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TODAY'S
SENIOR
NEWSMAGAZINE



Remembrance Day November 11th. - Lest we forget

NOVEMBER - 2025

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Inside This Issue

ACCORDION TO DAN
by Dan Propp 3
THE FORGOTTEN REMINDS US WHY.....
By Ursula Maxwell-Lewis..... 4
TAMIO WAKAYAMA-PHOTO MEMORIES..
by Lenora A. Hayman 5
FINANCIAL NEWS
by Rick C. Singh.....6
THE PHARMACIST REVIEW7
THE NEXT CHAPTER
by Mike McCardell.....8
WRITE AS I PLEASE
by Mel Kositsky.....12
WORD FIND PUZZLE.....13
SHELL BUSEY THE HOUSESMART GUY
by Shell Busey13
STRAIGHT FROM THE HORSE'S MOUTH
by Mel Kositsky.....14
DREAMS CAN COME TRUE!
by Diane Tijman16
WORLD HERITAGE PETRA JORDAN'S...
by Chris and Rick Millikan17

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ACCORDION TO DAN

Now that' another November has arrived, trick or treat routines have been celebrated and some children are still enjoying their 'sugar highs'; perhaps it's a good time to do some reflecting. The weather this past summer on the coast was certainly warm, plenty of sun, rather humid at times but still great for all kinds of activities to enjoy.

One of the highlights was the 22nd Annual Steveston Maritime Festival traditionally held on Saturdays and Sundays towards the end of August. This event was open for everyone of all ages and had many activities to enjoy. There were performances from live musicians and storytellers, craft making, and an Origami workshop. The Richmond & Delta Youth Group were playing classical music.

Something new and exciting was the Cause and Effect Circus starring Cameron Fraser and Yuki Ueda who are from the Vancouver Circus Scene. They kept the audiences both young and old absolutely thrilled!

The juggling gig was next to mine, singing with an accordion, and chatting with a puppet named Lulu. I felt a bit like Edgar Bergen with his puppet, Charlie McCarthy. Lulu was really a blast.

If you got hungry, no fear there were food trucks, too. There was so much to see and enjoy. The annual event was spectacular and so was the weather.

As this month's issue unfolds and as the autumn leaves fall, there is a tendency to reflect and juggle all kinds of memories of the years that have past. Thus, the following bit of local rhyme.

DO YOU RECALL?

Between each seniors September, now in this November, good heavens it will soon again be another December! It's amazing what routines some of us still reprise. For in Greater Vancouver what once used to be; Woodwards, Eatons, Simpson Sears, oh my. Do you still recall Dominion Foods' melodic jingle so catchy to their radio commercial "its mainly because of the meat"? How about "Honest Nats Department Store 48th and Fraser". Of course there was "Never borrow money needlessly but if you must, HFC" (Household Finance), and nobody probably forgets Woodward's..."Dollar 49



One of the amazing new attractions at the Annual Steveston Maritime Festival was the juggling performance by Cause and Effect Circus starring Cameron Fraser and Yuki Ueda. (Photo: Dan Propp)

day Tuesday". Oh me, oh my!

Those days are practically history like the old cars, Vauxhalls, Austins, Buicks, Ramblers, Chevrolets, Chryslers. As were the evening's old neon lights of downtown Granville's theatre row. Of course, Woolworths, The Army and Navy Store on Hastings. When an imperial gallon of gasoline was less than a half a buck. A bottle of pop about a dime. Will those days come back? The way it was in British Columbia just a few years going back in time. Lyrics and their melodies are also like magic flying carpets that can float us back to what used to be.

MORE NOSTALGIA

"Well, I came from Alabama with my banjo on my knee." "Born on a mountain top in Tennessee", and do you remember the era of Davy Crocket hats? All those songs and popular products that help bring back many a happy memory. Pretty powerful stuff that is magnetic and effective to bring back our past. Like those special movies and television programs that remind us of many yesterdays. Some of us 'once youngsters' can still relish the memories in so many ways.

Those of us who grew up in the old BC school

systems back in the nineteen fifties and later became teachers chuckle as we walk past the same Vancouver structures still standing because so much in the inside has changed.

THOSE STRUCTURES STILL STANDING

Remembering the National Film Board days in the classrooms around nineteen fifty-three. The lifestyle then has changed in so many ways. How the chalk dust in those times used to be. Blotter rolls, fountain ink, the old wooden desks, and mimeograph machines. However far removed we are today from manual typewriters like the Underwoods, Royals and Smith Coronas clicking away when some of us were still teens. The way of life and values then and now another direction compared to yesterday. Now, replaced with computers and internet to search for information in the classrooms. Some of us still visualize the days of sixteen-millimeter Bell and Howell movie projectors, letter grades, inches, feet and yards, bushels and pecks, and good old Fahrenheit and now no more. 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

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THE FORGOTTEN REMINDS US WHY WE REMEMBER

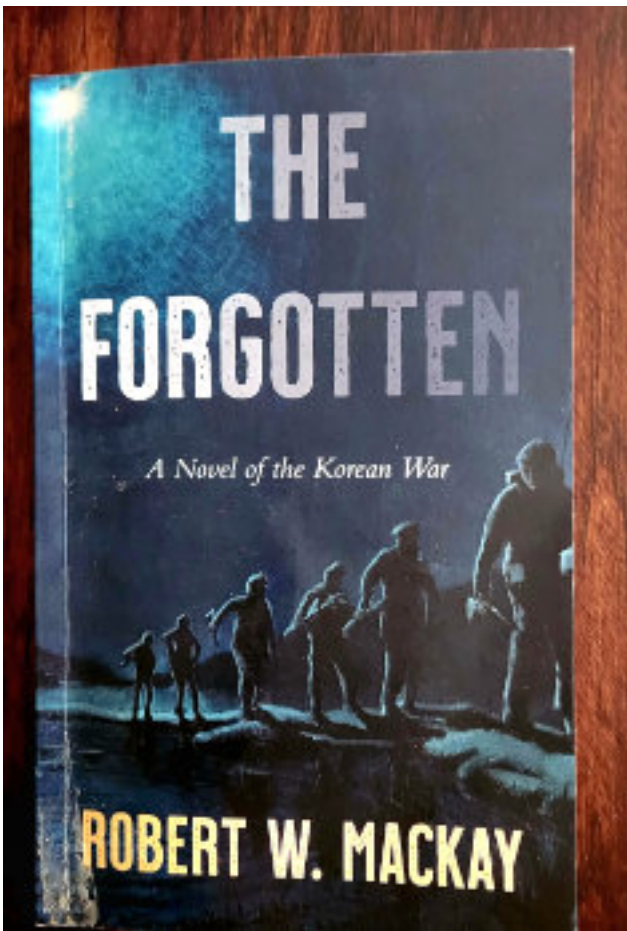
By Ursula Maxwell-Lewis

In January 2025, Surrey author **Robert W. Mackay** spoke with me about his latest novel, *The Forgotten: A Novel of the Korean War*.

In addition to being a military novelist, **Mackay** has a professional background that includes a career as a submariner. Drawing on that experience, I digressed and asked for his opinion on Canada's military vulnerability.

"It's all going to come into focus if there's turmoil down south," he replied.

Reviewing those notes this week — and the pathos of his novel — I reflected on that comment. With his historical sights set on the brutal Battle of Kapyong, the Canadian Army's Special Force North, and the 2nd Princess Patricia's Canadian Light Infantry, Mackay connects readers to the Korean War through the eyes of nineteen-year-old



Charlie Black.

As Remembrance Day approaches, *The Forgotten* reminds us that while times and politics may change, the global players — and the personal sacrifices — rarely do. For the Princess Patricia's Canadian Light Infantry and their comrades-in-arms, battle tactics may have evolved since November 1950, but world peace — and lives, particularly young ones — remain at stake.

Mackay's novel is a timely reminder to remain



Surrey author Robert W. Mackay at Cloverdale Cenotaph. Korean War veteran names also commemorated here.
Photo: Ursula Maxwell-Lewis

historically vigilant. Times and technology may change, but threats to our peace remain palpable. A focus on Canada's national and international military security is as critical on November 11, 2025, as it was in the pivotal years of 1914, 1939, and 1950.

The Forgotten: A Novel of the Korean War is available from local booksellers or directly from the author at www.robertwmackay.ca or by email at bob.mackay@hotmail.com.



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HOW OUR FARMS ARE GETTING MORE SUSTAINABLE

Businesses across every industry are taking a longer-term view of how they operate. Sustainability has become a bit of a buzzword for large businesses, but for farmers it's always been an essential consideration. Avoiding soil fatigue and erosion, minimizing water use and producing more with less takes a willingness to innovate that's always been a key asset of Canadian farmers.

Farms are getting smarter. Farmers are embracing the newest technology to help them produce larger yields with fewer resources. Some are AI-powering their strategic planning, using data models to better set out planting, watering, pest control and harvesting schedules.

The data for those platforms comes in via sensors placed out in the field, on equipment or in buildings, that also let farmers monitor conditions across their business in real time and react more efficiently to problems as they come up.

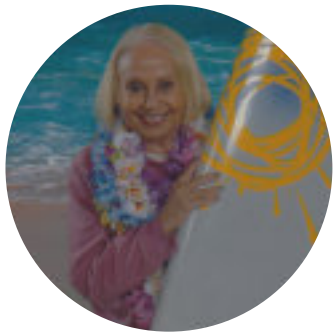
New crops are fueling farm sustainability. Crop development has always been an important aspect of Canada's farm industry—Canola was a Canadian invention that took careful breeding and a scientific approach. That tradition continues with new crops serving as biofuels, helping the agriculture sector, and industry at large, reduce its dependence on fossil fuels.

