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ACCORDION TO DAN

Alberta is a province named after Queen Victoria's niece. Those of us seniors who have visited and or lived there(transported by the old CNR's Super Continental and CPR's Canadian) could ever imagine the concept of separation becoming a possibility. Totally inconceivable! Thus, the following bit of rhyme to ponder.

DO YOU REMEMBER?

Alberta's Lake Louise, the turquoise blue majestic waters by the Chateau, a postcard image of the glacier in the background. What an incredible sight! Goodness me, all kinds of thoughts and memories of Banff Avenue, the chair lift, those feelings of that Rocky Mountain high. Edmonton, Calgary, Lethbridge, the trains, wheat fields, how Canada used to be, oh my! Now in this new millennium, just even the mere thought of a referendum, why? Now that we are seniors, who could have perceived such a possibility when we were young.

Remembering here in British Columbia those days of our centennial, the world fair in Montreal, Expo 86 in Vancouver, the times of Prime Ministers Louis St Laurent, Lester Pearson, John Diefenbaker and Pierre Trudeau now so many years ago. The national anthem as children proudly we sang. Those special feelings as Canadians we used to know. In retrospect perhaps some of us took for granted. A way of life worldwide so many envied and unique. Those Canadian concepts that in our mind sets, still not perfect but improving, and ideals solved in the future to be planted and still today seek.

TIMES SURE ARE A CHANGIN, EH?

Seniors, do you remember all those things that used to be when we were young that today have almost become fading figments of our imaginations.

JUST A FEW CHANGES—SINCE

As a kid in school do you still remember sixteen-millimetre projectors like Bell and Howell and staring at a National Film Board film reel flickering on the screen set up in the gym.

The students glued to another vision on Canada's north. Do similar childhood memories come drifting in? Perhaps to the nineteen fifties, what may seem nowadays an almost prehistoric age. No computers, credit cards, inflation, nor even the slightest suggestion of a fifty first state. No folks walking around glued to technology, appearing to be 'totally out to lunch'. Humans were still singing along to songs like Home On The Range. Long before that era of new expressions like 'Breaking News' and 'Watergate'. In retrospect to today, life was still a piece of cake. For goodness' sake, 'artificial intelligence' was confined to inventions like telephone answering machines. The world since then has changes just a tad, it seems.



WHAT HAPPENED?

No more rabbit ears, fax machines, Smith Caronas, Underwoods and Royal typewriters, a list that is almost endless. Even carbon paper has waved goodbye!

WHAT HAPPENED CANADA?

Do you remember the days of variety shows and Don Messer's Jubilee on CBC? It was just as popular as hockey night in Canada, big time! Back in the old days when TV antennas on rooftops used to be. Those of us with less income managed to depend on rabbit ears. When some restaurants offered coffee plus a refill for a dime. Remember that program This Hour Has Seven Days? An incredible satirical program. How about the Wayne And Schuster comedy show, Lloyd Robinson anchoring the national news, and who could ever forget Fred Davis and the Front Page Challenge! Back to another era when the Canadian dollar was still worth about a nickel more than that of Uncle Sam. Those were the days of transistor radios, tape recorders, and telephone answering machines. Beta, VHS videos followed by DVDs were popular for a time. Tremendous changes were sprouting by all means. After a few years, so many of them waved goodbye. Ironically there were a few special exceptions. Even today folks are hooked on watching shows of yesteryear like black and white reruns of Perry Mason, starring New Westminster's Raymond Burr.

IN CLOSING, A FEW MORE THOUGHTS OF THE PAST

An old Fargo truck, an Edsel, of course a Westinghouse huge 21-inch TV. How about an A&W root beer for a nickel or so on Kingsway. Thinking back, it seems like it was only yesterday. A burger at the downtown Vancouver Texan restaurant once located on Georgia Street for twenty-five cents…now there's a memory! Possibly reprising all kinds of nostalgia in Beautiful BC.

The pulp mill in Port Mellon on the Sunshine Coast that looked like it was closing recently unbelievable. Thank heavens since that bad news a settlement was reached and for about two thousand employees at least some positive breaking news to boast.

In connection to pulp, and paper and newsprint, remember that famous newspaper slogan — "All the news that's fit to print" from the city known as the Big Apple? All kinds of memories with this bit of rhyme to sample.

Here in the British Columbia, some of us miss the local newspapers such as The Richmond Review and The Richmond News and many other local papers. How many of us thought that one day newspapers, magazines and even books would be read digitally? Do you recall that expression —"Let your fingers do the walking". How about telephone booths costing any where from a dime to a quarter to make a call. All kinds of nostalgic memories we are unlocking. Have you experienced recently what it costs to have a decent meal at the food court in the mall? Just several recollections from the past to ponder for us once youngsters. I guess, that's all!

November is a good time to remember as the leaves fall and we head towards winter.

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Photo: When golden leaves fall seniors nostalgically recall. (Photo: Dan Propp)

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Fourteen Nurses, One Baby and a Lifetime of Stories

Story and Photos by Ursula Maxwell-Lewis

The TV series Who Do You Think You Are? has derailed my life. Well, truthfully, the derailment began long ago. That's the curse of being born under an Aquarius wandering star. True to form, I digress.

Realizing that my family will undoubtedly turf out the family history documents I find so fascinating, I've been ploughing through them. The problem? My passion for stories, history and intriguing details has me totally bogged down. I'm discouraged and, to be perfectly honest, a bit depressed.

Let me start with a 40-page handwritten document by the late Jimmy Munro, Mum's third-oldest brother. He was the one who said he wasn't a writer, although four of his 10 Glasgow-born siblings were.

Fortunately, I can decipher his handwriting, something current and future generations may be unable to do.

My conundrums are these: Should I retype the document, create a family website, dump it onto my Ancestry.com page, incorporate it into some kind of memoir, or admit that neither my children nor theirs will, frankly, give a damn?

Forgive me if I share some of his notes as I deliberate. He wrote them in 1961 at his dining-room table in London's East End, in a three-storey bomb-damaged house that he and Aunt Mary refused to leave. Despite his Glasgow roots, Jimmy was a dedicated London East Ender, too. A much-loved character, he defended the underdog, his family, friends football and most definitely his father and mother, George and Margaret Munro, until his final breath.

"I was born on the 15th of August 1903. My mother's house at No. 6 Alma Street, Govan (now Hoey Street, Glasgow) was a home away from home for all the young Highland nurses at the local hospital.

"Anyway, there happened to be 14 nurses in the house when I was born. So royalty has nothing on me. It's the only time in my life since, that I have had such long odds in my favour."

"My earlier recollection of Govan was when we lived at 153 Crossloan Road. I remember my Mother calling to my sister Molly: 'Take Jimmy to school. He's five today.'

"I promptly ran up Greenfield Street, but Molly caught me easily and literally dragged me to Greenfield School.

"After being bundled into a classroom, I continued to yell and refused to sit down until the exasperated teacher slung a couple of left hooks on my ear, thereby establishing a precedent for all teachers, large and small, to follow throughout my scholastic career. Mostly well deserved."

"Memories of Govan are like a patchwork quilt."

Among the memories he eloquently describes are those involving his elder brother George, who years later became a Fleet Street journalist and was named Playwright of the Year for Scotland in the year he died. But those are different stories!

Picture a handsome, grey-haired gentleman chuckling as pen meets paper and memories come flooding back, ever faster.

"I also remember standing on Govan Pier at the foot of Holm Street. I was crying. A real pea-souper lay over the Clyde, and George, who by this time had become a bugler in the 133rd Boys Brigade McGregor Memorial Church, and another couple of boys had pinched a rowboat and were somewhere out on the river. They were in real danger, but all we could hear were blasts from the bugle.



Jimmy Munro with his wife, Mary after their marriage in Detroit, USA.

"Incidentally, that bugle would become an asset. George would take it on a Saturday and blow it for one of the football brake clubs.

"The men on the brake would pay him for his services and when he got back on the Saturday night, he would treat a couple of his pals and me to the swimming baths on Summertown Road and ice cream afterwards. This in the dead of winter. We must have been tough — or mad. Believe me, the water was not heated for our comfort. But we sure enjoyed Saturday nights."

And so he goes on, regaling me, all these years later, with stories and details of a long-gone era — and of an uncle my cousins and I adored.

The question remains: what does one do with such records, knowing that today's "hit-and-run generation" may have little interest in days of yore and people they never knew?

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

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A QUICK FALL RESET THAT CAN HELP PROTECT YOUR HOME

As fall brings a return to regular routines, it's the perfect time to ensure your home is prepared for the colder months ahead. To help you get started, the experts behind Intact Insurance's home prevention program share seven practical ways to keep your home safe and winter-ready:

• Manage overhanging branches: Inspect your property for limbs that could damage your roof or fencing. Prune them back to the trunk to ensure they withstand winter winds.

• Upgrade door and window seals: Worn weatherstripping is a primary source of heat loss. Check all windows and doors, replacing any peeling or damaged material.

• Seal small cracks and gaps: Tiny cracks can lead to significant structural damage. Seal all exterior gaps this fall to keep your home watertight.

• Spot-check insulation: Drafty rooms or cold interior walls are signs of insufficient insulation. A professional can help you update these areas to save on energy costs.

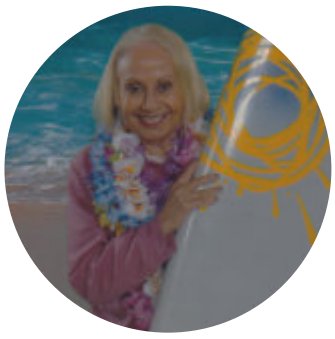
• Replace your air filter: A clean furnace filter ensures your heating system operates at peak efficiency during its busiest season.

