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November 2020

*See Cloverdale in a different light.
Visit downtown at night!*

Remembrance Day

Ceremony Is Canceled
Due To Covid



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Please Wear a Mask**

Dragonfly

Keith Jack

The Bridge

The Dragonfly is a symbol of good luck, transformation, and self-realization. Remember to a life to the fullest.

People in our lives lift us up and give us strength. Their love builds a bridge to support us on life's journey.

Direction

The compass rose on this talisman helps you to find direction and keep you on the path to your heart's true desires.

pyrrha

Dragonfly

This talisman features a dragonfly, a symbol of someone with an iridescent nature, who is able to welcome change with joy and levity.

pyrrha

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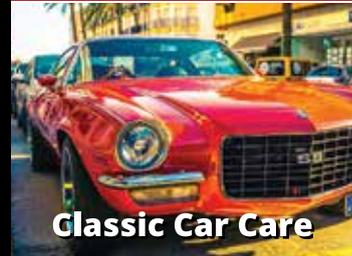
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Cloverdale in the News

LIGHTS OUT FOR DRIVE THRU SANTA PARADE

Organizers & parade participants for the 2020 Surrey Santa Parade of Lights announce that efforts to convert the annual Lighted Santa Parade to a Drive Thru event are cancelled.



Organizers attempted to repackage the Parade into a mile-long drive thru event on the Cloverdale Fairgrounds but ran into several logistical barriers due to the COVID pandemic requirements.

"Not all is lost" according to Fred Moncton of the BC Vintage Truck Museum. Their members were already decorating several vintage trucks for the revised Santa Drive Thru parade. So they asked the Cloverdale BIA why not use them in a display in their own parking lot with a small scale Drive Thru with a Charity donation station for Surrey's Food Bank and Christmas Bureau plus the Cloverdale Community Kitchen. The Cloverdale BIA will look into what will be required to meet Fraser Health's COVID standards for a Drive Thru Donation Station IDEA.

The BC Vintage Truck Museum will work with the Cloverdale BIA on parking several of the Lighted Christmas display vehicles in public areas in the Town Centre at various times and locations through late Nov and early Dec. like at Hawthorne Square and at Clover Square Village on weekends. Follow the Cloverdale BIA on Facebook for more details.



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THE BIA REPORT



CLOVERDALE

Business Improvement Association

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THE VALUE OF A MAIN STREET

By Paul Oraziotti, CBIA Exec. Director

This article was created just after having to announce the cancellation of a proposed Drive Thru Santa Parade of Lights on the Cloverdale Fairgrounds. It was a time of reflection and disappointment, but it was time to go back and look at all our positive efforts to make life more normal. The Cloverdale BIA and Cloverdale Dist. Chamber of Commerce have been working together for many months this year with other key business organizations in the City of Surrey to try to help businesses survive the Pandemic. Cloverdale's main street recently

completed an experiment that saw the introduction of temporary patios using the side of the road in front of 3 restaurants (The Hawthorne, The Henry and The Vault). Special thanks are in order for the Inn for Women, Venus Dry Cleaners and Urban Safari Vintage Record Shop who gave up parking in front of their stores to help their neighbour the Vault Restaurant operate a bigger patio this summer. The results were mixed but could be promising in 2021 with better furnishings, a level deck at the same height as the sidewalk, greenery and weatherized.

