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TODAY'S SENIOR NEWSMAGAZINE



Photo: An old piano, happy dog, music and relaxing in Steveston Village. (Photo: Dan Propp)

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ACCORDION TO DAN

Casually walking down Steveston's Moncton Street, I saw a beautiful white dog relaxing while his

master was playing an old-fashioned upright piano in front of an antique store. I felt a bit like an antique myself! The setting reminded me of the classic RCA record symbol with the gramophone and a dog and the famous words...His Master's Voice. We used to see it illustrated in all the famous old magazines of an era now long past. Wow, how quickly time has gone so fast.

Thus, this rhyming ditty to record a non-vinyl reminder or two.

A FEW CHANGES SINCE, HUH?

The 1967 World's Fair in Montreal and do you still remember Expo '86, in Vancouver? Now well into the second millennium, just a few memories today for seniors to fondly recall as we nostalgically think things over. For example, perhaps the times of WAC Bennett and Dave Barrett, two premiers with a totally different philosophy. How things used to be, oh me oh my! Pondering Canada today, how once things were world wide and here in BC. The days of Highway minister Phil Gaglardi and the "sorry for the inconvenience signs", remember those times?

Going back just a bit musically, remember Paul Anka's great song My Way, in retrospect, perhaps more uncomplicated, financially, musically and politically. The Canadian paper dollar was still a few pennies worth more than the American, eh? Today those days seem almost like ancient history!

ALL KINDS OF MEMORIES STILL RESTORE

Perry Como on NBC with the peacock symbol in living colour—or the American spelling 'color'. For sure, of course, Dinah Shore and sponsors like Chevrolet. Things were developing like Kodak, Anscochrome, Agfa, Fuji and many others. All those film and camera companies can still take some of us seniors back to an era that makes one "focus", remembering a time when we were still young. There were telephone booths, post offices, handwritten letters, instead of emails and plenty of junk mail delivered. There were manual typewriters like Underwood, Smith Corona and Royal. There were those of us who preferred the 'hunt and peck' approach and a slower pace to typing. However, the work still got done. Anybody out there in Vancouver



still remember the old classic building which is still standing and once housed the Vancouver Sun? To me it still looks like a perfect Hollywood north set for a spectacular flick featuring the days of Clark Kent/Superman and Lois Lane.

HOPEFULLY JUST A PIPE DREAM?

The province of Alberta—hopefully their referendum to gain independence from Canada is just a pipe dream, fueled perhaps by the world's dependence on oil. Heaven knows, we sure still depend upon it! Gas prices, not just regular or supreme, have now risen to more than two bucks per liter, just a tad bit inflationary as recent breaking news we have seen. Except for those like Tesla the use of electricity to run everything from scooters to trucks is starting to grow. Today's fast paced society brings back an old expression from when we were young, "Shucks".

Some of us still remember comedians on the Ed

Sullivan show. They used to make jokes about how electrically driven cars wouldn't work because of the long cord that would be necessary to plug into the wall, it wouldn't be practical! Today we've made an "accord". Politically, logically, wow the world is evolving big time. A real gas, forgive the intended pun fueled by so much change.

Now that summer is here, thank heavens there are places such as Steveston Village where we can relax, enjoy memories of the past and reflect on the simplicity of companionship with a happy dog and music played on an old upright piano.

Please visit www.Nostalgicroads.Weebly.com

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

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Photo: An old piano, happy dog, music and relaxing in Steveston Village. (Photo: Dan Propp)

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HOW YOU CAN KEEP YOUR BRAIN HEALTHIER AT ANY AGE

Sometimes health issues are easy to spot. If you see that you're bleeding or feel yourself coughing or having trouble standing, you know to seek help. But what if the issue is with the part of you responsible for spotting the signs and making the decision?

Paying attention to cognitive changes at any age is crucial for long-term brain health. For instance, subtle memory changes, such as forgetting recent conversations, frequently misplacing items or struggling with routine tasks, may be a sign of early Alzheimer's disease.

As you age, adopting healthy lifestyle habits can help reduce your risk and maintain your brain health. According to the Alzheimer Society of Ontario, here are some habits to focus on:²

- Engaging in regular physical activity, such as walking, cycling or gentle yoga. This helps reduce risk factors such as depression, high blood pressure or cholesterol.
- Maintaining an active social life. Spending time with friends, volunteering or even chatting with a store clerk can help reduce stress and avoid isolation.
- Eating a balanced diet can help maintain your physical and mental health.
- Keeping your brain active by learning new skills or hobbies, playing games or completing puzzles can help challenge your brain and maintain cognitive function.

While living a healthy lifestyle can help reduce your risk of developing Alzheimer's disease, there are other risk factors that cannot be changed—you can still develop the disease even if you do everything "right." But new treatments are making a difference to those affected.



There are treatments that can slow down cognitive decline

One group of treatments is known as disease-modifying therapies (DMTs). They're designed to target the root cause of Alzheimer's, potentially slowing the progression of the disease. By delaying decline, DMTs may give patients and their families more time to share memories, maintain daily activities and stay engaged in the routines that bring them comfort and connection. The current DMTs approved for use in Canada, such as lecanemab, are most effective in the early stages, which is why

early diagnosis is so important.

By staying aware of changes in brain health in yourself or those close to you, you can be better prepared to respond early. You can speak with your doctor or a qualified health care professional to learn more about recognizing early signs of Alzheimer's, the importance of getting diagnosed as soon as possible and how adopting healthy lifestyle habits can support brain health.

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FLYING WITH ALLERGIES: WHAT YOU SHOULD KNOW BEFORE TAKEOFF

For Canadians living with severe allergies, travel comes with an added layer of preparation. Different countries, unfamiliar cuisines, language barriers and shared cabin spaces can feel unpredictable.

"Preparing for those unknowns before you leave is the most important thing you can do," says Dr. Harold Kim, an allergist and immunologist. "Allergy management doesn't take a vacation, and with proper planning, it doesn't have to ruin one either."

Do your homework before you leave

Research airline policies in advance because they can vary widely. Understand if your airline offers announcements or buffer zones to help keep you safer. Be sure to create allergy translation cards if travelling internationally.

Carry two unexpired auto-injectors and keep them with you. Always pack two epinephrine devices, such as EpiPens, in your carry-on—never in checked luggage or stored overhead where you might not be able to quickly find them, or where they might experience temperature extremes.

Take steps to reduce your risk on board

If possible, get early boarding so you can easily wipe down your seat area, tray table and armrests. Avoid airline meals unless you've confirmed all ingredients in advance and consider bringing your own safe snacks just in case.

Have a plan and make sure others know it

Whether you're travelling alone or with others, make sure someone nearby knows you have an allergy and understands what to do if a reaction occurs. Tell them where your medication is stored, how it's used, and share your symptoms with travel companions, flight attendants or tour guides.

Know what you're eating

Food labelling standards vary by country. Research common allergens in local cuisine before you arrive and never assume a dish is safe based on a familiar name. When in doubt, pass.

Locate emergency care before you need it

911 isn't universal. Know how to call the local emergency number and identify the nearest hospital at your destination in advance.

Travelling can introduce a number of new allergy risks, but by taking some simple precautions, you can enjoy your getaway more safely.

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SUMMER FIRE PREVENTION TIPS

From backyard barbecues to patio candles and firepits, summer is full of reasons to gather outside. A few simple precautions can help make sure the good times keep going all season long. Here's what to keep in mind:

Keep and maintain a fire extinguisher. Cooking is the most common cause of fires in the home, accounting for about one-third, according to Statistics Canada. A recent survey for insurance provider Belairdirect found that only about half of Canadians have a fire extinguisher near their kitchen. An extinguisher rated "ABC" can handle wood, gas and electrical fires, making it a solid all-around choice for home use. Make sure you know how to use it properly and don't forget to set a reminder each year to check if you need to have it serviced or replaced.

Cook smart. The best way to deal with a cooking fire is to keep it from happening:

- Never leave cooking unattended, indoors or outdoors.
- For propane barbecues: make sure all the connections are secure, check for leaks and clear the air intake of any blockages like cobwebs or insect nests.
- For charcoal grills, use only charcoal starter fluid and never add it to the fire once it's lit.
- Never grill in an enclosed space—stay in open air, at least three metres from doors and windows and one metre from furniture.

Keep your electronics fire-safe. Even small devices can pose a significant risk in the event of a short circuit or electrical failure. Here are some things to keep in mind:

- Unplug devices and small appliances when you're not using them.
- Check for frayed wires whenever you plug something in.
- Avoid overloading power bars—spread devices across multiple rooms whenever possible.
- Store lithium-ion batteries away from heat and direct sunlight.

Know your way out. It's important to make sure everyone in your home has a plan if the fire alarm goes off. Pick a meeting spot outside and run through it together a couple of times a year—it only takes a few minutes and gives the whole household peace of mind.

