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Healthy Living, Seniors and Consumer Affairs Minister Jim Rondeau promises to wear these flashy running shoes if 1000 athletes sign up for the 2013 Manitoba 55 Plus Games. Lets make it happen!

SPOTLIGHT:
2013 Manitoba 55 Plus Games
TOWN OF MORRIS TO HOST 55 PLUS GAMES
JUNE 11-13, 2013: RONDEAU

Morris has been named host for the 2013 Manitoba 55 Plus Games, to be held from June 11 to 13, Healthy Living, Seniors and Consumer Affairs Minister Jim Rondeau announced October 16th.

"The 55 Plus Games brings older adults together from across the province to enjoy three days of healthy competition with an emphasis

on friendship and good sportsmanship," said Rondeau. "This is a very inspiring event and we are proud to support older Manitobans in staying fit, healthy and active in their senior years."

The 55 Plus Games feature a variety of events for all experience levels from those who are keen on challenging their own abilities to those who are attracted more by the social

Continued on **PG 2**

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"THE BUZZ":

By Scott Taylor

Renaud's business grows, Burke gets a win, Sigurdson is healthy, Reinebold looks great and it's Hall of Fame season

Kerry Renaud, 57, used to be the director of the Winnipeg Zoo. It's a job he loved, but when a major

Continued on **PG 6**



Kerry Renaud



Campbell Hartley

A&O Annual BBQ

See **PG 3**



Hoop Dancer Shanley Spence

Seniors' and Elders' Day Kick-off Celebration

See **PG 10**

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Message from Jim Rondeau, Minister of Healthy Living, Seniors PG 4
 Managing Your Own Health - Part III - Sleep Apnea, By Roger Currie PG 8
 Life - a right or a privilege, By Harry Paine PG 11
 ... in the NEWS, By Scott Taylor PG 12
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 The Septic Tank – Buried But Not Forgotten, By William Thomas - Humour Columnist . PG 18

Community Events - PG 15 & 16 / Peak of the Market Recipe - PG 17

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SPOTLIGHT: 2013 Manitoba 55 Plus Games, *cont'd from front page*

interaction the games provide. Last year's event in Arborg attracted nearly 900 participants, competing in events such as bowling, carpet bowling, contract bridge, cribbage, darts, floor curling, floor shuffleboard, golf, horseshoes, Scrabble, snooker, slo-pitch baseball, swimming, whist, track events including predicted time walks, and various arts and crafts. New events have

been added including Pickleball, Nordic pole walking and cycling.

"Our goal is to host the most memorable games ever and we have a dedicated group of volunteers committed to making that happen," said Cheryl Waldner, senior services resource coordinator for the Morris area. "We welcome all competitors and we invite all Manitobans to join us for the games and to cheer on our participants."

"The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) is thrilled to continue as the lead provincial organization for the Manitoba 55Plus Games," said Fred Bieber, chair of ALCOA-MB. "We hope everyone involved has an opportunity to create lasting memories and make friends for life. The 55Plus Games present a wonderful opportunity to demonstrate healthy active aging for all ages and stages."

The town of Morris is a community of 1,700 people located in the centre of the Red River Valley, 30 minutes south of Winnipeg.

For more information on the 55 Plus Games, visit www.alcoamb.org or contact the ALCOA-MB official 55 Plus Games office at **204-261-9257** in Winnipeg, **1-855-261-9257** (toll-free) or by email at manitoba55plusgames@gmail.com.

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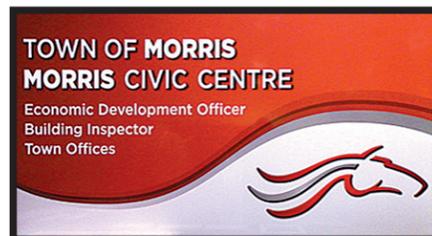
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Far left: Mayor of Morris, Gavin van der Linde, is pleased that Morris will host the 2013 55 Plus Games. With the new branding (left) and an upgraded website, (www.townofmorris.ca), it's a great opportunity to showcase their town already famous for the Morris Stampede.



Left (L-R): Angela Reid, Recreation Director of the Morris Recreation Commission; Scott Crick, Morris Councillor and Appointed Chairman of the Recreation Commission; and Karyn Heidrick, 55 Plus Games Coordinator for ALCOA.

Contact Karyn if you'd like to participate in The Games: Toll Free: 1-855-261-9257 or 204-261-9257 or email manitoba55plusgames@gmail.com

Contact Angela if you'd like to volunteer during The Games: 204-746-6622 or email: recreation@townofmorris.ca.

The evening of Oct. 16, 2012 served a dual purpose: 1) to hold an Open House for the community to meet those behind the services such as Protective Services, and Housing and Economic Development (left), and; 2) to announce the Games.



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A&O: Support Services for Older Adults hosts Annual BBQ

To start with, 'Age & Opportunity' is now 'A&O: Support Services for Older Adults,' if you haven't already been informed.

September 21, 2012 was A&O's Annual BBQ held at the Isaac Brock Community Centre in the West End. It was a fitting celebration, as well, for A&O's 55 years of providing innovative services to older Manitobans.

The turnout was great, as were the activities, the entertainment, the food, and the company.

Naleway Caterers prepared the meal which consisted of Roast Beef on a kaiser, BBQ baked beans, potato salad and coleslaw and volunteer cooks provided a vegetarian alternative. Dessert, tea and coffee were also served.

Volunteers came from Acklands-Grainger and APTN through the United Way Day of Caring Program.

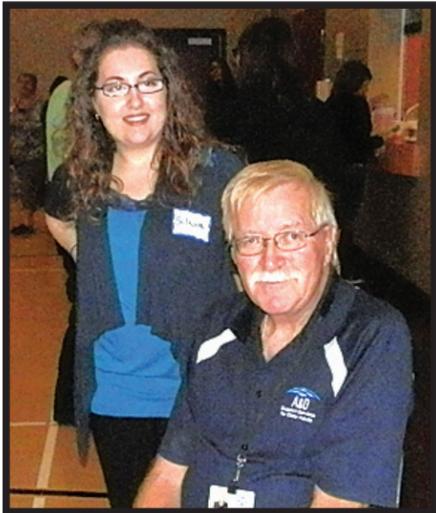
Healthy Living, Seniors and Consumer Affairs Minister Jim Rondeau came out to partake in the festivities and commend seniors for living active lives in Manitoba.

