

TODAY'S PAPER FOR BC'S SENIORS. SIT BACK AND ENJOY!

TODAY'S SENIOR NEWSMAGAZINE



Maui's Offshore Havens Snorkeling Molokini & Coral Gardens - Full article page 16

APRIL - 2026

FRASER VALLEY - LOWER MAINLAND EDITION
Volume 35 - Number 3

FREE - Please take a copy or by SUBSCRIPTION see page three

CANADIAN PUBLICATIONS MAIL PRODUCT
SALES AGREEMENT #40025695

Inside This Issue

ACCORDION TO DAN	
by Dan Propp	3
WE SURVIVED THE NIGHT....	
by Lenora A. Hayman	4
FINANCIAL NEWS	
by Rick C. Singh.....	6
THE PHARMACIST REVIEW	7
FROM DRACULA TO...	
By Ursula Maxwell-Lewis.....	12
WORD FIND PUZZLE.....	13
SHELL BUSEY THE HOUSESMART GUY	
by Shell Busey	13
STRAIGHT FROM THE HORSE'S MOUTH	
by Mel Kositsky.....	14
MAUI'S OFFSHORE HAVENS...	
By Rick Millikan	16
THE NEXT CHAPTER	
by Mike McCardell.....	17
WRITE AS I PLEASE	
by Mel Kositsky.....	18

FOR SENIORS - BY SENIORS
WITH NEWS YOU CAN USE



You Smile... We Smile

Our team is dedicated to crafting personalized dentures, partials & dentures on implants.

Thank you for voting us BEST Denturist in Surrey!

- relines & repairs (same day service)
- free consultations & yearly check ups
- all dental plans & CDCP accepted
- easy office access & street level parking
- friendly, professional service



Tricia Thobaben
Registered Denturist

Unit #110 5450 152nd Street
Surrey, BC V3S 5J9
info@sullivandentures.com

www.sullivandentures.com 604-577-0007

RETIREMENT. LIVING!



Let someone else worry about vacuuming and grocery shopping. Trade your to-do list for a cup of coffee and the company of great friends. Do what you love best, we'll take care of the rest.

Come for a tour, and we'll treat you to lunch!



MAGNOLIA GARDENS
A BRIA COMMUNITY



SUNRIDGE GARDENS
A BRIA COMMUNITY

Call today: 604.351.8668

BriaCommunities.ca



CRS Financial
WEALTH MANAGEMENT

Call: 604 535 3367

220 - 3388 Rosemary Heights Crescent, Surrey, BC, V3Z 0K7

Wealth Management
advice for families
built upon honesty
and integrity.



Early Bird Special -
4 pcs Chicken, fries & gravy
\$15.99, 3-5pm daily

Seniors Fish & Chips -
\$9.99 daily.



Check out our Daily Specials at www.brownieschicken.com
Maple Ridge 604-479-2800 | Mission 604-287-6511 | Abbotsford 604-776-0310



CKVS-FM 93.7 Voice of the Shuswap presents:

And now for
Something Completely Different
 Hosted by Ron Long



A radio show catering to the musical tastes of the Seniors of the Shuswap

Airing **Tuesdays** at 3pm

- repeating Fridays at 8pm and Saturdays at 1pm

CKVS streams online at voiceoftheshuswap.ca

To make requests: scd@voiceoftheshuswap.ca



Looking for a new HOME with wonderful amenities?

Consider a 55+ Life Lease Building!

- Starting at 1262 sq ft
- 1 and 2 bedroom with 2 bathrooms
- Balcony, wonderful views
- Secure, underground parking
- Professional services onsite
- Restaurant/take home meals
- Near churches, recreation, library
- Near shopping centers, restaurants
- Commercial space available for leasing

2825 Clearbrook Road, Abbotsford, BC V2T 6S3

Call to make an appointment (604)-743-0232

www.gardenparktower.ca

Email: nadia.baran@gardenparktower.ca

Over 100 years of compassionate care.

Since 1919, we've proudly served the Greater Vancouver area with compassion, professionalism and attention to detail. When you make your arrangements with us, you're choosing a local partner dedicated to helping you create a personal and meaningful memorial.

PLANNING AHEAD

- Lock in today's prices
- Make your final wishes known
- Protect your loved ones from unnecessary emotional and financial burdens

Forest Lawn

FUNERAL HOME & MEMORIAL PARK
 3789 Royal Oak Ave. | Burnaby, BC V5G 3M1
ForestLawnMemorial-Burnaby.com

Ocean View

FUNERAL HOME & BURIAL PARK
 4000 Imperial St. | Burnaby, BC V5J 1A4
OceanViewBurialPark.com

Victory Memorial Park

FUNERAL CENTRE & CEMETERY
 14831 - 28th Ave. | Surrey, BC V4P 1P3
VictoryMemorialPark.com

Boal Chapel

& MEMORIAL GARDENS
 1505 Lillooet Rd. | North Vancouver, BC V7J 2J1
FirstMemorialNorthVancouver.com

When you're ready to get started, we're here to help.

Phone 604 328 6079

Every Detail Remembered™

Dignity
 MEMORIAL



ACCORDION TO DAN

Though April showers may come our way and more tariffs we might have to pay and in Canada

we often say the word 'eh' the flowers will still blossom and a more fun filled economical maple leaf summer holiday, hurrah! How's that for a couple of run on sentences? That old vaudeville April Showers song might transport some of us back just a wee bit to the days that were less of a challenge economically, politically, as well as socially.

PAST VENTURES REPRISED

Its Howdy Doody Time, do those lyrics take you back just a bit? "You Bet Your Life" with Groucho Marx on TV in black and white. The NBC peacock symbol in colour was still years out of sight.

How about those popular Canadian radio programs heard on CBC radio such as the Royal Canadian Air Farce (later appearing on CBC television network). Of course, another such radio hit, "Knock, knock, who's there". "It's the Happy Gang. Well, come on in."

Remember all the comic books for one nickel like Little Lulu, Donald Duck and Uncle Scrooge? The differences between then and now were absolutely huge. Before in Vancouver to ride the BC Electric bus system, the cost was still fifteen cents a ride. We still had Woodward's Dept Store, the popular jingle, "Honest Nat's Department Store 48th and Fraser", and of course the Army and Navy Store on Hastings Street, The House of Stein, Woolworths, Future Shop, Simpsons Sears. So much that used to be simple is - no more. But, oh my, how those days bring to mind nostalgic recalling of experiences long past and gone.

The huge pulp and paper mill in Powell River, the last time I was there, was over fifty years ago. The First World War American Liberty ships were still protecting Powell River's shores. Perhaps, they still are. Many publications throughout North America and beyond depended on their newsprint. Today that has changed since so much has been reduced by going and reading online. Thus, the following bit of rhyme.

ALL THE NEWS THAT WAS FIT TO PRINT

Newsprint today has become like the Liberty Ships that guarded the pulp and paper mill in Powell River's harbour; as this simile in many respects fits. The newspaper industry worldwide for economic survival has become harder. The demand for this once essential medium has literally run out of ink. Advertising and circulation are like the word 'Amazon'. A word, that not only refers exclusively the region of rainforest and river basin these days. Now - so much more electronically and digitally no longer needs paper boys and girls - often now instead spaced out with cellphones that through satellites instantly deliver. Even Clark Kent (or Superman) and Lois Lane probably couldn't even get a job with the Daily Planet. What would Lois Lane do? Gone today are so many jobs that employed thousands of us.

BRAND NAMES AND THEIR DEMISE

Many of us grew up with brands like Zenith, Magnavox, Philco, GE, RCA. So many since have vanished into space and it seems almost overnight replaced. Products simply faded away. In a relatively short time, you and I faced all kinds of new things. For example, education, transportation, communication and of course - inflation. Since the late nineteen hundreds and the promises of the new millennium so much of what we were familiar with overnight like with a digital camera instantly erased. Now it's not just satellites but humanity itself is metaphorically, like comedian Victor Borge might have joked 'meta—five—ically' discarded into orbit. A sense of humour is therefore the only way to digest this futuristic 'progress' and come to terms with it.

As times changed and costs exponentially went up, yesterday's concepts change, North, East, West, South, called breaking news as we listen with bated breath, pondering and surmising as nature becomes an increasing lesson to discover relaxation and enjoyment. Thus, the lyrics to a song that surfaced



Photo caption: Reflections of the past. (Photo: Dan Propp)

some years ago riding on The VIA Canadian train going through the Rockies to Banff.

RAINBOW TROUT

"Rainbow trout, rainbow trout you look so free, swimming about, swimming about you mean so much to me. Diving into the water must be so much fun. Then to the top, go for a run. Watch that red canoe and wondering what us humans do. Nature, nature stay alive. Nature won't you please survive, Forest. Mountains, Emerald Lake, keep on swimming for goodness sake! Jump out of the water watching that red canoe. Probably wondering what it is us humans do.

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

Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188
OFFICE HOURS: 9:00am-Noon
Tuesday, Wednesday, Friday
Online: todaysseniornewsmagazine.com

Columnist & Community Relations:

Mel Kositsky 604-649-1648
Email: melkositsky@gmail.com

Advertising

John Ross 604-992-0783
Email: johnross@westcommarketing.com
Nancy Roman 250-546-9922
Email: nancyroman@telus.net

Emergency 604-992-0721

TODAY'S SENIOR NEWSMAGAZINE LTD.
Fraser Valley / Lower Mainland Edition
Box 61533 - Brookwood P.O. Langley, B. C. - V3A 8C8
E-Mail: todayssenior@shaw.ca



SUBSCRIPTION

Home Delivery

Twelve Issues for \$36.00 (Tax Included)
Please enclose cheque or money order!

Name
Address
Phone
City
Postal Code

Send To:

TODAY'S SENIOR at Box 61533
Brookwood P.O., Langley, B.C. V3A 8C8

Publications Mail Registration #40025695
Printed in Canada, Blackpress

Publishers / Copyright Disclaimer:

No part of this publication may be reproduced, copied or transferred without first obtaining written permission from the Publisher, but we do welcome requests.

The opinions expressed herein are those of the writers and do not necessarily reflect the opinions or views of the publishers, staff or employees of Today's Senior.

Due care and attention is used in checking advertising copy for accuracy and legitimacy, but no warranty is implied or given by the publishers. We reserve the right to refuse any advertising or editorial submissions which we believe to be inconsistent with the concept of the publication.

All submissions should be typed (double spaced where possible). Submissions and pictures are submitted at owner's risk. Make copies of important pictures and documents please and ensure you are the authorized copyright holder of any supplied content.

All submissions and columns fall under the Registration of Today's Senior.

As Today's Senior continues to grow in popularity, an increasing number of people and businesses are advertising their service, concept or product as either a regular advertisement or in a paid editorial format. Therefore we suggest that you follow logical consumer practices and guidelines when purchasing any products or services.

The management and staff of Today's Senior cannot recommend any product or service that appears in Today's Senior Newsmagazine.



WE SURVIVED THE NIGHT BY JULIAN BRAVE NOISECAT. AN AMAZING NARRATIVE!

Article & photo by Lenora A. Hayman.

Julian Brave NoiseCat is the co-director with Emily Kassie, of the Academy Award-nominated documentary Sugarcane and also a journalist, great powwow dancer, a close examiner of Salish art and history and a hockey player. NoiseCat was born in Minnesota and raised by his mother in Oakland, California. He is also a member of The Canim Lake Band Tsq'escen and a descendant of the Lil'Wat Nation of Mount Currie in BC.

NoiseCat graduated in 2015 with a degree in history from Columbia and later earned a graduate degree in global and imperial history at Oxford. He helped bring an indigenous canoe group of 18, including Canadian & Hawaiian canoes, to San Francisco Bay to commemorate the 50th anniversary of the 1969 Alcatraz occupation.

