

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

TODAY'S SENIOR NEWSMAGAZINE

JUNE - 2026

BRITISH COLUMBIA EDITION
Volume 35 - Number 4
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CANADIAN PUBLICATIONS MAIL PRODUCT
 SALES AGREEMENT #40025695

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Just a few years ago, eh? (Photo: Dan Propp)



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ACCORDION TO DAN

Well, here it is June already and the summer holidays in the year 2026 are just around the corner. It

seems almost unbelievable! Some of us still remember the change over to the second millennium and somehow it seemed like it was almost around the corner! The warm weather this July and August makes its entrance and after that a quick departure. The following bits of rhyme in this issue might replenish some significant memories.

GOING BACK JUST A FEW YEARS, EH?

As the year two thousand became closer, the nineteen hundreds waved a nostalgic so long and goodbye. Now here we are in June 2026 thinking over as today's ever more breaking news unfolds, oh my! Whatever happened to what used to be? A coffee at many restaurants used to be just a dime, plus at some, even a free refill. Remember Vancouver's restaurants Mr. Jake's and Mr. Mike's, a steak with all the extra trimmings charged a whopping dollar and nineteen cents, goodness me! Today, like a balloon everything from food costs all the way to pharmaceuticals, talk about inflation, eh? Incredible what some folks are resigned to pay for their prescriptions.

ALL THOSE ENTERTAINMENT DAYS

"Goodnight Mrs, Calabash, wherever you are." A honky-tonk piano or 'piana' and of course most of us fondly remember Jimmy Durante, and it sure takes you way back, eh? Truly an original in every way. As were the comedians like George Gobel, Myron Cohen, Milton Berle, Wayne and Schuster, Jackie Gleason, Groucho Marx, George Burns, Gracie Allen and "I'm still thinking it over", of course, Jack Benny. All those old radio programs and commercials that took us away to an era that still inspires and brings warmth to so many special memories.

Remember radio commercials like "the coffee with the stars on top", Lipton soup, "Never borrow money needlessly but if you must"—HFC-Household Finance? And in Vancouver, Peoples Credit Jewelers, Honest Nats Department Store 48th and Fraser and of course 'Dollar forty-nine day Tuesday', Woodward's Department store, all those jingles and catchy tunes that still take some of us seniors away to another and special time. It was a different lifestyle then eh? No credit cards, GST, computers, cell phones or zooming. Canada Post was still thriving as were handwritten



letters, post cards, affordable costs of the basics and who could forget the manual typewriters. Reflecting on an era that somehow with technology drifted away.

ALL THOSE VOICES AND ALL THOSE SHOWS

'This is the city, Los Angeles', do you still hear Jack Webb's voice?. Remember that series called Dragnet. How about Clem Kadiddlehopper one of many characters made famous by Red Skelton. How our memories rejoice.

The good old days with rabbit ears, watching TV shows from 'Groucho Marx and 'You Bet Your Life' to Ed Sullivan on Sunday nights..."We have a reeally big shoe tonight" with singers, accordion players, jugglers, all the way to comedian performers. The dry humour of George Burns and his wife Gracie Allen on their TV show. Who can ever forget, Jackie Gleason in his role as a New York bus driver sure filled out our television entertainment appetites.

IN CLOSING A FEW MORE MEMORIES TO REPLENISH

The Cisco Kid, The Lone Ranger, Gene Autry and Casper the friendly ghost. Remember all the comic books and tv programs of our past—Mr. McGoo, Bugs Bunny, Little Lulu, Buck Rogers. What we

enjoyed the most. Goodness me those days around nineteen fifty-two. Aerials on top of our roofs connected to that Sylvania, Zenith, RCA or Westinghouse TV sets. All that amazing tv technology on the floors of Eaton's, Woodward's and the Bay. As kids were totally captured by Howdy Doody, Donald Duck and Mickey Mouse. Remember when Cinerama came to Vancouver's theatre The Strand. How about the magic of Granville Street's neon theatre row and wearing those special glasses watching a 3-D movie. It was totally magic. Why its popularity diminished is still kind of hard to understand. Oh my, in retrospect looking back over the years, how life once used to be.

In good old Beautiful BC, the NDP days – Premier Dave Barrett and Social Credit's Premier W.A.C. Bennett. They both had a totally different philosophy and yet nevertheless, two great premiers in BC's amazing history!

Please visit www.Nostalgicroads.Weebly.com

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

Plus books via www.amazon.ca

Photo: Just a few years ago, eh? (Photo: Dan Propp)

Telephone Contact Numbers PRODUCTION / DISTRIBUTION

Main Office / Distribution 778-751-4188

OFFICE HOURS: 9:00am-Noon

Tuesday, Wednesday, Friday

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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

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Publications Mail Registration #40025695

Printed in Canada, Blackpress

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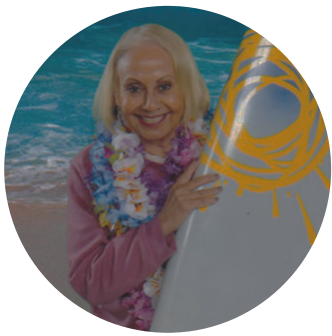
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JAMIE GENTRY BLOSSOMING AT BILL REID GALLERY.

Article & photos by Lenora A. Hayman.

At the Bill Reid Gallery, 639 Hornby St. Vancouver, 604-682-3455 ext.221 until Aug 10, 2026 is BLOSSOMING, a beautiful, solo exhibition, by Jamie Gentry, a kwakwaka'wakw artist, of her personal collection of handcrafted moccasins. For over 10 years, Jamie Gentry created moccasins for customers, but this is a personal collection, honouring her love of the floral and natural world. Her intention is not to conform to other's expectations but to be herself "emerging from Mother Earth, and blossoming into something beautiful".

My mother's favorite flower was the bearded iris, so I was thrilled to see the Purple Iris moccasins. Gentry said "the royal and regal flower speaks to dignity and worth. It reminds me that all deserve to be honoured and uplifted for our unique gifts".

The delicate Sweet Peas "symbolize blissful pleasure and deep gratitude".

Cherry blossom season is glorious and brief and Gentry's Cherry Blossoms moccasins remind us "not to take our precious time in this world for granted"!



The Nootka Rose "represents healing and compassion".

Those lovely moccasins and their stories created a calming interlude in this busy world.

Four Colour Photos all by Lenora Hayman.

Top: Purple Iris (2023) Bison leather, beads.

Top Right: Sweet Peas (2023) Home tanned hide, fox fur.

Right: Nootka Rose (2023) Bison leather, beads.

Pict 3 Cherry Blossoms (2023) Bison leather, beads, fox fur.







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4 REASONS TO TAKE A PURPOSE-BUILT JOURNEY

The way we travel is changing. Instead of planning trips around destinations alone, more travellers are choosing experiences that reflect their interests. A purpose-built journey is built with that idea in mind, whether focused on food, history, culture, pace or a mix—each day is shaped around what matters most to you. One way to do this is on an all-inclusive river cruise. Here are some tips from Scenic Luxury Cruises & Tours for making a purpose-built journey:

1 Explore food in new ways. Some of the most memorable travel moments happen around the table. Food and wine are deeply connected to the places along rivers like the Rhône, Rhine, Danube and Douro. On a river cruise, you might visit a local market in France, sample regional wines in Portugal's Douro Valley or enjoy dishes inspired by the landscapes you're travelling through. These experiences offer a direct connection to the culture, shaped by local ingredients and traditions.

2 Leave room for choice. Some days on a river cruise may be guided and structured, while others invite time to explore independently. This balance lets you dive deeper into the experiences that interest you. The result is a pace that feels both relaxed and intentional and a journey that reflects your individual interests.

3 Experience history beyond the landmarks. Europe's rivers flow through cities where history is part of everyday life. Along the Danube, destinations like Vienna and Budapest reveal layers of the past through architecture, museums and historic sites. Travelling this way allows time to explore beyond the surface, where storytelling and the experience of being there can bring well-known places into sharper focus.

4 Immerse yourself in the details of daily life. Often, it's the quieter moments that leave the strongest impression. For example, along the Mekong River in Vietnam and Cambodia, daily life unfolds on the water and in riverside communities. You can visit local villages, markets and cultural sites that offer a more personal perspective, connecting you with the traditions and routines that define each destination.

Ultra-luxury river cruising brings these elements together in a single journey. You can move easily between destinations without the need to repack, with experiences and excursions included along the way. Learn more about making a purpose-built journey at scenic.ca/river.

www.newscanada.com

HOW YOU CAN PREPARE FOR EXTREME HEAT NOW

The warmer months in Canada can be a relief from our long winters, but they're not without risk.

Heat waves can happen in late spring when your body isn't yet used to extreme heat. This can put you at risk for heat illnesses, but you can take steps to keep yourself and your household safer.

