



Cozy Corner "Lets Talk" By Janet Isherwood

A place for seniors and their families to speak out, share stories and ask questions.

Well I recently ran into a situation that I feel will in future come up regularly and this is the use of cannabis. Whether for or against the use of this plant there is a great number of the public in all age brackets that use this cannabis for recreational and medical use.

Not being a scholar on the subject and for your interest Marijuana refers to the dried leaves, flowers, stems, and seeds from the hemp plant, *Cannabis sativa*. The plant contains the mind-altering chemical delta-9-tetrahydrocannabinol (THC) and other related compounds. Extracts with high amounts of THC can also be made from the cannabis plant.

I find it interesting as I do not myself remember as a teenager any of my friends using drugs and for that matter few even smoked so I ask what is the popular age group for its use The millennials are 18-34, the Generation X is 35-50, Baby Boomers 51-69 or the Silent Generation which is myself.

How different age groups identify with generational labels is interesting and although I tend to think it is just the younger ones Millennials to Generation X using this drug I know even in the 1940's and 50's it was commonly used for recreational purposes.

When studying gerontology my teachers view was interesting as she would say yes, but! Our marijuana did not have all the chemicals it has today. It was mostly home grown and from what I remember from the old Cheech and Chong movies quite fun to do.

My intent is not to discriminate any age group or judge the use of this highly used plant my thought are more directed to who can use it and when.

I understand this product will be legalized within the next year (Canada Day 2018 is the proposed date) and my question will be can seniors use cannabis in care homes should they already be a regular user in their private lives. Can we in the future say yes to those who already have a doctor's prescription for medical marijuana or no because it is still not legalized.

I watch the story on TV of Moshe Rute who suffered from nightmares and flashbacks of the Holocaust for years until he tried cannabis at Hadarim nursing home.

Moshe Rute is 81-years-old and lives at an Israeli nursing home outside of Tel Aviv. He is also one of 11,000 Israelis that are licensed by the government to use medical marijuana – a medicine that helps him forget painful memories of the Holocaust.

Rute was one of the earliest patients to receive legal cannabis after arriving at the Hadarim nursing home in 1988. Along with post-traumatic stress disorder, marijuana can be prescribed in Israel for Parkinson's, multiple sclerosis, cancer and many other conditions.

Since 2009, the number of patients with licenses has skyrocketed from just under 2,000, thanks in part to groundbreaking research that is being done in the country.

There will always be drugs from the turn of the century opium dens of Vancouver to the very controversial topic today of marijuana/cannabis.

Here in British Columbia life could be difficult if you were a hospital patient, usually one may be given the patch as it is a no smoking policy in most hospitals.

At present Care facilities can say no to marijuana as it is still illegal..... Not even with a doctor's prescription for medical use.

The future may prove to be very educational.

Look forward to speaking with you all again next month. Let's talk, email your comments to: cozycornernews@gmail.com



Fraser Valley Explorations A Tasteful Trip to Abbotsford, BC

By Chris Millikan

For three delicious days, we sip, sample and savour our way around nearby Abbotsford.

Our getaway begins in a boutique hotel along Chardonnay Lane, aptly overlooking one of fifteen area vineyards. "The Brookside Inn inspires escapes into classic romantic movies," grins Sandi, owner-host. Our luxurious Midnight in Paris suite features Parisian paintings, posters, 1920's typewriter...and books written by authors portrayed in the film.

We head later to Restaurant 62 for an elegant dinner. Entering past open kitchens reveals chef and his associates busily preparing and plating beautiful meals. Happily, we discover their extensive wine list includes local vintages. "Mount Lehman Winery produces several excellent wines," our waiter explains. "I recommend the 2014 Cabernet Libre, using grapes from their own Swiss varieties."

"Chef Jeff Massey showcases fresh, local ingredients," He continues. "Menus change four times a year to access seasonal products." Delicate micro lettuces enhance our artichoke and tomato salads. Regional Popkum Rabbit and Aldergrove Pork prove luscious entrées. And a mini-collection of desserts incorporates Fraser Valley hazelnuts.

In the Tiffany room downstairs, our breakfast omelettes boast herbs, handmade sausage, farm fresh eggs and local cheeses. While munching toast spread with blueberry jam, co-owner Chris describes the Inn's other mouthwatering possibilities.

At nearby ChocolaTas, we step into the scrumptious world of Belgian-style artisan chocolate making. "Using fresh fruit makes our ganache both unique and natural," Veve explains. Mango, citrus, apple-cinnamon and raspberry chocolate samples 'pop' with flavour. Assortments of this award-winning candy become tasty gifts for our homefolks.

Relaxing back on our third floor balcony, snow-capped Mount Baker rises in the distance. Below, hummingbirds sip sweet nectar. Sparrows, chickadees, juncos and finch peck seeds at another feeder. This inn, we learn, is a registered 'hotspot' for bird watching.

Rolling westward through countryside, we arrive at Brambles Bistro for lunch. Blooming primroses, heathers and hellebores signal springtime and the garden atmosphere visitors enjoy. "Our Tanglebank Gardens has long been a favourite stop for gardeners," owner Brenda tells us. "More recently we added the gift shop and this cozy bistro. Our greenhouses grow herbs and vegetables needed for our soups, ketchups, dressings and other lunch items."

Much later at Brodeur's, dinner selections reflect Montreal and New Orleans cuisine. Succulent Montreal Smoked meat made on the premises

enhances our potato skin appetizer. Mount Lehman's 2009 Old Settler red wine compliments Chef Jay's Haitian Chicken and Cajun Shrimp Tacos...leaving us no room for dessert!

Our last morning's perfectly poached eggs and spiced Bosc pears fuel further adventures. Meeting long-time friends, we stroll the peaceful 2-kilometer pathway around Mill Lake...sighting flitting birds, paddling ducks and soaring eagles. And we see many joggers, dog walkers and fellow nature lovers at this popular park.

Continuing northward to heritage Clayburn Village, we investigate BC's first company town. Many workers' houses remain; the large manager's home is now a B&B. And since 1996, the turn-of-the-century church and school have been designated heritage sites.

One of three stores still operates. Inside the Village Store, countless jars of penny candy, international edibles and even homemade scones fill shelves. Owner Brian regales us with stories, including how he and wife Trish refurbished the old company store in 1987...and added the Tea Shop.

We relish bowls of gourmet soup as Trish recounts, "After massive clay deposits were discovered in the 'burn,' or creek-bed, Charles McClure established a brick factory. While famous brother Samuel designed buildings, from 1905 Charles began selling bricks as far away as Mexico and Hawaii. Closed in the 1920's, remnants of beehive kilns remain at the foot of Sumas Mountain."

Foodie pursuits in this expansive agricultural community prove a delicious business.

When You Go:

- www.brooksideinn.com Brookside Inn, award winning Tudor-style, boutique hotel on Chardonnay Lane. Handy to the airport.
- www.restaurant62.ca Restaurant 62 for fine food and service.
- www.chocolatas.com/ Master chocolatier Wim Tas, gifted chocolate maker, develops specialty Belgian chocolates.
- www.tanglebank.com/brambles Brambles Bistro, part of Tanglebank Gardens, a family-run nursery since 1996.
- www.clayburnvillage.com Clayburn Village Store & Tea Shop, a must see.
- High Street Shopping Centre, the Fraser Valley's premier open-air shopping/dining destination; children's playground