Fire safety comes down to simple habits, but they can make all the difference. You can learn more about keeping yourself and your home safe at belairdirect.com. www.newscanada.com



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FINANCIAL NEWS

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

THE ROLE OF THE EXECUTOR, IT'S AN HONOUR TO BE ASKED BUT IT COMES WITH GREAT RESPONSIBILITIES.

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

What is an executor?

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

Duties and liabilities of an executor

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

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

Before distributions can be made, it's important for the executor to address the deceased's creditors and complete all tax returns. Should any claims be made against the estate (for example, dependent's relief), the executor must remain neutral when working towards a

resolution. Generally, the executor is not personally liable for the deceased's debts or any financial obligations of the estate. However, an executor can be found personally liable if the estate assets are distributed to beneficiaries before payment of all estate debts. In such cases it's important to resolve all outstanding estate debts before making a final distribution to beneficiaries.

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

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

Insolvent estate and declining to act

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

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

Executor compensation

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

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

knowledge required.

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

Considerations for choosing an executor

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

- Do they have the time to devote to estate administration?
- Are they willing and

able?

- Do they possess integrity, objectivity, and good judgment?
- Are they financially and administratively inclined?
- Are they familiar with your affairs?

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

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

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

Executors, you're not alone. You can enlist the help of professionals to guide you through the challenging aspects of the estate. Remember, the role of the executor is a critical one; at times rewarding, but not without its challenges.



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

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

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

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

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THE PHARMACIST REVIEW

By Lyle Sunada

A New Way to Think About Inflammation and Pain

Most people think inflammation is either good or bad. In reality, inflammation is a normal part of the healing process. The challenge is knowing when inflammation is helping and when it has overstayed its welcome.

That's why it's useful to think about inflammation in three different categories: acute inflammation, chronic inflammation, and inflammation resolution.

Acute Inflammation: When You Need Relief Now

Acute inflammation occurs when you strain a muscle, overdo it in the garden, experience back pain or menstrual cramps, or develop exercise-related soreness. In these situations, the goal is often fast relief.

Unlike many natural anti-inflammatory products that may take days or weeks to work, Metagenics Soreness Relief combines turmeric, boswellia, and black sesame oil in a formulation and is designed to provide relief within hours.

In a placebo-controlled trial of 232 adults with exercise-induced musculoskeletal pain, about 99% reported perceptible pain relief within ~1 hour and 96% achieved meaningful pain relief within ~3 hours after a single dose.

Chronic Inflammation: Supporting the Body Over Time

While acute inflammation is often short-lived, chronic inflammation can linger for months or years. Conditions such as osteoarthritis, fibromyalgia, obesity, insulin resistance, and the aging process are all associated with ongoing inflammatory activity.

For these situations, a broader approach may be beneficial.

Metagenics Inflammation Intensive Care contains a combination of curcumin, boswellia, ginger, fenugreek, and xanthohumol from hops. Rather than providing quick relief for a sore back or strained shoulder, it is designed to help support multiple inflammatory pathways involved in long-term inflammation.

It is best viewed as a daily inflammation-support product rather than a rescue product.

The Missing Piece: Resolution

One of the most exciting discoveries in inflammation research is that the body doesn't simply wait for inflammation to fade away. It actively produces compounds that help stop inflammation, clear away cellular debris, and promote healing.

These compounds are known as Specialized Pro-Resolving Mediators, or SPMs.

Research suggests that people with chronic inflammatory conditions, obesity, and age-related inflammation may have difficulty producing enough of these important resolution signals.

Researchers are asking?: What if the problem isn't too much inflammation—but difficulty turning it off?

SPM Active: Supporting Resolution

SPM Active works differently from traditional anti-inflammatory products.

Rather than suppressing inflammatory pathways, SPM Active helps support the body's natural inflammation-resolution process. In studies, SPM supplementation has been associated with improvements in chronic pain, osteoarthritis and rheumatoid arthritis symptoms, sleep, physical function, and quality of life.

Many researchers now believe that healthy inflammation management involves more than simply reducing inflammation. It also requires helping the body resolve inflammation efficiently.

Putting It All Together

A practical approach to inflammation may involve the following Metagenics products:

- Soreness Relief for occasional acute aches and pains
- Inflammation Intensive Care for ongoing inflammatory support

- SPM Active to help support the body's natural inflammation-resolution pathways

Lyle Sunada is a NAMS Certified Menopause Practitioner and pharmacist at Cloverdale Pharmasave with special interests in hormone balancing, natural and integrative medicine.

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MAPLE RIDGE ADVANCES NEW APPROACH TO SUPPORT RESIDENTS AS THEY AGE

Maple Ridge, BC — June 15, 2026 — Maple Ridge is advancing a new Planning for Longevity approach that will help shape how the City plans housing, neighbourhoods, services, and public spaces to support residents at every stage of life.

Developed as part of the City's Housing Action Plan, Building Our Community for All, planning for longevity shifts seniors-focused initiatives toward a life-course approach that considers how community design, housing, and services influence health, independence, and quality of life over time.

"Planning for longevity is about making sure Maple Ridge remains a community where residents can thrive at every stage of life," said Mayor Dan Ruimy. "As our population changes, we need to plan for the housing, services, public spaces, and neighbourhood connections that help residents stay active, independent, and included. This framework gives us a stronger foundation for planning complete, caring communities that support residents now and into the future."

The Planning for Longevity approach is guided by three core principles:

- creating compact, complete neighbourhoods that support everyday activity, social interaction, and access to services.
- planning proactively for social infrastructure and amenities that help people remain connected and supported as they age.
- strengthening partnerships, local data, and

community-based planning to better understand and respond to changing needs.

Demonstrating this shift, the City partnered with graduate students from UBC's School of Community and Regional Planning (SCARP) and members of the Seniors Network.

The eight-month SCARP studio project focused on the Town Centre neighbourhood, where many older adults live. Students worked with residents, community organizations, service providers, and City staff to explore how Maple Ridge can better support people as they age while remaining connected, independent and engaged in community life.

The student team examined demographic trends, reviewed research, conducted site visits and facilitated community workshops and engagement sessions. Their work identified several priorities including:

- improving pedestrian accessibility
- expanding housing options that support aging in place
- creating welcoming public spaces
- fostering opportunities for social connection
- strengthening partnerships with community organizations so older adults can have better access to community service

"Good planning recognizes that people's needs change over time," said Amanda Grochowich, Manager of Community Planning. "The SCARP

partnership provided valuable research and community insights that will help inform future policy decisions across the city, translating our Planning for Longevity approach into outcomes. This approach helps us better integrate housing, transportation, public space, and social infrastructure so Maple Ridge can continue to grow as an inclusive and connected community."

Maple Ridge endorsed its Age-Friendly Community Action Plan in 2016 and became the first community in British Columbia to join the World Health Organization's Global Network of Age-Friendly Cities and Communities in 2019. The Planning for Longevity approach expands on Maple Ridge's long-standing commitment to age-inclusive planning.

Next Steps

Over the next year, staff will continue refining the Planning for Longevity approach through additional research and engagement, including a well-being needs assessment to better understand service gaps and infrastructure needs across the community. That work will help guide a future social infrastructure plan and support implementation actions for a more liveable, age-inclusive Maple Ridge.

For more information, visit MapleRidge.ca/LongevityPlanning.



Straight from the Horse's Mouth

By Mel Kositsky

B.C. race horses are starting to make a big splash at other racing locations, especially in Alberta.

And they are also winning at tracks in Seattle and Winnipeg as they find new homes with no local tracks available to race at this year.

The drama was set for the \$50,000 R.A. 'Red' McKenzie Handicap on June 20 with B.C.'s Avana and Alberta's Big Hug renewing their rivalry for the second time. The challenging seven-furlong race became even more dramatic when a deluge of rain descended on the Edmonton area leaving the Century Mile race track a sea of slop.

But the two champion mares, and three other rivals, produced an exciting finish despite the horrible weather and handicap racing conditions. Avana was carrying the high weight of 129 pounds, with Big Hug packing 127.

Avana and Big Hug, two of the top mares to ever run in Alberta, had only met once before when Avana got the jump on Big Hug in the Northlands Distaff last August and won by a length and three-quarters. Avana was B.C.'s 2024 Horse of the Year and Big Hug has been Alberta's Horse of the Year the last two seasons.

And this time -- it was Avana again -- with jockey Amadeo Perez aboard, rallying from far off the pace to win by 1 1/4 lengths in 1:25. Big Hug finished second in a stirring stretch drive through the very sloppy surface. Hall of Fame horseman "Red" McKenzie was in the winner's circle to make the presentation.

A five-year-old chestnut mare, Avana is trained by Barbara Heads and is now owned by Hastings Stable. She won for the 13th time in 17 career races. Bred in B.C. by Bryan and Carol Anderson, Avana is sired by Vino Rosso from Revealing Moment (by After Market).

Hastings Stable is comprised of breeders Bryan and Carol Anderson, Rick Decoursey, William Palmer, Denise and Greg Prail, and Rick Orman.

Earlier this season at Century Mile, Avana put on a sensational come-from-far-back performance to win the RedTail Landing Stake on May 30. She has now won both her 2026 races.