Heat illnesses can affect you quickly, and can lead to long-term health problems and even death. That's why being ready matters. By taking a few simple steps, you can help protect yourself, your family and others in your care.

You can become too hot outdoors or indoors. It's believed that most heat deaths in Canada occur indoors. Older adults are especially at risk if they don't have ways to stay cool.

Prepare for the heat before it gets here. Make sure you have access to a cool indoor space. If you have an air conditioner, make sure it works properly before the hot weather starts, and get it fixed if it is not in working condition.

If you don't have a working air conditioner, know where you can go to get relief from the heat such as a cooling centre, community centre, library or shaded park. Check with your city or municipality to see if they offer relief services during hot weather.

Have a plan. It's important to have an emergency plan for your home, and to make sure it prepares you for extreme heat.

For instance, you can arrange for regular visits by family members, neighbours or friends during very hot days in case you need help. Visitors can help identify signs of heat illness that could be missed over the phone.



Stay informed to stay cool. Tune in to local weather forecasts and alerts so you know when to take extra care.

Hot temperatures can be dangerous, especially if you are taking medication or have a health condition. Ask your doctor or pharmacist if you are at a higher health risk in the heat and follow their recommendations.

It's important to be ready before an extreme heat event starts. You can learn more about getting ready at canada.ca/heat.

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FINANCIAL NEWS

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

Are financial headlines keeping you awake at Night?

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

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

Most of the clients that I deal with are boomers and retirees and over the years they have instilled in me that what's important to them is not the returns they get on their investments, but it is the return of their investments. They want assurances that their investments will be safe in the future so they can plan their retirement. They want investments that give them the opportunity to participate in the upside of the markets, but protect the deposit value if the markets should go down. They want to know that their income is guaranteed, and has the potential to increase, rather than go downwards when the markets decline. They especially want to be able to pass on a guaranteed value from their investments to their spouse, children or grandchildren in case of death, and not just the market value at death.

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

Guaranteed Investment Funds (GIF) for Estate Planning

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

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

and greater privacy.

Protect your capital with the death benefit guarantee

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

Avoid Probate and Estate Fees

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

Transfer Assets without delays

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

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

Distribute your assets with privacy

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

For further information on using guaranteed

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

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

Where are you at risk of identity theft?

Unfortunately, identity theft is on the rise, and so is the damage that criminals can do with that information if it's compromised. Here are some of their favourite places to get access to sensitive information, and where you can consider shoring up your defences:

1 Public or unsecured Wi-Fi networks. Hackers can intercept sensitive information as it moves to and from the cloud—avoid logging into financial accounts or accounts with personally identifiable information on these networks.

2 Your tax return. Many people don't think of their taxes as a security risk, but the forms contain a great deal of personal information. With most people now filing online, tax forms are a prime target for phishing attacks and other scams designed to get you to hand over personal information to fraudsters. Using a virtual private network (VPN) can help. Services like Telus Online Security's secure VPN create a private, encrypted connection so you can file your taxes online without hackers interfering.

3 Your recycling bin. Scammers don't just use high-tech methods. They can also gain personal information by going through discarded documents. Always destroy anything sensitive before discarding it.

4 Unsafe links. One of fraudsters' favourite ways to get your identifying information is by getting you to give it to them. They can make fake login pages for banks, tax services and other sensitive accounts. When you log in, the fraudster gets your username and password. Always be skeptical of unexpected communications that have links to click.

When it comes to identity theft, prevention is the best cure. It's important to stay vigilant and treat any unexpected communication with caution. If you're ever unsure, you can verify the communication by reaching out to your bank via its main login page.

The threats to your identity are real, but you have options to stay protected. Learn how you can better protect your identity and finances during tax season and beyond at [telus.com/onlinesecurity](https://www.telus.com/onlinesecurity).

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THE PHARMACIST REVIEW

By Lyle Sunada

Insulin Resistance and Belly Fat: A Targeted Supplement Approach

If you struggle with **blood sugar swings, cravings, belly weight, or low energy after meals**, insulin resistance may be part of the picture.

Insulin resistance happens when your cells stop responding properly to insulin, the hormone that helps move sugar from your bloodstream into your cells for energy. When this happens, your body has to make more insulin to keep blood sugar under control. Over time, that can lead to **higher blood sugar, more fat storage (especially around the middle), stronger cravings, and eventually prediabetes or type 2 diabetes**.

Fortunately, there are practical ways to support healthier blood sugar and improve metabolic health. Along with reducing excess sugars and refined carbohydrates, increasing protein, and building muscle, certain targeted supplements may also help.

One option is **UltraGlucose Control** by Metagenics, a physician-formulated nutritional shake that can be used as a meal replacement or snack. It contains **UCAN SuperStarch**, a slowly digested carbohydrate that provides a gentler rise in blood sugar compared to many traditional carbohydrate sources. This can help **reduce the sugar spikes and crashes** that often worsen cravings, hunger, and low energy. It also provides protein, vitamins, minerals, and branched-chain amino acids to support satiety and metabolic balance.

UltraFlora Control contains Bifidobacterium lactis B-420, a probiotic strain studied for its effects on metabolic health. The gut microbiome plays an important role in regulating inflammation, blood sugar, and even appetite signalling. By supporting the production of beneficial compounds such as short-chain fatty acids, this probiotic may help improve insulin sensitivity and **promote more balanced appetite regulation** over time.

Berberine GT is one of the most well-known natural supplements for blood sugar support. Berberine has been widely studied for its ability to **improve insulin sensitivity**, allowing the body to use insulin more effectively. This may help lower blood sugar and reduce the excess insulin levels that can encourage fat storage, especially around the midsection. The formula also **includes green tea extract** to help enhance berberine absorption.

Finally, **Creatine UP** plays an important role in blood sugar regulation. **Muscle acts like a storage tank for glucose**, helping pull sugar out of the bloodstream. The more lean muscle we maintain, the better our body can handle carbohydrates. Creatine helps support strength, exercise performance, and muscle preservation, particularly when paired with resistance training and adequate

protein intake. **Creatine UP also contains L- taurine**, an amino acid that may further support insulin sensitivity, muscle function, hydration, and recovery.

The Bottom Line

These four products work together to support insulin resistance from different angles:

- **UltraGlucose Control** helps reduce blood sugar spikes

- **UltraFlora Control** can normalize appetite signalling over time

- **Berberine GT** helps improve insulin sensitivity

- **Creatine UP** helps preserve muscle, which is essential for healthy glucose control

My next Insulin Resistance, Belly Fat, Prediabetes Seminar is on May 6th.

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



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PROPERTY TAX DEFERRAL REMAINS A GOOD OPTION FOR CASH-STRAPPED SENIOR HOMEOWNERS

VICTORIA – BC Seniors Advocate Dan Levitt encourages senior homeowners with affordability challenges to consider deferring their property taxes despite increases to the interest charges announced in Budget 2026.

“The average deferred property tax amount in 2024/25 was \$5,400 which is a lot of money for an older adult on a fixed income,” said Levitt. “Seniors who need help to age at home, must travel for medical care, or pay an unexpected bill often find themselves struggling to come up with extra funds. Despite the program changes, property tax deferral is still a good option to support older people to stay in their own homes.”

Changes to the Property Tax Deferral Program include switching from low simple interest (prime minus 2%) to higher compounded interest (prime plus 2%). These changes apply to taxes deferred in 2026 and later; existing deferrals (2025 and earlier) maintain the previous rates.

The Ministry of Finance data shows that under the new program terms, a senior homeowner deferring the median tax amount of \$3,800 every year for 10 years will pay just over \$17,000 in interest costs. Under the previous program terms, a senior deferring the median tax amount annually for 10 years would pay just over \$5,000 in interest costs.

These estimates assume a prime rate of 4.45%

and consistent annual deferrals. However, it is likely both the rate and tax amount deferred will change over time. Approximately 80% of seniors who defer their taxes repay the loan within about 10 years, typically when they sell their home.

“Despite tax deferral costing \$1,200 more per year on average with the government’s recent changes, the loan is not due until the home sells which is a huge advantage over other lending programs,” said Levitt. “There has been a lot of inaccurate information shared about the financial impact of government’s changes, however, the program still provides significant support for seniors needing extra money to pay bills each month or cover an unforeseen expense.”

Anyone interested in deferring property taxes or seeking more information is encouraged to contact a trusted financial advisor or government program representative.

“Many seniors have spoken with me directly and contacted my office to express frustration with changes to the Property Tax Deferral Program. Generally, they are confused, concerned and believe government targeted older adults with increased costs in Budget 2026 by changing the interest terms, adding PST to many goods and services seniors buy, and delaying construction of much-needed long-term care homes. Government needs to act quickly to improve and increase the

services, programs and supports seniors and their families across B.C. rely on as they age.”