Campbell Hartley of Pilot Mound, Manitoba sang to the heart's content

of the crowd. Some even got up and danced.

If you'd like to learn more about A&O's Support Services, call:

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Sylvia of A&O's Senior Centre Without Walls program and David Unrau of A&O's Safety Aid program.



Hillbilly Horseshoes is played by throwing 2 balls attached by a rope and aiming for the rack.



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Campbell Hartley gets up close and personal with the crowd, to their delight.



Brenda, happy to promote A&O with her new t-shirt.



BINGO! Teresa De Cloedt (right) wins!



Dancing to the music.



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Red Hatter News

By Anne Lawless

On October 6, several Red Hat Ladies met at the Garden City Shopping Center to have lunch, shop, visit and have a bit of a scavenger hunt! One of the things they had to find was a gentleman willing to pose for a picture with them while wearing a Red Hat. As you can see, they were successful!

The next big outing will be October 28 when the Ladies will be gathering at the Canad Inn Polo Park for a Witches Brunch. They will be dressed as witches but, all will be wearing Red Hats!

In December, we have our 5th annual Pajama Brunch With Santa at the Parkway Retirement Community! This is always so much fun! Even a beauty contest for the Teddy Bears!

If you think you would like to be a Red Hatter, send an email to redhattermatters@mymts.net.

The Red Hat Society is always on the lookout for Ladies over 50 wanting to get out and have a good time.

Here, we have our own website: www.Manitobachaptersredhat.ca

The following is a quote from Emily Yost of the Red Hat Society in a recent CARP magazine:

"Canadian women are royally invited to join in on the fun and get to know the joy, excitement and power found in the Society by visiting www.redhatsociety.com. As many Canadian Sisters have shared through countless testimonials, it's positively changed their lives forever."

The Red Hat Society - there is only one - come join the fun! ■



Red Hat Ladies (left) at Garden City Shopping Centre for lunch and a scavenger hunt for a gentleman (below) who'd agree to wear a Red Hat and have their photo taken.



A Message from

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

October is Seniors' and Elders' Month in Manitoba, a time to showcase and celebrate seniors' contributions to our province, our communities and our families.

This year's theme was Celebrate, Participate - so get involved and plan an event in your community. People of all ages are encouraged to attend events and celebrations this month. Work together to make it a truly age-friendly celebration.

During Age-Friendly Week in June, I was fortunate to participate in an interesting discussion between members of the Manitoba Council on Aging and the MB4Youth Advisory Council. They got together to talk about intergenerational relationships and communication. Have you ever had a difficult conversation with your grandchild or your teenage neighbour? Do you ever wonder why your grandchildren send you text messages instead of calling?

The key message of their discussion was the need for mutual respect. They identified that technology plays a helpful role in communication - particularly in matters of efficiency - to identify when and where to meet for example. Still, face-to-face contact was a better way to connect and avoid misinterpretation. This is what Age-Friendly is about - respect and inclusion.

The two groups also recognized the importance of intergenerational programming. These programs build positive relationships and increase communication between people of

different ages. The benefits of intergenerational programming are immediate and visible. Younger people may benefit from an expanded outlook on life, improved self-esteem, increased sense of citizenship, better social and other skills and reduced fear of aging. Older people may benefit from an improved quality of life, better access to the broader community, friendship and opportunities to be role models.

Look around at the organizations in your community for opportunities to volunteer with people of other ages. Contact the Seniors and Healthy Aging Secretariat for program ideas, such as Seniors Are Cool! and Across the Generations. Recognize that an Age-Friendly Manitoba is a program that helps people of all ages connect with their communities.

An interesting event held this month was a public forum on age-friendly rural and remote communities on Monday, October, 15 at the Winnipeg Art Gallery. This forum was part of an international symposium on age-friendly rural and remote communities. Experts from around the world shared their experiences, expertise and ideas about aging, leadership, partnership and sustainability in rural and remote age-friendly communities.

To learn more about Seniors' and Elders' Month activities throughout Manitoba, visit the calendar of events at www.seniors.cimnet.ca and click on the link for Seniors' and Elders' Month. ■

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"THE BUZZ" cont'd from front page

business opportunity arose about a dozen years ago, he jumped at the opportunity. Today, **Scootaround** is the largest Mobility device and solution company in the world.

In fact, the company's motto is "Nobody rents more scooters in the USA than Scootaround," and earlier this year, *Inc. Magazine* named Scootaround Inc., one of the fastest growing private companies in the world.

The company is located in every major - and minor - city in North America (1500 locations) and while renting mobility scooters to individuals is at the heart of the company's success, Scootaround's biggest client is the airline industry.

"Our biggest single client is Delta Airlines," Renaud said while we waited for our flight from Minneapolis to Winnipeg. "Here's what's happening all over the world. If you arrive from a different country and you don't speak the language, maybe you don't even use the same alphabet, you book a wheelchair. The airline will get you from your gate to another gate or even to ground transportation. The airlines don't have enough mobility devices."

Renaud's business is booming and Winnipeggers might not know that one of the biggest mobility service businesses on the planet is located on Waverly Street.

Interestingly, Renaud is more excited about his son, Taylor, these days. Taylor Renaud is a football star at Acadia University and is currently the leading receiver in university football in Canada.



The death of the daily newspaper is not something that is happening overnight. Instead, it is a long, slow death from a thousand cuts.

Late last month, the *Winnipeg Free Press* cut seven newsroom employees in its ongoing effort to control costs and maintain profits. This time, however, the paper did not shed older employees as it has in the past. This time, seven young reporters were let go.

"These are young, talented individuals who were making a vital contribution to the *Winnipeg Free Press*," **Aldo Santin**, the President of Local 191 of the Communications, Energy and Paperworkers Union told *J-Source*. "They were part of the creative time that contributed to the

product that readers want to buy and advertisers want to be associated with."

