ca/canadian-changemakers.

www.newscanada.com



LUCY RAVEN: MURDERERS BAR AT VANCOUVER ART GALLERY.

Article & photos by Lenora A. Hayman.

The Lucy Raven: Murderers Bar at the Vancouver Art Gallery until 28 Sept.2025 records on film the removal of a century-old dam along the Klamath River in Northern California. We sat on bleachers, watching the 42-minute video, without commentary, and felt part of the destruction as loud explosions occurred, and out of rusty pipes, water gushed down the river.

Lucy Raven is a New York-based artist who works in installation, photography, video and sculpture. Murderers Bar (2025) is commissioned by the Vancouver Art Gallery and the Vega Foundation, and guest curated by Anthony Kiendl. This shows a portion of the largest dam removal project in American history and the restoration of the river as home to the Chinook and Coho salmon.

Photos all by Lenora Hayman.

Pict 1 Lucy Raven & Anthony Kiendl.

Pict 2 Removal of century-old concrete gravity dam along Klamath River.

Pict 3 Watching film of bursting dam.



PREPARING YOUR HOME FOR EXTREME WEATHER



Forty years ago, Canada experienced 19 natural disasters per decade, on average. That number has now increased to 133. From extreme heat to wildfires and flooding, incidences of extreme weather are on the rise. While we can't change the weather, there are things that can be done to prepare for major events and lessen their impact on our homes.

“With more people impacted by extreme weather, preparation matters,” says Carla Smith, Chief Climate Officer at Intact. “Small measures taken today can save time, money, and stress down the road. There are simple maintenance steps you can take to reduce the risk of flooding and wildfire

to your home and they can typically be completed in less than a day.”

Wildfires. If you live near forests and grasslands, keeping combustible ground cover such as mulch and plants at least 1.5 metres, about one and a half baseball bats, from the house perimeter is a must. Keep the lawn mowed to less than 10 centimetres, or about the height of a pop can, and plant low-growing, well-spaced shrubs and other fire-resistant plants. Adding a non-combustible three-millimetre screen to all external vents, except for the dryer vent, along with fencing made of cement fiber boards, metal, chain link or stone within 1.5 metres of the house can all help prevent wildfires from spreading.

Reduce the risk of flooding. The simplest way to help reduce the risk of flooding is with regular maintenance of your home, both inside and outside, twice a year. This includes removing debris from storm drains and cleaning out eavestroughs, checking for leaks in plumbing fixtures and appliances, testing your sump pump and cleaning out the backwater valve. Be sure to also keep obstructions well away from floor drains.

Beat the heat. There are many simple and cost-effective home upgrades available to help moderate temperature. Consider planting shade trees, growing vines over your brick walls, deck or balcony, as

well as using fans for air circulation and installing heat-resistant glazing on windows. During periods of extreme heat, these steps will help lower the temperature of your home without solely relying on an air conditioning unit.

The reality of climate change is that Canadians are experiencing more wildfires, homes are being flooded from torrential rain events, and more people are being impacted by extreme heat.

Learn more about helping prepare your home for extreme weather events at [intact.ca/protection](https://www.intact.ca/protection).

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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.

ARE FINANCIAL HEADLINES KEEPING YOU AWAKE AT NIGHT?

With the recent volatility in the investment market it reminded me of what I have learned over the years from my senior clients. The one thing they tell me that is important to them is that they are not too concerned about the “return on their money” but they are more concerned about the “return of their money”. Meaning, “protect what I have and do your best to make it grow especially in these volatile times”.

The ongoing volatility in financial markets since 2008 and the sudden declines in 2022 and 2025 have caused a lot of investors to stay awake at night because their investments were fluctuating from their previous highs. Retirees and those planning for retirement are re evaluating what they invested in previously, and are looking for safety and security.

Most of the clients that I deal with are boomers and retirees and over the years they have instilled in me that what's important to them is not the returns they get on their investments, but it is the return of their investments. They want assurances that their investments will be safe in the future so they can plan their retirement. They want investments that give them the opportunity to participate in the upside of the markets, but protect the deposit value if the markets should go down. They want

to know that their income is guaranteed, and has the potential to increase, rather than go downwards when the markets decline. They especially want to be able to pass on a guaranteed value from their investments to their spouse, children or grandchildren in case of death, and not just the market value at death.

Recent surveys show that investors are looking for alternatives and advice in this time of uncertainty. It is for this reason I am reminded to write about the benefits of Guaranteed Investment funds (GIF) for investors looking for safety, security and the opportunity to participate in the upside of the markets, and to be able to sleep at nights.

Guaranteed Investment Funds (GIF) for Estate Planning

An Estate plan covers the way you want to own, manage and preserve your assets during your lifetime, and how you want to distribute them to your beneficiaries. Plans can include reducing estate taxes, updating your will and power of attorney, and making charitable bequests. Solutions may involve life insurance, investments and spousal or family trusts.

Using guaranteed investment funds for estate planning is one component. It's a way to protect your investments and distribute them to beneficiaries more quickly, with fewer expenses and greater privacy.

Protect your capital with the death benefit guarantee

With such investments as stocks and mutual funds, the estate can suffer if the owner of the investments passes away during a market downturn. However, Guaranteed investment funds protect your capital against market volatility while still investing in managed portfolios. A “death benefit guarantee” allows you to protect either 75% or 100% of your Deposits minus any withdrawals. Upon death, if the value of the investments is less than the protected amount, beneficiaries would still receive the protected amount. Also at certain times, you can lock in market gains at either 75% or 100% of the market value of your investments. The new death benefit guarantee then protects the new, higher value.

Avoid Probate and Estate Fees

Probate fees, paid to the provincial government, can reach 1.5% of the value of the estate. In addition, estate fees may range from about 2% to 6% or more of the estate value. Estate fees usually include fees from an executor, lawyer and accountant. With GIF, you bypass the probate and estate settlement process. Assets are paid directly to your beneficiaries, eliminating probate and estate fees on your investments.

Transfer Assets without delays

In probate the provincial court confirms the validity of the will and verifies the appointment of the person designated as executor. Often probate can be very time consuming. Then add the time involved for the executor to administer the will. All in all, the probate and estate settlement process can take several months, a year or longer. If there are complications, such as contesting the will, the process can literally take years.

