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Health Care Professionals and Caregivers from Manitoba and neighboring provinces gather at Conference - "Connecting With Those We Care For"

By Suzanne Verstraete, Member Relations Coordinator of The Long Term & Continuing Care Association (LTCAM)



Larry Updike (left) of CBC Radio One's 'Up to Speed' and Jan Legeros (right), Executive Director of LTCAM, present an Award for Excellence to Gary Tessier and Kaitlynd Harbinson for Actionmarguerite Recreation Rejuvenation Team & Staff in the Recreation Therapy Services category.

The Long Term & Continuing Care Association's (LTCAM) 9th Annual Provincial Conference & Exhibition "Connecting

With Those We Care For" was held Tuesday, May 15, 2012 at the Victoria Inn, in Winnipeg, MB. Following last year's event theme of "Inspiring

All Who Care", this year the theme throughout the day was how to further connect with the people we work with every day (for event program, speaker profiles & presentations. Visit www.ltcam.mb.ca. This year, we once again broke our attendance record with both health care professionals and members of the community joining together from across Manitoba, as well as surrounding provinces. These attendees included urban and rural Health Professionals, CEOs, Managers, and support workers from long term and continuing care residences. Also attending were informal caregivers who were looking forward to

Cont'd on **PG 2**

SPOTLIGHT: Al Besson Free Press Sportswriter Loves His Life

By Scott Taylor

When he started at the *Winnipeg Free Press* in 1967, Al Besson had no idea he'd still be writing sports in his 60s.

Of course, when Besson started at the *Free Press* in 1967, he never thought he'd be a sportswriter.

Continued on **PG 4**



Ronda and Al Besson with his Sovereign award - Dec. 14, 2007.

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- World Elder Abuse Awareness Day*, By Jim Rondeau, Minister responsible for Seniors PG 5
- "The Buzz"*, By Scott Taylor PG 6
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- Coffee Break - Springfield, MB News*, By Marion Clemens PG 10
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Long Term & Continuing Care Conference, cont'd from front page

accessing information to assist in their caregiving responsibilities. The exhibitor hall was packed with almost 80 exhibitors showcasing their innovative products and services. While exploring the exhibitor's hall, both the conference attendees and the exhibitors got better acquainted, networked and formed new working relationships. The event saw a grand total of over 650 people, made up of

dedicated volunteers, eager delegates, speakers, guests, exhibitors, members, and staff.

One of the day's most special moments is the Awards for Excellence ceremony. This ceremony is dedicated to acknowledging all nominees and winners of awards in three different categories. These people have gone above and beyond their 'job description' in the community of long term and continuing

care. This year, we saw more nominations than we ever have in the past. It was an honour and a delight having Larry Updike of 'Up to Speed' host the Awards for Excellence, for the second year in a row, with Jan Legeros, LTCAM Executive Director. Our thanks are extended to our Media Partner, CBC Radio One, for their time and attention to our conference and for making it possible to reach so many people.

Award Winners and Categories:

- Innovation, Vision, Leadership - Revera End Of Life Team
- Recreation Therapy Services - Actionmarguerite Recreation Rejuvenation Team & Staff
- Community Service - Jacek Garbowicz, Volunteer at Riverwood Square

Continued on next page

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Long Term & Continuing Care Conference, cont'd from page 2



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Award to Revera End Of Life Team for Innovation, Vision, Leadership



Exhibition Hall



Award to Jacek Garbowicz, Volunteer at Riverwood Square for Community Service

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“ The reason LTCAM hosts these provincial conferences annually is to always inspire, educate, enlighten and nurture long term and continuing care staff and caregiving individuals. ”

~ Suzanne Verstraete, Member Relations Coordinator of (LTCAM)

ing care staff and caregiving individuals. We want to offer new and different approaches to your work and personal lives, to enhance your feeling of satisfaction of having not only performed your job well, but of having brought some joy to someone that day! If we can achieve this as an outcome, having you leave the conference with some new "tools" that

you can't wait to use the very next day with that resident that you just have not been able to connect with, then we have truly inspired you. This also supports LTCAM's primary objective: to advocate on behalf of seniors in Manitoba and the staff who serve them.

Each presentation throughout the day touched on the topic of this year's theme "Connecting With Those We Care For". Topics ranged from excellence & customer service in care, falls prevention, hearing care, challenging behaviours, sexu-



Live play

ality & intimacy in long term & continuing care, and many more additional topics. The closing keynote session was a live play titled "Mind & Memory: You Say Goodbye, I Say Hello"... Our speakers continue to be the crucial reason that our conference draws growing attendance numbers each year.

Each year, we encourage our participants to complete a conference evaluation form. A special thank you to the huge number of those folks who took the time to contribute their comments and suggestions. These forms are carefully reviewed, analyzed and used to a large extent, to shape future conferences. This information not only gives us direction for next year, but encourages us to "strive for perfection" in the years to come. This year we reached the highest evaluation scores we have ever seen!

Participation in our Annual Provincial Conference may fulfill the requirements of the College of Registered Nurses of Manitoba Continuing Competence Program. Also, Pharmacists may document this accredited learning activity in their MPhA Professional Development log. A number of other professional associations recognize this event as

Continued on page 5

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Page 4

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SPOTLIGHT: Al Besson *cont'd from front*

"When I started at the *Free Press*, I had just graduated from Red River Community College with a graphic arts diploma," Besson recalled.

"The day I graduated from Red River I walked right into the *Free Press* composing room. I worked in the composing room for three years and got fired. They said I had a bad attitude and I probably did. They made me work the midnight shift every day I was there. It's easy to get a bad attitude when you don't ever get off the midnight shift."

These days, Allan Besson is the award-winning thoroughbred racing reporter at the *Free Press*. He often wonders how it happened, considering how badly his employers had treated him for about 30 of his 44 years at the paper.

But at 66, Besson now has a Sovereign Award from the Jockey Club of Canada and a relaxed attitude about his days at the local broadsheet. He loves the fact he's collecting his pension and freelancing back to the paper. He is, essentially, his own boss and even he doubles as the media relations secretary for the Manitoba Fencing Association, a job that definitely suits a guy who was once the No. 1 Canada Games and amateur sports reporter in the country.

"After I got fired, I went back to the *Free Press* about a year later to visit a friend, Ralph Watkins," Besson said. "I found out that the paper was looking for a copy boy and I applied. I never thought I'd get it, but Gordon Sinclair Sr. hired me. Everything was fine, except I was working midnights again."

"I was pretty raw, too. And I was really naive. In late 1971, I was asked to go the annual Newsmen's Bonspiel in Banff. Our rink was Lee Major, Albert Olson, Don Blanchard, our skip, and me at lead. It was quite a party and I was pretty drunk for a week, but down deep, I had no idea what was going on. They were raffling off tickets for a 'hunting dog.' I was thrilled to get a chance to win a 'dog.' I had no idea that it was code for a 'hooker.' I was a young married guy. I don't know what I would have done if I'd won."

Although he didn't win the hunting dog, he did catch a bit of luck in the summer of 1971. A summer

sports job opened and Besson asked then-sports editor Maurice Smith for the job. He was hired on the spot.

"It was great and at the end of the summer Maurice was going to have to let me go, but he was fired," Besson said. "The new sports editor, Hal Sigurdson, told me he wanted me to cover high school sports like no other paper in town. I thought that was great and so he hired me and gave me carte blanche to do whatever I needed to do."

"For most of the next decade, we just hammered the Tribune on high school sports."

The high school reporting job, which no longer exists, led to a few more perks.

"In 1971, Maurice got me to cover the Canada Summer Games," Besson said. "Then in 1972, Maurice allowed me to go and cover the Western Canadian Boxing Championships in Calgary, but I had to get my own ride. I arranged to drive out with a very young Phil Fontaine and his pal, Harry Clearsky. What a trip that was. We stayed at the Banff Springs Hotel for \$20 a night."

"And the boxing was phenomenal. That was the year Manitoba won five Western Canadian championships - Wayne Caplette, Billy Turner, Marv Arnason, Dennis Bercier and a guy named Jeff Guindon all won. Guindon was given leave from Headingley to go out and fight. Honest, they let him out of jail. The stories I got were just tremendous. It was one of my first road trips and it was really a good time."

After that, Besson became a national fixture on the amateur sports scene. After Sigurdson took over as the sports editor, he had Besson flying all over the country. "Big Al," as he was known, covered six more Canada Games, both summer and winter, and it reached a point that it wouldn't be a real Canada Games unless Besson was there.

His first international trip for the paper came in 1979 when he was sent to Colorado to cover the World Speedskating Championships. In '79, the entire Canadian Women's team was made up of three Winnipeggers: Sylvia Burka, Kathy Vogt and Cathy Priestner.



Al Besson with the Sovereign award and a trophy on the left - Dec. 14, 2007.

"I'll never forget the moment," Besson said. "Burka was the defending champion and she came off the first turn, lost an edge and fell. She slid all the way to the other end of the ice on her behind, the whole length of the ice. It was shocking. After that, I had to convince her to talk to me and the rest of the media. She was so devastated, she didn't want to talk. It was another memorable trip."

As he discussed his long, colorful career last week, Besson said, "I have no regrets," and then he paused. "Except for those 10 years starting in the 1990s when (then-sports editor) Julian Rachey chained me to the stats page in the office every night."