More information:

Government of BC Property Tax Deferral Program

- Call toll-free 1-888-355-2700

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The Office of the Seniors Advocate is an independent office of the provincial government with a mandate of monitoring seniors’ services and reporting on systemic issues affecting seniors. The office also provides information and referral to seniors and their caregivers by calling toll-free 1 877 952-3181, via email at info@seniorsadvocatebc.ca, Canada Post and the OSA web site <https://www.seniorsadvocatebc.ca/>.



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WRITE AS I PLEASE

By Mel Kositsky

Age is only a number.

While these are challenging times for many “older” adults, there is still lots of time left to get out and enjoy life -- and the first week of June is a great time for all “Seniors” to get moving.

In 2026, Seniors' Week takes place June 1 to 7. It's an opportunity to show appreciation for older adults and the many contributions they make to our communities through volunteerism, assisting charities and by supporting family members and friends.

Many organizations, groups, and local businesses will be holding celebratory events and fun activities as a way to recognize Seniors' Week, with the hope of developing positive attitudes towards aging.

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

Dan Levitt, British Columbia's Seniors Advocate, will kick off the week as the special guest speaker at the “Rise & Shine” breakfast on Monday, June 1, from 8:30 to 10 am, at the Langley Senior Resources Society centre in Langley City. Reservations are required by calling 604-530-3020. Cost of the buffet breakfast is \$10.

Throughout the week, the Langley seniors centre is offering a full schedule of special events – allowing seniors to try out some programs and activities, along with live entertainment and snacks in the lounge.

Many communities across the province are planning similar events and activities and most of them will be free of charge. There will also be a number of community fairs held in cities and towns across B.C. which will bring together service providers for seniors and businesses who support seniors.

Now in its second year, the Aldergrove Seniors Community Fair will bring together more than 30 exhibitors on **Monday, June 1 -- from 10 am to 2 pm** – at the **Royal Canadian Legion #265, Aldergrove (26607 Fraser Highway)**. This special event is dedicated to connecting seniors with vital services and resources.

Paul Crump, Chair of Langley Seniors in Action, said this year the fair will be introducing a “Speakers' Corner”, with three guest speakers participating.

The event is hosted by **Langley Seniors in Action, Langley Meals on Wheels, and the Royal Canadian Legion #265, Aldergrove**. *Today's Senior news magazine* is also a sponsor.

Seniors, caregivers, and community members are encouraged to attend and explore the many resources

available to support aging with dignity and independence. Seniors in Aldergrove often face challenges in accessing support programs and services due to limited local availability. This fair will bring together organizations that provide essential resources, both those based in Aldergrove and those serving seniors from outside the community.

The event will allow seniors to engage with representatives, ask questions, and learn about programs designed to support their health, well-being, and independence. Langley Seniors in Action is a volunteer group looking to drive change with positive impact for older adults. It brings people together to collaborate, stay informed and plan actions to improve the lives of older adults. For more information, contact info@langleyseniorsinaction.ca.

The Township of Langley is hosting a free “Seniors' Social” on Friday, June 5 from 10:30 am to 12:30 pm at the Murrayville Community Hall, 21667 48th Avenue. It will be an opportunity to connect with others in the community and enjoy live entertainment and light refreshments at no cost. RSVP by calling 604-532-3531 or register online.

Get active with Seniors' Week activities at all Township recreation facilities. From June 1 to 7, celebrate the great contributions seniors make to our community with free and low-cost activities throughout the Township of Langley. New activities for 2026 include the Guided Nature Stroll at salishan Place by the River in Fort Langley. The full program schedule is available at tol.ca.

Start off Seniors Week, with Seniors First BC, who is pleased to be participating in the “55+ Forum on Safety, Health & Wellness” hosted by City of Surrey. The event takes place on Saturday, May 30 from 9:30 am to 2:30 pm at the Newton Seniors Centre, 13775 70th Avenue.

Listen to informative presentations on Falls Prevention, Emergency Preparedness, Representation Agreements, and more. Explore the various information booths. Also included are door prizes, activities and a light complimentary lunch. Admission is free.

Minimum wage increase

B.C.'s lowest-paid workers will get a wage increase from \$17.85 to \$18.25 per hour on June 1, 2026, in an attempt to keep pace with inflation.

“Working people in our province are feeling the pressure of inflation,” said Jennifer Whiteside, Minister of Labour in a news release. “That's why we acted to bring in annual minimum-wage increases, which have helped paycheques keep up with increasing costs of essentials like food and transportation. This matters for everyone, and especially for minimum-wage workers, the people doing the jobs so many of us rely on every day.”

The increase taking effect on June 1 applies to the general

minimum wage. The same increase applies to specialized minimum wages, such as the rates for resident caretakers, live-in home-support workers, live-in camp leaders and piece-rate agricultural workers.

The increase also applies to the special minimum wage for app-based ride-hailing and delivery-service workers, established in September 2024. Effective June 1, 2026, that minimum wage is \$21.89 per hour of engaged time. Minimum piece rates for hand-harvested crops will increase by the same percentage on Dec. 31, 2026.

In 2024, minimum-wage increases were protected in provincial law, with the amount automatically tied to the previous year's inflation. Over time, these changes have moved B.C. from near the bottom to among the highest minimum wages in the country. In 2011, B.C.'s minimum wage was the lowest in Canada, at just \$8 per hour.

The minimum wage has increased alongside broader wage growth in the province. Over the past five years, the average hourly wage in B.C. has grown by nearly 26%, increasing from just over \$30 an hour to nearly \$38.

CELEBRATING SENIORS

Sandra Marshall, president of the Mission Association for Seniors Housing, sent *Today's Senior* news magazine the following message:

“I'm writing on behalf of The Cedars Assisted Living community in Mission, B.C., to ask if you would be open to including a poem written by one of our residents in an upcoming publication.

“The poem (**Only Time**) reflects our resident's life experiences and sharing it would be a meaningful way to celebrate creativity, talent, and lived experience of seniors. Our residents have a lifetime of stories and artistic ability to share, and this piece offers a powerful example of how seniors continue to contribute to our community.”

Only Time

Lying dormant like a sleeping flower, wanting to awaken and share,
all its beauty.

Waiting for the beauty of life to be shown, like opening a door to new
paths.

There's still time, time to dream new dreams.

Time to share all life has to offer, so much love to share, so many
dreams to dream.

No way to express the love, so longed to be shared.

Waiting, searching, but no patterns to be seen.

Searching places where there is no hope to be found.

But it's only time.

Can't give up, not yet too soon.

Must slow down, look around, wait for time.

Hold onto my dreams, it's only time.

Time will give me strength to make my dreams a reality.
I will see again, when I'm found, there will be more happiness than
love can share.

Only time will show me why my dreams are dreams and reality
seems like one.

I will awaken, full of love and beauty to make reality seem like a
dream itself.

Only time will let love be felt in its highest form, a friend.

Someone to hold, someone to love for the dream they are.

Only time will be left as my worst enemy.

Only time can end the reality of the dream.

Only time.

Written by Larry Lacasse
November 11th, 1992

5 ARTHRITIS-FRIENDLY MEAL PREP FOR BEGINNERS

Meal prep sounds great in theory...until pain and fatigue get in the way. For many people living with arthritis, the idea of spending hours in the kitchen can feel unrealistic.

But meal prep doesn't have to be all-or-nothing. At its core, it's simply about preparing meals or ingredients in advance so you're not starting from scratch every day. When you focus on incorporating more anti-inflammatory foods like fibre-rich plants, omega-3s and nutrient-dense ingredients, you're setting yourself up to feel better, even on tough days.

Here are five tips from Arthritis Society Canada to make meal prep work in your favour.

1 Keep it simple

Skip complicated recipes and aim for meals with five to 10 main ingredients, not including spices and herbs. The simpler the prep, the easier it is on your time, energy and joints. Cooking methods that don't strain your joints will also make your meal prep experience more enjoyable.

2 Lean on frozen, canned or pre-cut ingredients
Stock up on frozen fruits and vegetables, as well as low-sodium canned legumes, and consider pre-cut salads, vegetables and fruit for less chopping and quick meals. These are especially helpful when you don't get a chance to visit the grocery store or when fatigue and pain get in the way.

3 Batch cook at least once a week

Make double or triple the portion you need, enjoy some right away and freeze the rest for later. Future you will be very grateful.

4 Work with your energy, not against it

Some days will be easier than others, and that's okay. Plan your meal prep for times when you're feeling your best and scale back when you're not. Consistency matters more than perfection.

5 Take it one meal at a time

You don't have to prepare an entire week of meals to see benefits. Start with one meal or even one snack. Add more anti-inflammatory ingredients where you can and build from there at your own pace.

Discover more anti-inflammatory tips at arthritis.ca/healthy-living.