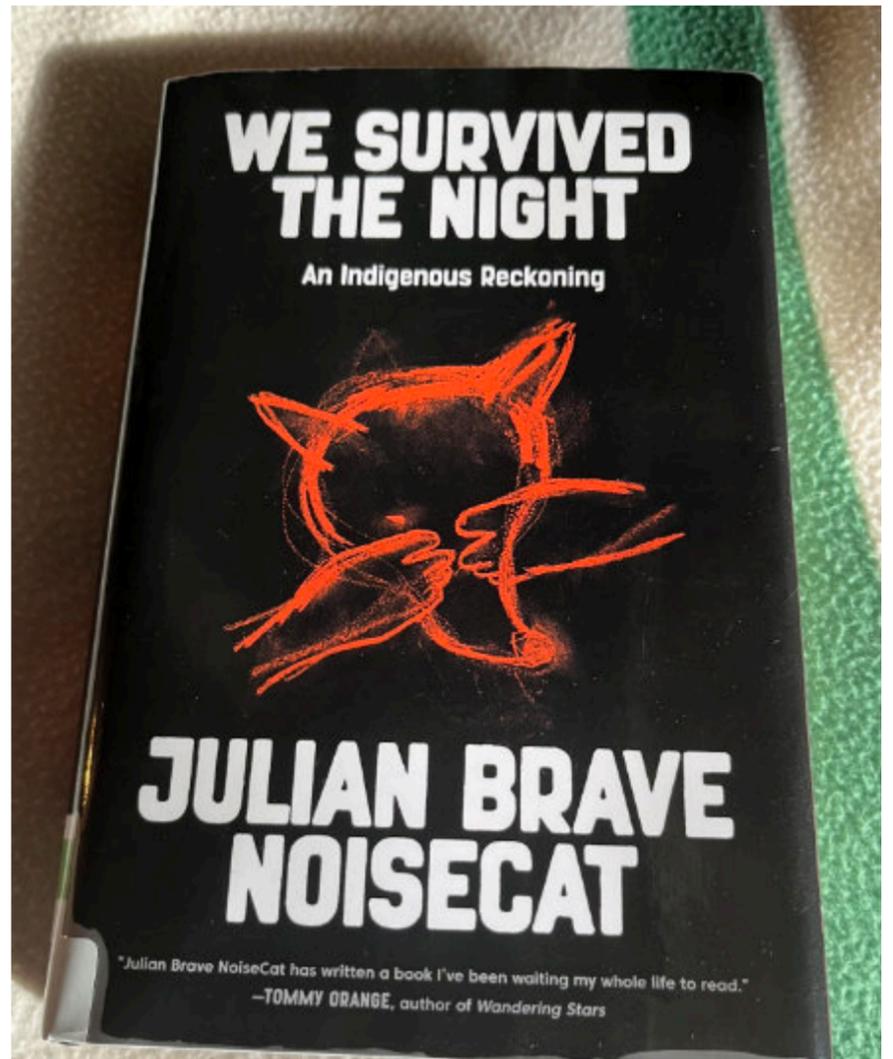
In 2020, NoiseCat publicly announced that Deb Haaland should be appointed Interior

Secretary. Haaland became the first Native American cabinet secretary in USA history.

In 2021, the Williams Lake First Nation investigated missing students at St. Joseph's Mission. Under Father O'Connor, principal of St. Joseph's and other principals, babies conceived by students, nuns and priests were aborted or adopted. Newborn babies were thrown into the incinerator and burned with the rubbish. NoiseCat learned that a security guard on Aug. 16, 1959 on his rounds, heard a cry from the garbage burner room. In an ice cream carton, abandoned just 20 minutes prior was a newborn. The authorities named him "Baby X"! This was Julian Brave NoiseCat's father!

Julian Brave NoiseCat's book "WE SURVIVED THE NIGHT. AN

INDIGENOUS RECKONING" investigates healing from generations of trauma. Definitely recommended!



INDIGENOUS Photo: We Survived the Night. An Indigenous Reckoning by Julian Brave NoiseCat.





BRITISH COLUMBIA'S BEST MEDICAL ALERT

-  **MONITORING ACROSS CANADA**
-  **WATER RESISTANT AND SHOWER SAFE**
-  **FALL DETECTION CAPABILITIES**
-  **NO FEES AND NO CONTRACTS**









Call Now Toll Free!
1-800-205-7878
www.LifeAssure.com/SAFE



MOVING THIS SPRING? WHAT TO REVIEW BEFORE CHANGING ADDRESSES

Moving to a new home is an exciting time, and there's a lot to process. Between closing documents, packing and unpacking, it's easy to lose track of some administrative details. You can save yourself some potential headaches by taking these items into consideration:

Update online services and subscriptions. A lot of these use your home address, so get ahead of the move by updating them to your new address. This will help you avoid disruptions and having to scramble to get everything where it needs to be on top of having to settle in.

Make a record of valuable items. In case anything gets damaged or goes missing during a move, it's important to have a clear record of what you had before the process. One useful trick is to photograph any valuables from a couple of angles for easy reference later on.

Plan ahead for connectivity in a new home. Getting internet, TV and phone services set up is an early priority during a move. You can notify your provider to help make the process easier, but the truth is that issues can happen. You may run into unexpected fees during a move or even service disruptions.

If your service provider doesn't deal with the issue to your satisfaction, you still have options, such as taking the issue to the Commission for Complaints for Telecom-television Services (CCTS), an independent agency that can deal directly with providers. It handles unresolved wireless, TV, phone and internet service issues from thousands of Canadians each year.

Take the opportunity to lighten your load. Moving can also be a chance to only take what you truly value with you. Instead of looking at all your stuff as automatically coming with you, try imagining it was something being offered to you for your new home. If it's something that excites you to have there, pack it—if not, consider letting it go.

Moving is always stressful, but staying connected during the process doesn't have to be. You can learn more about resolving issues with your telecom service provider at letsstayconnected.ca.

4 WINTER WELLNESS TIPS FOR STAYING ENERGIZED

When daylight is short and to-do lists are long, it's easy to feel your energy fade. Staying well through the winter is less about powering through and more about understanding and working with your body's natural rhythms.

A few simple habits can help you stay strong, steady and energized through the darkest months of the year. Here are four ways to get started:

1 Chase the light. Even a few minutes of daylight can help regulate your sleep-wake cycle and improve your mood. Try stepping outside for a quick walk during a lunch break or keep the blinds open early in the day to soak up extra natural light.

2 Move, even when it's cold. Gentle activities like stretching, yoga, or an evening stroll keep circulation strong and help combat winter fatigue. It can also boost your mood and support immune function, which can take a hit in colder months. Try wearing layers for any outdoor movement so that you can more easily adjust your temperature as your body warms up.

3 Support your immune health. Wellness doesn't begin and end with cold season. Daily immune support can help your body adapt

to stress and stay resilient. One way to give your energy and immune system a lift is by using an herbal formula, such as St. Francis Herb Farm's, which blends traditional adaptogens — natural substances that help your body respond to stress, anxiety and fatigue—to help balance energy and strengthen immune response.

4 Don't forget the basics. Making sure you get enough sleep goes a long way toward maintaining your energy and health. Shorter days and less sunlight often mean lower Vitamin D levels, which can affect both energy and mood. You can consider making up for the loss of sunlight with a supplement to maintain wellness throughout the season.



By giving yourself small daily rituals and gentle supplemental support that help your energy and wellness, you can stay bright and energized all winter long. You can learn more at stfrancisherbfarm.com/immunity. www.newscanada.com



CARE THAT COMES TO YOU — FROM A NEIGHBOUR YOU CAN TRUST

vaccines, senior pet assessments, and conversations about maintaining comfort and quality of life as pets age. When needed, we can also provide gentle end-of-life care in the comfort of home.

While home visits are an important part of what the clinic offers, Petsville is also a full-service veterinary hospital in the heart of Steveston, providing dental care, surgery, diagnostic imaging, laboratory testing, urgent and emergency care, and ongoing medical support for pets in every stage of life. The goal is always to make veterinary care clear, thoughtful, and as stress-free as possible for

both pets and their families.

Petsville was founded by Dr. Satveer and his wife Ady, who manages the practice, with the goal of building a place where veterinary care feels thoughtful, personal, and never rushed — a place where both pets and their families feel genuinely cared for.

For the Petsville team, caring for the pets who share our community — whether at home or in the clinic — is truly a privilege.

For many people, especially later in life, pets become quiet companions through the everyday moments that matter most — morning walks along the dyke, afternoons in the garden, evenings spent side-by-side on the couch. Over the years, they become deeply woven into the rhythm of our homes. Their presence brings comfort, routine, and a sense of connection that is hard to replace.

At Petsville Animal Hospital in Steveston, that bond is something we never take lightly.

Petsville is led by a local veterinarian Dr. Satveer Dadrwal, whose approach to veterinary care is rooted in patience, kindness, and understanding. He believes animals respond best when they feel safe and respected, and his calm, gentle approach helps even nervous pets feel more at ease during their visit.

For pet owners who may find travel difficult, or for pets who become stressed with clinic visits, Petsville offers house call veterinary services throughout Richmond. These visits allow pets to be examined in the comfort of their own home, where they are often more relaxed. House calls can include wellness exams,

Too Hard to Bring Your Pet to the Clinic?

We bring veterinary care to your home



Our veterinarians provide house call visits for pets who are anxious, senior, or difficult to transport.

- Wellness exams
- Vaccinations
- Senior pet care
- Compassionate end-of-life care

We are a full-service veterinary hospital located in Steveston also offering surgery, dental care, urgent care, diagnostics, and digital X-rays for dogs, cats, and exotic pets.

PETSVILLE
ANIMAL HOSPITAL
LOCALLY OWNED. EMOTIONALLY OPERATED

To book a house call or learn more, please call:
604-245-7474



FINANCIAL NEWS

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

How to Teach Gen Alpha Kids About Money in a Digital World

Investing is changing fast, raising the stakes for showing the next generation how to manage their finances.

- Many parents of school-age kids aren't sure how to talk to their children about modern finance, given the shift from analog to digital payments.
- Experts recommend starting financial education by helping children understand physical currency and then introducing digital payments and finance in moderation.
- Parents should have open conversations with their kids about money, budgeting, and financial decisions, and use teachable moments such as online comparison shopping to instruct them on digital financial literacy and budgeting skills.

The first time a child taps a phone to pay for something, there are no bills handed over, no coins counted back. The money disappears with a beep. For many parents, that's the moment they realize an uncomfortable truth: They don't know how to explain what just happened.

Given how fast personal finance has moved from an analog exercise in balancing a checkbook to needing to understand digital payments, cryptocurrencies and buy now, pay later plans, many parents of school-age kids aren't exactly sure how to talk to their children—let alone teach them—about modern finance.

Yet most Gen Alpha kids have more access to money and control over how it's spent than their moms and dads did at their age, according to a survey of parents conducted by Morning Consult and Bloomberg Businessweek. Nearly 4 in 5 Gen Alphas in the US have earned money for doing household chores—something their millennial parents might find familiar—but they're also building wealth (or at least banking cash) in far more 2026 ways. Fifty percent of kids have made money at least once by selling things they make or no longer use, either in person or online, while 38% have earned money by creating content, streaming or influencing, the survey shows.

All of this just raises the stakes for educating Gen Alpha about their finances. Those discussions need

not be sophisticated or geared toward raising the next Warren Buffett. But they can help “socialize” money, says Annamaria Lusardi, academic director of Stanford University's Initiative for Financial Decision-Making. This is particularly crucial today, with influencers, financial firms and even scammers trying to steer young consumers' money decisions online. “If you ask me what rich parents do differently than other parents,” she says, “it's that rich parents talk to their children about money.”

Experts and advisers across the US say the fundamentals of budgeting and decision-making remain unchanged from when you yourself learned the ropes, but everything needs an update for an increasingly digital era. Here are their top recommendations.

Start Tangibly

Despite the digital direction finance is heading in, wealth advisers say helping children understand cold, hard currency is still crucial to building a strong foundation. “The act of handing over cash and watching the amount in their wallet change helps kids internalize trade-offs in a way digital payments don't,” says Matt Sheers, founder and financial planner at Sheer Empowerment Financial in Plymouth, New Hampshire.