With Guaranteed investment funds, beneficiaries typically receive proceeds in a matter of a couple of weeks. This is especially important for beneficiaries who are relying on the proceeds for living and education expenses.

Distribute your assets with privacy

A probated will is a public document, exposing the personal and financial information it contains. With Guaranteed investment funds, beneficiaries receive proceeds directly, in complete privacy. In many circumstances, distributing assets with privacy helps to ensure harmony among heirs.

For further information on using guaranteed investment funds for Estate planning talk to your financial advisor. You can also contact Rick at CRS Financial about investing in guaranteed investment funds for your estate plan. Call 604-535-3367 or email: rick@crsfinancial.ca

You can also book an appointment for a complimentary review of your current portfolio. We also recently moved to a more centrally located office in South Surrey at Unit 220-3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7.

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THE PHARMACIST REVIEW

By Lyle Sunada and Christine Cheng, R.Ph.

Exogenous Ketones: A New Era in Brain Fuel and Mental Clarity

In today's fast-paced world, mental fatigue, distraction, and burnout are increasingly common. People are seeking ways to stay focused, energized, and mentally resilient without relying on caffeine or sugar. One emerging solution is exogenous ketones—a supplement that provides the brain with a clean, efficient fuel source that supports cognitive performance and overall brain health.

What Are Exogenous Ketones

When the body experiences a drop in carbohydrate availability, such as during fasting or low-carb eating, it turns to fat for energy, producing molecules called ketones. These ketones, in-

cluding beta-hydroxybutyrate (BHB), are used by the brain and body as an alternative fuel to glucose or sugar.

Exogenous ketones are laboratory-produced versions of these molecules. Instead of waiting for the body to make its own, you can ingest them as a supplement, rapidly elevating ketone levels in the bloodstream and providing a direct energy source, especially useful for the brain.

Why the Brain Loves Ketones

Your brain demands a huge share of your daily energy—up to one-fifth of the body's total. Under stress, aging, or metabolic dysfunction, your brain may struggle to use glucose efficiently. Ketones step in as a powerful alternative, with several key advantages:

- **Energy Efficiency:** BHB generates more energy per molecule than glucose, helping neurons perform better under pressure.
- **Reduced Inflammation:** Ketones help suppress inflammation in the brain, often linked to mental fatigue, memory issues, and long-term cognitive decline.
- **Oxidative Stress Protection:** They produce fewer damaging byproducts during metabolism, supporting long-term brain health.
- **Enhanced Mitochondrial Function:** Ketones support the growth and function of mitochondria, the energy-producing structures in brain cells.

What the Science Tells Us

Recent studies suggest that exogenous ketones can improve reaction time, decision-making, and mental stamina, particularly when sleep-deprived, under stress, or cognitively taxed. In

those with mild cognitive impairment or insulin resistance, where glucose uptake in the brain is impaired (Type 3 Diabetes), ketones may act as a “rescue” fuel source, helping preserve memory and mental function.

There's also emerging evidence that ketones can elevate brain-derived neurotrophic factor (BDNF), a protein vital for learning and neuroplasticity.

A Smarter Approach with NUBRAIN (by PEAK Professional Formulas)

NUBRAIN, with its patented BHB-BA™ technology, combines the power of β -hydroxybutyrate (BHB) and butyric acid (BA)—two powerful compounds that work synergistically to fuel the brain. It fuels the brain and supports gut health, important for mood and cognitive function via the gut-brain axis.

The combination delivers rapid clinical ketosis in under 15 minutes and sustains ketone levels 30% longer than BHB alone. Clinical studies have shown:

- 18% improvement in cognitive function
- 25% reduction in oxidative stress
- 10% appetite suppression
- 15% improvement in insulin sensitivity

I often recommend Lion's Mane Mushroom for Brain Health, as well. To know more about mushrooms, consider attending our Ladies' Health Night seminar on June 7.

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.

FRAUD PREVENTION: 8 THINGS YOUR BANK WOULD NEVER ASK YOU



Financial scams and fraud come in many different forms. Sometimes they arrive in the form of a text message, email or phone call, and often are designed to look like they're coming from your bank.

According to the Canadian Anti-Fraud Centre, a common type of financial fraud involves scammers posing as bank employees in order to trick their victims into disclosing their banking or personal information.

Countless Canadians have seen these fraudulent messages. Sometimes they're as simple as a text or email that says the potential victim's bank account has been frozen, with a link to a fake website where the user is encouraged to enter personal information to “unlock” their account. Other times these scams involve the fraudster phoning a potential victim and pretending to be a bank employee who needs their help as part of a fraud investigation.

Ultimately, the goal of many of these scams is to steal the victim's personal or banking information to gain access to their accounts, or to get the victim to wire money or purchase gift cards and send the funds to the fraudster.

Strict rules around legitimate banking communications

While your bank does require you to disclose certain personal information to confirm your identity and provide you with services, there are strict rules governing what they can ask you to disclose, and how they're allowed to do it.

One of the best ways to protect yourself is to learn what your bank would never do or ask you to do. Your bank would never:

- 1 Call you to ask for personal information.
- 2 Ask you to keep a secret or be dishonest.
- 3 Threaten to cancel your services or ask to remote into your device.
- 4 Try to rush you into doing something.
- 5 Ask you to help with an investigation.
- 6 Ask you to purchase gift cards or cryptocurrency.
- 7 Ask you to transfer money as part of an investigation.
- 8 Request access to your computer.

How to help protect yourself from scams
Here are some other tips to help you stay safe from fraudsters:

- **Get educated.** Understand your responsibilities as an account holder or cardholder. This information is provided by your bank. The Canadian Anti-Fraud Centre can also help you learn more about common fraud scams.

- **Enable two-factor authentication.** Investigate the security settings of your email provider, social media platforms and banking apps, and enable two-factor authentication wherever available. This offers a higher level of security for your online profiles.

- **Stay informed.** Take advantage of bank services that can help warn you of problems. For example, if you're a TD customer, their fraud alerts service can send you text messages notifying you if suspicious activity is detected on your credit card or access card, as long as a current mobile phone number is on file.

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WRITE AS I PLEASE

By Mel Kositsky

Hey seniors! It's your time to party!