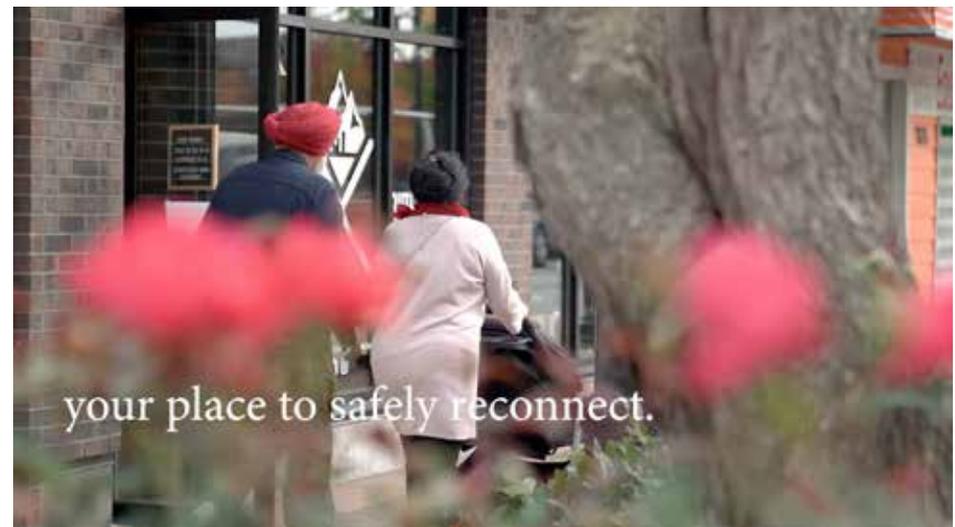


The patios are part of a North American trend that saw many cities close roads temporarily to get people to come back to their main streets.

The Cloverdale BIA has been working on several place making projects like the recent redevelopment of the King Street parking lot on 176A St behind the Clova Theatre in 2019. Our next move in 2020 was to add decorative lighting to 4 blocks of 176 Street, which is Cloverdale's Main Street. The project intends to make the area winter-friendly and encourage people to spend time on the main street year-round.

During the summer we started a marketing promotion (print and social media) that shows the local Cloverdale businesses commitment to safety

and that they had reopened. By the Fall, local retailers helped the BIA start a series of videos that would promote that "We are Open, With Care". The first video starred Annie Christiaens from the Heart who was instrumental in its creation. The video can be found on Facebook at the Cloverdale BIA page or on Youtube also at the Cloverdale BIA. Our second video will be filmed in early November and will show-



case our BIA VP Rob Paterson, co-owner of New Mac Animal Feeds who will proudly showcase businesses in East Cloverdale. We are very thankful to all who visit and who support this amazing Town Centre

during tough times. We still are not out of the woods and we are reminded that we all need to "Get Serious" to beat this virus. Stay tuned for more wonderful news!

For our Video visit:

<https://youtu.be/x78fEL9eh7s>



TIME TO "GET SERIOUS"

Due to rapidly increasing COVID-19 cases in the Fraser Valley, Fraser Health is asking the business community to check up on their safety plans and to step up measures for the protection of ourselves, our loved ones and our community. The business community would like to remind everyone to maintain physical distancing at all times when shopping or getting a service. Healthy staff and healthy customers means healthy businesses. Businesses care and we all have to wear masks to help prevent the spread of the virus.

Wash your hands often, wear a mask when around others, stay at least 2 metres apart - that's a distance of two arm's lengths, and if you're sick or feeling sick, please stay home it can save lives. We cannot afford another shutdown. Dr. Bonnie Henry announced a new order to limit gatherings in private homes to no more than your immediate household, plus a maximum of six guests (your "safe six"). Your safe six should be made up of the same six friends or extended family members. Surrey Board of Trade Oct. 2020

There is a new Town being built in Cloverdale - “Smallville”



They are building a full-sized 1.5 million dollar project is a block of Smallville on the fairgrounds in Cloverdale complete with sidewalks. The cool part about this is that when the show is on a production break fans of the show, the curious, and anyone else interested in seeing how a faux town is constructed will be able to tour the set. There is no doubt this will help local businesses in the community for years. As a point of reference, in the past fans from all over the world traveled to Cloverdale to see



where the original series of “Smallville” was filmed. Being on the fairgrounds, there should be very little if any disruption to the local business community that filming usually creates with road closures and business shutdowns. They have a three year contract, so there will be lots of time to see it and possibly even the stars of the show.



