

Available in Winnipeg and the rural communities of Birds Hill, Middlechurch, Lockport, Seikirk, Teulon, Gimli, Winnipeg Beach, Peterstied, Beausjour, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pnava, Lac du Bonnet, Stonewall, Balmora, Argyle, Marquette, Warren, Woodlands, Ashern, Robin, The Pas, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, New Bothwell, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, Portage la Prairie, Holland, Notre Dame de Lourdes, Killarney, Neepawa, Brandon.

Also read online at [www.seniorscope.com](http://www.seniorscope.com). To receive Senior Scope by email, call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

**Senior Scope**  
 204-467-9000  
[www.seniorscope.com](http://www.seniorscope.com)  
[kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

# Senior Scope

FREE COPY

In print, online and by email subscription.  
**For Seniors of All Ages**

V10-N10-Mar 7-Apr 2/12  
 Wpg & Rural MB

Read *Senior Scope* online at [www.seniorscope.com](http://www.seniorscope.com)  
 For advertising call 204-467-9000

**SALE NOW ON!**

**SOUTH MANITOBA MEMORIALS**

3517 Main Street, Winnipeg  
 Toll Free: 1(866) 334-9397  
 Wpg: 334-9397  
[www.manitobamemorials.com](http://www.manitobamemorials.com)  
 E-mail: [southmbmemorial@mts.net](mailto:southmbmemorial@mts.net)

**SENIORS PAY NO TAX (mention Senior Scope)**

**Upright Headstones \$949.00**  
**Flat Granite Grass Markers \$449.00**  
**Cremation Urns \$125.00**

**SENIOR SCOPE SPOTLIGHT - HOCKEY ICON BOBBY HULL**

## Hull Returns: Jets Ignore the Man Who Legitimized Pro Hockey in Winnipeg

By Scott Taylor

"I played here for the better part of eight years, but it was the people I've met, what Winnipeg represents to the game of hockey and how they've learned through the years to lose a team and now, to get it back that makes this city very special!" ~ Bobby Hull

Bobby Hull didn't bring pro hockey to Winnipeg, but he made it legitimate. It's now rather sad that when he returns to the city at age 73, he is virtually ignored by the pro hockey team that he legitimized.

Hull, the man who signed with Ben Hatskin at the corner of Portage and Main on June 27, 1972, made the fledgling Winnipeg Jets the talk of professional hockey.

But a couple of weeks ago, when he returned to Winnipeg to sign copies of his new book, *The Golden Jet: A Spectacular Career in Stunning Photographs* and help raise funds for the Amadeus Steen Foundation, he seemed hurt when he was asked about today's version of the team he helped create.

"I haven't been to a Jets game this season because they haven't invited me and we all know there aren't any tickets available," Hull said. "They (True North Sports and Entertainment, the Jets current owners) wouldn't even give me a meeting about a decade ago when I was involved with a group trying to set up the New WHA. Wouldn't even give me a chance to talk about it. They had no interest in our idea and it seems to me that I've been 'persona non grata' ever since.

Bobby wasn't happy, but it's hard to blame him. When former Jets are doing the radio post-game shows on two stations, when Teemu Selanne was treated like the second coming and Keith Tkachuk was invited to the opener, it's hard to imagine the Jets would ignore one of the club's true legends.

However, Scott Brown, the communications director of True North Sports and Entertainment sent the following email to the Winnipeg Free Press: "In general this season, we as an organization have been focused on the current Winnipeg Jets and getting the organization up and running. We fully intend to honor the team's history, which Bobby is very much a part of, at a later date."

It would be fitting. After all, there would be no Winnipeg Jets without Bobby Hull.

Back in 1972, Hull was a big, strong, muscular, boyish and accessible hockey

Continued on page 2



Bobby Hull today.



Bobby Hull in Chicago.

Inwood resident, John Cartwright, and the four-part 'Thistle' band brings the 'Pig and Thistle' show on the road in Winnipeg and rural Manitoba.

(Did the whistle stop?)

Read more - PG 5



**MORE INSIDE:**

- Fred Douglas Lodge - Police Academy - PG 4
- March is Fraud Prevention Month - PG 4
- Alzheimer's Society of Manitoba - Dementia Care 2012 conference - PG 6
- Age & Opportunity Celebrates 55 Years - PG 7
- Preparing for Migrating Birds' Arrival - PG 8
- Where There's Humour, There's Hope - PG 11

Puzzles - PG 9 / Community Events - PG 10 / Jokes - PG 11

**Mr. Perogie**

**Real Ingredients = Real Good Perogies!**

- HAND PINCHED
- REAL CHEESE
- REAL POTATO
- EASY TO PREPARE

Mr. Perogie is proud to NOW be part of the North End of Winnipeg, keeping the tradition of good food alive!

Also available in rural Co-op and Marketplace grocers.

**944 Elgin Ave • Wpg**  
**772-5044**  
 Open Monday - Friday

**Harman's MEAL SERVICE**

**233-5005 • Winnipeg**

Good Meals Prepared Fresh Daily

**Monthly Menus Available**  
 Regular & Dietary  
 Restricted Meals  
 City-wide Service  
 Deliveries Monday-Friday

**DAILY DELIVERY**  
**\$7.90** Taxes & Delivery included

**We also do Catering**

Visit **Wild Birds Unlimited** for the widest variety of fresh bird food in the city.

**Unit 45 - 11 Reenders Dr. Winnipeg, MB**

### SPOTLIGHT: Bobby Hull, cont'd from front page

star in Chicago, a superstar in every sense of the word, and when he signed that contract with Jets owner and founder Ben Hatskin on June 27, 1972, Robert Marvin Hull changed hockey forever.

Nicknamed the Golden Jet by a Chicago sportswriter because of his long strides, blazing speed and flowing blonde hair, Bobby Hull was a magnificent left-winger who professed to be a farmer at heart. He had been the greatest player in the history of the Chicago Blackhawks for

15 years when Hatskin decided that he was the one man who could give the Jets and the new, outlaw World Hockey Association, the credibility it needed.

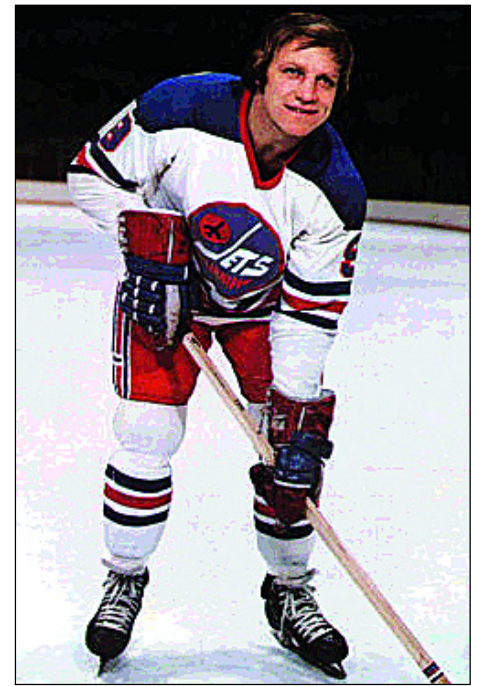
In December of 1971, Hatskin called an accountant named Harvey Weinberg. He was Hull's business manager/agent. At the time, Hull was in the process of negotiating a new contract with the Hawks because he had no other choice. Due to the NHL's Draconian reserve clause, the Hawks owned Hull's rights

until the day they wanted to forfeit them. It was a form a slavery on the rich and talented. Hatskin believed that if he offered the right amount of money, the 32-year-old Hull might consider leaving the NHL.

"I felt, overall, we'd get a good percentage of NHL players," Hatskin told the Winnipeg Tribune back in 1973. "But getting a superstar like Hull would mean instant-league in the minds of the public and the news media. Also it would cause other players to take the WHA seriously. There were only three or four superstars in hockey. All but Hull were tied up. He was our trump card. We went after him and we got him."

Hatskin went after him by telling Weinberg, "We'll pay him a million bucks." At first Hull and his agent thought it was nothing but talk, but as Hull became more frustrated with the Blackhawks, the offer started to have some serious merit.

In the meantime, no one in the Blackhawks organization believed for a minute that the Golden Jet would leave the NHL. For somewhere in the neighborhood of \$250,000, paid over three seasons, Hull would sign with the Hawks. "Winnipeg didn't have a million



Bobby Hull with 72 Jets.

bucks and the rest of the league wasn't really going to put up the money to give one team a superstar," so why worry. The Hawks believed all the talk was nothing more than a publicity gimmick.

*Continued on next page*

## Not all disabilities are visible...

There can be much more to a **disability tax credit** claim than a BIG TAX REFUND! ..... **Particularly for parents of a disabled child.**

Serving Winnipeg and Rural Manitoba



For a free, confidential consultation  
Call Gil Forrest FCGA in Winnipeg (204) 888-7376  
Toll Free (855) 769-3946

For more details, check out our website at [www.aac4c.ca](http://www.aac4c.ca)

All consultations are strictly confidential with no obligation.



## ABILITY SOLUTIONS

"Removing Barriers"

### Wheelchair & Walker Repairs

Sales of Reconditioned  
Wheelchairs, Walkers  
and Grab bar installation

204-471-1533

Email: [lavallee@mymts.net](mailto:lavallee@mymts.net)

Reconditioned  
Tilt Chairs  
ON SALE  
this month



# DOES EVERYONE MUMBLE?

Maybe it's time to get your hearing checked...

Hearing loss affects one in two people over the age of 50. Are you one of them?

Call today to arrange your hearing screening and ask us about Lyric, the first completely invisible, extended wear hearing aid.

[connecthearing.ca](http://connecthearing.ca)



We are proud to recognize our national partners.



 DVA, WCB accepted.  
We offer a FREE shuttle service for all our customers.

<b>Country Club</b>	130 - 3025 Portage Ave.	<b>204.885.6422</b>
<b>Mclvor Mall</b>	1795 Henderson Hwy.	<b>204.582.3968</b>
<b>Regent</b>	130 - 701 Regent Ave. W.	<b>204.942.7646</b>

\*Trade-mark CAA logo is owned by and use is granted by Canadian Automobile Association. Trade-mark Show Your Card & Save® is owned by and use is granted by American Automobile Association.

# Connect Hearing

YOUR HEARING PROFESSIONALS



**EASY LIVING SHOPS®**

Ladies' & Men's 50+ Fashions & for those with Limited Mobility

*Designed for Comfort & Easy Care*

Shop in Person:  
**270 Lilac Street**  
1 block south of Corydon

Mon - Fri 8:30 am - 5:00 pm  
Saturdays 10:00 am - 5:00 pm

**284-2009**  
www.easylivingshops.ca

**KATCHER SERVICES**  
*'Catch her serving you'*

Offering:

- Many in-home support services
- Transportation/ Errand services

**Specializing in serving seniors**

Phone: **204-415-1224**  
Email: [katcherservices@shaw.ca](mailto:katcherservices@shaw.ca)

FREE QUOTES AND CONSULTATION.  
RATES VARY DEPENDING ON SERVICE REQUESTED.