• Secure or store outdoor items: High winds can turn patio furniture into projectiles. Store items in a garage or use heavy-duty ropes to secure anything left outdoors.

• Inspect for frost: Check your attic regularly for frost or condensation. These are early warning signs of insulation gaps or roof leaks that can lead to destructive ice dams, trapping water where it can potentially seep into your home.

Getting your home safer doesn't have to be a major project. By regularly checking up on a few key elements, you can be much better prepared. Find more safety tips at keepitintact.ca.

www.newscanada.com



THE ASTRONAUT CHILDREN OF DUNBAR STREET-A RIVETING READ!

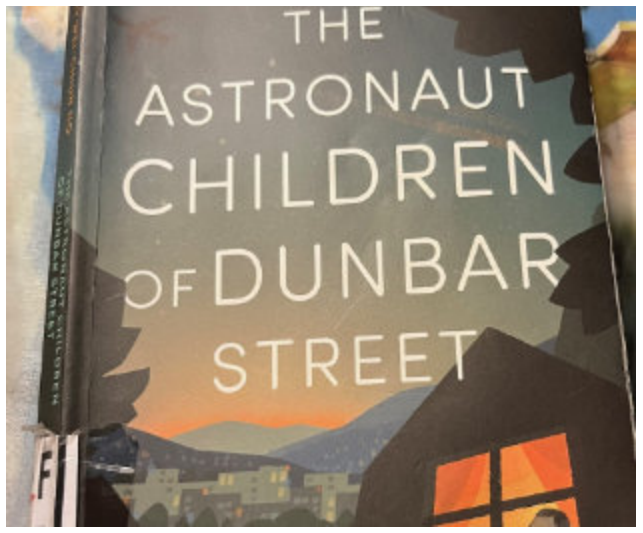


Article & photos by Lenora A. Hayman.

I had the pleasure of meeting Wiley Wei-Chiun Ho during the TAIWANfest 26 Hope Talk on her book The Astronaut Children of Dunbar Street. Astronaut families describe those from Taiwan or Hong Kong whose parents work in Asia while the children grow up in a foreign country.

Willey Ho's father, a surgeon, in his 50's, migrated from Taiwan in 1979 to Vancouver but was required to upgrade his degree at UBC prior to being eligible to practise here. Her mother was a hospital administrator. Hence the parents had to return to Taiwan to continue employment. However they chose to leave their 5 children, a 20 yr. old son and 4 daughters including 12 yr. old Wiley in a home on Dunbar St. in Vancouver to fend and cook for themselves and be educated here.

This excellent memoir explains how this type of family separation affected the children and their relationship with absentee parents. Thank you Willey Wei-Chiun Ho for being so candid when sharing a difficult and sensitive subject.



Photos by Lenora A. Hayman.
Pict 1 The Astronaut Children of Dunbar Street by Wiley Wei-Chiun Ho.
Pict 2 Lina Hsu, Wiley Ho, Chien-Li Hsu & Lenora Hayman.

Your Home. Your Equity. Your Choice.

I want to use this space to show what retirement actually looks like for many Canadians — because it rarely looks the way we planned.

Did you know that roughly 60% of retirees are seeking stability rather than freedom? They aren't struggling — but they aren't financially free either. Freedom 55 didn't happen. They have enough to retire, but not quite enough to stop worrying.

Most of us want the same thing: to maintain the lifestyle we spent 40 years building, with the confidence that our money will last as long as we do. We also want to be there for the people we love — helping with a down payment, a grandchild's tuition, or a family crisis we never saw coming. Every dollar that goes to family is one less dollar funding our retirement. And every unexpected expense brings the same quiet question: Will I still have enough?

Meet John and Margaret.

John is 72. Margaret is 68. They've been retired for seven years, comfortable but not extravagant. A few months ago, their daughter called with news that changed everything — she was getting divorced.

She needed to restart her life: a new place to live for herself and her two children, new furniture, and the financial breathing room to do it. The home she and her husband had stretched to buy was now worth less than what they'd paid. She needed her parents. John and Margaret knew they would help. That was never the question. The question was how — without putting their own retirement at risk.

Their home was mortgage free. That opened two doors.

The first was a Home Equity Line of Credit. If their pension income was enough to qualify, they could access funds — but there would be a monthly payment, and that was never part of their plan.

The second was a Reverse Mortgage. No income qualifying. No credit hurdles. Just age and property value. And payments? Optional.

For John and Margaret, the choice was clear. They didn't need a miracle. They needed a plan

that offered stability and predictability — one that let them help their daughter without constantly

wondering if today's generosity would become tomorrow's regret.

They got both. And when their daughter gets back on her feet, she'll make payments when she's able to help cover the interest.

The home you built can still work for you.

John and Margaret's story isn't unique. Thousands of Canadian familmoments just like this one. The good news is that the equity you've spent decades building doesn't have to sit idle while life happens around you.

If you'd like to learn more about your options, feel free to reach out to Mark Ingram at 604.644.1413 or mark@ingrammortgageteam.com

What's your next chapter?

Life doesn't stop at retirement.

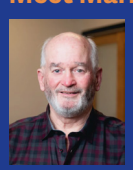
Retirement can certainly bring about major life changes - but it can also bring new possibilities. What are you looking forward to? What would you like more of? Who can you talk with that has been where you're about to tread? What could your next chapter look like?

NEXT CHAPTER is a coffee club for anyone nearing retirement, planning for it, or already retired and wondering what comes next. It's a safe place to meet, exchange ideas and experiences, and enjoy good conversation with others at a similar stage of life.

Next Chapter
COFFEE CLUB
Retirement isn't the last chapter!

To join the conversation, contact Mark Ingram.

Meet Mark Ingram Next Chapter was created by Mark Ingram, co-founder of the Ingram Mortgage Team. For more than 40 years, Mark and his team have helped families throughout the Lower Mainland with their home financing strategies. The team still handles all types of home financing but Mark has pivoted to concentrate on assisting Older Canadians with their unique financing situations. As some of his family has relocated to the Okanagan and the Interior, the area Mark services has grown as well.



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Small choices that can keep packaging out of landfills



The idea of throwing something out and having it end up in an enormous landfill pile doesn't sit well with many Canadians. An initial instinct is to simply use more recyclable items, or at least make sure that more items end up in the blue bin for collection. But that's not always the right answer—it's important to know what can actually end up as recycled material.

How does plastic recycling work?

According to data from Statistics Canada, we discard over 5,000 kilotonnes of plastic each year—that's more than five billion kilograms. Of that, about 20 per cent ends up being collected for recycling. The recyclable plastic in your blue bin goes through several stages:

• Crews collect it and bring it to a materials recovery facility (MRF).

• Paper, metal and plastics are sorted out from each other.

• Plastics are sorted by type using optical sensors and packaged into bales of fragments.

• A recycler takes the bales and sorts the plastics further.

• They're cleaned, melted and turned into pellets, which can be used to make new plastic items.

It's a complicated process, and things can go wrong. Non-recyclable contaminants must be filtered out for the plastic to be usable—most comes from items being put in blue bins that shouldn't be there. Black plastics and soiled containers are difficult for the optical sorting sensors to detect and often get filtered out.

Canada's industries are working to make recycling more effective through initiatives like the Canada Plastics Pact. It's an organization working to lower plastic waste and create a circular economy for plastic packaging. This includes making more packaging recyclable, as well as designing containers that can be reused or refilled.

There have been measurable results from many members of the pact, including its founders. For example, Loblaw switched from black plastics to recyclable pigments in its containers, simplified the materials it uses and redesigned its packages to reduce unnecessary components. As a result, 95 per cent of the packaging for its house brands and in-store prepared items meets the pact's rules for improving recyclability.

Can you help more plastic make it to recycling?

There are some simple things you can do at home to make your effort at the blue bin go farther, such as:

• Flatten your plastic bottles. This helps them travel more easily through automated equipment. It's important to make sure they're flat and skinny, not short and stout—don't just crush the bottle straight down. Tightening the cap or lid helps it get sorted properly despite its small size, plus it helps the bottle stay flat.

• Be careful what you put in the bin. Adding contaminants to the plastic stream can result in whole batches of plastic having to be thrown out. Avoid having cords, hoses, wires or plastic bags in the blue bin; they can get caught in the sorting machinery.

• Always check what can be recycled. Not every plastic can be used, and "wishcycling" the wrong items can result in good plastics getting removed during sorting. It's important to check what items are accepted in your area, because it can vary.

Recycling is a more complicated and delicate process than many of us give it credit for. Done well, it can help keep valuable materials in circulation and reduce waste, but getting there will take all of us working together. You can learn more about plastic recycling at loblaw.ca/en/plastics.

www.newscanada.com

Canada's communities have the power to help fight food insecurity



Food insecurity is a challenge that continues to affect communities across the country—just under 10 million people, according to Statistics Canada. While the issue is widespread, communities also have the power to make a difference by working together to help expand access to nutritious food.

Food insecurity is an even greater challenge for children. When children don't have enough to eat, it affects their growth, development and even their academic performance. Hunger is distracting and can make it much more difficult for a child to focus and concentrate on lessons and schoolwork. Childhood food insecurity is linked with lower test scores at school, more trouble interacting with peers and even a higher likelihood of getting sick, according to peer-reviewed Canadian research. The higher rates of illness can also mean having to stay home from school more often, and falling even farther behind.

Working together is key to making sure kids get enough to eat. One partner in the fight against childhood food insecurity is President's Choice Children's Charity. Through its direct-to-school food program—the largest in Canada—it helps provide students at over 2,000 schools across the country with nutritious food and education to build children's growing and cooking skills. According to the charity's internal reporting, it has invested over $311 million and impacted over 10 million children since its founding in 1989.