See Cloverdale in a different light

**WE ARE OPEN, WITH CARE
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In the heart of Cloverdale there is a community. A community made up of local business owners and families. A community that has been here since 1891 and we're ready to reconnect with you. We have just added a Light Canopy to the historic downtown as one way of making Cloverdale friendlier and to encourage you to spend more time on the main street year-round. We're here for that much needed coffee, the necessities, the one of kind finds



for you, your home or a loved one. The beautiful treasures, that bring a bit of joy to your day. We are the stroll down memory lane, reminding us of our past and getting us



excited about our future. We're still here, your place to safely reconnect. There's so much to rediscover, in your community, here in the heart and soul of Cloverdale. Our doors are Open and We're waiting for you.



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Online Silent Auction November 23rd to 30th

all proceeds to the Cloverdale Christmas Hamper Program
All items and services generously donated by local merchants.
on **November 23 at 2pm: www.32auctions.com/cck2020 to bid.**



We are excited to announce that the Cloverdale Community Kitchen will be holding an online auction from November 23rd-30th to raise money for the Cloverdale Christmas Hamper Program. This auction is a perfect opportunity for people to do some Christmas shopping from the comfort of their own homes!

The Cloverdale Christmas Hamper Program has been operating for 30 years in the Cloverdale Community. The program garners support from all sectors of the community where businesses, schools, and local churches all band together to ensure that the most vulnerable are cared for during the Christmas season. This program offers support to seniors, children, people with disabilities refugees and those that are unemployed or otherwise marginalized. We serve not only Cloverdale, but areas of Langley, White Rock, and other Surrey communities.

Last season, the Cloverdale Christmas Hamper Program distributed 500 hampers which included food, gift cards and toys. This online auction presents a perfect opportunity to help make the Christmas season a happier time for those most in need.



What's New In Town

As Cloverdale continues to grow there are a few new businesses as well as some new construction happening around town. There is a new counselling center called the Healing Place and soul Matters Counselling located at 5748 176th St. 250-221-2015 and Thrive Greenery and Gifts located almost right across the street from the counselling center at 5723 176th St. 778-547-0838. As well there is a new medical Clinic and Pharmacy located at the corner of 58th Ave and 176th St. called Axis Primary Care Clinic. There is also a business park under construction on Hwy #10 at 172nd street.



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of past local events, My Own Recipes and much more!



Remembrance Day

11th Hour-11th Day-11th Month

On remembrance day members of the armed forces (soldiers, sailors and airmen) are commemorated. The other common name for this day is Armistice Day which marks the date and time when armies stopped fighting World War I. On November 11th at 11am 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. Across the country people remember those who fought for Canada during past wars but we can't for-



D-Day Landing Juno Beach

get those who have fought for Canada in the many other conflicts and peace keeping efforts around the world. A two minute silence at 11am in memory is observed for those who put there lives at risk and for those who continue to do so. Many people wear poppies before and on Remembrance Day to show their respect and support for Canadian troops. Remembrance day is and always will be important to me. I had two uncles who fought in WWII. My uncle Phil was in the Regina Rifles (infantry)

Remembrance Day

Sorry, No Public Service This Year



and was in the first wave at Juno beach. He was best known for throwing hand grenades, he saw many of his friends killed. I remember reading a letter he sent to my grandma after D-day. In it he said in part, "It seems like all the good Christian boys were the ones being killed." He himself was wounded several months later with the "Million Dollar Wound" as my uncle Don called it and was sent home. My uncle Don on the other hand was in a heavy artillery division and came home after the war ended. My father (Stan) was in the Air Force during the Korean war. All three have since passed. The Million Dollar Wound is military slang for a type of wound received in combat which is serious enough to get the soldier sent away from the fighting, but is neither fatal nor permanently crippling. Our family was

fortunate to have everyone who served in a war come home and live long lives. There were ten's of thousands of other Canadian families who were not so fortunate. Even to this day some Canadian families have to wonder if there children, brothers, sisters, fathers and mothers who serve in the armed forces will come home, some don't. All have served so we can live in freedom.

Operation PRESENCE-Mali

For more than a year the Canadian Armed Forces provided aeromedical evacuation coverage and transport aviation support to the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA). These valuable capabilities enabled UN forces to more effectively conduct long-range security operations in remote and vulnerable areas of the country.

