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Sally and her dogs had been heavily involved in dog sports—

Cont'd on **PG 10**



Above: Sally Hull's family of Border Collies.

Inset: Sally's Jack Russell cross, Twisty, her only dog that isn't a Border Collie, is trained to jump up on her back and shoulders.



Harry Langford in his earlier days.

SPOTLIGHT:

Harry Langford Former Weston Wildcat To Be Inducted into Hall

By Scott Taylor

Harry Langford says he will always be indebted to his first football coach, the legendary Andy Currie.

Now that he's going into the Manitoba Sports Hall of Fame, Langford will have an opportunity to let this generation know

Cont'd on **PG 2**



Stonewall
Quarry
Days -
Aug. 17-19.
See What's
New!

See **PG 8**



Bill Lesack, a man
of many talents,
passes away

See **PG 13**



'Founding Spirit' of
CJNU Passes Away -
Garry Robertson

See **PG 11**

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SPOTLIGHT: Harry Langford *cont'd from front page*

how important Currie was to football in this province.

"I played sandlot football in Weston and then went to Daniel Mac where my first 'real' football coach was Andy Currie," said Langford, via telephone from his retirement home in Nanaimo. "My first year at Daniel, Andy saw something in me as a football player and he spent a long time with me, helping me become as good as I could be.

"After high school, I got to junior with the Weston Wildcats and Andy made me his assistant at Daniel. When I started to play professionally in Calgary, he was an official. We made a vow that we wouldn't talk football during the season but we always talked at length after the season. He would even send me critiques of my play.

"But there was this one time when I was going back to the huddle and

Andy had just called a penalty on me for holding or something and he said to me, 'I didn't teach you that,' and I said, 'I didn't think you'd see it,' and he just said, 'I get paid to see it make sure you don't do it.' It's one of those things I'll never forget."

On Nov. 12, 2012 at the Victoria Inn in Winnipeg, Langford will join his former coach and friend in the Manitoba Sports Hall of Fame. Currie, a remarkable football player,

coach and referee was inducted into the Hall in 1989.

Currie was the recipient of the Order of the British Empire from King George VI for his service in Normandy, was made an Honorary Life Member of Football Manitoba in 1960 and in 1974 he was inducted into the Canadian Football Hall of Fame.

Currie's charge, one Harry Langford from Weston, has some pretty solid

Continued on next page

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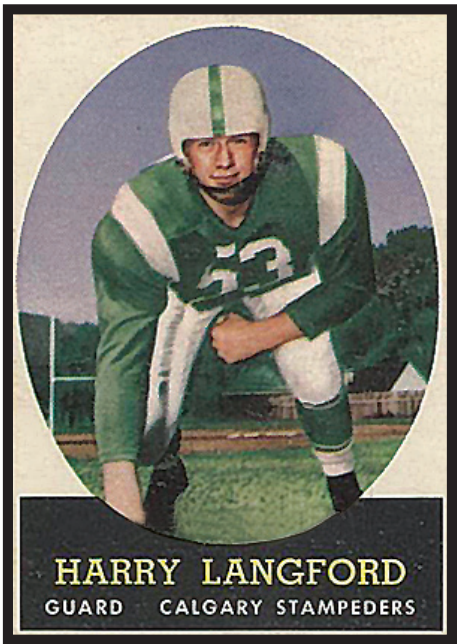
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SPOTLIGHT: Harry Langford *cont'd from page 2*



Harry Langford circa 1958.

bona fides as well. He played nine seasons with the Calgary Stampeders and was named to the Stampeders' all-time greatest team during the club's 50th anniversary celebrations, was an outstanding baseball and hockey player in his younger years in Winnipeg and grew up to become Vice-President of Calgary-based Prudential Steel.

On Nov. 3, Langford will be inducted along with former Winkler Flyers goaltender Eddie (The Eagle) Belfour, a member of the Hockey Hall of Fame; former fastball Olympian Sandy (Newsham) Maskiw; Kelly Hand, a Carman-native who won five national sailing titles, a world championship, and a Pan Am gold (1999) to go along with two appearances at the Summer Olympics (2000 and 2004); and Michael Ireland, a five-time speedskating Olympian.

Grant Standbrook and Morris Glimcher will be inducted as builders while the two teams that will be inducted are the Winnipeg Wesmen women's basketball team (1992-95) and the Manitoba Bisons men's volleyball squad (1978 and 1980).

"This is sure a thrill," said Langford who is now 83 and says he's in great health. "It's my intention to be in Winnipeg for the induction dinner. The fact I'll just be remembered is very important to me because at my age, being recognized for something that happened 50 years ago is really something."

Langford began his career by sneaking into old Osborne Stadium to watch his heroes of the day – Lou Mogul, Bill Ceretti, Mel Wilson and Jack Doanes.

"I don't know what was wrong with me," he said with a laugh, "but I always enjoyed watching the linemen and the line play. I kind of always wanted to be a lineman, I guess."

He started to play in Weston and was a star with the Weston Wildcats, before heading to Daniel. After playing for Andy Currie and the Maroons, he went on to play junior in Weston and caught the eye of Blue Bombers head coach, Frank (Butch) Larson.

"It's great to look back on a career I very much enjoyed. You know, my last game was the CFL all-star game in 1958 and it was on my birthday. It's a nice feeling going into the Hall of Fame."

~ Harry Langford

Larson talked to him and inquired as to whether or not he wanted to play with his hometown team, but it seemed the conversation never got past that – a conversation. Meanwhile, Les Lear in Calgary sent him a note asking him to attend a spring camp.

"I asked Andy if I should go and he said, 'absolutely,'" Langford said. "So I went to Calgary in 1950, got invited back to the main camp, made the team and spent nine years with the Stampeders."

At 6-foot-3, 230 pounds, he was a big offensive guard in the 1950s. He also had a career with the Stamps that was virtually injury free. He suffered a concussion once, but didn't miss a game. Otherwise, he played every game of every season.

"I loved playing football. It was the love of my life," Langford said. "And I had some great battles over the years against the likes of Dick Huffman in Winnipeg and Martin Ruby and Arnie Weinmeister in Saskatchewan. It was a helluva lot of hard work, but it was always fun."

In 1959, Langford was traded to the B.C. Lions, but said he owned two service stations back in Calgary at the time and "guys were stealing more money than I could make," so he decided he had to go back home and run his business.

"I played senior amateur football with the Drumheller Miners," he said. "We had a great team, but in the early 60s, the St.Vital Bulldogs came into town and whipped us for the Canadian championship. I knew a lot of those guys."

He started out as a lithographer, then ran gas stations and then went into sales with Prudential Steel, eventually rising to VP. He retired from that job 20 years ago and moved near his children on Vancouver Island. He's lived there ever since.

"It's great to look back on a career I very much enjoyed," he said. "You know, my last game was the CFL all-star game in 1958 and it was on my birthday. It's a nice feeling going into the Hall of Fame. When you get to be my age, it means a lot to you." ■

Fraud Prevention:

Ransomware scam warning

NORTH BAY- July 3, 2012 – The Canadian Anti Fraud Centre and the Royal Canadian Mounted Police Technological Crime Branch have been receiving reports from Canadians who say their computers are being frozen or they have been "locked out" of their computers. This happens primarily after complainants receive pop-up messages warning them their computers have been associated with child pornography and illegal music downloading.

These warning messages, which claim to come from the RCMP or other Canadian government agencies, tell recipients to pay \$100 dollars via Ukash (a payment service provider) so their computers can be "unlocked".

These types of messages, known as ransomware, are scams designed to create shock and anxiety so that victims respond by sending money quickly. If you receive one of these messages, please be aware that:

- The ransomware is an attempt to defraud you.
- Sending money will not fix your computer – it will remain locked. DO NOT SEND MONEY.
- Neither the RCMP nor any other Canadian government agency would hijack computers in order

to obtain money. The ransomware presence is hard evidence that your computer has been infected by malicious software (malware) that must be dealt with.

- The recommended way to regain access to your computer is to seek the help of a computer technician who can remove the malware.
- To protect against cyber attacks, you must regularly update your software. You should have up-to-date anti-virus, spyware and firewall protection.

If you receive a ransomware message, please contact your local police force and the Canadian Anti Fraud Centre (**1-888-495-8501**) to report it:

www.antifraudcentre-centreantifraude.ca/

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“THE BUZZ”

More Hall Members, Old Bodybuilding Champ Arrested, Mrs. Blake Passes Away, Baizley Bags a Big One, Phil and Murray go to the Races and the Manitoba Senior Golf Champs are Crowned



By Scott Taylor

The third class of inductees into the Manitoba Football Hall of Fame has been announced. It's a rather large, illustrious group, too.

The individuals who will be inducted are: **Graham Kinley, Bob Keating, Al Kinley, Lloyd Urbanowski, Irv Jackson, Frank Bryan, Bob Toogood, Jerry Tostowaryk, Bob Kraemer, Henry Janzen, Ron (Pepe) Latourelle, Harry (Hap) Hopkinson, Art Lawlor, Garry Slobodian, Bill Mark, Nick Laping, Wayne Shorten, Culver Warren, Ray Ash, Walt McKee, Mike Shylo, Gill Bramwell and Bob Holiday.** The two teams that will be inducted into the Hall are the 1969 and the 1970 University of Manitoba Bisons.

The class, which will be inducted into a Hall of Fame for "amateur tackle football," will be honored on Aug. 15, at the Viscount Gort Hotel.

● ● ●

It's been a summer of losses for the folks out at Assiniboia Downs. In our last issue, we reported on the passing of **A.E. "Bert" Blake**, one of the greatest trainers in the history of Canadian thoroughbred racing. He was 92. Then came news that on July 3, two weeks after her husband passed on, **Eileen Grace Blake** (nee:

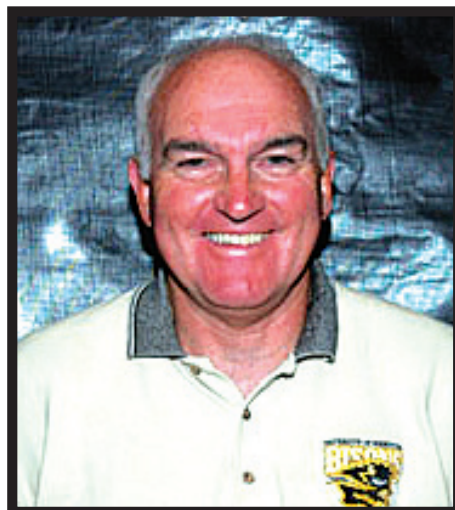


Henry Janzen back in the day.

Murray), 84, passed away. According to Assiniboia Downs historian **Bob Gates**, "She had been an accomplished equestrian, winner of the 1960 Powder Puff Derby at the Downs and knew equine bloodlines as well as her late husband did. Mr. and Mrs. Blake, together again. No more need be said. Our sincere condolences go out to their families."

● ● ●

For local curling fans, and there are tens of thousands, **Ray Turnbull** was the Voice of Curling in Canada.