"We've learned that big changes and impacts can come from very small inputs," said Shantelle Rhynhold, the charity's executive director. "Community action is made up of the everyday choices the members of that community make, because those choices add up. Even something as simple as rounding up your grocery bill by five cents at a participating Loblaw or associated store can help fuel meaningful change."

Food insecurity can feel like an enormous problem for a community to tackle. But by learning about and understanding the issue, co-ordinating efforts and committing to change—even in small actions—Canadians can come together and work to remove hunger as a barrier for the people in their community.

www.newscanada.com





THE PHARMACIST REVIEW

By Lyle Sunada

Could the Wrong Vitamin D Supplement Actually Lower Your Vitamin D Levels?

Most people assume that taking vitamin D supplements will increase their vitamin D levels. However, recent research from the University of Surrey in England suggests that taking the wrong form of vitamin D could actually lower certain vitamin D levels in your bloodstream!

Researchers reviewed clinical trials comparing vitamin D2 and D3. Surprisingly, they found that supplementing with vitamin D2 (ergocalciferol) significantly reduced circulating levels of vitamin D3, the form our bodies naturally produce from sunlight. Vitamin D2 still increases total vitamin D levels, but the reduction in D3 may partially offset this benefit. Other research suggests that D3 may also be more effective in supporting certain immune functions.

Fortunately, most vitamin D supplements sold in Canada contain vitamin D3 (cholecalciferol), which is generally more effective at raising and maintaining vitamin D levels. However, some supplements, including certain calcium-magnesium combinations, still contain D2. It's worth checking the label!

Why Is Vitamin D So Important?

Vitamin D deficiency is particularly concerning in Canada, where our northern latitude limits vitamin D production from sunlight during winter. Many Canadians don't obtain enough vitamin D through their diets alone.

Vitamin D plays a critical role in calcium absorption and maintaining strong bones. Inadequate vitamin D can contribute to poor bone mineralization, muscle weakness and an increased risk of falls and fractures. Severe deficiency can cause osteomalacia, a condition characterized by soft, weakened bones.

What About Vitamin K2?

Vitamin D helps our bodies absorb calcium, while vitamin K2 helps our bodies use calcium effectively. K2 activates proteins that help strengthen bones and prevent calcium from accumulating in arteries.

Research suggests that vitamin K2, particularly the MK-7 form, may help maintain bone density and potentially reduce arterial calcification. Although more research is needed, combining D3 with K2 may offer additional benefits for bone and cardiovascular health.

Are You Getting Enough Nutrients?

I recently tried Osteoporosis Canada's free online Nutrient Calculator, which estimates dietary intake of important bone-building nutrients.

I was surprised to discover that my diet wasn't providing adequate vitamin D, vitamin K, calcium or magnesium. Actually, it confirmed something I'd suspected all along: I needed to supplement these nutrients, something I've fortunately been doing for years!

I encourage you to try the calculator yourself. It's a useful way to identify potential nutritional gaps.

My Supplement Recommendation

I generally recommend a combination of vitamin D3 and vitamin K2 (MK-7) in an oil-based formulation. Both are fat-soluble vitamins, and taking them in oil may help improve absorption, particularly when supplements are taken without a meal containing fat.

For those concerned about their bone health, we're hosting a REMS Bone Scan Clinic on November 4. REMS is a radiation-free ultrasound-based technology that assesses bone health and can help identify osteoporosis risk.

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





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Leave a Legacy

By Mel Kositsky

Most Canadians have spent a lifetime supporting causes that are close to their hearts. Whether you volunteer your time or make regular donations to charities of choice, you are following a path that leaves a legacy to a more fulfilling life. Ordinary people can make a big impact on the causes they care about by donating in more strategic ways.

That's why each year in the fall the Province of B.C. declares "Make a Will Week", which encourages British Columbians who do not have a current will to prepare one. It wants families to discuss the topic and begin planning for the future. A well considered legal will provides peace of mind for the person preparing it, as well as for their families and friends left to execute their wishes.

The B.C Notaries Association advises seniors, whether living alone, common law or married, to carefully consider their options while they are still physically robust and legally of sound mind. By putting clear directions in writing, it will avoid confusion and costly legal battles about an individual's actual wishes for healthcare measures, financial decisions, and distribution of property.

Being prepared for the future is a good thing whether you feel rich or poor. It will be very helpful to family members, friends and other loved ones left with the task of wondering what you would have liked to do when you are no longer able to tell them your wishes. When these wishes are not clear, the court can step in and appoint a decision maker. If the Public Guardian and Trustee is brought in to administer the estate, the government may then decide on the future of assets, or dependent children.

There is no magic method of dealing with life's many challenges. The world is constantly changing, and the rules and regulations set by governments are always being changed or updated, so it is your own responsibility to document your personal affairs.

The good news is that it is easier to create a plan than most people think – and completing the process will be a big stress relief. And there is lots of help out there, from law firms to neighbourhood notaries, and many online services which offer do-it-yourself kits. But it is always best to seek legal advice to properly evaluate your situation.

Advance care planning documents will help ensure your decisions are followed and can be created in collaboration with legal professionals, leading charities and foundations, accountants, financial advisors or others who will help guide you through the process. Depending on your unique needs and situation, along with a Will, you might require a Representation Agreement, an Advance Care Directive, and/or a Power of Attorney.

Will Power is a public awareness campaign inspiring Canadians to think differently about the way they donate to charity, and use their wills to make a powerful contribution. The campaign is led by the Canadian Association of Gift Planners (www.cagp-acpdp.org) and the CAGP Foundation (www.cagpfoundation.org) in collaboration with the country's leading charities, financial advisors, and legal professionals. By donating in more strategic ways, people can make a big impact on the causes they care about.

Strategic charitable gift planning is a donor-centred process of planning current and future charitable gifts in a way that meets the donor's philanthropic goals and balances personal, family and tax considerations. Gift planning encourages donors to consider their lasting legacy as well as their current and final wishes, encouraging them to continually explore these issues, utilizing tools provided by charitable gift planners or professional advisors.

The goal of the Will Power campaign is to raise the number of Canadians leaving a donation in their Will from eight to 13 per cent by 2030. Reaching this goal will see Canadians contribute as much as $58 billion dollars to social good, according to information on the website at www.willpower.ca.

It is also important to consider that a charitable gift in your Will can go a long way towards reducing the amount of taxes to be levied against your estate after you pass. More information can be found on the website.

The Will Power campaign offers a simple four-step plan to get your plan started. Step One will be to investigate how charitable gifts in Wills change lives and you can calculate the potential impact of your gift. Step Two helps find charities you would like to support and you can use the site to keep a list.

The next step is to speak with a financial advisor. An advisor can design a plan to maximize what you leave for charity and loved ones. Step Four advises to work with a lawyer or notary, or even look at online services. Leaving a charitable gift in a Will can be as simple as adding a clause to your document.

And always remember your assets all have real value to share with others – whether they have sentimental value or monetary value, it is all part of the legacy you may leave.

Lanny's Story: A Legacy of Care and Compassion

"The warm blankets. You don't realize how nice that is for an older person."



Of all the things 79-year-old Lanny Flores remembers about his time at Surrey Memorial Hospital, it's the smallest gestures that come to mind first.

A nurse checking on him during a busy shift. Someone helping him shower when he wasn't strong enough. Conversations with care teams who took the time to listen.

"For older people, knowing that they're still valued, that's what I think they need," he says.

A Lifetime of Giving Back

Giving back has always been part of who Lanny is.

After immigrating to Canada from the Philippines in 1980, he built a life, raised a family and found a home in Surrey.

Throughout his career, he mentored young professionals. Outside of work, he volunteered with Canadian Blood Services, supported cancer research initiatives and helped create educational opportunities for students.

"When I came to Canada, I said, this is my new home," he recalls. "And if I'm part of this home, I would like to volunteer."

Years later, Lanny found himself relying on the same spirit of compassion he had spent his life extending to others.

After being diagnosed with acute myeloid leukemia (AML), he underwent intensive chemotherapy, transfusions and ongoing treatment at Surrey Memorial Hospital.

The uncertainty was difficult. But through it all, his care team reminded him he wasn't alone.

"They always feel that we're doing this together," he says.

For Lanny, exceptional care wasn't only about treatment. It was about feeling seen, heard and valued, even during life's most vulnerable moments.

A Legacy of Compassion

For Lanny, giving back has never been about grand gestures. It's about showing kindness and making people feel valued.

After a lifetime of helping others, he experienced firsthand how much those small acts can mean.



"The small things," Lanny says, "makes me feel wanted."

His story reminds us that our legacy isn't simply what we leave behind. It's the difference we make in people's lives and the compassion we inspire others to carry forward.

What if the kindness we show today could touch lives for generations to come?

Through a gift to Surrey Hospitals Foundation, including a gift in your will, you can help ensure older adults experience the dignity, comfort and compassionate care that meant so much to Lanny.

Because great care should honour who you are.

For more information contact; Surrey Hospitals Foundation, 13750 96th Avenue Surrey, BC V3V 1Z2, info@surreyhospitalsfoundation.com Phone 604.588.3371

A Legacy of Care for Generations to Come.

Your compassion today can help ensure future generations experience the dignity, comfort and exceptional care they deserve.



Let's Talk About Your Legacy.

Consider leaving a gift in your will to Surrey Hospitals Foundation.

To learn how you can make a lasting difference, call our team at **604-588-3371** for a confidential, no-obligation conversation.