Farmers are reaping the benefits of strategic planning. More farmers are taking a strategic approach to managing their business, from their seed stock to their balance sheets. For instance, scenario planning can help a farm better weather storms, flooding or drought.

"Many farmers are taking advantage of resources geared to their businesses through available partnerships," says Lorna Mc Kercher, national director, agriculture at RBC. "They're reaching out to get risk management advice and financing options that can help their farms operate for generations to come."

By taking a strategic, forward-thinking approach, farmers are helping ensure their businesses—and the food they produce—are sustainable and available for Canadians in the long term.

Learn more at rbc.com/agriculture.
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TAMIO WAKAYAMA-PHOTO
MEMORIES AT VANCOUVER
ART GALLERY.

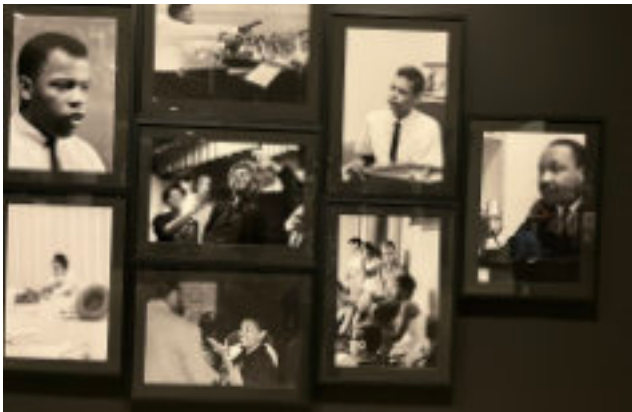
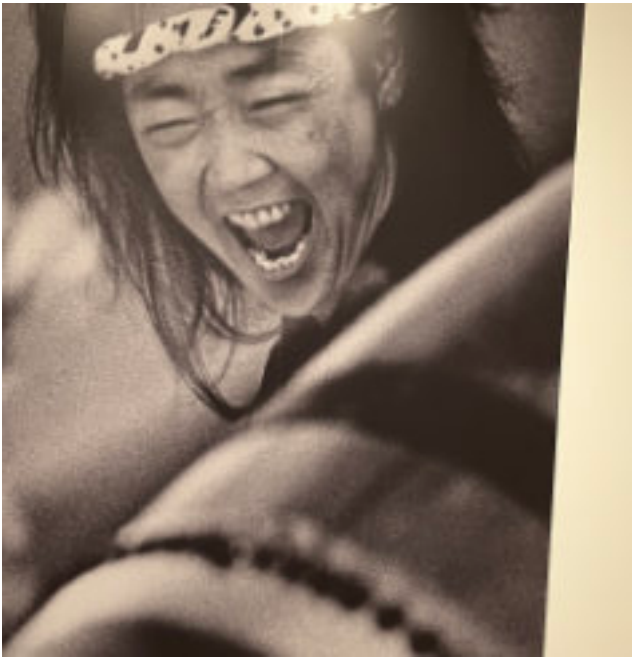
Article & photos by Lenora A. Hayman.

Enemy Aliens: Tamio Wakayama to Feb 22, 2026 at the Vancouver Art Gallery is the first, major, solo, exhibition of the works of the late documentary photographer Tamio Wakayama 1941-2018. On opening night, we were privileged to have Paul Wong, the guest curator, known for his innovative approaches to photography, and Mayumi Takasaki, Wakayama's widow present.

Wakayama, born in New Westminster in 1941 was "one of the approximately 22,000 Japanese Canadians who were declared Enemy Aliens by the federal government" and sent to internment camps in the interior of BC. Wakayama spent over fifty years fighting for justice through his photos.

He was with the Student and Nonviolent Coordinating Committee in the American South during the Civil Rights Movement. He also documented in Cuba and Japan. In Canada, he photographed the Japanese Canadian Powell Street Festivals, life on First Nation reserves and the Doukhobors trying to maintain their traditions.

How wonderful to hear that after this interesting exhibition closes, these archives will be owned by Stanford University in California.



Photos by Lenora A. Hayman.

Top Left: Tamio Wakayama 1941-2018 photographer.

Top Right: Japanese Taiko Drummer at Powell Street Festival.

Middle: Civil Rights & Social Justice in the Black South.

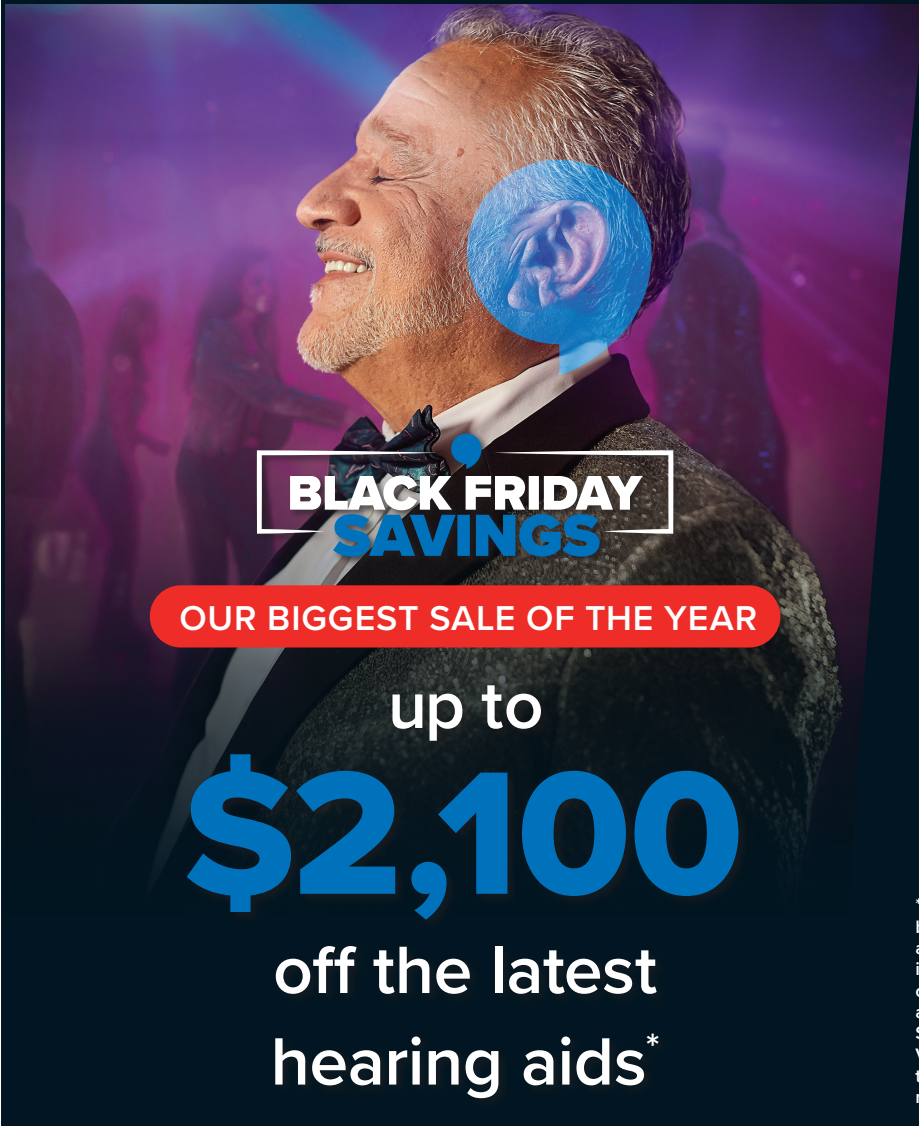
Middle Right: Fidel Castro in Cuba.



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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.

Leaving an inheritance outright to a spouse has some implications if there are children from a previous marriage. You can look after both interests by naming your spouse as a successor annuitant, and children as irrevocable beneficiaries on your RRIF or other investments.

There are times when leaving an inheritance outright to a spouse may not be the best choice. For example, you may want to ensure that children from a previous marriage receive an appropriate bequest after your spouse passes away. Or you may be faced with a situation in which your spouse is physically or mentally incapacitated- or financially irresponsible.

In these cases, enacting a straightforward strategy called the "Registered Retirement Income Fund (RRIF) successor annuity or Joint Life option" allows you to retain greater control over how your RRIF is handled after your death.

Recently I had to advise one of my clients who is on his second marriage and had previously designated his children as beneficiaries on his investments. However, he got remarried and

wanted to make sure that his new spouse is looked after financially after he passes away as he is older than his new wife. He also wants to make sure that his children from his first marriage will still be able to inherit the remaining assets from his RRIF investments when his second wife passes away. I was able to use a little know strategy of naming his spouse as a successor annuitant on his RRIF and named his children as irrevocable beneficiaries.

How does it work?

When you name your spouse as your RRIF beneficiary, the RRIF can be transferred to your spouse on a tax deferred basis on your death. With some contracts your spouse will assume complete control of the RRIF as the successor owner, and the contract will continue. This means that your spouse will begin to receive an income stream and will be able to exercise their rights under the contract, including the right to change the beneficiaries, adjust the payment stream or cash in the investments.

When you name your spouse as the successor annuitant or Joint Life, he or she also assumes control of the RRIF as the successor owner on a tax deferred basis. However, by designating irrevocable beneficiaries, who are not your spouse, you can preserve the tax deferral and give your irrevocable beneficiaries a say in the management of the assets that will ultimately pass to them.

Naming irrevocable beneficiaries effectively restricts your spouse's ownership rights, and your spouse will need the written permission of the irrevocable beneficiaries to change the beneficiaries, increase the income stream or cash in the investments. Meanwhile, if the successor annuitant or Joint Life (your spouse) predeceases you or no longer qualifies as your spouse at the time of your death, the death benefit will be paid directly to the irrevocable beneficiaries.