Big Hug was returning to action after an eight-month rest. She now has 17 wins in 33 career starts -- five of the starts against some of the best mares in California where she was competitive. Big Hug has won 13 stakes races, including last year's McKenzie. Big Hug is from Edmonton, owned by Lori and Martin Neyka's Empire Equestrian and trainer Rick Hedge.

Former Hastings Park trainer Brian Phillips pulled off a major upset in Manitoba racing, with a huge longshot, triggering some very lucrative

payoffs. Jockeys Rachaad Knights and Kerron Khelawan scored hat tricks, and trainers Steve Keplin Jr. and Jerry Gourneau kept rolling at the top of the Assiniboia Downs standings.

Phillips, who originally started out with horses at Assiniboia Downs working for John Cizik in 1972, only brought one horse with him from Hastings Park, but Nu Soup for Baby (\$79.30) proved plenty good enough when he dueled two rivals into submission in the third race June 17, and opened up into the stretch to win by 1 1/4-lengths under Kerron Khelawan. It was the fourth career win for the five-year-old son of Numaany.

That made it a hat trick on the week for Khelawan, who also won on Sherlynn Go Go (\$5.00) for trainer Wendy Anderson, and Really Ralis (\$2.50), for another former Hastings Park trainer, Cindy Krasner, on June 16.

It was a big day for trainer Steve Henson at Emerald Downs on June 21 as Chase, a three-year-old Pop Artist gelding, went wire-to-wire in the \$50,000 Auburn stake for owner Gary Williamson. Chase was bred in Aldergrove by breeder Sandra Loseth.

Chase now has three wins in six lifetime starts, having broken his maiden at Emerald on May 17.

The favorite in the Auburn was another B.C. horse -- Ole's Surprise, owned by Dixie and Roy Jacobson and Ole Nielson. The three-year-old by Ralis was bred by Nielson and is trained by Mark Cloutier.

B.C. connections are also doing well in harness racing at Century Downs, outside of Calgary.

In the \$90,000 Shirley McClellan -- open to Alberta-foaled three-year-old fillies -- Blue Star Aspire rode the pocket trip behind even-money favourite Blue Star Strike before pulling around in the final turn and on to a one-length victory in 1:55 for Rod Therres.

Both Blue Star Aspire and Blue Star Strike, who duelled heads apart for about the last half mile, are bred by William Zaretski.

In a report by Curtis Stock for thehorses.com, Blue Star Aspire's driver/trainer and co-owner Rod Therres, who took the lead just outside of the sixteenths pole, said: "I could have waited some more but my hands were getting sore. I had Carpal Tunnel surgery on both wrists two years ago and they both still bother me.

"At the wire I was tired and so was Blue Star Aspire," said Therres, 56. "Maybe I'm just getting old."

Therres bought Blue Star Aspire for \$20,500 at the Alberta Yearling Sales for himself, KFC Farms and the late Dairen Edwards, who died just a week before Therres' horses won a pair of \$100,000 races on the same day last year in B.C.

"To win against these fillies is pretty special and to draw the rail was really exciting," he said. "I was able to get a pocket trip behind the horse I thought was the best, Blue Star Strike, who I knew was going to leave fast."

Blue Star Aspire, at 2-1, was the second betting choice and paid \$6.80 to win.

"She was the one to follow. It worked the way I was hoping it would go," said Therres, who has more than 1,000 wins as both a trainer and a driver.

Therres said Blue Star Aspire won a stakes race for him as a two-year-old and he sent her to Chris Lancaster.

"But then she got sick and was no good the rest of the year so I turned her out for the entire winter.

So far it has worked," said Therres, whose father trained thoroughbreds for 40 years.

"I'm a lifer," said Therres.

"I quit school early and became a groom for my father. But we lived close to my school and my home in Cloverdale, where they raced harness horses. That's how I got into standardbred racing.

Therres, said his 1,000ths win as a trainer and again as a driver, were very special.

"My whole family were there so it was extra nice."

WHAT TO DO ABOUT UNSOLICITED TEXTS, EMAILS AND CALLS

In the age of buzzing phones and overflowing inboxes, staying digitally safe has become part of modern living. But as our devices get smarter, so do scammers. Here are a few simple ways to stay one step ahead:

Spot the red flags

If your bank, the government, or a well-known company suddenly reaches out with urgent language, like "act now," or "your account will be suspended," pause before you panic. Scammers thrive on pressure and fear. Requests for highly sensitive information, like PINs, passwords or card numbers, are big red flags. No legitimate institution will reach out and ask for these details from you.

What to do in the moment

If a message or call feels wrong, trust your gut. Hang up immediately or simply ignore it. There is no need to engage. Whatever you do, don't click suspicious links or respond with personal details.

When in doubt, go straight to the source, because scammers can make a phone call appear legitimate, even the caller ID. You can keep yourself safe by only calling the official number printed on your bank card or listed on the organization's website, not the one you received a call from. A quick verification can save you from a world of hassle.

If you do spot something suspicious, report it to your bank.

Know what you're liable for

Federally regulated financial institutions can't hold you liable for unauthorized debit card transactions, while credit card issuers can hold you liable for a maximum of \$50. However, if you provide your banking information to anyone—including a spouse, a family member or someone claiming to be a law enforcement officer or bank employee—you lose that protection.

Scams involving other modes of payment, such as electronic transfers, are not protected through any federal legislation. It's important to be vigilant and keep your PINs and passwords to yourself.

Protecting yourself from fraud and scams can be empowering. By recognizing the signs and knowing how to respond, you can navigate today's complex digital landscape with more confidence.

Learn more about your rights, how to protect yourself and what steps to take if you suspect a scammer is trying to target you at canada.ca/money.

www.newscanada.com

OPENING 73 SENIORS' HOMES IN PEACHLAND PHASE 2 EXPANDS HOUSING OPTIONS FOR SENIORS

Seniors in Peachland began moving into their new homes with the opening of 73 affordable rental units at 4444 5th St.

The project is part of the more than 2,700 homes delivered or underway in Peachland and surrounding Okanagan communities.

"Many seniors are struggling to find housing they can afford, which is why these new homes in Peachland matter," said Christine Boyle, Minister of Housing and Municipal Affairs. "These much-needed homes help seniors stay within the community, close to loved ones and supports they rely on. This new seniors' housing complex reflects our commitment to expanding affordable options for seniors and strengthening communities across B.C."

A thriving seniors' community

The five-storey building, named The Residences on 5th, is the second seniors' housing on site, following the opening of a 74-unit building in 2019. It offers a range of one- and two-bedroom homes, including 15 fully accessible suites, for seniors who can live independently. Residents also benefit from shared gathering spaces on the fourth and fifth floors, along with indoor and outdoor amenity areas to support connection and well-being.

"Seniors in Peachland and surrounding communities will have more opportunities to continue living in the community they call home with these additional homes," said Harwinder Sandhu, MLA for Vernon-Lumby. "This growing

housing complex will help foster a strong, connected community where seniors can age in place with independence and dignity. This is part of our government's record investment in affordable housing for seniors, who have helped us to build this province."

Both buildings in the complex are managed by the Peachland Seniors' Support Society, on land leased from the District of Peachland at a nominal fee. The Province, through BC Housing, contributed approximately \$11.6 million for the development through the Community Housing Fund, and will provide approximately \$810,000 in annual operating funding.

The project is part of a \$19-billion housing investment by the B.C. government. Since 2017, more than 95,000 homes have been delivered or are underway, including more than 2,700 homes in Peachland and surrounding Okanagan communities.

Quotes:

Patrick Van Minsel, mayor of Peachland –

"Today marks an important milestone for Peachland as we celebrate the opening of these beautiful new homes for seniors. This development offers more than housing, it provides comfort, independence and the opportunity for residents to remain connected to the community they helped build. This project reflects the dedication of the Peachland Seniors' Support Society, BC Housing, council and District of Peachland staff who worked

together to make it possible."

Keith Fielding, president, Peachland Seniors' Support Society –

"Our board is thrilled to see this much-needed project come to fruition. It has been a rocky road but unrelenting support from BC Housing, the professional expertise of Van Mar Construction and the district's decision to approve making the land available have been keys to its success. We look forward to seeing the positive impact these homes will have in the lives of residents."