That is true, but an older *Free Press* employee, now working in another medium, had this to say. "If they had to lay people off, and I understand the industry today, I'm glad older employees with seniority didn't get the axe," she said. "When they dumped middle management two months ago, a number of older, more qualified people lost their jobs. This time, they went after those with the least seniority based on the union contract. That's the way it should be because older Manitobans are the audience. So few people under 40 get their news from the daily newspaper these days that the people who do want to read the paper want to read the people they've always read. Kids are all composing in 140 characters these days anyway."

We're told that more layoffs are unlikely, but next fall's contract negotiations will be fierce and ruthless. Ownership must change the business model or the future of the daily newspaper will be bleak. Severe cost cutting is around the corner and the people who run the paper today aren't averse to wreaking havoc among the rank and file.



It was great to see our good friend **George Sigurdson**, 65, one of the most dedicated supporters of sport in Manitoba, up and around and looking terrific. George was diagnosed with cancer a few months back but was at the Manitoba Junior Hockey League Showcase at MTS Iceplex two weekends ago and he says a lot better. He's been an insurance and financial guru in Manitoba for more than 40 years...

Former *Winnipeg Jets* star **Doug Smail**, 55, is a financial analyst in Denver these days but he's never left hockey behind. Smail was the Assistant Coach of the Under-16 Team Rocky Mountain AAA Hockey program, where he coached alongside former NHL player Rick Berry last year. He is now the Head Coach of the Rocky Mountain Roughriders U-15 AAA squad. We saw Doug at the Richardson Airport in Winnipeg not long ago, heading to the provincial bantam hockey showcase... It was great to see former *Winnipeg Blue Bombers* head coach **Jeff Reinebold** two weeks ago. He's had

a little cancer scare, but at 55, he's still slim, happy and as funny as ever. He's also become a very successful defensive coordinator with the *Montreal Alouettes*. He still has many friends in Winnipeg and remembers his time in Manitoba fondly... Meanwhile, here in Winnipeg, it has been such a terrible experience for 58-year-old *Winnipeg Blue Bombers* head coach **Tim Burke**. The team was 2-6 when he took over the job from **Paul LaPolice** midway through the season and he's gone 2-5 during his stint as head coach. It's unlikely he'll keep his job at the end of the season now that the *Bombers* have been virtually eliminated from the post-season. At 4-11, the *Bombers* are last in the East with three games left to play.



It is Hall of Fame time in Manitoba.

The Manitoba Sports Hall of Fame will hold its 33rd Annual Induction Dinner at the Victoria Inn on Nov. 3. This year's inductees are Olympic speed skater and cyclist **Clara Hughes**, hockey star **Eddie Belfour**, sailor **Kelly Hand**, Olympic speed-skater **Michael Ireland**, football star **Harry Langford**, Olympic softball pitcher **Sandy Newsham**, builders' **Morris Glimcher** and **Grant Standbrook** and two teams: the 1978 and 1980 *University of Manitoba Bisons* volleyball team and the 1992-95 *University of Winnipeg Wesmen* women's basketball team. Tickets are still available.

Meanwhile, after a long wait since it closed at The Bay Downtown a few years ago, the much-anticipated Manitoba Sports Hall of Fame will open on Saturday, Oct. 27, in its new location in the Sport for Life Centre, 145 Pacific Avenue.

Back on Oct. 14, at the Elmwood Legion, the Manitoba Lacrosse Hall of Fame and Museum inducted three teams, three builders and seven players into the Hall.

The teams inducted were the 1951, 1954 and 1955 *Manitoba Junior All-Stars* that all played for the Minto Cup, emblematic of Canadian junior championship. The two builders inducted were **Sam Thompson**, who played for the *Winnipeg Argonauts* in

Continued on page 6

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INQUIRIES WELCOME

"THE BUZZ" cont'd from page 5

the 1920s, **Cliff Hamilton** who played for the 1951 Junior All-Stars and **Tom O'Brien**, who restarted the city's minor lacrosse system in 1944. The players inducted were **Keith McLennan, Ralph Lyndon, Clark Hicks, Bill Stearns, Butch Wozniak, Alan Parker** and **Harry Nightingale**.



Harry Nightingale (right) and Keith McLennan.

Scott Armstrong, the hatchet man from Ontario who was sent to Winnipeg by Rogers radio division to move **Tom McGouran** and **Joe Aiello** out of 92-CITY-FM, has moved on to television in Winnipeg and there was more hacking and slashing.

The highly respected general manager of CITY TV, **Tom Scott**, 53, was stripped of his position and replaced by Armstrong two weeks ago, not long after Scott was told by his superiors that CITY TV has never been in better shape.

Scott, another older employee stripped of his employment by a major national media company, didn't know what hit him, but some of his fellow CITY employees told me that the second he was diagnosed with cancer, "he was on his way out."

Scott got the cancer diagnosis almost a year ago and he'd fully recovered, but one CITY employee said, "As soon as Rogers knew he

was sick, they started looking for his replacement. They can't say that, of course, but it's pretty obvious. The station has never been in better shape (although it is likely to lose between \$3 million and \$4 million in fiscal year 2012), but it's clear, you don't get cancer if you want to keep your job."

Winnipeg mayor **Sam Katz** is having nothing but trouble at the office. The Free Press, in its zeal to get somebody else elected mayor,

has started a full-out onslaught on Katz. It's gone past political and is now frighteningly personal.

However, there is no problem with the baseball team he owns. Last week, his Winnipeg Goldeyes were named the American Association's 2012 Organization of the Year Award for the second consecutive season.

The Goldeyes went 55-45 during the regular season and then 6-0 in the playoffs to win the organization's first American Association title in just its second season in the league.

Off the field, Winnipeg drew a league-high 285,263 fans – almost a quarter of them between the ages of 50-70 -- during 50 home games for an average attendance of 5,705.

"It's an honour to be selected for this award by our American Association peers," Goldeyes GM **Andrew Collier** said. "It is a tribute to the hard work done by our staff on a yearly basis and the support we receive from our fans."

The award is selected based on voting by American Association field managers and media.