These features make the RRIF successor annuitant or Joint Life option an attractive solution in certain specific situations outlined in more detail below.

Married with Children from a previous marriage

You may want to provide an income stream to your spouse after your death, but at the same time ensure that children from a previous marriage receive any assets remaining in the RRIF upon your spouse's death. Naming your spouse as the successor annuitant or Joint Life and your children as irrevocable beneficiaries means your spouse will receive the periodic payments after your death but will need the kids' consent to cash in the policy, increase the income stream or change the beneficiary designations- thereby protecting their residual interest.

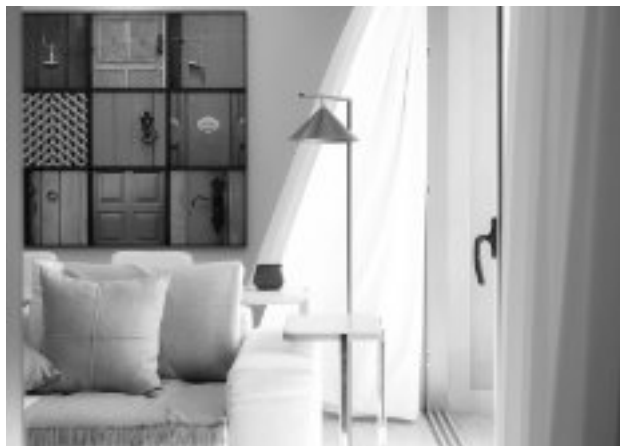
Spouse is Financially Irresponsible

Perhaps you are concerned that our spouse may cash in the entire policy and, as a result, fall short in meeting future living expenses.

Naming your spouse as the successor annuitant or Joint Life and designating irrevocable beneficiaries means that the irrevocable beneficiaries would have to authorize any withdrawals or changes in payments. The irrevocable beneficiaries can ensure that the income stream changes to match your spouse's needs, and that the investments are not cashed in and spent.

To find out more about estate planning for your RRIF contact your investment advisor or contact Rick at 604-535-3367 (Suite 220-3388 Rosemary Heights Cres. Surrey, BC. V3Z 0K7) or email: rick@crsfinancial.ca for more information on when to consider using the RRIF successor annuitant or joint life option, and irrevocable beneficiaries.

SMART ENERGY-SAVING TIPS FOR YOUR HOME



Did you know that, according to Natural Resources Canada, 64 per cent of the average home's energy goes into space heating? That statistic is hardly surprising with the winters we get here, but cooling is also a rising concern, with energy use from air conditioning (AC) during hot summers.

Here are a few tips for a smarter, more efficient home:

Take a fresh look at your insulation. Your AC and furnace work hard to adjust the temperature of the air throughout your home. Don't let all that work—and energy—go to waste. Without proper insulation, the air in your home will equalize to the outside temperature just through contact with the walls and ceiling. Make sure you have a barrier to prevent this, so that your HVAC system only needs to make small adjustments to keep the temperature where you want it.

Eliminate wasteful airflow. Any draughts or breezes you feel inside are the air in your home leak-

ing out, and the outside air leaking in to replace it. Use caulking and other sealants around every window and check your exterior walls for any potential gaps. Put weatherstripping around all your external-facing doors to keep air from flowing through the doorframe, and consider using it on internal doors, too. This can especially help in multi-story homes where cold air can sink to basement level, and warm

air can overheat upstairs rooms.

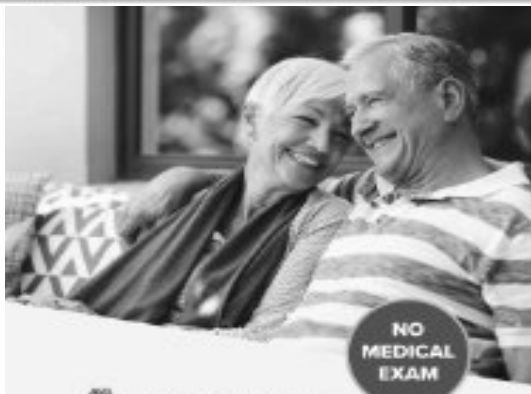
Make some smart upgrades. Smart home technology has improved to the point where your home itself can help you manage your energy use. Smart home platforms like Samsung's SmartThings can help you monitor and manage your devices' energy usage, create customized energy-saving routines and give you tips to reduce your overall consumption. For instance, rather than trying to maintain one home temperature though the day, a connected thermostat can sense when you wake up or arrive back home and adjust the air when it's needed.

All it takes are some simple upgrades focused on efficiency to regain control of your energy use. Smart investment in insulation, weatherstripping and a responsive home environment will pay dividends in savings as well as convenience.

Learn more about how you can save energy at samsung.com/ca/smartthings.

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UNEXPECTED WAYS TO MAKE YOUR HOME SMARTER

Home organization is an uphill battle—it's tough coming up with a system that works for your space and family members, and even tougher to stick to it once you've set it up. But here are a few simple tricks to turn the tide in your favour:

Set up your family's mission control centre. Half the battle in staying organized is keeping information all in one place. Pick a central location in your home to serve as a hub for any communication—your calendar, meal plans, mail, documents that need attention. By keeping everything together, you're cutting down on the clutter, and also making it much easier for everyone in the family to stay on top of things. When everyone can see the others' schedules as well as what's planned for this week, making plans becomes much simpler.

Get your appliances talking. By upgrading to smart appliances, you can let your fridge, stove, laundry and even vacuum communicate with each other to make home management effortless. Smart home platforms, like Samsung's SmartThings connect each part of your home into one intuitive space that responds to your needs.

Tip: The kitchen makes a great location for your family's mission control centre because then you can incorporate your smart fridge. Some even have a screen that can display weather updates and other

useful information. Plus, the fridge's ability to scan what's inside and talk to your smartphone makes grocery shopping and meal planning a breeze.

Think vertically. If you take a second look at your cluttered cupboards and closets, you might be surprised to see just how much empty air there is above your things. Take advantage of your full storage space by organizing vertically. Break up your pantry spaces with standalone wireframe shelves. They're inexpensive and fit into almost any space where you're storing tableware, glasses or food. Lazy Susans with a few tiers are a great way to store small items you have in variety, like spices or sauce bottles.

Crack the colour code. Setting up a great organization system only works if you and the family are able to easily follow it. Make things simple by des-



ignating colours for each family member's items, or for where things go when they're put away. Another great life hack is to colour-code your keys: match each one to its lock with a bit of paint or nail polish to make things easier for everyone.

With a bit of practical know-how, and the right technology, transforming your home into a smart space is easy, and lets you build a responsive environment that molds itself to you every time you step in the door.

Find out more ways to make your home smarter at [samsung.com/bespoke-home](https://www.samsung.com/bespoke-home).

www.newscanada.com



THE PHARMACIST REVIEW

By Lyle Sunada

CURCUMIN FOR INFLAMMATION: WHY BDMC IS CHANGING THE GAME

If you've heard about **turmeric for inflammation**, you've heard about curcumin—the bright yellow compound that gives turmeric its colour and many of its health benefits. Curcumin has been widely studied for supporting **arthritis and joint pain, heart health, IBD, and cancer**.

But there's a catch: curcumin on its own is hard for the body to absorb. It breaks down quickly and is cleared out of the system before it can do much good. New advanced forms of curcumin have been developed—most notably those rich in bisdemethoxycurcumin (BDMC), a powerful and stable curcuminoid usually found in small amounts in turmeric.

What Makes BDMC Special

Turmeric actually contains three main curcuminoids: curcumin, demethoxycurcumin

(DMC), and bisdemethoxycurcumin (BDMC). Among these, BDMC stands out for being more stable and often more active in reducing inflammation and protecting cells from oxidative stress.

Research shows that BDMC targets key pathways in the body that control inflammation at the cellular level. Because BDMC doesn't break down as easily as regular curcumin, it may stay active longer and work more efficiently.

BDMC30 and BDMC50: Stronger Curcumin

BDMC30 and BDMC50 are next-generation curcumin extracts that contain 30% and 50% BDMC, compared to the 3-5% found in standard turmeric extracts. These advanced formulas—found in products like Purica Curcumin and Peak Professional Formulas Curcumin III—offer several advantages:

- **Better absorption and stability** – BDMC is more stable, so less likely to break down before your body can use it.
- **Broader anti-inflammatory support** – Acts on more than one inflammation pathway to reduce discomfort and support recovery.
- **No black pepper required** – Many curcumin products add piperine (from black pepper) to boost absorption, which can upset some stomachs.
- **Lower doses, bigger results** – Because they're more concentrated, smaller amounts can still make a noticeable difference.

Practical Expectations

Most people using BDMC-rich curcumin can expect some improvement in mild inflammation within hours to a few days, more significant relief from moderate symptoms in 3 to 7 days, and the best results for chronic issues after consistent daily use for 4–6 weeks. Effects build steadily rather than working as an immediate fix, and tim-

ing varies with individual response.

Safety Notes

Curcumin and BDMC are generally safe, but use caution if you take blood thinners, have gallbladder issues, or experience digestive sensitivity. Curcumin may increase bleeding risk, stimulate bile flow (which can aggravate gallstones), and occasionally cause mild stomach upset—though this is less common with BDMC-rich formulas.

The Takeaway

If you've tried turmeric before without much success, a **high-BDMC curcumin supplement like Curcumin BDM30/BDM50 (Purica) or Curcumin III (Peak Professional Formulas)** could be the difference. With better stability, stronger action, and faster results, these next-generation curcuminoids bring turmeric's time-tested power to a whole new level—naturally supporting joint comfort, mobility, and overall inflammation balance.

