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# Cloverdale In The News



## NEW HOSPITAL GROUNDBREAKING

One of the largest provincial projects in Surrey's history was announced on Tues. Sept 12, 2023 at 9am by Adrian Dix, Minister of Health and Premier David Eby that would see the building of a new hospital by 2030. The Premier explained in detail the time lapses for new hospitals being built in the Metro and how important it was to add new services to the second largest city in the province. The groundbreaking brought out some strong emotions from Kwantlen First Nation Chief Marilyn Gabriel who explained the importance of working together and learning how to compromise. The new hospital will enhance regional capacity with: 168 inpatient beds.

A surgical/perioperative suite with five operating rooms.  
 Four procedure rooms  
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 A dedicated area for spiritual care and family gatherings.  
 The new Surrey hospital and BC Cancer Centre will feature advanced diagnostics services including:  
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 State-of-the-art medical imaging equipment with:  
 A Cyclotron  
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with better access to care and support, closer to home with:  
 An oncology/ambulatory care unit with 50 exam rooms. 54 chemotherapy treatment spaces. Six linear accelerators for radiation therapy.  
 More updates on our new hospital to come as we find out more.  
 Great news for Cloverdale.



## 2023 Christmas Craft Fair

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# Cloverdale In The News



## LEGION DAY

Our local Legion held an open house on Sept 17th to celebrate National Legion Week. You always draw a crowd when you give away hamburgers (no photos sorry)! There were various military exhibits including an armored personnel carrier that yours truly sat in that served in Afghanistan. This



slick heavy weight was made to work in the sand! Some of the outstanding naval displays were created by veteran Color Guard Yvon Lehoux who painstakingly recreated Canadian naval vessels that he served on. Yvon Lehoux is a retired veteran of the Royal Canadian Navy who served for 30 years. After retiring, he has been dealing with residual



post-traumatic stress issues and has found an interesting new hobby to help him cope. As part of his therapy, he recreates each of the seven ships he served on in meticulous detail from scratch. The Cloverdale Legion is committed to connecting more with the community and invites you to visit have a beverage and a bite to eat it does help them. You don't need to be a member or a veteran either.



## Jewelry Repair

- gold / silver
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By Paul Oraziatti,  
Past BCVTM/SHS President

By July of 2011 the Teamsters truck collection originally from the BC Transportation Museum (late 80's) in Cloverdale was moved back to the Fairgrounds to be part of a new organization called the Surrey Heritage Society dba the BC Vintage Truck Museum. (blame Brian and Bruno)

On Oct. 9, 2013, the BC Vintage Truck

Museum & Surrey Heritage Society officially held their grand opening in the retro fitted old Surrey Museum on the Cloverdale Fairgrounds.

10 years later we need to acknowledge & celebrate all the efforts of the members to bring back an important part of our history. Here are just a few of the early members who got this amazing collection a new and loving home: Bill Reid, Bruno Zappone, Brian Busby, Fred Monkton, Judy Higginbotham, Jim Winter, Wendy Tracey, Gord Hallam, Tex Bussey, Harold Wellenbrink,



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Ken Falconer, Ken Jarvie, Jim Labelle, Denis Corrin, Noel Cleveland, Eldo Kunz, Paul Keenleyside, Chenn Bergen, Art Wright, Lloyd Lemky, Graham McNeil to name just a few.

Over time, the Museum has rented numerous vehicles to be part of the Movie Industry and it has proven to be a good source of revenue. Of note is the amazing model and



diorama collections that number in the hundreds. They are amazing in detail and quite a few represent actual history like some different bridges that are located on our provincial highways. The Truck Museum has become a rich part of Cloverdale's parade history including the annual Rodeo

and the even more popular Surrey Santa Parade of Lights. The BC Vintage Truck Museum has had numerous visits to town

to be a part of the Cloverdale Blueberry Festival, Halloween Costume Parade and the Cloverdale Bed Races. The BCVTM has delivered Santa to numerous locations in town including Clover Square Village. This museum is staffed by volunteers but with the proper support and with a bigger home is destined to be a

noteworthy Provincial Museum. The new BCVTM president Anna Dean has taken the Museum to a new level that this city should be very proud as it fits into historic Cloverdale.

The History Makers.