**LIVING MADE EASY LTD.**  
Home Healthcare Products • New & Used

**ULTRASONIC DENTURE CLEANER**

- Removes tough stains and hardened bacteria
- uses regular cleaning tablets and solutions
- also cleans retainers, braces, invisalign, mouth guards and also cleans jewellery

Reg. \$59.95  
**Sale \$49.95**  
Until Feb. 29/12

Ultra \$18.69/bag / \$69.99/case

**AMG DISPOSABLE UNDERWEAR**  
Most absorbent & leak resistant. Feels like a regular garment. Free samples in store.

**665 Archibald Street • Wpg**  
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

"Night Ultra"

**Quality Care Moving**

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- Local and long distance moves
- Very qualified seniors service
- Pick-up and delivery
- Office and commercial moves
- Packing and unpacking
- Removal and donation service

Ask about our **Seniors Moving Service**

**Phone - 990-4341 wpg**  
Email: [qualitycare@mts.net](mailto:qualitycare@mts.net)  
Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)

**Bobby Hull, cont'd**

Finally, on a beautiful afternoon in early June, Hatskin returned to Winnipeg from a meeting in Denver with Hull and Weinberg. At the end of the session, Hull shook hands with the Winnipeg owner on a deal that would make the WHA a legitimate big time hockey league and would give Winnipeg the brightest star in its sporting history.

After the meeting, Hull told the Chicago Tribune, "If Winnipeg pays, I'm gone."

Back in Winnipeg, Hatskin called a news conference and with a battery of microphones under his nose, he told the world: "I'm 99.99 per cent sure that he'll sign. It looks good."

A few days later, Weinberg called Hatskin and hockey changed forever. Hull said Winnipeg accorded him the best of two worlds after he signed contracts worth \$2.75 million that would cover the next 10 years of his life. Late that afternoon at Portage and Main, Hull signed a very public contract with the Jets. The size of the turn-out surprised Hull as traffic backed up for blocks on three sides of one of Canada's busiest intersections -- Portage and Main -- at the peak of the 5 o'clock rush hour. People stood on their parked cars to catch a glimpse of the Golden Jet.

"I was a little pessimistic how people would react toward me," Hull said last week. "People getting a lot of money sometimes bring out the envy in others, but these people were great. The thrill is certainly one of my two greatest. It was a lot like scoring the 51st goal."

No. 51 came in the 1965-66 season and it snapped Rocket Richard's 21-year-old record of 50 goals. Hull, ultimately, scored 54 goals that season, then scored 58 goals in 1968-69.

The terms of what was considered to be the largest contract ever given to a North American professional athlete (at the time), read as follows:

1. Hull received an annual salary of \$250,000 from the Jets for the next five seasons.
2. For the next five seasons he would receive \$100,000 per year as a club executive.
3. He received \$1 million in cash from the World Hockey Properties Ltd., a branch of WHA owners who will find new, major endorsements for Hull whose share of all contracts will be 25 per cent.

It was a remarkable deal for the Jets and the WHA. The most well-known and probably, the best player at the time, had given the brand new league some much needed authenticity.

At the time, very few NHL players could hope to match Hull's physical gifts. Hull had speed, a monster slapshot and a powerful physique and he rode that combination to the top of the game in the 1960s.

Born and raised on a farm in Pointe Anne, Ont., Hull's amazing talent cata-

pulted him through the minor hockey system and by age 16, he had signed what the NHL called, a "C-card" that made him property of the Chicago Blackhawks

He made his NHL debut in 1957-58 and finished his rookie season with 47 points and was runner-up to Frank Mahovlich as rookie of the year. Then, with the help of teammate Stan Mikita, he developed the curved hockey stick, led the Hawks to the 1961 Stanley Cup and in 1964-65, despite missing nine games due to injury, the Golden Jet scored 39 goals and helped Chicago reach the Stanley Cup finals, where they lost out to Montreal. At season's end he was awarded the Hart and Lady Byng trophies. The following season he set an NHL record with 54 goals and repeated as the Hart Trophy winner.

He was the best player in the game. In 1971-72, Hull hit the 50-goal mark for the fifth time and experts believed he was the playing the best hockey of his career, but amazingly, that would be the last time the NHL would see him for eight years.

The next summer, Hull signed with the Jets and played so brilliantly, he almost single-handedly made the WHA a legitimate contender to the NHL's throne as the best hockey league in the world. When Ulf Nilsson and Anders Hedberg came over from Europe, the Jets' "Hot Line" became the most exciting thing in the game. In 1974-75, Hull not only faced the Soviets in the second Canada-USSR series, he also went on to score 77 goals in the regular season to establish a new record for a major professional league.

How good was Hull? Well, in 1973 and 1975 he was chosen the WHA's MVP and in 1976, 1978 and 1979, he was an integral part of the Jets' three Avco Cup victories.

Following the NHL/WHA merger in 1979, Hull remained with the Jets for 18 games in the 1979-80 season before a trade brought him to the Hartford Whalers to play alongside Gordie Howe. He retired after that season with 610 goals in 1,063 regular-season games. Hull took his place in the Hockey Hall of Fame in 1983 along with old teammate Stan Mikita, with whom, he shares a statue at Chicago's United Centre.

These days Hull lives in Florida and travels the hockey world as an unofficial ambassador. He speaks at sportsman's dinners, promotes his books and memorabilia and meets with his old friends all over the hockey world.

"It's always great to come back to Winnipeg," Hull said. "I played here for the better part of eight years, but it was the people I've met, what Winnipeg represents to the game of hockey and how they've learned through the years to lose a team and now, to get it back that makes this city very special." ■

**Fort Garry Women's Resource Centre (FGWRC) FAB FEM FUNDRAISER 2012 – A smashing success!**

Fort Garry Women's Resource Centre held their 3rd annual Fab Fem Fundraiser on February 15th 2012 at the West End Cultural Centre.

The night was a smashing success headlined by celebrated Manitoba artist Alana Levandoski - A Western Canadian Music Award nominee and past Winnipeg Folk Fest entertainer. The evening also featured the amazingly funny Aisha Alfa - Certified Life Coach, host of WFPTv, successful comedian and winner of Winnipeg's Funniest Person with a Day Job 2011. Proceeds of the event will support the important work FGWRC does for women and children in Winnipeg.

Fort Garry Women's Resource Centre (FGWRC) is a non-profit organization committed to creating a community where women and children are safe,



L-R: Alana Levandoski, Aisha Alfa

healthy, valued and empowered. FGWRC offers free supportive counselling, information and referrals, workshops and outreach programs. For more information call **204-477-1123** or visit [www.fgwrc.ca](http://www.fgwrc.ca)

**Fort Garry Women's Resource Centre - JOB OPPORTUNITIES**

**Music, Play, or Art Therapist**

Contract Work, Flexible Hours (Evenings, Weekends, some days)

Offering between 6-10 hours per week between two locations.

**Responsibilities:** providing Music and/or Play and Art Therapy services to children ages 2-12 who have experienced and/or witnessed domestic violence.

Job locations: FGWRC's Outreach at 104-3100 Pembina Hwy. and at 104-210 Ellen Street, Wpg.

Closing Date: Friday, March 16, 2012

**FGWRC Intake Coordinator**

The FGWRC requires a full time (35 hrs/wk) Intake Coordinator for a one year term position.

**Responsibilities:** answering phones (Mon-Fri, 9 am-4 pm), providing resources and referrals to community women and providing intakes and assessment for in-coming clients.

Closing date: Noon, March 23, 2012

For more info: [www.fgwrc](http://www.fgwrc)



**FRED DOUGLAS FOUNDATION**

Presents

**The Ninth Annual Humanitarian Awards**

**CHEZ FRED DOUGLAS**

Nominate an outstanding person or organization today!  
Celebrate those who make a difference in the lives of Manitoba seniors!

Nomination forms are available online at:

[www.freddouglassociety.com](http://www.freddouglassociety.com)

For more information:

Rebecca Reykdal  
586-8541 ext 127

Tickets \$75  
(\$25 tax receipt)



**Glenn's Moving Service**

- Household / Commercial
- In House Moves
- Local & Long Distance
- Appliance Removal

**20 Years Experience!**  
For more information call **218-4949** Wpg

**SENIOR'S DISCOUNT**



**GOOD SHEPHERD PHARMACY**

**2416 Portage Avenue @ Assiniboine Cres.**  
Located at **Birchwood Medical** in St. James, Wpg

**FREE: City-wide Pick up & Delivery Unit Dose Blister Packaging**

- Home Healthcare Products
- Diabetic & Surgical Supplies
- We'll arrange for your refills
- Professional & Friendly Services

**COLLECT PRESCRIPTION POINTS to go towards free gifts from our in-store display**

**889-5555**  
After hours: **889-5555**

Hours: Mon - Fri: 9 am - 6 pm / Sat: 10 am - 3 pm

**We Value Our Customers**

**SPECIAL SENIORS DISCOUNT**



Your button can call for help - even if you can't.

Call 956-6777 today!  
Outside Winnipeg: 1-888-722-5222  
www.victorialifeline.ca

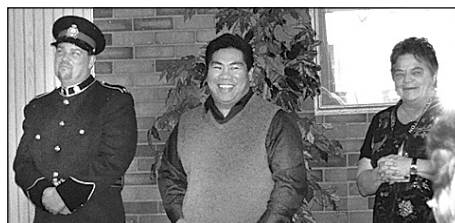


**VICTORIA Lifeline**

## Fred Douglas Lodge hosts Police Academy for Older Adults

Thanks to the Police Academy 13-topic program held over 16 weeks at Fred Douglas Lodge on Burrows Avenue in Winnipeg, 103 seniors over the age of 55 are now educated on skills and safety principals which will empower them to protect themselves from being victims of fraud, identity theft, and elder abuse. Other topics included safe banking practices, internet safety, substances and gambling, home and fire safety, safe driving and scooter safety, information on wills, and much more.

The sessions were presented by Constable Trevor Zwarich, Age and Opportunity, Manitoba Addictions Foundation, Bardal Funeral Home, Winnipeg Fire and Paramedics, MPIC, and Kim Russell, Coordinator for Recreation at the Lodge. It was a fun way to learn about some not-so-fun situations a person can sometimes find themselves in. Kim Russell has been planning this since August of 2011. "It's a lot of work,



Constable Trevor Zwarich, City Councillor Mike Pagatakhan, Kim Russell, Coordinator of Recreation at Fred Douglas Lodge PCH.

Burrows, staff members of the Lodge and a few residents from Fred Douglas Long Term Care joined in on some of the classes. The youngest participant of the program was 57 and the oldest was 94.

Shirley Squires found the program to be very informative. "I didn't realize that if you don't prepare your will properly, you could lose everything!" she exclaims.

February 21st was the final, of the week-long graduation ceremonies.

Participants were awarded with some mementos including a certificate from Fred Douglas Society and the Police Service, plus a miniature police badge made of '114 carat plastic' joked Sergeant Cooke.

The Police Academy: Older Adults Division is a program/guide, designed by the RCMP and the Manitoba Association of Senior Centre. It includes power point presentations, facilitator notes, handouts - everything one needs to organize an academy for a group of older adults.

*Continued on next page*

**Safe Spa Winnipeg**

Walk-in bath tubs and accessible showers

We will bring our mobile showroom to your home!

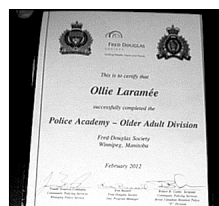


**Best Bath SYSTEMS**

www.SafeSpaWinnipeg.com  
Call 837-8830 - Wpg



Miniature Badge presented to grads.



Certificate of completion for grads.

but it is worth it," says Russell.

Participants from the Adult Day Program, residents living in the Apartments and Courts at Fred Douglas Lodge on

### Fraud Prevention:

## March is Fraud Prevention Month: Recognize it, Report it, Stop it!

OTTAWA - March 1, 2012 - Fraud-related offences are now thought to be as profitable as drug-related offences, estimated at between \$10 and \$30 billion annually in Canada by the RCMP's Commercial Crime Branch. The majority of these crimes aren't committed by kids at their computers, much of the work is conducted by criminal organizations.