Olivia Mitchell, professor of business economics and policy at the University of Pennsylvania's Wharton School who researches financial literacy, likes the idea of giving children an allowance, as well as opportunities to earn more money doing chores. Providing them with a predictable income can help them understand both how to save and what spending constraints feel like. Kids should have access to a savings account with clear balance visibility, she adds, so they can see how money grows and shrinks over time.

A related strategy for slightly older kids that Sheers recommends: collectibles. Even small items such as baseball cards or old coins can offer a powerful lesson in supply and demand. Sheers' 10-year-old son, for instance, collects sports cards. Tracking their value over time has helped him understand how scarcity and player popularity influence prices. These are foundational principles that will help children understand how investments work when they're older.

Dive Into Digital and Debit

Once your child has these first principles down, it's helpful to start exploring digital payments and finance, first by watching you and then by dabbling themselves.

“It's really important to allow experience and exposure in moderation,” says Brian Blakeman, founder of Onward Financial Advising in Seattle. He says everything from Apple Pay to crypto investments can be fine for a child to experience—

you can even buy them a little cryptocurrency as a teaching moment—as long as parents have appropriate guardrails in place, like having the parent make the purchase in their own account or limiting amounts to under \$100. What's more, Blakeman says it's crucial that parents explain the (small) place riskier assets such as crypto can have in a portfolio. If you don't, someone on the internet may very well give them a different lesson on digital currencies, and their advice might not match your own.

Blakeman has seen several good options for

kid-friendly debit cards that help children learn to manage money while giving parents visibility and control. Credit unions, he points out, often have debit cards for young savers that come with low fees. Greenlight is a popular choice; it offers a physical debit card paired with an app where parents can monitor spending and set limits. (He generally doesn't recommend prepaid debit cards, which often come with high fees.)

Teachable Moments

Among the more obvious advice: Parents should talk out loud about the decisions their household makes, how to budget and how to pay off credit card balances as soon as possible. Parents might even consider “matching” their kids' savings so they see it grow over time. But there are other creative ways to show budgeting and interest accrual in action.

Alissa Krasner Maizes, founder and financial planner at Amplify My Wealth in Boca Raton, Florida, suggests that online comparison shopping can be an instructive—and modern—way to teach kids digital financial literacy and budgeting skills at the same time. “Consider having them look online for the products beforehand at two to three stores to see where each of those products is most reasonable,” she says, encouraging parents to then take their children to those stores to make a purchase. “Delayed gratification and staying within the budget is best learned by doing.”

If you've opened accounts for them, such as a 529 or Roth IRA that allows for early saving, show them the balances and explain how they grow over time. Parents can start these kinds of financial conversations “as soon as the tooth fairy comes,” Stanford's Lusardi says.

And what about that throwback habit of balancing a checkbook? It wouldn't hurt to show them, experts say, even if it won't be their preferred payment method for the 2030s and beyond. “While most people no longer manage money this way day to day, the underlying habit it reinforces—regularly monitoring cash flow and understanding where money is going—is still very relevant,” says Sheers of Sheer Empowerment Financial. “As a learning tool, it can help build strong foundational financial habits, particularly for people just starting to manage their own finances.”

For tailored advice and professional guidance, consult a financial advisor. You can also contact Rick Singh CRS Financial Wealth Management at rick@crsfinancial.ca or call 604-535-3367. Suite 220 3388 Rosemary Heights Crescent Surrey, BC V3Z 0K7

© 2026 Bloomberg L.P. This Bloomberg content was legally licensed by AdvisorStream



**Seniors 55+...
Save 20%
on
Wednesdays**

OPEN DAILY 8 AM TO 6:30 PM * 250-832-7550
3710 10th Avenue SW, Salmon Arm BC
demillesfarmmarket.com




Have you been told that you are hard to insure?

NO MEDICAL EXAM

NO MEDICAL EXAM

Rick Singh
Founder, President and Financial advisor

We offer low-cost options, without medical exams or needles!

CRS **CRS Financial**
WEALTH MANAGEMENT

220 - 3388 Rosemary Heights Crescent
Surrey, BC, V3Z 0K7
Phone: 604-535-3367
Email: info@crsfinancial.ca



THE PHARMACIST REVIEW

By Lyle Sunada

Activated Probiotics: Targeted Health and Wellness Support

Activated Probiotics offers a smarter approach to probiotics—designed for your specific health needs. Unlike generic “one-size-fits-all” supplements, each product is made with clinically studied strains at precise doses, targeting everything from skin and digestion to immunity, mood, and infant health.

A standout feature is Microbac™ technology, a plant-based coating that protects probiotics from stomach acid, ensuring they reach your gut alive. Combined with shelf-stable blister packaging, these probiotics maintain their potency without refrigeration, so you get full benefits every day.

Skin Support: Biome Clear & Biome Soothe

Whether you're dealing with acne or mild eczema, these probiotics help balance the skin-supporting bacteria. Biome Clear reduces blemishes, while Biome Soothe calms irritation

and redness often seen in eczema. In clinical studies, both showed noticeable improvements in just 8 weeks, with lasting benefits even after stopping.

Digestive Health: Biome Comfort & Biome Relief

Activated Probiotics covers different types of IBS and digestive challenges. Biome Comfort can support regular bowel movements and ease constipation-related bloating. Biome Relief can help prevent diarrhea and repopulates the gut during antibiotic use or flare-ups. Together, they provide options for both constipating and diarrhea-prone digestive issues.

Oral Health: Biome Dental

Swishing the probiotics in Biome Dental nightly was shown to reduce salivary *Candida* spp. levels and to help reduce plaque and improve gum health, supporting oral hygiene naturally and effectively. In clinical trials, these probiotics showed equal or better results than conventional fluoride or chlorhexidine mouthwashes even after 3 weeks of discontinuing.

Mood & Stress: Biome Elevate

Gut and brain health are closely connected through the gut-brain axis. Biome Elevate probiotics were found to improve psychological well-being by improving aspects of mood and sleep quality, supporting better mood, focus, and mental resilience. Probiotics can generally be taken during pregnancy and breastfeeding, and it may also be used alongside antidepressant or mood-stabilizing medications.

Immune Support for Kids & Infants: Biome Daily Kids & Biome Baby

From infants to school-age children, Activated Probiotics help support immunity, reduce colic, and keep young gut microbiomes balanced.

Clinical trials show fewer colds and shorter illness duration, making these probiotics perfect for daycare, school, or antibiotic recovery.

Daily Gut Support: Biome Daily & Biome Advanced

For adults, Biome Daily maintains everyday gut balance and supports immunity, while Biome Advanced is ideal for stronger needs, such as recovering from antibiotics or digestive stress. Both help maintain microbiome diversity for overall wellness, but Advanced provides a higher potency when your gut needs extra support.

In Canada, Activated Probiotics are only available from healthcare providers to help tailor probiotics to your needs. With targeted, evidence-based formulations, these probiotics make gut, skin, immune, and overall wellness simpler, smarter, and more effective.

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.

ACTIVATED PROBIOTICS
A smarter approach to probiotics - designed for your specific health needs.
Come see Pharmacist Lyle and see which Activated Probiotic is right for you!

PHARMASAVE Downtown Cloverdale
 5778-176A Street, Surrey
 604-576-2888
 Cloverdale www.CloverdalePharmasave.com

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 McKercher, 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.

www.newscanada.com

BITE, CHEW & LOOK GOOD TOO™

Troubles . . . with your dentures?

While talking, eating . . .

We focus in lower hard to fit dentures

Chhun Lim, R.D.

DENTURE CLINIC / Fleetwood

- New, Complete & Partial Dentures
- CDCP accepted
- A Canadian Dental Care Plan with no extra costs

604-507-9958

NEW LOCATION (On Google Map)

8438-140st Surrey, B.C. V3W 5L2

FINALLY I CAN EAT!

After 5 sets of dentures and a lot of money I saw the ad in the paper that read bite, chew, look good too.

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

HOUSING CRISIS LOOMS FOR SENIORS

By Mel Kositsky

Today's seniors -- a rapidly, growing segment of the total population -- seems to be ignored by government policies and that is causing a growing housing crisis for seniors in B.C.

"Seniors will continue to struggle" said Leslie Gaudette, president of the Council of Senior Citizens' Organizations of BC (COSCO BC), in a news release following Budget 2026 in February. "We are truly dismayed that the 2026 budget does little to assist seniors in their day to day lives. And there is even less for the community organizations and seniors' centres, which provide programs and information that enable older adults to live healthy lives and reduce demand on our over-stretched health care system."

"More than 500,000 older adults live on \$3,000 or less per month, including 250,000 living on monthly incomes under \$2,000. These older adults need affordable housing, transportation and home support, and available long-term care," the release stated.

"We are trying to understand the fiscal challenges the B.C. Government faces, with tariffs and other trade issues south of the border, but seniors have urgent needs that must be addressed. COSCO BC is committed to working with government to develop a plan to address the challenges seniors are facing."

That is why COSCO BC is calling for the province to develop a comprehensive seniors' strategy, one that addresses housing, health, income security and transportation needs to enable older adults to live independent, meaningful lives.

Seniors are facing some major decisions as they age, and it is getting more complicated and expensive to find a place to live. Fortunately, there are still many options available, although limited in some communities.

Among the pressing needs facing seniors housing is a need for increased investment in subsidized "rent-g geared-to-income" housing and transition housing. Many seniors are forced to choose between paying rent and purchasing food or medicine, and there are a rising number of seniors facing homelessness or already experiencing it firsthand. Many seniors are now living in their vehicles, unable to find proper shelter, especially if they own pets.

With the cost of housing increasing and people living longer, there are many housing decisions people must make earlier than ever before, especially if they want to stay or relocate to homes in their current communities. The choices may vary but often finding a new place to live will depend on health issues, a desire to stay close to family and friends, and, of course, a monthly budget for housing expenses, including increasingly high rents.

B.C.'s Seniors' Advocate Dan Levitt said in a March news release that:

"The provincial budget signals government priorities for the year ahead. Unfortunately, the recently released 2026 B.C. Budget does not prioritize seniors. It maintains core funding for existing seniors' programs and services, but does not include any major new investments to address rising cost of living, growing care needs, or the

increasing seniors' population.

"Continued delays to several long-term care projects, changes to the Property Tax Deferral Program that will increase interest on deferred amounts, and expanded PST can only add to affordability challenges for many B.C. seniors. The budget is a missed opportunity to improve supports for ageing in place, such as reductions to home support co-payments, additional caregiver supports, or public coverage for the shingles vaccine. My office will continue to monitor how these decisions are implemented and their impact on seniors and communities across the province."

Many seniors would prefer to "age in place" as long as possible by staying in their family homes. In most communities there are home services available but the costs are getting too expensive for most older people, especially those on fixed incomes.

There are other housing alternatives available in some communities, such as co-operative housing (Co-ops) or life-lease housing. More recently, governments and non-profits are building supportive housing buildings for the more difficult people to house.

But the main problem that persists is that there are not enough housing units available for the growing population, especially in the areas most people want to live.

BC Care Providers Association (BCCPA) CEO Mary Polak attended the budget lock-up to learn firsthand what the implications mean for B.C.'s seniors' care sector.

In the leadup to Budget Day, BCCPA emphasized that without meaningful investment in seniors living and care capacity and workforce stability, the system would be further strained. BCCPA called for immediate action on several areas, including:

1. Funding to support new and replacement long-term care and assisted living capacity, including leveraging the capacity of the affiliate care sector through a continuous Request for Services (RFS) process.

2. Fair, sustainable funding for the long-term care sector, including for the currently underfunded HEABC sites and funding to address the operational costs of forcing new operators into the HEABC-negotiated collective agreements.

3. Investment in a refreshed BC health human resources strategy that focuses on provincial recruitment and retention initiatives for the seniors care workforce.