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Venue is wheelchair-accessible

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BEYOND THE TOURIST TRAIL: IMMERSED IN ENGLAND'S LIVING HISTORY

By Ursula Maxwell-Lewis

When a friend enthused about a long-stay British holiday she and her husband arranged, I asked for details. How was it arranged. What were the pros and cons? Could I share their story?

They agreed on one condition. No names, due to their opposition to online personal publicity. Pseudonyms, they agreed, would be fine. For story purposes they are Eleanor and Richard. Here's a synopsis of their experience.

For this retired couple, travelling through England was never going to be about racing from landmark to landmark.

They wanted something deeper: time to settle in, meet locals, volunteer, walk the countryside and absorb the layers of history woven into everyday life across northern England and Wales.

"We're not interested in surface travel," Eleanor said. "We like digging deeper and talking to locals."

What began as a long-held fascination with British history evolved into an extended slow-travel adventure that saw the couple spend more than five months living in Yorkshire and travelling throughout England.

Their interests range from medieval churches, castles to the lives of historical figures and local daily life.

"I first visited in 1995," Eleanor said. "I saw how they celebrate their history. You can see it everywhere — it's cherished."

The couple had previously visited Yorkshire twice after watching *Escape to the Country*. Eventually they chose the Yorkshire Dales area as their base. They chose Hebden Bridge (near Grassington) for exploring surrounding regions by car, bicycle and on foot.

Unlike conventional whirlwind vacations, the couple preferred to move slowly.

"It wasn't a blizzard tour," Eleanor said. "We wanted to really experience the places."

After purchasing a small van, electric bicycles and basic housing essentials, the couple settled temporarily into village life. At first, their rental cottage was sparsely furnished while they waited for deliveries.

"We were sitting on the floor surrounded by Amazon boxes," Eleanor laughed. "It felt like being newlyweds again."

Finding longer-term accommodation, however, proved far more difficult than expected. Holiday

rentals were expensive and often limited to 28-day stays, while landlords were hesitant to rent to foreigners without UK credit histories or local references.

"Most wanted one-year leases and we only wanted six months," she said.

Eventually, a cottage whose owner agreed to keep the property on the sales market while they stayed there, became available.

From that base, the couple immersed themselves in local life. Eleanor joined bell-ringing practice at St Peter's Church, a 12th-century church where she quickly learned the centuries-old tradition was much harder than it appeared.

"I actually fell backwards and cracked my tailbone," she said. "But I kept going!"

The experience is one of her favourite memories.

Volunteering at a local folk museum, joining community litter walks and spending time getting to know the locals became highlights of their adventure.

"A lot of people were very curious about us," Eleanor said. "They wanted to know why Canadians would want to spend so much time there."

For the couple, the answer lay partly in Britain's unique relationship with its past.

"They've been doing some of these traditions for hundreds of years," Eleanor said. "The market towns still feel genuine. There's nothing trying to prove itself."

Among the places that left lasting impressions were Skipton Castle, which she described as one of the best-preserved castles they visited, and Hadrian's Wall, where they completed a day walk.

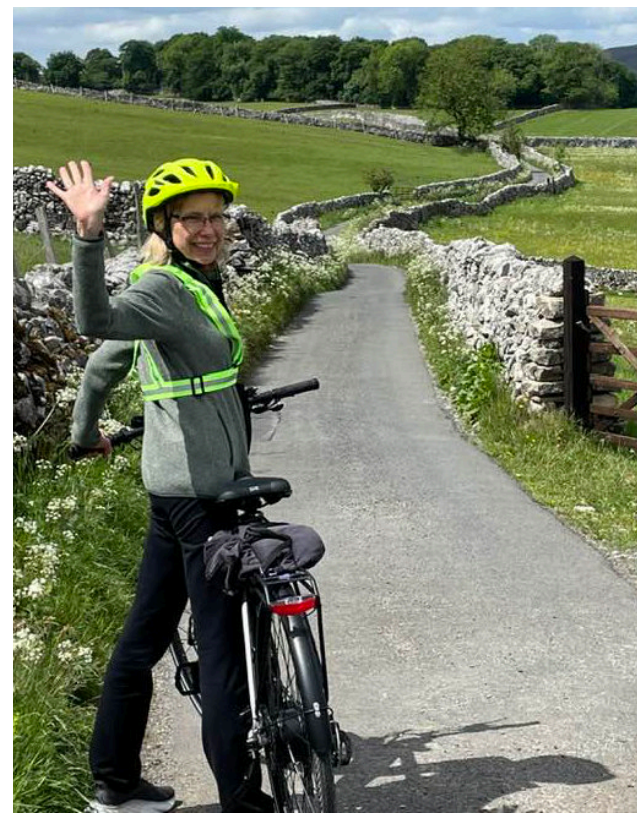
In Northumberland, they were awed by Bamburgh Castle and attended Kynren, the large-scale outdoor historical production near Bishop Auckland.

"It was the most spectacular live performance we've ever seen," Eleanor said. "At one point a Viking ship came out of the water with people on it. Richard and I just kept looking at each other with our mouths open."

Other excursions took them through the Lake District, Derbyshire, Hertfordshire and the Welsh Marches, as well as on a short Mediterranean cruise that included stops in Barcelona, southern Spain and Genoa.

The couple often explored by e-bike, though Eleanor joked that steep hills occasionally tested marital harmony.

"Anything too hilly causes marital discord," she



chuckled.

Despite the beauty of the countryside, Eleanor also observed some of the pressures affecting some English villages, such as increasing tourism, second-home ownership and housing affordability challenges.

Still, the rewards of slower, community-based travel far outweighed the complications.

For Eleanor, what continues to resonate most is England's visible sense of continuity — the feeling that history is not confined to museums but remains embedded in daily life.

"It's so enriching," she said - while proceeding to tell me about their current long-stay adventure plans. I'm getting regular updates which are making more than a little envious!

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

Photos top: Chatsworth House, the seat of the Duke of Devonshire.

Top Left: Bike trip break! Peaceful lunch break on the river bank enjoying the romantic ruins of Bolton Abbey, a 12th Century Augustinian monastery.

Bottom: Dales cycling on a spring day.

PROTECT YOUR HOME FROM THESE 3 EXTREME WEATHER RISKS

Canadians have never been strangers to harsh weather. But recent years have seen a rise in intense storms, flooding and wildfires across the country.

“The truth is that extreme weather events are becoming more common, and it’s putting Canadian households at risk,” said Mel Wright, vice president and head of Intact Insurance’s prevention program, which educates homeowners on making their properties climate-ready. “Being prepared is your best defence, and there are things you can start doing around the house today to help protect it.”

Here are steps you can take to be better prepared for three of the most frequent extreme weather events:

Flooding. It’s the most common and expensive natural disaster in the country, according to Public Safety Canada. Flooding can cause lasting damage to your home, especially the foundation. The key to flood preparedness is managing how water drains.

- Make sure to clean your gutters and eavestroughs regularly—even small amounts of debris can quickly become a blockage.

- Verify that your downspouts empty out at least six feet from your foundation.

- Set up a schedule to clean out your backwater valve and test your sump pump twice a year. If you don’t have a sump pump and backwater valve installed in your basement or crawl space, consider installing them.

Wildfire. In the event of a fire, your home’s roof is at greatest risk: embers and sparks can float through the air and land there, where they can be harder to see



and can ignite some roofing materials.

- Installing shingles made from Class A roofing materials like cement fibre, asphalt or metal can help slow or prevent your roof from igniting.

- It’s also important to create a fire break around your home—a gap where there’s no combustible material. Clear anything flammable, such as mulch, plants or firewood, from an area at least 1.5 metres from the exterior walls. If you can, clear any evergreen trees, such as pines, for at least 10 metres around your home. These types of trees are much more flammable than others.

Storms and strong winds. The biggest danger from strong winds is what might be blowing around.

- Make sure to secure any outdoor furniture

and other objects, such as bird feeders or barbecues, to keep them from flying off, falling over or damaging your home.

- Switch your gardening and landscaping materials to something soft like soil, as opposed to stones, because strong winds can pick up heavier objects than you’d expect.

- Consider fortifying your doors and sealing gaps and cracks in walls, as well as around pipes and fixtures.

Simple upgrades and home maintenance can go a long way in keeping your home protected. Learn more about preparing for extreme weather at keepintact.ca.

www.newscanada.com

A DECLUTTERING GUIDE TO REFRESHING YOUR SPACES

If you’re looking to de-stress, reclaiming your personal space can be a great way to reset your routine and make a fresh start. It’s also a good opportunity to clear out clutter. Even small changes can reduce your stress and help spaces feel easier to live and work in. Here are some ways to get started:

At home

- Start small by decluttering one area at a time, focusing on surfaces you see every day like counters, tables and couches.

- Gather items you rarely use into a box and revisit it after a few months to decide what to keep, donate or sell.