"Rachey started it and then Buzz Currie kept me there and Rachey came back and did it again until he finally let me off every once in a while to back up Paul Wiecek at the racetrack," Besson said. "That was the break I needed."

"That 10 years I spent on that stats page were horrible and perhaps I should have been more forceful and tried harder to get assignments, but that just wasn't me."

Besson eventually got the last laugh in 2007 when his story, "Graduation Day Celebration," won the Jockey Club of Canada's Media Award for Outstanding Newspaper Article.

"Julian was so angry, he didn't talk to me for a month," Besson said with a laugh. "But eventually, with all the changes at the paper, I got the beat full-time and now, working for (sports editor)

Continued on next page



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World Elder Abuse Awareness Day

By Jim Rondeau, Minister of Healthy Living, Seniors and Consumer Affairs

On June 15, 2012 we will recognize the seventh World Elder Abuse Awareness Day (WEAAD) in Manitoba. This day is an opportunity to increase awareness that abuse hurts at all ages. As Minister of Healthy Living, Seniors and Consumer Affairs, I have been pleased to participate in WEAAD events throughout the province over the last several years. I encourage you to plan and join in events and activities in your community. These can be big or small:

- wear a purple ribbon to show support
- circulate literature about elder abuse
- take part in education sessions
- encourage youth to develop respectful relationships with older people

Abuse of older adults is defined as any action or inaction by a person in a position of trust that jeopardizes the well-being of an older person. Often in cases of abuse, an older person's rights and freedoms

are limited or controlled. Sometimes, their money or assets are controlled or misused. Older people may be intimidated or threatened by someone who wants control. Abuse may also include physical harm or not providing proper care for people who need assistance.

According to Canadian research, four-to-10 per cent of older adults will experience some form of abuse or neglect in their later years. Often, older people don't want to talk about it because they feel ashamed or embarrassed, especially if the abuser is a family member. World Elder Abuse Awareness Day is a time to increase awareness about this hidden issue and make sure older adults know where to get help.

It is important to be aware of things older people can do to keep themselves safe, including:

- know and understand your rights
- plan for your future
- get legal advice about key documents such as a power of attorney, will and health care directive

- discuss future plans with people you trust

- keep track of your finances
- stay sociable and participate in community activities

- know where to get help if you or someone you know needs it

The safety of older adults is a priority for our government. In 2003, Manitoba established a Provincial Elder Abuse Strategy. It includes the Seniors Abuse Support Line, a 24-hour phone line for information and counselling about elder abuse. The Manitoba government also supports the following initiatives through this strategy:

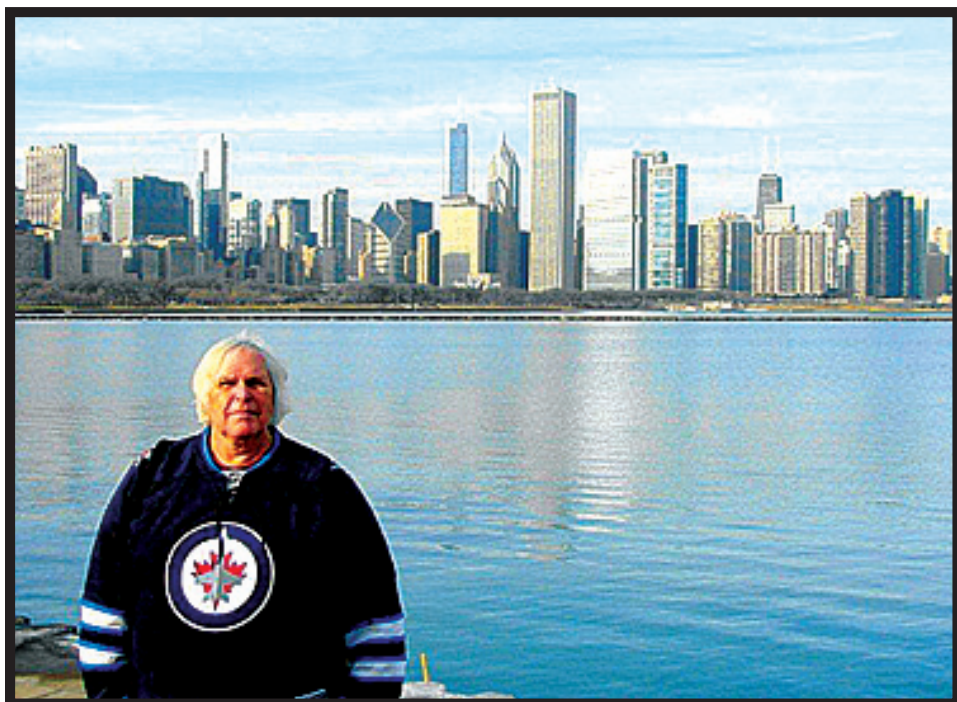
- A Safe Suite program that provides emergency accommodations to older adults who are experiencing abuse
- the Manitoba Network for the Prevention of Abuse of Older Adults
- Age & Opportunity's elder abuse counselling services within Winnipeg

I invite you to access the Manitoba World Elder Abuse Awareness Day website recently launched by the Manitoba Network for the Prevention of Elder Abuse at www.weaadmanitoba.ca. You will find a wealth of information on the site including: a history of WEAAD in Manitoba, ideas for planning events and activities, a chance to register your event so that it will be recognized and materials you can order to support your activities.

If you have concerns about an older adult experiencing abuse, please contact the Seniors Abuse Support Line at **1-888-896-7183**. It is available 24 hours. Remember, nobody ever deserves to be abused or neglected. By working together we can create an age-friendly province that is safe and respectful for all ages.

As always, I invite you to contact the Seniors Information Line with any comments, questions or for more information. Call **945-6565** in Wpg.: toll free **1-800-665-6565**. ■

SPOTLIGHT: Al Besson *cont'd*



Al Besson in the forefront of the Lake Michigan skyline

Steve Lyons, I'm able to work the beat and freelance back to the *Free Press*.

"The last four years at the Downs have been the greatest four years of my career. I just love it. At 66, I'm my own boss. I love sitting in the kitchen out at the Downs and just listening to the horsemen talk. Every day is a good day."

Besson's estranged wife Sylvia died a few years back and he admitted that he still loved her and has grieved her death. Today, their two sons, Matthew, 37, and David, 34, live and work in Calgary so Al has plenty of time to sit out at the Downs kitchen and listen to the horsemen weave their tales.

"Life can throw a lot of sh*t at you, but I think now, I'm living the life I deserve," he said, happily. "I'm an old single guy who has been all across the country and in the 1990s, I ran three marathons. Until my knees and hips gave out (he's had two hip transplants – the left hip three times – and one knee transplant), I really enjoyed running.

"But now I get to spend every day with horses and I can tell you I like horses a lot better than I do people. People lie to you and screw you around. Horses have never, ever lied to me. In fact, I've never met a horse I didn't like. I have a great life." ■

Long Term & Continuing Care Conference, *cont'd from page 3*



The speakers are responsible for a growing attendance each year.

an avenue for continuing education. We also offer a certificate of attendance to those who request it.

Special thanks to our Partners: Media Partner - CBC Radio One, Gold Partner - Complete Purchasing, Silver Partners - Revera, Extendicare, Winnipeg Regional Health Authority, Silver Group Purchasing and Bronze Partners - Tache Pharmacy, AIS Systems, and Sudocrem. Only with their collaborative support could this day be made possible.

Many thanks to our Sponsors and Exhibitors for their contributions and the many fabulous door prizes, and congratulations to our door prize winners! Additional support from our exhibitors and sponsors included morning snack bags from Nestle Health Science, afternoon refreshment break sponsored by Rexall Specialty Pharmacy, massage station provided by Jennifer Wharton, iPad giveaway from Futuremed, delegate bags from Rona, lanyards from All Seniors Care, delegate bag assembly by the Robertson College Health Care Aide students, notepads from Canadian Footwear, services



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Save the Date for next year: May 14, 2013. ■

For info, contact: Suzanne Verstraete, Member Relations Coordinator (LTCAM), email: sverstraete@ltcam.mb.ca

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“THE BUZZ”

Blake No Longer a Trainer, Fergie and his Field, O'Donnell now in Palm Springs and Somers Takes the Final Count



By Scott Taylor

Bert Blake, the trainer's trainer at Assiniboia Downs did not renew his trainer's license this season. At 92, he's decided to remain a part owner of thoroughbred racehorses, but

will no longer operate his own barn at ASD.

Blake, who can still be found hanging around the backstretch kitchen every day, is a remarkable story. Before he went off to land with the Canadian Forces at Normandy Beach, Blake trained horses at Whittier Park (there aren't many folks at the Downs these days who even remember Whittier Park, let alone actually worked there) and has been at Assiniboia Downs since the day it opened in June 1958.

Blake won two Manitoba Derby championships as a trainer. He's still hoping he might have one more winner as an owner.



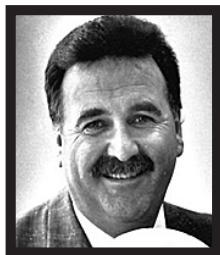
The Smithsonian Institution in Washington D.C. opened a new exhibit on May 25, called: "The Best in the World: Native Athletes in the Olympics."