4. Targeted annual investments to increase care hours to four hours per day for all long-term care residents.

5. Support aging in place through stable, ongoing funding for the Alzheimer Society of BC's proven First Link® program and by introducing an Aging in the Right Place tax credit to help seniors who would prefer to remain at home, those waiting for long-term care, and their family caregivers who support them.

"The budget announcement included \$185 million over three years to strengthen seniors' care through the Ministry of Health. While any investment is welcome, it falls short of addressing the scale of the current crisis. The new

operational dollars tied to the recent HEABC membership decision do not fully cover the increased costs placed on operators (which the government projects at \$72 million in 2028/29, an underestimation without consultation from the sector), and the funding highlighted under the bilateral agreement appears to be a reannouncement rather than a new commitment.

"No new longterm care projects were introduced. Instead, the government provided only updated timelines and increased cost estimates for projects already underway. The budget document concurred with BCCPA's assessment that the cost of constructing new long-term care beds is unsustainable and estimated it to be about \$1.8 million per bed in some cases, finally hearing our concerns over costs per bed. Additionally, even as no new long-term care projects were announced, the budget contained no reference to home support, which is an unfortunate exclusion given the essential role home health services play for the seniors' care system and the broader healthcare system.

BCCPA has informed the Ministry of Health that an urgent discussion in light of the Budget is needed.

Polak added: "BCCPA will continue advocating strongly for government to reconsider its priorities and make targeted investments that truly reflect the urgency and scale of the seniors' care crisis."

Last fall, the BC Care Providers Association raised the alarm after the Government of British Columbia announced it will no longer fund overtime hours and agency staffing costs in the province's publicly subsidized seniors' care sector, including long-term care and assisted living.

The province ended the funding as of October 31, 2025. The funding was introduced to address severe workforce shortages during the COVID 19 pandemic. New numbers show the shortages have continued and the funding is still necessary.

"The pandemic has ended but the shortages continue," said Mary Polak, CEO of BCCPA. "Our data shows that removing this funding before the staffing shortages are addressed will threaten access to care and quality of life for seniors, putting increased pressure on hospitals and emergency departments."

"Waitlists, which already average 290 days for long-term care and 132 days for assisted living, are expected to grow, leaving many older adults in hospital beds and further straining acute care. At the same time, care staff are facing heavier workloads, higher risk of burnout, and increased potential for workplace injuries.

"Long-term care workers are injured at a rate five times higher than other occupations in B.C. Without sufficient support, staff may be forced to work extended hours under stressful conditions, exacerbating safety concerns for both employees and residents. Families will be pressured to take on greater caregiving responsibilities, particularly in rural and remote communities with limited healthcare options."



Hello!

OPEN HOUSE

Saturday, May 2
1pm-4pm

Live life
to the fullest,
everyday!



Scan to learn more!

cogirseniorliving.ca/bc

cogir
SENIOR LIVING

Whitecliff
RETIREMENT LIVING

15501 16th Ave, South Surrey
604-538-7227

VENVI by cogir

FLEETWOOD VILLA

— Retirement Living —

16028 83rd Ave, Surrey
604-590-2889

PARKWOOD MANOR

— Retirement Living —

1142 Dufferin St, Coquitlam
604-941-7651

RENAISSANCE LANGLEY

— Retirement Living —

6676 203 St, Langley
604-539-0571

SUNWOOD

— Retirement Living —

12241 224th St, Maple Ridge
604-463-5527

ROOTED IN HERITAGE, DESIGNED FOR COMFORT.

For more than 50 years, Venvi Crofton Manor has been a trusted part of the Kerrisdale community, offering seniors a warm, supportive place to call home. Nestled in one of Vancouver's most charming neighbourhoods, Crofton Manor combines elegance, comfort, and compassionate care so residents can enjoy each day with confidence and peace of mind.

A Community Built on Care

At Crofton Manor, the journey of care is understood to evolve over time. That's why the community offers both Independent Living and private Residential Care suites, allowing residents to remain in a familiar and supportive environment as their needs change.

Dedicated staff are available 24-hours a day, providing attentive, high-quality support whenever it's needed. Families can feel reassured knowing their loved ones are surrounded by professionals who truly care.

Elegant Living in a Beautiful Setting

"Life at Crofton Manor is designed to be both

comfortable and enriching. Residents enjoy a picturesque and welcoming setting, where elegant spaces and thoughtful amenities create a sense of home," says Executive Director Owain Jones.

Whether relaxing with friends, enjoying the beautifully maintained surroundings, or participating in daily activities, residents are part of a vibrant and engaging community.

Peace of Mind for Residents and Families

Choosing the right senior living community is an important decision. With decades of experience serving seniors, Crofton Manor has built a reputation for providing compassionate support, personalized attention, and a respectful approach to care.

"Residents can enjoy their independence while knowing that professional assistance is always close at hand. For families, that reassurance

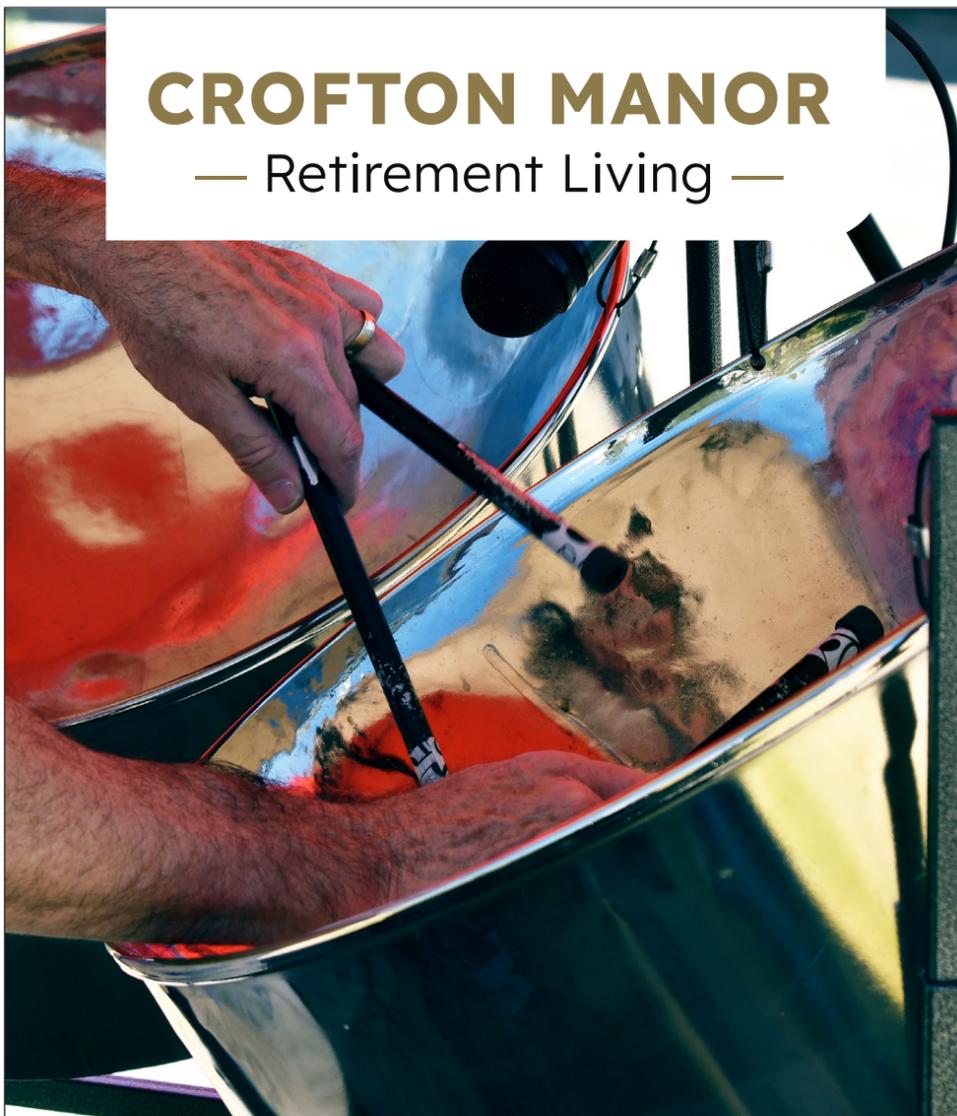


makes all the difference," says Owain.

Discover Crofton Manor

At Venvi Crofton Manor, residents are supported, valued, and cared for in a place that truly feels like home. From independent living to residential care, the focus remains the same: helping seniors live comfortably, safely, and with dignity.

Call 604-263-0921 and book a tour today! Or visit VenviCroftonManor.ca



CROFTON MANOR — Retirement Living —

A Taste of JAMAICA

Wednesday, April 8 | 3:00pm

Island-inspired refreshments with Caribbean tunes by steel pan duo, Sweet Pan Entertainment.



Free to attend. Call 604-263-0921 to RSVP.

FINDING YOUR FIT - FAMILY HOME VS RETIREMENT HOME

Your senior years are a chance to enjoy hobbies, travel, volunteer and new adventures—but one important question remains: What kind of home best fits your lifestyle?

For some, the family home provides comfort and treasured memories. For others, a retirement community opens the door to new opportunities and a vibrant lifestyle.

Deciding where to live isn't just about bricks and mortar—it's about finding the place where you'll thrive.

Here's a look at the benefits and challenges of each option.

MAINTENANCE: DIY vs. Freedom

Owning a home is rewarding, but it comes with responsibilities. From yardwork to housework, home maintenance can be time-consuming and physically demanding. Retirement communities take care of it all—from housekeeping to repairs. You can use your time and energy for hobbies, relaxation, and enjoying life without the to-do list.

SOCIAL LIFE: Going Out vs. Staying Connected

At home, you initiate your social life—hosting family and friends, attending community programs, or joining local clubs. In a retirement

community, connection comes built in. Companionship, games, fitness, entertainment, and cultural activities are only steps away. You can leave behind the car keys without losing touch with a lively social circle.

SAFETY: Modifications vs. Built-In

Safety at home often requires costly renovations, such as walk-in showers, widened door frames, emergency alert systems and ramps. Retirement communities have safety built in. Grab bars, custom-built suites, secure entryways, and 24-hour staffing ensure you and your family can rest easy.

CARE: Family vs Team

Family support can be personal and comforting, but it may also strain relationships. In retirement living, teams handle meals, transportation, housekeeping, and more. So when your family visits, you enjoy quality, stress-free time together.

The Home That's Right for You

In the end, home isn't just a building—it's a feeling. You may find it in the beloved walls of your family home or the vibrant environment of a retirement community; the best choice is where you feel safe, supported, and connected.

For more information about Senior Living with Bria Communities in Langley, contact Keri Severinski at 604.351.8668.

SNOW REMOVAL SAFETY TIPS FOR SENIORS

Winter in Canada brings its share of beauty, as well as challenges. For many Canadians, shovelling snow is part of the routine, but it can also be tough on the body. For seniors, staying safe during snow season means working smarter, not harder. Here are some simple safety tips:

Clear snow early and often. It helps prevent buildup and icy layers, reducing strain and lowering the risk of slips or falls.

Warm up before heading out into the cold. Clearing snow is hard work—help your body prepare for it with a quick warm-up before you get started.

Use the right tool for the job. Choosing equipment that reduces physical effort can make snow removal safer and easier, especially for older adults. Some manufacturers, like Garant, now offer cordless electric snowblowers that require less pushing and lifting than traditional models, helping make winter upkeep more manageable.

Tip: When choosing a snowblower consider what type you will need. A single-stage model is good for easy handling where a two-stage model is self-propelled, which can reduce pushing effort.

Stay hydrated. Did you know that cold weather can take as much water from your body as summer heat? Make sure to get plenty of fluids before starting to clear snow.

Be kind to yourself when shovelling. Remember to pace yourself, take regular breaks and don't hesitate to ask a neighbour for help. Snow removal is a workout, not a race.

With a few smart strategies and the right tools, seniors can enjoy winter confidently keeping their driveways safe, accessible and injury-free. You can learn more at garant.com. www.newscanada.com



FRIENDS, LIFESTYLE, SECURITY

Thanks to our non-profit ownership and operation, Bethshan Gardens offers the most affordable rents you'll find in a retirement community anywhere in the Lower Mainland.