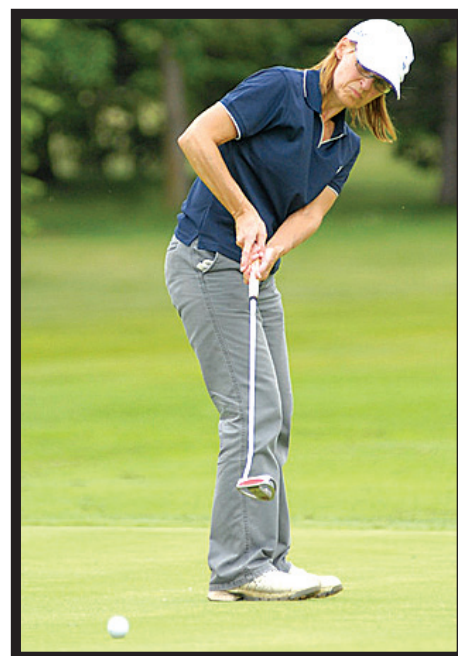
Walt McKee.



Ray Turnbull with TSN.



Ken Mould.



Tammy Gibson.

Turnbull spent 25 years, most if them beside **Vic Rauter**, calling the Roaring Game for TSN before his retirement last year. Now 73, Turnbull still goes to work every day at his insurance office and has taken a second "job." He's an active board member with the Winnipeg Blues Jr. A Hockey Club... Speaking of hockey, the highly respected NHL player agent **Don Baizley** might be battling lung cancer, but he isn't letting it slow him down. The 70-year-old Winnipeg lawyer just finished negotiating a five-year \$28.75 million contract extension for Winnipeg Jets Swedish defenseman **Tobias Enstrom**... Curler and big curling supporter **Zivan Saper**, 61, still gets up at 5:30 every day to go to the Wellness Centre and then he's off to work a full day at the family business, Winnipeg Insurance Brokers. With Saul Greenberg, Stewart Leibl and Steve Dubois on our team, Zivan and I just finished second at the Winnipeg Goldeyes Field of Dreams golf tournament. Dubois was the youngest member of our team at 50. We were 14-under. So much for those other baseball playing whipper-snappers.

● ● ●

I'm proud to say that every summer, I'm part of the Shaw TV crew that telecasts 20 Winnipeg Goldeyes Baseball games all over the province. Now, I'll admit I'm the oldest on the crew, but there are some other "aging" members of our crew as well. Our producer and technical director Jim MacGregor is 57 (Jim and I have been doing TV work together since the late 1970s) while cameramen Johnny McClure and Michael Grant are 55 and 54 respectively and my partner in the broadcast booth, Shawn Coates, just turned 50. I'll admit, this could be one of the oldest crews in baseball... Neil Boisclair of Winnipeg, attended his first Winnipeg Jets game as a teenager in

1972. "I loved Bobby Hull," he said the other day. This year, the 55-year-old Boisclair will start his second season on the NHL scoring and statistics team that works the Jets games in Winnipeg. He was a member of the American Hockey League stats and scoring team that worked for the Manitoba Moose for 14 years... The province's senior golf championships were crowned last week. The Manitoba Sr. Men's Champion is **Ken Mould** from St. Charles Country Club who shot 76-70-73 to win the crown. Meanwhile Bruce North from Carman, Mark Starodub from Selkirk and Mike Berney from Transcona all tied for second. Three players have qualified for the Provincial team that will compete at the 2012 Canadian Men's Senior Championship, August 28-31, at Le Griffon des Sources, Mirabel, Que.: Ken Mould, Mike Berney and Tom Humniski. The provincial women's champion is **Tammy Gibson** from St. Boniface Golf Club who went 77-75-75 to win the title. Karen Saarimaki from Kenogamsis Golf Club was the runner-up. The 60-plus champion was Judi Lidstone from Elmhurst. Three players have qualified for the Provincial team that will compete at the 2012 Canadian Women's Senior Championship August 21-23 at the Belvedere Golf Club in Charlottetown, PEI: Tammy Gibson, Karen Saarimaki and Donna Brownridge.

● ● ●

Our good buddy, **Reggie Leach**, 62, the Ol' Riverton Rifle, will play host to a charity golf tournament this Saturday at Links at the Lake Golf & Country Club near Gimli. The

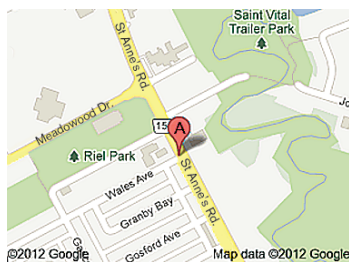
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"THE BUZZ", cont'd from page 4



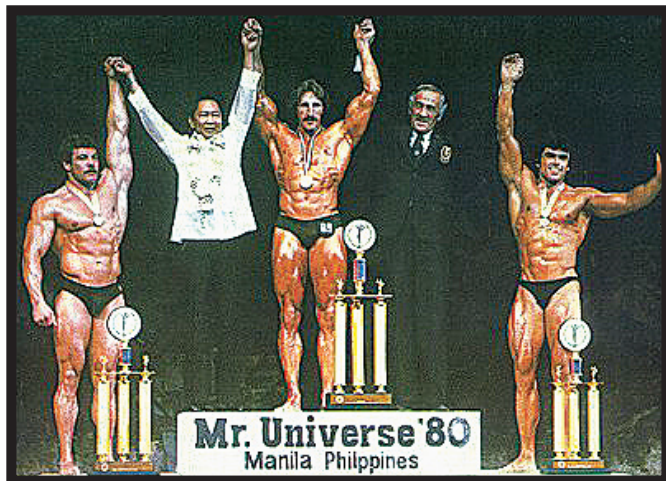
Reggie Leach.



Wayne Seidler.



Chris Walby.



Reid Schindle (left) was second at the 1980 Mr. Univers.

former star and Stanley Cup winner with the Philadelphia Flyers will join his son Jamie, the assistant pro at St. Boniface Golf Club in Winnipeg and also a Stanley Cup winner with the Pittsburgh Penguins in an effort to raise funds for the Reggie Leach Classic and the Riverton Transportation and Heritage Centre... Another good friend, **Dal McCloy**, 67, looks great and is still going to work every day. President of the PM Group in Winnipeg, McCloy has spent 30 years advancing Aboriginal issues especially those connected to oil and gas. He's still doing it today. "I'm still working in oil and gas," he said modestly at the Winnipeg Football Legends Golf Tournament last week. "Gives me something to do." Yeah, right. Nobody works harder... Former Winnipeg Blue Bombers Hall of Famer **Chris Walby**, 55, is now officially retired – or so he says – but he can still break up a room. Walby was the MC of the Winnipeg Football Legends Dinner and he was a riot.

♦ ♦ ♦

Back in 2009, our old ball club, the Giroux A's was inducted into the Manitoba Baseball Hall of Fame. Last week, some of the boys got together to reminisce. Now, the whole lot of them were pretty funny but nobody is funnier today than 62-year-old **Wayne Seidler**. He might have Parkinson's, but it doesn't hurt his golf game or his ability to crack wise.

At dinner after their round of golf, some of the guys were commenting on the brilliant knuckleball that is

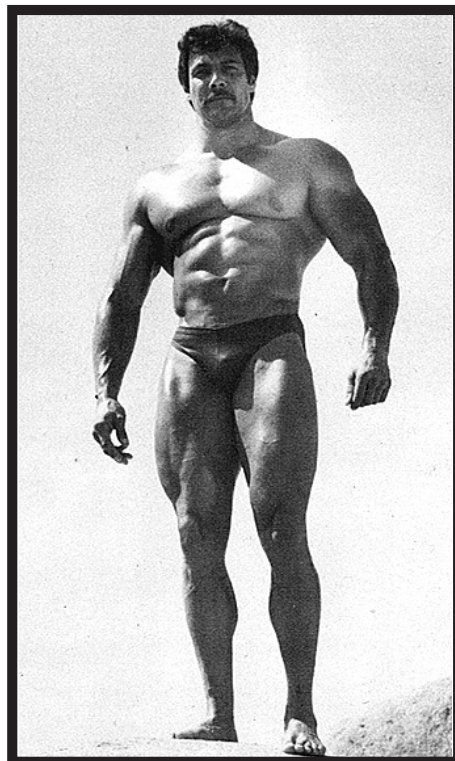
being thrown these days by New York Mets all-star R.A. Dickey, a long-time minor leaguer who finally became a big league star at age 37 because he perfected the knuckler. Seidler found a way to use the conversation to take a shot at one of our old pitchers, 64-year-old Dennis Wiebe.

"Dennis had the world's slowest knuckle ball," quipped Seidler. "It was so slow that I was catching for him once and halfway to the plate a fly landed on it. It relieved itself and flew away before the ball got to the plate."

"How slow was Dennis? When I threw inside to a batter, I would just have time to yell 'look out!'," Seidler added. "Dennis had time to say 'Look out John Smith, I think you might want to get out of the way.'"

♦ ♦ ♦

This past Monday, a beautiful three-year-old bay gelding named Runaway Lion owned by 83-year-old Phil Kives ran in the \$75,000 Manitoba Lotteries Derby. Kives, the former K-Tel founder and father of the modern infomercial, has long been the owner of K-5 Stables, one of the most successful stables in Manitoba racing history. Kives was born the same year the stock market crashed in 1929... Another great veteran of the Downs, owner/trainer Murray Duncan also had a horse in the Derby. The three-year-old bay colt, Pleasant Closing, the Harry Jeffrey Stakes winner and one of the favorites heading into the big race. Duncan is 71 and has been a licensed trainer since 1962... He grew up on a mixed farm in Carberry,



Reid Schindle.

Man., and spent 24 years working in a potato factory while he honed his training skills... Assiniboia Downs racing historian Bob Gates is on a search for old pictures of horse racing in Manitoba. If you have anything from the old days at the Downs or even from Polo Park, Whittier Park or before, contact Bob at gatesrk@mts.net.

♦ ♦ ♦

Could this be chalked up to someone not putting enough dough away for those retirement years? Back in the late 70s and early 80s, **Reid Schindle's** name could be found in the pages of the local papers on a regular basis. Back when amateur sport was actually covered by the local papers, Schindle was Canada's finest bodybuilder. He was Mr. Canada every year from 1978 through 1981 and he competed in a handful of Mr. Universe competitions.

Last month, however, his name was back in the papers, but not because he had won any kind of national championship. Here's how the story read:

"Over a million dollars worth of marijuana was seized in what police are calling a "sophisticated" grow-op. Following a lengthy joint investigation between the province's Safe Neighborhoods initiative and Winnipeg police, officers executed a search warrant in the 500 block of Madison Street, a mostly-commercial street near Polo Park mall. Inside, officers found a pot-growing operation with \$65,000 of equipment. They also seized eight one-pound bags of marijuana, which are worth \$20,000 on the street, and 987 marijuana plants. The plants are worth \$1,105,440 on the street, police said."

One of the two men who were arrested on the property was 62-year-old Garry Reid Schindle. Same guy. He was charged with producing marijuana and possessing it for the purpose of trafficking. He was released on a promise to appear.

I feel badly. I could have given him the name of a good financial advisor. ■

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ANNOUNCING "TEAM MANITOBA 2012" for CANADA 55+ GAMES - These Games are their OLYMPICS!

By Lois Dudgeon

On August 28, fifty-four Manitoban athletes will venture to Nova Scotia to prove retirement does not necessarily mean rocking chairs and knitting yarn.

This year, the biannual Canada 55+ Games will be hosted by Sydney, Nova Scotia from Wednesday, August 29 to Saturday, September 1. The Canada 55+ Games is a first-class sporting event that brings together over 1500 senior athletes from all over the nation for healthy competition and social camaraderie.