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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The Next Chapter

By Mike McCardell

LIFE AT THE END OF A FISHING ROD

Hello. It has been a while since I told a story. I've missed you all.

As some may know it's not been the best year.

First, my wife, Valerie, died suddenly. The RSV virus. The only thing we knew about that was kids got it but it was not dangerous. We did not read the small print which added, "unless you are older." And Valerie worked with kids.

Second I left a heaven of a job doing The Last Word at CTV. It was fun just going to work.

Third, and three strikes you're out, I had an accident. Fell down stairs, hit a wall at the bottom, twisted my neck and still working on it.

But then Sharon Robinson who I worked with when I was at Global, asked if I would write something for her magazine. Let me think about it for a second. OK, second is up. Yes! I would love to.

Often, I am asked for my favourite story. It's simple. It was Valerie's favourite.

It's about Reilly. You may know it. It's been in a couple of my books. He changed my life, and he was only ten or twelve years old.

He was also autistic. He wasn't on the spectrum, he

was fully autistic, what was then called slow, needing constant watching and care. He was also brilliant, as are many who are counted out by others.

I saw him fishing off a short pier in Trout Lake which has no fish. Trout Lake is in East Vancouver, just off 12 Ave. and Nanaimo. No fish and no tourists, but a lot of peace.

He was what Hollywood would spend heavily to make look unbelievably believable. His fishing rod was a stick that still had twigs and a few leaves sticking to it. His line was hemp, which was frayed, and his hook was either a safety pin or paper clip. I only got a glimpse of it. On the pier were pieces of bread, his bait.

This was beyond wonderful. This we looked for every day but this was a nugget. They are rare. Also we did not take pictures of kids without permission.

"Is your mother nearby?" I shouted to him.

He looked at me then said, "She is...." and there was a pause... "over..." and another pause, "there." And he pointed.

He had given his whole resume in four words.

I saw a woman sitting in a fold up chair, holding a book and looking at us.

I said hello, told her who we were and asked if we could talk to him.

She said she was his foster mother and that he was sometimes wild at home but was calm when he came here. His name was Reilly. Foster parents have sometimes saved the world, or least small parts of it.

We walked out on the narrow pier. I crouched down, the cameraman stood above us pointing his camera down.

"Hello," the universal greeting. "Have you caught anything?" The universal question.

"No," he said. Then he paused. And he sniffed back some mucus sliding down from his left nostril.

If you are having lunch stop eating, or reading.

He continued. "But I believe that if you believe,"

and he paused and sniffed again drawing up more faintly green mucus into his nose.

I was crouched on his right side. I could see it. My stomach was okay, almost.

Dave, the cameraman, was more on his left side. He could not see it.

He started again, "If you believe you can do something," and he almost finished when he sniffed back more mucus.

This time I clenched my teeth.

"If you believe you can you will," he said, before he sniffed again.

This was not Reilly. This was Buddha or Muhammad or Jesus or Dr. Phill or whoever is on television telling you how to live. This was the lesson of life.

I stood up. "What did you see?" I asked Dave.

"I saw beauty," he said.

"Did you see his nose?"

"What are you talking about?"

"His nose, did you see his nose?"

"Are you as nuts? No, I did not see his nose."

"Thank you. Thank you."

If the sniffs had been on television, or maybe they would not have been, it would have been a story of a kid with a runny nose saying something nice. His words would have been lost.

But what was on television was a story of heart and soul coming from a kid who had trouble talking.

Someone called and offered him a new fishing rod. I called his mother. She asked him. He said no. "He said he will catch a fish his way."

After that I started to believe, even if I did not really believe, but I said I did and it was unbelievable, but it was true. Good things happened. And they still happen, even when bad things happen.

I never saw Reilly again, but I believe he caught that fish, and then, I believe, he let it go.

WINTER WELLNESS: 7 TIPS FOR STAYING HEALTHY

Is prioritizing your health a goal this winter? Follow these tips for a healthier, happier season:

1 Make your home a haven. Transform your home into a cozy retreat from the cold. Adding fuzzy blankets, fleece pillows, scented candles and family photographs to your living space can help create a warm, welcoming environment to soothe your soul.

2 Try your hand at winter sports. Exercise is great for your mind and body, and can strengthen your muscles and immune system. Winter sports like skiing, ice-skating or even snowboarding can be a fun and invigorating challenge

3 Be mindful of your mental health. With low sunlight and cold weather, it's easy for the winter blues to set in. A light therapy lamp can help supplement natural light, but remember to speak to a mental health therapist or physician if you need extra support.

4 Practice good sleep hygiene. Sleeping well is key to staying healthy. Try to keep good habits, like going to bed and waking up at the same time every day, even on weekends. It may sound obvious, but avoiding screens before bed can help you get to and stay asleep. If you have trouble staying offline, use an app or timed lockbox to make sure you unplug.

5 Get on top of your healthcare. Check in with your healthcare provider to make sure your tests and vaccines are all up to date. If you have a cough or feel the winter blues, speak to someone

sooner than later to feel better faster. To see a doctor or nurse practitioner quickly and conveniently, try a virtual care platform like Maple. Connecting with a provider from home can help you stay on top of your health and tackle problems when they arise.

6 Plan healthy meals. Fruits and veggies packed with nutrients, antioxidants and fibre can boost your energy and keep you feeling your best. Try new recipes featuring seasonal produce like sweet potatoes, winter squash, beets and apples.

7 Fight back against germs. Help prevent colds and flus by washing your hands regularly, coughing into your sleeve and carrying hand sanitizer with you when you're on the go. Clean and disinfect high-touch surfaces in your home, like doorknobs and light switches.

Find more tips for staying healthy this winter at getmaple.ca.

www.newscanada.com

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

And lord and behold I can eat and chew after 15 years. So, if you are in this same boat, give him a chance, you will be pleased.

Lillian, Surrey

Leave a Legacy

SENIORS IN REGIONAL PARKS: ADVENTURE AWAITS!

Metro Vancouver Regional Parks Foundation is inviting seniors to get outside and explore the wonders in their own backyard! The Seniors in Regional Parks Grant covers transportation and activity costs, making it easy to enjoy the outdoors, barrier-free and full of fun.

Imagine a day of guided nature walks, birdwatching, picnics, outdoor painting, gentle yoga, or even riding in a trishaw through a regional park. These activities are designed to spark curiosity, creativity, and connection, all while soaking in the fresh air and beautiful scenery.

The Foundation is working with partners to ensure mobility-friendly parks, so everyone can enjoy the sights, sounds, and serenity of nature. Thanks to generous donors, seniors can explore regional parks in new ways as the Foundation celebrates 25 years of protecting wildlife, nurturing nature, and connecting people with the great outdoors.

Do you know a seniors' group that's ready for an adventure? Apply to the Seniors in Regional Parks Program today and make it happen!

For a lasting impact, consider legacy giving. Support helps protect local parks and wildlife, so future generations can enjoy these special places just like you do.

Visit www.mvrpfoundation.ca/seniorsinparks to learn more.

THE UNEXPECTED REWARDS OF GIVING BACK

Written by Tyler MacLean, Financial Planner
Aviso Wealth|Beem Credit Union

Charitable gifting of securities often starts as a practical decision – especially around tax season. That was the case for one client of ours who, a few years ago, made what they believed would be a one-time, sizable donation to a local nonprofit.

The intention was simple: make a difference while also gaining a bit of a tax advantage. They never expected that single act would become the beginning of something deeply meaningful.

After the donation, the organization invited them to see the impact their gift had made firsthand. They attended a small event, met some of the people benefiting from the programs, and suddenly, the numbers on paper became real lives, real stories and real change.

At Langley Community Health & Hospital Foundation, securities philanthropy is a particular strength among the fundraising team, which helps donors like our client make the most of their gifts while supporting vital local health care.

What began as a financial strategy turned into a heartfelt commitment. Every year since, they've con-

tinued to give – not out of obligation, but out of a growing desire to be part of something bigger than themselves. They've formed relationships with the staff and volunteers, and they now look forward for new charities to engage, seeing how their contributions help expand services and improve lives in their own community.

Charitable giving, it turns out, isn't just about the dollars. It's about connection, purpose and legacy. While the financial benefits are still real, the emotional rewards have far outpaced them.

If you've ever considered making a charitable contribution, whether large or small, don't underestimate the ripple effect it can have – not just on those who receive, but on you, the giver. What starts as a tax-smart move might just evolve into one of the most fulfilling decisions you ever make.

The information provided is for informational purposes only, may not be suitable for all investors and does not constitute financial or tax investment advice.

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A WILDLIFE PATIENT STORY

As the busiest wildlife rehabilitation centre in Western Canada, Wildlife Rescue treats as many as 5,000 wild patients each year. Wildlife Rescue is a non-profit organization in Burnaby, BC, powered by volunteers, donors, and a community of supporters who care deeply about protecting wildlife. Because of our work together, BC's wild animals have a fighting chance for generations to come.

Each animal admitted to the Wildlife Hospital is part of a larger mission. The goal is always to return them to thrive in their natural habitat. By helping them recover and giving them a chance to return to the wild, they can grow, migrate, find a mate, and

fully live their lives to raise the next generation.

This Glaucous-winged Gull suffered a collision with a vehicle, leaving the bird with a painful broken wing. Thankfully, a compassionate community member came to the rescue and immediately called Wildlife Rescue for help.

Once at the hospital, the bird underwent a thorough exam, which confirmed they had suffered a fractured bone in their wing. The gull was otherwise in good condition, making recovery a promising possibility.