The first week of June is designated as "Seniors' Week" in B.C. and it is also celebrated in most parts of this country. It's time to get out and enjoy life as an "older" adult – and there are many events planned and activities to do in most communities. And many are free of charge!

In October of 2002, a proclamation was declared in perpetuity by the Province of British Columbia that the first week of June every year shall be known as "Seniors' Week". This is a time to celebrate seniors and their many contributions – providing an opportunity to acknowledge and celebrate the integral part seniors play in communities across British Columbia.

In 2025, Seniors' Week runs June 1 to June 7.

With new ministers responsible for seniors now in place in both the provincial and federal governments, this year should be a great opportunity for all organizations to bring their concerns and suggestions to the table – and to make life easier for the aging population.

The wording of the visionary proclamation of 2002 still holds "strong and true" today, and should be adhered to by the new ministers and all their departmental staff.

It reads in part:

"Whereas seniors in British Columbia through their various contributions have helped to establish a province which reflects a unique economic, cultural and ethnic heritage, and

"Whereas the Government of British Columbia is committed to ensuring that the voices of seniors are heard, and that seniors are valued as partners in shaping the future of this province, and

"Whereas harmony among generations can be fostered by a deeper understanding of what it means to grow old."

Currently there are numerous organizations working together to bring issues facing seniors to the attention of government officials, along with the work being done by the Office of the Seniors Advocate of B.C. All these community groups are looking for volunteers and helpful solutions to meet the many challenges that seniors are facing today.

In B.C., the Council of Senior Citizens' Organizations (COSCO) has been representing seniors since 1950. It is an umbrella organization that brings together older adults to work on common issues. It now has more than 75 groups representing more than 80,000 seniors in this province.

COSCO, a registered non-profit society, is affiliated with the one million-member National Pensioners Federation (NPF), which promotes these issues at the national level. COSCO's 75th anniversary conference will take place in Richmond from October 3-5. The title theme is "Advocacy for an Equitable Future". For conference details visit www.coscobc.org.

The communities of Langley have always celebrated Seniors' Week in a big way and this year there are many events taking place, including a free "Seniors' Social" hosted by the Township of Langley on Tuesday, June 3 from 11 am to 1 pm at the historic Murrayville Community Hall.

Seniors will be able to connect with others in their community and enjoy live entertainment and light refreshments at no cost. All of the Township's recreation centres will be offering various programs throughout the week. Registration is required by calling 604-532-3531 or online at www.tol.ca.

Seniors' Week in Langley kicks off with the "Rise and Shine" breakfast on Monday, June 2 from 8:30 to 10 am at the Langley Seniors Resources Society centre in Langley City. The buffet meal costs \$10 and reservations can be made at 604-530-3020. It is the first of many activities planned during the week, which include the screening of the film "Losing Coach Mac" and the annual "Walk with the Mayors".

Also on Monday, June 2nd from 10 am to 2 pm, the Royal Canadian Legion #265, Aldergrove (26607 Fraser Highway) will host the Aldergrove Seniors Community Fair, a special event dedicated to connecting seniors with vital services and resources.

A key highlight of this year's fair will be Translink's participation, offering insights into transit improvements and HandyDART services in Aldergrove.

"We are very pleased to have representatives from Translink attending," said Paul Crump, Chair of Langley Seniors in Action in a news release. "Their presence will provide much-needed updates on transit access, which is a critical issue for seniors in our community."

The event is hosted by Langley Seniors in Action, Langley Meals on Wheels, and the Royal Canadian Legion #265, Aldergrove. Seniors, caregivers, and community members are encouraged to attend and explore the many resources available to support aging with dignity and independence.

Langley Seniors in Action is a volunteer group looking to drive change with positive impact for older adults. It brings people together to collaborate, stay informed and plan actions to improve the lives of older adults. For more information, contact info@langleyseniorsinaction.ca.

Seniors in Aldergrove often face challenges in accessing support programs and services due to limited local availability. This fair will bring together organizations that provide essential resources, both those based in Aldergrove and those serving seniors from outside the community. The event will allow seniors to engage with representatives, ask questions, and learn about programs designed to support their health, well-being, and independence.

Participating organizations include:

- Aldergrove Food Bank
- Aldergrove Veterans and Seniors Society
- Bria Communities
- COSCO
- Ears Hearing Clinic
- Fibromyalgia Well Spring Foundation
- Fraser Valley Regional Library, Aldergrove
- ICBC
- Langley Animal Protection Society
- Langley Division of Family Practice
- Langley Human Dignity Coalition
- Langley Literacy Network
- Langley Meals on Wheels
- Langley RCMP
- Langley Seniors in Action
- Langley Senior Resources Society
- Lilian Cazacu Notary
- Lower Fraser Valley Aboriginal Society
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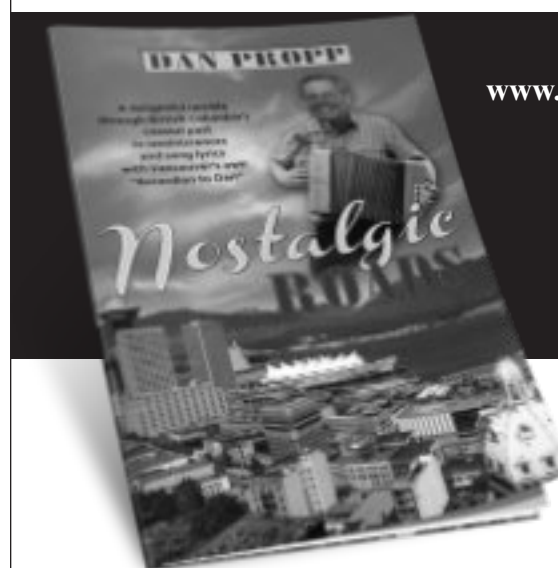
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3 WAYS TO HELP YOUR GRANDCHILDREN GET AHEAD

Most grandparents will admit that being one is much easier than being a parent. You get the joy of meeting a new person and watching them grow and thrive, but then you can hand them back to the parents when a diaper needs changing or a temper tantrum sets off. No matter how hands on or off you are as a grandparent, there are some simple things you can do to help them along the journey of life.