This marks the seventh time in the past 10 years that the Goldeyes have won the Organization of the Year award for the league in which they've played. ■

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Community Bison BBQ & Musical Evening in Inwood, Manitoba

Inwood is commonly known as the snake capital of the world, but on August 31st, it was known for something a little more appealing.

Inwood is north of Winnipeg about 50 minutes from the perimeter.

John Cartwright, a fairly new resident of Inwood, helped organize an event for the community, with other

members of the Armstrong Drop-in Centre, called the Community Bison BBQ & Musical Evening.

A BBQ of either bison ribs or bisonburger was served. John Cartwright's band "Thistle" was the main attraction for the evening. Local residents, Leo Paul and Kara Westfall, entertained during the band breaks.

It was a beautiful, warm evening and a large crowd gathered at the Inwood Park Gazebo for the first-of-its-kind occasion for the community.

A big thank you goes to the sponsors—RM of Armstrong and a number of local businesses—for helping make this event a success. Maybe it will happen again next summer!



Senior Scope and BOOMER BUZZ

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Managing your own health... PART III

By Roger Currie



How do you like my Halloween mask? Actually it's a mask that just may have saved my life a number of times over the past 15 years or so.

I suffer from sleep apnea, and the mask is attached to a device called a C-PAP machine, short for continuous positive airway pressure. People with sleep apnea can wake up frequently during the night without even knowing it, because their main airway closes, robbing the brain of oxygen.

Left untreated, sleep apnea can contribute to a variety of more serious problems. If you've ever had recurring difficulty staying awake while driving on the highway, or while you're sitting in a meeting in the middle of the day, you should pay attention and seek medical help.

Obesity is often a major factor in developing sleep apnea, but it's by no means the only one. I know people who are not at all overweight who have been sleeping with a mask for years.

I first heard the term sleep apnea about 20 years ago from a friend who was among the first to be treated in Manitoba by Dr. Meir Kryger, one of the pioneers in the field of sleep disorders. I told my wife about the conversation. The next morning she looked me in the eye and said "You should see this doctor. I think you have the same problem."

What my partner and others will notice is very bad snoring and stoppages in breathing that can last as long as 30 seconds. The C-PAP ther-



Roger Currie, connected to a C-PAP machine to assist with sleep.

apy eliminates that. My sleep patterns were further complicated by decades of working in early morning radio. I was often required to get up as early as 3am, which necessitated frequent naps later in the day if I didn't want to go to bed at 8pm or even earlier. It seemed that I had to accept sleep deprivation as a condition of employment.

I was first tested for sleep apnea in early 1996 at Dr. Kryger's lab at the St. Boniface Hospital Research Foundation. A variety of electronic monitoring sensors were attached to me, and I lay down on a highly uncomfortable hospital bed. Somehow I managed to sleep about five hours, and my sleep pattern was measured on a graph.

Kryger looked at the result and immediately put me on a C-PAP machine. He said "You may be wearing this mask for the rest of your life. Get used to it." Amazingly, I did get used to it, especially after I experi-

enced the results. The snoring problem disappeared, and very quickly I was no longer nodding off in the middle of the day.

More than 20,000 Manitobans sleep with the mask, or a variety of other less invasive devices, but we are still thought to be just 'the tip of the iceberg'. It's estimate that more than 60% of sleep apnea sufferers are not even aware that they have the problem.

It's impossible to know how many serious highway collisions have resulted from such people falling asleep at the wheel, but it could be a staggering number. When sleep apnea was first recognized as a legitimate medical problem affecting driving skills, doctors were obliged to notify the Motor Vehicle Branch in Manitoba. The patient's driving license was immediately revoked, and would not be reinstated until evidence was provided that they were being treated effectively.

It's a complex problem and researchers have much to learn. There's some evidence suggesting that untreated sleep apnea con-

tributes to hypertension and may lead to strokes. When I first heard that, I recalled how my late father, Andrew Currie, was a chronic loud snorer, and seemed to stop breathing at times. That was thirty years ago when none of us had even heard of the condition.

Dad was an athlete for much of his life. No one deserved a stroke less than he did. But it was a severe stroke that knocked him down at the age of 74. He died five years later.

Now you know why I say that the mask may well have saved my life.

Find out more at: www.miseriacordia.mb.ca/Programs/SleepDisorders.html

Or consult your doctor.

Roger Currie is a Winnipeg writer and broadcaster.

His commentaries are heard regularly on CJNU, Nostalgia Radio, 107.9 FM.

<http://rogercurrie.org>
<http://www.cjnu.ca/c-corner.shtml>

Seniors, is it time to move?

Seniors are members of the fastest growing segment in the population of Winnipeg and surrounding areas. Many seniors have lived in their current homes for many years and realize that they have reached a time in their lives where they must re-consider their future housing and personal care needs. The home that they have lived in for many years, and raised their families no longer meets their needs. But, home selling and buying has changed tremendously over the years. Times have changed and laws have changed to protect buyers and sellers of Real Estate. Deals can become very complicated and REALTORS undergo comprehensive training to handle whatever comes their way. Your REALTOR, should be able help you navigate through the process of listing and selling your existing home and be willing to assist you in the purchase of a condo, finding an apartment rental or other suitable accommodation.

There are simple ways to package your home for sale to maximize the sale revenue such as de-cluttering, painting, staging etc. There does not

have to be a huge cost associated with it, as your home can often be staged with your existing furniture. You're moving anyway, why not pack and store the extra things that have accumulated over the years?

Your REALTOR should be willing to handle every aspect of the sales process - from strategically marketing and showcasing your home to making sure everything's signed, sealed and delivered by the closing date.

Maurice Allard is an Accredited Seniors Real Estate Specialist, working at the office of RE/MAX professionals. He can be reached at **204-791-8178**.