Call for a Tour *Independent Living*
778-373-0299 *Residence for Seniors*

Visit us, and find out what independent living in a supportive environment looks like!

BETHSHANGARDENS.ORG

17528 59TH AVENUE | SURREY-CLOVERDALE | 778-373-0299



Independent Living in Steveston

**It's the Friends We Meet Along the Way
That Help Us Appreciate the Journey**

Contact us: 604-277-4519

www.themapleresidences.com

4071 Chatham Street Richmond, B.C.



FROM DRACULA TO DU MAURIER AND BRONTË: ENGLAND'S STORYBOOK COAST BECKONS

By Ursula Maxwell-Lewis

Wild coasts and dramatic tales are in my DNA. Lunch with VisitBritain's director for Canada, Cathy Stapells, reminded me of that as we chatted about *Wuthering Heights* — the novel that gripped me as a teenager, and the recent film version, which, sadly, had the opposite effect. Our conversation quickly turned to modern travel along the Yorkshire and Cornish coasts.

After noting that Manchester and Liverpool — cities rich in mercantile history — remain vibrant destinations, Cathy redirected me to England's wilder edges. Though beloved by Britons, tourists often bypass Yorkshire and Cornwall in favour of city lights.

"Think about the King Charles III England Coast Path," she said. "You can walk the entire way around England. It's fully signposted. Most people take it in sections — perhaps the Cornish path, or Yorkshire."

Long before hikers traced these cliff-top paths, writers were captivated by northern England's scenery.

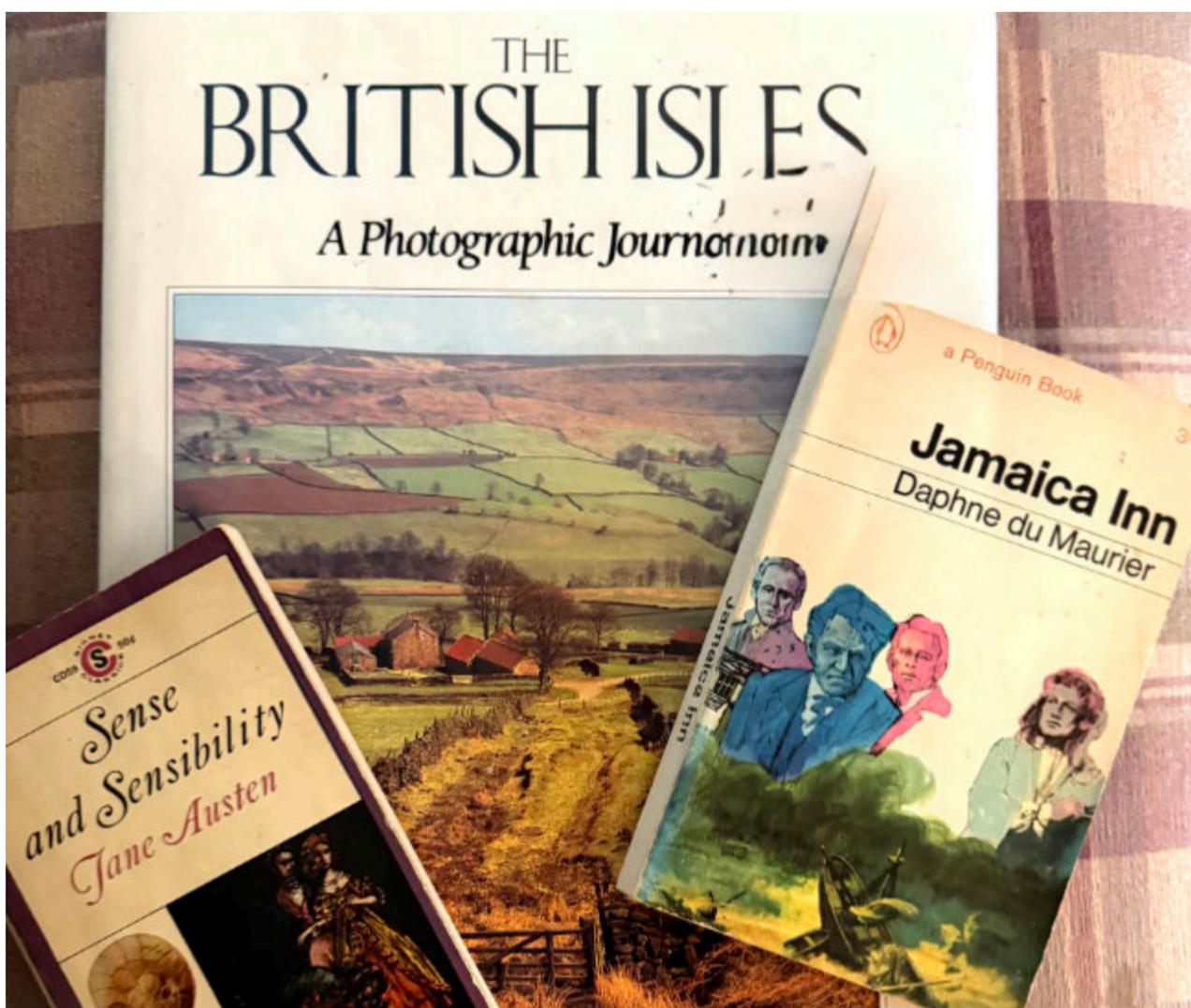
I remembered exploring Cornwall years ago with my Air Canada colleague Stephanie Grayson. Driving across rainy, windswept Bodmin Moor, the creaking sign for Jamaica Inn lured us inside. The historic coaching inn — built in 1750 — later inspired Daphne du Maurier's novel *Jamaica Inn*. Today it's a welcoming pub, but we loved it all the same.

Cathy also reminded me of Scarborough's charms, with its 12th-century castle and dramatic coastline, and of Whitby — where Bram Stoker found inspiration for *Dracula* in 1890 while wandering the harbour, graveyard and ruins of Whitby Abbey. And let's not forget the region's link to *All Creatures Great and Small* by James Herriot, the pen name of veterinarian James Alfred Wight.

Not far inland, the Yorkshire moors unfold another literary landscape. The windswept setting of *Wuthering Heights* captures the same elemental drama. Though set farther west, its brooding atmosphere echoes Whitby's weather-carved coast and the North York Moors, part of a Gothic tradition in which nature itself becomes a character.

No wonder du Maurier, author of *Rebecca*, often used dramatic coastal settings to heighten mood, showing how windswept shorelines shape story and tone.

Walkers following the path south from Whitby toward Robin Hood's Bay can still feel it today: cliffs rising above the North Sea, seabirds circling



overhead and Whitby Abbey's ruins on the horizon. Landscape and literature feel inseparable here — the wind carrying echoes of stories that linger among cliffs and moors.

As Cathy and I concluded our lunch, I recalled clambering over Cornish rocks in St. Mawes as a child, then years later wandering the 13th-century St. Just-in-Roseland parish churchyard, reading gravestones bearing inscriptions such as "Physician Acted Wrong" and "She Died By The Asthma Great." Seriously — with such haunting echoes of ancient inhabitants, how could one resist visiting Britain?

A quick reminder that dual nationals (like me) now require a British passport for entry to the U.K. For applications and full information, visit <https://www.gov.uk/overseas-passports>. As a former Heathrow Air Canada passenger relations agent and head office customer relations correspondent, Air Canada remains my chosen airline, although British Airways and Virgin Atlantic (Upper Class) have also treated me well.

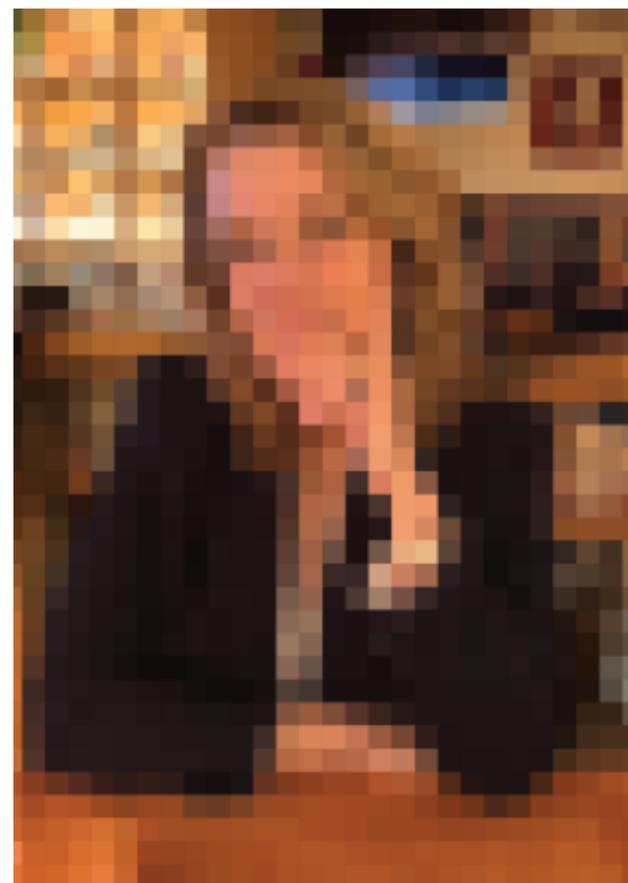
Ursula Maxwell-Lewis is a Surrey-based writer. Contact her at UrsulaMaxwell@gmail.com

Photos by Ursula Maxwell-Lewis

Top: Among my book collection 'Jamaica Inn' purchased at the Inn on Bodmin Moor.

Middle: 'Wuthering Heights' filmed Yorkshire released in March.

Bottom: Cathy Stapells, VisitBritain Director Canada. A quick update over lunch after a pre-FIFA meeting in Vancouver.





SPRING!!

Shell Busey the HouseSmart guy

By Shell Busey

Today I would like to start my column off by addressing my age to current happenings in and around Cloverdale B.C. 52 years ago in 1974 as a family we enjoyed a move west from Ontario with the Beaver Lumber Company. We have lived in North Delta Surrey (Cloverdale) & have enjoyed every day with our family of four, my wife Frankie of 61 years, and our two daughters Kyna and Monica. And over the years our two grand sons as well with many pets dogs, and cats over the years in Delta, Surrey\Cloverdale.

Folks where is our heritage going? We are a family that enjoys giving back to our community through being volunteers, ie; acting as members of boards and operating our own building & hardware stores to serve with the good, better, best in service and supply. We operated our own business for many years until retirement then onto our volunteer experiences.

Folks that is why I ask the question where is our heritage going??

When we arrived from the east (Ontario) in 1974 we very involved with our family of four. Our two very special daughters grew up one to become an RN nurse and the other a teacher.

Now folks I can honestly say from 1974 -2026 there have been a lot of changes in the area including Greater Vancouver, Delta, Surrey, Cloverdale, White Rock, Langley etc.

Over our term I spent five years on council in Delta until called up to launch the B.C. Hydro Power Smart Program thanks to Larry Bell and many B.C. Hydro employees (a great program) that went global in the beginning. You can let me know if you would like the rest of the story another time.

I better get back to the original question where is our heritage going? Keeping in mind I've been with those over the years that put their names forward to be in the council chambers reaching out to their home community here goes;

Many towns in B.C. have grown from villages to bigger and larger communities and now called cities.

Many have developed into destination points eg. Fort Langley, Harrison Hot Springs, Chilliwack Whistler etc. etc.

Now the question I asked where is our heritage going??

Our western theme?

Building design?

Thank you Stampede Western (across from the K.P.U. Univercity?)

Our museum of the past and present?

The Urban Safari Rescue Centre that takes on animals (reptiles etc.) that families can no longer care for.

Surrey/Cloverdale, Province Historic Truck Museum, (where is this going)?

Can we not count on our province and city to look at land that potential contributors, donators, along with the great project Heritage Railroad has created?