The exhibit features Jim Thorpe, Duke Kahanamoku, Andrew Sockalexis, Billy Mills, and Manitoba's own Joe Keeper from Norway House who ran the 5,000- and 10,000-metre races in the 1912 Olympic Games. Keeper's son Joe Keeper Jr., 83, and grandson Lorne Keeper attended the opening of the exhibit in Washington.

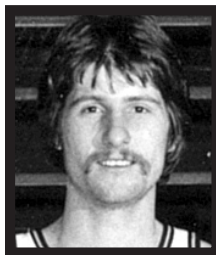
Joe's granddaughter Joy Keeper



Bert Blake and wife Eileen



Dennis Nord



Rick Watts

told me last week that it was quite an honor for the entire Keeper family.



Back in 1976 and 1977, Manitoba sent a team to CBC's National Trivia championship in Vancouver. "Team Juggernaut" won the massive first prize of \$5,000 both years and three of the four team members - all members of the Manitoba Sports Hall of Fame - Dennis Nord, 67, Rick Watts, 58 and I, got together on Saturday May 26, to celebrate the marriage of Watts to Janet Mary Kastellanos at the Fort Garry Hotel... It was a tremendous evening (it was Rick's



Whittier Park program



John Loewen

first marriage at age 58 and that doesn't happen often) and it brought together so many different Manitobans. The M.C. was former Manitoba politician John Loewen, 63, and the toast

was presented by Grant Watson, 54, an owner and breeder of thoroughbred race horses near Portage la Prairie... Both Watson and Loewen were former teammates of Watts, the star of the University of Manitoba Bisons CIAU (now CIS) national basketball championship team in 1975 and one of the greatest basketball and volleyball players ever to come from Winnipeg. At one point, Rick was a member of both the Canadian national volleyball AND basketball teams. Today he's president of Fabris and Milano Ltd., a Manitoba-based marble-tile construction firm...

After that championship U of M team graduated, they came back together as the Nicolett Inn Innkeepers. The team won three national senior championships and Watt's wedding brought together most of that team - Coach Loewen, Watson, Greg Daniels, Brian Rumsey, Darryl Rumsey, Randy Kusano, Jan Kreutzer, Brian Twomey, Manager Morris Glimcher and Owner and President John Antoniuk... Antoniuk, 79, still runs the Nicolett Inn at 632 Rue Lafleche. The Nic's 50th Anniversary will be held on June 24, at the Holiday Inn South... These days, Antoniuk has found himself in the thoroughbred racing business. He and Watson are co-owners of a stakes-eligible three-year-old colt named Johnny Nicolett. The night



Fargo Force head coach John Marks

before the 50th Anniversary of the Nicolett Inn celebration takes place, Johnny Nicolett will run in the Frank Arnason Sire Stakes at Assiniboia Downs...



Don Ferguson, the 60-year-old chief groundskeeper at Shaw Park has the city's professional baseball field in just about the best shape it's ever been in. Ferguson, who has been putting in 15-hour days to get ready for the season is not entirely happy, however. There will be a Skrillex concert at Shaw Park on July 18 and Ferguson is naturally worried about his precious field...

Brian Campbell, public relations officer with the ALS Society just celebrated his 52nd birthday. Campbell is telling friends, "52? That means I'm finally playing with a full deck." Indeed... Pat O'Donnell, the 60-year-old former head golf professional at Pine Ridge Golf and Country Club just north of Winnipeg, is now the head professional at Desert Dunes Golf and Country Club in Palm Springs, Cal...

Ran into St. John's High School football coach Brian Marks at the Winnipeg High School Football League Senior Bowl late last month. Brian's brother, Winnipeg-born

John Marks, 63, the former Chicago Blackhawks winger, is the head coach of the Fargo Force of the United States Junior Hockey League. As Brian said, "Johnny is a big star in Fargo..."

Orest Horechko, 60, a member of the Manitoba Hockey Hall of Fame as the former manager of the former Hardy Cup champion North End Flyers, had



Angry Fish Pilsener

Continued on next page

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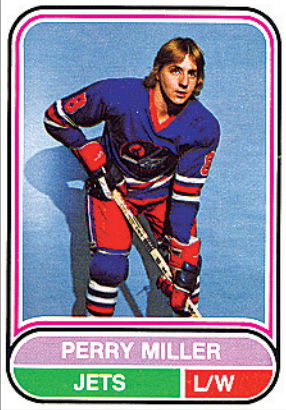
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"THE BUZZ", cont'd from page 6

a proud moment late last month when he and Winnipeg Goldeyes general manager Andrew Collier unveiled the new beer at Shaw Park this summer, Angry Fish Pilsner. Horechko is the Marketing manager of Fort Garry Breweries...

On June 24, former Winnipeg Jets defenseman Perry Miller, the guy who was high-sticked in the face by Bernie McNeil of the Cincinnati Stingers prompting Bobby Hull to sit out a game to "protest violence in hockey," er... something, will turn 60. In April of 2012, Miller took over as the regional general manager of Garda Security. Once a defender, always a defender...



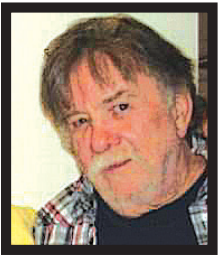
Perry Miller's 1975-76 Opee-Chee hockey card

Christmas Eve in 1989, when my kids were young, and played Santa Claus. Garth's colorful life was celebrated on May 28 at the Toad in the Hole Pub. Donations in Garth's memory can be made to an Education Fund set up for his daughter Shannon Somers at the Assiniboine Credit Union at 100-900 Harrow Street, Winnipeg.



Late last month, Michael Gillespie and Ron and Roxanne Taylor hosted the KY-58/CITI FM Reunion at Canad Inns Garden City's Essence Club. All the oldtimers, including Roy Hennessy, Ron Kizney, George Raymond and

Ron Paley, all made it to the party and 75-year-old Don Percy, who is still doing the morning show at The Breeze in Winnipeg, and former 92-CITI FM Program Director Ford Gardner were able to remember the CKY announcer lineup of 1976, the year I arrived in Manitoba: Percy from 6-9 a.m., Brian Phillips and then Brian Wood later in the year from 9 a.m. to Noon; Kevin McKenna from Noon to 3; Jeff Neufeld (later known as Scruff



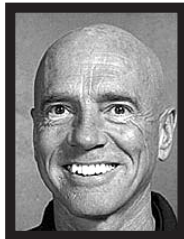
Garth Somers

My old friend, one of the great characters in Manitoba boxing history, Garth Somers, passed away on May 16, after a courageous battle with cancer. He was 68. Garth was a bar

operator, a corner man, a cut man, a fighter, a bailiff, a repo-man, a general, everyday rounder and an all around good dude. He was a media informer back before Twitter. That means he was a real "Deep Throat," when it came to local crime and local boxing. Oh sure, he had a dark side, but he's also the guy who showed up at my house on



Brian Wood



Dale Bradshaw

Connors) from 3-6 p.m.; Chuck Morgan from 6-9 p.m. and Dave Harrison from 9-Midnight. Now that was a Hall of Fame radio lineup... Even former Q-94, BOB-FM and FAB-FM morning man, Tom Milroy, showed up for the festivities. Milroy celebrated his 60th birthday on May 25...

Congratulations to Karyn Heidrick, the ALCOA-MB - 55 Plus Games Coordinator and the Arborg Host Committee co-chairs Maureen Sigurgeirson and Kris Gudmunson, for the preparations they've done for the 2012 ALCOA 55-Plus Games in Arborg...

Winnipeg High School Football League Hall of Fame member Bernie Novak will start his 51st season as a football official in Manitoba this fall. Novak, 71, played the 1961 season with the Winnipeg Rods and then began his officiating career in 1962...

Manitoba Basketball Hall of Famer Dale Bradshaw, 73, is still involved in the game. One of the greatest high school coaches (Dakota Collegiate) in Manitoba history, Bradshaw still assists at Glenlawn Collegiate and is "helping out" with the provincial boys team. Not bad for a guy who has both a hip and a knee transplant...



Scruff Connors

Our soon-to-be-61-year-old (Aug. 20) Mayor Sam Katz, will be a dad for the third time. He and wife Leah Pasuta expect their first child together in December. Katz has two children from his previous marriage to Baillie Burke, Ava, 10, and Kiera, 8.



He was originally drawn as "Dippy Dawg" and later as "Dippy the Goof." Last month Mickey Mouse's best pal, Goofy, celebrated his 80th birthday. ■



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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 businesson 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 12 to 5:00, Mon. to Sat.

The Games Are Almost Here... June 12-14, Arborg, MB

It won't be long before approximately 900 athletes and their friends and family members will be flocking north to Arborg for the Manitoba Lotteries 55 Plus Games.

Arborg is prepared and ready to show off their hospitality and all that their small community has to offer.

Maureen Sigurgeirson and Kris Gudmundson are Co-chairs of the Arborg Host Committee. Things are running smoothly according to Sigurgeirson. It helps when the committee members and volunteers are basically the same as when the Games were last in Arborg in 2003.