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- 3 CH-146 Griffon helicopters
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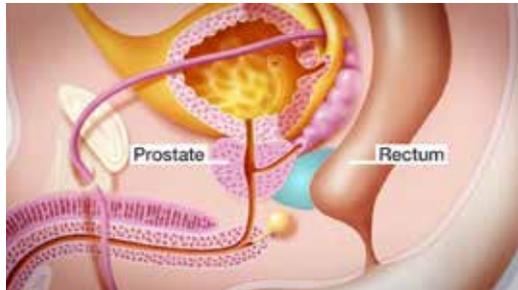


Natural Health

Getting Your Prostate to Perform

By Christine Cheng, R.P.H. and Fred Cheng, R.Ph.

November, or “Movember” has come to be known as men’s health month where men grow facial hair in solidarity and support of men’s health. For most men, one of the primary concerns as they age is the health of their prostate gland. As men age, the size of the prostate gland naturally increases. In some men, the rate of growth is higher than what is normally expected especially in the cells of the prostate that surround the urethra (the tube that allows urine to flow out of the body). If this growth is not cancerous, it is considered benign prostatic hyperplasia (BPH). BPH will not metastasize (i.e.,



spread) to other parts of the body and is not usually a concern unless it causes symptoms such as difficulty passing urine, frequent urination (especially at night), difficulty initiating urination, weak urine stream, and/or leakage (incontinence). Although BPH is not a risk factor for prostate cancer, the Canadian Cancer Society does recommend that men speak with their doctors about the need for prostate cancer screening after the age of 50 (earlier for those men with other risk factors). Men experiencing symptoms of BPH should speak with their doctor immediately for a proper diagnosis and to see if medications

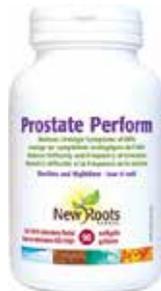
are necessary. Lifestyle changes are helpful in management of BPH symptoms. Lose weight if you are overweight or obese (this will also decrease your

risk of prostate cancer). Limit fluids in the evening and limit caffeine-containing beverages throughout the day. Speak to your pharmacist or doctor about your medications as some of them may aggravate BPH symptoms. If you suffer from constipation, change your diet or supplement to re-

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lieve that problem as it can aggravate BPH symptoms. Consider pelvic floor exercises.

Supplements such as Saw palmetto are well known for their use in treating the symptoms of BPH. Its active constituents have been found to inhibit the conversion of testosterone to dihydrotestosterone, which might reduce prostate growth and thus BPH symptoms. Rye has also shown efficacy in reducing symptoms of BPH by interfering with hormonal binding that is related to accelerated growth of prostate cells. PROSTATE PERFORM from New Roots Herbal is a complete formula that

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Comfort Food

It's all good eating.

Who doesn't like comfort food, especially during the fall when it's cold and wet outside. But did you know most comfort food recipes are among the simplest dishes you can make. Here are a few of my favourites.

Chicken Broccoli and Cheese. Start with making mashed potatoes or rice, your choice. The simplest way I've done it is to cut up a couple boneless chicken breasts into small chunks. Fry them up with some minced garlic, finely chopped onion and pepper until browned. Now add some chopped broccoli stir in a can of cheddar soup do not add milk or water. Top with shredded cheddar cheese and cover. Simmer until the broccoli is done to desired firmness. Serve over your potatoes or rice. Fast and Yummy.

Another way I make this is to use individual casserole dishes. For this method I cook the chicken then add the broccoli some cheese and soup and simmer for a few minutes. I then spoon in the chicken, broccoli and cheese mixture, cover with a layer of mashed potatoes, add some shredded cheese

and bake until golden brown.

Salisbury Steak. Start by making your lean ground beef mixture, I grate an onion, add an egg, some minced garlic and pepper, worcestershire sauce and mix. I then press them into 3/4 inch thick large patties and sear them on very high heat just long enough to brown them, they will finish cooking in the gravy. Gravy, the simplest way is to use a can of mushroom soup 1/8 cup of milk with an overflowing cup of sliced mushrooms. Add everything into the skillet cover and simmer turning the patties and stirring occasionally for about 20 minutes. Serve with your favourite vegetable over a bed of rice or mashed potato. A fresh Portuguese bun is a good addition too.