The guiding mission statement of the games is to influence personal behavior and social supports that encourage healthy, active living for older adults in Canada. Manitoba's Team Manager, Lois Dudgeon of Morden, states that "fun, fitness and friendship" is the slogan both the administration and participants live by. "Athletes come to the games to reconnect with old friends or to make new ones within the spirit of friendly competition."

Familiar sports like golf, curling, ice hockey and slo-pitch are featured alongside other activities like cribbage, horseshoes and scrabble. The variety ensures that every senior, regardless of their fitness level, will be able to participate. There is no admission charge for any of the 23 events.

Team Manitoba 2012 was announced following the Manitoba 55 Plus Games qualifier, held June 12 - 14 in Arborg, MB. Nearly 900 Manitobans participated in the local event built on the same principles of the Canada 55+ Games. Team Manitoba's uniforms were generously sponsored by Homestead Manitoba out of Winnipeg.

Team Manitoba will also enjoy coffee houses, banquets and dances during the Wednesday to Saturday event. Participants will also be treated to performances by the multiple award-winning duo of Mary Jane Lamond and Wendy MacIsaac, the famous singing coal miners The Men of the Deep and internationally renowned recording artist Rita MacNeil. The next host community will also be announced at the closing ceremonies. Manitoba last host-

ed the Canada 55+ Games in 2006 at the community of Portage la Prairie.

For more information on the Canada 55+ Games, visit **www.canada55plusgames2012.com** or contact: **Charlie McCullough** before Aug 23 at **204-745-3425** or your local "Team MB" athlete before Aug 24.



Team MB 2010, Brockville.



Winnipeg South, Winnipeg Slo-Pitch team - part of Team Manitoba 2012..

INTRODUCING... "TEAM MANITOBA 2012" Canada 55 + Games, Sydney, NS, August 29 – September 1, 2012

Fifty four athletes make up Team Manitoba and the average age is 70 among them.

Delmar & Iris Bamford, Birtle, MB 18-Hole Golf
Grant Buchanan, The Pas 18-Hole Golf
Linda Buchanan, The Pas Track
Maurice & Doris Chaychuk, Dauphin Cribbage
Olga Code (91) & Sonia Gamache Contract Bridge
McCreary/Laurier 18-Hole Golf
Andre Dacquay, Notre Dame Curling
Elaine Delannoy, Judi Mason, Winnipeg 18-Hole Golf
Pat Sigfusson, Lynne Howden, Dan Deonarine 18-Hole Golf
Erickson 18-Hole Golf
Lois Dudgeon, Morden 18-Hole Golf
John Erickson (62), The Pas
Charlie McCullough, Carol Withers, Team Manager
Wayne Johnson, Joan Johnson, Carman 18-Hole Golf
Curling

Leona Moore, The Pas 18-Hole Golf
Vivian & Melvin Oswald, Norm & Doreen Fox, Bowling
Eleanor Scott, Neepawa Cribbage
Lois Poast & Amy Richardson, Dauphin
Jean Ross, Marie Montsion, Donna Sainsbury, Curling
Shirley Maurice, Winnipeg 18-Hole Golf
Ida Theodore, Swan River Bowling
Gordon & Ruth Topnik, Steinbach 18-Hole Golf
Jack Widdicombe (91), Russell Duplicate Bridge
Dennis & Gustine Wilton, Carman

Winnipeg South, Winnipeg Slo-Pitch
Allan Sharpe, Rene Comte, Penny Flock, Lyall Gardiner, Michael Gehlen, Bob Gross, Gary Loeb, Les Newman, Grant Norman, Peter Paley, Ken Rigaux, John Shearer, Neil Strachan, Roland Vandall, Andy Viallet, Garth Whitlock

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McBeth House (home of McBeth House Centre for seniors) Celebrates 100 Years - June 24, 2012.

McBeth House's 100th Birthday Celebration was quite the party at 31 McBeth Street, Winnipeg.

The weather cooperated and over two hundred members, guests and neighbours of McBeth House attended, according to Edna Krosney, President of McBeth House Centre, where 55+ and senior members meet on a regular basis.

The trolley provided by Winnipeg Trolley Company, the Scottish Country Dancers and the Canada Costume Museum fashion show was a flashback of 1912 when McBeth House was built.

A special 'thank you' goes out to all of the volunteers and sponsors of the event: The River Ridge Retirement Residence - an All Seniors Care facility, and Klassen Funeral Chapel.

The property located along the Red River, east off of North Main St., Winnipeg on Red River Blvd. turning north on McBeth was deeded from the crown in 1815 to Alexander McBeath (later McBeth) one of Lord Selkirk's colonists. The grandson, Robert McBeth Jr., inherited the property and built the current house, which stands there today, in 1912. Isabel McBeth, the only remaining child of Robert Jr., donated the property to the City of Winnipeg to be used by

the community, as it has been for the last 25 years.

McBeth House is now home to a Senior group of more than 100 members. Boy Scouts also meet here.

Here is an excerpt from the Winnipeg Free Press, March 1, 1913 edition:

"FINE BRICK RESIDENCE REPLACES FRAME HOUSE"

Winnipeg Pioneer Moves to New Dwelling After Lifetime Residence in House Which Was Built in 1851—Once Sheltered Gov. Schultz When sought by Rebels

From a house that has stood unchanged for 62 years; from tallow candles or merely wick in oil to the latest idea in electric lighting and ornamental chandeliers; from a wood burning cooking and heating stove to hot water heating and electric ranges is a big change but that is what Robert McBeth... is doing to-day when he moves into a new and modern brick house, just completed on a portion of the homestead which has been in his family since the time it was originally granted from the crown... in his new residence he has left little for the advancing years to add to for it is as completely modern as a house can be made.

It goes on to say that a telephone is installed in the new home, as well.



McBeth House



Winnipeg Trolley Company bus.



Scottish Country Dancers.

Robert McBeth Jr. recalled a time when mail came only once a year to the Scottish settlement before Winnipeg was even Winnipeg.

The original house on the site, built of solid oak timbers by Alexander in 1851, withstood a major flood in 1852. River water invaded the ground

floor, but left no major damage. In the meantime, Alexander lived in a tent on the top level of the house before construction was even completed.

For information on the programs and activities for seniors at the McBeth House Centre, call **204-334-0432**. ■



Canada Costume Museum fashion show.

Edna Krosney (left) and Connie Newman.

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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 "chazera" 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.

Stonewall Quarry Days - Aug. 17, 18 & 19 - Fun for all! What's new for 2012

What are you doing August 17, 18 and 19? If you've never been to the Stonewall Quarry Days before, this would be a good year to check out their 28th annual festival.

Dan McDermid, Chair of the committee, ensures us that this year will be bigger and better than past years. Why? Because, besides the usual fantastic array of activities and free

stage shows, there will be some new features this year. More vendors, more entertainment, and more fun! McDermid announced a full day of performers on the Main Street

Entertainment Stage for Sunday, something they haven't done in the past. It will start after the 11:15 am church service.

Also new for Sunday is a Parade featuring the Ghost Squadron Tank & Jeeps including a 33 ton Sherman Tank, the Shriners Marching Band with 40 members—a first for Quarry Days, and local floats. The goat races are also new for Sunday. (Must bring own goat.)

New for Sunday's Show 'n Shine is an Obstacle Course, Engine Blowup, Truck Pull and a Watermelon Eating Contest.

New this year for Saturday is the landing of the STARS air ambulance helicopter at the Sunova Curling Rink parking lot.

Friday and Saturday are filled with so many activities for all ages. The Wonder Shows Midway will be in full swing starting Friday evening.



Magician Christopher Cool.



Aaron Pritchett.

Continued on next page



Above: Wonder Shows Midway rides.
Left: Main Street, Stonewall, looking south.

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Much of the entertainment is local, but Friday night will feature Canadian country star **Aaron Pritchett** at the Sunova Main Stage, and the best part, aside from the great music... is no admission fee! FREE!

The Quarry Days entertainment stages all are FREE.

Back by popular demand is the Used Book Sale (library), Beer Gardens & BBQ (Stonewall Legion), Rockland Antique Tractors/Corn Roast, Dunk Tank, Fireworks (Friday night), Slo-Pitch Tournament (Quarry Park Ball Diamonds) with proceeds going to help Mackenzie, a little girl from Winnipeg battling a rare, serious illness, Pancake Breakfast (Sat. & Sun.), Farmer's Market (Main St.), Petting Zoo, Hamster Races (Stonewall Pet Junction), Lions Kiddy Train, juggler Robin Chestnut and magician Christopher Cool. There's too much to mention all that's happening.

Entertainers for the FREE ENTERTAINMENT Stage are:

ELECTRIC SWEATER POUCHES - Five young adults, an alternative indie band that also enjoys folkier acoustic songs. Sat., 1 pm

ROBIN CHESTNUT - Canadian juggling champion from Teulon, MB. Sat., 1:20 pm

ELLEN STAFFORD - 22 year-old singer/guitar player Sat., 2:05 pm & Sun, 2:05 pm

BAMBI RUTHERFORD - Singer/songwriter, recording artist, performer/teacher. Sat., 2:15 pm

COFFIEMAN - Calypso, reggae and African hi-life music particularly from Ghana. Sat., 3:15 & Sun., 2:45 pm

SEANSTER & THE MONSTERS - Sean Hogan (and the monsters) enjoy entertaining young and old proving family music can be fun for everyone. Sat., 4 pm

MILLENNIUM BAND - Musicians of all ages who play a variety of music styles. Sun., 1 pm

HAROLD & CHRISTINE ENNS - Singing duo from the Warren, MB area. Sun., 3:30 pm

RHIANNA SAJ - Rhianna Rae Saj plays and writes her own music. She recently recorded two songs with producer Chris Burke Gaffney. Sun., 3:50 pm

FRESH IE - Fresh IE is a Canadian Christian artist playing Rap style music. He and his band The Unashamed performed at the 2010 Olympics. Sun., 4 pm.

The Stonewall Legion will present **The Echo Valley Boys** in the Clubroom Fri., 8 pm; **Geoff Erickson** in the Clubroom Sat., 1:30 pm, 8 pm in the Beer Gardens and Sun., 2 pm in the Clubroom; and **Jessie James (DJ)** in the Clubroom Sat., 8 pm.

Weekend hours are: Friday 5-12 pm, Saturday, 12-12 pm, and Sunday 12-5 pm.

For full weekend schedule, visit: www.stonewallquarrydays.ca



Stonewall Show 'n Shine car show - 2011.



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Amazing FIREWORKS Friday, Aug 17th 10:00 PM at VMSC

1st Annual PARADE Sat. Aug 18 11am 3rd Ave S. & Main to 5th St. W to Collegiate

Farmers Market - Saturday, Aug 18

WonderShows Midway all weekend

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Petting Zoo • Slo-Pitch Tournament

Show 'N Shine Car Display - Sun, Aug 19th & MORE

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Hull's Haven *cont'd from front page*

flyball, frisbee and agility—and realized that the Border Collie breed was in serious trouble. People were under the impression that these collies are so brilliant, they should be able to train themselves. But Sally stresses that Border Collies need to be trained and kept active. If they aren't challenged every day, they can get into trouble.

So, after she received an email from Alberta that six Border Collies, that were abandoned on a property and abused by locals, were dropped off at a local pound only to be euthanized 72 hours later if not rescued, she knew she had to do something. With the help of the Winnipeg Free Press, when generous Winnipeggers donated enough for airfare for two collies, their vet bills and a surplus of \$2000, she came to the pleasant realization that she officially was in the business of rescuing Border Collies.