Or visit **SurreyHospitalsFoundation.com/supporteldercare to learn more.**

SURREY HOSPITALS FOUNDATION

NO WILL, NO LEGACY: WHEN GOOD INTENTIONS DON'T MAKE IT INTO FUTURE PLANNING

Over decades of galas, community fundraising, community events and golf tournaments, Langley donors have proven their generosity. Through Langley Community Health & Hospital Foundation (LCHHF), local donors and partners show that excellence in health care is a priority for them, their families and their community.

But when it comes to securing a legacy through a Will or gifts of securities, there seems to be a gap between Canadians' intentions and their actions.

The 2025 report *Legacy Giving in Canada*, from the Canadian Association of Gift Planners (CAGP) Foundation, found that about 51 per cent of Canadians have a Will. Among them, 44 per cent said they were likely to include a charitable gift in the future. Yet only 10 per cent of Canadians surveyed had actually included a charitable gift in their Will when the data was collected.

The report also found that Canadians who engage in estate planning are twice as likely to express interest in legacy giving. That marks progress from 2019, when five per cent of Canadians had included a charitable gift in their Will.

Turning Good Intentions Into a Lasting Legacy

These findings reflect the insights that Will and Estate planners often see: considering legacy giving and making it part of a plan are two different things, says Toni Andreola, LCHHF's Donor Advisor, Legacy & Annual Giving.

Toni advises donors that creating a Will and then keeping it up to date is a crucial step in life and financial planning. She says she often tells them that planning early is a way to empower themselves and to ensure that their life's work, assets and values are passed down, for the benefit of their community and their family.

In fact, legacy giving is one of the best ways for regular donors to broaden their vision of the impact they want to make on their community, she adds.

"At the Foundation, we see firsthand how generosity changes lives," says Toni. "A legacy gift allows you to extend that impact far into the future, helping care for patients and families for generations to come."

Supporting the Future of Local Health Care

Gifts to the Foundation can provide lasting support for the equipment, programs and services Langley patients and families will depend on for years to come. Through LCHHF, Toni offers resources to support estate planning, including access to our Legacy Advisor Committee, precise legal language, and a unique Will clause that can replace final taxes owing with a charitable gift. Learn more at healthoflangley.com/legacy or call Toni at 672 879 2394.





We're here to help you have an impact on health care in Langley for generations to come.

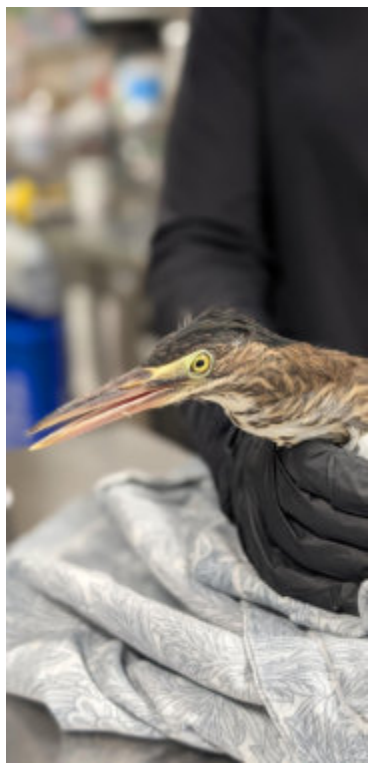
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Langley Community Health & Hospital Foundation



A RARE VISITOR, A REMARKABLE COMMUNITY





Green Herons are secretive birds that blend seamlessly into their natural surroundings and are rarely spotted in the wild, especially when young. Visiting British Columbia only during the breeding season, they are uncommon patients at Wildlife Rescue's hospital. In late summer 2026, a young Green Heron arrived after falling from their nest, becoming the first of their species admitted since 2024.

Every patient matters to Wildlife Rescue's compassionate community and team, and this young bird's arrival reflected a much larger story unfolding across British Columbia.

By late summer 2026, it had already become an exceptionally challenging year for wildlife. Across the region, unprecedented numbers of animals were injured, orphaned, displaced, or affected by pollution. Many received a second chance because someone noticed an animal in distress and chose to help.

At peak times, Wildlife Rescue's staff and volunteers responded to requests for assistance every 90 seconds, helping community members assess situations and determine the best course of action. These conversations often became a critical step in an animal's journey back to the wild.

The pressure extended into the Wildlife Hospital, where more than 3,000 animals required medical attention during the same period. Overall admissions increased by 12% compared with the previous year, placing considerable demands on resources.

As the young Green Heron received specialized care, the Wildlife Rescue community stepped forward. An unexpected legacy gift helped Wildlife Rescue meet the needs of thousands of patients and maintain the facilities critical to their recovery.

With no dedicated government funding, Wildlife Rescue relies on the generosity of its community to provide lifesaving care and rehabilitation. The young Green Heron's story is a reminder that every rescue represents something greater: a community united by compassion, generosity, and a shared commitment to saving wildlife.

As for the young Green Heron, it made a full recovery and was successfully released back into the wild in October 2026. For those who cared for the bird, the release was a powerful reminder of what is possible when community members, wildlife rehabilitators, volunteers, and supporters come together to help animals in need. From a fall from the nest to a return home, the Green Heron's journey reflects the second chances made possible through Wildlife Rescue's work and the generosity of its supporters.

A video of the Green Heron's release can be viewed at: bit.ly/Green-Heron-Release-2610





LEGACY GIVING IN REGIONAL PARKS: CREATING LASTING CONNECTIONS & MEMORIES

For many, leaving a legacy is more than what we pass on. It reflects what we stand for, and the impact we choose to make in the lives of others and the places we love.

At **Metro Vancouver Regional Parks Foundation**, we see how deeply connected people are to the natural spaces around them. With over 13,800 hectares of protected land across 29 parks and greenways, our regional park system offers countless opportunities to create meaningful connections. **These are places that hold our stories**: a quiet trail where you found clarity; a shoreline your family returned to year after year; a bench where you paused, breathed deeply, and simply took it all in.

We see these connections come to life every day, made possible through the generosity of our supporters. Within the first year of our **Seniors in Regional Parks program**, over 1200 seniors across 30 organizations took chartered buses to regional parks and greenways, enjoying free food, activities, and workshops. Some seniors experienced the joy of a trishaw ride, felt the wind on their faces, and reconnected with nature in a way that once felt out of reach. Other seniors practiced nature-based mindfulness through gentle walks, tai chi, and meditation, which are proven influencers of healthy aging. **All seniors experienced one thing in common**: a deep connection with the beautiful forests, shorelines, and wildlife that make our regional parks so special.

Across Metro Vancouver, individuals and families are choosing to honor their loved ones and life's meaningful moments through legacy giving. Some create lasting tributes through **commemorative benches or picnic tables**, offering others a place to sit, reflect, and feel connected. Others choose to **leave a gift in their will**, supporting stewardship work that protects the forests, shorelines, and wildlife that make these parks so special.

Leaving a legacy is a deeply personal decision. It is an opportunity to reflect your values, honor your story, and create a lasting impact. As we look ahead, we invite you to consider what your legacy could be, and to join the growing number of people helping to protect and nurture Metro Vancouver's regional parks for generations to come. Together, we can ensure these places continue to inspire, connect, and sustain us for generations to come.

Connect with Metro Vancouver Regional Parks Foundation about Legacy Giving:
Email: hello@mvrpfoundation.ca | Website: mvrpfoundation.ca

CHAMP PROGRAM HELPS YOUNG AMPUTEE STAY ACTIVE



For 12-year-old Maddux Kerr, being a part of The War Amps Child Amputee (CHAMP) Program has meant having the support and resources he needs to live an active, fulfilling life.

Born a double leg amputee, Maddux was enrolled in the CHAMP Program when he was just seven months old. As a "Champ," Maddux is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support through the program.

"At CHAMP seminars, we've had the chance to see that our family is not alone on this journey," say Jessica and Allan Kerr, Maddux's parents. "We are reassured knowing that Maddux has amputee friends he can go to for advice when he needs someone who can relate to his situation better than us."

In addition to giving Maddux support and connection through War Amps events like CHAMP seminars, which are opportunities for families to share experiences and learn about the resources available to them, his parents say CHAMP has also provided life-changing funding for his artificial limbs.

Maddux's War Amps-funded water legs help him live a full, active life. Unlike standard artificial legs, which can rust when exposed to moisture, these waterproof limbs have drain holes for swimming and bathing. His water legs also have added ankle support, so he wears them when playing hockey too.

"Thank you to everyone who donates to The War Amps. You have changed our lives, as well as our son's life by helping him to enjoy being a kid," say Jessica and Allan. "He knows no limitations because of your support."

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

Photo: Maddux is benefiting from his War Amps-funded water legs. These limbs are waterproof and specially designed to make bathing and swimming easier.

Be a part of the legacy

with a charitable estate donation in your will. Since 1918, The War Amps has fought for the rights and interests of our veterans, especially those who are seriously disabled. Your gift will carry on this mission and help support their needs.

The War Amps

estatedonation@waramps.ca
waramps.ca
1 800 465-2677

Charitable Registration No.:
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SEASONAL TIPS FOR SAFER FALL DRIVING

Fall colours and changing weather can make for beautiful drives, but they can also bring new challenges behind the wheel. Shorter days, wet roads and the approach of winter are good reminders to prepare both your vehicle and your driving habits for the season ahead.

Here are some simple ways to stay safer on the road as the seasons change from the auto experts at Co-operators Insurance.

Get your vehicle ready

• Schedule a seasonal tune-up to make sure your battery, brakes and other key systems are ready for colder weather.

• Replace worn wiper blades and top up windshield washer fluid with a winter-grade formula designed for freezing temperatures.