Fraud should concern all Canadians because it de-stabilizes our national economy while strengthening organized crime groups. The impact on individuals, families and businesses is devastating: retirement savings, homes, businesses - and in some cases, lives - have all been lost. The only good news is that the majority of frauds can be prevented by identifying the methods used by fraudsters. The more you know about a fraud, the less likely you are to become a victim of it.

Fraud Prevention Month is an annual event that gives private and public organizations involved in the fight against fraud an opportunity to further

raise public awareness. "While the spotlight is on fraud during the month of March, it's important to be vigilant about it all year long. Being cautious isn't something to be ashamed of. Whether you're shielding your PIN number from view or asking questions of telemarketers, don't be afraid of offending people who are asking for your money," says RCMP Superintendent Steve Foster, Director of the RCMP Commercial Crime Branch.

"Organized crime presents a serious threat to Canadian communities and is linked to a wide range of criminal activity, including fraud," said Public Safety Minister, Vic Toews. "Public awareness is critical to fighting fraud and our Government is committed to the development of initiatives that help inform Canadians on how to protect themselves and their families from fraud-related crimes."

Over the next four weeks, the RCMP will be participating in a series of local and national fraud-awareness initiatives.

To help reduce your chances of being victimized by fraud, check the RCMP's website daily during the month of March for tips aimed at keeping you safe from scammers. Topics covered will include identity theft, phishing, on-line shopping, social networking and credit and debit card fraud.

For more information on scheduled activities, please visit the websites of these and other organizations taking part in Fraud Prevention Month:

RCMP  
[www.rcmp-grc.gc.ca](http://www.rcmp-grc.gc.ca)

Canadian Anti-Fraud Centre  
[www.phonebusters.com/english/home-eng.html](http://www.phonebusters.com/english/home-eng.html)

Competition Bureau of Canada  
[www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/home](http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/home)

[www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/02688.html](http://www.competitionbureau.gc.ca/eic/site/cb-bc.nsf/eng/02688.html)

**Cal Friesen - lawyer**

200-1630 Ness Avenue, Wpg  
Madison Square  
direct line 944-7967  
email: cfriesen@mcrobertslawoffice.com

**Wills** - for a couple \$200.00  
- individual \$125.00

**Estates** - for deceased persons  
- fees as set by the Court, please inquire

**Kinsmen Jackpot Bingo** SATURDAYS 5:30 p.m. on CTV-TV

March 10, 2012 JACKPOT  
**\$86,000**  
Kin Pot **\$423,000**  
Guaranteed \$2,000 Prize every week!

Cards available at selected stores in your area or by mail through head office:  
161 Rue Grandin, Winnipeg, MB R2H 0A8  
Ph: 233-6365 Fax: 233-6415

**MAIL THIS ORDER FORM with cheque and your mailing address**

ITEM	QTY	PRICE	SHIPPING	TOTAL
Cards week of Mar 17	x 3.00	NONE	\$	
Cards week of Mar 24	x 3.00	NONE	\$	
Cards week of Mar 31	x 3.00	NONE	\$	
Cards week of Apr 7	x 3.00	NONE	\$	
Cards week of Apr 14	x 3.00	NONE	\$	
Bingo Card Apr 2012 Pack	x 12.00	NONE	\$	
<b>TOTAL</b>			<b>\$</b>	

E-mail: [bingo@kinsmenclub.com](mailto:bingo@kinsmenclub.com)  
Check our website for Jackpot amounts & dates:  
[www.kinsmenclub.com](http://www.kinsmenclub.com) (click on Bingo)

**FISH**  
from the pristine waters of Lake Manitoba  
Pickerel, Northern Pike, Perch, Mullet, etc.  
- Whole or filleted -  
**Phone for Prices and Quantity**  
Wholesale prices available.  
**M. Blanchard**  
204-871-1559  
Portage la Prairie  
Baler permit: R0163, Fisherman's No. 709

**Suites For Rent**  
55+ Seniors Apartment Building  
Clean, Comfortable & Secure.  
Located in the St. James area (Wpg).  
**\$501-555/month** if qualified  
Call **(204) 832-5501**  
(Leave a message)

**HAIRCARE MOBILITY CO.**  
Specializing in:  
• **Seniors,**  
• **Disabled, and**  
• **Homebound Individuals.**  
• Reasonable Rates  
• Professional Products  
• Hrs: 7 am - 4 pm  
Monday - Friday  
Call Angie: **471-1948**  
Winnipeg  
Group Discount



# Pig and Thistle?



The Thistle band recorded live by (Richard Malo) MALO Recording Studio downstairs at the Marlborough Hotel on Smith Street in downtown Winnipeg on Saturday, February 18. L-R: Dennis Drabyk, Jerry Tretiak, Chris Gillis and John Cartwright.

**Do you remember way back, when...** The Pig and Whistle was a Canadian musical television series aired on the CTV television network from 1967-77. It was set in a fictional English pub and featured music of the Carlton Showband, a Canadian-Irish musical group, and various other Canadian, British and Irish entertainers. It was one of CTV's most popular programs of its day.

Well, John Cartwright of Inwood, Manitoba, along with three friends—Jerry Tretiak, Chris Gillis and Dennis Drabyk—put together a band named **Thistle**, and brought back the traditional English pub style show 'Pig and Whistle,' but called it the '**Pig and Thistle**' show.

Don't let the band name fool you. An evening with **Thistle** won't hurt a bit. Unless you split a gut with their standup comedic humour.

**Thistle** will have you singing along, clapping your hands and tapping your toes to the familiar tunes of 'Wasn't That a Party' or traditional Canadian, and some of North American, folk song favourites.

It doesn't stop there. With their four-part vocal abilities, multi-instrumentalist skills, and diverse knowledge of many musical genres, they are sure to please any crowd. They can go from the serene sounds of Danny Boy to the sounds of contemporary artists such as Gordon Lightfoot and Simon & Garfunkel, and yet to the country sounds of Ian Tyson and John Denver in a matter of moments.

**Thistle** first performed a 10-week stint at the Fox and Hounds Tavern at the St James Hotel in Winnipeg in latter 2011 and has since been asked to return time-and-time again. Now they are performing at various venues throughout Winnipeg and even rural Manitoba. They have even been invited to England for two weeks and to the Silver Fox Yacht Club in P.E.I.

Their music is real - no musical enhancements, whatsoever. They complete the ensemble with similar stage attire. "We perform for the public eye, not only the public ear," says John Cartwright.

Be sure to see **Thistle**:

- Mar. 15 - Fox and Hounds Tavern at the St. James Hotel
- Mar. 16 - Army Navy Air Force #1 8:30 pm - Midnight
- Mar. 17 - Army Navy Air Force #1 2 - 6 pm
- Mar. 17 - The Irish Association Erin St., Wpg., 9 pm
- Mar. 22 - Fox and Hounds Tavern
- Mar. 29 - Fox and Hounds Tavern

Performances in Gimli, Lundar and Moosehorn are to be confirmed.

Visit [www.thistleband.ca](http://www.thistleband.ca) for schedule updates or bookings. ■

## Fred Douglas Lodge - Police Academy for educating older adults, cont'd



Some of the graduates (in no particular order) of the Police Academy: Older Adults Division held at Fred Douglas Lodge on Burrows Avenue in Winnipeg. Evangeline Charney, Olga (Ollie) Burdett, Jean Dunn, Lydia Kulcheski, Kay Kolada, Nellie Kostyniuk, Elizabeth Lennon, Evelyn Levene, Anne Lisowick, Danny Magis, Betty Mikulan, Eleanor McMillan, Walter Masniuk, Esther Morash, Joseph Ternopolski, Alice Thomas, Lily Tough, Mary Zagonchuk, Shirley Squire, Betty Parton, Tom Hutchison, Ollie Laramée. Also, Constable Trevor Zwarich, City Councillor Mike Pagatakhan, Sergeant Robert Cooke, Kim Russell, Coordinator of Recreation at Fred Douglas Lodge and FDL staff Tracy Belly and Julie Rutherford.

The Police Academy was sponsored by City Councillor Mike Pagatakhan and the Manitoba Association of Senior Centres.

For more information on supporting the safety of seniors and older adults in your community or to organize an academy involving the local police and other presenters in Winnipeg or rural Manitoba, contact Connie Newman, Executive Director of the **Manitoba Association of Senior Centres** at 204-792-5838, email [info@manitobaseniorecentres.com](mailto:info@manitobaseniorecentres.com). Or you could contact **Sergeant Robert Cooke, RCMP** - Community Policing Services "D" Division at 204-984-0706, email [Robert.B.Cooke@rcmp-grc.gc.ca](mailto:Robert.B.Cooke@rcmp-grc.gc.ca).  
Brittany Bryson, a student at Sisler

High School, was photographer for the graduation ceremonies, donating her services. She is the co-owner of Vanilla Studio Photography, a business developed at her school with three other classmates. ■



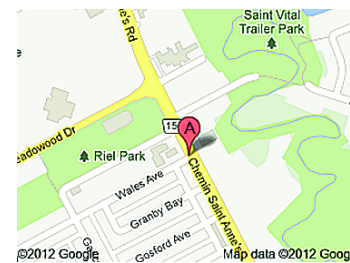
Shirley Squires proudly receives her certificate.

## NOW OPEN

Allied Home Healthcare Products Inc.

120-600 St. Anne's Rd., Wpg

WHEELCHAIRS, SCOOTERS, WALKERS, CANES, LIFT CHAIRS, RAMPS, PORCH LIFTS, STAIR LIFTS, RESIDENTIAL ELEVATORS, AIDES FOR DAILY LIVING, BATHROOM EQUIPMENT



SALES SERVICE RENTALS

(204) 654-9922

[info@alliedhomehealthcareproducts.com](mailto:info@alliedhomehealthcareproducts.com)

[www.alliedhomehealthcareproducts.com](http://www.alliedhomehealthcareproducts.com)

Monday - Friday 8:30 AM - 5:00 PM

[www.givingcareseniorservice.ca](http://www.givingcareseniorservice.ca)



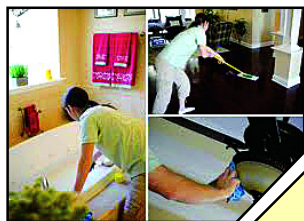
GIVING CARE SENIOR SERVICES

798-7901

Affordable, Quality Care Service

- One set price for all senior care services.
- High quality standards.
- ONE LOW RATE.

Helping seniors and their families without the worries of huge costs for care.



Home Security Services

We can help with home security issues:

- Home assessments.
- Senior check ups if seniors live alone.
- We provide security guards for senior homes and senior apartments, complexes for any security needs.

**FEEL FREE**  
Personalized Security  
**297-5991**

Your Security is Our Responsibility!

[www.feelfreesecurity.com](http://www.feelfreesecurity.com)



by Garrick Kozier

## Alzheimer's Society Manitoba Dealing with Dementia- How Caregivers Can Cope

Barbara Froese, a long-term care nurse in Winnipeg with over 30 years of experience, has seen it all. Alzheimer's disease, however, hits close to home.

"My mom has had Alzheimer's now for close to ten years," said Froese on Monday during a break at the Alzheimer Society Dementia Care 2012 Conference at the Canad Inns Polo Park. "It's something I've accepted, but it's not always that easy."

The hardest part for Froese is knowing her mother is no longer the person she once was. "She's gone. Completely gone. You breathe in bits and pieces of her, but the only thing left is her body," said Froese. "That's the hard part."

It's stories like this that brought over 600 people together under one roof for the two-day conference.

This is the tenth year the Alzheimer Society has hosted the event, which aims to provide information, insight and encouragement for health care professionals who work with people living with dementia.