Be sure to check out the variety of entertainment on Tuesday evening and there are still tickets for the Dinner and Dance at the Arborg Hall, beside the skating rink, on Wednesday evening. The Honourable Philip S. Lee, C.M., O.M., Lieutenant Governor of Manitoba is expected to make an appearance for the dinner. Call Heather Fridfinnson at **204-376-5456** to reserve tickets or you can purchase them at the door.

Everyone is welcome to come and cheer on your favourite athlete or team and to enjoy some of the amenities Arborg has to offer.

The Arborg Recreation Complex, located at the North end of Ingolfs Street, boasts a number of facilities including a community hall and a ball park. The town also has numerous walking trails and paths throughout and along the picturesque Icelandic River. And, east on Highway 68 is the Arborg & District Multicultural Heritage Village. Arborg is proud to announce that their new Credit Union Aquatic Centre, at 427 Recreation Centre, is now open. It has features such as Spray arches & umbrellas, Pre-school area with slide, 40 foot twin racing slide, 4 lane pool, Floor geysers, Large, shallow play area, 140 foot twisting slide, heated water and more.

And if you're back in town in July, don't miss the annual Fair & Rodeo.

It's easy to find - from Winnipeg, just go about 100 kms north on Hwy. No. 7.

Arborg has a population of about 1,152, but with the Games, that should at least double.



Here is a Games schedule, however, all times are approximate.

June 12

9 - 9:45 AM ~ Opening Ceremonies

10:30 - 5 PM ~ 5 Pin Bowling (Singles), 18 Hole Golf, Floor Curling, Floor Shuffleboard, Track, Slo-Pitch, Snooker (Team), Swimming.

1 - 5 PM ~ Arts & Crafts Judging, Horseshoes, Whist

7 PM ~ Variety Night

June 13

9:30 AM - 12:30 PM ~ 3KM Predicted Walk/Run, Duplicate Bridge

9:30 AM - 5 PM ~ Arts & Crafts Display, 9 Hole Golf, Carpet Bowling, Floor Curling, Floor Shuffleboard, Scrabble, Slo-Pitch, Snooker (Individual), 5 Pin Bowling (Team)

1 - 5 PM ~ Contract Bridge

6 PM ~ Athlete's Banquet

June 14

9:30 AM - 12:30 PM ~ Cribbage (Team), Arts & Crafts Display

9:30 AM - 5 PM ~ 18 Hole Golf, Floor Curling*, Floor Shuffleboard*, Slo-Pitch, Snooker (Individual), 5 Pin Bowling (Team).

1 - 5 PM ~ Cribbage (Single)

* ~ if needed.

For location of events, please call 204-376-5576.



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Expect some good, friendly competition at the Games

We spoke to some of the participating athletes to find out just how competitive the 55 Games in Arborg might be. And it sounds like there could be some good action to be witnessed here.

Achim and Lilli Kemmesies, from The Pas, are to be reckoned with when they put on their gear. Achim will be 70 in October and has not only competed in the Manitoba Games, but he also qualified for the National Games and broke records in the 100 and 200 track meets. However, his competitors on the track will be safe this year as this sport is on at the same time as swimming, his preferred competition for these Games.

Lilli, Achim's wife, 71, is also ready to challenge her competitors in the 100, 200, 800 and 1,400 metre sprint races. Both have been competing since the Games were held in The Pas since about 2000. Lilli keeps strong physically, mentally and spiritually. She is attending the University of the North, and has one more year to go to earn her Bachelor of Arts degree. Lilli is 71, but she feels more like 40 or 50, so watch out all you sprint runners in her age category.

Another athlete to watch out for is Stonewall's Diana Rothwell. Diana is a retired nurse who enjoys

a good game. "I'm very competitive. I like to win," she says. Diana will be competing in the Floor Shuffle event. She won Gold when the Games were in Gimli in 1997. She plays regularly in a league in Argyle, MB. Membership is dwindling so Diana would really like to see that increase. It only costs \$15 to join, \$2 to play and 25 cents to rent equipment. Call *Senior Scope* at 467-9000 if you are interested in joining. Diana also bowls, but she won't be competing in that sport for these Games.

Sadly, Margaret Moffat, 92, won't be able to participate in The Games this year. Her event has been cancelled due to lack of Snooker players. Margaret suffered a heart attack this last December, but that wasn't going to stop her from competing. She competed in five Canada Senior Games where they play 8-ball instead of Snooker, and took home one Gold and several silver medals over the years. Margaret has been playing Snooker since the 1960's and now, she says she seldom misses a shot. So it will be a disappointment that we won't get to see her compete this year.

Hope to see you all at the Games!

-Senior Scope

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Wishing All Participants in the 55+ Games the Best of Luck!



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Coffee Break in Rural Manitoba

Springfield News... with Marianne Clemens

Hello everybody - I hope you can enjoy the summer weather. Officially summer has not started yet, but temperature-wise it's summer for me. The bushes and trees at the Kin Place building in Oakbank are all blooming which instantly attracted numerous butterflies, busily swaying around the blooms looking for a meal.

Today I bring you a report from the enjoyable event held June 4 at the Legislative building, room 200. The RM of Springfield was represented by Shawn Wilkinson Director of Parks and Recreation, Diane Dumas - Regional Services for Seniors Coordinator and several other residents, MLA Ron Schuler was able to stop in for a while, congratulating the successful communities.

The event was opened by Jim Rondeau, Minister of Healthy Living, Seniors and Consumer Affairs for the Province of Manitoba, proclaiming the week of June 4, 2012 as "Age-Friendly Manitoba Week". The Age-Friendly Manitoba Initiative promotes secure and accessible neighbourhoods for all ages, children, families and older adults, like barrier-free buildings and streets that enhance the mobility for people of all abilities and all ages, offering access to services and supports needed by older adults, plus the full participation of older persons in volunteer, employment and civic activities.

The communities of Dunnottar, Pinawa, Springfield, Steinbach and The Pas were presented with Age-

Friendly Community Milestone Awards by Jim Rondeau.

The seniors' population is expected to grow by 21.7% by 2018, growing faster than the other age groups. Through the Age-Friendly Initiative, Manitoba will be able to address the needs of this population and enhance their opportunities for healthy, active living. The World Health Organization considers the age-friendly approach as one of the most effective local policy method for responding to demographic aging.

The Age-Friendly Manitoba initiative works to empower older Manitobans to realize their full potential to lead active, socially engaged and independent lives. This Initiative will help to position Manitoba as a leader, nationally and internationally, contributing to the age-friendly movement set out by the World Health Organization and the Public Health Agency of Canada to further support and encourage the full inclusion of citizens of all ages in their communities.

The Ilchynas - a talented local (Anola) family band provided the entertainment with their variety of tunes during lunch time.

Everybody who attended this event felt that we are belonging to a worthwhile committee and left encouraged to follow on the same path during our monthly Age-Friendly Committee meetings in Springfield. ■



Minister Rondeau presents a cheque and Award Plaque to Springfield's Age Friendly Committee members :: l to r Diane Dumas, Shawn Wilkinson, Liz Hogue, Bev Lewis, Marion Clemens and Jackie G.

55+ Garden Club - Still making gardens bloom

By Karen Moffatt

Pembina Active Living, PAL55+, were hosts at the Still Bloomin' Garden Club meeting, May 31, at Richmond Kings Community Centre, 666 Silverstone Ave. in Winnipeg.

The main speaker, Janice Lukes, recent recipient of the YWCA Woman of Distinction Award for her promotion of urban trails, gave a presentation on ecological aspects of water retention landscapes in community spaces, followed by a walkabout of the rain garden surrounding Ecole St. Avila, where native grasses and trees enhance a circular boardwalk instruction area. Other similar projects are being planned for schools and the grounds around the St. Norbert market.

Carolyn McIntyre showed pictures and spoke about the beautiful local

gardens that were highlighted in previous Still Bloomin' tours. Volunteers will be working this summer at two locations, planting perennials and upkeeping the flower gardens at Kings Park, near the waterfall and the Carol Shields labyrinth, and at the St. Norbert cenotaph.

Members of the garden club brought flowers and herbs for a plant exchange to beautify our local gardens. We are also planning to have a vegetable and plant table at our annual PAL55+ picnic at the St. Norbert market, August 28. Anyone can join us at the next planned tour of the English Garden at Assiniboine Park, July 12. Call: **261-1368**, or email: **pal55plus@gmail.com** for information.