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# HISTORIC CLOVERDALE



**SINCE 1878**

## FRASER VALLEY HERITAGE RAILWAY CLOVERDALE STATION

No. 10 Highway at 176A St. This replica of the Cloverdale station of the B.C. Electric Railway was re-built in its original location from historical records during 2012 and completed in April 2013 by the Fraser Valley Heritage Railway Society. The FVHRS now operates BCER 1225, a restored BC Electric interurban car that used to run between Steveston and downtown Vancouver. At present, BCER 1225 operates between Cloverdale and Sullivan. BCER 1225 runs on a portion of the original and existing track that went from Vancouver downtown through New Westminster to Chilliwack, a passenger and freight service which began in 1910. The FVHRS offers rides to the public on weekends during the summer and early fall. For further information on the society visit [www.fvhers.org](http://www.fvhers.org)

## DANN'S ELECTRONICS

5657 176 St. Constructed in 1920 this building was the first Royal Bank in Cloverdale. As was common, a suite of rooms on the second floor were used as living quarters by branch staff. When banking competition arrived, the Royal Bank leased this building out as a Liquor store from 1923-1931. Business boomed, as Prohibition was in force in the U.S. Local businessman Ernest Dann who had operated a bicycle repair and radio shop next door, bought the building in 1931. The business became a family business, as son Alan Dann took over in 1973. In its heyday, Dann's sold radios, televisions, bicycles, phonograph records, and household appliances. The business was closed and the building sold in 2013, thus ending 82 years of the continuous family run business.



International Manufacturer located on the Surrey/ Langley border has an opening for an **Order Manager/ Purchasing person.**

Responsibilities, Creating & updating purchase orders-Tracking & expediting shipments  
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-Purchase items according to the demand list (in time)

Provide visibility of delivery dates of critical items- You must have at least 1 year office experience

Good computer skills - Know Outlook - Good English and communication skills- Punctual and dependable - 8:00am to 4:30pm Monday to Friday 40 hours / week

This is a long-term opportunity, Temp- Permanent

Our client is looking for a fulltime long term **ADMINISTRATIVE ASSISTANT.** This position is to provide office support as required

to facilitate the delivery of training courses. This Administrative Assistant position is responsible for assisting with reception duties, servicing the needs of members and visitors to the office, general email, word processing, preparing additional training literature, registering and vetting all students, maintain student files and records, updating training database and filing. Maintaining office supplies and process incoming and outgoing mail.

Must have a minimum of 3 years' experience working in an office environment. Proficient in Microsoft Office. Enjoy communicating with members and visitors via the telephone, email and in-person.

This is a Monday- Friday position 9am-4:30pm (35 hours/ week).

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# Natural Health



## Hormone Imbalances, Accelerated Aging, and Testing

By Lyle Sunada

Hormonal imbalances can be a significant contributor to premature aging. During menopause, the ovaries produce less estrogen and progesterone, leading to a range of symptoms such as hot flashes, mood swings, brain fog, low libido, vaginal dryness, dryer skin/wrinkles, and increased

susceptibility to osteoporosis. Similarly, in men, the age-related decline in testosterone levels, known as andropause, can result in fatigue, reduced muscle mass, abdominal weight gain, brain fog, and sexual dysfunction. These imbalances not only impact quality of life but also increase the risk of age-related diseases. Additionally, imbalances in stress-related hormones like cortisol can accelerate the aging process, leading to increased inflammation and oxidative stress. In the Anti-Aging community, hormone replacement therapies (HRT) are believed to counteract the effects of hormonal imbalances associated with aging. HRT involves the administration of bio-identical hormones to restore hormone levels to a more youthful state. In women, estrogen

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and progesterone replacement therapy can alleviate menopausal symptoms and vaginal dryness and reduce the risk of osteoporosis. Similarly, testosterone replacement therapy in men can enhance muscle mass, energy levels, and sexual function.

However, HRT is not without controversy. It comes with potential risks, including an increased risk of breast cancer. Therefore, it is essential to consider the individual's health status, risk factors, and preferences when considering HRT as an anti-aging strategy. Close monitoring and personalized treatment plans are crucial for optimizing benefits while minimizing risks. A good starting point can be to do a DUTCH test.

A DUTCH test, which stands for "Dried Urine Test for Comprehensive Hormones," is a type of hormone test that measures the levels of various hormones and their metabolites in your body using dried urine samples collected several times throughout the day and night over a 24-hour period. It measures the following:

- Sex Hormones: It measures hormones like estrogen, progesterone, DHEA, and testosterone, as well as their metabolites, which can provide insights into hormone production and metabolism.

- Adrenal Hormones: It assesses adrenal function by measuring hormones like cortisol and cortisone, which are involved in the body's stress response.