Minister of Healthy Living, Seniors and Consumer Affairs, Jim Rondeau, opened the proceedings by thanking all the health care professionals and front-line workers for all they do.

"We can put policy after policy in place, but all the work and care begins with you," said Rondeau to the capacity crowd. "We need to bring more support to the people and families who have loved ones with dementia."

Guest speakers included Dr. Fran Racher, Dr. Adrian Wagg, Dr. Howard Feldman, and Dr. Arthur Schafer, director of the Centre of Professional and Applied Ethics at the University of Manitoba.

Dr. Schafer, who, at age 70 still rides his bicycle to work every day, and has done so for the last 40 years, spoke on, amongst other topics, the importance of realistic approaches to improving the livelihood of those with end stage dementia. Too often, according to Dr. Schafer, the primary focus is on prolonging life. With end stage dementia, there isn't an on and off switch. The damage to the brain is irreversible. Coupled with the normal break down of the body through the life cycle, he

feels it's no way for someone to live their final years.

"What's the point? Someone with dementia living in a vegetative state has no chance of regaining any of their lost brain capacity. It's important to look at the situation logically and to strive at improving the person's quality of life. That means spending time with them, laughing with them, and allowing them to enjoy life," said Dr. Schafer.

Dr. Schafer also warned about the pitfalls of early detection. He said the formation of amyloid plaques and neurofibrillary tangles, which are strongly believed to contribute to the degradation of brain cells, aren't always tell-tale pre cursors for dementia.

"Some people develop those protein plaques and tangles and show no signs of dementia. And there's some who've developed dementia yet have no trace of these tangles in their brain tissue."

Alzheimer Society of Manitoba CEO Sylvia Rothney agreed that while there isn't a miracle drug to cure Alzheimer's, early detection is key in the fight against the disease.

"We push for early detection because of the chance to provide supportive counseling and education," said Rothney.

In between speeches, attendees were invited to separate learning sessions. Topics ranging from care for elderly couples to recreation studies were offered. Alzheimer Society Education Coordinator Jennifer Vicente-Licardo said that these types of sessions are the true strength of the conference.

"With so many different aspects in health care, there's really something for everyone."

For more information of the Alzheimer Society of Manitoba and dementia, visit [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca). ■



Barbara Froese (mauve sweater)



Dr. Arthur Schafer

## The Long Term and Continuing Care Association of Manitoba provides valuable services to seniors, welcomes new members

Seniors make up the fastest-growing age group. This trend is expected to continue for the next several decades due mainly to a decreased fertility rate (i.e. number of children by woman), an increase in life expectancy, and the effects of the baby boom. In 2010, an estimated 4.8 million Canadians were 65 years of age or older, a number that is expected to double in the next 25 years to reach 10.4 million seniors by 2036. By 2051, about one in four Canadians is expected to be 65 or over. (Source Statistics Canada)

By, Colleen Swifte

The Long Term and Continuing Care Association of Manitoba (LTCAM) is a non-profit organization that incorporated in 1959 and was created by a group of visionary nursing home operators who got together to see what they could do to provide better services for seniors. "Back in 1959 personal care homes, as they are now known, were not an insured service and there weren't very many residences. They advocated to raise awareness for the needs for seniors' care and services", says LTCAM Executive Director, Jan Legeros. "They also got together to talk about standards of care and quality indicators. They set up review teams who went to each other's nursing homes and benefited from each other's feedback. It was really way before its time." It wasn't until 1973 that personal care homes became an insured service covered by Manitoba Health. In 2004, Manitoba conducted the first Provincial Standards review. This now provides a more consistent approach to ensuring quality care.

LTCAM is a member driven association that has about 80 members at present. Legeros says, "We advocate on behalf of seniors and the staff at the residences who serve them. We also cut through the confusion and red tape involved in finding quality services for seniors and information for the public. Our members make it possible for us to do what we do." LTCAM members are retirement residences, supportive housing residences, and personal care homes as well as a number of commercial/affiliate members such as home care agencies and other specialized, related services. "We advocate, partner and communicate with government and the regional health authorities to make sure quality is as high as it can be. We also advocate for affordability and access to services, as some options are not covered by Manitoba Health. While there are a set number of subsidies and supplements available, we think there should be more; especially for couples seeking services and care. We promote and encourage more public information and education, not only for seniors but also for their caregivers and families, including financial information. When you plan for retirement you should think about the possible extra costs that may

come along as you transition into using services. If you educate yourself about the options, then at least you have done some preplanning."

Back in 2006 when Legeros starting working for LTCAM, she said she realized there was no one website a person could go to and get all the information they needed. The LTCAM staff, consisting of Jan and Suzanne Verstraete, have now revamped their website into a one-stop shop for information and made it as user-friendly as possible for ease of navigation. For example, by using the interactive provincial map, you can focus on the area of the province where you live and check out the member residences in that area. They have created a question and answer sheet for prospective residents or their caregivers to use when they speak with staff at seniors' residences. The website is also available in French. For people who may not be able to access the website, LTCAM will assist by phone.

Legeros says, "We want to get this information out to the general public, rural areas and to potential new members, whom we welcome." Members find our communication, information and networking services invaluable. In a recent survey members described us as the "main repository for information". Our membership in the Canadian Alliance for Long Term Care ensures our members are also up to date on national issues across the country. To learn more about the LTCAM visit our website [www.ltcam.mb.ca](http://www.ltcam.mb.ca), where you will find a short video called "Who We Are".

LTCAM Executive Director Jan Legeros also chairs the Age-Friendly Committee for the Village of Dunnottar in rural Manitoba.

## The Long Term and Continuing Care Association of Manitoba

**Q.** Where do I start to look for information if I am seeking different retirement living options in Manitoba? Or if myself or someone I know is in need of some services, assistance or care?

**A.** Our non-profit organization offers information on the many different options available in Manitoba, while recognizing that each person's situation is unique. Below are just a few available "paths" to take. A full list of resources can be found on our website at [www.ltcam.mb.ca](http://www.ltcam.mb.ca) in our 'Options for Seniors' section. If you do not see the alternative you are looking for, please

Continued on next page

**GREAT OFFER!**  
\$5.99

**REXALL BRAND**  
ASA Daily Low-Dose  
Enteric Coated Tablets

Offer expires March 31st, 2012  
or while supplies last.

**GREAT OFFER!**  
\$1.99

**REXALL BRAND**  
Acetaminophen  
Easy Swallow Tabs

Offer expires March 31st, 2012  
or while supplies last.

Join us at  
**The Medicine Shoppe Pharmacy**  
for a **FREE**  
**Bone Density Screening**  
**March 19th until**  
**March 29th, 2012**

Please call the pharmacy for details  
and to book your appointment.

**Elizabeth Aràuz - Tijerino**  
B.Sc. Pharm.  
Pharmacist/Owner

**\$78.39**  
**One Touch™**  
Ultra Blue Test Strips  
100 Strips  
Details in store.

**1765 Portage Ave • Wpg**  
**Tel: 204-885-4465**  
**www.medicineshoppe.ca**

**Hours:** Mon-Fri 10 am - 6 pm  
Sat 10 am - 2 pm  
Sun & Holidays Closed

Your Health. Our priority.

# A&O Celebrates 55 Years of Serving Older Adults

**A&O: Support Services for Older Adults** (formerly Age & Opportunity) would like to invite you to join us in one of the many celebrations we will be hosting this year that will celebrate 55 years of providing innovative programs to older Manitobans. This year the agency is undergoing many changes from a new logo and tagline and a new updated website which will be launched sometime around June 2012.

**A&O is also trying a new fundraising venture with Collette Vacations and Fehr Way tours** where 10 seats are being held in our name which older adults 55+ can acquire by mentioning A&O: Support Services for Older Adults. Until March 19 there is a \$200 discount on the cost of the package and there will also be a webinar that will answer your questions on the trip to Italy called Italian Vistas. This specially selected trip will offer travelers 13 days with 18 meals, regional wine, with included dinners, a visit to a Tuscan Winery, Classical Rome tour, services of a professional tour manager, baggage handling from hotel to hotel and much more. Travelers can also choose from options such as a Gondola cruise in Venice, the Vatican Museums and St. Peter's Basilica, Rome by Night and several other special offers as part of this tour package, for very affordable rates. This trip departs on September 17 and returns September 29, 2012. On March 12 there will be a webinar that interested travelers can learn more about this trip from Ashley Van Eslander, the representative who works with Collette Tours. Collette Tours provides the very knowledgeable tour guides and has a fine reputation of providing guided tours for many years. Fehr Way is the travel agency who provides the transportation portion of the trip. A&O receives only a portion of the seat sales which will help to support funding for our programs and services.

**Did you know...** that you can tour different countries, learn new languages and even join a book club – all over the phone? **A&O's Senior Centre Without Walls** offers a wide variety of educational and recreational programming that Manitobans 55+ can enjoy from the comfort of their own home. The program is offered free of charge and participants call into a toll-free number and follow along with the materials that have been mailed out. If you are unable to call into the line, we can call you and have you join us. In addition, all of our books and short stories are read aloud. We will be offering over 30 different programs in our April - June term including a Cinco de Mayo Fiesta, Celebrity Bingo, historical tours of Winnipeg, and presentations on how to talk to your doctor, nutrition, spirituality and astronomy. To receive a guide please call us toll-free at **1-888-333-3121**.

**A&O will be hosting the 5th Annual Seniors Housing & Lifestyles Expo which will be held on Friday, May 4, 2012** from 10 AM to 3 PM. This year we are waiving the admission fee as part of our celebrations and encourage all to come out and meet our exhibitors, as well as plan to attend a few presentations. There will be many prizes and entertainment at this free event and food will be available for purchase on site.

We also invite our members and their friends to join us for our **annual BBQ to be held on Friday, September 21, 2012** at the Isaac Brock Community Centre. There will be live entertainment, fun indoor and outdoor activities and food catered by a local well respected catering firm.

For more information on these and other programs please visit our website at **www.ageopportunity** or call **956-6440**. ■

# More Than Medications

Pharmacists are the number one trusted health-care professional in Canada, says a recent Ipsos Reid poll. The Manitoba Society of Pharmacists (MSP) is proud to play this role. In fact, the theme for this year's Pharmacy Awareness Week, which runs March 4 to 10, is **Talk to Your Pharmacist: A Healthy Choice**.

"The role of a pharmacist has evolved beyond the procurement and dispensing of medications and as health care demands and our practice evolves, pharmacists are the most accessible health care provider," says MSP President Mel Baxter.

Ask someone to describe a day in the life of a pharmacist, and he or she will probably paint a portrait of someone in a white lab coat dispensing medications. While this is a component of the job, pharmacists play a much larger role in the maintenance of a patient's health and well-being.

**"We really have evolved from a product-centred practice to patient-centred practice."**

~ MSP President Mel Baxter

"We really have evolved from a product-centred practice to patient-centred practice," says Baxter.

Pharmacists can help patients manage acute and chronic conditions and side effects from medications. They are also a great source of information and guidance for issues such as weight loss, nutrition, disease prevention and smoking cessation.

Education, health promotion, and monitoring safe and effective medication usage are all part of a pharmacist's day. The MSP hopes to see an expansion of the pharmacist's role in Manitoba, including injections, treatment of minor conditions and prescription adaptation.

The MSP urges you to take the time to learn about public services provided by your pharmacist. In particular, the Manitoba Medications Return Program

**"The role of a pharmacist has evolved beyond the procurement and dispensing of medications and as health care demands and our practice evolves, pharmacists are the most accessible health care provider?"**

~ MSP President Mel Baxter

allows you to discard expired or unused medications in a safe, convenient way. Storing medicine in your home is a potential risk for children and teens. Flushing medicines down the toilet or throwing them in the garbage is an environmental hazard. Instead, return medication to a participating pharmacy. Talk to your local pharmacist about this free service or visit **www.medicationsreturn.ca**.