Volunteer as the sitter

Young parents face countless new expenses, from diapers, soothers and baby food to strollers. One or both parents may also have taken parental leave with little or no income coming in during some of that time. In short, they don't have a lot of disposable income. But it's important for young parents to maintain a semblance of a social life, whether on a date night or just meeting up with friends without the distraction of kids. If and when you can, volunteer to take your grandkids off your kids' hands. You'll get to spend quality time with the children, and their parents get a chance to recharge their batteries. All involved will benefit.

Pass on your talents

Whether it's when you're babysitting or just visiting the little ones, share the wisdom you've accumulated over the years every chance you get. If you speak another language, try to teach them some key words and phrases. Are you the

chef in your family? Set the kids off on a lifetime of culinary exploration by teaching them your favourite dishes. Even the littlest ones can lend a hand by rinsing produce and, as they grow, they can graduate to stirring the pot or chopping veggies. Have a hobby? Get the grandkids involved when they're old enough to participate safely. Even just talking to them about when and where you grew up will open their eyes to a world beyond their doorstep.

Contribute to their education

If you think back to how much it cost you to get your post-secondary education, including tuition, accommodations, meal plans and books, the dollar value probably wouldn't even add up to a year's tuition today. The CST Foundation projects the cost of a four-year university program while staying at home would be \$78,000 in 2042 based on university websites and Statistics Canada data. One of the best ways to save for a child's future education is through a Registered Education Savings Plan (RESP).



Anyone can open or contribute to a child's RESP, including their grandparents.

Learn more about RESP options at cst.org.
www.newscanada.com

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Show your national pride and draw inspiration from some everyday heroes whose outstanding contributions are building bridges between cultures and bringing people together. Their stories can create hope in these times of uncertainty.

John Amagoalik. A survivor of the High Arctic Exiles, Amagoalik is known for his unwavering determination to preserve and celebrate the Inuit way of life. Nicknamed the “father of Nunavut,” he made a significant contribution to the creation of the territory 25 years ago. Amagoalik has been invested into the Order of Nunavut and the Order of Canada for fostering greater understanding between cultural communities in the country and for his impact on safeguarding the rights of Inuit.

Richard Rohmer. This 101-year-old hero—who played a critical role on D-Day in World War II—remains a remarkable example of




sacrifice and collaboration for peace and democracy. An aviator, lawyer, adviser, author and historian, General Rohmer was awarded the King Charles III Coronation Medal for his lifetime commitment to Canada.

Mellissa Fung. This renowned author, filmmaker and former war correspondent is a current journalist and appears regularly on CBC’s The National as a field correspondent. Her work has covered important topics in both


Canadian and world affairs, including the Beijing Olympics, the war in Afghanistan, asbestos mining and post-traumatic stress in soldiers returning from war. Fung was invested into the Order of Canada for her advocacy work for women and girls in conflict zones.

Learn more about these and other inspiring Canadian heroes at gg.ca.
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As a proudly Canadian-owned and operated company, we're thrilled to offer a mix of exciting new itineraries and reinvented favourites. This summer and fall, we're bringing back some classic tours that haven't run in over a decade—it's been a joy diving into our archives and refreshing these gems for today's traveller.

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If you're looking to venture farther across the country, explore the beauty of the Maritimes & Newfoundland. Or, if international adventures are calling your name, join us for unforgettable experiences like Fiji to Auckland on a Luxury Yacht, Taiwan, or the Christmas Markets of Austria, Germany & Switzerland. History and



Desert Adventure in Dubai on the Around the World Tour.

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5 LIFESTYLE HACKS FOR STAYING FIT

Improving your health and quality of life doesn't require drastic changes. With small adjustments to your lifestyle, you can begin a fitness journey that is both enjoyable and suited to your needs. The best part? Everyone can engage in movement at their own pace. Here are some practical strategies to incorporate into your daily routine:

- Embrace active daily chores
Physical activity doesn't have to involve structured workouts. Simple daily tasks like gardening, cleaning, or DIY projects can get you moving and increase your energy levels. These activities are accessible to most, if not all, and offer a way to build fitness at your own pace, all while accomplishing tasks around your house.
- Incorporate more walking
Walking is a simple yet effective way to improve your health. It can not only lift your mood but also improve sleep, reduce stress and manage or prevent chronic health conditions. Small changes, like taking the stairs instead of the elevator, walking to nearby stores instead of driving, or adding a 15- to 20-minute stroll each day, can make a substantial difference in your overall well-being over time.
- Join a fitness class

If you're looking for variety, social time, and structured movement, joining a fitness class can help you check all these boxes. Whether it's yoga, pilates, boxing, or tai chi, there's something for everyone. Classes typically accommodate different fitness levels, allowing you to progress at your own pace while benefiting from the motivation and support of a community.

- Exercise with loved ones
Inviting friends or family to join you for exercise can turn physical activity from a chore into a fun social experience. Combining movement with socialization not only boosts your motivation to stay active but can also encourage your loved ones to do the same. Together, you can enjoy the benefits of physical activity and thrive as a group.
- Keep a progress journal
Tracking your physical activity can be a game-changer in your fitness journey. Start by recording your workouts — gradually working up to the recommended 150 minutes of moderate-intensity exercise each week. Whether you prefer a paper journal or a phone app, documenting your progress creates a sense of accountability and accomplishment.



Making physical activity a regular part of your life doesn't have to feel overwhelming. By integrating these hacks into your routine, you will improve your body and mind, becoming stronger and more resilient. Remember, consistency is key — try to stay active most days of the week, and soon enough, movement will become a natural and permanent part of your lifestyle. Your future self will thank you.

Find additional tips on maintaining a healthy lifestyle while managing a chronic condition at kidney.ca/webinars.

www.newscanada.com

HOW TO MANAGE YOUR MONEY IN CHANGING TIMES

Changes in the economy do more than create dramatic headlines—they have a real impact on your personal finances. Any number of factors can affect your ability to meet expenses, from rising costs of living and interest rates or changes to your employment, to changes in your family or health. But remember, you always have options. Here are some things you can do that make a difference:

- Create a budget
Making a budget will help you manage your money. It will let you identify your income and expenses, separate things you need from those you want and prepare you for unexpected situations. Don't know where to start? Try the Financial Consumer Agency of Canada's budget planner, a free and unbiased tool that helps you to create a personalized budget. It gives you tips and guidelines and helps you figure out your next steps with suggestions.
- Make a plan to pay off your debt

Making a list of all your debts and the amounts you owe is the first step to lowering your debt. Then, set a reasonable, affordable payment timeframe for each debt. Paying off the highest-interest debts first helps reduce your monthly expenses, which you can put towards the others to help you be debt-free sooner.