- Melatonin: This hormone is involved in regulating sleep-wake cycles and is often included to assess sleep-related issues.

- Neurotransmitter Metabolites: Measuring neurotransmitter metabolites can provide insights into mood and mental health. It's important to note that the DUTCH test is often used in functional medicine and integrative medicine practices to guide personalized treatment plans. If you're considering this test, it's advisable to consult with a healthcare provider who is experienced in interpreting the results and can recommend appropriate interventions if any hormone imbalances are detected.

For a better understanding of hormone imbalances consider attending my upcoming Hormone Balancing Seminar held every few months (next seminar Oct 26, 2023).

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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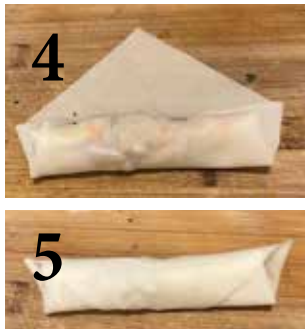


## Toaster Oven Baked Spring Rolls

I don't know about you but I love spring rolls and recently I started making my own. I found it quite easy to make using just basic ingredients. I start with the wraps I get them at No Frills in the freezer section. They give you about 40 in a package. You let them thaw for a bit or if you want to speed it up put them in the microwave for 3- to 45 seconds. Don't over do it or you'll never get the apart. The next thing is to get your meat or seafood and or veggie mixture together. I regularly do ground pork and chopped cabbage or if you want to cheat coleslaw mix. I also do crab and prawns, but you need to chop them up. Cook it in a skillet until the meat is done and set it aside. Next I place a wrap



on my cutting board and put a big tablespoon or so of the mixture onto the wrap. Fold the wrap over the mixture and then fold the sides in and then roll it up. You can use a bit of water or egg wash to seal the end. I repeat this until all the filling is gone. I usually get about 25 - 30 rolls out of package of meat. I do a 50/50 mix of veggies to meat. Next I place them on a piece of tin foil on a baking pan and then put them into my toaster oven. It takes about 20 minutes on high to brown them. Another way to brown them would be in an air fryer but I don't have one of those yet. Then I put the next batch in or I put them into a zip lock bag and freeze them for another day.



As for the dipping sauce, I do a variety of them from the basic plum sauce to a sweet chili sauce to a peanut sauce depending on what I feel like. Basic dipping sauce, a few teaspoons of sugar, 1/4 cup vinegar, some garlic and a bit of fish sauce. And or subtract to your desired taste and sweetness. I change mine all the time



sometimes I add ginger as well, and if you don't like it start over, they are so easy to make. My peanut sauce - Peanut butter (smooth or crunchy), some hosin sauce, garlic. Mix to taste. If you don't feel like making your own sauce just buy the sauce you like, the grocery stores sell all of them and then some. Enjoy.



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Halloween is a month away and I see people already decorating their homes for the one night that all the little ghosts and goblins come out to get treats. Every Year it seems that there are more and more people in Cloverdale decorating their homes for halloween. Like Christmas halloween decorating is becoming

more popular. It's fun and it is the only time of year that dressing up in a costume is almost a must if you want to be a part of the festivities. The great thing is that you don't need to be a kid to do it. All you need is to be a kid at heart. Halloween parties are the best. Happy Halloween Cloverdale!

# HALLOWEEN HOT DOGS

Who doesn't like hot dogs. Here are a few fun ways to make them this halloween. The Octapuss Mac & Cheese dog, slice it before you cook it and the legs curl. Mummy dogs, wrap them in sliced pastry and then bake them. Use a dab of mustard for the eyes or buy edible eyes. Finger dogs a gross favourite. Simply cook them then cut them. Use some swiss cheese for fingernails if you like. Have fun!



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## Should you get winter Tires?

### It's A Yearly Decision!

Back in the day every winter just about everyone who owned a vehicle swapped out their summer tires for winter tires. Now, not as

many people do. The reasons vary from the cost of an extra set of snow tires to the fact that our winters aren't that bad anymore. The reason we need winter tires is that all season tires

have rubber that hardens as temperatures drop below 7 C. Tire rubber must be flexible to grip the road. At 7C, an all-season and a winter tires have about the same traction. As the thermometer drops, the winter tire gains grip and the all-season loses it.

Now that it's October, in BC if you travel outside of the lower mainland you are required to have winter tires otherwise you may be turned around and or get a fine.

Here is a look at the various types of tires on the market today.