*It's Safe to Ask* is another public service available to patients and caregivers, in the hopes of increasing communication, empowerment and positive health outcomes. In particular, this program suggests you ask three important questions of your pharmacist and health care provider: What is my health problem? What do I need to do? Why do I need to do this? Learn more at **www.mbips.ca/wp**

The MSP will host more than 50 events around the province at pharmacies, shopping malls, hospitals and assisted living centres during Pharmacy Awareness Week. Talk to your pharmacist! It's a healthy choice. Visit **www.msp.mb.ca** for more information. ■

## Long Term and Continuing Care - Q&A, cont'd



phone us at **477-9888** or toll free at **1-855-477-9888** and we will do our best to answer your questions and provide you with direction to the resources you require.

Our Members represent seniors' residences, supplies and services available throughout Manitoba. They support the Long Term & Continuing Care Association of Manitoba's (LTCAM) advocacy efforts on behalf of Manitoba seniors and the staff who serve them. Our members make all the work of LTCAM possible. Just one example of this, is this new 'Where Do I Start?' navigation tool. We, in turn, recognize their support on our website, on LTCAM Committees, and in our advocacy activities and communications.

There are many Residences, Resource Centres, Associations, Organizations, and companies who offer services, with and without care. Therefore, in addition to spending time on our website we encourage you to consult our "More Resources" section, your local phone directory and browse the internet when seeking the options available in your area. ■



**Talk to Your Pharmacist  
A Healthy Choice**

manitoba society of  
*Pharmacists*



## What can your Pharmacist do for you?

Your pharmacist is an excellent source of health information and is your most accessible healthcare provider.

Visit your local pharmacy and find out the many ways pharmacists can help you improve your health

**PHARMACIST AWARENESS WEEK  
March 4<sup>th</sup> – 10<sup>th</sup>, 2012**



Visit **www.medicationsreturn.ca**.  
Complete a survey and enter to win.

# Preparing for the migrating birds' return

By Jennifer Gobeil (See our ad on front page of this issue of Senior Scope)

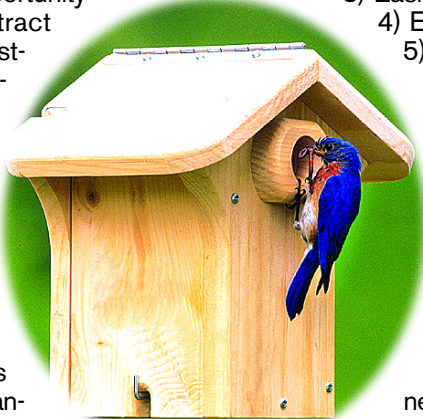
During the spring, hundreds of wild bird species return from their tropical, wintering grounds to nest and raise their young. This massive migration brings the greatest opportunity of any season to attract birds by providing nesting materials and safely-located nesting boxes. With birds expending so much energy migrating, courting and looking for food, these helpful additions will make their lives a little easier.

Since few hollow trees remain in cities and suburban yards, man-made nesting boxes have been credited with helping to increase the previously declining populations of cavity-dwelling wild birds, such as bluebirds. Bluebird enthusiasts across the continent have created miles of bluebird trails, which consist of bluebird nesting boxes placed at appropriate intervals.

A bird's primary consideration when choosing a nesting site is security. Protection from predators and proximity to food is of vital importance to the success of a bird's offspring.

There are many different styles of nesting boxes available, including those that are decorative and bird-specific. Before purchasing a nesting box, one should be sure that it meets these six requirements:

- 1) Designed for the species, according to bird's size and nesting requirements.
- 2) Ventilation holes to provide a release for heat build-up.
- 3) Easily cleaned.
- 4) Easily mounted or hung.
- 5) Durable to withstand several seasons of use.
- 6) Drainage holes in the bottom of the house.



Eastern Bluebird

It is entertaining and educational to watch birds as they go through the many stages of their lives, including choosing a nest site, making the nest, laying eggs, feeding their hatchlings, and then, watching the fledglings as they venture out on their own.

For more information on nesting and to find a variety of nesting boxes, visit **Wild Birds Unlimited**, located in Winnipeg. Wild Birds Unlimited is part of the original and largest franchise system of backyard bird feeding and nature specialty stores with more than 275 locations throughout the United States and Canada. Wild Birds Unlimited specializes in bringing people and nature together with their bird feeding and nature products, their expert advice and educational events. Visit our Web site at [www.wbu.com/winnipeg](http://www.wbu.com/winnipeg) or stop in the store located at **45-11 Reenders Dr. in Winnipeg** today! ■

## Memorable Pets for Alzheimer's Patients

In Lexington, KY, sisters Bettina Dickson Rusher and Frances Dickson, started a new company, Memorable Pets, and has released a line of plush stuffed dogs and cats to bring joy to dementia and Alzheimer's patients and to serve as a connection point for family members. The sisters came to fruition after their mother began her battle with Alzheimer's.



Functional MRIs of people with Alzheimer's show that the emotional centers of the brain stay very active long after the language, memory and cognitive centers decline.

"Several studies have shown that interactions with a stuffed animal increase happiness and provide a calming effect. They're also a great way to allow patients, who often have to rely on everyone else for care, to be able to care for something themselves," Dickson said.

"Our mother had a real cat which she loved, but once the Alzheimer's set in she was unable to care for it properly, so we bought her a stuffed cat to keep her company. We were amazed at the joy the cat brought her," Rusher said. "Before we knew it we were producing animals and handing them out to other patients on her floor," she adds.



The company's goal is to gain non-profit status for their Pets to People program. For more info or to order a Memorable Pet (\$29 retail including shipping), visit [www.memorablepets.com](http://www.memorablepets.com).

## Canadian Cancer Society - Daffodil Days

This March, hundreds of volunteers will be fanning out across the province to sell 50,000 bunches of daffodils to raise money in the fight against cancer. Daffodil Days is one of the Canadian Cancer Society's longest running fundraising events, dating back to 1954 when daffodils were used to decorate tables at a fundraising tea held by Lady Eaton at the Eaton's store in downtown Toronto.

"Cancer is a disease that affects virtually every Manitoban," says Heidi Struck, Daffodil Days campaign manager at the Canadian Cancer Society. "Whether you are a friend, family member, co-worker, or are battling the disease yourself, we have all been touched by cancer."

From March 16-24, Canadian Cancer Society volunteers will be selling daffodil bunches for \$6 each in major malls, clinics, hospitals, retirement residences, and Walmart locations throughout Manitoba.

The daffodil is the Canadian Cancer Society's symbol of hope in the fight against cancer. In addition to the live daffodil sales, the Society is again encouraging all Manitobans to wear a daffodil pin throughout Daffodil Month (April). The pins are worn to show people facing cancer that they are not alone, and to remember loved ones lost to cancer. The pins are available everywhere the live flowers are sold this April, including all TD Canada Trust outlets. ■

The Canadian Cancer Society hopes to raise over \$250,000 again this year. Proceeds are used to fund cancer research, prevention strategies and community services.

**Nostalgia Broadcasting Cooperative**  
**TUNE IN**  
**CJNU 107.9 FM**  
 Our March host sponsor is **Manitoba Marketing Network**

The best music from the 1940s through the 70s - and more!

Tune in on MTS TV, Channel 725 or on our website at [www.cjnu.ca](http://www.cjnu.ca) for live audio streaming. (204) 942-CJNU (2568)  
 Email: [cjnu@mts.net](mailto:cjnu@mts.net)

**R.J.'s ROOFING LTD.**

For the **BEST WARRANTY** around on:  
 New Roofs • Repairs  
 Re-Roofs • Vents  
 We Recycle

**DISCOUNT FOR SENIORS** **FREE VENTS ON ALL RE-ROOFS**

**PAUL - Ph: 204-471-4911 Fax: 204-669-6315**  
 35 Years Serving Manitoba  
**LICENCED • INSURED • BONDED**

**DAVE'S MUSIC**  
**D.J. SERVICE**  
 Music for any occasion  
 Socials • Weddings • Parties • Bar music  
 25 Years Experience - Special Rates  
**PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up.**  
 - Light Show Available  
 - Professional Equipment  
 - Excellent Sound

**Easter Special**  
 Call for details!

**Book your Easter Dances and Parties today!**

Bookings call **1-204-746-4318** (Morris, MB)

**ADVANCED ALL-SEASON**  
 RESIDENTIAL and COMMERCIAL

**SPRING SERVICES**  
**FULL ESTATE CONTRACTING**

**ASPHALT, PAVING STONE & CONCRETE**  
**BOBCAT SERVICES AVAILABLE**  
**DRIVEWAYS, WALKWAYS & PATIOS**  
**FENCES, DECKS & PERGOLAS**  
**FOUNDATION REPAIR & WATERPROOFING SOLUTION**  
**YEAR ROUND PERSONALIZED SERVICES**

**FREE ESTIMATES / REASONABLE RATES**

**• DRY RIVERBED THEMES**  
**• SOIL, SOD, TREES & BOULDERS**  
**• RETAINING WALLS, PILLARS & GATES**  
**• CUSTOM INSTALLS, RELAYS & REPAIRS**

**ALL-SEASON RATES AVAILABLE**

**FREE CONSULTATION 204-898-2685 RESERVE EARLY**



**OVER 5 DECADES OF CARING FOR THE ELDERLY**

**Thorvaldson Care Center**  
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG  
452-4044  
www.thorcare.ca

**INQUIRIES WELCOME**

**NEW ELECTRIC LIFT RECLINERS**

15 TO CHOOSE FROM



**up to \$500 OFF**

**Reliable New & Used**  
HOMECARE PRODUCT STORE

666 St. James St.  
774-6322

www.reliablemobility.com

Compassionate help for all your cemetery, funeral, and cremation pre-arrangements or in the time of need!