- Reduce paper clutter by switching to paperless billing where possible.

- Improve air quality by changing furnace or air conditioning filters as needed and keeping indoor humidity below 50 per cent.

In your car

- Keep a small garbage bag handy to prevent clutter from building up.

- Vacuum seasonally and remove salt or gravel from floor mats.

- Clean dashboards and doors with a cloth and warm water instead of chemical cleaners.

- Avoid air fresheners or deodorizing products that can irritate your airways.

At work

- Keep only the items you use every day on your desk.

- Clear papers and unnecessary items at the end of each day and keep a recycling bin nearby.

- Organize documents into folders and store them in a drawer close to your workspace.

- Adjust your setup for comfort by keeping your monitor at eye level and your keyboard properly positioned.

Small changes can help you refresh your spaces. Find more tips and resources at cooperators.ca.

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The Next Chapter

By Mike McCardell

Tribute To A Superhero

They are not only movie screens. And not just in comics. They are real and they live among us and they are good if you need a dose of inspiration.

Very simply, they are down there, look down, coming from the ground and ruining your day. Or they could be making your day. That depends on you.

Despite all the money, time, effort and frustration we have spent trying to get rid of them, I would like to praise a most wonderful nasty bit of nature. It is almost invincible. It is a medal of honour winner. It is a plant that has something not biologic. It has a soul, which does not mean it is going to heaven, but it does mean that it has courage and fortitude and beauty. There are countless varieties of it, but they all go under the same tough name: "Ooh, no! We have weeds again!"

And it has the same game plan when dealing with enemies, like us. "You can get me here, but not there. You can pull me up, but I'll come back. You can poison me, which is not nice or legal, but I'll

survive."

It is the Super Hero Plant, the one that lives where you and I and everyone does not want it to live. That takes courage.

It is a plant so special you cannot buy it. Its seeds do not come in little envelopes. It is a plant that lives by laughing at us and at the rest of the plant world. It will not allow itself to be put in little pots and made a fuss over by garden clubs. It will not be cut and wrapped and decorated by florists and have a price tag hung around its neck. Never!

But even in this population of defiant individuals there are some which rise even higher. They are not the dandelions which come back at night after you have pulled up everyone of them and then they are there again in the morning. "How did that happen? I swear I got all of them."

The real heroes are the weeds that grow in the cracks of sidewalks. They are stepped on. Their leaves are crushed. Litter is thrown over them. Even in a rain storm their roots struggle for something to drink. When the sun is out the concrete becomes an oven. And yet they do not die. They squeeze their fingers into ever tinier cracks in their unforgiving prison of endless unnatural stone and they flourish. Some even flower when they are sticking out next to a car tire that has left it no room to breathe.

And since we will take our lessons in life from wherever we can get them let us take them from the sidewalk weed. They have nothing in their favour: no soil, no room to grow, no mulching, no fertilizer, no cultivating, no one caring. In winter their homes get overed with salt, which would kill an ordinary plant. Then in spring they come back, fingernail sized life that says "Hello again, it's good to be alive."

Look at what you can learn from them. Each fingernail sized weed patch is a garden of promise. It says that no matter how hard we try to bend things our

way, no matter how much dead concrete we pour on the ground some living force keeps fighting back. It's a great lesson.

Life without tulips and roses would be sad. But life without sidewalk weeds would be pointless. (mccardell@shaw.ca)

Are lawn pesticides safe?

It is understandable that people have questions about pesticides and their safety. The term pesticide encompasses a range of products designed to manage pests in and around your home, in agricultural settings and around critical infrastructure like powerlines, among other things.

Whether you have applied a tick medication to your dog, used ant traps in your home, put chemicals in your pool or weed control on your lawn, you have likely used a pesticide at some point. Health Canada is responsible for reviewing and approving all pesticides in Canada.

So, if you go to a retailer to purchase a pesticide to control a weed infestation that is taking over your lawn, what's available on store shelves has been reviewed by the government for safety. Lawn and garden pesticides come in formulations ready for use by consumers as well as commercial-grade products designed for use by people with specialized training, such as those who work for lawn care or landscaping companies.

Following the label directions is important. Don't mix them or use homemade pesticides since they have not been reviewed and approved.

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SUNNY DAYS

Shell Busey the HouseSmart guy

By Shell Busey

Now That Spring, I Hope Has Arrived. It Seems Last Month The Weather Was Up And Down Like An Elevator, Warm One Day And Cold The Next. Anyway We Are Looking At The Spring Repairs Around The Home That May Need Some Painting Or Solid Colour Staining As The Final Restoration. Lets Deal With The Outside Areas Requiring The Most Maintenance.

1. Fencing
2. Windows
3. Siding Stucco, Aluminum ,Vinyl ,James Hardie
4. Fascia Boards
5. Rafter Ends
6. Wood & Composite Decks
7. Deck &Floor Joists Ends
8. Outside Home Made Ie. Outside Furniture ,Kitchens
9. Garage Floors
10. Outdoor Pool [Concrete Decks] & Concrete Sidewalks & Concrete Driveways
11. Asphalt Drives & Walkways
12. Metal Aluminum ,Steel Lawn Furniture
13. Metal & Cast B.B.Q S
14. Glass Light Fixtures

I'm Sure You Will Find All the Required Products At Your Local Paint Store Ie; Cloverdale Paints. Don't Forget Brushes, Rollers, Thinners, Cleaners And Clean Up Cloths.

It's Just That Easy Lets Go Cleaning Up & Painting.

Suggestions 1 - 14

#1 Fencing

Depending On The Type Of Fencing You Select? If It Is Wood I Suggest The Best Is Rough Western Red Cedar. If The Wood Is Not Smooth, Sand With Coarse Sandpaper. The Texture After Sanding Will Hold Onto The Paint Or Solid Colour Stain. Note The Drier The Wood The Better Outcome For Long Lasting Finish.

Plywood Or Oriented Strand Board (OsB): Paint All Sheets With Exterior Acrylic Primer Before Assembling Your Desired Fence Design. Please Note: Paint All Edges & Back & Front As Well.

All Treated Wood Posts Must Be Finished Above The Ground. Posts Should Be Minimum 30 Inches In The Ground, The Bottom 10 Inches With Crushed Gravel And Balance With Road Base Tamped To Plumb.

#2 Windows

Today With A Lot Of Restoration Going On You May Be Faced With Wood Or Metal Windows

There Are Many Choices To Choose From. Make Sure If You Have Metal Aluminum Or Steel The Proper Acrylic Primer Is Used [Note] This Is For A Nice Surface To Adhere Too [Just Like In Item #1]

Wash Area With An Exterior Cleaner And Allow To Dry Totally Before Painting. You Will Be Advised To Use A Water Based Finish, Also I Recommend To Use A Colour With As Little Red Or Magenta As Possible As It Is Inclined To Fade In Direct Sunlight.If Painting New Vinyl Or Aluminum Or Composite Use

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V	C	W	G	F	H	O	L	I	D	A	Y	S	T	S	H	O	R	T	S	U	H	M	C	S

Sunshine	Clams	Beaches	Oysters	Picnic Basket	Waves
Star fish	Beach Ball	Boating	Frisbee	Kayaking	Bacci Ball
Sunsets	Badminton	Swimming	Volleyball	Crabbing	Sand Dollars
Fishing	Canoeing	Sun Bathing	Shorts	Water Sports	Sandals
Sun Glasses	Camping	Travelling	Holidays	Schools Out	Sunscreen
Sailing					

What Your Paint Dealer Recommends.

#3 Siding

This Is The One That Causes The Frustration. Why?

We're Dealing With Most Of The Same Preparation;

Always Use An Exterior Cleaning Solution Ie; Shell Buseys Cleaning Solution If Not Available You Can Mix The Following:

- 3Quarts Warm Water
- 1 Quart Liquid Bleach
- ½ Cup Household Detergent (Ivory, Sunlight Etc)
- 2/3 Cup Nonphosphate Trisodoum (Tsp)

Mix Together, Wet Area With A Garden Hose, Apply Mixture With A Garden Sprayer, Leave 10 To 15 Minutes, Scrub With A Brush And Rinse With Clear Water. Do Not Use In Hot Sun, Early Morning Or Evening Is Best. If Any Solution Gets On Nearby Plants Rinse With Clear Water So No Residue Remains.

Note: Do Not Pressure Wash, Hand Wash With Long Handled Soft Brush And Rinse With Garden Hose [This Way You're Not Forcing Water Back In Behind] Siding All Types, Windows & Doors Soffits, Basement Walls Causing Unwanted Concerns In Behind All Of The Above. The Cleaning Formula Works Well On Stucco & James Hardie Siding As Well. Do Not Use Cleaning Formula On Window Glass.

#4 Fascias

All Exposed Ends Of Fascia Boards As Well As Subfloor & Deck Joist Ends Must Be Sealed Or Stained Or Painted. Some Areas Will Require Aluminum Coloured Metal Flashing.