Summer tires are ideal for high-performance vehicles, and are built for speed and agility. Specialized tread patterns and rubber compounds that allow for improved precision on the road. They are designed to provide maximum road-holding grip. Not the greatest in rain.

The all-season tire - Most Common - In the summer, it has less traction than a dedicated summer tire. In the winter, it has less traction than a winter tire. Basically a jack of all trades master of none but pretty good in the rain.

The all-weather tire - is an all-season tire

that has passed the Transport Canada snow test. It is essentially a winter tire that can be left on the car all year. They provide safe all-weather performance, but may not always be suitable for severe snow conditions. The all-weather tire uses rubber compounds similar to the winter tire but is made of sturdier rubber compounds so that it can also withstand the summer heat of highway driving. Unfortunately these tires do not last as long as all season tires because the rubber is much softer.



Winter tires are designed with special materials that stay soft to provide maximum traction in temperatures below 45 degrees. Winter tires also have tread patterns designed to grip snow, ice, and slush-covered roads better

than any all-season tire.

So which tires are the best overall. Here are some test results I found online.

On wet and dry freezing pavement, the all-weather tire is more stable and stops surer than a true winter tire. In heavy slush both tires work equally well. The all season falls short in all categories except hot, dry conditions.

Braking distance on ice and snow. The all-weather tires stopped 42.4 per cent shorter than the all-season tires. And the dedicated winter tires stopped 15.3 per cent shorter than the all-weather group. And winter tires required 57.7% shorter distance than all season tires. So what do these numbers mean, in simple math. At 50km say it takes 100 feet to stop on ice/snow with all season tires. A dedicated snow tire will, in theory, stop in 57.7 feet sooner and the M&S or all weather tire will stop 42.4 ft sooner than the all season tires. Winter Tires Win, If you can afford them go with winter tires. All-weather tires come a close second. I went with all weather tires on my truck as well I have chains.

Happy, safe all weather driving.



# Winterize Your Toys

With fall here and unpredictable weather on it's way there are many people who are starting to winterizing all their toys. Top of the "toys" list would be boats, motorcycles and rv's. If you don't have indoor storage for your toys. There are places around who offer it, it's fairly pricey though. If you're like most of us who can't afford indoor storage, don't just cover them and leave them sitting. There's a long list of "to do" items when



winterizing, but there are a couple things that are the same for all. A good washing and cleaning inside and out will save you a tone of work in the spring. If it's motorized, a full tank of gas, with added fuel stabilizer. If you do have to leave your boat or RV outside, keep it properly covered to protect it from the elements. To protect engine internals from rust and corrosion, spray fogging oil down the carburetor with the engine running until it stalls. Before you stow away your boat and RV for the winter, it is important that all water is removed from your water cooling systems, including in your out-board motor. Check your owners manual or dealer for all that you should do for your boat, motorcycle or RV. If your toy uses water, don't forget the plumbing antifreeze for your water systems and drain you water tanks too. On my trailers I also like to lift my jacks up so that all the weight is off the tires, this prevents flat spots on the tires. and put a dehumidifier inside, it keeps the dampness out. Don't forget your lawn mower and gas trimmers either. Don't put it off winter is coming. Don't forget if you are driving outside the lower mainland you need snow tires. They are mandatory. Happy Winterizing.



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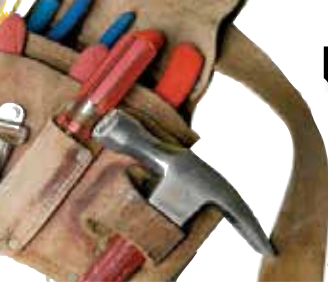
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# D.I.Y. HOME IMPROVEMENT

## FALL HOME TIPS FROM 2017

Here is an article I wrote in 2017 and it still applies today and with the weather being unpredictable it may even be more applicable.

According to the calendar summer is over but we will still have some great days to get a lot of the work done around the house without having to wear rain gear and or a parka.

On cold and rainy days focus on the inside of your home. Check for drafts and look for areas around doors and windows that could use some weather stripping and don't forget to check your door sweeps.



Have your furnace inspected. Hire an HVAC professional to test for leaks, check heating efficiency, and change the filter.

It's also a good idea to stock up on extra air filters and change them every few months. Get a carbon monoxide detector and install it near your furnace if you don't have one. Now is also a good time to have your ducts cleaned.