Shepherds or Cottage Pie. A classic com-



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oven and bake at 350 for about 30 minutes or until bubbling at edges. Then broil until the potatoes are golden brown. Let cool for 5 minutes and serve.

For ground lamb it's the same recipe as above but with the addition of some red wine and a couple of teaspoons of Worcestershire sauce you could also add these to your ground beef recipe too. It's all good.

If you enjoy my recipes you can find more on the new website,

www.shopcloverdalemagazine.com

For those of you who don't cook and tend to eat out a lot, if you want comfort food try a tv dinner. I haven't had one since I was a kid. For a treat my parents would buy them and we would get out the tv trays and have dinner in front of the tv.



fort food for sure. I think it is made of ground meat because the poorer people who came up with sheperds or cottage pie couldn't afford the higher better cuts of meat. There are so many ways to make this I'm going to share my favourite with you. I start with lean ground beef, I prefer lamb but unfortunately in my house I'm the only one who likes it. I start with a couple cloves of garlic, rosemary and thyme and finely chopped onion, celery and carrots simmer until the onions are clear, add my ground beef and cook until brown. I then add a cup of beef broth and a cube of beef bullion, flour to thicken the mixture and simmer another 10 minutes or so. I then add my frozen peas and corn and mix them in. I then place all of it in a casserole pan and top with a good layer of mashed potatoes, pour on some melted butter and place in the



D.I.Y. HOME IMPROVEMENT

Paint Can Make a Big Change

As the weather gets ugly and you've done all your exterior winterizing projects now is the time to turn to the inside projects where it's nice and warm.

For a couple hundred bucks in paint you can refresh a couple of rooms in your home. And if you buy a gallon of trim paint you can refresh all your mouldings and door casings and still have enough to paint a couple interior doors.

Speaking of doors why not paint your front door. Nothing makes a big statement like a new colour on your front door. Your front door is not only an entrance to your home



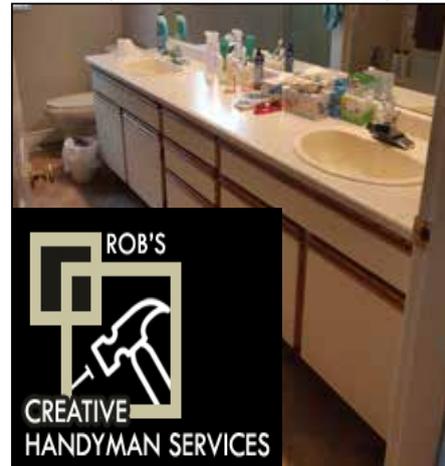
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– it's also a statement about who you are. For a quart of paint you can give your home a new look and make a statement. Below are some common front door colors and what they can say about your personality:

Blue: Depending on the shade, a blue front door can mean you're prosperous and positive (royal blue), calm and grounded (dark blue), or friendly and sincere (powder blue).

Yellow: A yellow front door also says you're logical while also creative. Like the color, you have a positive attitude and may even be a morning person!

White: A white front door will tell your neighbors that you're clean, organized, simple, and serene.

Red: Red is one of the most common front door colors and in early American tradition, a red door meant "welcome." While bright red says you're exciting and vibrant, a darker red can mean you're warm and inviting.

Black: Black is a color that symbolizes order and control. It will tell people that you're sophisticated and authoritative.

Green: Like the idea of "going green," a green front door says your home is a place of health, community, and safety. If you opt for a bolder, brighter green, you'll give

off the vibe that you live an exciting life. **Brown:** Depending on the shade, brown can mean you're warm and reliable (light brown) or introverted and private (dark brown). People who have a brown, or plain wood doors are seen as down to earth.

Purple: Like yellow, purple is an uncommon front door color. It's often associated with spirituality, so by painting your front door purple, you'll tell your neighbors that you're open-minded and a risk-taker.

Grey: A grey front door is often associated with intelligence and being dignified, it can also mean you are indecisive because it's a mix between black and white.