Having run a cleaning business in Winnipeg in the past, today, Sally is living her dream of boarding and training dogs and helping rescue Border Collies find good homes and helping good people find good pets.

This is something she takes seriously. Every potential adoptee is subjected to a criminal check and she has even rejected some who have applied. The application is extensive too—12 pages, whereas it used to be only two. Sally states that, "It's quality, not quantity that counts." It's important that new homes are appropriate for the rescue dogs. If not, they are rejected. She has rescued dogs from across Canada in Ontario, Saskatchewan and Alberta, and as far as Texas and Missouri in the U.S. She has adopted dogs out in Manitoba, B.C. and Newfoundland, Canada and in the U.S.

Sally hasn't had a holiday in quite some time. If she isn't handling emails (24/7), or answering calls sometimes 3 or 4 in the morning, she constantly is on the go travelling across the U.S. border or another part of the country to meet with other rescue volunteers to pick up new rescue dogs that come from puppy mills, abuse or hoarding situations. An organization, run by volunteers called **Pilots and Paws**, helps greatly with transporting the dogs by plane. And

countless volunteer drivers also selflessly ensure that the dogs get safely to Sally at a midway point.

When Sally rescues dogs, she has to arrange for foster families to care for them until they can be adopted out. Heather Hill and Nikki Schonen volunteer with the process of running the rescue operation and doing the criminal checks. Sally is grateful for their dedication to the cause.

Sally arranges the transportation of the dogs from any part of Canada or the U.S. to Winnipeg and then to foster families. She also handles the networking process with other rescue operations, veterinarians, the Winnipeg Humane Society, Animal Services, and with potential new owners.

Since she started the rescue operation seven years ago, about 1000 dogs have been blessed with Sally's efforts and success of finding new, loving and safe homes for them. She rescued only 25 dogs her first year, but has rescued over 400 in this past year alone. Sally has seen the good and bad of rescuing dogs. "It's a mixed blessing," she says. "You meet amazing people. I have friends in the U.S. I've never met, whom I've worked with for years. But you also see the ugly side of humanity."

Finding new homes for senior dogs, or other pets, is especially difficult, although there are more people getting involved with that need.

Hull's Haven Border Collie Rescue is always in need of foster families and supplies such as paper towels, good quality dog food, Glucosamine, and other aides. She only uses Nutrisource brand as rescue dogs are very under-nourished. When you foster a dog, or dogs, all expenses are paid for by Hull's Haven. Cash donations are also welcome to Hull's Haven or to a variety of businesses who support her rescue operation.

When you foster or adopt, dogs are returned to Hull's Haven in the event that something happens to you, or if there are behavioural problems.

Sally has eight dogs of her own, all that live in her house—seven Border Collies, two of which are blind, and one Jack Russell cross. She can board five dogs at a time, and they too are welcome in her home during their stay. They are treated just like family.

Sally and her dogs often can be seen at the Stonewall Quarry Park tirelessly chasing tennis balls in the water and mingling with other dogs. After they are well-exercised, they all jump obediently into their kennels stacked neatly in the back of her van and off they go home to Meleb, Manitoba, about one hour north of Winnipeg. It's such a treat to see how she manages all of them and how well-behaved they all are, except for the odd wanderer. On-lookers are occasionally treated to a trick or two, as well, even by her blind collies. At home, Freckles, Sally's 'first foster failure'—she ended up keeping her—will shut off the lights on command, a skill learned by target training, and Frodo will pick up all the dishes after feeding. He also is a flyball—a hurdles jumping race—and frisbee champion.

Sally offers obedience training and is learning Dog Agility with some of her collies. This is a sport for both dogs and people where handlers direct their dogs through, over, under and around obstacles. Riddles, one of her blind collies, excels in the sport. "He's one-of-a-kind," says Sally. He skillfully manoeuvres around the course only with Sally's voice commands. Riddles also is an ambassador in schools. He was invited to participate in the "Yes I Can Program" to inspire children with related disabilities—sight impairment.

For more information on Hull's Haven Border Collie Rescue, fostering or adopting dogs, training or Sally's photography services, call Sally at **204-999-1866** or visit **www.hullshaven.org**

Sally also welcomes invitations for visits with her dogs to senior facilities.

Check out the Hullabaloo event in Winnipeg on Sept. 15 for fosters and adoptees of Hull's Haven's rescues on page 15 of this issue. ■



Casey, a rescue from Somerset, Kentucky, was adopted by Angie Cheadle of Stonewall, MB, from Hull's Haven and can often be seen in the Stonewall Quarry Park as well.



Swimming for the tennis ball.

DOG FACTS

- The Border Collie, also known as Scotch Sheep Dog or Sheepdog, is a herding dog breed developed in the Anglo-Scottish border region for herding livestock, especially sheep. They are extremely energetic, acrobatic, and athletic.
- The most intelligent dogs are reportedly the Border Collie and the Poodle, while the least intelligent are the Afghan Hound and the Basenji.
- All dogs can be traced back 40 million years ago to a weasel-like animal called the Miacis which dwelled in trees and dens. The Miacis later evolved into the Tomarctus, a direct forbear of the genus Canis, which includes the wolf and jackal... and the dog.
- Ancient Egyptians revered their dogs. When their pet would die, owners shaved off their eyebrows, smeared mud in their hair, and mourned aloud for days.
- Small quantities of grapes and raisins can cause renal failure in dogs. Chocolate, macadamia nuts, cooked onions, or anything with caffeine can also be harmful. Apple and pear seeds contain arsenic, which may be deadly to dogs.
- Dogs have sweat glands in between their paws.

KNOW YOUR DOGS?

Match the dogs to the names below.



- | | |
|-----------------|---------------------|
| A. Great Dane | G. Boxer |
| B. Jack Russell | H. German Shorthair |
| C. Beagle | I. Westie |
| D. Yorkie | J. Weimaraner |
| E. Bichon Frise | K. Shih Tzu |
| F. Newfoundland | L. Golden Retriever |

KNOW YOUR DOGS? (Answers) 1C, 2D, 3E, 4I, 5G, 6J, 7H, 8K, 9L, 10A, 11B, 12F



Quarry Park is a meeting place for dogs and their owners. Marge Lenko always has treats for her fine furry friends. Her dog, Diva, is the white one.



Sally Hull often brings her dogs to Stonewall Quarry Park for some fun and frolic.

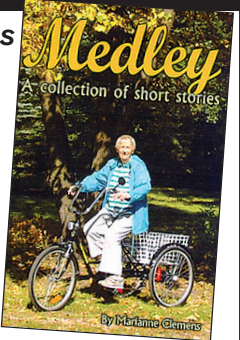
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The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

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Winnipeg: McNally Robinson - Grant Park Shopping Centre
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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."

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A Tribute to Garry Robertson

'Founding Spirit' of CJNU Passes Away

Courtesy of CJNU 107.9 FM

CJNU is saddened to announce to its members and listeners the passing of Garry Robertson on Friday August 3. He is considered by many at CJNU to be the 'founding spirit' of the station from its inception in 2006.

Garry had faced serious health issues over the past few years, while always retaining his positive outlook and enthusiasm - particularly enthusiasm for CJNU. Garry was 72. All of us at CJNU extend our condolences to all those close to him, particularly his two daughters.

Garry was always captivated by music, and among other things played the music for graduation ceremonies at River Heights Junior High. That evolved to work with the campus station at the University of Manitoba, and eventually to his first radio job at CKRC in 1959.

Over the years he was on the air in Brandon, Yorkton, Kenora, and mostly here in Winnipeg at CJOB. As many people will recall, Garry was also 'The Music Man'. He founded **Garry Robertson Music Services**, with franchises spread across Canada, and provided the entertainment for countless weddings, parties and celebrations.

At last year's **Nostalgia Broadcasting Cooperative** AGM, station manager Bill Stewart presented Garry with the first 'CJNU Builder's Award'.

"Garry and I had started out in radio in the late fifties and early sixties when we both worked at CKRC and CJOB," Stewart said. "Garry had always demonstrated a great entrepreneurial inclination - in 1964 we were both shareholders in a cotton candy machine. Later on, we both ran 'hi-fi' stores. Garry's greatest success was in developing Garry Robertson Music Services - a household name for party music in many parts of Canada.

"Garry had always been able to dream and imagine and then with great passion and persistence and persuasion make it happen even when reality might show the project as near impossible. After several 'nostalgia' stations had come and gone, Garry convened a meeting of 23 interested persons at his house in September 2006. From that CJNU was born and went on the air only three months later. Coupled with his passion and persistence was his optimism that enabled him to face and surmount many obstacles, including health issues that would defeat most lesser beings."

Garry was presented with a plaque as a permanent reminder that his efforts to give Winnipeg a nostalgia music station were much appreciated.

CJNU announcer Wayne Bruce called Garry Robertson "My friend for 47 years. I first met Garry while I hung around CJOB watching and learning. He allowed me to sit with him while he was on the air. I was



Garry Robertson

just 17 at that time. I later worked for Garry both as a music man for Garry Robertson Music and as his manager for Garry Robertson Music. I was the third music man Garry hired in Winnipeg.

"Garry was my mentor and responsible for getting me on the air at CJNU. Thanks Garry for your encouragement. May you keep the music playing always. Missing you my friend."

Jim Bowes, a CJNU on air personality and producer of Radio Classics, also first met Garry when he worked for Garry Robertson Music Services.

"I knew Garry as an employer, mentor and friend," Jim recalls. "He was always kind, respectful, helpful and loyal. He taught me the recorded dance music business in the early '70s and I am still playing to this day. Garry was able to give me a chance to fulfill my life long dream of being a radio announcer. For that I will be forever grateful. Good bye dear friend. I will miss our coffee time together, your great attitude and smile."

Even people who knew Garry for a relatively short time realized he was a very special type of person. Although CJNU Saturday afternoon program host Scott Best wasn't even born when many of us first met Garry, he too feels a great loss with Garry's passing.

"I didn't know Garry as long as some others at CJNU, but our relationship was also very special. I met him in December 2006 during CJNU's very first broadcast. I was 17 at the time, but I had loved and grown up with nostalgia music. I knew I wanted to be a volunteer with CJNU, but I did not think my radio experience at Kelvin High School would be enough to warrant a place among a troop of such professional and experienced broadcasters.

"Garry was the one who showed me the ropes of broadcasting and



Garry Robertson at the CKX studio in Brandon, Manitoba in earlier years.



Above: Garry Robertson - CJOB.

Left: Garry Robertson and Tom Dercola at the Age & Opportunity Housing Expo.

ended up being the biggest booster of my work, radio and otherwise, I have ever known. He loved music and he loved life. He was my father, grandfather and friend all rolled into one. Though I was a young upstart broadcaster, he always made me feel like an equal. His persistence and positive attitude will always be an inspiration to me. Rest in piece my friend."

CJNU Voice in the Night announcer Tom Bryant recalls first meeting Garry in 1959, when auditioning for a job at CKRC. Garry was the board operator, and that brief encounter marked the beginning of a life-long friendship.

Later, a terribly stupid incident of his own doing saw Tom fired from the CJOB staff. While wrapping up affairs with the station, Cliff Gardner, Tom's supervisor at the time, asked, "OK, so now that I've fired you, do you know of anybody who might be interested in taking your job?" Tom, hoping to not burn too many bridges, replied, "You might want to phone Garry Robertson at CJRL in Kenora. He's really good, and I think he'd love to work for 'OB.'"