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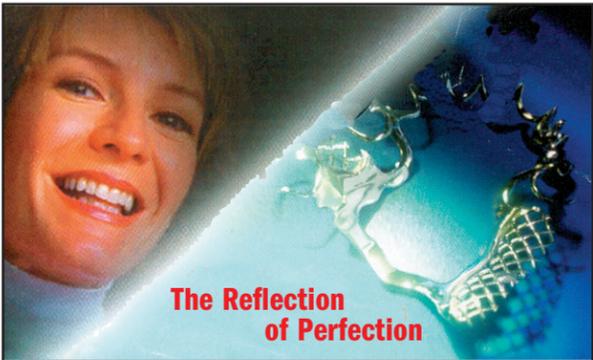
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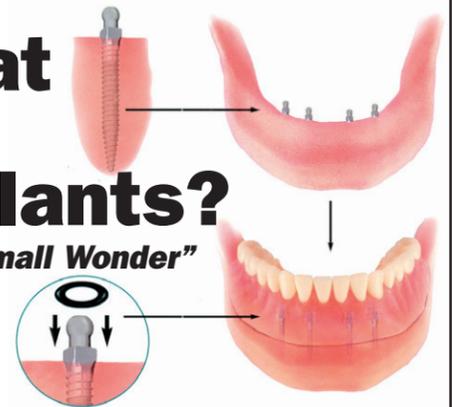
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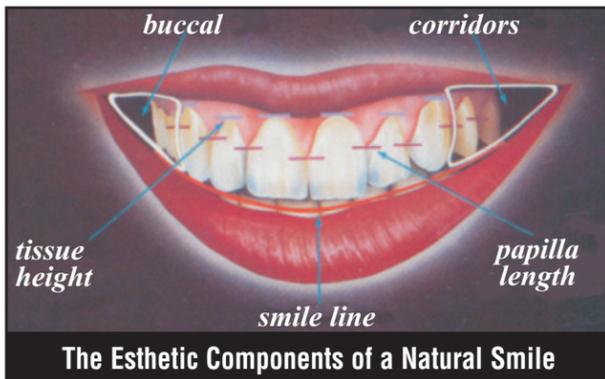
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Another year, another Seniors' and Elders' Day Celebration!



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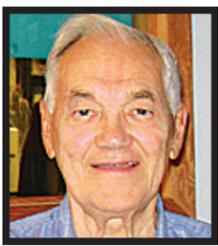
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Emcees Ron O'Donovan and Helene Bulger



Shirley Murray - Chair of Planning Committee.



A moment of silence was held for the late Bill Lesack. Bill Co-chaired with Shirley Murray in past years.



ALCOA Exercise Break.



ALCOA Exercise Break.



Shanley Spence, hoop dancer, with Wayne Ruby on the drum.



St. Norbert Immersion School sang O Canada in both official languages.



Congratulations to Louise Buggik for winning the Senior Scope draw. Louise took home a bouquet of flowers and an assortment of fall ornaments and a glass window art piece from the White Horse Gift Emporium.



Another smiling face that will be missed. Rosie Rogers (right) had been coming to this event forever, it seems, with Diane Dumas (left) of Springfield Seniors. Rosie recently passed on.



2nd Take duo.



FLK Taoist Tai Chi Group leading a demonstration.

October has been an extremely busy month for seniors and elders, and the 55 plus. And it's not even over yet. It's no wonder that October was chosen as the signature month to recognize seniors and elders!

October 1st is celebrated as Seniors' and Elders' Day and serves as the kick-off for the month of celebrations and activities to follow.

A group of hard-working volunteers plan an event on or near October 1st for the older generation to come and 'Celebrate! Participate!'—the theme for this year's event at the Winnipeg Convention Centre.

Admission is, as always, free and you get to spend a day (10 am-2 pm) feasting your eyes, ears, muscles,

brain, and appetite with performers, demonstrators, booth displays, and a free lunch. Ray St. Germain graced us with his presence, again, for the second year in a row.

Healthy Living, Seniors and Consumer Affairs Minister Jim Rondeau wasn't present, as he was on a walk in another part of the world, but he proclaimed October 2012 as Seniors' and Elders' Month in Manitoba and recognized and appreciated the extensive contributions seniors make to the province in a letter.

"I am proud to proclaim October as Seniors' and Elders' Month in Manitoba to reaffirm our commitment to the needs and interests of older

Manitobans and our ongoing support of age-friendly communities throughout the province," said Rondeau. "Manitoba seniors helped build our province and our government is pleased to give back by providing programs and supports, such as the Age-Friendly Initiative, to make communities more accessible and help seniors stay in their homes longer."

A special 'Thank You' on behalf of the Planning Committee, goes to the sponsors—Seniors and Healthy Aging Secretariat, Manitoba Physiotherapy Association, Great West Life, MGI Wealth, Minuk Denture Clinic, Manitoba Association of Senior Centres, and Edison Rental. Also to the Convention Centre (Susan Kost

and Klaus Lahr) for their support of the Senior's and Elders' Day event. And thank you to all of the performers, volunteers, and to everyone who came out to help celebrate this special occasion! Also to the emcees, Helene Bulger and Ron O'Donovan, for a fabulous job, Mayor Sam Katz and Justice Minister Andrew Swan, who came out to help kick off the event with greetings and opening remarks. Thank you to Thelma Meade for the Traditional Aboriginal Blessing. A big thank you goes to Shirley Murray, the Chair of the planning committee!

And thank you to anybody we may have missed.

See you next year!

See more pics on pages 17 and outside back page.

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Life - a right or a privilege



By Harry Paine

Mitt Romney set off a storm of indignation with his remark that 47% of Americans support Obama because they "believe they are victims, who believe that government has a responsibility to care for them". This remark was shocking because coming from a Presidential candidate it inferred that 47% of the population were "dead beats" and were not worth bothering about. He went on to say that he was only interested in the five to 10 per cent in the centre who were independent and thoughtful, who did not vote "as in some cases on emotion, whether they liked the guy or not."

Maybe we shouldn't be so shocked at Romney's ignorant arrogance as it seems that there is a trend on the part of many political leaders, media pundits and others to ignore the needs of large sections of those who are victims of a society that is not working as efficiently as it should.

The *Winnipeg Free Press* of September 22nd book section contained a review of Jeffrey Simpson's new book 'Chronic Condition' by Alan Katz. Simpson is a *Globe and Mail* political columnist who the reviewer points out gives "superficial analyses of multiple complex systems that function within different geographical and demographic realities" of Canada's health care system.