The medical team anesthetized the gull to prevent the bird from experiencing pain and stress while they carefully cleaned the wound and stabilized the fractured bone with a splint. To help maintain the muscle mass and range of motion in the wing, the gull received gentle physiotherapy every few days for about two weeks while the wing healed.

The gull's healing was progressing well. To encourage flight recovery, the gull was moved to a larger enclosure featuring a variety of perches made from milk crate towers and sawhorses. Here, they practiced hopping and flapping between crates, gradually regaining strength and confidence.

After careful monitoring, the team confirmed the gull's wing had healed well and would not affect their ability to thrive in the wild. After about a month in care, the gull was soaring in the skies of Vancouver once again. Thank you to the Wildlife Community and our dedicated team of staff and volunteers who made the recovery and release of this gull possible. Special thanks to Dr. Rocky Lis from Skyline Veterinary Hospital and Dr. Mira Ziolo for their shared expertise and partnership.



Anyone Can Leave a Legacy

Every generation leaves a unique footprint. Now is the ideal time to plan your legacy.

Since 1979, Wildlife Rescue has become the busiest centre in Western Canada, caring for over 140,000 animals! Your support continues these life-saving programs.

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AUDREY CELEBRATES 50 YEARS OF THE WAR AMPS CHAMP PROGRAM

For seven-year-old Audrey Otis, being a part of The War Amps Child Amputee (CHAMP) Program has meant connecting with a support system that has a longstanding legacy in Canada.

Audrey recently celebrated the 50th anniversary of the CHAMP Program with peers from across the Atlantic provinces at the organization's CHAMP Seminar in Halifax. The seminar was a special moment for her to meet other kids with amputations and see that she is not alone.

Born without her right arm below the elbow, Audrey was enrolled in the CHAMP Program when she was just nine months old.

"Audrey's amputation has never slowed her down," says Mary LeBlanc, Audrey's mom. "She faces every day with determination, creativity and a bright smile."

As a "Champ," Audrey is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support through the CHAMP Program. CHAMP was established in 1975 by the war amputee veterans who founded The War Amps and continues today thanks to donations from the public to the organization's Key Tag Service.

"Thanks to donations to The War Amps, Audrey has received prosthetic arms that help her reach new milestones," LeBlanc says. "She was recently fitted with a prosthetic arm that makes it easier for

her to grab and release objects. She also has a prosthetic arm that supports her in activities like doing the bridge in gymnastics and swinging on the monkey bars at the park. These tools have opened up a world of possibilities for Audrey."

In addition to providing life-changing funding for these artificial arms, LeBlanc says CHAMP has given Audrey confidence, support, and connection through War Amps events like seminars, which are unique opportunities for families to share experiences and learn about the resources available to them.

"From the bottom of our hearts, thank you to every donor. You've truly made a difference in our daughter's life."

The War Amps receives no government grants; its programs are made possible through the public's support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.



Picture: Audrey wearing her artificial arm at The War Amps 2025 Atlantic Child Amputee (CHAMP) Seminar in June.

CAN ANYBODY SHARE A SPARE?



Our sweet daughter Sarah is 28 and has been on kidney dialysis for just over a year. Her life was suddenly put on hold in 2020 when she was in hospital for another health issue and was diagnosed with kidney disease. She is now in urgent need of a transplant.

Eligible expenses related to living organ donation are reimbursed in BC and Yukon. The call for a paired swap will go across Canada sometime in October. That is why I am reaching out to you and your friends at this time.

What can you do to help? 1. Share Sarah's story. 2. Consider organ donation whether it is for a living donation now or for at the end of life 3. If you want more information, visit www.transplant.bc.ca or email kidneydonornurse@vch.ca

Sarah and her family are hoping there is someone out there willing to give the gift of a kidney. I know this is a big ask, but if you're in good health and considering becoming a living donor, your kindness could change a life. Even as a senior, my kidneys were found to be in excellent health. If donating isn't an option, sharing this story could still make a world of difference by helping us find a match.

Thank you so much for your support; it means everything to us.

To become a kidney donor in British Columbia, contact BC Transplant or or call Vancouver General Hospital's Kidney Donor Program at 604 875 5182 or 1 855 875 5182. For information on the kidney donor paired swap program, visit www.blood.ca and search for 'kidney paired donation'.



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WRITE AS I PLEASE

By Mel Kositsky

Why all the “hairy” faces this month? It is not the hockey playoffs.

The “Movember” campaign takes over this month, which helps us unite to combat mental health issues, suicide, prostate cancer, and testicular cancer.

With the support of millions of Mo Bros and Mo Sistas from all over the world, Movember is working towards its vision: to have an everlasting impact on the face of men’s health.

The movement for men’s health began in 2003 and it has since funded over 1,320 men’s health projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men.

The Movember website says: “We’ve taken on three of the biggest health issues affecting men: mental health and suicide prevention, prostate cancer and testicular cancer. As a result, men are living healthier, longer lives.”

Local programs and fundraising activities will be happening in many communities this month to promote the cause, as well as individual efforts to raise money for cancer research. So - it’s ok to “Grow that Mo”.

The Langley Men’s Shed group will be holding an open house on Monday, November 17 from 1-4 p.m. in the main hall at the Langley Seniors Resources Centre, 20605 51B Avenue. It will showcase the local Men’s Shed program, which offers “a supportive environment where you can avoid isolation and contribute to the betterment of our community.”

It advocates respect, decency and friendship. More information can be found at www.mensshed-langley.ca.

Originally founded in Australia in the 1990s, the grass roots Men’s Sheds movement has expanded to more than 15 countries around the world. It began to take root in Canada in the early 2000s and has grown steadily since. Canada currently has four provincial Shed associations and over 170 Sheds operating across 10 provinces.

A registered charity, Men’s Sheds Canada (MSC) was formed in 2022 to support both the strengthening of existing Sheds and the expansion of new Sheds across the country. Although a relatively new organization, it has emerged as a driving force for innovation within the men’s health sector and are at the forefront of addressing the pressing issues of men’s mental health and social isolation.

Also celebrated this month is International Men’s Day (IMD), which is a global awareness day for many issues that men face, including abuse, homelessness, suicide, and violence. It is celebrated annually on November 19.

The concept behind International Men’s Day was initiated by Dr. Jerome Teelucksingh in Trinidad and Tobago in 1999. He selected November 19th to honour his father’s birthday and mark the positive male role models in society. Since its founding, it has evolved into a significant global movement, raising awareness about critical topics like men’s mental health, gender bias, paternal relationships, and

healthy expressions of masculinity.

The Movember movement started with 30 Mo Bros. Now, it claims a headcount of more than six million.

In 2003, two mates from Melbourne, Australia (Travis Garone and Luke Slaterry) were having a quiet beer at the Gypsy Bar in Fitzroy when their conversation turned to recurring fashion trends. The moustache, a fixture in past decades, was nowhere to be seen in recent trends. They joked about bringing it back.

The two friends decided to talk their mates into growing a Mo. Inspired by a friend’s mother who was fundraising for breast cancer, they decided to make the campaign about men’s health and prostate cancer. They designed the rules of Movember (which are still in place today) and agreed to charge \$10 to grow a Mo.

Those first 30 Mo Bros grew their moustaches with such enthusiasm that in 2004 a decision was made to formalise the concept and get all participants growing for a cause. Adam Garone stepped up to help take Movember to the next level, registered a company and created a website. Justin Coghlan (JC) came on board to run the campaign interstate.

The guys researched men’s health issues and agreed to formally support prostate cancer as their cause. They also explored prostate cancer groups and Adam approached the Prostate Cancer Foundation of Australia (PCFA). The PCFA agreed to accept funds from the 2004 campaign but was not an official men’s health partner.

That year 450 Mo Bros raised AUD 54,000, with Spain and the UK becoming home to the first international Mo Bros. The entire proceeds were donated to the PCFA – all costs were covered by the four co-founders until (and including) the 2005 campaign. That first Movember cheque to the PCFA was the largest single donation they received.

In 2006, the four co-founders established an official Australian charity, the Movember Foundation. Further research into men’s health in Australia revealed that depression was a significant issue, -- and beyondblue: the national depression and anxiety initiative -- was brought on as Movember’s second men’s health partner.

That year, the campaign was launched in New Zealand in partnership with The Prostate Cancer Foundation of NZ. Small unofficial campaigns were also run in the UK and Spain. A total of 56,129 Mo Bros and Mo Sistas in Australia and New Zealand raised AUD 9.3 million.

In 2007, encouraged by the growing enthusiasm and efforts of Mo Bros and Mo Sistas around the world, the four co-founders decided to grow the campaign internationally. Adam moved to Los Angeles to launch the US and Canadian campaigns in partnership with The Prostate Cancer Foundation and Prostate Cancer Canada. The 2007 campaign saw 134,171 Mo Bros and Mo Sistas in Australia, New Zealand, the US, Canada, the UK and Spain raise AUD 21.5 million and generate enormous awareness of men’s health issues.

Since those first few years, Movember has continued to grow at an extraordinary pace. There are now official campaigns in 21 countries and has raised more than AUD 730 million to fund over 1,000 men’s health programs. The growth of millions of moustaches has led to significant breakthroughs in scientific research, and a fundamental shift in the conversation around men’s health.

Let’s TALK about it.

The Third Age Learning program offered through Kwantlen Polytechnic University (KPU) is part-way through its fall programming and courses and is looking for volunteers to help keep the program geared for people 50 years and older flourishing. A variety of courses are offered online and at one of the three

KPU campuses, as well as special events. The 2026 spring session will begin in January.

Details about all the TALK programs, courses and activities can be found at the website www.ca/talk.