**Ria Dubrow**  
Cemetery Director  
(Service in English and German)  
982-8316 (24 hr)

**MEMORIAL GARDENS**  
Planning Today, For Tomorrow

**GLEN EDEN** 4477 Main St.  
**CHAPEL LAWN** 4000 Portage Ave.  
**GLEN LAWN** 455 Lagimodiere Blvd.

**WORD SEARCH - ALZHEIMER'S AWARENESS**

F	X	M	N	A	D	A	L	Z	H	E	I	M	E	R	G	O	O	X
A	E	J	N	E	G	F	D	N	L	F	U	N	D	R	A	I	S	E
M	E	E	B	H	F	E	S	B	U	H	G	N	L	T	M	O	O	D
U	Y	X	L	L	A	A	T	E	R	E	L	D	E	R	L	Y	P	
N	R	R	B	N	P	N	M	O	R	D	S	J	D	S	O	Q	E	L
D	S	E	V	O	U	H	X	I	B	O	S	E	I	T	S	R	R	W
E	Y	S	A	K	U	X	A	I	L	L	K	Z	F	M	A	E	Y	R
R	M	E	L	O	J	S	K	R	O	I	Q	E	F	C	D	C	I	J
S	P	A	B	R	A	I	N	Z	M	U	A	D	I	S	E	A	S	E
T	T	R	D	E	M	E	N	T	I	A	S	R	C	E	H	B	B	D
A	O	C	P	M	H	O	M	E	M	C	C	U	U	C	O	M	B	E
N	M	H	F	T	L	Z	U	P	S	E	T	Y	L	G	S	I	M	P
D	S	V	Z	N	H	N	Y	J	D	P	D	E	T	X	P	S	U	R
C	O	N	F	U	S	I	O	N	D	O	E	I	Y	X	I	P	F	E
K	V	J	T	G	B	B	N	X	M	H	C	E	C	B	T	L	O	S
M	M	E	M	O	R	Y	Z	K	W	W	I	T	C	A	A	A	R	S
S	I	G	N	S	X	S	E	N	I	O	R	S	O	H	L	C	G	E
D	I	A	G	N	O	S	I	S	L	I	W	S	Z	R	H	E	E	D
T	M	L	O	N	E	L	Y	X	L	H	E	A	L	T	H	S	T	E

- Age
- Alzheimer
- Anxious
- Bed
- Brain
- Care
- Confusion
- Dementia
- Depressed
- Diagnosis
- Difficulty
- Disease
- Doctor
- Elderly
- Familiar
- Feel
- Forget
- Fundraise
- Health
- Home
- Hospital
- Ill
- Lonely
- Medical
- Memory
- Misplace
- Mood
- Nurse
- Pharmacy
- Research
- Sad
- Seniors
- Signs
- Speech
- Stroke
- Symptoms
- Talk
- Test
- Think
- Unable
- Understand
- Upset
- Wheelchair

Answers on page 11

**PUZZLING!**

**STR8TS SUDOKU X**

Easy

					3			7
8		6	5					
7		3						2
					1			
2					9			3
		1		9	8			
4			6					

Easy

5								
7	8		3		5			
9			7	8		6		
2					8			
	3							9
			2					1
		5		1	4			8
			5	3		7	4	
								6

How to beat Str8ts – Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into compartments. Each compartment must form a straight - a set of numbers with no gaps but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

2	1		4	5
6	4	5	3	2
4	5		2	1
4	3	6	2	1
3	5	2	1	4
2	1	3		

To complete Sudoku X, fill the board by entering numbers 1 to 9 such that each row, column, 3x3 box and both diagonals contains every number uniquely.

For many strategies, hints and tips, visit [www.sudokuwiki.org](http://www.sudokuwiki.org) for Sudoku X and [www.str8ts.com](http://www.str8ts.com) for Str8ts.

If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store.

Answers on page 11


**Groovin' Oldies**

Can you guess the number of grooves in total these 3 vinyl albums have together? One is a 45 L.P, a 33 and an old 78.



**Knight Moves**

Using chess 'Knight' moves only, find the correct starting point and find a 9-letter word that starts and ends with the same letter.

E	P	S
E		D
E	S	R

**How Smart Are You?**

1. What type of bow can never be tied?
2. What was the name of the person who made King Arthur's Round Table?
3. Where are we if Friday comes before Thursday, the cart comes before the horse, or February comes before January?

Answers on page 11

**Discounts & More**

**BARRISTERS & SOLICITORS**

**McRoberts Law Office - Madison Square:**  
Cal Friesen - lawyer: 944-7967, 200-1630 Ness Ave., Wpg.  
**WILLS: \$200/couple, \$125/individual.**

**Wm. B.K. Pooley B.A., L.L.B.:** Lawyer, Notary Public - 783-1632 (Wpg) Your **MOBILE LAW OFFICE - Days-Evenings-Weekends. HOME or OFFICE VISITS (in Wpg)**

**BINGO**

**Kinsmen Jackpot Bingo:** 233-6365 (161 Rue Grandin, Wpg) Mar 10/12 Jackpot: \$86,000. Kin Pot: \$423,000. Visit [www.kinsmenclub.com](http://www.kinsmenclub.com) for Jackpot amounts.

**CLOTHING & FASHION**

**Easy Living Shops:** 270 Lilac Street, Wpg - 284-2009 Ladies' & Men's 50+ fashions & for those with limited mobility

**FOOD & RESTAURANTS & MEAL SERVICE**

**Harman's Meal Service:** 233-5005, Wpg. Good meals prepared fresh daily. Regular & Dietary Restricted Meals. City-wide service. **DAILY DELIVERY \$7.90** includes taxes and delivery.

**FUNERAL / MEMORIAL SERVICES**

**Glen Eden Memorial Gardens:** Ria Dubrow, Cemetery Director, 982-8316 (24 hr). 4477 Main St. Cemetery, funeral and cremation pre-arrangements. **Receive a FREE Estate Planner and FREE Will Kit!**

**South Manitoba Memorials:** 3517 Main St., Wpg. 1-866-334-9397. E-mail: [memorial@mts.net](mailto:memorial@mts.net), [www.manitobamemorials.com](http://www.manitobamemorials.com) **SENIORS DISCOUNT**

**HEALTH CARE & RELATED SERVICES**

**Victoria Lifeline:** 956-6777 or 1-888-722-5222. 1/2 Price Installation with mention of Senior Scope. [www.victorialifeline.ca](http://www.victorialifeline.ca)

**LIVING / ACCOMMODATIONS**

**Thorvaldson Care Center:** 495 Stradbrook Ave., Wpg. Herman Thorvaldson - 452-4044. An Intermediate Care & Gov. approved facility. Reg. Nurse & Health Care Aides. [www.thorcare.ca](http://www.thorcare.ca). **OVER 50 YEARS OF CARING FOR THE ELDERLY!**

**MOBILITY PRODUCTS & MEDICAL EQUIPMENT**

**Living Made Easy Ltd., Home Healthcare Products New & Used:** 665 Archibald St., 231-1746 (Wpg). Sales-Service-Rental-Delivery-Installation. Consignments accepted. **Ultrasonic Denture Cleaner / \$49.95 / Reg. \$59.95**

**PHARMACIES**

**Good Shepherd Pharmacy:** 2416 Portage Ave - Wpg at Birchwood Medical, 889-5555. **FREE** city-wide P/U & Delivery. **FREE Unit Dose Blister Packaging. SPECIAL SENIORS DISCOUNT**

**CALL FOR SAVINGS & MORE!**

These listings are free for longer-term display advertisers. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

**DAVE'S MOVING**

Moving Furniture & Small Items

**746-4318**  
**746-6141**

Morris, MB

**SENIORS DISCOUNT**



**ckuw**  
95.9 FM

**"BOOTS & SADDLE"**  
a country western music program hosted by Bill Lesack. Aired Tuesdays 11 am to 1 pm

**"2000 & Counting"**  
A radio program featuring guests & spoken word of interest to older adults Aired Tuesdays 2 to 3 pm

786-9782 [www.ckuw.ca](http://www.ckuw.ca)

**ACCENT PRINTING**

8.5 x 11 COLOR COPIES  
**35¢ EA. \***

**10% DISCOUNT FOR SENIORS & NON-PROFIT ORGANIZATIONS**

Office Hours: Mon - Fri 9 am - 5:30 pm  
Sat 10 am - 3 pm (except May Day & Holiday Week-end)

Ph: (204) 599-5431 Fax: (204) 943-9617 Toll Free: 1-800-307-6657

802-181 Higgins Ave. Winnipeg, MB R2B 3G1 [www.aboriginalprinting.ca](http://www.aboriginalprinting.ca)

Your **MOBILE LAW OFFICE**

**Wm. B.K. Pooley B.A., L.L.B.**  
Lawyer, Notary Public

Service at YOUR PLACE of convenience:  
Home or Office Visits (in Wpg)

**DAY - EVENING - WEEKEND APPOINTMENTS AVAILABLE**

837 Downing Street  
**783-1632**

# Things to do in Winnipeg

Email ready-to-print PSAs to: kelly\_goodman@shaw.ca. No faxes please.

## EVENTS

**The Winnipeg Philharmonic Choir** - "An Afternoon with the Phil" concert, Sun., Apr. 22, 3 pm at Westworth United Church in Wpg. Westworth United Church welcomes friends from Russia and the U.S. as conductors Evgeny Guryev and Stanley Wold bring their expertise in and passion for Northern European music. Special guests are PJ Buchan, tenor; Diane Jarvi (Jarvenpa) and Ralph Tuttila from Duluth who will perform folk songs and play early folk instruments kantele and jouhikko. Bring your group out for just \$15 per ticket (reg senior tkt \$20). Seniors group discount applies to groups of 10 or more. Call Judy Asker, Ex. Dir.: **896-7445**.

**Forum Art Centre** - Spring art classes start Apr. 2, 10 wks at 120 Eugenie St., St. Boniface. Registration by phone until April. Free studio time with adult classes, free parking, wheelchair access for most classes. For details call: **235-1069** or visit: [www.forumartinstitute.ca](http://www.forumartinstitute.ca).

**Springs Church** - Forever Young 55+ evening, Fri., Apr. 20, 6 pm, at 595 Lagimodiere Blvd. Please bring a favorite dish to this pot luck dinner. Games and other activities to follow

**Good Neighbours Active Living Centre** - 17th Annual Fundraising Dinner, Thur., Mar. 29, 6:30 pm at 720 Henderson Hwy. Entertainment, Silent Auction, 50/50 Draw! Tickets \$55 (\$20 charitable receipt). Deadline for tickets - Mar. 23. For more info or to register: **669-1710**.

**Millennium Library** - Free programs: Camera Chronicles - Journey around the world with this photo presentation series, Tue., Mar. 20, 2-3 pm. / Guyana, Tropical Paradise, Tue., Mar. 28, 2-3 pm. Wildlife Photography. / Copyright for Editors and Writers, Tue., Mar. 20, 7-8:30 pm. / Commemorating the bicentennial of the Selkirk Settlers' arrival to the Red River. Everyday Life as a Colonist, Tue., Mar. 20, 12: 10-1 pm. / The Red River Settlement: Its Significance in Canadian History, Thur., Mar. 29, 7:30-8:30 pm. / Folk Festival Performance, Sat., Mar. 24, 1:30 pm / Books 2 Eat, Sat., Mar. 31, 1-4:30 pm. Culinary speakers. Or prepare your own book-themed edible creation!

**Ukrainian Catholic Women's League of Canada**, Metropolitan Cathedral of Sts. Vladimir and Olga Branch - Spring Tea, Sun., Mar. 18, 1-3:30 pm, 115 McGregor St., Church Auditorium.

**Widows 50+ Group in Winnipeg (Women)** - Interested in friendly conversation, movies, activities, topic discussions, dining out? Other suggestions are welcome. For info, please e-mail me with your phone number and I'll call or we can meet for coffee. [widowsgroup@ymail.com](mailto:widowsgroup@ymail.com)

**Grands 'n' More Winnipeg** - Scrabble Fundraiser, Sat., Apr. 21, 1-4 pm, at St. Andrews Church, 2700 Portage Ave. Lots of fun and prizes. Free refreshments. We're not looking for great Scrabble players - we're looking for great people to play Scrabble! Proceeds to the Stephen Lewis Foundation, Grandmothers to Grandmothers Campaign. For info, email [gnmscrabble@gmail.com](mailto:gnmscrabble@gmail.com) or call Heather: **888-0834**.

**Charleswood United Church** - Rummage Sale, Sat., Apr. 14, 9 am-noon, 4820 Roblin Blvd. at Dieppe. Ample parking. Housewares, small appliances & electronics, kitchenware, bedding, clothing, jewelry, toys, books, etc., avail.

**South Winnipeg Seniors Slo-pitch** - SENIORS HAVING A BALL, May to October, fun and exercise. To join or for more information please call Bob Chapil: **261-3033** or Metro Hnytko: **256-4074**.