#5 Rafters

Exposed Rafter & Deck Joist & Support Posts; All Sides And Ends Must Be Sealed And Primed Before Finishing. Any Posts Or Joists In The Ground Must Be Pressure Treated. If Rafter Material Is Smooth Follow Information In Item # 1

#6 And #7 Deck Floors & Joist Ends

All Edges & Sides, Deck Boards And All Sides & Face To Be Finished Before Assembly.

#8 Handmade Outdoor Furniture

Lightly Sand Raw Wood With Coarse Sandpaper Then Proceed With Exterior Gloss Acrylic Paint Or Semi-Transparent Acrylic Stain.

#9 Concrete Garage Floors

All Concrete Must Be Cleaned Of All Oil & Grease Stains Then Acid Etch The Surface. Material With Acid Wash Is Available At Paint Stores. It Is Very Important To Follow Proper Instructions When Using Acid Wash, Ask For Advice. Rinse Well. To Finish Use Epoxy Coating Or Semi-Transparent Wood Stain As A Finish Colour.

Concrete/Paving Stones Follow The Same As Above.

#10 Wood Outdoor Pool & Patio Decks

Follow Instructions Of Item #8

#11 Asphalt Driveways & Sidewalks

All Surfaces Must Be Cleaned And Dry Follow Cleaning Process In Item #9

Use Asphalt Based Coating Ie; (Jet Seal) Do Not Apply In Bright Sun Light And Wear Proper Protective Clothing.

#12 All Metal Lawn Furniture

For Aluminum Or Steel, As Well As Composite Materials Use An Acrylic Enamel In Spray Can. Many Colour Choices Are Available. Clean With Formula In #3 Prior To Painting

#13 All Metal & Cast Barbecues

Use Heat Resistant B.B.Q. Or Auto Engine Spray Paint Available At Hardware & Auto Supply Stores.

#14 Glass Light Fixtures Or Glass Balls

Use Acrylic Wash Type Of Paint
It's Just That Easy When In Doubt Don't Pout Let Shell Help You Out

Follow This Column Every Month



Straight from the Horse's Mouth

By Mel Kositsky

The controversy rages on.

Like a wildfire burning in a secluded area that few pay attention to, the American Triple Crown of thoroughbred racing is losing its lustre despite its tradition.

For the second year in a row the winner of the Kentucky Derby skipped running in the Preakness Stakes, the second leg of the demanding Triple Crown series. The final race, The Belmont Stakes, goes Saturday, June 6 at Saratoga Racecourse again this year, while the extensive rebuilding of New York's Belmont track is completed.

Every few years, racing returns to the same conversation -- The Preakness should be moved. The spacing between Triple Crown races should be extended. Modern horses need more time between races to prepare.

Maybe, there are no longer any "superhorses" and the Triple Crown races are no longer the only major races worth competing for as other tracks now offer very large purses too.

Winning the Triple Crown is one of the rarest accomplishments in sports -- won only 13 times!

Justify won in 2018, giving trainer Bob Baffert the most recent two. When American Pharoah won in 2015, he became the first winner since 1978 -- a 37-year winless drought.

Racing tradition placed the Triple Crown as the highest honour a race horse can attain. To win the Triple Crown a three-year-old horse must win all three legs or "jewels" in the series. The three races are The Kentucky Derby on the first Saturday in May, The Preakness Stakes on the third Saturday in May, and The Belmont Stakes, on the first Saturday in June.

In 1919 Sir Barton became the first racehorse to win all three races. The term "Triple Crown" was not yet being used. It was not until 1948 that Sir Barton was officially recognized as the first U.S. Triple Crown winner and all previous winners were finally recognized too.

Here is the list of Triple Crown winners...

Sir Barton (1919), Gallant Fox (1930), Omaha (1935), War Admiral (1937), Whirlaway (1941), Count Fleet (1943), Assault (1946), Citation (1948), Secretariat (1973), Seattle Slew (1977), Affirmed (1978), American Pharoah (2015), and Justify (2018).

Members of the racing industry are now in heated discussions about the future of the Triple Crown races following this year's Derby and Preakness. But it is likely that the "tradition" will hold on.

This year's Preakness winner had a Vancouver area connection as breeder John Gunther has a farm in south Langley. The following race report is a Maryland Jockey Club media release.

Napoleon Solo, a Grade 1 winner at two who had struggled in 2026, rebounded to win the 151st Preakness Stakes that was missing the Kentucky

Derby winner. (Maryland Jockey Club photo)

Gold Square LLC's NAPOLEON SOLO (Liam's Map), a Grade 1 winner at two who had come up short in his two races this year, went the distance in Saturday's 151st Preakness Stakes (G1) on an historic day at Laurel Park. The three-year-old was bred in Kentucky by Canadian John Gunther, who hails from Vancouver. Gunther, who co-bred Napoleon Solo with Eurowest Bloodstock, raced the colt's dam, Atomic Blonde.

For the first time, the middle "Jewel" of the Triple Crown was renewed at Laurel Park, not Pimlico Race Course, which is scheduled once again to host the 1 3/16-mile Classic next year when ongoing construction on a new facility is complete. The Preakness carries a purse of \$2 million.

Napoleon Solo, a bargain yearling purchase for \$40,000 who had shown signs of distance limitations while fading to fifth in the Fountain of Youth (G2) at Gulfstream Park and Wood Memorial (G2) at Aqueduct at 1 1/8-miles, was given another chance to prove himself at a distance of ground by trainer Chad Summers -- and the grey colt delivered Summers and jockey Paco Lopez their first victories in a Triple Crown event while scoring as the fourth betting choice at 7-1.

An easy winner of his two starts last year, including a 6 1/2-length victory in the one-turn mile Champagne (G1) at Aqueduct, Napoleon Solo prevailed in a full field of 14 three-year-olds, the largest to enter the starting gate since Shackelford also defeated 13 rivals in 2011.

Two weeks after Cherie DeVaux became the first woman trainer to win the Kentucky Derby (G1) with Golden Tempo, Laurel-based trainer Brittany Russell saddled the undefeated Taj Mahal, the 9-2 favorite, in a quest to become the first woman trainer to win the Preakness. Taj Mahal, who had won three races at Laurel without defeat, lead for most of the race before fading to finish 10th.

Gunther's Greenwood Farm sold Napoleon Solo for \$40,000 at the Keeneland September sale in 2024. His sire, LIAM'S MAP, by Unbridled's Song, has become one of the world's top sires. From nine crops, Liam's Map has sired 33 black-type winners, 15 of them graded including Grade 1 winner Burnham Square. The stallion stands at Lane's End for \$50,000.

The Preakness winner's dam, Atomic Blonde, was bred by Gunther, Nicole Gunther and Eurowest and she is by Scat Daddy from Volver (Ire) by Danehill Dancer (Ire). Atomic Blonde won the South Beach Stakes on the grass at Gulfstream Park and won a total of three races from nine starts. Napoleon Solo is her second foal.

With the closure of Hastings Racecourse, B.C. thoroughbred trainers and owners have flocked to Century Mile for the 2026 racing season. Other B.C. stables have shipped south to Washington's Emerald Downs, while some went to Winnipeg's Assiniboia Downs.

"Over 100 thoroughbreds have come to Alberta from B.C." said Dawson Guhle, general manager of the Canadian Thoroughbred Horse Society Alberta in an article on TheHorses.com by veteran race writer Curtis Stock. "Good horses and good horsemen."

The influx of B.C. horses has meant that Century Mile has accepted about 720 stall applications this year. Last year there were about 620 horses. "It will increase the competition which will help our sport here," Guhle added.

"It's sad for B.C. - a real shame - but it's good for Alberta," said Alberta trainer Rod Cone, who has won three Canadian Derbies. "It's going to be a lot tougher to win races in Alberta... And the handle is bound to go up because the teletheaters will still be open in B.C."

Among the B.C. stables at Century Mile are Barb

Heads - five times B.C.'s leading trainer - who has 29 stalls - and veteran Mel Snow, who started training in 1976 and who has 763 career wins for earnings of \$9.2 million. Snow has brought 20 horses to Edmonton.

Also competing is Pat Jarvis, who has 469 career wins including Canada Sovereign Award Three-Year-Old Filly finalist Chi Chi Time, who went four-for-four in B.C. last year with three stakes wins. Jarvis has 15 horses. So does Dino Condilenios, who is four wins short of 600 wins.

Several B.C. trainers like Rob Van Overschot, who is no stranger to Edmonton having won two Canadian Derbies - with Hurricane Benny in 1990 and, 31 years later, with Uncharacteristic - and Robbie Henson, who had a breakout campaign last year - came to Alberta last year with solid success.