Some of the volunteer opportunities TALK has to offer include becoming a course facilitator, becoming a presenter at the monthly Philosophers’ Corner discussions or joining the board or program and marketing committees.

Third Age Learning at Kwantlen (TALK) is a volunteer organization that provides those over 50 with creative and stimulating educational activities such as non-credit courses, workshops, seminars, field trips, Philosophers’ Corners, and special events. TALK is part of the Kwantlen Polytechnic University (KPU) Faculty of Academic and Career Preparation (ACP).

Programs are planned by members, for members. Some courses are held as 90-minute Zoom webinars. With five-minutes each for intro, break and wrap-up, that amounts to 75 minutes for presentation and Q&A. Also, some courses are on KPU campuses in the Lower Mainland. These are one hour, 50 minutes, with a 10-minute break plus five minutes for introductions and wrap-up, so about 90 minutes of presentation and Q&A.

Presenters provide their services on a volunteer basis and are often drawn from retired or current faculty at KPU and other universities and colleges in the area, or from other organizations and the general public. Courses range from one to four sessions, depending on the topic.

Volunteer presenters often comment on how much they enjoy teaching TALK classes, as the mature students are very keen to learn and participate enthusiastically and effectively in discussions. Course participants appreciate receiving a one or two-page handout from presenters that outlines the key points or a copy of the PowerPoint slides, if the presenter is willing to share them. If the presenter agrees, our Zoom webinars can also be video-taped for the class members.

KPU/ACP provides printing, mailing, advertising, classrooms, equipment, and registration services for TALK, for which it receives the program registration fees (which average \$15 per session) and thereby meets its mandate for providing continuing education.

Philosophers’ Corner are drop-in sessions which take place at the City of Langley library, Crescent Gardens in south Surrey and Richmond’s Wisteria Place. Topics include “Should there be limitations on the right to free speech?”; “Monarchy: Keep it or not?”; and “At what age can we stop worrying about what other people think?”

There are currently over 400 people on the TALK mailing list, who receive the twice-yearly brochures on TALK programs, special events, Philosophers’ Corners, and our annual Compelling Conversations public lecture.

Brochures are produced in late August for the Fall semester and late December for the Winter/Spring semester and can be picked up at locations such as libraries, community centres and seniors’ centres.

More information about TALK and the current brochure are available at www.kpu.ca/talk or contact Program Chair Jean Garnett at 604 277-1130 or jeangarnett@shaw.ca.

This year Remembrance Day, November 11, falls on a Tuesday.

As we strive for peace on earth and an end to the many wars still going on around the world today, let us take Remembrance Day seriously to reflect on the past and honour our veterans. Remember to purchase a poppy and support the work of the Royal Canadian Legions.

Lest we forget!



Shell Busey the HouseSmart guy

By Shell Busey

Here we are in November 2025 already. That seemed like a short year. I thought we best think about November and December and into the New Year 2026

November 11, our day of Remembrance for those who fought for our country. And my birthday comes up in November (25th) one month before Christmas.

This month I wanted to remind everyone about a worthy cause as well as a little history and a couple of household tips.

CKNW Kids Fund

There are no longer orphans as we once knew them but the CKNW Kids Fund remains one of the major sources of grants for special needs children and the organizations that serve them.

Money is granted to buy specialized equipment and camperships are offered to thousands of underprivileged children. Single moms obtain scholarships and bursaries allowing them to upgrade their education. Thousands of children are treated to the annual CKNW Kids Fund picnic. Individual children are provided with funding for speech, language and behavior therapy as well as fund to organizations that work with special needs children.

As we approach the festive season please consider a donation to allow this work to continue.

Donations can be sent to CKNW Kids Fund, #2000, 7850 Enterprise St., Burnaby, BC V5A 1V7

Along the way:

In October of 1982 (which was Renovation month) I was running our Windsor Plywood store in North Delta. I was approached by Al Wightman the advertising manager for Windsor Plywood's head office. They were looking for someone to appear on Rafe Mair's radio program to talk about Renovation month and answer some home owner questions and give advice on common household issues. Would I like to do it? "Me" I don't think so. I was convinced to give it a try. That was the beginning of my radio show career that went on and expanded for nearly 40 years.

Thank you:

As I wind my life into retirement I wish to thank those who were there along the way. In my over 50 years in the Building Supply and Home Improvement Industry I travelled many miles and met many people. Thank you to the many people in the Building Supply Industry who helped me gain knowledge along the way. A huge thank you to the audiences who listened to my

REMEMBRANCE DAY

M	E	M	O	R	I	A	L	Q	S	V	O	G	Y	D	H	F	R	E	E	D	O	M	O	Q
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V	A	Y	A	A	J	T	M	X	I	S	O	L	D	I	E	R	S	Z	E	M	A	O	I	I
K	R	W	T	C	P	O	P	P	I	E	S	A	N	Y	K	A	S	K	S	A	D	G	V	J
D	A	H	B	F	I	J	O	H	N	M	C	R	A	E	T	L	H	F	P	S	D	Q	I	P
C	D	N	U	N	L	H	E	R	O	G	A	J	I	G	B	N	I	Z	E	Z	Y	P	J	V
V	E	E	T	V	M	Q	A	R	M	I	S	T	A	C	E	D	A	Y	C	H	S	A	Y	K
K	G	A	Q	H	Q	V	P	X	W	R	E	A	T	H	S	T	C	W	T	F	F	D	I	E

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

radio shows, watched my Home Check TV program and came out to presentations at Home shows.

Thank you to the Corus Radio Network, their operators and engineers making sure the radio show got on the air. Thank you to Global TV and Chek TV in Victoria and the hard working team that produced the Home Check TV series and of course my many store and office staff who took care questions and passed on information for your Home projects.

And of course an enormous thank you to my wife Frankie, our daughters Kyna and Monica and our two grandsons Dawson and Preston.

And now a couple of tips:

Have you ever wondered what would happen of your hot water tank or dishwasher was leaking or a toilet tank cracked while you were out of the house for a period of time.

We have had the experience of a toilet cracking and were luckily home and could quickly shut off the water. Another experience occurred with a dishwasher leak. This happened during the night and we were awakened by the sound of an alarm going off. Very fortunate as by morning a lot of damage would probably have happened. The alarm sounded from a product known as the FLOOD STOPPER VALVE and it had shut the water off to the entire house. On inspection it indicated that the dishwasher was the problem. The copper pipe feeding the dishwasher had come off and set off the sensor and alarm. This is a very worthwhile product. Flood stoppers are available either hardwired or

wireless.

Water Hammer:

Removing airlocks from plumbing pipes:

Shut main water supply off.

Go throughout the house and turn on all faucets (outside as well)

Turn dishwasher to fill cycle and then turn off

Turn clothes washer to fill cycle and turn it off

Shut water supply off to hot water tank

Leave system for 2 to 3 hours to drain to the lowest point

Turn water back on at main water supply

Wait until everything is running full

Turn water supply on to hot water tank

Start shutting water faucets off form the highest further away finishing with

the lowest faucet nearest the main shut off valve

Note: Toilets will fill and shut off.

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Straight from the Horse's Mouth

By Mel Kositsky

It was a "stormy" finish to the 2025 thoroughbred racing season at Hastings Racecourse.

Hunch players who picked the longest shot in the five-horse field of the \$50,000 Fall Classic should have gone home happy – and with hopes that the horses will be back at the east Vancouver track next season.

Stormy Blue, a six-year-old by Midnight Storm, gave leading trainer Barbara Heads another stakes victory to close out the season. It was the gelding's third victory in six starts this year and he looks ready to take on tougher competition.

Ridden on the sloppy track on October 18 by Richard Balgobin, Stormy Blue led the compact field from gate to wire for the 1-and-1/8-mile race, rejecting two attempts by Hastings' top three-year-old Rondelito to overtake him. He is owned by the Century Plaza Stables.

Stormy Blue had won his last race on October 5 over a fast track in the time of 1:42.4 for the 1 and 1/16 distance, almost equalling the track record of 1:42.2 which was set in 1973!

Silvino Morales rode the winner that day but opted to get aboard What's Shakin for trainer Cindy Krasner in the Fall Classic and finished fourth. Pat Jarvis' Diocles placed second, with the favorite Apprehend closing late to take third place.

Photographer Michael Bye (on his Facebook post in the BC Horse Racing Industry group) said it best when describing the weather on the closing 10-race card:

"A very good card, with some of the worse weather I have seen at Hastings in a long time. I do remember about 20 years ago we had to stop racing because of lots of snow that was falling. Yesterday was cold and miserable."

Jockey Amadeo Perez won the riding title again with 49 wins, despite missing the last three cards due to injury. Heads was leading trainer with 28 wins, and Robert and Sheena Maybin had 25 wins to top the owners' category.

Now the attention of the horse racing world turns to southern California for the Breeders' Cup World Championships at Del Mar near San Diego – "Where the Turf meets the Surf" on the shores of the Pacific Ocean.

Breeders' Cup Limited and Del Mar Thoroughbred Club is again hosting an impressive program on Friday, Oct. 31 and Saturday, November 1, which features 14 championships with more than \$30 million in purses being offered.

As well, eight races with purses and awards totaling more than \$1.5 million will be offered as part of the undercard races, with five on the Oct. 31 program to enhance Future Stars Friday program.

There will be three undercard races on the Nov. 1 Championships Saturday program, anchored by the \$300,000 GoldikovaStakes (G3) for fillies and mares, three-years-old and up, at one mile on the turf.

As is the case with the 14 World Championships races, all eight undercard races will be conducted free of medication.

Last year at Del Mar, a total of 14 Grade 1 races were featured during the international festival on Nov. 1-2 worth more than \$34 million in purses and awards – with a record 67 international horses entered.