**ALS Society of Manitoba** - 2012 Cornflower Gala, Sat., Mar. 24, in the Hangar of the Western Canada Aviation Museum. Live & Silent auctions. Evening attire. Tickets \$140 (partial tax receipt). Call **831-1510**, email: [HOPE@alsmb.ca](mailto:HOPE@alsmb.ca) or **837-1270**, Email: [bcampbell@alsmb.ca](mailto:bcampbell@alsmb.ca). [www.alsmb.ca](http://www.alsmb.ca)

**A&O: Support Services for Older Adults** - is looking for people of all skill levels interested in Choir singing. Relive your Glee Club days and join us on Fridays from 10:30-11:30 am at 400 Stradbroke St. Wpg. Call **956-6490** for info on costs and start dates.

**The Nearly New Shop - St. Paddy's Sale**, Mar. 9-17. All green articles 50% off. Open Mon.-Sat., 10 am-4 pm, 961 Portage Ave., Wpg.) Great deals on gently used items. / **BOGO Sale**, Mar. 23-Apr. 7. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba

**Fort Garry Women's Resource Centre** - Wen-do Women's Self Defense Classes, Tues. Evenings 'til Mar 27, 8-10 pm at Oxford Heights Community Ctr., 359 Dowling Ave E. Learn self defense techniques! Free for all ages and abilities! Register soon, space is limited: **477-1123**.

**St. Basil's Ukrainian Catholic Women's League of Canada** - Annual Palm Sunday Tea; Sun., Apr. 1, 1-3:30 pm, St. Basil's Parish Audortium, 202 Harcourt St. Sophia Katchor Ex. Dir. Oseredok Ukrainian Cultural & Educational Centre will officially open the tea. Home Baking, Raffle, Silent Auction.

## SOCIAL PROGRAMS / SERVICES

**St. James Assiniboia 55+ Centre** - Fitness Classes: Beginner Yoga - Fri. 9:30-11 am til May 4 (8 wks); Total Body Workout -Tues. 9:30-10:30 am til Apr. 24 (8 wks); Meditation Workshop - Thurs. 1:30-3 pm Mar. 15; Gentle Chair Yoga - Tues. 11 am-12 pm til Apr. 24 (8 wks); Lite' n Lively - Wed. 9:15-10:15 am, til May 2 (8 wks); Zumba Gold - Mon. 10:15-11:15 am til May 7 (8 wks); Zumba Gold, Thurs. 9-10 am til May 3 (8 wks); Lite' n Lively Mon. 9-10 am, til May 7 (8 wks); Urban Poling - Thurs. 11 am -12 pm Mar. 29-Apr. 19 (4 wks); Pilates Wed. 9:30-10:30 am, Mar. 21-Apr. 25 (6 wks). Call **987-8850** or drop in 3rd floor on 203 Duffield St. to register.

**Archwood 55Plus - Social Activities:** Mar 21, 12 pm - Luncheon and GM meeting and Election; Mar 28, 7:30 am - Bus Trip to Brandon, MB. for Royal Winter Fair; Apr 18, 12 pm - Easter Celebration Luncheon; Apr 27, 1pm - Afternoon Spring Tea; trip to Moose Jaw, SK, Temple Gardens Mineral Spa, 3 days, 2 nights departing May 27. Call Melinda: **962-3331**, Erith: **253-1779**, Jean: **255-2223**, [archwood55@gmail.com](mailto:archwood55@gmail.com)

**Lion's Place Adult Day Program** - is a social day program for seniors, includes physical, mental, and recreational programs. Transportation & hot lunch provided. Membership is \$8.06/day. Call **784-1229** for info. Referrals to the program are made through WRHA at **940-2655**, or call your Home Care Case Coordinator.

**Prendergast 55 Plus Seniors Club** - Programs: Cribbage Mon. & Wed., 12:30-4 pm. \$2/day includes coffee & cookies; Whist Thur. a.m. \$2/day includes coffee & cookies; Exercise program Tue. & Fri. \$2/week, 9:30-10:30 am. Soup & Sandwich luncheon every 4th Wed./month, 11:30-1 pm \$5. Club membership \$11/year. Call **257-9586** or Joe / Mary **254-8390**.

**Mensheds Manitoba Inc.** - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1 pm-4 pm, model building, carving, cribbage, coffee, camaraderie and more. Call Doug: **832-0629** or **804-5165**

**Dakota 55+ Lazars Program** - Dakota Community Centre, 1188 Dakota St. Floor Curling, Floor Shuffle, Line Dancing, Whist, Tai Chi, health presentations and social activities. Programs run Tues., Wed. and Thur. Call Karen: **255-2061** for more info.

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Activities include; wood carving, wood burning, art classes, modeling (airplane, boats) or enjoy a cup of coffee with the men. New members and program ideas welcomed. Call **987-8850**.

**Seine River Seniors - South Beach Casino**, Mar. 26, \$20 includes lunch and bus, call Orysia: **261-4055**. / **Diabetes Presentation** Mar. 27, 1 pm at Archwood C.C., 565 Guibault, call Eleanor: **470-6714**. / **Celebrations Dinner Theatre Matinee**, 'Elvis' Apr. 24, call Fran: **269-8584**. / **Drop in**, Mar. 20, 1-3 p.m., at Archwood C.C. call Sandra: **255-8332**. Bridge Mondays, 9:45 am-12 pm at Southdale C.C., call Cecile: **452-5439**. / Bridge, Mondays. 9:45 am-12 pm at Southdale C.C. call Cecile: **452-5439**.

**Pembina Active Living 55+ (PAL 55+)** - All programs held at Richmond Kings Community Centre, 666 Silverstone Ave. unless otherwise noted. Weekly five-pin Bowling, 10 am-12 pm at Dakota Lanes, 1085 St. Mary's Rd. Lois: **261-1368**. / Tai Chi - til Mar. 19, 10:45-11:45 am. / Continuing Watercolour (2nd level), til Mar. 19, 1-3 pm. / Line Dance - til Mar. 19, 1-2:30 pm, St. Norbert Community Centre. / Tuesday Afternoon Drop-in., Heather: **269-8003**. / Still Bloomin' Gardening Club meets Feb.23 & Mar. 29. Time 1-3 pm. To register or for more info: **930-5290**, or the specific numbers supplied. [pal55plus@gmail.com](mailto:pal55plus@gmail.com)

**Age & Opportunity West End Senior Group** - Free Social Dance, Mondays 1-2:30 pm. Belly Dancing course Fridays 10-11:30 am, Hula Dancing course Wednesdays 10-11 am, at the Clifton CC, 1315 Strathcona St. Chinese Social Gathering Wednesdays 9-11:30 am, Line Dancing Wednesdays 1-2 pm at Isaac Brock CC at 715 Telfer St N. Woodcarver's group meets Friday afternoon from 1-3 pm at the Clifton CC. Beginner Computer course Mondays & Wednesdays 10-12 noon at the Isaac Brock CC. For info: **772-9581** or visit [www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)

**Central Corydon Community Centre** - Adult Drop In - 1st and 3rd Wed. of month, 1 pm, 1370 Grosvenor, Wpg. BINGO: Mondays 7 pm - 1170 Corydon, Thursdays 7 pm - 1 Sir John Franklin Rd. Bridge: Mondays 1 pm - 1370 Grosvenor. Cribbage: Tuesdays, 1 pm - 1170 Corydon. Walking Club: Mondays & Thursdays, 9 am. For info: **488-7000** or [www.centralcorydoncc.com](http://www.centralcorydoncc.com)

**Y Women** - Group of 55+ that meets every 2nd Thursday afternoon, at the downtown YMCA-YWCA of Winnipeg. (Cost to join is \$10.00 per session, session is Jan.-June, Sept.-Dec.). We have different speakers and take tours. Ladies contact Bonni Pereira: **953-7317** or email: [bpereira@ymcaywca.mb.ca](mailto:bpereira@ymcaywca.mb.ca).

**Vital Seniors** - Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, offers: Bridge, Thursdays, 1-4, Gerry **257-5027**; Carpet Bowling, Tuesdays, 1-3, Fran **253-9456**; Line Dancing Mondays, Beginners 11:45-1, Prairie Stars 1:15-2:45,

Fridays, Beginners 9-10:30, Intermediate 10:40-11:40, Warren **334-3559**; Scrabble, Mondays, 12-4:30, Don **487-7835**; Last Tuesday each month, noon-1:15pm, February 28, 20 Year Anniversary Celebration \$15, June **256-0414**.

**Jewish Child and Family Service** - offers Bereavement Group which is specially designed for those who have experienced the death of a loved one. Begins Tuesday, Jan. 18 until Mar. 8, 7-9 pm (8 wks). No charge to participate. Contact Jewish CFS: **477-7430** to register. This group is jointly sponsored by Jewish CFS and Hospice and Palliative Care Manitoba. Adults of all ages and cultural backgrounds welcome.

**Norberry-Glenlee CC** - offers the following programs: Square Dance: Monday's 6:30-10:00, Seniors Bingo: Tuesday's 11:00-2:45, Bridge: Wednesday's 12:00-3:00, Red River Seniors Cards: Thursday's 11:30-3:00, Light & Lively Fitness: Intermediate M/W/F am. and Beginner M/F am, at 26 Molgat Ave., St. Vital, Wpg. Call **256-6654** for more information.

**Le Conseil des francophones 55+** - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. **793-1054**, 201-605 Des Meurons St. Saint-Boniface, Wpg., [conseil55@fafm.mb.ca](mailto:conseil55@fafm.mb.ca).

## VOLUNTEER OPPORTUNITIES

**Stroke Recovery Association of Manitoba knitters** - If you knit, the Stroke Recovery Association of Manitoba (SAM) needs knitters to contribute to our Knits for Charity program. We sell knitted goods to further our programs to improve the quality of life for stroke survivors and their families. See our website at [www.strokerecovery.ca](http://www.strokerecovery.ca).

**Bethania Personal Care Home and Pembina Place** - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. For info, call Nita: **654-5046** or email [nita.dueck@bethania.ca](mailto:nita.dueck@bethania.ca)

**K.I.N. Resource Council for Seniors** - Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours once a week. Call **774-3085** for details.

**Rupert's Land Caregiver Services** - Ring-A-Ride program needsdrives to take clients residin in south west Wpg to app'ts, shopping and social outings. Compensation for gasand parking provided. Volunteers needed for as little or as much time as they wish! Call **452-9491** or [rllcs\\_vol@mts.net](mailto:rllcs_vol@mts.net).

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

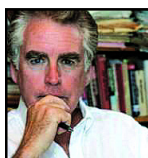
**Springfield Services to Seniors** - Free Diabetes Prevention and Management sessions (3 wks), Mar. 16, 9 am-12 pm, at Kin Place Health Complex, Oak Bank. Call **444-6138** to register. / Dancing for Dementia Dance, Mar. 16, 1-4 pm at the Dugald Community Club. Tickets available at Dugald Store or call Jackie: **268-4752**

**Springfield Services to Seniors** - Congregate Meals are available to all community seniors. **Oakbank:** Mon/Tues & Fri. @ 5 p.m. Wed/Thurs. @ noon Call **Vivian @ 444-3132**; **Dugald:** Mon/Wed/Fri. @ 5 p.m. Sign up sheet at lodge; **Cooks Creek:** Mon/Wed/ Fri. @ noon Call **Jean @ 444-6000**; **Anola:** Mon. to Fri. @ noon Call **Brenda @ 866-3622**.