- Avoid taking on more debt
During difficult times, having debt can add even more stress. Before borrowing more money, consider all your options. If borrowing is necessary, make sure you understand the costs before making your decision. Some credit products are more expensive than others because of their high interest rates and fees. The best way to avoid taking on more debt is by talking to your bank about other options.
- Seek advice

If you're struggling to keep up with your payments, talk to your creditors or bank to find solutions. They could decide to lower the interest rate on your debt, extend your payments over a longer period or reduce your minimum monthly payment. They could also offer to consolidate your debts into one loan.

If you feel like you're under water and there's no way for you to ever get on top of your debts, there are still options; for instance, a Licensed Insolvency Trustee can help you get back on track. Have questions? The Office of the Superintendent of Bankruptcy has resources and information you can trust.

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Shell Busey the HouseSmart guy

By Shell Busey

My last comment in my May Senior issue was onward & forward we go to a new adventure.....

I was always interested in kitchen planning & design and back in Ontario. Working with Beaver Lumber part of the training was involved in kitchen sales and I was already a very succesful kitchen sales person and designer. Hanover Kitchens in Hanover Ontario was one of the largest manufacturers of custom kitchen cabinets, and to top it off they supported Beaver Lumber by providing a kitchen one week on job training program. Well I thought why not I could use the experience down the road” one of the many things I did have to my benefit was a good memory and my memory sure paid off down the road.

I was involved in thinking about how could I create a business that would support our family and the rest of our family commitments. My brain went into high gear.

I still could not forget about my past experiences with kitchen cabinets. My only concern was the opportunity was knocking on my door but I had to react quickly because every “Tom Dick & Harry“ was into building custom kitchen cabinents in their shop or garage and able to supply and install in less than 1-2 weeks.

The light went on in my head one night (K-D) knock down I could have them produced anywhere. All sizes and colours type of wood veneer, and available the same day for the (D.I.Y.) market and certainly assembled & installed in less 1-2 weeks. “Whats next”?

Warehousing, assembly area, storage inventory control a convenient location and very important product displays. Marketing,, advertising, home shows were all costs to budget for as well as customer surveys and hiring quality staff.

I’ll keep you on pins and needles until next month July to see where this takes our family too. Oh!!!!!!! It’s interesting. My bride has been my supporter after celabrating 60th wedding anniversary, happy wife happy life, love my family dearly. Stay tuned Shell.....

Now a tip for this month:

Questions and answers about carbon monoxide poisoning

What is carbon monoxide?

Carbon monoxide (CO) is a colourless, odourlss deadly gas. Because you can’t see, taste or smell itcarbon monoxide can killyou before you even know it is there. Today’s more energy efficient airtight home designs contribute to the problem by trapping CO-polluted air inside the home. All homes should have One or more

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Sailing					

sensors covering allfloor levels and basement if you have a furnace or fossil fuel burner.

Why is carbon monoxide so dangerous?

The great danger of carbon monoxide is its attraction to hemoglobin in the bloodstream. CO is breathed in through the lungs and bonds with the hemoglobin in your blood displacing the oxygen which cells need to function. When CO is present in the air it rapidly accumulates in the blood. Itwill eventually displace enough oxygen in your system to suffocate you from the inside out, resulting in brain damage or death.

Where does carbon monoxide occur?

A common by-product of appliances that run on flammable fuel, carbon monoxide can be emitted by gas or oil furnaces, refrigerators, clothes dryers, water heaters, fireplaces, wood stoves, charcoal grills, gas ranges and space heaters. A clogged chimney or improper venting can cause problems as well.

It is very important to have working carbon monoxide monitors in your home; it can save the lives of you and your family.

I will include heat pump and furnace information in a future article.

ADVOCATE SEEKS SUBMISSIONS SHOWCASING SENIORS

“My office is asking seniors to help us celebrate their achievements, contributions and interests during B.C. Seniors’ Week from June 1-7.

“We’re collecting stories from seniors about their commitments to communities and families, wisdom or advice on ageing, or showcasing their special skills so we can share them on our X and Facebook channels as part of our ‘Spotlight on Seniors’ campaign.

“I’m encouraging older people throughout the province to visit our web site – seniorsadvocatebc.ca – and tell us their stories so we can celebrate their achievements and learn from their experiences. The submissions collected over the next few weeks will be posted on social media during B.C. Seniors’ Week.

“As BC Seniors Advocate, I’ve met thousands of seniors throughout the province and they comprise an incredibly diverse demographic. I’m continually amazed at the vast amount of work they do to make our province a better place for everyone. B.C

Dan Levitt. Seniors’ Week is a chance for us to showcase older people and recognize their important role in our society.

“I look forward to seeing the submissions and sharing the accomplishments, advice and activities of seniors throughout the province.”

BC Seniors Advocate
Quick Link: <https://www.seniorsadvocatebc.ca/current-issues/spotlight-on-seniors/>

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ESSENTIAL FACTS ABOUT STROKE EVERYONE SHOULD KNOW



Every year, more than 108,000 strokes happen in Canada—yet many people don’t know the risk factors, or how to recognize if someone is having one and what to do.

“When I talk to Canadians, I realize that there’s a lot they don’t know about stroke,” says Katie White, director of health systems for Heart & Stroke. “During Stroke Month—and really every month—we want people to understand it so they can manage their risk and be prepared to act quickly if it strikes.”

How stroke happens, and who’s at risk

A stroke occurs when blood stops flowing to part of the brain, damaging brain cells. While the

risk increases as people get older, stroke can happen to anyone at any age. Young adults, babies and even young children can experience one. For children, the risk is greatest in the weeks surrounding their birth, and there are more than 10,000 kids under 19 living with stroke.

Conditions like heart failure, congenital heart disease and atrial fibrillation can increase the risk of stroke, sometimes dramatically, and stroke can increase the risk of heart conditions, including cardiac arrest. This is because the heart and brain are connected by the vascular system—a network of vessels that carry blood and oxygen throughout the body.