Total all-sources, global common pool handle for the two-day World Championships was \$179,123,036, which was the third highest total in the history of the event. Total common-pool handle for Saturday's 12-race card was \$116,178,750. All sources common-pool handle on Friday 10-race card was \$62,944,286. Saturday's Del Mar attendance was 36,436 and combined with Friday's attendance of 30,982 made for a cumulative two-day total of 67,418.

The World Championships were televised in more than 150 countries and territories, including ITV4, Sky Sports Racing, and Racing TV in England and Ireland, The Green Channel in Japan, Sportsnet in Canada, and NBC Sports, Peacock, USA Network and FanDuel TV in the U.S.

Godolphin's three-year-old Sovereignty remains atop the Longines Breeders' Cup Classic rankings in contention for the \$7 million Longines Breeders' Cup Classic (G1), which will be run Nov. 1 during the 42nd Breeders' Cup World Championships.

Sovereignty, winner of the Kentucky Derby (G1), Belmont Stakes (G1), and Travers Stakes (G1), will be challenged by the Todd Pletcher-trained Pacific Classic (G1) winner Fierceness for owners Repole Stable, Derrick Smith, Michael B. Tabor, and Mrs. John Magnier.

Peter Brant, Mrs. John Magnier, Michael B. Tabor, Derrick Smith, Westerberg, and Brook T. Smith's Sierra Leone, last year's Longines Breeders' Cup Classic winner, is rated third for trainer Chad Brown.

Stephen Foster Stakes (G1) winner Mindframe, for owners Repole Stable and St. Elias Stables LLC and trainer Todd Pletcher, is also expected to put up a strong fight.

Journalism, winner of the Preakness (G1) and Haskell Stakes (G1), gets a new rider in Jose Ortiz for trainer Michael McCarthy and owners Eclipse Thoroughbred Partners, Bridlewood Farm, Don Alberto Stable, Robert LaPenta, Elayne Stables Five, Mrs. John Magnier, Michael B. Tabor, and Derrick Smith.

Other contenders are Saudi Cup (G1) winner Forever Young (JPN), for owner Susumu Fujita and trainer Yoshito Yahagi; along with Centennial Farms' four-year-old Antiquarian, who captured the Jockey Club Gold Cup (G1); Baoma Corp's San Diego Handicap (G2) winner Nysos, trained by Bob Baffert; C R K Stables and Grandview Equine's Baeza, winner of the Pennsylvania Derby (G1); and Godolphin's five-year-old homebred Highland Falls, runner-up in the Whitney Stakes (G1) for trainer Brad Cox.

The Jockey Club is projecting a North American registered Thoroughbred foal crop of 17,000 in 2026. This represents 300 fewer foals than the 2025 foal crop estimate of 17,300.

The foal crop projection is computed by using Reports of Mares Bred (RMBs) received to date for the 2025 breeding season. RMBs are to be filed by August 1 of each breeding season.

For the RMBs received through Sept. 30, 2025, The Jockey Club reports that 740 stallions covered 24,681 mares in North America during 2025. The Jockey Club estimates an additional 2,000 to 3,000 mares will be reported as bred during the 2025 breeding season.

Of the RMB reports received, 201 mares were part of the Mare Incentive Program, which waives registration fees for certain 2026 foals of mares that meet criteria defined by The Jockey Club. This

initiative was announced in December 2024.

Tiz the Law had the highest number of mares bred in 2025 with 274 followed by Arabian Knight (273), Practical Joke (263), Justify (244), Charge It (235), Domestic Product (224), Gun Runner (218), Not This Time (214), Vekoma (211), and National Treasure (202).

The report shows that only 30 mares were bred this year in British Columbia to four stallions. This is a big drop from 71 in 2024 to six stallions and 77 in 2023 to nine stallions.

This compares with 56 mares in Manitoba, 162 in Alberta and 483 in Ontario. The mares in Ontario were bred to 23 stallions, led by Harlocap, Tapiture and Reload.

For those readers who enjoy this monthly column, there are many books available on horse care and racing that you may enjoy reading.

An all-time favourite was written by noted sportswriter, the late Jim Coleman, who published the autobiography, *A Hoofprint on My Heart* (1971). It summarized his passion for horse racing, and "told the story of a little boy who always wanted to own a race horse".

Coleman had a lifelong love for horse racing. He regularly published columns about people involved in horse racing in Canada.

"You find strange people around a racetrack. Good men, bad men and men that are just plain shiftless and lazy. The best thing about racing is the horses: honest, loyal and uncomplaining. Sometimes it's not wise to ask too many questions around a racetrack because the yesterdays are nobody's business and it's only an even-money bet that the sun will rise again tomorrow morning".

—Jim Coleman, March 14, 1946

HOW TECH CAN HELP YOU TAKE CHARGE OF YOUR HEALTH



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

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

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

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

Thinking proactively about health can help individuals stay healthy for longer. Learn more about virtual health-care options at getmaple.ca.

www.newscanada.com

SELF-CARE STRATEGIES TO SUPPORT LIFE WITH ARTHRITIS



Living with arthritis means more than just managing pain—it's about finding balance, resilience and peace in daily life. While medication, exercise, healthy diet and sleep play a critical role, incorporating self-care can be a game-changer for both your mental and physical well-being. Here are five strategies to help you thrive:

- 1 Practice mindfulness. Living with chronic pain from arthritis can be mentally exhausting. Mindfulness is a powerful tool that brings your focus to the present, helping you cope with discomfort and reduce stress. It can help lower your heart rate and blood pressure, reduce pain and stress hormone levels and enhance your overall sense of well-being. It doesn't eliminate pain, but it changes your relationship with it, allowing you to manage symptoms more effectively.
- 2 Tune in to your body. Listen to your body's signals by practicing a body scan or progressive muscle relaxation (PMR). Body scanning involves mentally assessing your body from head to toe and paying attention to areas of tension or discomfort.

PMR takes this a step further by consciously tensing and then relaxing each muscle group to release physical tension. These practices can help you become more aware of where you may be holding stress, allowing you to release it, which can help ease both physical and emotional strain.

- 3 Use movement and breath to reduce tension. Deep breathing exercises are a simple yet effective way to calm the mind and body, activating your parasympathetic nervous system—your body's relaxation mechanism—to help reduce stress and pain levels. Paired with arthritis-friendly movements like gentle stretching, yoga or Tai Chi, you can improve flexibility, reduce tension and enhance relaxation.
- 4 Journal and cultivate gratitude. Journaling can help you process emotions and track your journey with chronic pain. Reflecting on your feelings can offer insight into the emotional triggers associated with your symptoms and empower you to cope with them in a healthier way. Complement this with a daily gratitude practice, like writing down five things you're thankful for, can shift your mindset away from your discomfort and toward the positives in your life.
- 5 Stay connected and find joy in daily life. Isolation can amplify the challenges of chronic pain associated with arthritis. Building a support system of friends, family or peers can give you emotional strength and understanding. Don't forget to make time for things you love, whether it's reading, listening to music or simply enjoying quiet moments. It's essential to nurture joy outside of your symptoms.

Find more wellness tips from Arthritis Society Canada at arthritis.ca.
www.newscanada.com



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DRIVING AND STORAGE TIPS FOR GETTING YOUR CAR WINTER-READY

With winter setting in, now's the time to make sure your vehicle is winter-ready. From essential tire changes to smart storage strategies, these practical tips will ensure your car is well-prepared.

Winter tires are essential

If you haven't already, it's time to swap out those all-season tires for winter ones.

Winter tires are designed to provide superior traction on snowy and icy roads, which can make all the difference when temperatures drop.

Make sure your tires have the mountain and snowflake symbol for assured quality. Additionally, monitor your tire pressure regularly since cold temperatures can cause it to drop, potentially affecting your car's handling.

Protect your vehicle in storage

If you're parking your car until spring, talk to your insurer. You may be eligible for a discount on your car insurance to keep you covered throughout the season against potential risks like theft or damage from winter storms.

Before storing, give your car a good cleaning to prevent dirt and grime from causing damage during the storage period. Fill up the gas tank to prevent condensation, inflate the tires to the recommended pressure, and consider a car cover to shield against dust and moisture.

Stay safe this winter with extra precautions

- Slow down: When driving, take it slow and give yourself extra time to reach your destination. Even when roads look clear, they can be slippery with black ice.
- Check your wipers and fluids: Ensure your wiper blades are in good condition and consider washer fluid with antifreeze to maintain clear visibility in cold weather.
- Don't drive on empty: Keeping the tank at least half-full prevents the fuel lines from freezing and adds extra weight for better traction.
- Consider roadside assistance: Many insurance providers offer roadside assistance. Some, like Belairdirect, offer services such as towing and battery boosting, which can be invaluable during winter emergencies.

Get ahead of the season by implementing these easy and effective winter prep tips. Not only will you increase your safety on the road, but you'll also protect your car from the harshest of elements, helping your peace of mind all season long.

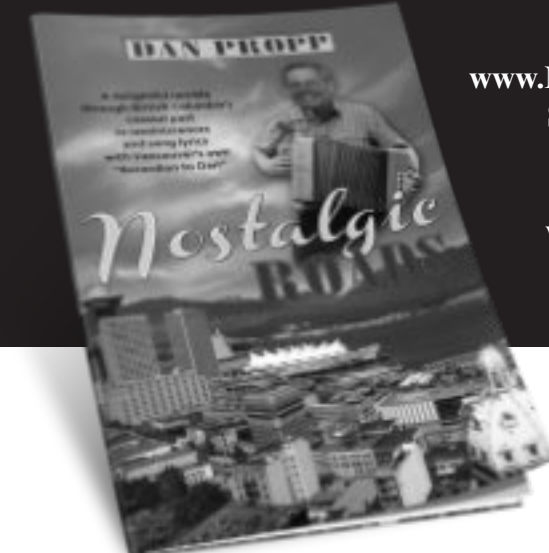
You can find more car safety tips at belairdirect.com. www.newscanada.com

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DREAMS CAN COME TRUE!

by Diane Tijman, Retired educator.