That is a big mouthful but is clarified further with "Simpson writes with a clear ideological bias. He favours increased privatization." Katz points to Simpson's rhetorical dis-

dain of those who he calls "unreconstructed defenders of medicare". The book's analysis of Canadian health care is based on small samples from Ontario, Quebec and Alberta and makes no mention of the really positive work being done in Manitoba.

The boldness of these spokespersons of the ultra-right is not unusual these days as governments and their ideologues in many parts of the world are off-loading the financial woes of their countries onto those who are the least able to afford it.

September 20th edition of the *Toronto Star* reported a statement by Parliamentary Budget Officer Kevin Page that: "Canadians are being deliberately kept in the dark about how billions of dollars in the Harper government's spending cuts may reduce the services and programs they count on from Ottawa, says the federal spending watchdog."

Hidden in omnibus Budget Bills that the Conservatives railed against when they were in opposition "austerity measures in the 2012 budget will affect everything from food inspections to border security to airline safety". Some 19,000 federal jobs are to be cut over the next three years which will result in cuts to services for community projects serving seniors and others who depend on them.

This doesn't include the thousands of jobs and services that that are being eliminated on a local level and that are helping to keep kids off the streets and out of gangs. Cutting out programs such as the

Experimental Lakes Area will not only denigrate us in the world scientific community but will no doubt contribute to further pollution of our fresh-water lake system and destroy the sustainability of sport and commercial fishing from coast to coast.

It would seem then that the most wide-spread war going on in the world today is that good old-fashioned conflict between those who have the power through their ownership or control of the world's corporations and financial interests and those who create the wealth through their labour. There are also those like us seniors who share in the wealth that we set the stage for in the past.

It would seem that the Mitt Romneys of the world would deny us the right to have any say in how that wealth should be distributed and whether we as non-owners of corporations should have a life at all. It boggles my mind that here we are living in a world that is exploring Mars, is able to destroy entire populations in a matter of minutes at the press of a button, is mechanized, computerized and chemicalized beyond one's wildest sci-fi dreams and yet Canada being such an advanced country still has such a high degree of poverty.

As you may have gathered from many of my past rants, I love to quote my mother who being an Irish working-class woman with a minimum amount of education was one of the wisest people I have ever known and one of her classics was "where there is a will there is a way". So I must continue to ask, is there a will on the part of the decision-makers to make sure that all Canadians have adequate and affordable housing, nutritious food on the table and access to healthy determinants of life and living?

A recently published paper from the Canadian Centre for Policy Alternatives by Mary Cornish and titled "A Living Wage As a Human Right" cites a 2004 Federal Pay Equity Task Force Final Report that concluded, in addition to women, members of visible minorities, Aboriginal peoples and persons living with disabilities have all suffered historical economic disadvantage and discrimination in terms of access to jobs and lower earnings compared to other workers in Canada.

For older adults from these groups that translates into smaller pensions, poorer housing, inadequate health-care and a whole host of lower living standards that are socially determined. The conclusion of Cornish's paper is that "Canadians want to live in a society that creates good jobs with 'living wages' for the majority; a society that stimulates the economy, increases productivity and competitiveness, and attracts the most talented workers. Closing the discriminatory pay gaps does just that."

I would ask why stop at just the 'majority'? In a country with such rich resources as we have, why can't we make sure all citizens get their rightful share in the profits that come from the exploitation of those resources?

While we are making some progress in terms of increases in the minimum wage, for seniors and others on low income the so-called cost-of-living increases in our OAS and GIS don't come close to the increases of the average corporate CEO whose "cost of living" salaries now stand at 189 times that of the average Canadian. Do they really work that much harder or need that much more groceries than you or I? ■

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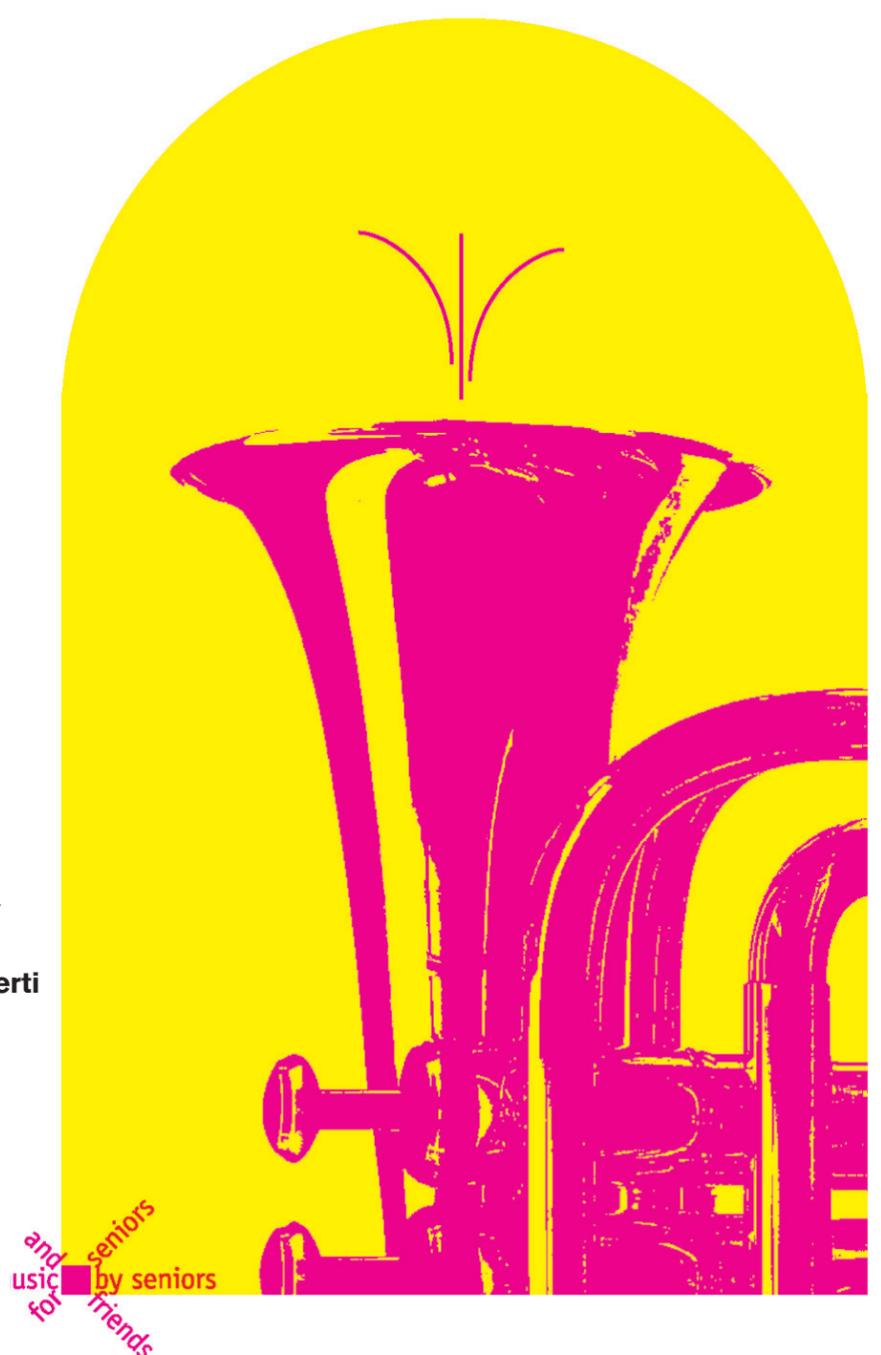
Bach, Broadway and Benny
Tuesday, 23 October 2012
• Chamber Orchestra of St. John's College
• Sweet Adelines –
Assiniboine Show Chorus
• The Murray Riddell Big Band