Orange: The color of orange is considered vibrant and exciting, and if your front door is orange, it'll say the same about you. You'll also give off the vibe that you like entertaining and taking on new challenges.

A lot of Glass: A glass door symbolizes that you too are open minded, friendly and outgoing because you have nothing to hide.

Match the siding: Matching the siding colour. Tells others very little about you, or does it. It means you like playing it safe and are a bit indecisive or just lazy.

So what does your front door say about you? Happy Home Improving.



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Automotive Tips

Why Winterize?

The effects of cold weather on the performance of your car increase the chances you may have some trouble. No one likes to break down. Its not so bad on nice sunny day when you don't have to be anywhere and there is a nice patio within walking distance. In the dead of winter, it is an entirely different matter. Here are some things to think about before it gets too cold.

ENSURE GOOD VISIBILITY. The condition of your wiper blades is often overlooked...until it rains. Winter means that you are driving in dark and wet conditions and using your wipers more. Dirt, mud and salt residue gets kicked up off the road and all contribute to reducing visibility. Wiper blades only last about one year so if they are leaving streaks, scratchy or cracked they

may need replacing. Be sure to fill up with a wash fluid that contains an antifreeze, too.

BE SEEN BY OTHERS. Check that all the lights are in working order so that other drivers can see you. This includes your headlights, taillights, backup lights, signals, brake lights and hazard lights.

Check your tire pressure regularly. The correct tire pressure is important to ensure good handling in wet and slippery road conditions. In the cold weather, your tire pressure will drop so check it to ensure good traction in wintry conditions. Don't forget to check the spare tire pressure, too.

Winter tires. In the cold and snowy weather, you will want to have the right tires to allow for safe driving. If you are running two sets of tires, you will want to get your snowies on your car in October or November. Snow tires are made of softer rubber which allows them to retain their flexibility in the cold. They also have tread patterns that are designed for optimal traction on slick roads. If you are running one set of tires year-round, you may wish to consider using All-Weathers rather than All-Seasons. The All-Weathers provide better handling in the rain and perform better in snow since All-Seasons are only effective above 7 Degrees Celsius.

Service Cold weather thickens your oil and reduces its effectiveness. Since winter puts extra demands when starting a cold engine, you will want to ensure that the oil is clean and topped up. If you do an oil change, all your fluids should be checked, and your air filter inspected. The cooling system in an integral part of your engine so you want to ensure that it is running at peak efficiency. The belts and hoses should be checked for cracks and leaks and the coolant should be a 50/50 mixture. If the coolant has not been flushed for two years or it is contaminated,

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that it would have on a summer day. If your battery is borderline, you may have some trouble during winter. On your next service, have your battery and charging system tested. Gas tank. Water vapour can accumulate in your gas tank. That water can be drawn into your fuel lines and freeze and prevent your car from starting. By keeping your gas tank half full, you can avoid this. If you break down it will also provide you with the extra fuel to keep your motor & heater running. Prevent freeze ups. Water can find its way into your door and trunk locks and freeze them. You can prevent this if you lubricate them with a door lock lubricant once a year. Winter Safety Kit. If you get stuck, it may take some time to get roadside service, so consider putting a safety kit in your trunk. It should contain a flashlight, ice scraper & brush, jumper cables, flare, tire pressure gauge & tire inflator, shovel, first aid kit, some protein bars, a phone charger, water and a blanket. I like to throw in some gloves, warm clothes, a hooded jacket and pair of waterproof boots, as insurance.



Road Salt

Protecting your Paint. A fresh coat of wax will help protect your paint during the cold months. Alloy wheels will also benefit from waxing. Wash your car regularly to protect the finish and consider having the underbody and wheel wells washed to keep from salt build up. If you have carpet floor mats, you may wish to buy some rubber mats during the wet weather.

Stay safe. Be sure to leave enough space between you and the vehicle in front of you. Stopping distances are decreased on wet and slippery roads. By winterizing your vehicle, you will reduce the chances of a breakdown and increase your piece of mind.

By Gloria Munro, co-owner of Big O Tires Cloverdale.