OBITUARY

Holmes, Jean Janet Emily

(Nee Casselman)



October 20, 1904 - April 29, 2012

In her 108th year, Jean passed away unexpectedly in Carleton Place Hospital, Ontario, following a short illness. Predeceased by her parents Stephen and Margaret (McNaughton) Casselman, her husband Ferdinand David Rankin Holmes, her siblings, Margaret Hicks, Jewel Lundy, Olive Parnall, Murray, Warren, Armand, Eleanor Casselman, her son Leslie „Jack%o Holmes, daughter-in-law Ethel (Dusang), son-in-law Phillip O,Grady, and great-granddaughter Rebecca Witherspoon. Survived by sons Jim (Vera) Holmes, Ron (Mary) Holmes and daughter Janet Ferguson. Dear sister of Aileen Falconer, Mime Westcott and brother Harold Casselman. Grandmother to Corrie (Brenda) Holmes, Julie (Brad) Emond, Susan (Ron) Tollett, Krista (Jim) Storey, Quentin (Kelly) Holmes, Donna (Alvin) Wood, Bill Holmes, Brenda Johnston, Richard Holmes, Lisa Olafsen, David Holmes, Matthew (Katie) Ferguson and Leah (Scott) Witherspoon, step grandchildren Ryan (Felicia) O,Grady and Shanna (Peter) Loughton. Survived by 36 great grandchildren and 8 great-great-grandchildren. The family will receive friends at the Carleton Place Chapel of Tubman Funeral Homes, 61 Lake Avenue West from 2 to 4 and 7 to 9 pm. on Friday, May 4th. Funeral service will be held in Zion Memorial United Church, 37 Franklin Street, Carleton Place on Saturday, May 5th at 2 pm. For those who wish, a memorial donation in memory of Jean may be made to the Carleton Place Hospital or Zion Memorial United Church.

Our condolences to Harold Casselman of Winnipeg, and family of Jean Holmes. Senior Scope featured Harold's then 106-year-old sister, Jean in the Nov. 9, 2010 edition (Vol. 9 No. 5). Jean was quoted as saying in 2010, "If you want to live to the age of 106, just remember that tomorrow will take care of itself." Jean lived to be an impressive 108 years old.

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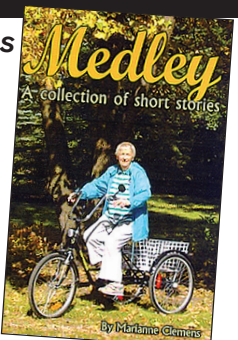
Medley - A collection of short stories

The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

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Winnipeg: McNally Robinson - Grant Park Shopping Centre
Oak Bank: Oakbank Food Fare, Country Town 'N Dollar/Postal outlet, and 689 B Main Street, apartment 111.

Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.



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Things my Mom and Dad taught me

By Harry Paine



By Harry Paine

We didn't exactly live in poverty but then in my day poverty was somewhat relative I suppose, we were no better nor were we any worse than all the other working class people in the community. Bexhill was a small seaside town in southern England and the period before World War 11 was just slightly beyond my memory but I do remember the day the war started.

I was six years old and it was bath time, which involved setting the metal tub up in front of the kitchen stove and filling it with soapy water, I was in the tub and my mother was scrubbing what was probably a week's dirt off my back. The radio was on as it generally was most of the time and suddenly the programming was interrupted by "The Speech" announcing the fact that we were in a state of war with Germany.

I remember my mother started to cry and I guess that was the first lesson from her, war was not glorious but was something to fear and avoid, bringing nothing but horror and sorrow. The next day my father came home from work in a local hotel, that, along with all the others in our resort town, had been closed down and he announced that he was off to join the army for the second time in his life. Another bad thing I learned - war splits up the family.

What brought this memory on was that it occurred to me that one of the things that we older persons might fear the most is that the memories and accumulated experience of our lives will disappear off the face of the earth with us because as we well know "you can't tell those young people anything because they know it all" already.

But it was some tomatoes that really got me thinking. I keep them in a bowl on the kitchen counter because if you put them in the 'fridge they lose their taste but of course they need to get used up and I remembered that my mother sometimes cooked tomatoes in a special way for me when I came home from school and I still cook them her way once in a while.

Fresh from the garden tomatoes work best because they have the best flavour but I bet you could even use canned at a pinch. She would sauté them gently until they were just about sauce and then add a mixture of water and Bisto gravy mix and pepper, stir and serve with lots of bread and margarine to soak

up the gravy. I guess one could say that I am a bit of an amateur gourmet cook—at least that is what I am told—but for my money nothing delights my palette more than tomatoes in Bisto gravy.

We were proud of the fact that we were a working-class catholic family and proud of our Irish heritage. My dad wasn't really political but my mother had three of her brothers beaten to death by the English Black and Tans during "The Troubles" in Dublin. The IRA newspaper was delivered to our home regularly and my mother taught me to sing "Kevin Barry" almost as soon as I could hum a tune.

She was not a well person however and the dampness during the cold months caused her to be an invalid for three or four months of the year, my father was in the army and I was an only child, so at seven years old during the months she was ill I had to do all the things that, if I had a sister, she would normally have done. I had to be the caregiver, learn to cook, clean, sew and work the garden as well as go to school.

Looking back, it is a hard thing to say, but, I really appreciated those days and the things that I had to do, and those self-reliance 'skills' she taught me. Later in life I have always considered feminism as part of my social consciousness and I think that came to me easily because of my childhood experiences. Maybe I am just a sensitive guy but it is not surprising that working to end the abuse of older persons is something that is important to me now.

My dad's experiences in the war left him pretty scarred inside and he would go through periods often that were not pleasant for my mother and within a couple of years she died and I looked after the task of arranging with the neighbours and friends to make sure she was buried properly.

Nevertheless dad and I worked out a relationship and I learned a lot from him because he had travelled in the army and valued a broadened range of knowledge. He was no musician but we listened to opera regularly together and through him I grew to enjoy classical music. We went fishing on a nearby river every Sunday morning during the summer. We did share a love of the garden and growing things and I raised the chickens and rabbits that kept some of our neighbours supplied with Holiday dinners.

My parents were not what one would call educated folks they had no real aspirations to be anything more than what and who they were. That generation were for the most

part accepting of the class division that had existed forever. Like most parents, I guess they wanted better for their offspring, and after my mother was gone, my father made arrangements for me to immigrate to Canada where I had an uncle.

Throughout life, every experience we have and every person we meet influences us in some way, but no

“ Throughout life, every experience we have and every person we meet influences us in some way, but no matter what we think of them at the time, our parents shape us and the way in which we absorb knowledge more than anything.”

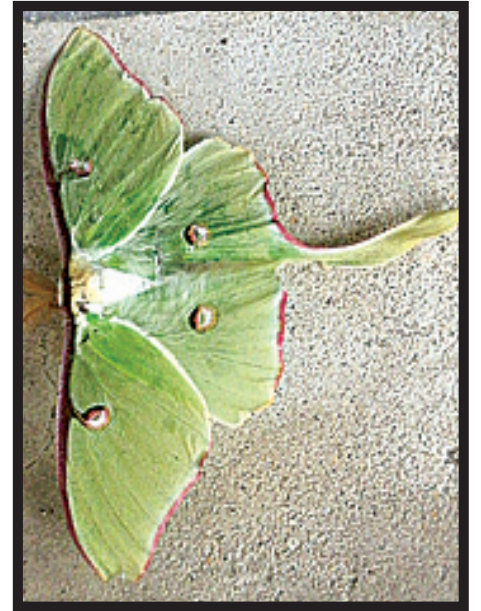
matter what we think of them at the time, our parents shape us and the way in which we absorb knowledge more than anything. Maybe it is just the manner in which we enjoy tomatoes, the love of music or the desire to help in changing the world; our parents are the ones who kick start the process.

The difference between human beings and the so-called lower animals, it is said, is that we are able to learn from and pass on our experiences in life to following generations so here is my contribution to posterity, try cooking tomatoes with Bisto gravy but add your own touch, maybe garlic, onions and a little beef stock and wine. Or you could make a revolution and change the world. ■



Our house in my childhood

Luna Moth (Actias luna)



Luna Moths are members of the Saturniidae family and are also known as the "Giant Silkworm Moths."

Luna moths are one of the most unusual and beautiful of the North American moths. They are well known for their green-yellow colours and long tails. Their night flying habits and short life span as an adult moth—only about 1 week—combine to make them a rare find. They have a wingspan of 4.5 to 5 inches and are one of the largest moths in North America.

Caterpillars begin eating as soon as they leave the egg, but adult Luna Moths don't eat at all as they don't even have a mouth. Their only purpose is to mate.

They are common throughout the eastern U.S. and are seen less as you go west toward Texas and the Great Plains. They are also found in southern regions of many Canadian provinces such as Nova Scotia, New Brunswick, Quebec, Ontario, Manitoba, and Saskatchewan. The moth pictured above was spotted in Stonewall, MB. ■

“Life is short, don't waste time worrying about what people think of you. Hold on to the ones that care, in the end they will be the only ones there.”

~ Anonymous



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GOVERNMENTS OF CANADA AND MANITOBA CELEBRATE NEW AFFORDABLE HOUSING FOR SENIORS IN WINNIPEG

The Governments of Canada and Manitoba today announced \$7.77 million in joint funding for a new affordable housing co-operative in the Brooklands area of Winnipeg. The 36 units will enhance housing quality and accessibility for seniors in Winnipeg. Celebrations took place at a groundbreaking ceremony.

The announcement was made by the Honourable Kerri Irvin-Ross, Minister of Housing and Community Development, and Joyce Bateman, Member of Parliament for Winnipeg South Centre, on behalf of the Honourable Diane Finley, Minister of Human Resources and Skills Development and Minister Responsible for Canada Mortgage and Housing Corporation (CMHC).

"Our government is committed to improving housing availability and affordability in Manitoba," said Minister Irvin-Ross. "This investment will ensure that safe, affordable and well-maintained housing will be available to seniors in the Brooklands area of Winnipeg. It's more important than ever to work together to develop housing solutions that will benefit Manitobans and revitalize our communities."