• Check your tire pressure regularly. Properly inflated tires can improve handling, braking performance and fuel efficiency.

• If you haven't already, consider switching to winter tires for improved traction on cold, snowy and icy roads.

• Carry a scraper, snow brush, shovel and emergency kit in your vehicle.

Adjust your driving habits

• Slow down and adjust your speed to changing road conditions. Wet leaves, frost and snow can make roads slippery.

• Avoid sudden acceleration and hard braking. Smooth driving can improve vehicle control and reduce wear on your vehicle.

• Keep your full attention on the road. Activities like texting, adjusting controls or eating while driving can distract you from changing conditions around you.

• Leave extra space between your vehicle and others, especially when roads are wet or icy.

• Turn off cruise control when driving on wet, snowy or icy roads.

Plan ahead

• Check weather and road conditions before heading out, especially for longer trips.

• Choose well-travelled roads whenever possible: they're more likely to be cleared and maintained



during winter weather.

• Give yourself extra travel time so you don't feel pressured to rush.

• In severe conditions, consider delaying your trip until roads improve.

A little preparation can go a long way when road conditions change. You can find more seasonal driving tips and vehicle maintenance advice at cooperators.ca.

www.newscanada.com

CARING FOR OUR COMMUNITY, TODAY AND FOR GENERATIONS TO COME.

When Sue joined Eagle Ridge Hospital as a casual physiotherapist in April of 1988, there was no way to predict that the hospital would one day feel like a home to return to.

The connection to a hospital lives in every healthcare worker. From patients to programs, the heart of a healthcare worker is woven into every part of a hospital.

Sue progressed to Clinical Practice Lead, a role she held until 2011, when she and husband Kevin moved to northern B.C. for a new opportunity.

Still, the experience at Eagle Ridge followed her and even while up north, Eagle Ridge Hospital and the Tri- Cities remained in their lives and hearts.

After her initial retirement, Sue returned to working as a casual at Eagle Ridge Hospital in 2017, reigniting her passion for physical therapy at the clinic she once called home. Sue remained engaged at Eagle Ridge Hospital through her final retirement following the COVID-19 Pandemic.

The compassionate and skilled care patients receive from staff like Sue makes an impact for decades. And the heart that Sue put into over 25 years working in our hospital is just one example of the dedication there is to connection, health and well-being of our community.

Having seen the importance of community support for local healthcare firsthand, Sue and Kevin have supported Eagle Ridge Hospital Foundation for years. As Sue explains, foundations help "lift those areas of need."

For Sue and Kevin, supporting local healthcare also means thinking about the future. They have established a legacy giving fund to help ensure future generations continue to have access to quality care close to home.

Their decision reflects a simple belief: caring for a community doesn't end with retirement. Through legacy gifts, donors can help provide vital equipment and resources for local health care for years to come.

Established in 1982, Eagle Ridge Hospital Foundation enhances Tri-Cities health care through philanthropy and advocacy. Serving Anmore, Belcarra, Coquitlam, Port Coquitlam, and Port Moody, the Foundation supports patient centered care by funding medical equipment and resources for Eagle Ridge Hospital, Eagle Ridge Manor, as well as various community health programs. To learn more, contact Kristina Chung at 604.469.3206 or kristina@erhf.ca. Leave a Legacy. Shape the Future.





LEAVE A LEGACY. **SHAPE THE FUTURE.**

Strengthen the future of Eagle Ridge Hospital and the health of our community.

To learn more about leaving a legacy, contact:
Kristina Chung, *Executive Director*

Phone: 604-469-3206 **Email:** kristina@erhf.ca

OR

Scan this QR Code or visit
erhf.ca/ways-to-give

EAGLE RIDGE HOSPITAL **FOUNDATION**

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Try this Mediterranean anti-inflammatory fish and tomato combo tonight

One way to manage inflammation and other arthritis symptoms is through lifestyle choices, such as healthier eating. While diet alone won't cure arthritis, according to Arthritis Society Canada, an anti-inflammatory diet can help.

Haddock is high in protein and full of nutrients, including riboflavin, vitamin D, iron and zinc. It's also high in omega-3 fatty acids, which help regulate blood pressure, the nervous system and inflammatory activity. Here's a simple weeknight recipe to try:

Cayenne-Marinated Mediterranean Haddock with Tomato Sofrito
Prep Time: 15 minutes
Cook Time: 20 minutes
Servings: 4
Ingredients:
Fish:

- ½ tsp (2.5 ml) cayenne pepper
- ½ tsp (2.5 ml) each salt and pepper
- 2 tbsp (30 ml) extra virgin olive oil
- Juice of 1 medium lime, about 2 tbsp (30 ml)
- 1 tbsp (15 ml) garlic, minced
- 4 haddock fillets, about 14 oz (420g) total

Sofrito:

- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) garlic, minced
- 1/3 cup (80 ml) cup onion, chopped
- 4 medium tomatoes, cubed or 1 14 oz (398 ml) can whole tomatoes
- 4 tbsp (60 ml) chopped fresh basil or parsley, or 1 tbsp (15 ml) dried basil
- 1 tsp (5 ml) dried thyme
- ¼ tsp (1 ml) turmeric, optional
- Salt and pepper, to taste

Directions:
Prep the fish:

1 In a small bowl, combine cayenne pepper, salt, pepper, olive oil and lime juice.

2 Place fish in a baking sheet lined with aluminum foil and coat with the cayenne marinade.

3 Cover with plastic wrap and refrigerate for 1-2 hours.

Prep the sofrito:

1 While the fish marinates, heat oil in a medium skillet over medium heat. Sauté garlic and onion for 2 minutes or until soft.

2 Add tomatoes, basil, thyme, pepper and salt. Simmer for 10-15 minutes.

3 Add extra herbs to taste, including turmeric if using, and set aside.

Cooking:

1 After the fish has marinated, preheat oven to 450 F (235 C).

2 Remove plastic wrap from fish and bake for about 20 minutes, or until it flakes easily with a fork. Serve with sofrito.

Find more arthritis-friendly recipes at arthritis.ca.
www.newscanada.com



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Do chronic conditions make RSV a greater risk for you?

As respiratory syncytial virus (RSV) infections begin to rise across Canada each fall and winter, many people may experience symptoms similar to a common cold. But for adults living with chronic conditions, RSV can be much more than a mild illness; it can worsen existing health problems and lead to serious complications.

Some chronic conditions can make the impact of RSV much worse

People with common chronic conditions, including chronic obstructive pulmonary disease (COPD), asthma, cardiovascular disease, diabetes and chronic kidney disease, are at higher risk of severe illness from RSV.

The virus can place added strain on the body, making existing health conditions harder to manage. For people with COPD and asthma, it can trigger severe flare-ups, leading to significant breathing difficulties. For people with diabetes, acute infection can make managing the condition more difficult; diabetes is also associated with higher risk of severe RSV outcomes.

The virus can also lead to other serious complications, including pneumonia, hospitalization and, in some cases, death. Research has shown that those living with chronic health conditions are more likely to be hospitalized because of an RSV infection than those without these conditions.

It's important to have regular discussions with your doctor

It's possible to protect yourself against RSV. By speaking with a healthcare professional, you can better understand your risks, as well as your options. Vaccination, for instance, has been shown to reduce the risk of RSV-related lower respiratory tract disease, including severe disease, in older adults.

"People living with chronic health conditions can make vaccination, including for RSV, part of their regular healthcare conversations", says Dr. Alan Kaplan, family physician and chair of the Family Physician Airways Group of Canada. "Understanding your risk and discussing protective measures can help you make informed decisions about your health."

At your next appointment, you can ask your healthcare provider about RSV, its potential impact on your existing health condition and what protective steps you can take. A simple conversation can help you better understand your personal risk and whether immunization may be appropriate for you.

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

Shell Busey the HouseSmart guy Questions and Answers

By Shell Busey



To have you the reader ask your questions on any home improvement topic + any topic that will help you with your project and needs included are the following.

You can email me at the following email address and I will email you back with the answer.

info@askshell.com

How to; what to; where to; why to; who to; making (it just that easy) to get your project completed.

PLASTIC LAMINATE CLEANER

Countertops made of Arborite and Formica tend to get a build up of stains after continuous use. Try this simple mixture to clean them up.

Dampen the surface with water, sprinkle on baking soda and scrub with a damp sponge. Rinse with clear water and a clean cloth.

Suggest: wearing hand protection.

WHITE WATER MARKS ON FURNITURE

White water marks on wood finishes may be caused by hot pots, cups of tea or coffee or very often hot pizza boxes. The best solution is to rub the surface with Bri-Wax using super fine (0000) steel wool. Do the entire area starting in one corner and working with the grain. When you reach the white mark concentrate on that area until the mark has been removed. Continue finishing the entire top and allow to dry 2-3 minutes then buff with a soft club.

APPLYING WALLPAPER OVER WOOD PANELLING

Rather than remove out of date wood paneling you may want to cover it with wallpaper. First wash the paneling with a TSP (non phosphate) wash(1 tablespoon to 1 pint of warm water). Rinse well with clear water and allow to dry thoroughly.

If the paneling is V grooved use a small brush and apply a coat of white glue to all V joints, seams and any nail holes. When the glue is dry apply a coat of light weight spackling compound with a 4 inch spackling knife. No sanding is required.

After allowing the paneling to dry, apply a roller coat of all purpose primer.

Now you are ready for wallpaper sizing and your new wallpaper.