Earlier Popular Music
Wednesday, 24 October 2012
• Crazy Eights Dixieland Band
• New Horizons Band / Sassy Cats
• Northwinds Community Band

Strings and Winds
Thursday, 25 October 2012
• Winnipeg Pops Orchestra
• Winnipeg Mandolin Orchestra
• Westwood Community Band

Anthems, Ballads and Concerti
Monday, 29 October 2012
• Festival Orchestra
• Frank Burke and Ron Paley
• Festival Concert Band

Celebration of Seniors
Tuesday, 30 October 2012
• Sisters of the Holy Rock



and for seniors
music by friends

... in the NEWS



By Scott Taylor

Today's Best Idea: Manitoba's Highway Map Upgraded

There are good ideas and there are good ideas, but if you're one of those people – like me – who spends a lot of time driving around Manitoba, this is a really, really good idea.

The province has finally upgraded Manitoba's provincial highway map, providing more details on the 511 traveler information system.

"We continue to use the provincial highway map, which is distributed free of charge, to boost tourism opportunities in Manitoba," said Infrastructure and Transportation Minister Steve Ashton last week. "We are also very pleased the Manitoba Trucking Association commissioned artist Glenn Hayes to create a unique painting, which forms the cover of the new map."

Hayes is a tremendous artist who worked with me back in the old days. He's done some wonderful hockey and car pieces in the past so his work on the cover of the map will look (a) brilliant and (b) hyper-local.

"The image on the map pays homage to the roots of trucking in Manitoba and its important role today in the economy, incorporating elements of the industry from the past and looking to the future," said Bob Dolyniuk, executive director of the Manitoba Trucking Association. "Manitoba is where east meets west, urban meets rural, the past meets the present and we are pleased the image will be distributed so widely by being included on the provincial highway map."

"The content of the new map has been updated to provide details on how to access road information through the 511 system and Twitter, and to show five new recently created provincial parks," said Ashton. "The map continues to draw attention to Manitoba's tourism destinations and has welcome greetings in more than 25 languages, reflecting the cultural diversity of the province. There is also a link to the Provincial Parks Guide."

The maps are free and Travel Manitoba distributes them at various locations such as travel information centers, The Forks and border crossings. They are also available through CAA Manitoba, chambers of com-

merce and offices of Manitoba Infrastructure and Transportation.

"The map is also available online at www.manitoba.ca/mit/map/index.html, which shows an overview of the province" Ashton added. "Users can then select specific regions, which can be enlarged to provide more detail and downloaded."

LEE, SELINGER HONOUR HONG KONG WAR VETERANS

HONG KONG – Manitoba's Lt.-Gov. Philip Lee and Premier Greg Selinger journeyed to Asia earlier this month to honour Hong Kong War veterans.

Both Lee and Selinger laid wreaths at a ceremony at Sai Wan War Cemetery to pay homage to Manitobans who fought to defend the British Colony of Hong Kong during the Second World War.

"Despite being sent to the other side of the world unprepared for what they would encounter, the Winnipeg Grenadiers fought valiantly in defense of the freedoms all Canadians enjoy today," said Selinger.

"Standing on the ground where so many brave Manitobans made the ultimate sacrifice is a truly humbling experience. To all the Hong Kong war veterans who are still with us today and to the families of all those who fought and died, thank you on behalf of all Manitobans. We will never forget."

The Winnipeg Grenadiers and the Quebec-based Royal Rifles of Canada were sent to Hong Kong in late 1941. War with Japan was not considered imminent at the time. Both battalions had limited training and had prepared mainly for non-combat duty.

In December, the Japanese military launched a series of attacks including those on Pearl Harbor, the Philippines and Hong Kong.

Approximately 290 Canadians were killed in defense of Hong Kong and 267 more died as prisoners of war in the years that followed. Of the 1,975 Canadians who went to Hong Kong, more than 1,050 were either killed or wounded.

Lee was born in Hong Kong in May 1944, shortly before the end of the war.

"I grew up two blocks from the place where many Manitoba prisoners of war were held for years under horrendous conditions," said the Lieutenant governor. "My mother would tell me stories of the atrocities and hardship endured by the Canadian soldiers who fought so bravely to defend our freedom. The sacrifices they made in the name of peace and justice will always be solemnly remembered by the people of Hong Kong."

MANITOBANS URGED TO HAVE "TWO WAYS OUT"

Family Services and Labour Minister Jennifer Howard, minister responsible for the Office of the Fire Commissioner, sent us a note reminding all Manitobans of the importance of developing and practicing a family fire escape plan that ensures they have two ways to leave their home.