"Our government is dedicated to giving a hand-up to those in need. That's why we are proud to have invested in this housing project in Winnipeg," said MP Bateman. "The new units will be safe and affordable, and help to enhance the lives of families and individuals who call them home."

Westlands Non-Profit Housing Cooperative Inc. is building a 36-unit building at 50 Oddy Street in the Brooklands area of Winnipeg. The proposed design incorporates mobility enhanced features and includes 20 one-bedroom and 16 two-bedroom units. Rents will be set at the current median market rent for Winnipeg with six units geared to income.

The funding was made available

through Canada's Economic Action Plan, the federal government's plan to stimulate the economy and create jobs during the global recession. The federal and provincial governments are contributing equally to this overall investment of \$176 million under the amended Canada-Manitoba Affordable Housing Program Agreement.

The Government of Canada, through CMHC, will invest more than \$2 billion in housing this year. Of this amount, \$1.7 billion will be spent in support of almost 605,000 households living in existing social housing. In Manitoba, this represents some 40,700 households. These investments are improving the quality of life for low-income Canadians and households living in existing social housing, including individuals who are homeless or at-risk of homelessness, seniors, persons with disabilities, recent immigrants and Aboriginal people.

HOMEWorks! is Manitoba's long-term housing strategy. Under this strategy, the province, through Manitoba Housing with the financial support of the Government of Canada, continues to make significant investments in social and affordable housing. The province has promised the delivery of 1,500 affordable housing units across the province and has already committed to the development of more than 1,000 homes. HOMEWorks! supports ALL Aboard, Manitoba's poverty-reduction strategy, by increasing the supply of quality, affordable housing for low income Manitobans. More information about HOMEWorks! is available at www.gov.mb.ca/housing.

To find out more about how the Government of Canada and CMHC are working to build stronger homes and communities for all Canadians, call CMHC at **1-800-668-2642**, or visit www.cmhc-schl.gc.ca.

Picture this!



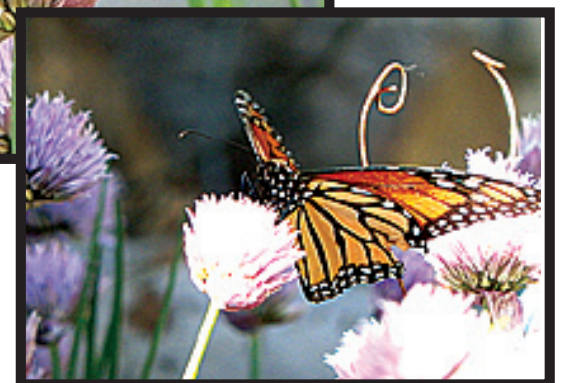
Send your favourite pics to kelly_goodman@shaw.ca if you'd like to share them with *Senior Scope* and *Boomer Buzz* readers.



This Chicken Chef in Gimli was almost made into a Drive-thru recently.



Monarch butterfly - Stonewall, MB



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SENIOR SCOPE WILL BE CELEBRATING 10 YEARS OF PUBLISHING ON JULY 1, 2012

It truly has been an honour providing useful and entertaining information to readers in Manitoba and beyond via print, email and online through the website:

www.seniorscope.com

Every year we have a Survey/Contest to celebrate Senior Scope's birthday and we won't disappoint this year. Watch for details in the next issue or check the website regularly as it will be posted on www.seniorscope.com shortly.

It's Senior Scope's 10th Birthday, but you'll get the presents!

Thank you for reading Senior Scope!



Rhubarb & Strawberry Crisp

INGREDIENTS:

- 1 cup firmly packed brown sugar
- 1 cup flour
- 3/4 cup quick cooking rolled oats
- 1/2 cup melted butter
- 1 tsp cinnamon
- 3-1/2 cups sliced rhubarb
- 1/2 cup sliced fresh strawberries
- 1 cup white sugar
- 2 T cornstarch
- 1 cup water
- 1 tsp vanilla

INSTRUCTIONS:

Combine brown sugar, flour, oats, butter and cinnamon in bowl. Mix together until crumbly. Press half of the crumb mix into a buttered 8-inch square baking pan. Combine rhubarb and strawberries and add on top of crumb layer.

Combine 1 cup sugar, cornstarch, water and vanilla. Cook until mixture is clear. Pour over rhubarb and crumb layer in pan.

Top with remaining crumb mixture.

Bake at 350°F for 45-55 minutes.

Laugh a Little

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

Did you know that dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish?

Whenever I fill out an application, in the part that says "If an emergency, notify:" I put "DOCTOR". What's my mother going to do?

The sole purpose of a child's middle name, is so he can tell when he's really in trouble.

Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.

Just remember...if the world didn't suck, we'd all fall off.

When tempted to fight fire with fire, remember that the Fire Department usually uses water.

To be sure of hitting the target, shoot first and call whatever you hit the target.

A bargain is something you don't need at a price you can't resist.

A TV can insult your intelligence, but nothing rubs it in like a computer.

If at first you don't succeed, skydiving is not for you!

Nostalgia isn't what it used to be.

Hallmark Card: "I'm so miserable without you, it's almost like you're still here."

Hallmark Card: "I'm so miserable without you, it's almost like you're still here."

Ham and Eggs: A day's work for a chicken, a lifetime commitment for a pig.

If a turtle doesn't have a shell, is he homeless or naked?

America is a country where half the money is spent buying food, and the other half is spent trying to lose weight.

The only knowledge that can hurt you is the knowledge you don't have.

Unless you're the lead dog, the view never changes.

Did you hear about the guy whose whole left side was cut off? He's all right now.



Wordsearch - THE 55 PLUS GAMES

C	O	M	P	E	T	I	O	N	S	S	F	T	Z	I	L	S	A	D	N	E	F	R	
F	S	L	A	K	J	E	V	O	D	T	E	W	U	F	N	D	C	Y	V	Q	S	P	A
F	S	F	L	R	P	S	I	L	I	L	I	I	R	C	Y	O	P	C	R	R	N	Y	
M	X	M	R	A	K	Z	L	N	R	L	C	E	W	M	X	P	S	M	W	O	K	A	
X	B	B	G	N	R	M	L	E	O	R	Z	E	A	C	M	A	C	H	I	M	I	M	
E	K	R	Y	Q	I	O	T	F	T	O	L	W	L	O	Y	I	K	T	G	D	U	J	
V	A	R	H	G	A	T	D	L	U	X	K	F	R	A	W	L	N	I	Z	R	A	D	
M	A	P	O	X	O	D	F	P	A	W	C	E	Z	W	N	Q	O	G	U	P	I	M	
K	K	L	R	L	F	B	N	R	V	E	M	L	R	Y	S	D	Z	S	S	N	T	C	
W	Z	Q	S	M	O	B	I	L	I	T	Y	W	Y	W	P	H	I	H	E	C	U	M	
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L	R	K	S	O	T	W	E	A	S	O	N	O	X	O	I	Q	S	M	A	C	P	H	
K	S	P	H	C	F	L	I	M	H	G	I	D	C	W	N	B	V	E	L	S	E	E	
E	L	F	O	P	N	I	L	P	U	Q	H	P	L	R	T	A	L	L	C	B	Q	A	
Q	U	P	E	E	U	N	N	G	F	F	V	O	Z	Y	I	L	A	S	O	Q	X	T	
F	N	B	S	P	J	G	J	R	F	Z	K	M	S	N	Y	B	O	M	A	K	E	H	
R	G	N	R	S	V	Z	M	O	L	Y	O	B	E	P	T	F	B	T	U	L	P	E	
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V	K	P	P	O	X	W	E	E	A	E	G	W	F	O	D	R	A	L	O	S	D	O	
U	Z	N	T	Y	L	T	V	M	R	N	R	V	N	R	C	E	P	U	I	S	L	C	
G	B	B	D	V	G	O	L	F	D	N	G	Y	U	S	A	I	R	A	V	T	J	I	
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| ACHIM | LOSE |
| ACTIVE | LOTTERIES |
| ALCOA | MARGARET |
| ARBORG | MAUREEN |
| BOWLING | MOBILITY |
| BRONZE | NORTH |
| CAMPGROUND | OLDER |
| COMPETITION | PHYSICAL |
| CRIBBAGE | RUN |
| DIANA | SCRABBLE |
| FRIENDLY | SENIOR |
| GAMES | SHUFFLE- |
| GIMLI | BOARD |
| GOLD | SILVER |
| GOLF | SNOOKER |
| HEALTH | SOCIAL |
| HEATHER | SOFTBALL |
| HORSESHOES | SPORT |
| HOSPITALITY | SPRINT |
| ICELANDIC | SWIMMING |
| KARYN | WALK |
| KRIS | WIN |
| LILLI | |

Solution on page 15

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NEW BINGO

Kinsmen Jackpot Bingo: 233-6365 (161 Rue Grandin, Wpg) June 9/12 Jackpot: \$99,000. Kin Pot: \$436,000.
Visit www.kinsmenclub.com for Jackpot amounts.

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

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Things to do in Winnipeg

Email ready-to-print PSAs to: kelly_goodman@shaw.ca. No faxes please.