6 SIMPLE STEPS TO SAFEGUARD YOUR BACKYARD AHEAD OF WINTER



As the days shorten and temperatures dip, nature begins preparing for winter. Trees shed their leaves to conserve energy while wildlife prepares their dens for the frost. Your home deserves the same care. This fall, take a cue from the season: this guide can help you get your home and outdoor spaces winter-ready before the first snow falls.

"Cold weather can cause more damage than you expect. While many homeowners focus on what's happening inside their homes, outdoor features are often among the most vulnerable to winter weather," said Mel Wright, vice president and head of Intact Insurance's prevention program. "A quick seasonal inspection of outdoor taps, doors, gutters and attached structures can help identify potential issues and reduce the risk of costly damage during the winter months"

Here are some preventative steps that can help protect your home and get it winter-ready:

1 Shut off the outdoor taps. Disconnect and drain all garden hoses before closing the indoor shut-off valve for your outdoor faucets. Open the exterior taps to drain any remaining water; this prevents trapped moisture from freezing and bursting your pipes.

2 Secure outdoor items. High winds can turn patio furniture and trash cans into projectiles, damaging both the items and your home's siding. Store what you can in a garage or shed to protect it from the elements. For larger items that have to stay outside, use heavy-duty ropes to anchor them securely.

3 Trim your trees. Inspect trees for dead or weakened limbs that hang over your roof, fences or power lines. Prune these branches as close to the trunk as you can to prevent heavy snow or wind from snapping them. For large limbs or high-altitude work, hire a professional to ensure the job is done safely.

4 Clear your eavestroughs. Leaves, needles and debris can quickly clog your drainage system. Clear out your eavestroughs and downspouts, and be sure to sweep debris off the roof as well. This helps prevent the next rainfall from washing material right back into your freshly cleaned drains.

5 Check your weatherstripping. Take the opportunity to inspect the seals around your home's exterior doors and windows. Look for missing, cracked or damaged weatherstripping, and replace it to keep a warm and dry home all season long.

6 Inspect your outdoor structures. Take a look at any fencing, canopies, porches, decks and for loose boards or structural damage. Winter will make any existing damage worse—fixing it now will be easier than when the snow comes.

Preparing your backyard for the season is a satisfying final step before the colder months set in. With everything secured, drained and tidied away, you can head into the season with more peace of mind, knowing you've helped reduce the risk of damage and made spring cleanup easier.

Find more prevention tips at keepitintact.ca.

www.newscanada.com





SIMPLE WAYS SENIORS CAN STAY HEALTHY THIS FLU SEASON

For older adults, influenza is often more than just a seasonal illness—it can be serious and potentially life-threatening. As we age, our immune systems naturally weaken, making it harder to fight infections. This puts seniors at a higher risk of influenza-related complications and hospitalization.

The flu can also affect more than just the lungs. In fact, it can act as a silent trigger for cardiovascular events, increasing the risk of stroke up to eight times and heart attack up to 10 times following infection. For many seniors living with chronic conditions such as diabetes or hypertension, influenza can make these conditions worse and potentially lead to more serious health challenges.

In Canada, older adults account for nearly half of flu-related hospitalizations. For some, the flu's impact can last well beyond the illness itself. About one in five seniors who are hospitalized with the flu experience a decline in their ability to carry out daily activities, which can impact their independence and quality of life.

Here are some simple, practical steps you can take to help lower your risk and stay protected this flu season.

- Consider the higher-dose vaccine tailored for seniors: According to Health Canada, vaccination is still the most effective way to reduce the risk of severe illness, hospitalization and complications. But because the immune system weakens with age, standard-dose vaccines may not always provide the same level of protection in older adults. Higher-dose vaccines designed specifically for seniors help generate a stronger immune response to protect against serious illness.
- Keep your distance when sick: Limiting close contact with others can help prevent spreading illness. Stay home when possible, and encourage family members and visitors to avoid coming over if they're sick.
- Wear a well-fitting respirator or mask: Respirators and masks act as a barrier and can filter out respiratory particles, adding an extra layer of protection.
- Improve indoor ventilation: Opening windows or increasing ventilation can help reduce virus spread indoors.
- Practice good hand hygiene: Wash hands frequently with soap and warm water for at least 20 seconds, especially after being in public places. If soap and water aren't available, use an alcohol-based sanitizer.
- Cover your coughs and sneezes: Use a tissue or the crook of your elbow, and dispose of tissues right away.
- Clean high-touch surfaces: Regularly disinfect germ-carrying surfaces such as doorknobs, phones and countertops.

You can learn more about high-dose vaccines for seniors by talking with your healthcare provider or pharmacist, as well as at preventionhub.ca.

www.newscanada.com

Straight from the Horse's Mouth

By Mel Kositsky

A tragic accident during the fifth race at Desert Park Raceway on Sunday, October 18 resulted in the fatality of B.C. harness racing driver and trainer Scott Knight. He was 52.

According to the track news release, the horse, Dillon James, driven by Don Ross, broke stride, lost his step and went down on the track. The trailing drivers and horses were unable to avoid the downed horse, leading to a multi-horse collision. Scott Knight, who was driving Wits Beach, did not survive the accident.

Carson Abbott, driving Firm Ringo, was transported to Penticton hospital for medical treatment. Don Ross sustained minor injuries and was treated onsite. All three horses involved in the collision survived.

Desert Park Raceway officials cancelled the remainder of that racing program immediately following the fifth race. The six-race card scheduled for the next day (October 19) was also cancelled.

Kelly MacMillan, President of the Western Canada Horse Racing Association and operator of Desert Park Raceway, issued the following statement regarding the loss:

"It is an incredibly sad incident, and we are at a loss for words. Scott was part of our family and I can't begin to describe how we are feeling. We are all reeling in grief. Our thoughts and prayers go out to Scott's family and everyone involved."

Desert Park Raceway has arranged for and is offering counselling services to anyone in the racing community who feels the need for support through this incredibly difficult time.

A Standardbred Canada news report said:

"Scott Knight, one of Western Canadian harness racing's top drivers for the past quarter century, passed away on Sunday, Oct. 18 at the age of 52.





WRITE AS I PLEASE

By Mel Kositsky



"LEST WE FORGET!"

On Remembrance Day members of the armed forces (soldiers, sailors and airmen) are commemorated.

This year November 11 falls on a Wednesday. There will be commemorative services in communities across the country.

According to information found on the Statutory Holidays Canada website, the other common name for this day is Armistice Day, which marks the date and time when all armies stopped fighting World War 1 -- **on November 11th at 11 a.m. in 1918 (the eleventh hour of the eleventh day of the eleventh month)**.

Some 100,000 Canadian soldiers died in the First and Second World Wars.

In Canada, Remembrance Day is a federal statutory holiday - with a notable exception of Nova Scotia, Northwest Territories, Ontario and Quebec - as it is in many other countries in the world where this day is observed on the national level.

All government buildings fly the Canadian flag this day at half mast -- and people remember those who fought for Canada during a two-minute silence at 11 a.m. Many people wear poppies before and on Remembrance Day to show their respect and support for Canadian troops.

Poppies are generally handed out free but often a voluntary donation is given in exchange.

In the United States this day is called Veteran's Day and is also observed on November 11.

Should Remembrance Day be a stat holiday in every province?

Many people all over the country are outraged why Remembrance Day is not a stat holiday everywhere in Canada. Indeed, common sense (or sense of fairness, justice, or whatever the motivation is) dictates to make this a stat holiday in every province and territory - even in Ontario. But not everyone agrees.

One such comment follows:

"Please DO NOT make Remembrance Day a statutory holiday in Ontario. Family Day is a much more appreciated break for families in the heart of the long cold depressing winter. Remembrance Day is better observed in a ceremony at your school, community centre or place of work."

The House of Commons has debated Bill C-597, aimed to make Remembrance Day a national legal holiday. It received a third reading but did not become law. Even if the bill had passed it would be up to the provinces to decide what days are statutory holidays.

It's an often overlooked and little-known fact that the Royal Canadian Legion does not endorse the bill out of concern that Canadians would not take time off to remember and would treat a day off as a holiday. They want the kids in school - so they can talk about it and learn about it - not sit at home and know nothing about it.

It's about respecting the veterans and teaching about them -- not having a day off to do nothing.

"If an organized observance was held at schools and workplaces people would be much more likely to spend time participating and keeping the importance of Remembrance Day top of mind, won't they?"

"Many believe that we, as a nation, will never come to a consensus and agree that Remembrance Day should or should not be a holiday in every province but we should at the very least agree to the comments of a self-identified "Angry Canadian Preteen" who proposes that we spend more time preventing future atrocities and less time looking back: Let's use Remembrance Day as a reminder to all of us that for the remaining 364 days we need to focus our discussion and actions to ensure that future generations won't have to fight in wars at all."

Celebrate the Legion's Centenary

This is a historic year for the Legion — 100 years of service, community impact, and Remembrance.

Throughout 2026, many special initiatives have been held, along with the sharing of stories from our past, and hosting events that bring Canadians together.

From local Branch activities to national programs, there are many ways to take part, honour our legacy, and help shape the Legion's future.

This year, all Canadians who are not already members are invited to join the Legion as Centenary Members at no cost. Discover the benefits of membership and join the celebrations during this historic year.

Incorporated in 1926, the Legion is Canada's largest Veteran support and community service organization. It is a non-profit organization with a national reach across Canada, as well as branches in the U.S. and Europe, with 300,000 members -- many of whom volunteer an extraordinary amount of time to their branches.

The Royal Canadian Legion proudly commemorated its 100th anniversary at the National War Memorial in Ottawa this summer, joined by invited dignitaries, Veterans, Legion members, and the public.