If your home has central air conditioning, it may be a good idea to cover your outdoor unit for winter. If you use window air conditioning units, remove them. Buy a programmable thermostat, if you don't

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have one already. If you already have one, check the temperature settings. Setting your thermostat to lower the temperature automatically at night and when you're not home, can result in substantial cost savings. Test home safety devices. Replace the batteries in all smoke detectors and carbon monoxide devices and test to make sure they're working properly. Clean humidifiers if you have them on your furnace. Vinegar is inexpensive and works well. On nice days head outside. Do a roof check. You should be able to do at least a visual inspection of the roof from the ground. Grab some binoculars to get a closer look or if you're able and can do so safely, get a ladder and climb on up for a better view. Look for missing, damaged, curled or loose shingles, inspect your gutters at the same time. Check the chimney and fireplace flashings. If you have a wood fireplace and use it, have your chimney cleaned and inspected by a professional. Inspect your siding. Check for cracks or holes. Repair them. Clean the gutters. The leaves haven't really started falling yet but it's coming. I have to clean my gutters several times every year. It's a pain but necessary. Also check your downspouts, they need to be clear and direct water away from foundations, walkways, and driveways. Add extensions to downspouts if necessary. Make sure they are properly attached. Check the seals around all doors and windows, recaulk them if they are cracked. If you have inground sprinklers, drain them. Put away seasonal furniture. Get your fall and winter equipment ready. Power outages are becoming regular yearly events. When the fall and early winter storms blow in it can get nasty. One year we were without power for over a week, I lost \$350 - \$400 worth of food you couldn't buy a generator anywhere. I've had to use mine every year since. Keep them in good working order, use fresh gas and have extra on hand. Keep an emergency kit ready, extra water and other essentials.

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# IT'S THE LAW

By Daniel Shim

## The Estate Trouble in the Gotham Family

What would you do if you were the Judge? Judges decide the facts based on evidence put before them, and then apply the law. Here is a fact pattern. How would you decide who was at fault? Fact patterns similar to this one are often presented in court and assessed by Judges. Test your judgment!

Richard and his two kids, Jason and Tim, worked as acrobats in a well-renowned circus, Haly's Circus. Richard was the only child of Bruce Gotham from Bruce's first marriage. Bruce was a wealthy businessman and supported Richard and his

sons. Bruce and Richard were in a good relationship.

While Bruce was on a business trip in a country across the ocean, he met a wealthy businesswoman named Talia. The two fell in love and married right away. Richard was surprised to hear this news but supported Bruce. Richard and Talia were on amicable but distant terms.

Shortly after the marriage, in a series of unfortunate events outside of anyone's control, Haly's Circus went bankrupt, and Richard and his two sons were suddenly in poverty. Even worse, Bruce lost a majority of his wealth due to a country-wide financial crisis. Talia's business, however, was not affected.

Despite the financial difficulties, Richard and Bruce were still maintaining a healthy relationship and made plans to support one another. Unfortunately, Bruce suddenly died of heart attack.

Bruce's will left all of his estate to Talia. The will also stated that Talia should provide portions of his estate to Richard as she saw necessary. The will was made

before Richard and Bruce lost their wealth, and Bruce did not expect Richard to need a significant financial support from him.

Bruce's estate was also very modest, to the point that if all of his estate was provided for Richard, it would only lift Richard and his sons out of poverty for a limited time.

Richard was devastated by Bruce's passing. He was also overwhelmed by the financial needs. Talia sympathized with Richard. However, she believed that she deserved more than half of the estate. She was the surviving spouse and spouses are more entitled to the estate than the child.

Richard decided to go to the Court to vary the will as he felt that it was unfair.

What would you do if you were the Judge?

The Court varied the will so that he received all of Bruce's estate.

The Court stated that Richard and his sons, Jason and Tim, had a significant financial need that outweighed Talia's needs. Talia had limited legal and moral entitlement to the estate, as Bruce and her relationship was a short one, and she did not depend on him financially; her business was doing well, and she was not affected by the countrywide financial crisis.

Furthermore, the size of Bruce's estate at his death was so modest that it could not be divided. Even getting

the whole estate, it would only be enough for Richard and his sons to be out of poverty for a limited time.

Lastly, Bruce's will stated that he wished to support Richard if needed, as it stated that Talia should provide for Richard as she deemed necessary. Therefore, the Court found that the variation of the will did not offend Bruce's intentions in the will, and that the variation was adequate, just, and equitable.

Daniel Shim is an articulated student in Cloverdale with the firm MacMillan Tucker



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