Mike Vanin, Executive Director of the Horsemen's Benevolent and Protective Association of Alberta, said "Historically, B.C. has had better horses than Alberta. Our local trainers are going to have to have their running shoes on. We've got 70-plus two-year-olds at Century Mile, which is quite a bit higher than in previous years."

More horses translate into bigger fields. Bigger fields translate to more wagering. Simply, bettors don't want to bet on short fields.

"Healthy field sizes matter and we're seeing encouraging signs that the 2026 season will deliver even more competitive races for horseplayers and racing fans," said Kent Verlik, Chief Executive Officer for Horse Racing Alberta.

Barb Heads, who has raced successfully in Alberta, is looking forward to a big year.

"It will be a good opportunity to have more racing," said Heads, who has some nice three-year-old maidens that didn't get a chance to run and five babies including a half sister to At Attention - first or second in 22 of 44 starts, including the Dale Saunders Speed to Spare in his last appearance in Edmonton.

"Last year at Hastings we were just sitting in the barns because there weren't a lot of opportunities to race. Or you were running in spots you didn't want to be in just to get them a race," said Heads. "And I really like Century Mile's track. I'm looking forward to watching them all run on a mile track where there is extra space and a long stretch."

Heads, who has been a very successful trainer, has made several trips to Alberta over the years. She won two of the last three Canadian Derbies with August Rain in 2024 and Abelifinthislivin in 2023.

Jockey Amadeo Perez rode both of them and he will bolster the Edmonton riding colony this year. "He's a really hard-working guy and a really good rider," said Heads, who has also sent out the winner of the Northlands Park Distaff five years in a row.

Training since she was in her early twenties, Heads now 67, was a multiple leading trainer in B.C.

There was little doubt what Heads was destined to do with her life. Her father, Robert 'Cy' Anderson, her mother, June Anderson, and her brothers - Rob and Michael were all very successful trainers. She has won 757 races for purse earnings of \$13.4 million.

Avana, a finalist for Canada's Older Mare of the Year after winning five of seven races last year including the Northlands Distaff over Big Hug, is back in training. "Avana is good," said Heads of the winner of 11 of 15 starts. "She's had a couple of works and looked great." Avana put on a sensational performance last year at Century Mile winning the Century Casino Oaks after stumbling at the break and coming from way back.

But none match Infinite Patience, who won 22 of her 32 starts including, at one point, winning 10 in a row and 13 of 14.

"An amazing horse," said Heads of the winner of \$700,000, who is owned by Edmonton Oiler forward

Continued next page

DO YOUR SUMMER PLANS INCLUDE HEAT SAFETY?

Ryan Nugent Hopkins. "Definitely the best horse I've trained."

Arguably, Infinite Patience's best race was the 2022 Northlands Distaff - a race she won three times - this time by seven lengths in a time of 1:33.65 which was a full second faster than the previous track record.

Now a broodmare, Infinite Patience's first foal is an early February colt by Hard Spun, runner-up in the 2007 Kentucky Derby and a career winner of \$26 million. Hard Spun is now excelling as a sire with 15 Grade 1 winners. The colt was foaled in B.C.

The Assiniboia Downs 50-day meet got underway in early May and last year's leading trainer Steve Keplin, Jr. won with five of his first seven starters to surge to the lead in the standings.

The only other trainer to win more than a single race during the first week was Wendy Anderson. Singles went to trainers Jerry Gourneau, Eugene Burns, Make Nault, Chance Dales, and Demetris Topouzis. Topouzis, a new arrival from Vancouver, saddled the longest shot of the week Stiletto Only (\$30.20).

Bettors flocked back to the windows both on foot and through the wires to wager \$875,464 on opening night and \$1,325,168 the next day. Live racing takes place Tuesday and Wednesday nights.

HARNESS RACING UPDATE

In harness racing news, most B.C. stables are competing at the Calgary race track, while still awaiting information about a possible fall meet at Desert Park in Osoyoos.

Grey Sea toyed with her rivals in the \$15,000 Fillies & Mares Preferred Pace at Century Downs, delivering a winning performance on May 15 for the father and son, training and driving team of Gord and John Abbott.

A Standardbred Canada news release said Grey Sea, the favourite from the innermost post, left quickly and pocketed Stash The Cookies (Mike Hennessy) into a :27 opening panel then stole a 30-second breather. Down the backstretch, Poker Queen (Phil Giesbrecht) laid her cards on the table, quickly moving alongside the leader and pushing ahead at the three-quarters mark in 1:24.4.

Poker Queen took a clear lead into the stretch but a resurgent Grey Sea came back on at the pylons to score in 1:54.1. Poker Queen held off Stash The Cookies, who finished with broken equipment, in a photo for place less than a length behind the winner. A homebred for Seaspray Stables of Nanaimo, B.C., the seven-year-old Custard The Dragon-Preference mare, who is now two-for-seven on the season, earned her 30th career victory and lifted her racing bankroll to \$279,890.



Extreme heat events, or heat waves, pose serious health risks. If you aren't prepared, your risk of heat-related illness goes up. These illnesses can affect you quickly and lead to long-term health problems and even death.

Here are some ways you can prepare for the heat before it arrives:

Know your risks
Hot temperatures can be dangerous, especially if you have:

- breathing difficulties
- heart problems
- hypertension
- kidney problems
- a mental illness
- Parkinson's disease

If you are taking medication or have a health condition, ask your doctor or pharmacist if it increases your health risk in the heat and follow their recommendations.

Be heat ready

Make it a habit to tune in to local weather forecasts and alerts so you know when to take extra care.

Find ways to keep cool before the hot weather starts. If you have an air conditioner, make sure it works properly before the hot weather starts. Otherwise, find an air-conditioned spot close by, where you can cool off during hot days. This will help you cope with the heat better.

Have a summer wardrobe ready. This includes loose-fitting, light-coloured clothing made of breathable fabric. Shade yourself by wearing a wide-

brimmed, breathable hat or using an umbrella. When you buy sunglasses, make sure they provide protection against both UVA and UVB rays.

Have check-in plans in place. Arrange for regular visits from family members, neighbours or friends during very hot days in case you need help. Visitors can help identify signs of heat illness that could be missed over the phone.

Make an emergency plan for your household. Make a household emergency plan that considers ways to prepare for extreme heat. Some elements to include in your plan:

- Keep your gas tank filled or car charged in case you need to get somewhere cool quickly.
- Locations with cooled indoor spaces near your home like a shopping mall, grocery store or public library.

Having a plan in place before an extreme heat event can help keep your family protected. Learn more at canada.ca/heat.

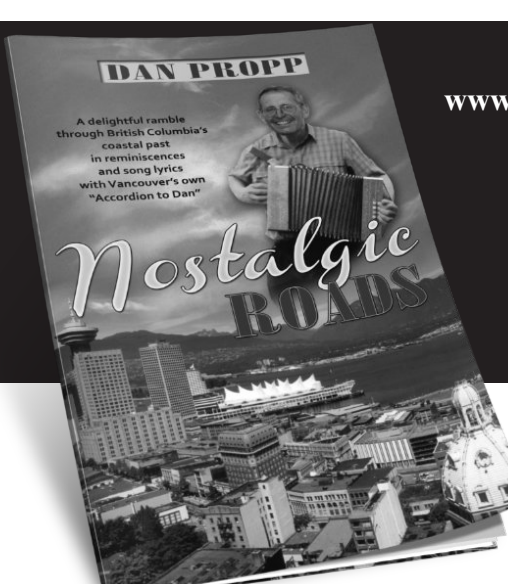
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CANADIANS ON MAUI NAPILI BAY

By Rick Millikan

Captain James Cook discovered the Hawaiian Islands in early 1788. He then headed northward, claiming what became British Columbia. Inspired by this early Hawaiian-B.C. link, we head to Maui and investigate further Canadian ties.

We first stay at a Canadian-founded resort. Marg and Jack Millar's book, *The Unbeatable Dream* describes their excitement in 1960 upon discovering Napili Bay's pristine beach. Securing financial support, they realized their vision two years later.. establishing Napili Kai Beach Resort. Then, only a few small Maui hotels existed. They named their first low-rise building Lahaina.

Like other accommodations, ours overlook breathtaking Napili Bay. We read how our Puna II building was constructed in 1974 atop Puna Point, an ancient lava flow. Below the front door, a banyan tree extends its branches, forming a heart-shaped 'window' perfect for romantic poses.

Tropical palms surround extensive grounds. Shrubs boast yellow hibiscus, purple bougainvillea and blue hydrangea flowers. Varicoloured ferns and bromeliads adorn winding pathways. White plumeria and red ginger blossoms scent warm breezes. Recognizing our botanical interest, a friendly gardener recommends the resort's Horticultural Tour. We learn he's from Nelson...a fellow British Columbian!