Think about it folks a centre with one of the most



- | | | | | |
|---------------|-----------------|---------------|----------------|------------------|
| Showers | Flowers | Spring | Birds | Nests |
| Babies | Cherry Blossoms | Picnics | Crocus | Sunshine |
| Bunnies | Daffodils | Easter Sunday | Tulips | Good Friday |
| Coloured Eggs | Chocolate Bunny | April Fools | Robins | Hot Crossed Buns |
| Wood Peckers | Easter Egg Hunt | Baby Chicks | Chocolate Eggs | Easer Basket |
| Blooms | Budding Trees | | | |

exciting main streets with great stores, great parades and a stampede to visit and shop. I could go on but I'm sure you get my point.

We have a lot of children in our community, lets work together and use the past as a model keeping in mind that we have built pools, soccer fields, arenas, a new hospital, industrial sites, housing, (condos long & short term residences retirement homes & lodges etc.) and our own police force. Now let us build a duplex barn (heritage) style to show off our already in gear and educational Heritage Truck Museum as well as the Urban Safari Rescue Centre mentioned above. I'm sure there will be support from our great growing families wanting to see and touch the local heritage for our young and senior growing families.

Do we all remember Bill Reid? What a wonderful man also known as the unofficial mayor who worked tirelessly for the betterment of Cloverdale.

RIP my dear friend.

Now for your home improvement tips

Spring checklist:

Appliances:

Vacuum coils under and behind refrigerators, contact an appliance pro if necessary for service.

Central air conditioning:

Make sure the condensing unit located outside is not covered with newspaper etc.

Change or clean filters regularly

Be sure all access panels are secure.

Set the thermostat to the cooling mode

Run your air conditioner for a few minutes before you need it

It is a good idea to schedule a maintenance call to have a pro check the following items.

Check for proper refrigerant (freon with new alternative gas) levels. A low level may indicate a leak

needing to be found and repaired before adding more gas.

Check all electrical components and controls.

Clean evaporator and condenser coils as needed

4. Oil motors as needed

Calibrate the thermostat

Check condenser for cracks

Check filters

Evaporative air conditioner

Hire a professional to clean the unit, check belt tension and adjust as necessary and replace cracked or worn belts.

Wall and window air conditioning units

Have your unit checked to make sure it is working properly before you actually need it.

Clean dirt, insects and debris from the grilles and cooling fins.

Replace dirty filters.

Attic:

Make sure all your gable soffit and ridge vents are open to allow proper ventilation.

Make sure insulation covers the entire attic floor; look into hiring a professional to add more to meet recently updated building codes and reduce future cooling and heating costs.

Check to make sure your attic and or house fans are working properly. Consider installing attic or whole house fans.

Carbon monoxide and smoke detectors;

Change batteries and check to make sure they are operating properly. If you don't currently have a carbon monoxide detector consider having one installed.



Straight from the Horse's Mouth

By Mel Kositsky

While the horse racing industry in British Columbia remains unsettled, horse trainers are taking their racing stock to other jurisdictions and preparing for the upcoming racing seasons there.

Thoroughbred stables from B.C. are heading to Edmonton, Winnipeg and Seattle, with some even headed to Canada's major racetrack, Woodbine in Toronto.

Most of the standardbred stables who have stayed in business following the closure of Surrey's Fraser Downs last August have been competing on the Alberta circuit and are now racing at Calgary's Century Downs. Meanwhile, with the breeding season here, those still involved with stallions and broodmares continue their operations around the province.

B.C.'s racing community came together at Vancouver's Italian Cultural Centre on March 11 to celebrate the best horses and humans of the 2025 racing season. Writer Nigel Reid and photographers covered the event on horseracingbc.substack.com.

"It was a memorable night for the Steve Henson barn, as B.C. Derby hero Rondelito was crowned Open and B.C.-bred Horse of the Year, as well as Open and B.C.-bred Three-Year-Old of the Year, while team Henson stalwart Jo-Anne McDonald was, along with Josh McNeil, the co-recipient of the Richard Yates Backstretch Award.

"The annual event was again extremely well supported by the racing community with, for the first year, Wild Hearts Thoroughbred Adoption Society taking on fund-raising duties, which included a popular silent auction and a 50-50 draw.

"The evening also saw the induction into the B.C. Horse Racing Hall of Fame of long-time breeders, Bryan and Carol Anderson, trainer Cindy Krasner, media guru Greg "Dr Sport" Douglas and Love Your Host, a multiple Stakes winner at what was then Exhibition Park back in the 1970s."

A complete list of all the winners of each category, with photos, can be found on the [Horseracing BC](http://HorseracingBC.com) website.

In related news, the U.S. owned Great Canadian Entertainment, which has closed down racing at Fraser Downs and Hastings Racecourse, has announced the sale of its Surrey casino property on the Cloverdale fairgrounds to another First Nation. It issued the following news release:

"Great Canadian Entertainment ("Great Canadian") and the SE-MI-AH-MU Development Corporation, the economic development arm of Semiahmoo First Nation ("SE-MI-AH-MU") announced today (March 9) that they have entered into a definitive agreement for the purchase by SE-MI-AH-MU from Great Canadian of Elements Casino Surrey.

"Great Canadian's Board of Directors unanimously approved the transaction, which remains subject to financial commitments, customary closing conditions as well as customary

approvals by the regulatory authorities and the City of Surrey, which owns the underlying real property at Elements Casino Surrey. Under the terms of the definitive agreement, the Company will provide transition services to SE-MI-AH-MU for up to one year, post-closing.

"Today's announcement marks the eighth agreement we have executed with B.C.-based First Nations for the sale of our B.C. operations. We are thrilled that the Semiahmoo First Nation is eager to enter the province's casino sector with the purchase of Elements Casino Surrey," said Matt Anfinson, Chief Executive Officer of Great Canadian. "Our next step will be to continue to work with the SE-MI-AH-MU team to timely close this transaction and then work with SE-MI-AH-MU and the Elements Casino Surrey team members for long term success."

"This acquisition represents an important step forward in strengthening economic opportunity for Semiahmoo First Nation and reaffirming our presence within our traditional territory as a strong and capable business entity," stated Chief Harley Chappell of Semiahmoo First Nation. "Through this new venture, we look forward to creating meaningful benefits for our people, supporting employment opportunities in the region, and contributing to the long-term well-being and prosperity of our community."

McMillan is serving as legal counsel to Great Canadian and Munnings Law is serving as legal counsel to SE-MI-AH-MU.

Great Canadian Entertainment, with a collection of gaming and hospitality destinations across the country, mostly now in Ontario, Nova Scotia and New Brunswick, also announced last month the building of a new Halifax complex on the downtown waterfront.

"Semiahmoo First Nation is the home of the Semiahma people, whose connection to the lands and waters of the Salish Sea reaches back since time immemorial. Our people have lived along the shores of Semiahmoo Bay for thousands of years, guided by our teachings that remind us how to live in balance with the land and with one another. Today, from our community near White Rock and Surrey, we honour those who came before us by caring for our lands and waters and carrying forward our responsibility to future generations. Through ceremony, stewardship, and community leadership, our culture continues to guide us. We welcome visitors and neighbours to learn about our story and walk with us as we continue to protect our territory and strengthen our community for generations to come."

It turns out that it will take more than a racecourse being closed to stop the Hastings Racing Club from having some fun this summer. Plans are underway to find a horse for the club to race at Emerald Downs south of Seattle. According to club manager Mark Freeman, many of last season's members committed to continue their involvement.

Freeman says: "I was delighted to see the commitment of club members and we already have around 25 people who have expressed an interest in racing at Emerald Downs."

Anyone who is interested in finding out more should email the club directly for details: hastingsracingclub9@gmail.com

Live thoroughbred racing returns to Winnipeg on Tuesday, May 12. Racing will be held every Tuesday and Wednesday plus select Mondays (June 1, June 22, July 13, August 3, August 24 & September 14).

The season at Assiniboia Downs will feature the Manitoba Derby on the August 3 holiday card. The track offers free admission and complimentary parking for all racegoers. A number of trainers already have stabled on the grounds, preparing their stock for the summer season which runs until September.

One of those is trainer Mike Taphorn, who spent his winter in Saskatchewan working in heated barns. He comes back to the 2025 season on the strength of a solid year: 15 wins from 101 starts, with 26 seconds, 10 thirds, and \$215,784 in purse earnings. This year he's aiming for around 20 horses, which includes up to eight two-year-olds.

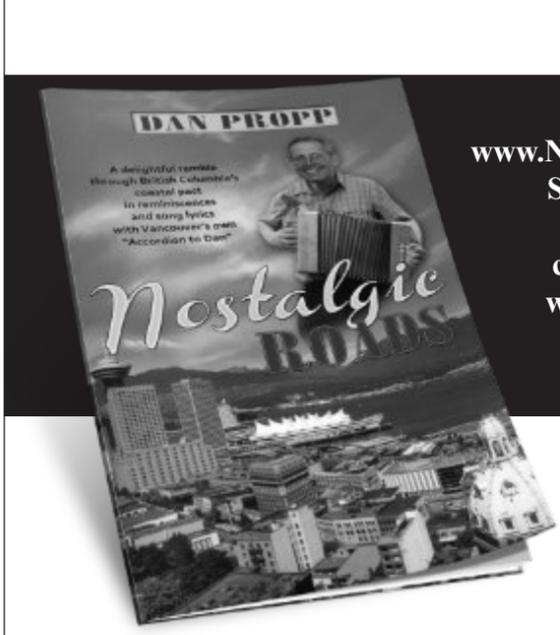
The headliner is Mighty Mikee, the Manitoba-bred three-year-old who arrived in Taphorn's barn with a strong record. Conditioned last year by Devon Gittens, who is now plying his trade at Woodbine and Aqueduct, Mighty Mikee won the CTHS Sales Stakes and the Buffalo Stakes at Assiniboia Downs last year, and finished a close second in the Osiris Stakes for owners Larry Faloon, McLaren Racing, and Anne Champion.

Joining Mighty Mikee in the barn is fellow stakes winner Mr. Splash, along with a pair of promising two-year-olds, including a New York-bred picked up in a sale there, and a well-regarded chestnut due to ship in any day.

Notably absent this year is Burrow Down, who was among the best mares racing at Assiniboia Downs in 2025. Trained by Taphorn for owner Gerald Babchishin, Burrow Down won the Manitoba Matron Stakes and the Canada Stakes before connections decided to send her to Kentucky to be bred. It was the right call for a seven-year-old mare with her stellar record, but she will be missed around the barn.

Taphorn isn't the only trainer who came in early. Wendy Anderson, Jared Brown, Steve Gaskin, Tom Gardipy Jr., and Craig Smith have also moved horses onto the grounds, giving the backstretch the feel of a community again after a long winter.

Getting on horses for Taphorn is jockey Neville Stephenson, originally from Jamaica, who was a four-time leading rider at Marquis Downs in Saskatchewan before coming to Assiniboia Downs, where he's now in his sixth season.



DAN PROPP

A delightful ramble through British Columbia's coastal past in reminiscences and song lyrics with Vancouver's own "Accordion to Go!"

Nostalgic Roads

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

Accordion Sing-Alongs
604-277-6570
604-802-4428

SOME RISKS, YOU CAN'T CONTROL. YOUR HABITS, YOU OFTEN CAN

Understanding what you can and can't control can make a real difference to your health. Not all risks for heart disease and stroke can be controlled, but knowing what's fixed helps you focus on what you can change. Did you know that about half of your overall risk is inherited? This makes healthy habits even more important for prevention.

Dr. Sara Kirk, a professor of health promotion, says many factors influence our ability to make healthy choices. "We're living in an often health-disrupting environment with social and structural determinants that can prevent people from being able to make decisions that would improve their health and wellbeing," she says. "The choices we make are dictated by the choices that we have, and in some cases, there's not even a choice."

Understanding your factors is a key first step. There are tools, like the Heart & Stroke Risk Screen, that can help, by showing you where you stand, and where changes can potentially help.