HEADLIGHTS DO MAKE A DIFFERENCE



Have you noticed that some vehicles headlights are considerably brighter than others? While using bulbs that meet the minimum standard of road safety for night driving, which most vehicles are equipped with. Installing a set of upgrade bulbs can give you a more powerful beam and a better field of view, increasing your vision and ultimately your safety. Premium halogen headlight replacement bulbs provide a beam that illuminates up to 120% further than the minimum requirement. These bulbs are easy to install, you simply plug them in. So I installed a pair up upgraded lights for my truck I paid \$39 and didn't notice much of a difference. After installing them I read the box completely. They say it provides "Up to *40% increased downroad visibility". That sounds impressive until you read the fine print: "*compared with worn standard halogen bulbs". Misleading ...I think so. Worn bulbs produce 70% So for the lights on my car I purchased the GE NIGHTHAWK™ XENON bulbs for about \$69, \$30 more than the Sylvania halogens that I bought for my truck. Wow what a difference. As you can see in the above photo. They are literally 4 times brighter. Now they have come out with led lights (in terms of lumens are much brighter) that plug right into the existing harnesses they run about \$120 but beware as the patterns may not work well with your vehicle and the halogen lights may be better. Basically what it comes down to with LED's is the differences depends on the car, not the headlight technology.

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IT'S THE LAW

– By Tyler B. Dennis

Old Bylaws and New Bylaws



What would you do if you were the Judge? Judges decide the facts based on evidence put before them, and then apply the law.

Old MacDonald had a farm located just outside Victoria, B.C. In or around January 2019, Old MacDonald purchased a piece of bare land located outside Duncan, B.C., that was part of a 27-unit bare land strata. Old MacDonald intended to construct a cannabis production facility on the newly purchased bare land. At the time of purchase, the zoning bylaws and strata corporation (the “Strata”) bylaws did not prohibit licensed commercial cannabis production on the bare land. It was only after the purchase and when Old MacDonald began the process of obtaining a cannabis license that some of the neighbours, including Old Mother Hubbard, objected to this and were suc-

cessful in requesting that the strata council call a special general meeting. It was at the special general meeting that new bylaws were passed which prohibited the commercial production of cannabis or any other cannabis-type commercial ventures on the bare land. Old MacDonald was angry that this had been passed after he purchased the land for that exact purpose. He brought an action in the Supreme Court of British Columbia (BCSC) requesting the new bylaws be revoked on the grounds that they were significantly unfair, as he had purchased the bare land relying on the old bylaws, and had had a reasonable expectation they would not change.

If you were the Judge, how would you decide? The Judge decided that when considering if a Strata acted unfair, the court needs to consider that a Strata must act in the best interests of all of the owners. Significantly unfair means the conduct of the Strata is oppressive, imposes a burden, lacks in good faith and could be viewed as unjust to the owner(s). The Judge further acknowledged that a Strata must utilize discretion when making decisions that affect a particular owner, as they have a duty to act in the best interests of all owners. The Judge decided that having a reasonable expectation that bylaws will not change is not grounds to revoke bylaws, as it could give each individual owner a

veto over any changes, or to seek an exception undermining the strata owners’ ability to make collective decisions. The Judge further ruled that the action of the Strata was not significantly unfair based on the assessment that the action must be more than mere prejudice or trifling unfairness, and the Strata’s conduct must be seen as unfair. The Judge ruled the action by the owners, who instigated the special general meeting, was not unfair as it was merely

the owners exercising their rights under the law and working to establish the type of community they wished for the Strata. The Judge ruled against Old MacDonald and he did not get to build his cannabis farm. Instead he had to build a barn to raise cows and chicks and left the court upset singing “E-I-E-I-O”. Tyler B. Dennis is a lawyer who practices in Cloverdale with the firm MacMillan Tucker.

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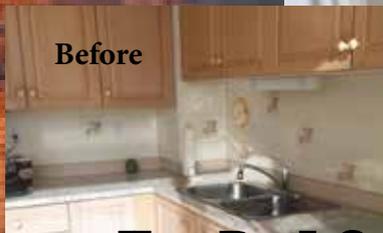


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