As children, much of our world is shaped by family circumstances. Sheltered by our parents, we grow up guided by their values and cautions. It can be hard for a young person to move beyond the well-intentioned warnings of elders and imagine a life different from the one they know.

I have always been someone who dreamed of something more. I longed to travel, to see other worlds, and to learn another language. I was raised in a small 1940s home in East Vancouver. A shy and obedient little girl, I respected the familiar saying, "Children should be seen and not heard." Still, I had a thirst for learning and a yearning for something better. The library was my friend and I buried myself in books and dreamed of faraway places.

In 1970, my high school offered a three-week trip to Japan — an all-inclusive tour for \$600. My parents, recognizing what a remarkable opportunity this was, agreed to let me go. I was then an awkward,

pimply teenager, but the trip turned out to be life-changing. Spending three weeks with 150 fellow students in a culture so different from my own was enthralling. I tried new foods, visited temples, spoke a few words of Japanese with success, and returned home incredibly confident, independent, and full of ambition. My parents were daunted by the change in me and we had a few clashes as I tested my independence, but they slowly gave me more freedom and encouraged me to work hard and grow.

I loved Japan, but more importantly, I learned lifeskills and social norms from my peers. My interest in other peoples and cultures ignited my passion for education and shaped the direction of my career.

Looking back now, I can see how the threads of my life have been woven together. My early love of books became a love of learning; my curiosity about the world evolved into a lifelong appreciation of equity, diversity and inclusion. Why not study French in Paris? Why not teach English abroad? These all became realities for me. Spending a winter in Québec is still on my list but I'll get there one day!

As an older adult, I am grateful for the many chances I've had to share my values—through teaching, mentoring, and serving on non-profit boards. I count myself among the fortunate whose work has also been their passion.



Retirement, for me, has not meant slowing down. It has given me the gift of time and opportunity to simply open new doors—and for that, I am continually grateful.

*In the photo, I am in the bottom row, centre.

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WORLD HERITAGE PETRA JORDAN'S ROSE-RED CITY

By Chris & Rick Millikan

As our tour bus winds through arid landscapes and into the Shara Mountains, guide Rania introduces Jordan's most popular destination. She recounts how semi-nomadic Arabs began building Petra along early trade routes around 312 BC. Caravans of camels loaded with frankincense, ivory and spices stopped and bartered there. Petra flourished, becoming the high desert Nabatean capital.

A wall map outside the Visitor Centre illustrates Petra's vast Archeological Park. Rania points out a leisurely 4-hour round trip walk. This recommended Main Trail presents an overview of this ancient city's grandeur.

Entering the gate, a sandy trail leads us toward a hillside where four pyramid-shaped obelisks perch atop square blocks. This structure forms a 2000-year-old burial compound. Human statues standing in niches represent entombed family members.

A wooden sign's arrow points to Al-Siq. Two fellows sporting shiny helmets and armor 'guard' the canyon entrance. Inside, mauves, ochres and tawny yellows colour its lofty walls.

At rockwork blocking a ravine, Rania explains the Nabataean water system. "Dams like this managed flashfloods and collected rainwater in reservoirs. Sloped channels cut into the walls carried the fresh water into Petra, supplying 30,000 residents.

Al-Siq gradually narrows between red-hued walls. One presents three boxy shaped gods and others votive niches. And a pathway boulder offers a small shrine to Ashara, God of peace and wisdom. On one wall, we see life-sized bas-relief camels, once welcoming caravans. At Al-Siq's final turn, Al-Khazneh suddenly appears, dramatically aglow in golden sunshine.

Gathered on a café terrace, we face Al-Khazneh's natural courtyard. "In 1989, Indiana Jones and the Last Crusade revealed Al-Khazneh.. and made Petra world famous. Already a UNESCO Site, 'Rose-Red City' became one of the 'new' Seven Wonders of the World," Rania beams. "Construction started from the canyon rim as workers sliced away slabs of red sandstone. Artisans then refined the 40-meter-high façade, adorning it with Corinthian capitals, friezes and figures of Hellenic deities."

"Al-Khazneh means Treasury...based on the belief that a pharaoh's treasure was hidden here. Yet, twelve skeletons found in three lower chambers suggest it was actually a mausoleum. And those four birds flanking that rooftop urn? They're mythic eagles...gathering souls from mausoleums!"

We stroll onward. Handsome camels wink at us, inviting photo ops.. and rides. Just ahead, three colossal carved facades embellish a sheer cliff. As the valley widens, royal tombs, temples and sacrificial sites can be seen on opposite hillsides. Some climb steep side-trails to investigate; we proceed along the ancient thoroughfare. Pausing at an amphitheater, we imagine the large audiences once filling tiered seating chiseled in red-rock.

Through a collapsed arch, we skirt remnants of a marble colonnade and temple complex. Arriving at 1st century Qasr al-Bint, we contemplate the skeletal remains of this four-walled edifice dedicated to supreme god Dushara. A nearby trail ascends to 2nd century Ad-Deir Monastery, Petra's largest structure.

Returning to Al-Khazneh, a hired horsedrawn carriage takes us back through Al-Siq. Settled inside a canopied buggy, our agile young driver balances on its outer

step, whip snapping. His sleek black horse responds, hoofbeats echoing sharply through the canyon.

At the park entrance, we swing down from the buggy, and walk to The New Petra Museum. Inside, artefacts showcase the Nabataean Kingdom's early development, centuries of prosperity and sudden decline. Storyboards illustrate how new trade routes undermined Petra's profits. We also learn how a 4th century earthquake destroyed city structures, including the crucial water system. Abandoned, Petra was buried by shifting desert sands. Only a few Bedouins remembered its location. Then, in 1812 a Swiss explorer rediscovered this wondrous 'lost' city.

Our venture through Al-Siq and the distinguished remains of Petra proves extraordinary.



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4 BEST PRACTICES TO CARE FOR YOUR EYES

Our eyes are constantly at work, whether it's the strain from looking at glowing screens, squinting from the sun, or drying out from indoor air vents. Unfortunately, eye health often gets overlooked in our daily routines. However, there are effective habits that can help protect your eyes at any stage of life.

Make sure you're eating well. A diet rich in vitamins A and C can help your eye health. Your body uses vitamin A to help build the rod cells in the retina that make it easier to see in low light. Vitamin C is an antioxidant that can help protect against cell damage. These nutrients can be found in carrots, leafy greens, citrus fruits and sweet potatoes.

Take it easy on your eyes. Staring at computers and phones for hours can lead to tired, blurry eyes and headaches. Your eyes have to work harder to read text on a screen, especially if you're viewing it from the wrong angle, or in poor lighting.

To give your eyes a break, try the 20-20-20 trick: every 20 minutes, look at something 20 feet away for at least 20 seconds. Additionally, consider using blue light glasses or adjusting your screen settings to reduce harsh glare.

Keep your eyes protected. From a day at the beach to working on a new DIY project, protective eyewear is a simple but important way to keep your eyes and vision safe. Sunglasses with UV protection help prevent long-term sun damage,

while safety goggles are crucial for shielding your eyes from potential injury when working with tools and chemicals, or during high-impact activities.

Get your eyes checked regularly. Regular, preventative eye exams should be part of everyone's health routine. Even if your vision seems fine, checkups help catch conditions like glaucoma and age-related macular degeneration (AMD).

Early detection means better outcomes and fewer disruptions to your daily life. Canada's population is aging rapidly, and AMD is the leading cause of vision loss among older adults, affecting nearly 2.5 million Canadians. Dry AMD is the most common form of the disease, making up 85–90 per cent of cases.

There's a treatment option available for the condition: MacuMira is the first medical device approved by Health Canada to address it, and which has been shown to reverse some of its effects on eyesight. It's currently the only treatment available,



and one way to support your long-term retinal health and maintain vision.

Supporting your eye health doesn't require major changes. Small, consistent steps can make all the difference. From smart screen habits and nutrition to regular checkups, taking care of your eyes today can help you maintain clear, healthy vision for years to come.

Learn more at macumira.com.
www.newscanada.com

CAN ANYBODY SHARE A SPARE?

Our sweet daughter Sarah is 28 and has been on kidney dialysis for just over a year. Her life was suddenly put on hold in 2020 when she was in hospital for another health issue and was diagnosed with kidney disease. She is now in urgent need of a transplant.

Eligible expenses related to living organ donation are reimbursed in BC and Yukon. The call for a paired swap will go across Canada sometime in October. That is why I am reaching out to you and your friends at this time.

What can you do to help? 1. Share Sarah's story. 2. Consider organ donation whether it is for a living donation now or for at the end of life 3. If you want more information, visit www.transplant.bc.ca or email kidneydonornurse@vch.ca

Sarah and her family are hoping there is someone out there willing to give the gift of a kidney. I know this is a big ask, but if you're in good health and considering becoming a living donor, your kindness could change a life. Even as a senior, my kidneys were found to be in excellent health. If donating isn't an option, sharing this story could still make a world of difference by helping us find a match.

Thank you so much for your support; it means everything to us.

To become a kidney donor in British Columbia, contact BC Transplant or or call Vancouver General Hospital's Kidney Donor Program at 604 875 5182 or 1 855 875 5182. For information on the kidney donor paired swap program, visit www.blood.ca and search for 'kidney paired donation'.



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