A stroke now occurs roughly every five minutes in Canada, with almost a million people living with stroke nationwide. Our aging population is one reason for the rise, along with increases in risk factors like high blood pressure, high cholesterol and diabetes in younger people. Fortunately, more people are surviving thanks to research breakthroughs, awareness and better treatment and care.

What to do in an emergency

Recognizing the signs and acting quickly can mean the difference between life and death, or between a better recovery and a lasting disability. If you suspect someone near you is having a stroke, remember FAST:

- F - face, is it drooping?
- A - arms, can you raise them?
- S - speech, is it slurred or jumbled?
- T - time to call 9-1-1 right away.

Find tips and more to help you take charge of your health at heartandstroke.ca/healthy-living.
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Straight from the Horse's Mouth

By Mel Kositsky

The 150th running of the famed Preakness Stakes on May 17 was one that will be long remembered and talked about for years by racing fans.

The spectacular finish to the second leg of the American Triple Crown for three-year-olds was a real newsmaker for the right reasons – and put the sport back into the headlines for a supreme performance by an equine athlete, rather than the usual bad news syndrome that horse racing gets noticed for.

The nine-horse field which left the starting gate that Saturday afternoon was not expected to produce such a dramatic and controversial result, which will be analyzed forever. But it was perhaps a fitting end to the historic Maryland track as the old grandstand will now be demolished and rebuilt in time for the 2027 running of the Preakness – which may not be contested any longer on the third Saturday in May (but that's the subject of another brewing controversy surrounding the Triple Crown races).

For now, the legend of Journalism, the brave winner of the 2025 Grade 1, \$2 million Preakness at Pimlico Race Course, is all that matters – and it has become a huge opportunity for the racing industry to really market the sport. All the right ingredients are there to capture major media attention.

Journalism's victory sets up a potential rematch with Kentucky Derby winner Sovereignty in the Grade 1, \$2 million Belmont Stakes, presented by NYRA Bets, on June 7 at Saratoga Race Course in upper state New York.

The five-day Belmont Stakes Racing Festival will be conducted at Saratoga from Wednesday, June 4 through Sunday, June 8. The festival will include 27 stakes races with purses totaling \$11,275,000 - the richest purses and highest number of stakes offered since the launch of the Belmont Stakes Racing Festival in 2014.

With the ongoing construction of the new Belmont Park, this year's Belmont Stakes will once again be contested at 1 1/4 miles rather than the traditional 1 1/2 miles due to the configuration of Saratoga's main track.

The Belmont Stakes should attract a number of the division's brightest stars, with Sovereignty vs Journalism as the main attraction. Other contenders may be Gosger, (second in the Preakness); Baeza, the third-place finisher in the Kentucky Derby; Hill Road, the Grade 3 Peter Pan-winner; and Grade 2 Wood Memorial victor Rodriguez, trained by Bob Baffert. Peter Pan runner-up McAfee is not Triple Crown nominated and would have to be supplemented for a fee of \$50,000.

Journalism is trained by Michael McCarthy for a group of owners -- Eclipse Thoroughbred Partners, Bridlewood Farm, Don Alberto Stable, Robert V. LaPenta, Elayne Stables 5, Mrs. John Magnier, Michael B. Tabor and Derrick Smith.

Fast becoming a fan favourite for his track exploits, Journalism finished second as the mutuel

favorite to Godolphin's Kentucky homebred Sovereignty in the Grade 1 Kentucky Derby, the first leg of the Triple Crown, which was raced over a very sloppy track surface at Churchill Downs. Sovereignty, whose connections opted to skip the Preakness and train up to the Belmont Stakes, has been working out over the Oklahoma training track at Saratoga.

A robust crowd of more than 125,000 watching the Preakness at the Baltimore track had their collective hearts in their throats as jockey Umberto Rispoli urged Journalism through the narrowest of openings at the quarter-pole, bumping with Goal Oriented to his outside and a retreating Clever Again to his inside in search of racing room.

Aron Wellman, president and founder of Eclipse Thoroughbred Partners, said he was concerned in the moment. In a New York Racing Association news release, he said: "My heart fell to the bottom of my body watching him try to get through the hole and then the physicality that ensued. It was obviously a concern for the horse and Umberto, for starters, and once it was clear that he was going to make his way out of it, it was just the devastation that he had probably lost all chance of winning the race."

The agile Journalism and equally athletic Rispoli found their balance and set sights on a runaway Gosger, who had opened up by five lengths at the stretch call. Sandman, the Grade 1 Arkansas Derby-winner looked certain to blow by the recovering Journalism, but Rispoli urged his colt for more and the talented bay responded in kind, surging away from Sandman with ease before reeling in Gosger to win by an improbable half-length. Journalism covered the 1 3/16-miles in 1:55.47 and earned a 98 Beyer Speed Figure.

"It went from the devastation of not being able to win the race, with what looked like an impossible task, to hopeful that he was going to somehow make a miracle happen," Wellman said. "It took a superior, elite horse and jockey to be able to overcome those circumstances and make it happen. For him to overcome those obstacles and actually win – I won't say cozily, because it was damn hard – but Umberto didn't even really strike him inside the final 70-100 yards."

Eclipse Thoroughbred Partners will now look to win their second Belmont Stakes after scoring in 2017 with Tapwrit, who was owned in partnership with Bridlewood Farm and Robert V. LaPenta.

Journalism, an \$825,000 purchase at the Fasig-Tipton Saratoga Select Yearling Sale, is now training at Saratoga, ready to meet up with Sovereignty in the Belmont.

"We have the utmost respect for Sovereignty. He beat us on the square in the Kentucky Derby," Wellman said. "As much as we would love to square off again with Sovereignty, it doesn't factor into our ultimate determination of whether Journalism runs in the Belmont or not. We would like to be in position to run in the Belmont, but it will all be contingent on Journalism and what signs he's showing us.

"It's never lost upon us that we want to be good ambassadors for the sport," Wellman added. "We think we gave the people what they wanted with a memorable Preakness – one for the ages – and if we're fortunate to be in position to consider the Belmont Stakes, we'll certainly take that challenge. We'll have a fresh Sovereignty to face and also Baeza, and maybe a few new shooters as well that really speak to the depth and quality of this three-year-old class."