Cliff took that suggestion, and as a result, Garry began his successful run at CJOB. By the way, Bryant was re-hired by 'OB' about a year later.

Don Keith, the webmaster (and writer) of this site also had the pleasure of knowing and working with Garry. "The first time I heard Garry on the air, he was working at CJRL Kenora (I was just passing through town). I thought at the time that he was a person with ability and talent that was likely to take his career beyond that small northern Ontario town.

"A couple of years later, I had the good fortune to work with Garry when we were both at CJOB Winnipeg. Back in the 1960s, we were both obviously in the early days of our careers, but I was lucky enough to again work 'on the same team' as Garry near the ends of our careers when I became the CJNU webmaster, in part because of his encouragement to become involved with nostalgia radio. Garry was one of the nicest all round people I've had the pleasure of knowing." ■



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Great Food, Farming & the Fur Trade in the Interlake...Yours to Enjoy!

Submitted by Gail J McDonald, Interlake Tourism Manager

What does Great Food, Farming and the Fur Trade have in common?

In the Interlake it means the return of the "Savour the Flavour" dinner which ties our unique heritage of the fur trade at Lower Fort Garry National Heritage Site together with Manitoba farmers producing fresh, locally grown foods for your table. Mix in a fine young chef, Jason Dornbush, from the Fort Bistro [formerly Riverview Cafe] and it is a perfect recipe for your taste buds.

Professionally trained by some of the top chefs in Winnipeg, Jason has been bringing a change to the restaurant and food services at Lower Fort Garry NHS for 3 seasons, with off site catering and the Fort Bistro open to visitors year around. Prepare yourself for the fall colours and beauty of this famous heritage site as you take your tour among the costumed interpreters telling the stories of the fur trade and the who's who around the fort.

Nestled along the mighty Red River, long known as a major water route to Winnipeg and areas north during the fur trade days, the Red River remains a source of recreation to this day. Experience life in the 1800's, with a menu of locally produced Manitoba foods such as succulent roasted Chicken with portobello mushrooms or a delicious and flavorful Stewed Bison. Perhaps you would choose Farm Fresh Rainbow



Delicious Chicken course.

Trout grown at Watersong Farms near Warren. The choice will be yours, as this stupendous array of delectable foods will be buffet style to allow for your tasting pleasure. Of course no meal in the Interlake would be complete without tasty veggies and greens from one of our many Interlake producers.

What's left? Why it's a tasty and tempting dessert you will be able to enjoy after some exercise while wandering the grounds and visiting the buildings of the Fort to finish at the Big House for this treat. Experience something new as you visit the Fort for the first time or as a repeat visitor to North America's only restored stone fort from the fur trade era. Buildings and walls that have stood on the bank of the Red River for over 180 years tell inspiring tales of innovation, discovery, and struggle. Celebrate the 200 year history of the Scottish settlement under Lord Selkirk, feel the life that once was a



Big House Veranda provides a welcoming feel during your visit.

major part in the formation of this province.

Take the kids, take your parents, leave the city behind as you kick back and explore the Interlake. Why not plan for a full day in the country – this is Open Farm Day where you may visit any of the farms that Manitoba Agriculture Food & Rural Initiatives [MAFRI] has arranged tour opportunities for you.

See: www.gov.mb.ca/agriculture/financial/openfarmday/index.html to plan your day.

Book your reservation for the Interlake "Savour the Flavour" dinner now with the **Fort Bistro** staff at **204-482-5253** so you don't miss

out on this fabulous culinary experience. Full meal and tour is \$35.00 / person including the special treat of dessert in the dining room of the Big House. There are three [3] meal seatings: 3:00 pm, 4:30 pm & 6:00 pm which allows for you to choose your time to eat and then have adequate time to wander the grounds and buildings of the Fort and to enjoy your delicious dessert at the Big House.

This is an initiative of the Interlake Tourism Association & MAFRI working with Lower Fort Garry NHS & Fort Bistro that allows YOU to get behind the scenes and feel a part of the Interlake's heritage and our local historic treasure. ■

Seniors' and Elders' Day

"Celebrate, Participate!"

Celebrating Seniors' & Elders' Month – October

Friday • September 28 • 2012

10:00 am - 2:00 pm

Doors Open 9:00 a.m.

Winnipeg Convention Centre

375 York Avenue



Call for information:

1-800-665-6565

(204) 945-6565 Wpg

Email: seniors@gov.mb.ca

Host your own Seniors' and Elders' Month event in October. Register your celebration in the Calendar of Events and showcase your organization throughout the province. Visit www.seniors.cimnet.ca for details.

For booth rentals, call **204-945-6565** or email seniorsandeldersday@gmail.com. 8 ft table, including table covering and 2 chairs - \$400 (for-profit). *Deadline for registration and payment, Sept. 4/12.

A Tribute to Bill Lesack

Bill Lesack, a man of many talents, passes away

By Wendy Hart

Bill Lesack, a man of many talents, joined the Winnipeg Press Club (WPC) in 2009 for our revitalization. From that time on, he seldom missed a press club event or meeting, until earlier this year when the effects of cancer and treatment made it difficult. In 2010, he was elected to the WPC board, but unfortunately he had to step down for personal reasons before assuming the role of director.

WPC members all know that you can expect to hear from me whenever one of our members passes. Often we also recognize the passing of former members who have contributed to the club in years gone by.

This time is really tough for me, as Bill was also one of my best friends. At 83 years old, he was born a year after my father and the day before. The age difference was immaterial – Bill had friends of all ages. I never heard a negative comment about him.

From the Winnipeg Free Press :

"WILLIAM ANDREW LESACK

1929 - 2012 Peacefully on July 15, 2012, at St. Boniface Hospital, William Lesack passed away at the age of 83 years.

William was predeceased by his wife Norma. He is survived by daughters Cheryl, Jan, and Cindy, as well as granddaughter Deja.

In lieu of flowers donations may be made to a charity of choice.

A memorial reception had taken place for friends on Thursday, July 19, 2012 and a private family interment has also taken place.

Bill was adamant that there be no funeral, and no sadness – but definitely plenty of food for everyone!! His daughter Cheryl invites all who knew him to attend the reception, and welcomes happy memories of her father.

Bill had been an on-air host at CKUW 95.9 FM since 2005, broadcasting from the University of Winnipeg. His enthusiasm for radio – particularly community and campus radio – was contagious. As the oldest person at CKUW, everyone at the sta-



Bill Lesack with Wendy Hart at the CKUW radio station located at the U of W.

tion knew Bill, and he took an interest in everyone. As a testament to Bill's enthusiasm and volunteer spirit, CKUW's "Behind the Scenes/Keener" annual award was renamed "The Bill Lesack Award" earlier this year.

Bill grew up in downtown Winnipeg, and Central Park was his playground. To keep cool, his group of friends would head over to Sherbrook Pool. His love of acrobatics was aided by his diving skills. A lifetime lifestyle was developing. There was no question that Bill was headed to a career as an acrobat. While other kids in school earned reprimands for silly, harmless pranks or for more serious incidents, Bill's brush with the school authorities was for the daring act of executing a perfect handstand on top of the school's chimney – no sissy stuff like a safety net, of course!

To assist in his acrobatic technique, Bill took private ballet lessons from another former friend from school – Arnold Spohr. His gymnastics coach was Wally Kaczor. Wally also coached the older brother of one of Bill's fellow daredevils. Russell Saunders headed to Hollywood, where he became known as "The King of the Hollywood Stuntmen."

Bill stayed in Winnipeg. He married Norma, who was also his acrobatic partner. One other fellow rounded out the act. They performed during the latter part of the vaudeville years, taking their show "on the road." Norma passed away several years ago. Somewhere around his 80th year, Bill took his unicycle out for one last spin, before nailing it up on his garage wall for good.

He was a former employee of the City of Winnipeg's Parks and



Bill Lesack with Minister Jim Rondeau at the CKUW radio station located at the University of Winnipeg.

Recreation and also of the United Grain Growers. (If I got that wrong, Bill will be chuckling at me from up above). In more recent years, he was active with the City of Winnipeg Retirees Association, on the board and as the editor of their newsletter. For several years he had been the chair and co-chair of Manitoba's Seniors and Elders Day Committee. He was also a member of the St. James Legion.

Bill was a Disney collector and admirer in the extreme. He enjoyed one of the largest Disney collections in North America, his home virtually a museum. He was a member of that inner circle Disney Club, and until more recent years spent most winters down at Disney – World or Land, I've forgotten which.

I first met Bill in 2008. It was Bill who persuaded me to make the move to CKUW – something he would proudly point out, whenever the opportunity arose. Although we each had our own weekly programs, the highlight was the spoken word program that we co-hosted, and we were never short of on-air jokes and discussion, especially when we had no studio guests. We never hesitated to poke fun at each other. On Saturday I visited him at the hospital, and knew the joking and banter would soon be fond memories.

Until around the end of last year, Bill continued to exercise and work out for 5 hours daily. He was rarely sick a day in his life, and took no

medications. He did not drink alcohol for obvious reasons – alcohol and acrobatics don't mix. However, he had nothing against it. His mother passed away last year at 104 years of age, and we all expected Bill to last about as long.

Bill was always first in line to lend a helping hand. He never hesitated to offer encouragement, and to listen uncomplainingly to any tale of woe you wanted to share. How high was my opinion of Bill? I introduced my mother and Bill to each other early last year, and they had plenty of opportunities to enjoy each other's company. They attended the WPC's Norman Leach luncheon together last fall. As I said, Bill's enthusiasm was contagious, and their last outing together was to Oh My Darling's CD release party for their "Sweet Nostalgia" album, at the West End Cultural Centre. Sweet nostalgia indeed!

Rest in peace, my friend.



A Dear Friend Gone But Not Forgotten

By Shirley Murray

"When I was younger and more agile," Bill would begin. His stories would paint a picture of him and his beloved wife flying through the air as they proudly performed their acrobatic acts. Bill shared many happy memories.

However, he lived very actively in the moment. His enthusiasm was catching as he volunteered as Chairperson of our **Seniors' & Elders' Day Celebration** Committee for many years and talked about radio shows and his radio show family. Whether planning an event or greeting participants and dignitaries, he humbly made everyone feel welcome and at ease. He opened his heart and was always involved and willing to help in his community. His smiling eyes and quiet pleasant manner were inspiring, once you met him you liked him. You just knew you had grown as a person.

It was my privilege and honour to know and work with Bill and I am

sure that I echo the feelings of others on the Seniors' & Elders' Day Committee.

We will truly miss Bill's guidance, warmth, a hug now and then, and his presence. I have a feeling that he'll be there tossing ideas our way when we need them!

"You can design and create and build the most wonderful place in the world. But.. it takes people to make the dream a reality."

- Walt Disney

Happy trails, Bill!



Shirley Murray and Bill Lesack - Co-chairs of the Seniors & Elders Day Celebration committee saying a few words to the visitors to the annual event at the Winnipeg Convention Centre.

Bill Lesack, one of our volunteers at CKUW passes away

Bill started volunteering at CKUW in 2005 initially with the program **'2000 & Counting'**. Bill went on to contribute countless hours to CKUW in other programs such as **'The Saturday Morning Wake Up Show'**, **'Boots & Saddles'** and more. Bill was a busy guy but always excited about radio, full of energy, generous and a true inspiration to all of our staff.