Incorporated on July 17, 1926, the country's largest Veteran support and community service organization recalled highlights of its history of Remembrance. From chartering giant steamships so Veterans could attend the unveiling of Vimy Memorial in France in 1936, to the repatriation of an Unknown Soldier to Ottawa in 2000, and to St. Johns, Newfoundland in 2024.

"We also remember those who were angered and saw a great need for support and advocacy," said Berkley Lawrence, Legion Dominion President, referring to the era in the wake of the First World War. "It is they who founded the Legion to ensure that Veterans were cared for and remembered. Not only then, but in the future.

Larry Murray, Legion Grand President also spoke of the organization's artistic contests for youth which began in the 1960s. "It is impressive that these contests continue to this day," he said.

Berkley Lawrence, Dominion President, added: "The increase in support across the country is an exciting development, bringing with it new energy, new ideas and great momentum as we head into our next century of service to our Veterans, families, and communities."

Her Excellency the Right Honourable Louise Arbour, Governor General and Commander-in-Chief of Canada spoke at the 100th anniversary event.

"Beyond its commitment to veterans and their families, the Legion is a powerful force in villages, towns and cities across Canada," she expressed.

Her Excellency later placed a wreath at the site, and a Poppy on the Tomb of the Unknown Soldier joined by other invited dignitaries, including Acting Chief of the Defence Staff Vice Admiral Angus Topshee and RCMP Commissioner Mike Duheme. Veteran groups, cadets, and guests also paid homage this way.

Maplewood Care Foundation is offering grants to support non-profit charitable organizations that provide services or undertake community-engaged research focused on older adults in Abbotsford and the eastern Fraser Valley.

The Maplewood Care Foundation exists to strengthen quality of life as people age by supporting organizations that serve them and investing thoughtfully in the communities they call home. Its funding supports work that is grounded, responsible, and designed to make a lasting difference today and for generations to come.

Multiple grants of up to $20,000 are available, along with limited grants of up to $50,000 for 12-month projects running from December 2026 to December 2027. Applications close November 2, 2026, at 3 p.m. Organizations can visit the Grantseekers page on the Maplewood Care Foundation website for additional information and access to the application portal.



The Next Chapter

By Mike McCardell

Ackee and Salt Fish

Once in a while Valerie would cook the national dish of Jamaica. Of course she did. She was Jamaican. It would be a nice, simple traditional Jamaican dinner.

You may have heard of it in songs. You may have seen it in Jamaican restaurants.

Ackee and salt fish. That is ackee and salted cod fish. Ackee is a fruit, or a vegetable. Whichever you like.

But you cannot buy fresh ackee. In Canada it is heavily restricted. In the U.S. it is banned because if it is not fully ripe it probably will kill you. That will ruin a good meal. If it is ripe and cooked, that means from a can, you can feel like a Jamaican and start speaking with a musical accent.

I saw some cans in a supermarket which very rarely had it. I brought one home to Valerie. It was expensive, $17 for one but I knew she would be happy and give me a hug and tell me I was sweet.

Ackee grows on a tree, so it is a fruit. But in Jamaica it's a vegetable. It looks like scrambled eggs but it does not taste like eggs. It has a mild flavour except when Valerie added thyme and oregano and garlic and green onions and salt and hot peppers and other things but overwhelmingly it tastes like salted cod fish, which does not grow on trees.

Salted cod fish grows out of tradition.

Please remember that Jamaica is in the Caribbean and is surrounded by a million fish. All of them tasty. But Jamaica was ruled by Britian for 300 years and the British people living there did not like eating local fish. They ate cod fish, which is what they ate in England. And they imported the fish from New Brunswick, as they did in England.

In the olden days they covered the fish in salt to keep it from rotting. The salt went into the fins and heads and every part of the fish so it did not become like fish you don't want to smell. Then just because someone invented refrigeration did not mean no more need for salt. Salted fish was tradition.

And the Jamaicans started eating what the English folks ate, salted cod from New Brunswick. They mixed it with their ackee and it became Jamaica's national dish.

But you have to get the salt out of the fish before you eat it or your eye balls will pop out. Ugh! I can't eat that. So, you boil it, for a long time. There is a smell from boiling salted fish, a smell that goes through the house and outside and your neighbours say, "What are they cooking?" It is a strong smell.

When I got home the first thing Valerie said was:

"Thank you. Did you get fish to go with it?"

"Whoops. No, I don't know how I forgot but I forgot."

She looked so disappointed.

"You know you can't have ackee without salted cod fish."

"I know."

She smiled. "Would you be a sweetheart and go back? And I'll make a nice, simple traditional Jamaican dinner."

At least I got the sweet part. And it was very, very tasty.

mccardell@shaw.ca

"How many cans did they have?" she said that before she said "Oh, thank you, You are so sweet."

"There were six cans," I said,

"Why didn't you buy them all?"

"I couldn't afford it."

"You have a credit card."

Back at the store to buy them all but too late. The shelf was empty. There are other Jamaicans living here.

"Do you have more ackee?" I asked the nice young fellow who thought ackee was an anti pimple medicine.

"I'll look it up on my computer device," he said as he asked "How do you spell it?'

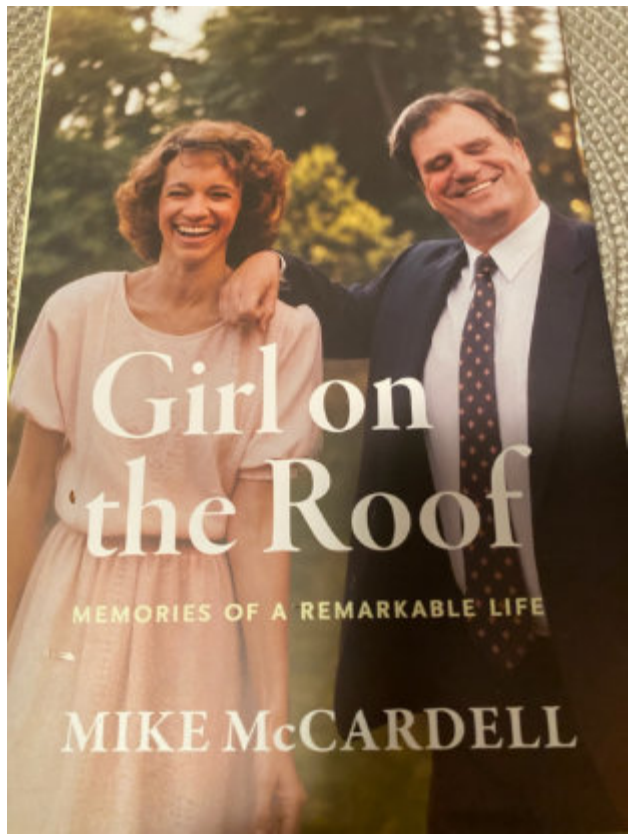
I told him and he said it would be in the Ethnic aisle.

"No, I said, it was right here below the coffee" where someone who did not know what it was put it.

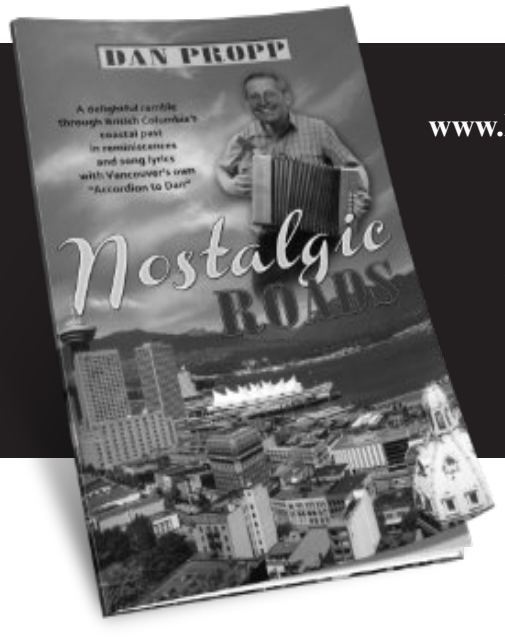
"We had six cans but we are out of it now," young fellow said.

Valerie bought some salted cod fish which is sealed tightly in plastic.

"We will have it tomorrow," she said. "And I'll give you a hug for being so kind."







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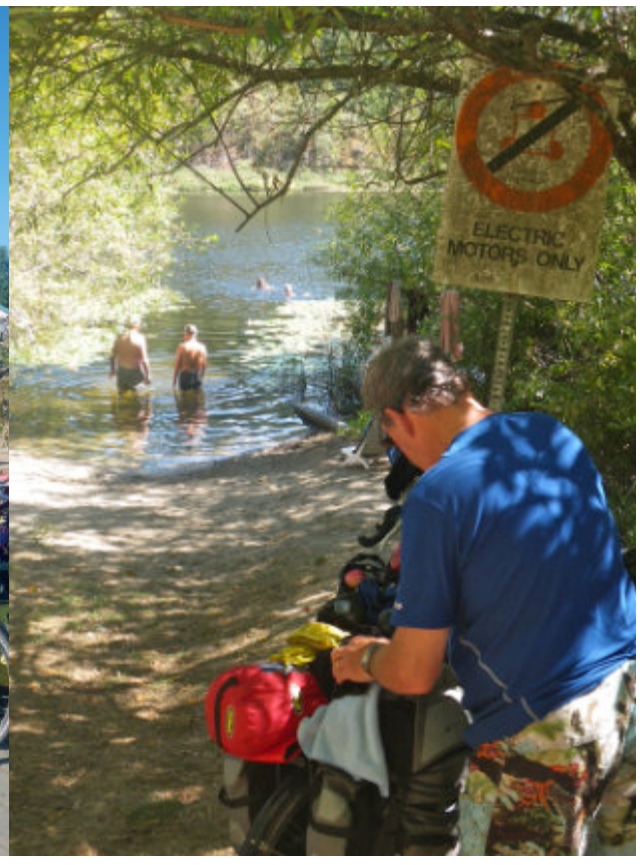
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TOUR DE GULF ISLANDS A CYCLIST'S DIARY

By Rick Millikan

A Gulf Islands summer bicycle trip to begins with a mad dash through Delta's farmlands to catch the Tsawwassen ferry...