**Ritchot Senior Services** (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **883-2880**

**The Services to Seniors programs in North Eastman** - Services: transportation, friendly visiting, phone calls, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK®, errands, etc. Call the site nearest you. Brokenhead Outreach for Seniors at **268-7300**, H.E.L.P. Centre (East Beach area) **756-6471**, Springfield Services to Seniors **853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **345-1227** or Whitemouth/Reynolds **348-4610** and Winnipeg River Resource Council **367-9128**

**South Interlake Seniors Resource Council Inc.** - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood-wards 1,2,3,4). Services include Driver/Escort Program, Mobility aid Lending Service, Handy Helper, Housecleaning, Friendly Visiting, Telecheck-Telephone buddy, E.R.I.K., Life Line. Caregiver Support Grp. meets last Wed. ea month. Call **467-2719**



# Where There's Humour, There's Always Hope - PART TWO

by William J. Thomas - Humour Columnist

I do believe that equation, where laughter lingers, promise resides.

The revised edition of *Margaret And Me* carried that title *Where There's Humour, There's Always Hope* and it highlighted humorous stories from the nursing home where my mother spent the last two years of her life. In a place where overworked staff take care of aging and often confused residents, humour is the common denominator that keeps everyone upbeat and functioning.

In her prime my mother ran a small boarding house in Schumacher for Irish immigrants who had come to work in the gold mines of Timmins, Ontario. My mother came from a burly bunch of immigrant Irish miners – first lead in Colorado, then coal in Sydney, Nova Scotia and finally the McIntyre and Hollinger gold mines of the north.

She drifted back there occasionally through the fog of dementia in her last years. I'd go to visit her at Northland Manor and she'd be sitting off to the side scowling as forty fellow residents enjoyed lunch in the dining room.

"I don't want to talk about it."  
"Well, we gotta talk about it, what's the matter?"

"What's the matter? You try making lunch for this bunch," she said pointing at the diners. Then she looked at me, shook her head and said: "There must be forty of 'em and they all showed up at the same dang time!"

In her slightly warped time machine, a busload of seniors showed up at Margaret's house back in Schumacher.

I did attend the Alzheimer meetings in which they encourage you to go with the flow. Wherever Margaret's mind wandered I was supposed to follow. I just could not do that. I was always trying to bring her back to reality and real time.

Like the day I was warned upon entering Northland Manor that I had a real problem – "Your mother found her mother this morning at breakfast."

It was late afternoon and my mother Margaret was still in her bathrobe and slippers. She had been searching the nursing home all day for Nanny. She was inconsolable.

We sat out in the garden on a park bench and I opened two cans of cold beer from the little cooler I'd brought.

"I hate to be the bearer of bad news, Marg, but Nanny passed away a long time ago."

"Oh, don't be silly, Bill. She's here. I saw her."

"No, I hate to put it this way but – Nanny is deceased."

My mother shook her head defiantly. "Okay, let's try logic. Just for the sake of argument Marg, how old are you?"

"I have no idea," my mother shrugged.

"Well you're 92 years old."  
"Gee," she said, giving me the thumbs up, "that's good!"

"Oh yeah, that's good. Now if ... if Nanny was still alive how old would she be?"

"My mother shook her head, "I have no idea."

"Well, Nanny would be like 131 years old."

"Gee, that's really good!" my mother said giving me two thumbs up.

"No, no, no, Marg. You're missing the point. Nanny died about 40 years ago. Sorry Marg, but Nanny is dead."

To which my mother got this big smile on her face, looked down at her slippers and then up at me and said: "Well Bill, that's going to come as a big surprise to her because this morning ... she was just as peppy as she could be!"

I hung my head and then took a swig of beer.

"Okay Marg, drink up and let's go look for Nanny."

When *Margaret And Me* was published I did a reading at the Roselawn Theatre in Port Colborne and 300 kind people showed up as well as Margaret. Monica Rose, Margaret's friend and caregiver, kept Margaret backstage and just out of earshot because even at the age of 92 she could still get a lawyer.

Later upstairs in the signing lounge Margaret sat next to me looking both surprised and proud as I autographed books for the subscribers of the reading series.

Coming from a family of men who muscled gold out of the ground to sur-

vive, my mother never understood how her son could stay at home and make a good living from making fun of his dog. But somehow she understood, tonight was special.

And then somebody in line asked my mother to autograph a book and my radar went through the roof. I didn't think she could do it.

Pressing hard on the pen with her arthritic fingers, my mother managed to script her full name – Margaret Mary McLean Thomas. The pride that welled up in both of us will be with me to the end.

And then the next person requested her autograph and the next person and pretty soon Margaret's signature was getting bigger and bolder than my signature and then we got into a fight about who wrote the damn book anyway.

There was a very telling moment when Alex MacBeath, the sponsor of the author series, came over and asked my mother if she wanted another beer.

"Hell yes," she said. "this is hard work."

So although my mother never quite understood what I did for a living, she knew it wasn't easy.

Funny, impish, eyes sparkling with pride over a pint of ale – Margaret Mary McLean Thomas – Irish to the very end.

For comments, ideas and a copy of *Margaret And Me*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

## Laugh a Little



### King's Contest

A king is looking to recruit brave knights so he offered half his kingdom, 2000 kilos of gold, or his daughter's hand in marriage to any brave man who could cross a river full of hungry crocodiles.

No one volunteered. Finally a brave young man jumped into the river without hesitation and crossed it without any difficulty.

The king asked, "What do you want brave man, half of my kingdom?"

The man said, "No your majesty."

"Then the gold?" the king asked.

"No your majesty," replied the man.

"Then, my daughter's hand in marriage?" the king inquired.

"No your majesty," the man repeated.

"Then what is it that you want?"

The man replied, "The name of the person who pushed me in the river."

### Groovin' Oldies Answer

There are 3 grooves in total. Each album has only one groove that spirals from the outer edge to the centre.

### Knight Moves Answer

The word is DEPRESSED.

### How Smart Are You?

Answers

1. A rainbow.
2. Sir Cumference.
3. In a dictionary.

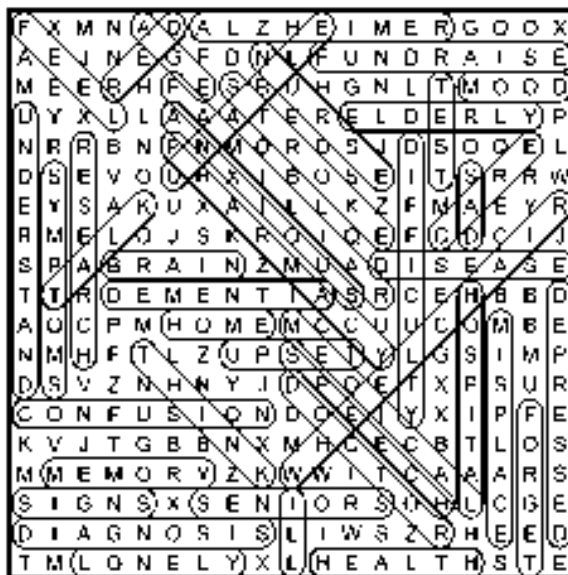
### Str8ts Solution

		8	9		4	3		7
9	8	7	6	5	3	4	2	1
8	7		3	4	5		1	2
6	5		4	3	1	2		
7	6	5	8		2	1	3	4
2		6	5	8	7	9	4	3
4	3	1	7	9	8		5	6
3	4	2	1	6	9	8		5
		3	2		6	7		

### Sudoku X Solution

5	2	1	4	9	6	3	8	7
7	8	6	3	2	5	4	1	9
9	4	3	7	8	1	6	2	5
2	6	9	1	5	8	7	4	3
1	3	8	6	4	7	5	9	2
4	5	7	2	3	9	8	6	1
6	7	5	9	1	4	2	3	8
8	9	2	5	6	3	1	7	4
3	1	4	8	7	2	9	5	6

### WORD SEARCH SOLUTION



### Senior Scope

For advertising or for information:

Kelly Goodman  
Publisher, Senior Scope

Phone: 204-467-9000

Email:  
[kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

Box 1806  
Stonewall • MB • R0C 2Z0

We accept

VISA and MASTERCARD

### Irish Mashed-Potato Candies

- 1/2 c. mashed potatoes
- 1/2 tsp. vanilla extract
- 1 lb. confectioners sugar
- 2 T. ground cinnamon



Mix mashed potatoes and vanilla. Blend in enough sugar to form a stiff, nonsticky dough.

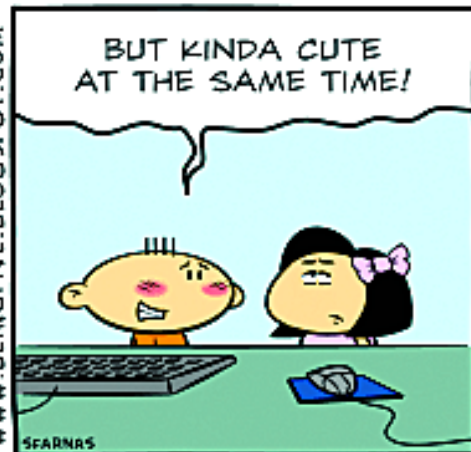
Form 1 tsp, at a time, of potato mixture into small potato shapes. Dry slightly on waxed-paper lined trays.

Toss potato candies in a plastic bag with ground cinnamon to coat. Shake off excess cinnamon. Enjoy!

(Can add green food colouring for St. Patrick's Day)

### BEING FIVE A KID WHO BLOGS USING VOICE RECOGNITION SOFTWARE

BY GEORGE SFARNAS © 2012





# Marty's Diamond & Gold Exchange

**EXPERT  
JEWELLERY  
AND WATCH  
REPAIRS**

**CUSTOM  
MADE  
RINGS & PENDANTS**  
*FREE ESTIMATES*

**WATCH  
BATTERIES**  
**\$5**  
(MOST WATCHES)

**WE BUY**

- GOLD JEWELLERY
- SILVER & GOLD COINS
- STERLING SILVER
- SCRAP GOLD
- DIAMONDS & WATCHES

**SENIORS DISCOUNT**  
on all  
Yellow gold jewellery - **50% off**  
White gold jewellery - **40% off**  
**Over 1000 rings on display.**  
*(To receive discount, you have to prove that you're really old.)*

**194 OSBORNE ST.** **943-3168**

Corner of Gertrude in Osborne Village Open Mon-Fri 10 - 5:30 / Sat. noon - 5

## Marty's still here!

32 years ..... 32 years ! Marty Halprin has been in the jewellery business for 32 years.. starting out small in the old downtown , when downtown was a downtown .... to buying his own building on Osborne and Gertrude to house Celia's Jewellery. Celia's looked after Winnipeggers for all their jewellery needs... diamond rings for young couples..... anniversary rings for "old " couples..... custom designs for those who couldn't find what they wanted..... and jewellery repairs for those worn-out or damaged items.

Celia's Jewellery was known as the go-to store if nobody else could fix it..... the go-to store for the impossible-to-find matching stone in a ring or pendant.

Marty would always find a way to fix the impossible-to-fix. He always found a way to make his customers and many friends happy.

After 32 years you collect a lot of stuff - so, in the fall of 2010 Celia's Jewellery had a closing-out sale to end all sales. There were line-ups to get into the store.

Marty was going to try to retire and do something as silly as become a bike courier. Well, that didn't happen. Instead , he downsized the store, got rid of all the "chazerai" in the sale, and rented out the other half.

So , as the story goes ..... Marty is still in business ....on his own... and doing what he does best, now under the name "MARTY'S DIAMOND AND GOLD EXCHANGE"..... still with the same dedicated award-winning goldsmith, SOUK ...and Jack ( Jane?) of all trades, ANNE.

Marty's buys and sells estate jewellery, scrap gold, diamonds and coins. Marty's still custom makes any precious item in gold or silver and, of course, provides expert jewellery repairs. Again, for all your diamond or gold jewellery needs . ..... see Marty - but not on Tuesday or Wednesday mornings as he's gone bike riding.

Open 10 to 5:30, Sat., noon to 5.