The well-bred Journalism, by Curlin and out of the Grade 2-winning Uncle Mo mare Mopotism, won four straight races leading into the Derby, including the Grade 2 Los Alamitos Futurity in December before heading to Santa Anita and taking the Grade 2

San Felipe in March and the Grade 1 Santa Anita Derby in April. His San Felipe effort, in which potential Belmont rival Rodriguez finished third, garnered a career-best 108 Beyer Speed Figure.

LOCAL LIVE RACING NEWS

Live thoroughbred racing continues throughout the summer at Hastings Racecourse in Vancouver. The 2025 racing calendar features 45 programs headlined by The Cup on July 19, the BC Cup on August 4, and the BC Derby on September 13.

Hastings is also a part of the Western Canadian Derby Series again this year, a three-leg test of Canada's top three-year-olds that begins with the Manitoba Derby at Assiniboia Downs, continues to the Canadian Derby at Century Mile, and culminates at Hastings with the BC Derby. A \$100,000 Derby Bonus awaits any horse that can sweep the series, with an additional \$25,000 Owner-Trainer Bonus.

This season also introduces exciting changes to the wagering menu. Among the changes is the unique \$1 minimum bet Jackpot Pick 5, designed to deliver more frequent, larger payouts than traditional jackpot formats with lower minimums.

The other change to the wagering menu for 2025 is Rolling Doubles offered on all races, extending the successful introduction of the \$2 minimum bet on the Double from last year.

"There was a lot of interest to introduce a pool that created the excitement of a big jackpot and we wanted to do something new to ensure that there was more opportunity for horseplayer value than traditional models," said Dawn Lupul, Manager, Racing and Communications in a news release. "We are pretty excited for this twist on the Jackpot Pick 5 pool and the \$2 Rolling Doubles."

These additions build on Hastings' commitment to horseplayers, with some of the lowest takeout rates in the industry with just 15% on almost all pools, including Win, Place, Show, Rolling Doubles, Classic Hi-5, Pick 3, Pick 4, and the Jackpot Pick 5.

Fraser Downs at Elements Casino Surrey wrapped up its 2025 winter/spring meet on a high note, posting wagering increases. The racing season, which began February 27, concluded on Friday, May 2.

The meet featured 20 live programs versus 26 last year and saw average wagering per program rise 4.4%, with average wagering per race up 6.6%. Most notably, the average wagering per program this year was the highest at Fraser Downs in more than a decade.

A strong finish helped fuel the results, with the final two race days in May showing a 24% increase in total handle over the same period last year with the same number of race days. On May 1, a pair of \$50,000 stake races helped to propel wagering to over \$400,000 across 10 races.

"The interest in Fraser Downs has been building over the last few years," said Dawn Lupul, Manager of Racing and Communications. "We're fortunate to have passionate fans and committed industry partners who have embraced the low takeout rates and wagering promotions. Combined with the competitive racing show from our horsemen, it's clear that people are starting to notice."

Brandon Campbell led the driver colony with 46 wins for the season and earnings of over \$215,000. Rebecca Kanak was the leading trainer with a 46.5% win ratio and \$149,000 in earnings, followed closely by Jim Marino with \$144,000 in earnings.

Live harness racing will return to Fraser Downs on Thursday, September 4, 2025, with racing every Thursday and Friday at 7:00 p.m. through the end of the 2025 calendar year.



VOLUNTEERING: MEDICINE FOR THE SOUL

by Diane Tijman, Retired Teacher from Richmond, BC.

Every day across Canada, millions of people give their time to help others. Volunteers read to children in schools, prepare meals in soup kitchens, drive neighbours to medical appointments, volunteer at animal shelters, play piano for sing-alongs, coach sports teams, perform in choirs, help at thrift shops, food banks and community gardens, serve on boards and committees, and so much more. Their efforts contribute millions in value to Canada’s economy each year—and help to build stronger, more caring communities across this country. But volunteering doesn’t just help others—it’s good for our health, too. Research shows that even one hour of volunteering a week can reduce the risk of heart attack by nearly 50%. Social isolation takes years off our lives and has health impacts the equivalent to smoking 15 cigarettes a day. Some doctors are criticising our workaholic society that rewards working too much and undervalues social connections. Increased cell phone use is one example of this. Instead, doctors recommend volunteering as part of a healthy lifestyle. Giving back can boost mood, reduce stress, ease loneliness, and help us feel connected. It’s also a great way to gain new skills, stay mentally active, meet new people and feel valued - the best medicine of all. As someone who is retired, I now have more time to give—and it’s one of the best parts of this stage of life. Through my years of volunteering, I’ve



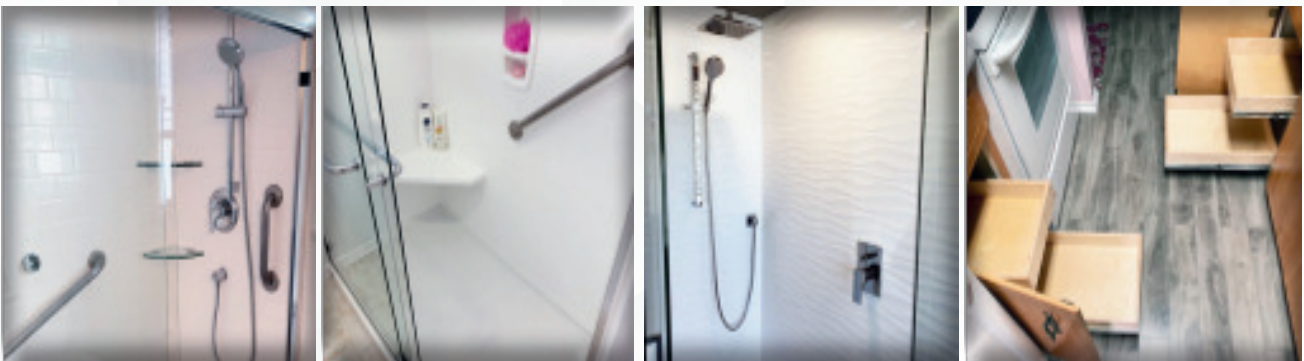
made lasting friendships, learned new skills, built confidence, and travelled, all because I was willing to help others. Most importantly, I feel more connected to the kind of community and country I want to live in: one that is healthy, inclusive, and kind. Kindness is contagious. Seeing someone help another person makes us feel good and often inspires us to do the same. That one small act can create a ripple effect. When I go for walks, I say

hello to people and they smile back and sometimes we chat. It’s one step towards building new connections. Someone once said, “Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day for the kind of community you want.” And how about you? What kind of community do you want to live in? Could you volunteer too?