Bill was the first recipient of CKUW's "Behind the Scenes/Keener" award which was renamed this year in his honour to the **"Bill Lesack Award for Keener Participation."**

- Rob Schmidt, Station Manager
CKUW 95.9 FM

Local senior writing group publishes book - Vignettes from Vineyards of Memory - 2

The idea came in the Fall of 2009, when Pembina Active Living 55+ (PAL) was planning its own birth as it were. Uma Parameswaran volunteered to lead a group of aspiring writers and a group of ten started meeting at the Richmond Kings Community Centre in the Spring of 2010. The group consisted of seniors, some of whom were born in Manitoba, some in other parts of Canada or the U.S. and some born outside Canada (Belgium, Trinidad, India).

Uma Parameswaran initiated the project because she believes that in these fast-changing times, seniors have a lot to give their own and succeeding generations through their memories of another time, other places.

The first volume was published in the summer of 2011. It was published by Uma Parameswaran at her expense under the imprint of Larkuma. In January 2012, the group met informally since PAL's now formalised structure did not

suit her volunteering style that liked only informal structures that did not involve fees etc.

The book is a collection of random memories of parents, pets, arrival in Canada, of particular obstacles in life, etc.

It is written by seniors to share memories of what life was like when they were children or about significant events in their lives, and it is for three generations - their own, that can see parallels to their own lives, and for their children's and grandchildren's so they know about their own past.

For those interested in publishing their own works, your group should meet regularly and give feedback on each other's writing. Today, small publishing houses and self publishing are on the rise and Manitoba



(Seated left to right) Mora Gregg, Uma Parameswaran, Jean Hewko.
(Standing left to right) Lynn Arnott, Mary Jane Zonneveld, Elaine Hansen, Kirtana Iwamoto, Olive Nimblett. (not in photo) Doug Good



has several very good printers.

Groups can succeed only with mutual cooperation and need someone who has knowledge of how to direct the discussions. If this per-

son is herself or himself a writer, it helps but it is not essential since seniors interested in writing usually have enough writing skills and discrimination to help each other.

Copies available at McNally Robinson or larkuma2003@yahoo.com.

About the Contributors

Lynn Arnott was born in Quebec and raised in Southern Ontario. A brief career in radio and television in the 1960's convinced her to secure a more sedate living in secondary school teaching and educational administration. After early retirement she came to Manitoba for two years and has stayed for twenty. Interests include in no special order: travel (two more continents to go); painting in watercolour, pastels, and mixed media; opera; loving her nephews and niece and grand nieces and nephew; card-playing; ignoring birthdays; and volunteerism.

Doug Good: Family is the centre of my life. Computer systems engineering was the career that in 1993 happily brought us to Winnipeg. Managing technology for a volunteer run, community radio station now

fills my retirement. Capturing memories has been a challenging experience; my intentions have exceeded my abilities. Good idea and thank you! I am responsible for information technology (IT) at CJNU: FM107.9, www.cjnu.ca.

Born in the United States, **Mora Gregg** spent her childhood years in London, Ont. She returned to the United States for a few years to attend university. She has lived in Toronto and Sudbury, returning to London, Ont. before landing in Winnipeg in 1989. Over the years she has had several careers including copy editing and proof reading, book retailing and librarianship. She worked as an academic librarian in the sciences and agriculture at the University of Manitoba until her retirement in 2009.

Elaine Hansen treasures her roots established on the family homestead near Rorketon, Manitoba where she began her teaching career in a one-room school. She retired in 2006 as a school principal in Pembina Trails School Division. In retirement, she has volunteered reading novels and memoirs to seniors, facilitating Bible study sessions and sharing her love of books through group presentations to seniors. She is writing stories of her life, beginning with pioneer days on the prairies through to current experiences.

Jean Hewko grew up on a prairie farm in southern Manitoba where she shared many adventures with her three brothers and sister. She became a teacher and taught in various places including rural Manitoba, northern Manitoba, British Columbia,

Scotland and Winnipeg. She married, and had two children, Beverly and Gordon who are very precious to her, as are her grandchildren. When she retired, she travelled, joined a writing group, and enjoyed doing watercolours.

Kirtana Iwamoto, was born in Parkridge, Illinois and moved to Chennai, India at ten. After bouncing about between India and the US, she has finally (or has she...) settled down with her husband in Winnipeg. Years of training in Indian dance and music and a passion for the subcontinent's culture have provided opportunities for her to come in contact with cross-cultural individuals from all over the world with the goal of bridging divides and bringing about unity in global diversity.

Olive Nimblett: I have been delving into the past by discussing childhood doings with my siblings and poring over old black and white photographs. Forgetting about time by not wearing a watch is giving me a feeling of freedom. My hours of volunteer work have been spent as an officer of PAL - Pembina Active Living, a new, vibrant seniors group and also in my church as a ministry director for Manitoba and Saskatchewan.

Uma Parameswaran was born in India and has lived in Winnipeg since 1966. She recently retired from the faculty of the University of Winnipeg. She is the author of more than ten books. Her most recent books are: *A Cycle of the Moon - A Novel* (2010) and *C.V.Raman: A Biography* (2011).

Her blogsite is indocanadiansin-manitoba.blogspot.com.

Mary Jane Zonneveld was born in Bruges, Belgium and immigrated as a child to Dauphin, Manitoba in 1948. She is a retired nurse-educator, whose retirement hobby is life-long learning. Volunteer activities have included: reading with children at St. Avila school, volunteering for Micah House in relation to Social Justice issues, a companion for NODA (No one dies alone) Victoria Hospital and past-president of the Misericordia Nursing Alumnae. ■

Excerpts from...

Vignettes from Vineyards of Memory - 2

Elaine Hansen

My body was looking to feed the sugar craze and there was nothing else left in my cupboards. I had polished off the half-eaten bags of chips and had given the baking away, minus any peanut butter delicacies.

Open the Oreo's!

I checked the serving size; that would be two. I checked the calorie count; that would be one hundred twenty for two cookies.

Okay, I can do this. I can eat two and seal that package.

I ate my nutritionally-balanced dinner nicely. I savoured my two cookies. I went back for two more, sealed the bag, enjoyed those two, re-opened the bag, had two more, left the bag open and carried on until I got to the second row.

Okay, just two more.

I ate seventeen cookies. This is the pattern of my addictive journey with sugar. ■

Diabetes Then and Now

My father's father, Fred Good, was a very religious man, a devout, practising Baptist. Most every day of the week he was doing something for and within his church and its community....he was a lifelong, non-smoking, abstainer....he believed in and practised moderation in eating as well as in all other things.

....In spite of this, he was arrested for being drunk and disorderly the winter he was 80 years old. After being held in the drunk tank overnight, his wife, Tilley, and his pastor picked him up and took the obviously sick, weak and confused man to a doctor. He was diagnosed as having adult-onset diabetes. I remember distinctly how absolutely outraged my mother was that anyone, especially "to serve and to protect" policemen, could have possibly mistaken this rather saintly man who had never had a drop of alcohol in his life, as an old drunk.

We know now how this was possible, but then, 1965, adult-onset diabetes was still rare enough to be very little understood. ■

Lynn Arnott

Not so long ago we could depend on things; we had relative peace of mind. Our gadgets didn't constantly play tricks on us. That kind of behaviour was the purview of our mates and our children and our pets. All sentient beings.

Yes, power outages disrupted service from time to time and occasionally we had to burn candles, back-up generators not being as prevalent as they are now, but somehow we got along.

The computer 'chip' has changed just about everything. E-mails, texting, cells, I-phones, twittering have made the standard telephone almost obsolete. Remember the old movies of the 30's and 40's when some hill-billy was seen shouting into the wrong end of a standard wall telephone? We laughed at his silly ignorance. Imagine a grown man alienated by a simple hand telephone. They were so simple to operate that a baby could do it. Now I am that hill-billy and my five year old granddaughter has an I-phone that she can operate with ease. ■

Things to do in Winnipeg

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

EVENTS

Hull's Haven Border Collie Rescue - Hullabaloo, Sept. 15, 11 am-4 pm. Victoria Jason Park, 25 Redonda St. in Transcona, Wpg. Fosters and adoptees of HHBCR rescues invited. BBQ, dog entertainment, and more. Call: **204-999-1866** for info or visit hullshaven.org

The New to You Shop - Open Sat., Sept. 8, 9 am-1 pm, Silver Heights United Church, Ness at Mount Royal. Proceeds Benefit the Good Works of the church.

Silver Heights United Church - Annual Fowl Supper, Sat., Nov. 3, Ness at Mount Royal. Tickets available in Sept. or at church office. Call **204-832-6071** or email: silverheightsuc@mts.net

9th Annual ALS Society of Manitoba - Drive for Life Golf Classic, Thur., Sept. 6, at Bel Acres Golf & Country Club, in honour of Marcel Bertrand. Enter as a team or register individually. Registration is \$200 and includes lunch, 18 holes golf, power cart, dinner, partial receipt, and more. Call Brian Campbell: **204-837-1270**

The Winnipeg New Horizons Band - Winnipeg's only adult learning band, two Open Houses on Sat., Sept. 15 & 22, 9:30-11 am, at 800 Point Rd., Fort Garry. Learn to play an instrument. Contact Keith: kmacfar@mts.net or call **204-255-9332** or Walter: exavier@mymts.net or call **204-633-9710** or **204-793-1142**

Stroke Recovery Association of MB (SAM) - The Great Farmers Sausage & Perogie Feast, Thur., Aug. 23, noon, at Unit B - 247 Provencher Blvd. / The First Annual SAM Games Day Hot Dog & Pot Luck Picnic, Thur., Aug. 30, 11 am-2 pm. Whittier Park (next to Fort Gibraltar), 836 St. Joseph St. Phone ahead: **204-942-2880**

A&O Support Services for Older Adults (Formerly Age & Opportunity) - Annual BBQ, Fri., Sept.21,10 am-2:30 pm, Isaac Brock Community Centre, 715 Telfer St. N. Cost \$10. Advance tickets only. Live entertainment - Campbell Hartley, Naleway catering, 50/50 draw, door prizes, silent auction. Call **204-956-6440**.

Modern Square Dancing - Mondays, beginning Sept. 10, 7 pm at Norberry Glenlee Com. Centre. First three classes free. Singles and couples welcome. Yearly membership \$5. Cost per evening \$3.50. Call Ron/Shirley: **204-256-7053**.

Forum Art Centre - Fall Art Classes, starts Sept. 10 for 10 weeks. Open House & Registration Sat., Aug. 25, 1-4 pm to Sept. 6, at 120 Eugenie St. We offer drawing, painting & ceramics, animation, Manga, collage, Photoshop basics, create your own books, found object sculptures, artist touring & even art blogging. Call **204-235-1069** or visit www.forumartcentre.com

Fort Garry Women's Resource Centre - Chair Yoga - Thurs, Aug. 23, 6-8 pm, 1150A Waverley St. / Budgeting and Smart Shopping Tips Workshop - Tues, Aug. 28, 1-2:30 pm, 104- 3100 Pembina Hwy. These are women only events. No childcare avail. Pre registration required: **204-477-1123**

The Forks Market - Special seniors' day discounts available at participating merchants all day.

Forks Historic Port - Manitoba Lotteries Barge Festival - The Red River Gathering, Aug. 31-Sept. 2. In celebration of the 200th anniversary of the Selkirk Settlers. Entertainment: The Winnipeg Symphony Orchestra, Ca Claque, The Dust Rhinos, The Barra MacNeils and more.