Learn More:

- To learn how B.C. is working to deliver more homes for people, visit: <https://gov.bc.ca/homesforpeople>

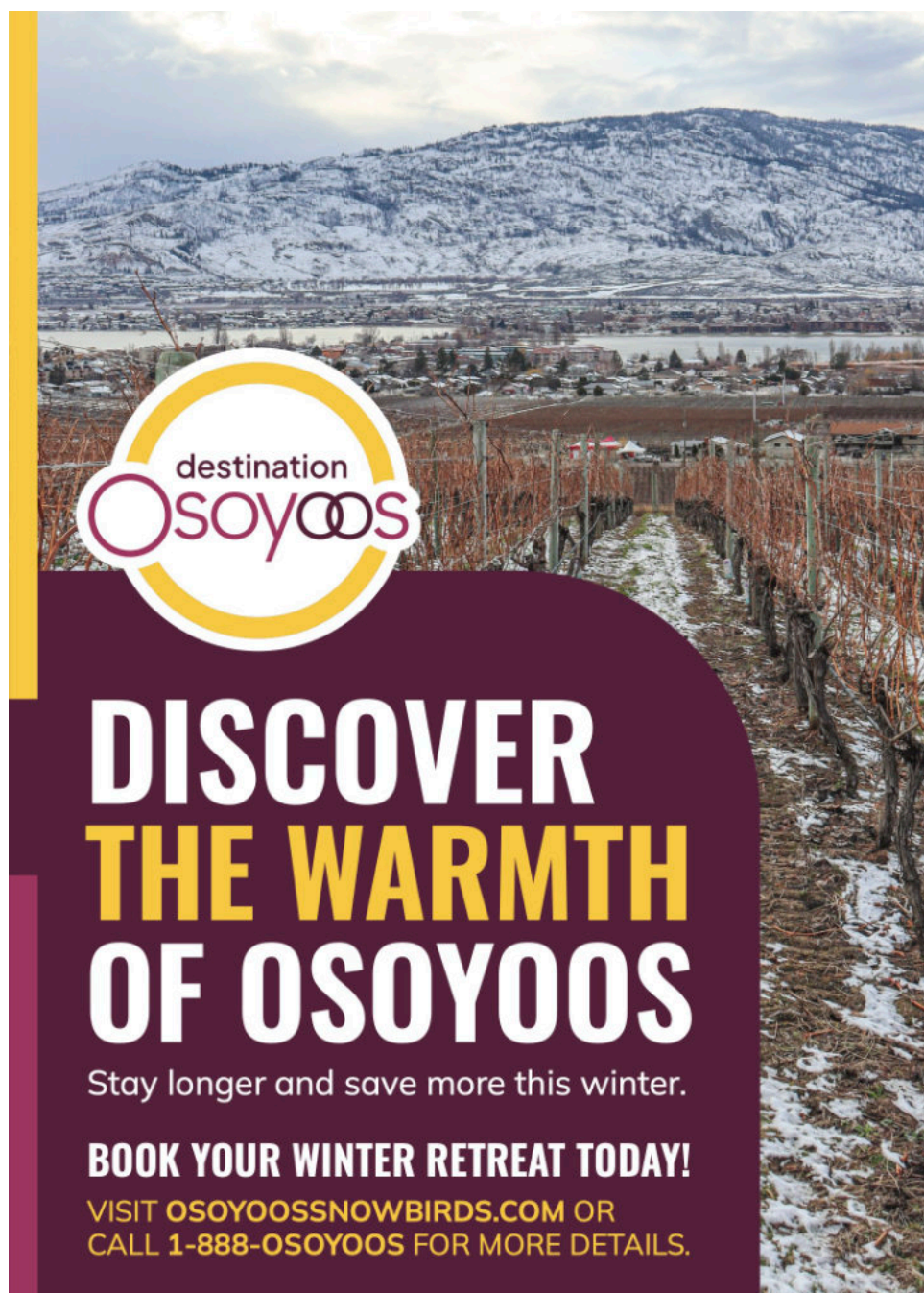
- A map showing the location of all announced provincially funded housing projects in B.C. is available here: <https://www.bchousing.org/homes-for-BC>


- To learn how BC Housing is helping to build strong, inclusive communities, visit: <https://www.bchousing.org/podcast>



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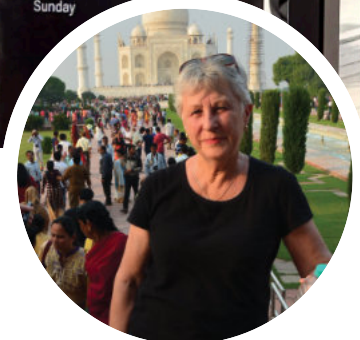
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STEPPING OFF THE NEWS CYCLE AT THE VANCOUVER ART GALLERY

By Ursula Maxwell-Lewis

Emily Carr stated in *Growing Pains: The Autobiography of Emily Carr*:

“More than ever was I convinced that the old way of seeing was inadequate to express this big country of ours, her depth, her height, her unbounded wildness, silences too strong to be broken—nor could ten million cameras, through their mechanical boxes, ever show real Canada. It had to be sensed, passed through live minds, sensed and loved.”

It has been a stressful few months. Like many people, I watch too much news—local and international. Politics, war, family matters, the economy, global anger—even the spectacular success of the Artemis II lunar flyby had not restored my bruised spirits.

“Maybe medication has its merits,” I found myself uncharacteristically thinking.

Then lunch at Banana Leaf Restaurant on Robson Street with longtime Tourism Malaysia and Malaysian Consulate colleagues pried me away from my desk. Optimistic tourism news from Malaysia and Borneo—destinations and people close to my heart—finally broke through my psychological slump.

After lunch, a sunny afternoon lay ahead, along with a favourite destination just blocks from Vancouver City Centre SkyTrain Station: the Vancouver Art Gallery.

Not having checked the current exhibitions didn't matter. I've never dropped into the VAG without being intrigued, entertained, and educated.

As serendipity would have it, an inspirational art jackpot awaited.

“Would you like me to take your picture?” a gallery docent asked, clearly aware of my delight and surprise at encountering Zobop (Colour-Chrome), Glasgow artist Jim Lambie's eye-popping, psychedelic floor-and-staircase installation commanding the gallery's naturally light-filled Rotunda.

Normally, I'm the one putting others in the frame, but the energy of this dynamic transformation was too compelling to resist.

By contrast, the first-floor exhibition, *The Great Ideal: Emily Carr and the Idea of Nature*, invites visitors to absorb nature's healing and insightful palette. Carr's passion for the Northwest is legendary. Featuring more than 100 works, it is the Vancouver Art Gallery's largest Carr exhibition in more than 20 years.

Worth the wait, I thought, wandering from one work to the next.

I'm no art aficionado, but for me, two emotions dominated. First, there was the urge to simply spend

more time surrounded by her forests, totems, dynamic greens, and intense earth tones while learning more about Carr herself. Secondly, I was surprised by her European oils and delighted by the humour in her graphite works, particularly self-portraits featuring friends and animals.

This Canadian artist, who died in 1945, was quietly bolstering my flagging spirits with her bold yet sensitive brushwork and insight.

Concerned about time, I headed to the fourth floor to SANCTUARY: The Ancient Forest Experience, intending to work my way back downstairs.

Drawn to a hobbit-like dome representing the trunk of an 1,800-year-old cedar tree, I settled into a white perimeter chair. Immediately, I was enveloped by 360-degree visuals narrated by Dr. T'uy't' tanat Cease Wyss, featuring the Inland Temperate Rainforest and the Dakota Bear Ancient Forest.

It was an immediate reminder of the emotional impact of these sacred and endangered places—nature's visual, emotional, educational, and restorative balm.

The timing was perfect.

Perhaps it always is.

Reluctantly, I had to move on.

Stephen Shore: Uncommon Places was next. Photography has always fascinated me, but my time constraints meant this road-trip exhibition did not receive as much of my attention as it deserved. Originally published as a book in 1982, Shore's Americana feels particularly poignant in today's Instagram world.

His large-format camera (a luxury I've always admired but could never justify) captured the details that make a place memorable—quirky signage, unique storefronts, country characters, autumn skies, and heritage streetscapes. Those small, often overlooked fragments that generate a smile, trigger a memory, or unexpectedly enlighten.

Leaving more inspired and invigorated than I had been for weeks, I snapped a few architectural shots around Robson Square under the watchful gaze of the gallery's lion. I noted that the VAG is open daily throughout the summer and reminded myself to return before the exhibitions close in the fall.

The Vancouver Art Gallery is located at 750 Hornby Street, Vancouver. Membership is a worthwhile investment, as is a guided tour. For full details, visit vanartgallery.bc.ca.

Photos:

Top Left: Vancouver Art Gallery entrance and information.

Top Right: Emily Carr: Self Portrait with Friends. c.



1907 Middle Right: Jim Lambie: ZOBOP (Colour Chrome) atrium eye-catcher

Middle Centre: SANCTUARY: The Ancient Forest Experience. Unique, informative animation, superb photography.

Middle Bottom: Henry De Forest: Burrard Inlet, First Narrows, 1904

STAY SAFE FROM HEAT AND WILDFIRE THIS SUMMER



Northern Ontario, Nova Scotia and Newfoundland and Labrador.

While they're an expected part of life in certain regions, wildfires bring serious health risks, especially when they occur with extreme heat events. Here are some important things to know:

Wildfire smoke is dangerous, even far from the fire. The smoke from a wildfire can be carried on the wind thousands of kilometres away from the actual fire zone. It contains a number of potentially harmful substances, including fine particles—these are what pose the biggest health risk. There's no known safe level of exposure to wildfire smoke, so it's important to be aware and protect your health, even when levels are low. The air quality can be poor even if you can't see or smell smoke.