Opposite Puna II's parking lot, Kapalua Trail leads us through a beach park. Atop a grassy hill, we survey gorgeous Kapalua Bay. Two Kelowna gals seated on an adjacent bench recount their splendid snorkeling there. This gentle trail soon veers upward through a large, rugged lava field. A signboard describes how endemic wedge-tailed shearwaters nest here...and fish far offshore. Descending to a long boardwalk, we stroll along another sandy beach. Decades ago, we continued through a golf course and sighted Pacific Golden Plovers. Like us, these Kōlea migrate from British Columbia each winter.

Returning along a sideroad, we're soon relaxing on our lanai sipping chilled POG, a blend of pineapple, orange and guava juice. Continuing with Millars' book, I read how early staff families entertained resort guests, regularly playing ukeleles, singing popular Hawaiian melodies and hula dancing. These popular performances inspired the 1966 formation of their

nonprofit organization. We see the children of the Napili Kai Foundation performing on Tuesday evening inside the resort's Aloha Pavilion. And on Wednesday, enjoy master slack-key guitarists playing repertoires of island music.

Encouraged by guests, the Millars gradually increased social activities. Daily coffee, tea and lemonade service at 10 AM in its beach cabana became an early tradition. In 2006 management added lessons on island culture. This week's schedule presents traditional fishing, poi making, pidgin talk, local snacks and sacred Ti leaf history. We join other guests at Monday's putting party on the front lawn's upgraded green and Wednesday's Mai Tai festivities on Lahaina's pool deck. Folks further mingle at the shuffle board court and five pools. This includes the Hankipanki, Maui's largest whirlpool!

Their unique beachfront restaurant opened in 1964. We notice the Sea House now offers international cuisine. Canadian fare subtly appears on breakfast menus: maple syrup for French toast, blueberries for waffles and lean back bacon.

After savouring grilled mahi-mahi tacos for lunch, we rejoin the snorkelers, surfriders and sand castle builders that frequent Napili Bay's golden shore. Shaded by coconut palms, we lounge in beach chairs. ..and survey flags fluttering above the restaurant. They clearly recognizes our British forebears and



compatriot contributions. The state flag features the British Union Jack with a field of red, white and blue stripes symbolizing its eight major islands. Canadian and American flags fly below.

Most Canadians visit Maui as tourists. Some, like the Millars stay, adopting aloha spirit and creating exemplary enterprises. Bidding adieu to the magical Napili Kai, we drive south to Kihei for further investigations and sunny adventures.

When You Go:

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

TRY THIS WHOLE-GRAIN BREAKFAST POWER BOWL TO FIGHT INFLAMMATION



There's a claim in many popular diets that carbohydrates may increase inflammation or worsen arthritis symptoms. But that's not the whole story. Many whole grains, such as oats, wild rice and quinoa, provide essential minerals, vitamins and dietary fibre that offer many potential health benefits. According to Arthritis Society Canada, these nutrient-dense ingredients may even play a role in managing inflammation and supporting your overall wellness.

For a nourishing start that goes the distance, dig into this healthy bowl to fuel your morning and keep you going strong all day.

5-Grain Breakfast Power Bowl

Prep Time: 5 minutes

Cook Time: 8-15 minutes

Servings: 6

Ingredients:

- ½ tbsp (7.5 ml) extra virgin olive oil
- 2 tbsp (30 ml) chia seeds
- 4 tbsp (60 ml) hemp hearts
- 1/3 cup (85 ml) whole grain rolled oats
- ½ cup (120 ml) white or red quinoa
- 1/3 cup (85 ml) wild rice, rinsed
- ¼ cup (60 ml) dried fruit (raisins, dried cranberries or apricots)

- 1 tbsp (15 ml) ground cinnamon
- ¼ tsp (1.25 ml) ground ginger
- ¼ tsp (1.25 ml) salt
- 2 ½ cups (625 ml) almond milk (or milk of choice)
- 1 ½ (375 ml) cups water
- 2 tbsp (30 ml) maple syrup (optional)
- Cashews (optional)
- Fresh fruit of choice

Directions:

1 In a medium pot over medium heat, sauté chai seeds and hemp hearts in olive oil for 2 minutes.

2 Add quinoa, oats, rice, dried fruit, cinnamon, ginger, salt, milk and water. Mix well.

3 Cook for 10-14 minutes, until the grains are

softened.

4 Serve with additional milk, fresh fruit, maple syrup and cashews, if desired.

Tips to give your power bowl an extra boost:

- Rinse your quinoa: This removes its natural coating and prevents bitterness.
- Meal prep: Make a batch and portion it into jars or containers for the week ahead.
- Switch up the milk: Use cashew, coconut or hemp milk fortified with calcium and vitamin D.
- Increase the nutrition: Top with extra hemp hearts for added protein and fibre.

Find more arthritis-friendly recipes at arthritis.ca/healthy-living.

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THE SURPRISING WAYS YOUR DIET AFFECTS YOUR ORAL HEALTH



Small, everyday choices are often what shape us, and oral health is no exception. Here's why daily decisions about what you eat and drink can affect your teeth and gums in important ways:

Your food can make your teeth and gums stronger...or weaker. Dietary choices can have a big impact on your oral health. Sugar in particular can harm your mouth by creating fuel for bacteria there, so try to avoid, or at least be mindful of, the following items:

- Carbonated beverages: they often contain sugar and are also acidic, both of which are bad for tooth enamel.
- Sugary snacks, especially chewy, sticky ones: they can get stuck on or between teeth.
- Sticky starches, such as potato chips, crackers, white breads and pasta: these starches break down into sugars.
- Food and drinks that are high in acid, such as pickles, citrus juices, vinegars and wine.

Just because a food contains acids or natural sugars doesn't necessarily mean you shouldn't eat it. Just make sure to hydrate with water after eating to help wash those sugars away.

Some food choices can actually benefit your mouth, including:

- Yogurt and cheese, which contain calcium to

support healthy teeth.

- Dark leafy greens, such as spinach, kale and collard greens, which are high in enamel-building calcium.
- Low-sugar, high-protein snacks, such as almonds and other nuts, which help support your teeth and gums.
- Crunchy veggies and fruits, such as apples, which act as natural toothbrushes, sweeping harmful residue off your teeth.

Listen to what your mouth is telling you. It's important to pay close attention to your teeth and gums—oral health issues can sometimes be an early warning of a nutritional deficiency. For example:

- Swollen and bleeding gums, even with regular flossing, can be a sign that you're not getting enough vitamin C.
- A smooth, overly red or painful tongue may mean a vitamin B deficiency.
- More frequent mouth ulcers may signal a lack of iron.

Your oral health needs expert support. It's essential to schedule regular appointments with a dental hygienist, whether you're noticing an issue or not. Beyond routine removal of calculus—hard buildups on the teeth—and plaque, dental hygienists can help spot oral health issues early: ones that might point to

a nutritional problem, as well as even more serious conditions such as periodontitis or even cancer. They can also provide tips for improving your oral health, which supports your overall health.

By making more conscious food choices, you can make a real impact on your health. Your teeth and gums will thank you, and so will the rest of you. Learn more about good oral health habits at dentalhygienecanada.ca. www.newscanada.com

HOW YOU CAN KEEP YOUR HOME SAFER... BY GARDENING



For many Canadians, gardening is a treasured pastime. It's a great opportunity to get outside in the sun, get your hands dirty and create something that you can watch grow and thrive. But did you know that some of your yard activities can actually help protect your home?

Here are some tips for gardening that can keep your home safer from extreme weather events, including flooding and wildfires, from the prevention team at Intact Insurance:

Choose your plants to resist fire. Low-growing shrubs are a fire-resistant choice, especially when planted spread apart so that flames can't jump from shrub to shrub. Don't put any large plants within 1.5 metres of your home. This helps create a fire break. Coniferous trees, such as pines, are especially flammable, so keep them at least 10 metres from your home.

Trim, trim, trim. It's important to deny fire the opportunity to spread, especially upward. Keep your grass trimmed under 10 centimetres, and prune any branches on trees that are lower than two metres off the ground. Be mindful of any high branches that reach your roof because that's the part of your home that's most vulnerable to fire. Trim any of those branches that you can reach safely.

A rain garden looks lovely and can make a difference. To create one, dig a depression or ditch about 85 centimetres deep, and at least five metres away from your foundation. Once you're done digging, backfill it with rain garden soil mix, usually made of compost and sand, to a depth of around 60 centimetres. Remember: the rain garden should be sunken into the ground to allow it to capture water. To prevent erosion, line the edge with large stones that won't blow around in a strong wind. Plant local shrubs and grasses in the depression, and let rain runoff fill the ditch and feed the plants.

Gardening is often its own pleasure, and by using that time to also protect your home, you'll be planting seeds that will benefit you for years to come. You can find more tips to help protect your home from extreme weather events at keepintact.ca. www.newscanada.com



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