Disembarking initially on Galiano Island, five bicycle buddies and I pedal through Sturdies Bay, ascend into fragrant evergreen forests...and an hour later, merrily ??? descend into Montague Harbour Park. White midden cliffs evidence early indigenous shellfish feasts. Our own dinner festivities commence with crunchy salad. Later savoring packets of rehydrated vittles, bats sweep the darkening skies for bug-rich cuisine. And a sound distance away, racoons gobble goodies from tents of non-snoring pals.

Thursday: Empty paniers make the grinds of our northern island explorations...almost easy. Pausing at Sri Chinmoy Peace Park, we read about its trails of inner reflection and joy...which sound just like cycling to us! As Doug photographs a farm's gigantic sunflowers, the owner greets us and points out his organic crops. Loading bicycles with his gifts of corn, basil and cherry tomatoes, we proceed.

At Lover's Leap, we gaze over adjacent islands. Unlike them, Galiano offers several beautiful parks, and the delightful Hummingbird Pub. Tonight, we hop on its free bus. The driver gives us tambourines, maracas and cymbals to accompany golden oldies blasting from onboard speakers.

Friday: Fellow campers join us for morning coffee. This Swiss couple's Tout-Terrain bicycles boast belt-drives, internal gears and hydraulic brakes. "After crossing Italy, we took a cargo ship to South Carolina, pedaled across the U.S. and eventually ferried here," the guy explains. "We're now heading for Hawaii aboard a cruise ship from Vancouver."

We ferry to Salt Spring Island. A dipsy-doodle, ten-kilometer ride from Long Harbor ends in Ganges. After admiring its waterfront bronze mermaid, we play Frisbee-golf in a forest park. Tossing discs through gaps in foliage, we ding all eighteen poles before camping nearby.

Saturday: A roller-coaster ride to Ruckle Park provides ocean panoramas, tasty windfall apples from a gnarly roadside tree and refreshing swims in Weston Lake. Tents eventually popup on grassy spots between slate outcroppings. Ferries toot, cabin cruisers scoot.. .and pods of orcas swim offshore through turbulent Active Pass.

Sunday: After breakfast, we hike a 7-kilometer loop trail. Skirting the rugged coast, we soon arrive at Beaver Point. Signboards display paintings of its former general store, post office and cottage. Avoiding fenced pastures, the path heads inland through a lofty forest. Crossing the park's entrance road, it continues through the Ruckle family's early farm buildings...and above Grandma's Beach. Relaxing back at our campsite, we watch resident black-tail deer foraging.

Monday: Racking and re-packing at dawn, we leave misty Ruckle Park and continue riding through evergreen forests and quiet glens. Arriving in Fulford Harbour, we sniff out its little bakery...and soon munch fresh cinnamon buns! Traveling onward to Swartz Bay, we catch another small ferry to Saturna Island.

At Lyall Harbor, we push bikes up the steep hill to the general store. Anticipating primitive island campsites, we fill jugs with water and buy extra groceries. Heavily loaded, we ponderously pedal a peaceful mid-island route. At the end of Narvaez Bay Road, a long trail provides an exuberant descent to a park that welcomes us with trees bearing juicy golden plums...and campsites offering million-dollar views!

Tuesday: Awakened by deer chomping leaves from fallen alders, we rise in time to watch them parade along the beach. After noshing instant oatmeal and slurping robust coffees, we hike around Echo and Monarch Bays...and that afternoon, plunge into the chilly bay off the park's adjacent beach.

Wednesday: Returning to Lyall Harbour, we relish a hearty pub lunch and later board a homeward ferry. Our adventures on these splendiferous fruity-corn-utopias will long be cherished.

When You Go:

- See: http://gulfislandstourism.com/ to learn about B.C.'s island gems.
- Check out: www.bcferries.com/schedules/southern/vade-current.php for Gulf Island ferry schedules

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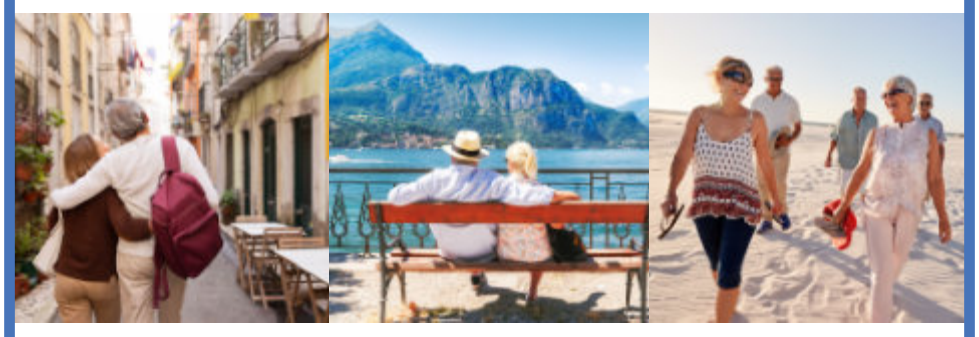


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LEARNING HOW TO SPOT A SCAM

November is Financial Literacy Month, and increasing your knowledge of fraud is an important way to stay safe. If it feels like you're seeing more stories about fraud lately, you're not imagining things: scams really are on the rise. Canadians report hundreds of millions of dollars lost to fraud each year, and the rate of reported incidents has nearly doubled over the last decade. That's according to Statistics Canada, and other research from the organization suggests that only about 10 per cent of fraud ends up getting reported.

Fraudsters don't target everyone equally

Unfortunately, many scams are aimed at seniors. Fraudsters may assume older Canadians have more savings or assets, and that they're unfamiliar with new scamming techniques, such as AI-powered impersonation in phone or video calls.

Many seniors are also socially isolated, which can make them more vulnerable to pressure tactics. Fraudsters rely on uncertainty and creating a sense of urgency or fear to try to override their targets' better judgment.

How can people stay calm and spot the scam?

Increasing your financial confidence is one way to boost your fraud defences. For example, if you know which questions a bank will or won't ask over the phone, or the proper way to resolve an account issue, you'll be better able to think past the fear that a scammer wants you to feel.

There are free resources and courses available to help Canadians boost their financial literacy and confidence. One example is Money Matters, a free introductory financial literacy program that can help adult learners get more familiar and confident with their finances, including spotting fraud.

Tips for when you get an unexpected message:

- Watch out for phishing. This is when fraudsters reach out—often in email or text—claiming to be a company or institution you trust. Their goal is to get you to provide your login information. Remember: it's always safer to go to an organization's webpage directly through your browser and log in from there.
- Know what your bank won't ask. A bank may reach out if there's an issue with your account, but it's always important to be cautious. Remember: A bank representative won't ask for your username or password over the phone. If you're ever uncertain, you can hang up and contact the bank yourself using the number on their website or on the back of your bank card—they'll understand you're being careful.



At the end of the day, a fraudster can't force you to give up sensitive information. By building your knowledge and confidence, you can be better prepared for whatever they try. You can find more financial tips and resources, including free courses, at abcmoneymatters.ca.

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- Accompanying clients to social events
- Emotional support and friendship
- Wellness check-ins

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Everything we can legally provide without requiring a Care Aide.

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- Prescription pickup
- Banking errands
- Post office trips
- General errands

Personal Assistance (Non-Care Aide):

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- Assistance selecting clothing
- Mobility standby assistance
- Shower standby assistance
- Appointment accompaniment

Property Assistance:

- Pet care
- Yard maintenance
- Plant care
- Snow removal of walkways
- Basic household tasks

Community Support:

- Transportation to appointments
- Shopping trips
- Community events
- Family respite support

Best for clients who need regular assistance with day-to-day living but do not require personal care.

CARE AIDE SERVICES

Professional personal care provided by trained Care Aides.

Personal Care:

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- Shower assistance
- Personal hygiene
- Grooming assistance
- Oral care

Mobility Support:

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- Positioning assistance
- Fall prevention support

Toileting Support:

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- Continence care
- Incontinence support

Dally Living Assistance:

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- Skin care assistance
- Medication reminders
- Nutrition support

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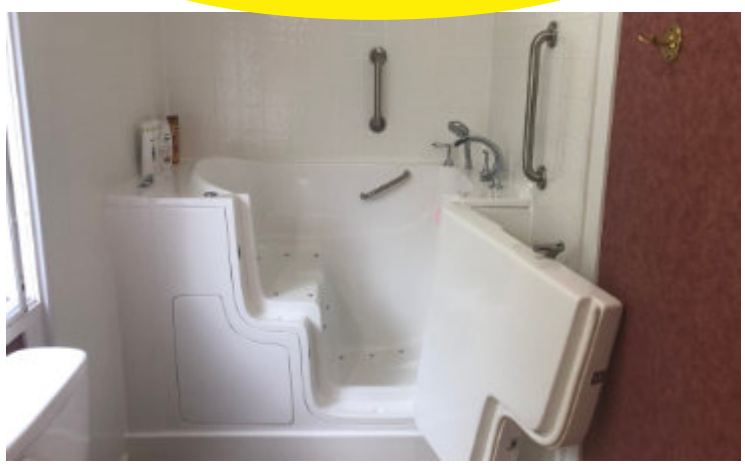
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