It seems that every summer in Canada brings with it a fresh round of headlines about wildfires. As the climate shifts, forest fires are becoming more frequent and intense. This is due to longer dry periods that make lightning strikes more likely while making grass and trees more flammable.

The 2023 fire season was the worst wildfire season, with 15 million hectares burned across Canada. Communities in every province and territory experienced wildfires and many thousands of people were evacuated from their homes. Drought and extreme heat conditions in 2025 also led to a terrible season with about eight hectares burned from several larger fires, especially in Manitoba,

Some people are at especially high risk. Wildfire smoke and extreme heat are dangerous for everyone, but some people can be at a higher risk. People more likely to experience health effects from

extreme heat and wildfire smoke include older adults, infants and young children, pregnant people, those with an existing illness or chronic health condition and people experiencing homelessness or housing insecurity.

It's important to take extreme heat and wildfire smoke seriously. Here are some simple steps you can take to stay alert and responsive to changing heat and smoke conditions:

- Check local weather forecasts and air quality conditions regularly. Pay attention to heat alerts or air quality alerts issued for your community. This will help you know when and how to protect yourself from heat and wildfire smoke.
- Make sure your indoor space is as cool and clean as possible: indoor temperatures can get dangerously high during an extreme heat event.
- Close any curtains or blinds to limit sun exposure and make sure to stay hydrated. Open up your windows if the outdoor temperature is cooler, to cool your space.
- Use the highest quality air filter that your ventilation system can handle, a certified portable air cleaner that can filter fine particles from the smoke, or both.
- If you need more support during times of extreme heat and wildfire smoke, contact your local authorities. They can provide information on public spaces you can access with cool and clean air spaces.

The risks of extreme heat and wildfire smoke are real, but by learning about them, how to avoid exposure and stay cool and hydrated, you can stay safer this wildfire season. Find out more at canada.ca/wildfiresmoke.

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EMILY CARR RETURNS FOR TEA AT FAIRMONT HOTEL VANCOUVER.

Article & photos by Lenora A. Hayman.

It's wonderful that this year the Fairmont Hotel Vancouver is honouring the new, huge Vancouver Art Gallery exhibition That Green Ideal: Emily Carr and the Idea of Nature, with their Among the Trees with Emily Carr afternoon tea. On entering Notch 8 we were surrounded with murals resembling Emily Carr's works nestled in a forest-like setting.

Each of the eleven food items in a 3-tiered bird cage and the themed cocktails and teas, celebrated our beloved, iconic artist Emily Carr. The mushroom mousse tart, hazelnut crumb honoured a Woodland Grove, the arancini risotto balls with torched pancetta Italian cured meat was titled Among the Firs, a chocolate charcoal macaron represented a Burnt Forest and Driftwood Shortbread had smoked sea salt caramel!

My Emily Side Carr cocktail had cedar infused Hennessy, Grand Marnier, smoked orange and pekoe tea syrup and lemon.

I also enjoyed their Among the Cedars cocktail with

vodka, white tea, peach, lemon and pine tincture. Cheers to Emily Carr in Forest Heaven!

Server Stephen Smith suggested to my friend Jeff, who is allergic to alcohol, a Yuzu Drift, a spirit-free cocktail with citrus yuzu, seedip spice 94, coconut syrup and ginger beer which he said was perfect.

Their pot of Bella Coola tea is always a winner with its orange character and pineapple sweetness.

Thank you Chef Eric Fernandez, Chef Edoardo Garlasche and staff for a delightful afternoon.

Afternoon tea Fri. May 22, -Sun. Sept 20, 2026.

Seatings Thursdays-Sundays. 11:00am, 1:00p, 3:00pm

\$75 per adult, \$40 per child (ages 12 & under).

All four colour photos by Lenora A. Hayman.

Top Left: Emily Carr Afternoon Tea.

Bottom Right: Author enjoys Among the Cedars Cocktail.

Top Right: Jeff Jung, Stephen Smith & Lenora Hayman surrounded by a calming forest.

Middle Right: Murals similar to Emily Carr's surround Notch 8.



SNACKABLE SUMMER BITES FOR SHARING

Summer entertaining calls for effortless, shareable bites that bring bold flavour. This sweet and savoury bruschetta, featuring grilled figs and delicate Prosciutto di Parma PDO, is the perfect snackable appetizer for warm-weather gatherings. Simple to prepare yet beautifully elevated, it brings a touch of European flair to the table while keeping time in the kitchen to a minimum.

Bruschetta with Grilled Figs and Prosciutto di Parma

Prep time: 10 minutes

Rest time: 2 hours

Cook time: 5 minutes

Makes: 5 servings

Ingredients:

- 10 slices crusty bread
- 5 firm figs
- 1 clove garlic
- 3.5 oz (100 g) Prosciutto di Parma, thinly sliced
- Extra virgin olive oil
- Salt and pepper



Directions:

1 Crush the garlic and put it in a cup with oil, a pinch of salt and a pinch of pepper. Leave to rest for a couple of hours. Cut the figs in half and grill them for 2 – 3 minutes on each side.

2 Toast slices of bread for a few minutes in toaster or five minutes in oven at 350 F (175 C).

3 Brush the toasted bread with the garlic-infused oil.

4 Top each slice with half a grilled fig and 1 – 2 slices of prosciutto.

Grilling tips:

- Choose ripe but firm figs: They should feel soft with a slight give, but not mushy. Overripe figs can fall apart on the grill.

- Lightly oil or brush with honey: This helps prevent sticking and enhances caramelization for a richer flavour.

- Grill cut-side down first: Slice them in half and place cut-side down for 2 – 3 minutes to get those nice grill marks and natural sweetness.

- Don't overcook: Figs grill quickly - too long and they lose their shape and texture.

Storage tip: Keep figs in the fridge and bring them to room temperature before grilling for the best flavour and texture.

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Shell Busey the HouseSmart guy

By Shell Busey

Hello, Senior Newspaper readers of Shell Busey's Home Improvement Column.

I hope you enjoyed celebrating Canada Day.

During the month of July, I will be sharing information and practical tips on concrete projects, including sidewalks, driveways, and patios.

TIPS ON WALKS, DRIVEWAYS, AND PATIOS

Always check with your local city or municipal building department before beginning construction of a new walkway, driveway, or patio. A building permit may be required, and all work must comply with local building codes. Permits are often required for driveways and sidewalks that cross a public right-of-way (the strip of land between the property line and the curb).

Repairs to walks, driveways, and patios should be made as soon as damage is noticed. Small cracks in concrete surfaces, for example, may, if ignored, become A stitch in time

Concrete and stone are heavy materials. If you are tackling a major project, work in manageable stages. You will enjoy that new patio much more if you avoid ending up with a strained back or other injury.

Inexperienced do-it-yourselfers working with concrete are advised to divide large projects into several smaller jobs rather than attempting one large pour. Separate the area into sections using wood strips or another suitable material. This allows the amount of concrete used at any one time to be measured, controlled, and managed more easily.

When building a walk, driveway, or patio, preparation of the subsurface is the key to success. The base should be free of all organic matter, including sod, roots, and debris. It should also be firmly compacted and well-drained.

A driveway should have a minimum slope of 1/4 inch per foot to allow proper drainage after rainfall or washing. This slope is usually directed toward the street, although a crown or cross-slope may be used where it is desirable to drain water off the sides.

When planning a new patio, consider the climate, the view, traffic flow to and from the house (especially the kitchen), weather protection, insect control, privacy, and the potential for outdoor cooking and entertaining.

REPAIRING CRACKED CONCRETE

Small cracks in concrete pavement should be repaired before they have a chance to become larger problems.

First, use a cold chisel to remove any loose or crumbling concrete from the sides and edges of the crack (Figure 13-1). Next, undercut the crack with the chisel, making it slightly wider at the bottom than at the surface (Figure 13-2). This helps lock the patch securely into place.

Use a stiff-bristle or wire brush to remove all loose particles from the crack. Thoroughly wet the

crack and the surrounding area so the old concrete does not absorb moisture from the new patch before it has properly set. Do not allow standing water to remain, however, as this can weaken the repair.

You may use a pre-mixed concrete patching compound from your hardware store, following the manufacturer's directions, or mix your own patch using sand, cement, and water.

Using a trowel or putty knife, force the mixture deep into the crack. Smooth the surface and remove any excess material (Figure 13-3). For wider cracks or larger repairs, place the cement mixture into the cavity and smooth it with a flat steel trowel so it blends evenly with the surrounding surface (Figure 13-4).

Regardless of the size of the repair, the patch should be kept damp for several days to ensure proper curing. You can lightly spray it periodically using the fine mist setting on a garden hose nozzle, or cover the patch with damp burlap and keep the burlap moist by spraying it occasionally. The burlap can usually be removed after four or five days.