EVENTS

Friendship Force of Winnipeg - Monthly Meeting will be a picnic at a park near Birds Hill, June 13. The Friendship Force is a worldwide cultural exchange organization which promotes world peace through personal friendships "Changing the way you see the world". Guests welcome. For info and direction, call Elizabeth: 452 5299 or visit www.friendshipforcewinnipeg.org

A&O: Support Services for Older Adults - Cupcake Fundraiser in Recognition of the 6th Annual World Elder Abuse Awareness Day and to Support Direct Elder Abuse Prevention Services. One dozen cupcakes, from the Cupcake Corner, may be purchased for \$15.00. 50% of the proceeds from each dozen mini cupcakes sold will go toward A&O's direct Elder Abuse Prevention Services for older Manitobans. All orders must be received by June 12, 2012 in order to receive free delivery to your workplace in Wpg. on June 15. To place your order or for credit card payment please call Deborah Lorteau or Silvia Del Vecchio at 956-6440.

Guild of Health Healing Service - Thur., June 14, 10 am, St James Presbyterian 1476 Portage Ave, All are welcome. Fellowship and refreshments to follow. Contact gojohn@mts.net ph 895-0782

Fort Garry Women's Resource Centre - The 2012 Annual General Meeting, Wed, June 20th 2012 6:00 pm at 1150A Waverley St. Doors Open 5:45 - Mix & Mingle, 6 pm - AGM. Recognition of this year's Honorary Members and Board Member Appreciation, Light refreshments will be served. RSVP by June 13: 477-1123 or info@fgwrc.ca. All are welcome!

Fort Garry Women's Resource Centre - Transitions in Mid-Life - A workshop series for women age 50+. Sessions run Monday afternoons: 1:30-3:30 pm at 1150A Waverley St., Wpg: June 11 - Identifying & Coping with Mid-Life Changes; July 9 - Self Esteem & Body Image Issues; Aug.13 - Relationships/Boundaries; Sept 10 - Coping with Stress, Being Our Own Best Friend, & Practicing Self-Care. This is a women only event - No childcare available. Pre registration is required by calling 477-1123.

River East Council for Seniors - Presentation & AGM, Mon., June 18, 2:30 pm. "Optimizing Pain Management - A Consumer Guide to Apparently Endless Options" with Dr. Daniel S. Sitar, at Parkside Plaza, 1630 Henderson Hwy. Refreshments. Phone Debbie at 667-6812.

Nearly New Shop - Summer Vintage Sale runs from June 15-30. All vintage treasures and retro wares will be on sale for unbeatable prices. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba in support of pediatric research at the Manitoba Institute of Child Health and equipment and programs at Children's Hospital.

Urban Retreats Garden Tour - Sat., June 16, 10 am-4 pm rain or shine. Self-guided tour of beautiful Old St. Vital/Norwood gardens in support of St. Matthew's-Maryland Community Ministry inner city community projects. Tickets \$15, available at McNally Robinson Booksellers, The Garden Room, 444 Academy Rd., or call Community Ministry: 774-3957.

A&O: Support Services for Older Adults - Annual General Meeting, Wed., June 20, at the Qualico Family Centre, in the Tamarack room at Assiniboine Park. Marilyn Maki, host of CBC's Radio Noon, will emcee the event! The AGM will begin at 1 pm. Please RSVP by June 8. For more info: 956-6440.

The Nearly New Shop - Dollar Daze for Dad Sale, June 8-14, at 961 Portage Ave. Hours: Mon-Sat, 10 am-4 pm. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba in support of pediatric research at the Manitoba Institute of Child Health and equipment and programs at Children's Hospital.

Forum Art Fest - June 15-17 at the Forum Art Centre, 120 Eugenie Street & Tache. 47th Annual Art Exhibition & Sale, Fri., June 15, 5-9 pm, Sat., June 16, 10 am-6 pm, Sun., June 17, noon-4 pm. Features over 50 Manitoba fine artists. Free caricatures done Tom Andrich, 1-3 on Sunday. Great Father's Day gift! Door prizes, wheelchair access, free parking, free admission. Visit www.forumartinstitute.ca or call: 235-1069.

GARAGE SALES

Annual Garage Sale - Sat., June 9, 10 am-3 pm at Parkside Plaza, Room 103, 1630 Henderson Hwy.

THIS EVENT HAS BEEN CANCELLED

SOCIAL PROGRAMS / SERVICES

A&O: Support Services for Older Adults, 400 Stradbrook - Pilates Mondays at 1:15 pm, Tai Chi Tuesdays at 10:30 am, Yoga Thursdays at 10:45 am, Zumba Gold Fridays at 1:30 pm, Table Tennis Tuesdays & Thursdays at noon to 4 pm FREE. Call 956-6490 for more information on costs and length of classes. Registration begins June 18 until June 29.

A&O: Support Services for Older Adults, West End (Clifton CC 1315 Strathcona St) - Belly Dance for Fun & Fitness Fridays at 10 am, Clogging Sampler FREE Thursdays at 2 pm, Line Dancing Wednesdays at 1 pm, Summer Strollers FREE Mondays at 9 am, Canasta Mondays at 1 pm - FREE, Table Tennis Monday to Friday at 9 am - FREE, Woodcarving Fridays at 1 pm - FREE, Social Gathering Wednesdays at 9 am - FREE. Call 772-9581 for information on locations, costs and special events. Registration begins June 18 until June 29.

Seniors Melody Group - is looking for musicians, particularly violin players, to participate with the orchestra. We are seniors of varying ages and just enjoy the camaraderie of others. We entertain at various seniors retirement homes in the Winnipeg area. Call Julie: 885-2448

St. James Assiniboia 55+ Centre - Various programs. Call: 987-8850 or drop in 3rd floor on 203 Duffield St. for info.

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; Whist; Exercise programs; Soup & Sandwich luncheon every 4th Wed. 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. Call Doug: 832-0629 or 804-5165

Dakota 55+ Lazars Program - Dakota Community Centre, 1188 Dakota St. Floor Various programs, health presentations and social activities. 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. Various activities: art and hobby classes or just enjoy a cup of coffee. 987-8850.

Seine River Seniors - Monthly luncheons: Second Tuesday of the month. (12-2). Call Eleanor at 470-6714. Urban Poling: Mon., May 28, June 4, 11, 18, 10-11 am. St. Vital Park cost \$20. Call Sandra at 255-8332. Easter Egg Demonstration: Tue, May 29 (1-2) at Archwood C.C. Call Eleanor 470-6714.

Age & Opportunity Stradbrook - For programs, class info, costs and length of classes, call 956-6490.

Age & Opportunity West End - For programs, class info, costs and length of classes, call 772-9581. Or visit: www.ageopportunity.mb.ca

Central Corydon Community Centre - For program info, call: 488-7000

Vital Seniors - Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, offers: Bridge, call: 257-5027; Carpet Bowling, call: 253-9456; Line Dancing, call: 334-3559; Scrabble, call: 487-7835, Luncheons, last Tuesday of month, call: 256-0414.

Norberry-Glenlee CC - Programs: Square Dance: Monday's, Seniors Bingo: Tuesday's, Bridge: Wednesday's, Red River Seniors Cards: Thursday's, Light & Lively Fitness: Intermediate and Beginner, 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. St-Boniface, Wpg., conseil55@afm.mb.ca.

VOLUNTEER OPPORTUNITIES

Southeast Personal Care Home - is looking for volunteers who have some spare time during the day, evening or the weekend to assist with the recreation programs such as bingo, beauty hour, cribbage club, men's club, board games, music, etc. Call the Recreation department: 269-7111 ext. 2247 for more info.

Bethania Personal Care Home and Pembina Place - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. For info, call: 654-5035 or email dianne.nixdorf@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 needs drivers to take clients residin in south west Wpg to app'ts, shopping and social outings. Compensation for gas and parking provided. Volunteers needed for as little or as much time as they wish! Call 452-9491 or rlcs_vol@mts.net.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Anola, MB - The second Annual Bullies and Buddies - Adoption and Awareness Day June 17, will be held at Anola Community Club. Free fun for the families and pets! Featuring Diamond Disc Dogs, Winnipeg Woof Pack! Dog and Cat Rescues/Advocacy Group! plus local country music star Jason Kirkness and local vendors, large awesome Silent Auction and BBQ (with veggie substitutes! Sponsored by Pet Value.

Oak Bank - Come Celebrate the Arts - Art Show & Sale, June 9, 1-5 pm, Willowlane Flowers & Catering, 604 Main St., Oakbank MB.

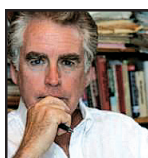
Springfield Services to Seniors - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues & Fri. @ 5 p.m. Wed/Thurs. @ noon Call Vivian @ 444-3132; Dugald: Mon/Wed/Fri. @ 5 p.m. Sign up sheet at lodge; Cooks Creek: Mon/Wed/ Fri. @ noon Call Jean @ 444-6000; Anola: Mon. to Fri. @ noon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

"A journey is best measured in friends rather than miles."

~ Tim Cahill

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I Hate It When She's Right!

by William J. Thomas - Humour Columnist

Years ago I wrote a book – *Never Hitchhike On The Road Less Travelled* – that in hindsight, was mistitled. It should have been tagged *I Hate It When She's Right*.