The little heritage log church in the St. James Cemetery [525 Tylehurst, across from Polo Park] - will once again herald summer with music and song, every Sunday at 10 am through to the end of August All are welcome to attend. <http://stjamesanglicanchurch.ca>

The Seniors' Choral Society - under the direction of Richard Greig, accompanist Kerrine Wilson, are now accepting registrations for their upcoming 2012 / 2013 season, beginning September 10th 2012. For more info, Mary: **221-2538** or visit

www.seniorschoralsociety.ca

The St. James-Assiniboia 55+ Centre - at 3-203 Duffield Street offers a variety of programs and services to adults 55 years and older. Visit www.stjasc.com for complete programming. Summer event: Mennonite Heritage Village tour and lunch (Aug 21). Register at least one week in advance! **204-987-8850**.

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**

Red Alex Bowling League - Join now! Fun at heart 50+ men & women bowling Mondays 9:30 am, Chateau Lanes, Regent Ave. Begins late September. \$9 per time includes 3 games. Camaraderie, laughter, good times - free. Call Shirley: **253-0294**.

Good Neighbours Active Living Centre - Summer programs and activities: Exercise for Osteoporosis and Arthritis, Zumba Gold, Golf, Bridge, Billiards, Saturday Night Drop-in and Men's Breakfast Club. Contact Vanessa Lambert: **204-669-1710** ext. 222, visit: www.gnalc.ca, or stop by the Centre at 720 Henderson Hwy.

Car Shows:

Stonewall Quarry Days Show & Shine - Sun., Aug. 19, 9 am-3 pm. Registration \$10 at entrance on 3rd Ave S. Dash plaques for first 200 vehicles. Call Raymond Millis: **204-981-7714** or slipinn@mts.net

Shades of the Past Car Show - Sun., Aug. 26, 10 am-3 pm, Beausejour, MB. Free picnic for car show participants. Please bring a tin or donation for the food bank bin. Call Jon Delannoy: **204-268-4467** or email jontracy@mts.net

SOCIAL PROGRAMS / SERVICES

High Steppers Seniors Club - Programs for frail/elderly seniors living at home, Wed's and Thur's, 10 am-2:30 pm, in Windsor Park. Cost \$7/day. call **204-619-8477** or www.highstepperswpg.com

Senior River Seniors - monthly luncheons - Sandra: **204-255-8332**; Creative writing and writing your life story - Pauline: **204-253-8160**; Pansy fall supper, Sep. 9 - Sandra: **204-255-8332**; Various workshops, Christmas shopping trip to Grand Forks/Fargo - **204-253-4599**

Stroke Recovery Assoc. of Manitoba - We have been improving the quality of life for stroke survivors, their caregivers and families for 40 years. Call: **942-2880** for info.

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**.

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

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**.

A&O Support Services for Older Adults: Stradbrook - For programs, class info, costs and length of classes, call **956-6490**

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 for seniors at 26 Molgat Ave., St. Vital: Square Dance, Seniors Bingo, Bridge, Red River Seniors Cards, Light & Lively Fitness: Intermediate and Beginner. Call **256-6654** for info

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@fafm.mb.ca.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Komarno Community Hall - Harvest Dance, Sat., Aug. 25, 7 pm, at Komarno Community Hall. Band - Canadian Rythym Master Band. Advance tickets \$15. Call: **204-886-2994**

Inwood Free Community Concert - Buffalo BBQ with special guests, Karaoke competition, Fri., Aug. 31, 5 pm. All welcome!

Kemnay 2012 Manitoba Plowing Match - Sept. 29 & 30 just northwest of Kemnay (west of Brandon). The horse, vintage and conventional world style classes are open to any competitor. Free for spectators. Contact Barb Boundy to register: mb.plowing@hotmail.ca

Manitoba Provincial Plowing Assoc. - ALSO hosting 2012 Canadian Plowing Championships at Kemnay, Oct. 4, 5 & 6. Qualified competitors from across Canada will take part in the conventional and reversible tractor classes. Entrants contact: Barb Boundy, **Box 655, Boissevain, MB, R0K 0E0** or email: mb.plowing@hotmail.ca.

Farmers Market - north of Winnipeg, held in the parking lot at PINERIDGE HOLLOW, Saturdays, June 30 to Sept. 15, 9 am-1 pm. North on Hwy. 59 to Garven Rd. Follow the farmers market signs. Fresh local produce, preserves, meats, baking, crafts and collectibles. Manitoba musicians perform each week. **777-3881**

Tudor House Personal Care Home in Selkirk - Is looking for volunteers to assist us in our home with the Bistro, recreation activities or meals. We will provide training and orientation. Criminal record check and child abuse registry check needed. For info call **204-482-6601** ext. 28.

Old Time Dance at the Gimli Park Pavillion - Sun., Sept. 2, 7 pm-Midnight. Featuring the Canadian Rhythm Masters

VOLUNTEER OPPORTUNITIES

Metis Child, Family and Community Services - It's time to MAN UP! Volunteers needed to mentor boys and young men in Winnipeg. Training and support provided. We especially welcome those from Metis, Aboriginal and/or Inuit communities. Call: **204-927-6987**

Rupert's Land Caregiver Services - a non-profit organization supporting caregivers of older adults who care for their loved ones 24 hrs/day, 7 days/wk, year round. We rely on dedicated volunteers to provide short-term respite, Our Ring-A-Ride program needs drivers to take clients residing in SW Wpg to appointments. Compensation for gas and parking provided. No min. time commitment required. Call **452-9491** or email rlcs_vol@mts.net

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.

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Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

and Female Beat. A hot late lunch will be served at 9:30 pm. Cost for dinner and dance ticket \$17.50. Call the Gimli Rec. Centre: **642-6670**.

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**

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3517 Main St., Wpg. 1-866-334-9397. E-mail: memorial@mts.net, www.manitobamemorials.com **SENIORS DISCOUNT**

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Victoria Lifeline:

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www.victorialifeline.ca

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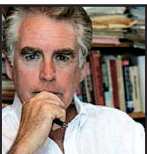
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People Prefer Pets To Other People? No!

by William J. Thomas - Humour Columnist

A recent study conducted by Harris/Decima and commissioned by Purina concluded that Canadian pet owners prefer to socially interact with their pets rather than other people. Well, imagine that! Human beings in this country would rather hang out with domesticated animals instead of friends and family! Shocking!

Are you telling me that you prefer to sit there with Tabatha on your lap who's chucking you under your chin with her paw and purring so loud she almost drowns out the lunatic next door who's playing "Ba Ba Ba, Ba Barbara Ann" at 88 decibels to prove to the neighbourhood he's got even worst taste in music than the guy who went deaf listening to Metallica?

You're not saying you'd rather wrestle with Sparky on the living room rug than watch teenagers speed by your house throwing empty beer cans on the lawn?

Because if you're saying you prefer pets to people that is a clear violation of human rights – that is, the right of a man to stand too close to you in line at the supermarket, reeking of cigarette smoke and without being asked, regaling you in the highlights of his latest moose hunting trip to Cochrane.

A human preference of pets over real talking and upright walking people?! Really? Exactly how icky have humans become when they place second in a popularity contest to creatures who have fleas and poop in your flower bed?

Bottom line: feeding your goldfish is a more socially and emotionally rewarding experience than sitting for seven hours on an airplane next to a woman who's a practising homeopath and keeps offering you organically-grown flax seeds.

I hope that did not sound too personal or somewhat bitter, but I am

not the only one who concluded a long time ago that a family member who drinks from a dish on the floor is a lot more reliable than the tall one drinking from the bottle.

When Jonathan Swift's Gulliver returned to England after travelling the globe and meeting the world's complete range of human beings, some the size of his thumb and some the size of the C.N. Tower, he ... moved out of the house he shared with his wife and ... into the shed with his horse.

Why? "Because a horse is a horse, of course, of course. And no one can talk to a horse of course. That is, of course, unless the horse is the famous Mr. Ed." (Sorry but sometimes in order to get through social functions I'll fantasize about playing 'one potato, two potato' in the barn with Northern Dancer.)

According to the *Edmonton Journal*, the study also revealed that 53% of Canadian owners find their pets more trustworthy than people. And while 99% of Canadians talk to their pets, 33% have confided deep secrets to their four-legged friends. (That's probably because when their two-legged friends hear the confession they might feel morally obligated to call the police.)

I'm waiting for the survey that asks people about their preferences of children versus pets. I'm guessing the results will prove to be a better birth control device than abstinence.

The survey went on to detail a list of pet and owner interactions including using their beloved critters and confidantes, matchmakers, personal trainers and even therapists. I'm not sure about that last one. I think that if you truly believe Shania Twain is sending you secret, telepathic sex messages and begging you to come live with her in Switzerland ... well, Drooling Ol' Gus might just shrug

but you, sir, should really seek professional help.

Instead of Purina spending money on surveys to confirm the obvious, maybe they should just read that letter from a motel owner that's been circulating among pet lovers for at least 20 years.

Apocryphal perhaps, but no statement on the behavior of people and pets has ever come close to nailing it like this one.

As the story goes, a man wrote a letter to a small American motel he planned to stay at on his annual two-day drive to Florida in the fall.

"I have stayed at your lovely little motel many times in the past but now I have a dog. We're kind of inseparable and I was wondering if he too could stay at your motel. My dog is clean, well-groomed and very well-behaved. I know this is a lot to ask but would you be willing to let him stay in the room with me for one night?"

The motel owner's reply was swift and to the point.

"I've been operating this motel for over 30 years. In all that time, I've never had a dog steal towels, linens, silverware or paintings off the wall. I've never had to call the cops to remove a dog from my premises in the middle of the night for being drunk and disorderly. And no, I've never had a dog take off without paying the bill. So, yes, indeed your dog is more than welcome to stay at my motel. And if the dog will vouch for you, you can stay as well."

Only arrogance prevents us from admitting that pets are better beings than people. The privilege is ours.

For comments, ideas, copies of The Dog Rules - Damn Near Everything, or to book William as a speaker, go to www.williamthomas.ca

Laugh a Little

GRANDMA IN COURT

Don't ask if you aren't prepared for the answer.

In a trial, a small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman, to the stand.

He approached her and asked, "Mrs. Robbins, do you know me?"

Under oath, she responded, "Why, yes, I do know you, Mr. Jones. I've known you since you were a young boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, you manipulate people and you talk about them behind their backs. You think you're a big shot. Yes, I know you."

The lawyer was stunned! Not knowing what else to do, he pointed across the room and asked, "Mrs. Robbins, do you know the defense attorney?"

She again replied, "Why, yes, I do. I've known Mr. Tanner since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him."

The defense attorney almost died.

The judge asked both counsellors to approach the bench and in a very quiet voice said, "If either of you idiots asks her if she knows me, I'll send you both to the electric chair!"

Who said that?

"Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad."
~ Brian Gerald O'Driscoll

"A nickel ain't worth a dime anymore." ~ Yogi Berra

"Some cause happiness wherever they go; others whenever they go" ~ Oscar Wilde

"A stockbroker urged me to buy a stock that would triple its value every year. I told him, 'At my age, I don't even buy green bananas.'" ~ Claude Pepper

"A successful man is one who makes more money than his wife can spend. A successful woman is one who can find such a man." ~ Lana Turner

"A word to the wise ain't necessary - it's the stupid ones that need the advice." ~ Bill Cosby

"As a child my family's menu consisted of two choices: take it or leave it." ~ Buddy Hackett

"Do not worry about avoiding temptation. As you grow older it will avoid you." ~ Joey Adams

"Electricity is really just organized lightning."
~ George Carlin

"Go to Heaven for the climate, Hell for the company."
~ Mark Twain

"Don't forget Mother's Day. Or as they call it in Beverly Hills, Dad's Third Wife Day." ~ Jay Leno

"I don't deserve this award, but I have arthritis and I don't deserve that either." ~ Jack Benny

"How many people here have telekenetic powers? Raise my hand." ~ Emo Philips

Recipe OF THE DAY

Larry McIntosh

www.PeakMarket.com

Onion and Beef Sandwiches

Metric	Ingredients	Imperial
500 g	cooked beef	1 lb
15 ml	vegetable oil	1 tbsp
1	medium green pepper, cut into strips	1
1	medium onion, thinly sliced	1
15 ml	fresh basil leaves, chopped	1 tbsp
15 ml	fresh oregano leaves, chopped	1 tbsp
1 can	beef broth	1 can
7 ml	worchestershire sauce	1 1/2 tsp
4	crusty rolls or buns, split and toasted	4

Cut beef into 1/4 inch (.5 cm) slices; cut slices crosswise in half. Heat oil in skillet over medium-high heat. Add bell pepper, onion, basil and oregano; stir-fry 3 to 4 minutes or until vegetables are browned and tender.

Reduce heat to medium-low. Add beef, broth and worchestershire sauce to skillet. Cook 5 minutes, stirring occasionally.

Remove beef mixture with slotted spoon; divide beef mixture among rolls. Serve sandwiches with broth for dipping.

Serves 4

Recipe courtesy of Peak of the Market - Proudly Canadian
www.PeakMarket.com

Potato and Veggie Burger

Metric	Ingredients	Imperial
45 ml	olive oil	3 tbsp
175 ml	corn	3/4 cup
6	mushrooms, finely chopped	6
2	green onions, finely chopped	2
1/2	red pepper, finely chopped	1/2
1	clove garlic, finely chopped	1
5 ml	cumin	1 tsp
dash	cayenne pepper	dash
125 ml	fresh spinach, chopped	1/2 cup
1	carrot, peeled & grated	1
1	small potato, peeled & grated	1
1	egg white	1
-	salt pepper to taste	-
125 ml	fresh bread crumbs	1/2 cup
250 ml	plain yogurt	1 cup
25 ml	fresh mint, chopped	2 tbsp

In a large skillet; heat 1 tablespoon (15 ml) oil over medium-high heat. Stir in corn, mushrooms, green onions and pepper. Cook for 3 to 4 minutes. Add garlic, cumin, cayenne and cook for 30 seconds. Remove from heat and stir in spinach. Add carrot and potato and stir to combine. Add egg white and season with salt and pepper. Stir in enough bread crumbs so that the mixture holds together. Shape mixture into 6 burgers and place on a plate. Chill for 1 hour.

Heat 2 tablespoons (30 ml) olive oil in non-stick skillet and cook veggie burgers until golden on each side. In a small bowl; mix together yogurt and mint and serve with burgers.

Serves 2

Recipe courtesy of Peak of the Market - Proudly Canadian
www.PeakMarket.com

Currie's Corner

By Roger Currie

Early days in the London Olympics, I pick up my morning paper to be greeted by a classic headline, only be found in Canada – SUPER TUESDAY: Canada wins three bronze ! Wow ! Moments later, the men's rowing team captured our first silver, in the eights, then more medals follow. Hopefully when the closing ceremonies happen, the final count will exceed what happened in Beijing, but it's a long way from the goals of Own The Podium is it not ? Were the 2010 Winter Games in Vancouver just a non-recurring event? Canada showed a swagger and a confidence then that raised

“Most of our competitors must still spend almost as much time fundraising as they do training, and none of them drink \$16 orange juice in the morning.”

expectations tremendously. Funding from Ottawa for elite athletes has doubled in the past eight years, but at less than \$80 million dollars this year it still pales in comparison to what many other countries spend. Most of our competitors must still spend almost as much time

fundraising as they do training, and none of them drink \$16 orange juice in the morning. If nothing else, the London Games will mark the end of the latest chapter of the life of a prairie redhead who must surely be Canada's greatest living Olympian. Clara Hughes, born in Winnipeg 39 years ago, living more recently in Alberta and Quebec, is truly one of a kind. A medal winner in cycling in the summer and speedskating in the winter, no Canadian has ever had more gongs hanging from their neck. Her final bike ride resulted in a fifth place finish, but Clara made it seem as though she had captured three golds in the same day ! Competing in the Olympics barely begins to tell her story. She works tirelessly on behalf of a number of causes, especially the Right to Play, a program to help low income youngsters develop their full potential. Before she does anything else, she wants to relax and drink beer with her hubby. There are simply not enough words in the language to describe the wonderful Canadian named Clara Hughes. ■

<http://rogercurrie.org> (my blog)
<http://www.cjnu.ca/c-corner.shtml>

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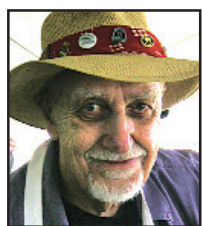
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It takes flexibility to make a revolution



By Harry Paine

Sunday morning is the for me like many others the part of the week when I am in the mood for relaxation, maybe a little tidying up the previous weeks chaos and preparing for the next. A headline in July 28th Winnipeg Free Press caught my eye, "Grandmother's love not enough" and the article just left me infuriated to the point of sitting at my computer to express what I felt.

The story was about a grandmother whose daughter had died and whose child she had undertaken to raise. Unfortunately she was part of that sector of society that is among the most discriminated in the country – those who have not quite reached the point where they would be able to collect OAS/GIS. Like many in that age-group this grandmother had a disability that limited her ability to work full time, as if bringing up a teen age granddaughter wasn't enough of a full time job for someone her age (early sixties).

When the Conservative government changed the age that enabled one to receive OAS from 65 to 67 in the last budget I along with thousands of the Canadian Association of Retired Persons (CARP) petitioned and let Ottawa know we objected strongly but they were intransigent as you might expect.

As an advocate for older adults I am increasingly being contacted by persons who are between the ages of 55 – 65 who are in an intolerable sit-

"As an advocate for older adults I am increasingly being contacted by persons who are between the ages of 55 – 65 who are in an intolerable situation that could be eased if both levels of government were more guided by compassion."

uation that could be eased if both levels of government were more guided by compassion. The Federal Government it appears is tied down by an ideology that is based on the belief that the only way to solve economic problems is to cut back on social benefits and programs; the Manitoba Provincial Government has good intentions but their ability to govern with compassion is being strangled by bureaucratic rules.

This grandmother and her granddaughter live on \$1,369 a month but her expenses are \$1,831 a month because her basic benefits from EIA, orphan, child tax, etc. just cover the cost of existence and as anyone who has had to raise a teenager knows existence is not enough if you want the best possible for them, keep them out of trouble and allow them to continue their education. At various times she has had to utilize her credit cards so those payments make up the difference in expenses.

Here is where the bureaucracy jumps in to stop any possible solution. If her granddaughter was declared as a foster-child she could get another \$100 a month or so but she would have to give up custody to get that or if the Federal Government was able to bend the rules in her case and allow her to get OAS then she could get as much as \$1,800 a month.

For years now I have listened to governments tell us that they are going to present programs to eliminate poverty but the nibbles around the edges has done very little get at the root of the problem. Back in the days of Eisenhower administration in the U.S. as part of his campaign the President issued a degree in which he declared "a war on poverty" but the only trouble with that said his progressive opponents was "that the poor didn't have the money to fight back".

The key solution to poverty is to make sure that all residents of this great and prosperous country are able to share in its bounty. Instead of having to exist on the most meagre of hand-outs that the rule-book will allow, all persons should have access to a 'Living Wage'. Instead of the Premiers having to beg at the table for a fair share of the health-

care costs, need should be the primary factor. In the long run it is a fact that saving a penny today is going to cost us a pound a few years down the road.

If seniors and other low-income persons were guaranteed adequate affordable housing, free dental care and hearing aids when necessary they would be able to age with dignity, participate fully in the community and not cost themselves and society thousands of dollars in hospital

"Back in the days of Eisenhower administration in the U.S. as part of his campaign the President issued a degree in which he declared 'a war on poverty' but the only trouble with that said his progressive opponents was 'that the poor didn't have the money to fight back'."

care at too early an age. The biggie on this list is of course is affordable prescription drugs. The Federal government has failed miserably to act on evidence and many recommendations to implement a national prescription drug plan with the result that we live in a society where way too many are forced to choose between food for their family or the drugs that will keep them temporarily healthy.

We are lucky to live in a province where we have some semblance of a plan in the form of Pharmacare but the rules and bureaucracy make that a hollow shell for many. I gave up long ago trying to figure out how they determine my needs. A couple of years ago I managed to work for a short while that boosted my income to the point where I was just at the generally accepted poverty level, little over the \$20,000. Most of that work ironically was for community non-profits and outreach that benefitted the government.

Each year after that I made less, a lot less, in fact the Federal Government had to boost my G.I.S. by \$200 a month to bring me up to what they consider a livable existence. However my Pharmacare deductible went from \$350 to \$650 and this year when I am making less than ever it is \$950, and that is because it is based on earnings a couple of years ago. Now if that is not bureaucratic stupidity I do not know what is.

So I have a plan. I don't want to see people lose their jobs but I suggest that we take rule-making and applying out of the hands of all those that are not able to apply them with flexibility and find something else for them to do. All decisions about payment of benefits to those that need them like grandmothers raising their children's children and seniors try to find an affordable place to live, have their teeth treated or buy drugs, all that should be put into the hands of the community itself through its own appointed committees.

We spend a lot of effort and money putting band-aids on the wounds that we as a society have created, maybe it is time we made some fundamental changes, a revolution in fact a revolution by flexibility.

The final word goes to that grandmother interviewed in the Free Press:

"We spend a lot of effort and money putting band-aids on the wounds that we as a society have created, maybe it is time we made some fundamental changes, a revolution in fact a revolution by flexibility."

"I've connected with my MLAs, my MPs, the Minister and the Premier," she said, adding that they all replied sympathetically but have been of little help. "I just find it is a heartless, heartless world".

Then who will help us change it so that I can go quietly back to my Sunday morning chores? ■

The Telstars Story

In 1960, Telstars started playing at socials (stag and showers back then) weddings, New Year's, fall suppers, and Friday night dances in communities from Virdi to Winnipeg. All the members, except for one, were too young to drive, so the parents of the band members had to drive us to and from our performances.

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Colleen Kilbrei, Accordion
Ken Bialek, Lead Guitar, Saxophone, Vocals
Drew Kozub, Fiddle & Vocals
Ted Woychuk, Drums & Vocals



For band inquiries call **Colleen Kilbrei: 204-376-2702** or email colleenkilbrei@lakenet.ca.

...

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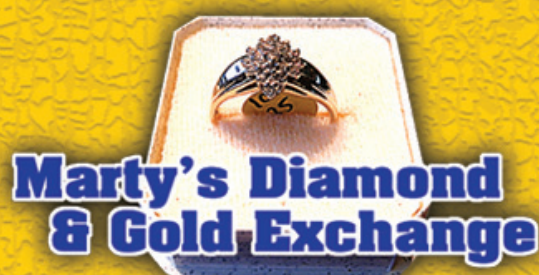
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Aug 8/12

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