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- Boating
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- Freezies

Fig. 13-1

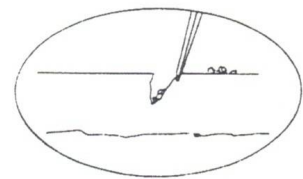


Fig. 13-2

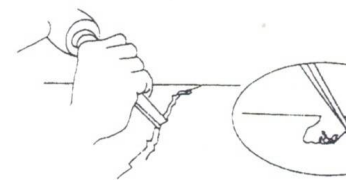


Fig. 13-3

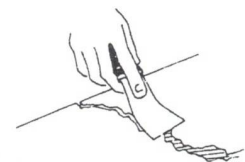
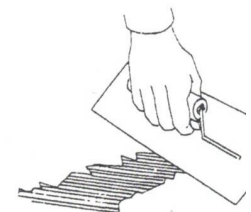


Fig. 13-4





WRITE AS I PLEASE

By Mel Kositsky

How “glorious and free” will Canada be on July 1?

Will Canadians from coast to coast to coast -- from the mountain tops to the sea -- be celebrating Canada Day as patriotically as the Americans will do on their July 4th holiday?

Of course, there is no real comparison, especially this year. While Canada will just have a mid-week holiday (Wednesday), the U.S. will be celebrating in grand style their 250th year of independence from England on a Saturday, so be ready for a wild weekend of festivities south of the border.

This year's celebrations in both countries had an early start due to World Cup soccer games being played in North America. Sports likes to brag about bringing people together to cheer for their countries in huge, expensive events like this Cup (and the Olympics), but how much does it really do to unite the world?

It is more about tasting foreign beers.

Media reports said the pubs in Boston ran dry when Team Scotland played in that city and they are now restocking and bracing for the English invasion of rowdy soccer fans. But they are prepared with many reminders of the Boston Tea Party in 1776.

Those soccer hooligans may get cooled off in the Boston harbour - again. It may be reality TV at its best!

So far when Canada's team has played – and performed well – there has been a “sea of red” outfits and flag waving – and not only in the two host cities. That wave of patriotism should carry through to Canada Day celebrations throughout the country – but this is a strange political year.

We now have two provinces talking about “separatism” and the threat is real. Albertans will vote on October 19 in a referendum to decide if they want to hold a “real” referendum in the future.

It is just the Canadian way.

Earlier in October, Quebec residents will go to the polls in their provincial election and the separatists there have been leading the way for years and will attempt to retain control under a new Premier. Political pundits say they face little opposition.

It has been interesting to follow the extensive major media coverage of both “separatist” movements – and how Albertans are portrayed so differently than Quebecers. Of course, this western alienation hits much closer to home for those living in our B.C.

It certainly won't be a dull summer on the political front despite the long summer breaks the House of Commons and the B.C. Legislature are taking. Both MPs and MLAs do not go back to work until late September and mid October but many will keep active on the campaign trail.

Five federal byelections are expected to be called in the near future but the results are not expected to change the federal Liberals new “cross-the-floor” majority. So many MPs will be out campaigning in hopes of retaining their party's seats.

At the same time, voters are already being flooded with political messages as there are local government elections taking place in four provinces this fall, including in B.C. on Saturday, October 17. So that leaves little room on the calendar for the Prime Minister to call a snap federal election instead of all those byelections. There are not many open dates left.

Voters will be burned out by all this overlapping campaigning as the summer heats up.

With all these upcoming elections, expect a resurgence of “Grey Power” as seniors everywhere are getting tired of being overlooked by all orders of government. Despite constant advocacy on the many issues facing seniors today, all orders of government are not really responding to the concerns raised.

COSCO BC recently called for the provincial government to reverse the interest rate charges for the Property Tax Deferral Program.

The Council of Senior Citizens' Organizations of B.C. (COSCO BC) is advocating to the B.C. government to reverse the interest rates changes to the property tax deferral program announced in Budget 2026.

COSCO President Leslie Gaudette said in a news release: “B.C. government statistics themselves show the program benefits lower-income people so they can stay in their homes. The program allows seniors to pay for other pressing needs such as better food, medications, mobility devices, dental care, vision care, hearing aids, home support or other health care expenses. Healthier seniors are more able to contribute to healthy families and communities. The government must reverse this draconian change to the tax deferral program.”

B.C.'s Property Tax Deferral Program allows seniors 55 and older, surviving spouses, persons with disabilities, and families with children, to defer annual property taxes as a secured loan repaid with interest when the property is sold. About 78,000 households participate in the program.

Budget 2026 changed the program significantly for new deferrals from 2026 onward. The interest rate will increase from Prime minus 2% simple interest (or 2.45% at current rates) to Prime plus 2% compounded monthly (effective rate of 6.64% annually).

The B.C. government proposed this change as a cost-neutral adjustment to bring interest rates in line with current lending practices. COSCO BC's concern is that the new rate exceeds commercial bank lending rates. Furthermore, the government's own data show increased revenues from the program.

The main rationale given is that wealthy homeowners were using the system as an investment tool. But Ministry of Housing statistics note 44% of participants have household incomes under \$70,000. Ministry of Finance data published May 5, 2026, shows the median annual deferral is \$3,800 and that 80% of participants repay within 10 years by way of selling their homes. On average, participating households have an outstanding balance of about \$30,000 consistent with cash-flow management for those with low to moderately priced properties in their communities.

COSCO BC asserts that most people deferring property taxes are seniors, surviving spouses, persons with disabilities, and families with children

who are trying to keep their heads above water in an expensive province. Deferring property tax can provide a few hundred dollars more each month to manage basic expenses or offset a one-time major expense – a significant amount when typical incomes are just \$2,000 to \$3,000 per month.

For those who will use tax deferral funds to pay for daily living expenses, tax deferral for the coming year remains a viable option. You may wish to consult a trusted financial advisor for advice regarding your decision to defer property taxes. For more information refer to the COSCO BC website at coscobc.org.

Established in 1950, the Council of Senior Citizens' Organization of BC (COSCO BC) is an umbrella organization made up of many seniors' organizations and individual associate members. Registered under the Societies Act since 1981, COSCO now represents over 85,000 seniors across British Columbia.

WHEN WAS THE LAST TIME YOU HAD YOUR EYES CHECKED?

How's your eye health? If you haven't noticed any changes in your vision, you may feel that it's fine—and you wouldn't be alone. According to a recent eyecare report, 42 per cent of Canadians said that if they had a problem with their vision, they would know it. And 38 per cent would only seek care from an optometrist if their vision began to deteriorate.

Many people are missing out on essential prevention

“Prioritizing essential eyecare is key to maintaining long-term vision,” says Naomi Barber, clinical services director at Specsavers Canada. “However, it's a common misconception that good eyesight means good eye health. That's not always the case.” One in three Canadians are overdue for their eye exam, and eight per cent have never had their eyes examined. That's roughly 3.2 million people—more than the population of Greater Vancouver.

How do eye exams help?

Conditions like glaucoma and age-related macular degeneration can develop with little or no noticeable symptoms at first. Regular eye exams can help detect eye diseases early and protect vision in the long term.

Optometrists have advanced tools, like optical coherence tomography (OCT). It's an imaging technology that provides a 3D scan of the eye, which can help to detect certain eye conditions at early stages.

Even healthy eyes have needs that change over time, and without regular examination, there's no way to tell if a current prescription for glasses or contact lenses is still the right one for you.

Your eyesight is precious. Getting a regular eye exam can help protect it. You can learn more at specsavers.ca.

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Details on page 3.



The Next Chapter

By Mike McCardell

CARDBOARD OCEAN

"Hey, let's go swimming." That was Joey.

"Sure," That was me.

We dove in, swam to the bottom, and stayed there. No air tanks. No drowning. No fear.

Three more kids showed up. "We're coming in," they said.

And in a minute the ocean was filled with kids chasing each other deep under the surface.

In our neighbourhood we had no beaches, no pools, nothing. To get in our ocean you had to climb a chain link fence two stories high to the roof of a factory and then dive into the cardboard boxes that were thrown behind the fence.

A brick wall on one side and fence around the rest was our ocean. No splashing.

The boxes came from the factory which made ice cream. They were not crushed so we could pull ourselves through them, like swimming. The only one watching was a worker on a coffee break in the sunshine. He wore a heavy winter coat and had an ice hook hanging around his neck. He spent his days in a freezer. He had thick eyebrows and a heavy mustache. He didn't talk to us but we were told he was Greek. We did not know where Greece was.

This was a rough area and one day kids from another street came to take over our ocean. In minutes there was pushing and shoving which quickly became punching and kicking.

"Stop!" That was the Greek.

"You can't tell us to stop," shouted one of the invading kids.

The Greek raised his eyebrows.

"When I say stop, you stop," said the Greek.

"We want this place." That was an invader.

"This is ours." That was us.

"You will race," said the Greek. "Winner stays, loser goes away. Pick your racers," said the Greek and he went back into the factory.

We had Joey. He was strong because he often carried his little brother who had infantile paralysis and could not walk, and they picked Rocco because he was the biggest and did all the yelling.

In a minute the Greek was on the roof looking down.