Important risk factors you can't change

- **Genetics and age:** Studies show that about half of a person's overall risk for heart disease is inherited. As we age, the heart and blood vessels naturally change, which increases risk it. Understanding these factors encourages earlier screening for high blood pressure, high cholesterol and diabetes — and prompts preventive action.

- **Sex:** Women and other people who can

experience natural or medically induced menopause face distinct risks during reproductive, menopause and post-menopause stages. Conditions such as hypertension and gestational diabetes during pregnancy increase lifetime risk, and after menopause, hormone changes can further raise it.

- **Ethnicity:** Different communities experience varied levels of risk based on genetic, cultural, environmental and socioeconomic factors. Racism and discrimination add pressures that contribute to depression, anxiety and chronic stress—all of which harm heart and brain health.

- **Social and environmental factors:** The ability to make healthy choices can be easier for some, and harder for others, depending on many factors, including where you live, your finances and access to healthy choices and resources. Air pollution also affects heart and brain health.

Understanding what can't be changed helps people focus on meaningful actions — and empowers them to protect their heart and brain health. Healthy habits such as sleep, physical activity, stress management and eating well make a powerful difference, and it's never too late to start. You can find tips for healthy habits at heartandstroke.ca.

www.newscanada.com

YOUR GUIDE TO CHOOSING THE RIGHT PHONE AND PLAN

For many, buying a new phone or mobile plan can be a daunting experience. From figuring out the type of phone and plan you need to comparing all of the available options, there's a lot to consider. You can make more informed choices by following these simple tips:

Match your plan to your usage. There are a variety of phone plans available because there's a wide variety of mobile users. What kind are you? Think about what you plan to use your phone for:

- **Are you a heavy streamer?** Consider prioritizing a larger data package.

- **Do you travel frequently?** Some plans offer better roaming rates than others.

- **Do you mostly or exclusively use Wi-Fi?** You may want to opt for a more data-light plan.

Pick the right device for you. Some users love upgrading to the newest, most advanced phone every year. Others just need something reliable for calls, texts and photos. The key is knowing what matters most to you. Mid and entry-level devices can still meet many users' everyday needs, without having to splurge on a fancier phone. But for some needs, an upgrade is the right decision. For instance, if you need to take high-quality photos or videos, most entry-level phones just aren't going to cut it.

Do a cost-savings analysis. It's easy to lock in on a device's sticker price—especially if that price is \$0—but it often pays to look closer. Factor in any monthly plan fees associated with the device. Evaluate the plan to make sure it offers what you need and doesn't have expensive features that you won't make use of. Many providers also offer seasonal promotions, so take that into account when comparison shopping.

Look for additional savings. You can find significant mobile savings in unexpected places. For instance, some retailers, like The Mobile Shop, let you use loyalty points to lower cost of phones. For example, PC Optimum members can redeem their points to lower cost of phones, letting them get mobile savings from everyday purchases.

Staying connected is easier when you know what you need. Taking the time to understand your options helps you choose the phone and plan that work best for you.

www.newscanada.com

3 FINANCIAL PRODUCTS YOU MAY NOT KNOW ARE PROTECTED

Are you looking for ways to invest and save your money, but aren't sure where to begin, or which financial products may be best suited to you? One place to start is exploring products that are protected. For example, the Canada Deposit Insurance Corporation (CDIC) is a federal organization that protects eligible deposits up to \$100,000 per category type, for each of its member banks, in the event of a failure. Here are three financial products you might not know are eligible for their protection:

- 1 **Guaranteed Investment Certificates (GIC)** If you're looking for an investment option that provides a guaranteed return, a GIC may be a good choice. When you purchase one, you're loaning money to the financial institution for a specific amount of time. In return, you're guaranteed an interest rate for the investment's term, and the repayment of your initial investment at the end of the term. It's a low-risk financial product, making it a popular choice for those willing to lock in the investment.

- 2 **High Interest Savings Account (HISA)** A HISA, sometimes called an investment savings

account, lets you grow your money without locking in for a specific term. It offers higher interest rates than traditional savings accounts and can be part of many different investment plans and held in various account types. Though many types of this account are eligible for deposit protection, some, such as HISA mutual funds and HISA exchange-traded funds (ETFs), aren't. Reading the product information or speaking with your financial institution or broker can help you understand what you're purchasing, and make an informed decision.

- 3 **Cash deposits in Canadian or foreign currency**

Chequing or savings accounts are widely used in Canada and can be held in various account types such as Tax-Free Savings Accounts (TFSA) or joint accounts. These deposits can be eligible for protection, even if they're in foreign currency.

Understanding how your savings are protected can help you save with greater peace of mind. Learn more about protecting your money and calculating your coverage at cdic.ca.

www.newscanada.com



Enjoy Our Special Offer

Get 4 Hours Free

Contact Us For Details

778.901.5350
nesthomecare.ca@gmail.com
www.nesthomecare.ca






Multiple Realty Ltd.

2298 Kingsway
 Vancouver, B.C. V5N 5M9

604-788-3530



D'arcy
Hamilton



MAUI'S OFFSHORE HAVENS SNORKELING MOLOKINI & CORAL GARDENS

By Rick Millikan

As avid ocean explorers, we arrange access into a pair of Maui's extraordinary snorkeling sites. Parked along Ma'alaea Harbour's quay, we walk to the Alii Kai. Flutes of champagne and a hearty breakfast welcome us aboard. Our sleek catamaran leaves Maui's western shore at dawn, cruising smoothly toward Molokini, remnant of a 230,000-year-old volcano.

Within minutes, whales emerge off starboard. "I should charge you \$49.95 extra for whale watching!" quips Captain Luke, adding, "These Humpbacks migrated from Alaska last September. They arrive here spectacularly breaching, slapping flukes, performing cetacean serenades...and mating. Now mid-January, males are peacefully escorting mamas and their offspring through 'Au'au Channel." We observe calves staying close to mamas and learn these one-ton babies require two gallons of thick milk every three to four hours.

At anchor inside Molokini's crescent-shaped crater, everyone gathers at the stern where the crew supplies passengers snorkel gear and towels. There, our captain highlights rules ensuring snorkel safety...and habitat protection. He shows hand signals that warn us about dangers and waves to ask for help. Extending his thumb and pinkie, he demonstrates the Hawaiian haka to gesture doing fine.

I don the recommended yellow flotation device. Wearing the Banana Belt, I enjoy Alii Kai's slide, splashing into refreshing waters. The crater's rim embraces up to 400 fish species...and provides visibility to depths of 45-meters. Groups of blimp-shaped Black and Pink-tailed Triggerfish swirl around me. Swimming shoreward, I identify colorful butterflyfish, surgeonfish and one solitary unicorn fish. Myriads of unnamed vibrant fish flutter below. One dark piscine marauder might be a patrolling trevally. Discovering a ferocious looking two-meter-long eel, I watch it wind vigilantly through patches of coral...probably sensing prey.

Spotting a crewman overseeing our group from a surfboard, I ask about the suspected trevally and unusual eel. She identifies the fish as a Bluefin Trevally, camouflaged to stage a predatory ambush...and the eel is a Yellow-margin Moray.

Later I use the stern ladder to pull myself up from



the water. A young boy soon approaches me and points out the Moorish Idol among my T-shirt's display of 30 Hawaiian fish. He excitedly tells us about seeing these piscine beauties. It's always thrilling to make, share and compare sightings.

Alii Kai heads next to Maui's largest reef, stretching off this island's leeward cliffs and along Olowalu's sandy shoreline. En route, we encounter more whales. Humpback and Green Turtle populations have gradually increased in 'Au'au Channel's 3,548 square kilometer marine sanctuary.

Anchored at Coral Gardens, I quickly plunge into its crystal-clear water. Trumpetfish seem poised to celebrate my arrival. Striped angelfish appear in pairs above lobe coral. Swimming side-by-side, they're known to defend territory and hunt together. Small groups of whiskered white goatfish scavenge sandy bottoms of the reef's crevices. Large blue parrotfish peck at expansive finger and cauliflower coral...and poop out sand! Praises be to those who've helped create Hawaii's glorious beaches!

I spot a Green Turtle swimming away from me..

and another ensconced under a rock ledge. A nearby crewman explains these turtles can stay underwater for two hours. He further notes how they're often grazing on reef algae, which promotes coral growth. Three turtles materialize, swimming toward a cleaning station mentioned earlier by the captain. Dozens of showy wrasses surround and groom them. Back aboard, a lunchtime buffet offers succulent pulled-pork, fresh baked banana bread and tropical fruit salad adorned with purple orchids.

Snorkeling remains Hawaii's number one activity, even for silver-haired guys like me! Catamarans like the newly-built Alii Kai offer opportunities for all to investigate Maui's teeming waters. Exploring two isolated snorkel havens, I find merry-time nirvana amid their wondrous finny fauna.

When You Go:

- Alii Kai's deluxe snorkel and whale watching ventures: <https://aliinuiamai.com/>
- Other Maui activities: <https://www.gohawaii.com/>



The Next Chapter

By Mike McCardell

Mountain Top Restaurant

The poor fellow had this on his bucket list. He would climb the Lions. He would stand alone on the top and tell his friends, "Look up there. See those two peaks. I stood on the top of the one on the left. The highest one." That was the best of everything. The worst part was he would not have a picture. This was before iPhones and selfies.

As with most things to get to the top you start at the bottom. For this adventure the bottom was near Lion's Bay. From there you walk up hill. At first it is a gentle uphill. You start early because it will be seven or eight hours before you get back. After the walk you climb, up hill, not so gently, holding onto bushes and rocks. You do that for several hours. Then you scale straight up, after all you are climbing a mountain. You do that until your arms ache. Then you pull yourself up to the top, get on your feet and look out onto the world and say, "Wow. I did it."

Poor fellow. He did not know.

He did not know this was the day Gerry Brewer suggested to his friends they take a little day hike

and have lunch at the restaurant at the top of the mountain. Gerry and his brother Dave helped found the North Shore Search and Rescue Society. They and other volunteers get called in the middle of the night and in the middle of winter and climb to places you would not go in the day light in summer. They climb shouting names and listening for answers from desperate souls who are trapped or lost or hurt. Some are terrified. They wrap wounds, warm shivering bodies and if need be, they carry whoever down on their backs.

"Let's make it special," Gerry said. "Let's have a barbeque. I'll see if I can get reservations." Ha, ha. Funny guy. It is a barren piece of rock up there.

A little while before this Gerry had seen an advertisement for an exclusive dinner at the top of Mt. Baker. A helicopter would fly you up and for a very high price you would eat fine food with a view.

"We can do it cheaper," Gerry said.

So, the NSR people gathered up steaks and charcoal and a grill and potatoes and ears of corn and home made salad and dessert and plates and forks and knives and glasses and white linen table clothes and napkins and long planks of wood and saw horses to hold the planks and more planks to sit on and something to hold them up. And a little Grand Marnier for after dinner. The bbq had turned into a formal dinner.

They packed fancy clothes: tuxedos and gowns and dancing shoes. And they got a tape player and speakers. And they put all this on their backs. And they

went off to dine and dance. The table was set. The candelabras had candles. The coals were glowing.

And the poor fellow with the bucket list was nearing the top.

That is when camerawoman Naomi Stevens saw him. We had flown up in a helicopter. We had good jobs.

Behind us the rescue people had changed into gowns and tuxes. Classical music covered the rocks. Steaks sizzled. Candles were lit. And the poor bucket list fellow was pulling himself up. Naomi was watching him. He did not see us. Then she filmed his face emerge over the last bit of rocks. She captured his eyes never more open than this moment. She saw his head move back and forth.

"Do you have a reservation?" Gerry asked.

They invited him for dinner. He had steak. His bucket was over flowing. And that night on the news he could prove to his friends his story was not just on his wish list.

BURNABY SOUTH CLASS OF 76 50TH REUNION

WHO: Burnaby South 1976 Graduates and friends!

WHAT: The reunion is booked

WHERE: It will be at the Burnaby Rugby Club

WHEN: June 6th, 2026. Doors open at 6 pm

COST: Tickets are \$25 each

HOW TO PAY: Email your payment to:
bs50threunion@gmail.com

Please share lets get the word out!