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FOODIES AFOOT IN KAILUA A TASTY ISLAND TOUR

By Rick Millikan

Signed up for the Kona Walking Food Tour, we meet aloha-shirted guides Ellie and Kai under an enormous banyan tree.

Kai soon marches our eager group across Alii Drive to Kailua Pier. There, Ellie points out the town's low historic profile: no building rises above its 1837 church steeple. She then recounts how the opposite Kamehameha Kona Beach Hotel grounds were once its namesake's royal compound.

"Kamehameha battled for fifteen years to unite the Hawaiian Islands.. Returning here to live out his life, he ruled his new kingdom from that thatched drum-house," she explains. "One of his wisest decisions involved managing the offspring of Captain Vancouver's gifted cows. He hired John Parker to wrangle the onery critters causing havoc in villages. Showing a photo taken before the pier's existence, we see the results: cattle swimming across Kailua Bay to a waiting freighter.

Our first eatery is the nearby Fish Hopper. At upstairs tables, we toast our foodie walk, by clinking flutes of Prosecco. A rich, creamy clam chowder becomes our initial sample.

The walk continues along the ocean wall to Hulihe'e Palace, summer home to early Hawaiian royalty. Ellie tells us its classic style was created to impress European dignitaries. Here, under another huge banyan, Kai serves Spam Musubi. Introduced during WWII, Spam continues to be popular here. Grocery stores stock many beloved flavours. Japanese Americans created Spam Musubi by wrapping nori (seaweed) around fried spam, kimchi and rice blocks infused with soya. Trying Spam Musubi, we consider it an interesting adaptation!

Opposite Hulihe'e Palace stands Moku'aikaua Church, Hawaii's first and oldest Christian church. Crushed white coral limestone secures its black lava-stone walls. We learn the Christian doctrine quickly replaced Hawaii's ancient kapu laws, broken after Kamehameha's death when his Queen Ka'ahumanu and young son Liholiho dined together.

Our next stop is the Kona Inn. Built in 1928, it has long boasted the Island's best Mai Tai: Our drinks arrive with equal layers of white and dark rum...and splash of tropical juice. A 1954

photograph shows us two guests, John Wayne and his new wife Pilar. Pausing in the spacious lobby, we survey mounted marlin, mahi-mahi, swordfish, sailfish and shark displayed above. Wayne likely caught such gamefish.

On the Pa'akai Poke Deli's lanai, we savour saucers of Hawaiian-style ahi poke, edamame beans and Jasmine rice. Accompanied by glasses of orange-pink Pog.. whose letters represent its juicy blend of passionfruit, orange and guava.

At Kai Restaurant, we sip green 'melon-ritas' and munch mouthwatering woodfired Luau Pizza. Barbequed Kalua pork and sweet pineapple adorn its festive top, a thin, crisp crust created with Italian flour.

Entering Coconut Grove, we climb a steep stairway leading to Foster's Kitchen. Rather than quaff popular beers brewed in Kailua-Kona, we enjoy frosty glasses of hand-squeezed lemonade. Waiters bring our group samples of a seafaring lunch. Bowls of fresh, crunchy coleslaw accompany platters of succulent Cajun-style, cornmeal-battered Marlin and golden fries.

Heading downstairs, Kai points out a Kava Bar. "That's the best place to get authentic Hawaiian cuisine," he grins. "I love their Lau Lau, Lomi Lomi salmon and sweet potato pie! If you try Kava, lemonade chasers help manage its chalky taste. Hawaiians have sipped muddy-looking Kava since



ancient times. Though non-alcoholic, it sedates... making you relax and feel sleepy."

Coconut Grove's Gypsea Gelato provides the grand finale. We wonder if these creamy treats utilize locally grown chocolate, vanilla or coffee beans. In any case, it's a sweet finish to our walk, a roundtrip totalling four kilometers. This guided walk rewards us with cultural insights, Kailua's waterfront history, ocean views...and samples of fine cuisine from several eateries.

SUMMER CAR MAINTENANCE: PREPARING FOR HIGH HEAT

The sun is shining, the thermometer is rising and those winter tires are long gone. But just like you prepared your car for the winter, it's time to do some summer maintenance. High temperatures can push a vehicle's limits, leading to breakdowns. Avoid getting stranded with these tips.

Check the cooling system. The cooling system is one of the most important things to inspect before the summer heat sets in. Start by inspecting the radiator and checking for any leaks or damage. Clean any debris and dirt that have accumulated on the radiator fins and ensure coolant levels are adequate and topped up if needed. Check the condition of hoses and belts connected to the cooling system, replacing any that show signs of wear or damage.

Check the battery. High temperatures can strain your car's battery. Ensure it is in good condition by removing any corrosion from the battery terminals and testing it to ensure it's holding a proper charge. If the battery is old or showing signs of failing, it's time to get a replacement.

Check the tires. High temperatures can affect tire pressure and wear, making proper tire maintenance a crucial step for safety and performance. Throughout the summer and particularly during periods of high heat, check and adjust tire pressure to the manufacturer's



recommended levels. Ensure that tire tread depth is sufficient for safe driving and inspect for signs of damage such as cracks, cuts, or bulges.

Check your oil. Engine oil plays a vital role in keeping your engine cool and lubricated. To keep your vehicle running smoothly, monitor engine oil levels and top it up as needed. If it's time for an oil change, do it before the temperatures rise, look for any signs of oil leaks and have them repaired promptly. When deciding what type of oil to use, look for technologically-advanced, high-performing motor oils, like Pennzoil Full Synthetic, which maximize engine

protection and help extend your engine's life.

Protect the interior and exterior. The sun's UV rays can damage your car's exterior paint and interior surfaces. Whenever possible, park in the shade or use a car cover and use sunshades to protect the dashboard and seats from sun damage while keeping the interior cool.

Tip: Motor oil manufacturers, like Pennzoil, often have promotions available for you to take advantage of. Always check the company's website before you buy.

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