"You," he pointed to Rocco's side. "You go there." That was one end of the fence.

"You." He pointed to Joey, "you go there," the other end.

They climbed the fence. When they got to the top, "Go!" he shouted.

Both Rocco and Joey dove in and started clawing their way down. But this was terrible. Rocco was way ahead of Joey. It was almost like he was really swimming down and not pulling through boxes. Joey was far behind.

Rocco got to the bottom first and his friends were cheering and slapping each other and telling us we'd better get ready to leave. But then Rocco was not going up. He went up a few boxes, then slipped down.

Joey reached the bottom and slowly was pulling himself up. He went past Rocco who was cursing and sliding back. Joey was climbing. Rocco was slipping.

At the top Joey put his arm up and the Greek pulled him out. "Winner!"

Rocco crawled out through the opening where the boxes were thrown in. He was covered in chocolate syrup.

"Not fair," he said. "I want a do-over."

The Greek was back on the sidewalk. "You lose," he said to Rocco. "You go."

"No!" said Rocco.

The Greek lifted the ice hook off his neck. "You go."

Rocco looked at the eyebrows, then the mustache, then the hook.

He and his friends left.

Back on the roof we found a large empty can of chocolate syrup above where Rocco went in. The Greek had fixed the race.

Later we learned about Greece and after that we told everyone that we went swimming in the Mediterranean. No one believed us but we didn't care, we knew we'd be back next summer.

mccardell@shaw.ca

WHY SELF-CARE IS HEALTH CARE

As Canadians, one of the things we pride ourselves on is our health care system. The ability to get diagnosis and treatment, often without paying out of pocket, makes a tremendous difference to many.

But that system has its limits. Often, hospitals are overwhelmed by the volume of people coming in for treatment, especially in the colder months, when seasonal illnesses are at their peak. One of the simplest and most cost-effective ways Canadians can reduce this strain is by practicing self-care.

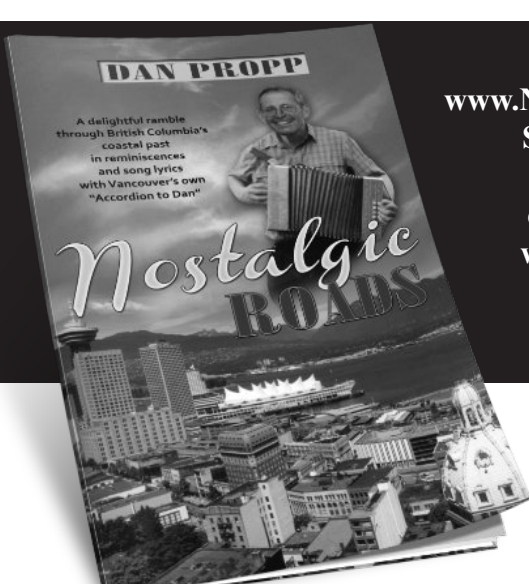
What is self-care? Generally speaking, self-care is taking steps to stay healthy, as well as cope with illness without the support of a health professional. It can take a lot of forms, from knowing when to rest to managing minor ailments like colds and muscle pain using over-the-counter medication to knowing when to seek medical attention.

How can self-care help? Canada had over 15 million unscheduled emergency room (ER) visits in 2024 alone, many for non-urgent issues. The more minor health issues people are able to manage themselves, the greater healthcare capacity there could be. In fact, research cited in a report from Food, Health and Consumer Products of Canada suggests that 500,000 more Canadians could have access to a family doctor if just two per cent of patients who describe their cold symptoms as mild or minor implemented self-care.

How can I practice self-care? According to a recent survey, 93 per cent of Canadians now see self-care as a necessity. This includes taking small, actionable steps to take a proactive approach to your health. This can look like reaching for trusted over-the-counter solutions to ease symptoms, treating minor health concerns before they disrupt your day and building sustainable routines that support long-term wellbeing. Some consumer platforms, like Get Well, Stay Well, offer health and wellness information, as well as savings on many over-the-counter self-care products.

Practicing good self-care comes down to building simple habits and making sure you have the supplies you need on hand. By implementing it, you can deal with many issues more easily at home, potentially need care less often and even avoid some trips to the ER altogether. You can learn more about self-care at getwellstaywell.ca.

www.newscanada.com



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CANADIANS ON MAUI EXPLORING LAHAINA & KIHEI

By Rick Millikan

After an eventful luxurious stay at Napili Kai Beach Resort, we head to Kihei... Honoapiʻilani Highway leads us into Lahaina. Although the 2023's wildfires demolished Jodo Mission, its bronze 3.5 ton Buddha remains, gazing serenely toward the Pacific. Baricades block access into the devastated downtown. Our detour reveals a neighbourhood of new modular homes built by a Hawaiian-Canadian company. We later learn how these were thoughtfully designed and adapted to the needs of displaced Lahaina residents.

Stopping at the waterfront, we study the restoration of its historic courthouse and revived banyan. We try to visualize early harbour activities of the Hawaiian Kingdom's first capital. And here below King Kamehameha's early brick palace, Hudson Bay Company shipmasters traded furs, knives, copper pans, whale oil and flour. Hawaiians produced lomi-lomi salmon from the British Columbian coho.

Numerous Hawaiians boarded HBC ships, migrating to Victoria, Nanaimo, the Gulf Islands, Vancouver...and Fort Langley. Nicknamed Kanakas, some traveled inland laying tracks for Canada's transcontinental railroad. The section called Kanaka Bar reflects their hard work.

Driving into Kihei, we park along a beach to examine a crude stone memorial honouring Captain George Vancouver. In 1793, Kamohomoho, Maui's ruler had arrived nearby in an outrigger canoe, boarded one of Vancouver's ships and piloted him to Lahaina's safe anchorage.

Research recounts that like Captain Cook, each summer his former midshipman, George Vancouver charted North America's northwest coastlines. Then, in late fall he returned to map the Hawaiian Islands. Amicable and respectful, Captain Vancouver also tried to settle foreign incursions and inter-island disputes. Captain Vancouver ultimately convinced his friend King Kamehameha and other chiefs to accept his 1774 treaty, which Hawaiians interpreted as a helpful alliance. This agreement would protect them from unscrupulous traders and cede their Hawaii Island to Britain. British parliament failed to enact this agreement. Not waiting for treaty ratification, Kamehameha continued his battles and formed a united Hawaiian Kingdom. What might have been a kindred Commonwealth Country evolved into an American state... and international holiday destination.

A B.C. lumber baron, Gordon Gibson created this monument in 1969 across the road from his former Maui Lu Hotel. Vancouver's three Hawaiian-British Columbian expeditions were further celebrated by wittily naming his hotel's four four-plexes the Quadras, honoring Spaniard Captain Quadra and Captain Vancouver's meeting on what became Vancouver Island. Gibson brought two totem poles from their Nootka Sound rendezvous and installed them on stone platforms beside this monument. These colourful totems have disappeared, but the British Columbia bond continues.

Our high-rise rental stands opposite one of Kihei's three popular Beach Parks. Arriving early at our suite,

we meet the housekeepers, who greet us warmly, "Welcome to Maui! We rely on you Canadian visitors!" A chat ensues, focusing on Trump's off-putting politics, high island prices...and enjoying life this beautiful, friendly island.

Although often owning island residences, it's difficult to identify Canadians. Only Tim Hortons stands out as a Canadian business, established by a longtime Toronto hockey player. This restaurant famously offers acclaimed Timbits, double-doubles and... like ten other Maui eateries...delectable varieties of Quebecois poutine.

Heading upcountry to a pineapple plantation, we pass rows of citrus trees. We learn these represent a Canadian Public Service pension plan's investment. Mahi Pono owns and farms 41,000 acres of long-dormant sugarcane lands. And we discover their Maui Harvest limes, lemons, mandarins, tangerines, avocados, coffee beans, macadamia nuts, breadfruit, passion fruit, onions, watermelons, bananas and coconuts are being marketed throughout the Hawaiian Islands.

Our Maui factfinding mission has highlighted many, and sometimes surprising, contributions of British forebears, enterprising countrymen and mainstay Canadian. The flight carries us homeward as relaxed, tanned and Aloha filled snowbirds.

When You Go:

- Napili Kai Beach Resort at <https://www.napilikai.com/>
- Maui Tourism: : <https://www.gohawaii.com/>

SEVEN BC SENIORS' ORGANIZATIONS LAUNCH CAMPAIGN TO REMOVE HOME SUPPORT CO-PAYMENTS

VANCOUVER - During BC Seniors Week, a coalition of seniors' organizations, caregivers, health providers and system advocates is calling on the Government of British Columbia to eliminate co-payments for publicly-subsidized home support for seniors.

Home support services range from assistance with bathing and daily personal care, to more complex tasks such as catheter care, oxygen therapy and medication management. The goal is to offer enough support that older adults can remain in their own home and avoid, or at least delay, moving into a long-term care facility.