SEARCH AND RESCUE IN B.C.

- ✓ 3,400 volunteer SAR members
- ✓ 440,000 hours volunteered per year
- ✓ 1,000+ human lives saved per year
- ✓ 49 dogs rescued in 2022

DONATE TODAY

778-584-5882
bcsara.com/donate/

BC Search and Rescue Association
P.O. Box 2176, Sidney B.C., V8L 3S6
AdventureSmart

Senior Discovery Tours

LEADING TRAVEL SINCE 1975

Carefree Travel, Worldwide Adventures

Offering guided tours & cruises to 100+ destinations for travellers over 55, we take care of all the details so you can relax and enjoy every moment!

CARP APPROVED

PROUDLY CANADIAN SINCE 1975

Book Today!
1-800-268-3492
SeniorDiscoveryTours.ca

Request a Brochure

HELPING CANADIANS REDISCOVER ALL THE EMOTIONS OF SOUND

For many, the sounds of life are deeply tied to cherished memories—the laughter of loved ones, the rhythm of a favourite song, or the gentle rustle of leaves on a crisp fall day. Amplifon, a global leader in hearing care, is on a heartfelt mission to help people rediscover these precious moments.

The heart of Amplifon's mission lies in its dedication to restoring not just hearing, but the emotions and memories tied to sound. With services like free hearing tests, risk-free hearing aid trials, and flexible payment options, Amplifon ensures that no one is left behind on their journey to rediscover the joys of life.

MAY IS BETTER HEARING MONTH!

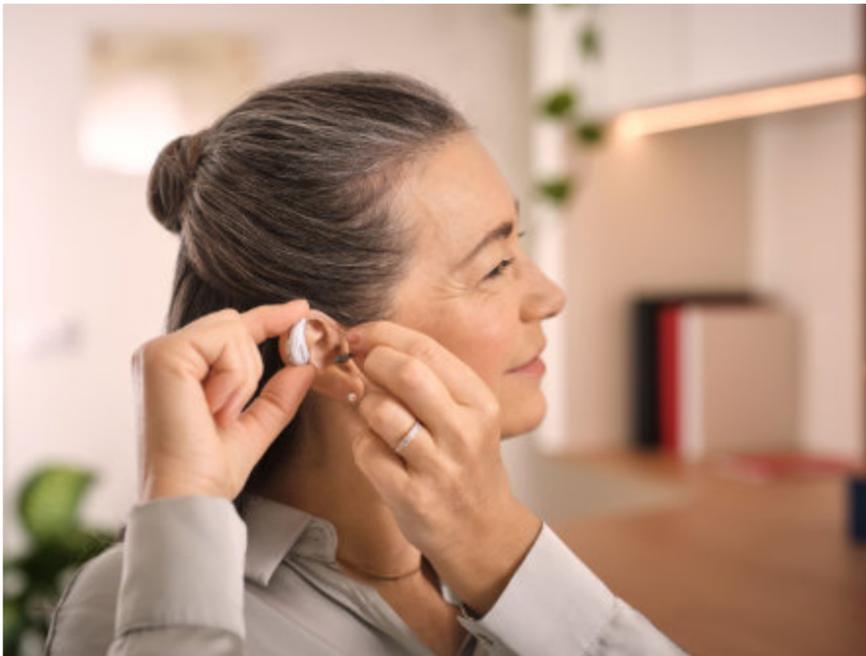
When you hear clearly, you connect better, laugh more, and feel truly present in the moments that matter.

A simple hearing test can:

- Bring back the joy of effortless conversations
 - Help you feel more confident and engaged in social settings
 - Improve your overall well-being
- Take the first step toward better hearing & a happier you.

ABOUT AMPLIFON CANADA

Headquartered in Mississauga, Ontario, Amplifon



Canada is a trusted provider of hearing care solutions, powered by more than 350 dedicated employees across its clinics. With a focus on improving lives and strengthening communities, Amplifon Canada combines advanced technology with compassionate, personalized care. From offering free hearing tests to ensuring access to state-of-the-art hearing aids, Amplifon strives to make hearing health accessible for all Canadians.

Start your journey to better hearing with Amplifon Hearing Care Experts.

To learn more about Amplifon Canada, and find a clinic near you, visit our website at www.amplifon.ca

MAKING ORAL HEALTH MORE ACCESSIBLE FOR ALL CANADIANS

Oral health care is essential for health. In fact, the health of your mouth has a significant impact on your overall well-being. Even so, many of us aren't getting the professional care we need. A recent oral health survey by Statistics Canada found that 24 per cent of Canadians avoided visiting an oral health professional because of the cost.

Preventive oral care is also a savings. Regular appointments with a dental hygienist don't just help your smile look nicer. They also help prevent diseases, like periodontitis, that can require more expensive treatments and increase your risk for other conditions, including diabetes. A dental hygienist can monitor your mouth for early warning signs of problems, helping you catch and deal with them before they become more costly.

More Canadians are eligible for affordable oral health care. The Canadian Dental Care Plan (CDCP) is giving millions of people access to essential preventive care. To be eligible for coverage under the plan, your annual household income must be less than \$90,000, you must be a Canadian citizen for tax purposes, and you and your partner must have filed your tax return here in the past year. You also can't have access to private dental insurance or coverage from a source such as a pension, employment benefits or a student organization.

Through programs like the CDCP, eligible Canadians can better protect their oral health, which helps their overall health. Learn more about eligibility and how to apply at dentalhygienecanada.ca/CDCP. www.newscanada.com

Rediscover all the emotions of sound with Amplifon Hearing Care Experts

- ✓ Complimentary hearing tests
- ✓ Wide range of hearing aid makes and models
- ✓ Custom earplugs for swimming, music, and noise protection
- ✓ Flexible payment plans & lifetime aftercare*

Book your **FREE** hearing test today!



20 convenient locations in British Columbia!

1-888-219-9724

Put your trust in us and we will exceed your expectations!

* See clinic for full details.



amplifon
Hearing Care Experts

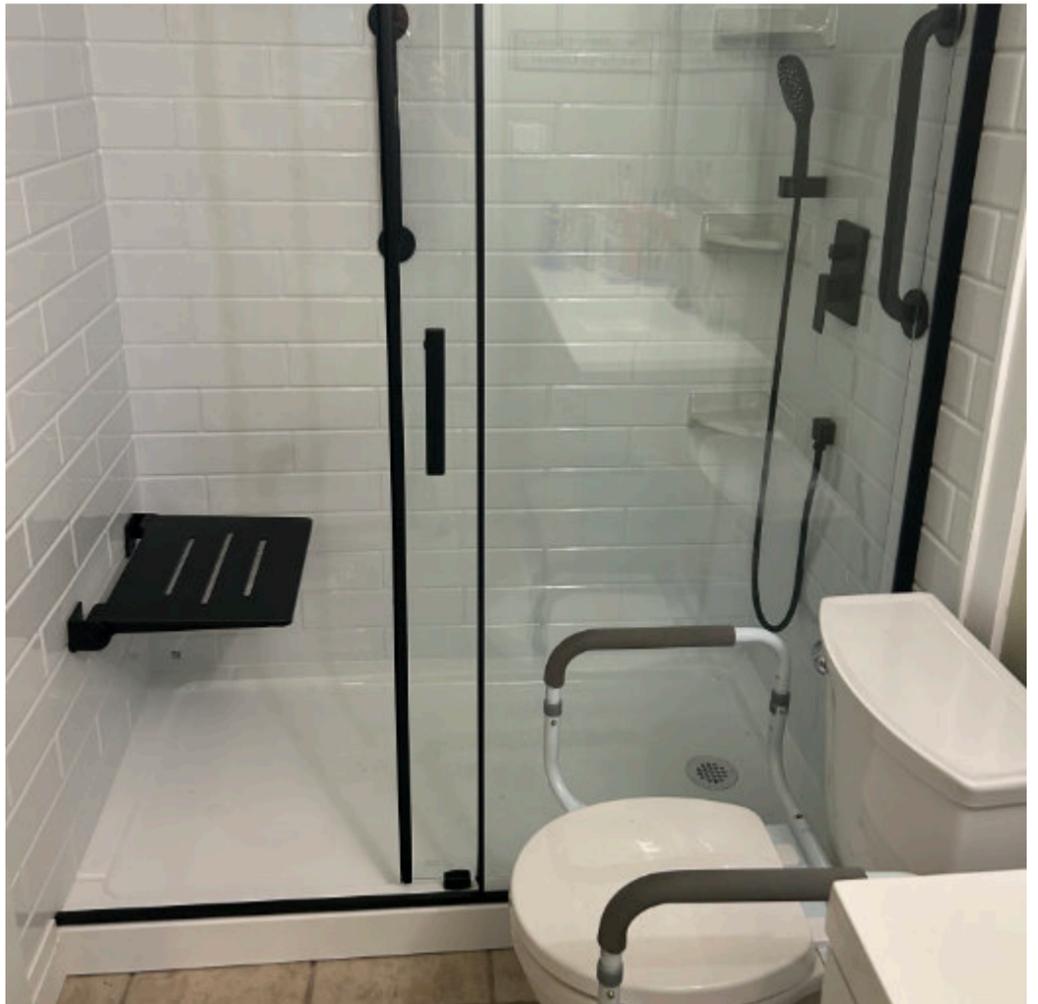
ABSOLUTELY FREE To Low Income Seniors & Disabled!!
NEW BC GOVERNMENT GRANT!
PAYS YOU up to \$20,000!!!
You May Qualify for FREE Bathroom Modifications!!!

Did you know that falling accounts for 85% of hospital injury admissions for people aged 65 and older? Approximately 80% of all fall injuries in the home occur in the bathroom. It really doesn't take much to fall. Most of us slip or trip just about every day, but are able to regain our balance and prevent a fall. Combine that with a poor night's sleep, distraction, mobility problems, or a slippery floor and you dramatically increase your chances of falling which may lead to a serious injury.

Handi Bath has been remodeling homes for over 40 years. We do custom bathrooms and special needs adaptations to modernize your home and keep you safe at home.

Call now to see if you can qualify for the government grant or simply create your dream bathroom. **778-323-0304**

Upgrade to a Safer Bathroom. You May Qualify for a Government Grant



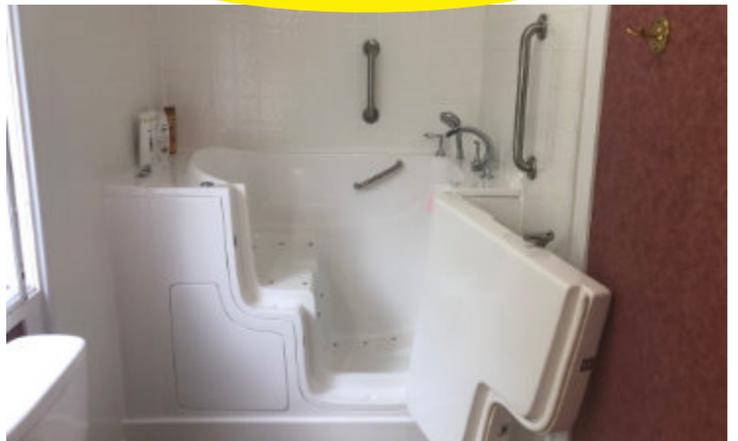
"There is a severe shortage of assisted living and long term care beds in the province of B.C.! This government program will pay up to 100% for safety and accessibility modifications to keep seniors safe in there own homes."

- ✓ **WALK-IN BATHTUBS**
- ✓ **WALK-IN SHOWERS**
- ✓ **CUSTOM KITCHENS AND BATHROOMS**
- ✓ **OFFERING ALL CUSTOM HOME RENOVATIONS**

All Free to Qualifying Seniors & Disabled!



Easily Replaces Your Bathtub or Shower



CALL TODAY TO SEE IF YOU QUALIFY!
HANDI BATH 778-323-0304

CALL FOR YOUR FREE BROCHURE TODAY!