The book was a collection of humorous travel stories, the kind of 'holidays from hell' we've all been through except I took notes. Good book according to the reviews, a solid seller according to the publisher, wrong title. Here's why.

Monica and I arrived at Pearson Airport for our flight to Lisbon two hours prior to takeoff. Four hours later, we were still in line with several hundred anxious passengers staring at the Air Transat counter employees, who are doing nothing except staring back at us.

Now, don't get me wrong, I love the Portuguese. Portugal is a vibrant country of postcard seascapes and breathtaking mountain vistas, a country with outstanding food and wine. However, under what they consider to be the very broad category of check-in luggage, Portuguese returning home will often include refrigerators, central heating systems, motorcycles and sofas.

This flight's luggage, which ton for ton equalled all the military hardware shipped to Desert Storm, broke the conveyor belt at Pearson Airport behind Air Transat's check-in counters.

The staring contest ended when an Air Transat supervisor came up with a brilliant idea: carry the luggage twenty feet to where the belt was still working! By unanimous vote, he became our choice for Air Transat's 'Employee Of The Month.'

Everybody was in a bad mood as we left late, arrived late and then spent an hour at Lisbon airport watching luggage go around a long, snaking carousel. The bad news?

Our luggage was not to be seen. The good news? Hey – their conveyor belt was working.

Apparently, the luggage that refused to board in Toronto later refused to get off the plane in

Apparently, the luggage that refused to board in Toronto later refused to get off the plane in Lisbon.

Lisbon. Our luggage went instead to Oporto, 340 kilometres north, a lovely city I'm told and a favourite jumping-off point of my clean underwear and tennis racquet. Looking at one suitcase circling around the ramp for an hour I thought – "I wonder what size that guy is?" I'm here two weeks, I can wear anything.

We spent another hour waiting in line, with a disgruntled group of passengers that could become a mob any moment, filling out lost luggage forms. Then we went down to the lobby of the airport to pick up our rental car which, suspiciously enough, was ready to go.

It was dank, dreary and pouring rain in Lisbon. After being up for thirty-four hours straight, I was slapping myself on the back of the head to stay awake as I drove up the narrow streets of Lisbon towards our hotel at the top of the highest hill in the old Graca area. The Senhora do Monte is small, clean and quiet, with terrific views of St. George's Castle and all of downtown Lisbon. I couldn't wait to drop our passports on the front desk and pass out between the sheets.

Oddly, people on the street were waving to us from under umbrellas

and inside doorways. Although I couldn't remember exactly what I had done on my last trip here, I had obviously made quite an impression on the locals. They were genuinely excited to see me.

I'm waving at people: "Hi, Bill from Wainfleet! How you doin'?"

And that's why I love Portugal! The people are the friendliest in all of Europe.

As the streets got narrower and steeper, the rain pounded harder and the people kept waving. Finally, one guy jumped straight into the path of the car with his hands raised. I hit the brakes, stopping in front of him.

Travel tip: in Portugal, when people shout "Bomberos!" it is not an endearing term meaning "frequent foreign visitor." It means "Firemen!"

Travel tip: in Portugal, when people shout "Bomberos!" it is not an endearing term meaning "frequent foreign visitor." It means "Firemen!" That's right, the concerned citizens of Lisbon were waving at us because the car was on fire.

That's right, the concerned citizens of Lisbon were waving at us because the car was on fire. Driving up the steep streets, I could not see the smoke coming out the bottom of the car. They could.

The good news is it's raining so hard that as soon as I popped the hood the fire was extinguished. We abandon the car. That's now somebody else's problem.

The bad news is it's raining so hard I can barely see the Castle St. George at the top of the mountain which is next to our hotel. I estimate we have 50 minutes to trudge uphill through the stinging rain. Thoroughly drenched we plod ever upward one foot in front of the other when Monica says something rather diabolic.

"This," she says, "could be worse."

You have to understand that I am jetlagged, sleep-deprived, soaked and cranky so I will clean up my response to Monica.

"How in the ... heck, could this ... galdarn situation be worse... Dear?" I said.

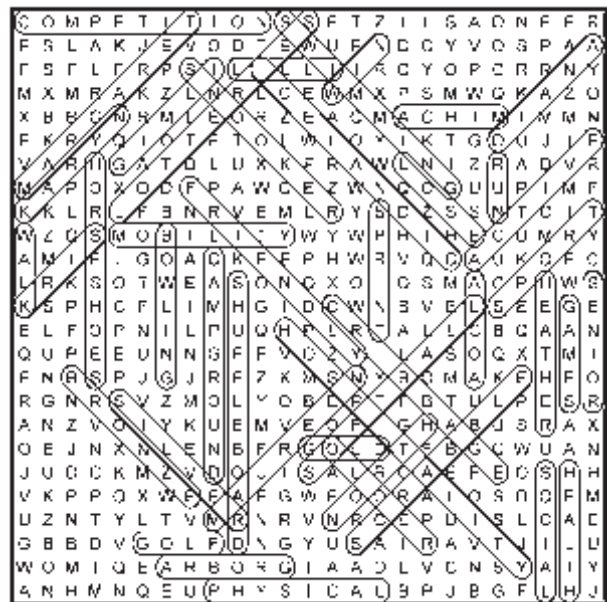
And Monica said something that I will never forget, she said: "We could have luggage!"

As I said, I hate it when she's right ... which would have been an excellent title for my book on travel.

For comments, ideas and copies of Never Hitchhike On The Road Less Travelled, go to www.williamthomas.ca

For an autographed copy of Margaret & Me, please send a cheque for \$20 CDN to William Thomas, 10987 Lakeshore Rd., Port Colborne, Ontario L3K 5V7. Please let William know what inscription you would like in the book.

Wordsearch answers - THE 55 PLUS GAMES



"There are three ingredients to the good life; learning, earning, and yearning."

- Christopher Morley

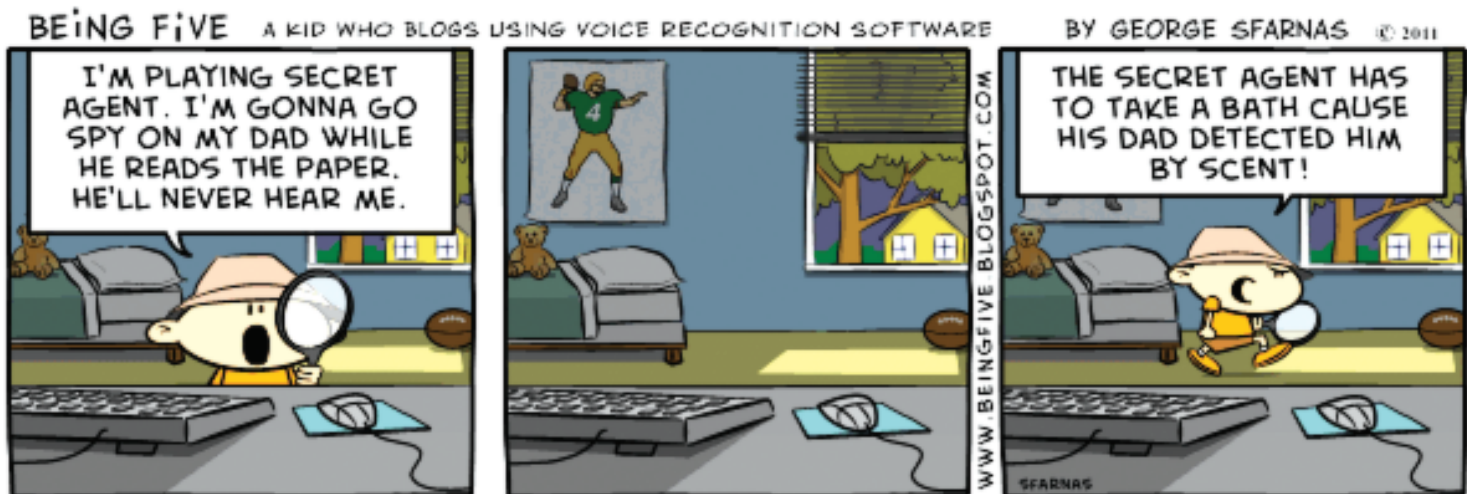
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"You shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back."

~ anonymous



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JUNE EVENTS

9th – Marine Museum Pancake Breakfast in Selkirk
 9th & 10th – 11th Annual WAVE Artists Studio Tour
 10th – Under the Boardwalk Car Show & Shine – Wpg. Beach
 12th – 14th – Manitoba Lotteries 55 Plus Games - Arborg

16th – 46th Annual Manitoba Highland Gathering
 16th – Man Day in Warren – CAR Show at WITC Elevator Site
 17th – Father's Day Oak Hammock Marsh
 23, 24, 28 & 29th – Pizza nights at Integrity Foods
 29th – Multicultural Family Fun Day – Arborg Heritage Village
 29th – July 1st – RM of Gimli 125th Anniversary Celebration

JULY EVENTS

1st – Teulon Canada Cultural Day- Green Acres Park
 2nd – Great Train Robbery- Prairie Dog Central Railway
 7th – Comedy Fest & Car Show at Selkirk Waterfront
 8th – Gimli Car Club Show

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