"Most provinces, including Alberta and Ontario, do not charge for home support services. However, in B.C., seniors with an annual income of \$31,000 must pay \$10,000 per year for one hour of publicly-subsidized home support per day," said Dan Levitt, BC Seniors Advocate. "This simply isn't affordable for seniors living on fixed incomes who often must choose between home support or paying for food, medications, rent, medical equipment or other expenses that come with ageing. Half of B.C. seniors live on less than \$37,000 per year - the current system leaves too many people without the vital support they need to age safely at home."

Family caregivers give the lion's share of care at home – about 80% - and they are breaking under the strain with not enough help from our health system", said Barb MacLean, Family Caregivers of British Columbia. "Home support is the most critical service to sustain care at home, where we all want to be, and it's not keeping pace – it's falling

short at a time when it's needed most" me want to be, and it's not keeping pace – it's falling short at a time when

family caregiver and taxpayers are spending more

The Health Care Needs Home Care campaign - <https://healthcareneedshomecare.ca> aims to eliminate income-tested co-payments which create barriers for seniors to access home support to a point where their only option is to enter subsidized long-term care. Use the website link to send a direct message to your MLA.

Who Is Involved

A coalition representing 400,000+ B.C. seniors, including:

- Jewish Seniors Alliance of British Columbia (JSABC) <https://jsabc.ca/>
- Council of Senior Citizens' Organizations of BC (COSCO) BC <https://coscobic.org/>
- Family Caregivers of BC (FCBC) <https://www.familycaregiversbc.ca/>
- Independent Long-Term Care Councils Association of BC (ILTCCABC) <https://iltccabc.ca>
- BC Care Providers Association (BCCPA) <https://bccare.ca/>
- BC Health Coalition (BCHC) <https://www.bchealthcoalition.ca/>
- Seniors First BC seniorsfirstbc.ca/

"Home support is not a luxury — it is essential healthcare that helps seniors remain safe, independent, and connected to their communities," said Jeff Moss, Jewish Seniors Alliance of British Columbia. "It makes little sense to charge seniors for care that prevents hospitalizations, reduces pressure on long-term care, and ultimately saves the healthcare system money."

"Across BC, income-tested co-payments are forcing many seniors to delay or forgo care altogether. Advocates say this leads to preventable hospital visits, increased emergency room use, and premature admission to long-term care - placing additional strain on an already overburdened health system" said Leslie Gaudette of the Council of Senior Citizens' Organizations

of BC.

"Every avoided hour of home support often becomes a far more expensive system intervention later," said Mary Polok, BC Care Providers Association. "This is not just a social issue - it's a system efficiency issue."

The collaborative is urging the provincial government to immediately make the following changes to the home support system:

- 1 Eliminate home support co-payments for all seniors in B.C.
- 2 Shift to a model based on care need, not income.
- 3 Strengthen investment in home and community care as a core pillar of the health system.

"In an overburdened healthcare system, we need to invest in prevention, not just crisis care. A third of emergency room visits by seniors in B.C. result in a hospital admission at a cost of \$1,000 a day, a situation that could often be averted by a \$50/ day home support visit" said Cheryl Cameron, BC Health Coalition.

"For many seniors, home support is not a convenience — it is essential health care. Without it, simple daily tasks become dangerous, nutrition declines, medications are missed, and preventable crises too often lead to hospitalization or long-term care" said Lisa Dawson, Independent Long Term Care Councils Association of BC.

Coalition members emphasize that eliminating co-payments would improve equitable access to care, reduce demand and shorten wait times for long-term care, reduce emergency department visits and alternate level of care beds in hospital and support seniors to remain safely at home - where 90% say they want to age with dignity.

Strategic investment in home support today will reduce long-term costs and create a more sustainable, effective health care system for the future.

It is imperative that the government act now in the interest of all seniors tomorrow.



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3 REASONS TO CHOOSE LOCAL PRODUCE—AND WHY IT MATTERS

From farmers' markets to grocery store shelves, more Canadians are paying attention to where their food comes from. Choosing local fruits and vegetables helps farmers, strengthens communities and protects Canada's ability to feed itself. Here are three reasons to put Ontario-grown produce on your plate this year.

1 It supports local farmers and communities. Fruit and vegetable farms are deeply rooted in their communities, creating jobs and contributing to local economies. Consumer support helps them continue producing fresh, high-quality food close to home. When you buy local, more of your food dollar stays in Ontario. That means you're supporting farm families, seasonal workers, food processors and the many small businesses across the province connected to our food system.

2 It strengthens Canada's food sovereignty. Recent global disruptions have shown how

vulnerable international supply chains can be. From wars and extreme weather events to tariffs and political upheaval, events far from home can quickly affect what's available on our store shelves. Choosing locally-grown produce supports our own food production. It also strengthens Canada's food sovereignty—our ability to grow and supply as much of our own food as possible. We know we can't grow everything here due to our climate, but a strong local fruit and vegetable sector reduces our reliance on imports and helps keep food available, even during uncertain times.

3 It's fresh, seasonal and full of flavour. Local produce doesn't have to travel far, meaning it can be harvested closer to peak ripeness and reach stores faster.

In spring, look for these local Ontario items:

- Greenhouse tomatoes, cucumbers and peppers

- Asparagus
- Rhubarb
- Green onions and early leafy greens.

As summer arrives, your choices include:

- Strawberries
- Snap peas and radishes
- New potatoes
- Sweet cherries and raspberries

Buying in season delivers better flavour and quality. It also connects you to the rhythm of the growing season right here at home.

Every purchase adds up. By choosing local fruits and vegetables, you're not just eating well, you're supporting local businesses, communities and a stronger, more self-reliant food system.

Learn more about locally grown food at ofvga.org. www.newscanada.com

I HAVE WORN HEARING AIDS FOR OVER 30 YEARS. THAT CHANGES HOW I CARE FOR YOU.

By Dimos P., Registered Hearing Instrument Practitioner and Owner, Shuswap Hearing Clinic

When someone sits down in my office and tells me they are struggling to follow conversations, or that the television keeps getting louder, or that they feel left out at family dinners, I do not just understand it professionally. I have lived it.

I have worn hearing aids for more than 30 years. I know what it feels like to miss a punchline at the table and laugh along anyway. I know the frustration of asking someone to repeat themselves for the third time. And I know, what it feels like when the right hearing care gives those moments back to you.

That experience is the foundation of Shuswap Hearing Clinic. As an independent, locally owned practice with offices in Salmon Arm and Sicamous, we are not part of a corporate chain and we do not answer to a head office. We answer to our patients. That means honest advice, the time to do things properly, and recommendations based on what will actually help you hear better. We are also proud to offer the best prices in the Shuswap every day, because cost should never be the barrier that keeps someone from hearing well.

Hearing loss is one of the most common health conditions facing people over 60, and one of the most overlooked. Untreated hearing loss has been linked to social isolation and cognitive decline. Yet many people wait years before getting their hearing



checked. I understand the hesitation, because I once felt it myself. But I can tell you from both sides of the desk, that addressing your hearing is one of the most meaningful things you can do for your health, your relationships, and your independence.

Our team, including Valerie and Ally, takes pride in caring for neighbours across the Shuswap, from Chase to Armstrong to Sicamous and everywhere in between. Whether you have worn hearing aids for years or are simply curious about your hearing, you will be treated with patience, respect, and genuine understanding.

Call us at 250-838-4008 or visit ShuswapHearing.ca to book your appointment.

HOW SENIORS CAN BEAT THE HEAT THIS SUMMER

Summer heat waves can be dangerous for everyone, and older adults are at particularly high risk.

Unfortunately, recent heat events, like the 2021 extreme heat event in British Columbia, have shown just how real those risks are. More than 600 people lost their lives in just over a week, many of them older adults.

By becoming aware of the risks and taking some simple safety steps, Canadians can be ready for a safer summer, even during extreme heat.

Beware of indoor heat. You can become too hot outdoors or indoors. It's believed that most heat deaths in Canada occur indoors.

Keep your home cool:

- If you have an air conditioner, use it to keep cool.
- Prepare meals that don't need to be cooked in your oven.
- Block the sun by opening awnings and closing curtains or blinds during the day.
- If it's safe, open your windows at night to let cooler air into your home.

Stay hydrated. Drink plenty of water before you feel thirsty to decrease your risk of dehydration. Thirst isn't a good indicator of dehydration.

- Remind yourself to drink water by leaving a glass by the sink.
- Eat more fruits and vegetables—they have a high water content.

If your home is extremely hot:

- Take a break from the heat by spending time in a cool place. It could be a tree-shaded area, swimming pool or an air-conditioned spot such as a shopping mall, grocery store, place of worship or public library.
- Take cool showers or baths until you feel refreshed.

Use a fan to help you stay cool and aim the air flow in your direction. Note: While fans can help you feel more comfortable, they're not effective at cooling the body at temperatures over 35 C. Stay in contact, stay safe. Frequently visit neighbours, friends and older family members, especially those who are chronically ill, to make sure that they're cool and hydrated.

For older adults, beating the heat is about safety, not just comfort. You can learn more at canada.ca/heat.

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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!