"Fire safety is a lifelong habit we'd like to see begin at home," said Howard. "Manitoba fire department statistics show that in 2010, 94 per cent of fire fatalities and 78 per cent of fire injuries occurred in the home, and we encourage people to take a few minutes to protect themselves and their families."

According to the Office of the Fire Commissioner, at least half a dozen serious fires in Manitoba alone have been started by the careless disposal of cigarettes.

"These easily avoided fires have caused more than \$3 million in damage," Howard said. "Before throwing out cigarette butts or ashes, make sure they're out. Put them in sand or water, not potted plants or anything else that could catch fire."

"We want to encourage Manitobans to do their part at home by having a family fire escape plan and to practice it, to make sure there is a smoke alarm on every floor of the home and to check the batteries in those alarms and to remember that alarms need to be replaced at least every 10 years."

Schools around the province will be sending home a fire prevention activity book designed around the theme: "Plan for Two Ways Out."

More information is available at www.firecomm.gov.mb.ca/safetyfpw_teacher.html.

Not surprisingly, the minister also cautioned people to make sure it's safe before starting a fire and to obey all burning bans that might be in effect. This reminder comes on the heels of another week of wildfires that

burned across southern Manitoba.

WORK BEGINS ON U of M'S NEW ACTIVE LIVING CENTRE

Premier Greg Selinger invited a few of his friends out to the University of Manitoba last week for a little party.

Along with Selinger, the Honourable Steven Fletcher, Minister of State (Transport) and Member of Parliament for Charleswood St. James-Assiniboia, Winnipeg Mayor Sam Katz, University of Manitoba President David Barnard, and former University of Manitoba Bisons football player and current National Football League player Israel Idonije to celebrate the start of construction of the new world-class Active Living Centre, at the U of M campus.

"This new world-class sports and recreation centre will benefit students and staff on campus and will offer some exciting opportunities for families from the local community," said Premier Selinger.

"We're creating new opportunities for people of all ages to get active, right in their community, because it's a priority for Manitobans and because we know it will have lasting benefits well into the future."

Each year, more than 7,800 students and 1,000 staff and community members use the Faculty of Kinesiology and Recreation Management's facility at the University of Manitoba. The Faculty promotes sport and active living through various university and community programs for people of all ages and will be home to the new Active Living Centre.

The new four-storey, open-concept facility, with its luminous glass exterior, will house a high-performance training facility for elite athletes, a state-of-the-art indoor running track, a 12-metre climbing wall, an Applied Research Centre, a gathering area for students, strength and conditioning facilities, and three group workout studios.

The \$46-million centre (which is the keystone part of a group of Active Living Projects worth \$59-million) received joint federal and provincial funding of \$20 million under the Provincial-Territorial Base Fund. The City of Winnipeg is also providing \$2.5 million of the net proceeds from the sale of the Polo Park Stadium site, with the balance of the funding being provided by the University of Manitoba.

Continued on next page

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Winter Check-Up Time

Driving can be an adventure at the best of times, with winter just around the corner it's time to insure that your vehicle is ready for your next winter driving adventure. We have all had that memorable experience that we do not wish to remember. It might have been going out in the morning and finding that your car wouldn't start. Have you had your block heater checked lately, or it might have been a dead battery. No matter, your mood was wrecked for the rest of the day.

Remember a slow leaking tire in the summer that you fill every couple of weeks can become a flat overnight as the temperature dips down in to the sub zeros. When you are having your winter check done making sure that there are no valve or bead leaks on your tires this can save you from having to call CAA and being late for work or your appointment.

Simply changing your oil from 10w-30 (a summer thicker oil) to 5w-30 (a winter thinner oil) can

make starting of your car much easier during the long cold winter. This also saves wear and tear on your engine parts. Your battery does not get drained down; your car's starter does not get over worked from having to crank over and over. This can save you a bad experience as well as a few dollars for thinking ahead and avoid unneeded repairs.

Having a reputable service manager at a reputable service centre, who you can talk to and trust is by far the most important part of making your winter driving experience a pleasurable experience.

To sum it all up, a little preventative maintenance will go a long way to insuring your winter driving is memorable in a pleasurable way. There is no way around it – winter is coming, so prepare and enjoy, and feel safe.

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... in the NEWS, cont'd from page 12

This 100,000-square-foot facility will support an active lifestyle for students, staff, and the community alike. The new Active Living Centre will replace the current fitness facility (dubbed the "Gritty Grotto"). Upon its completion in 2015, this modern, eco-friendly building will accommodate more than 2,000 patrons per day, making it the largest active living facility in Manitoba.

"The City of Winnipeg is pleased to support the Active Living Centre with \$2.5 million obtained from the sale of the Polo Park stadium site," said Mayor Katz. "Students and staff at the University of Manitoba campus come from all corners of Winnipeg. Soon they will have the opportunity to build active living into their academic day, with a modern, bright fitness facility."

To learn more about Manitoba's infrastructure projects, please visit: www.infrastructure.mb.ca.



IT'S TIME TO REBUILD

Premier Greg Selinger has announced that it's time to re-build recreational facilities all over Manitoba.

In fact, Selinger's government will provide grants to Non-profit Groups to help improve sports and cultural opportunities for all Manitobans through the 2013 Community Places Program.

"In 2012, more than 270 non-profit community groups were able to create or upgrade local recreational, wellness or cultural facilities for Manitoba families as a result of Community Places grants," said Selinger.

"Gathering places such as seniors' centres, playgrounds and hockey rinks play an important role in enhancing the quality of life families have come to enjoy in communities throughout our province.

"The Community Places Program provides funding and planning assistance to non-profit community organizations for facility construction, upgrading, expansion or acquisition projects. Eligible projects are those that provide sustainable recreation and wellness benefits to communities."

According to the Premier's office, eligible projects can receive up to 50 per cent of the first \$15,000 of total project costs and up to one-third of costs over that amount. The maximum grant is \$50,000.

Examples of Community Places Program projects approved in 2012:

1. A playground development project for the Ryerson Association of Parents and Teachers,
2. Renovations to the Manitoba Farmers with Disabilities' building in Elm Creek,
3. Stage lighting upgrades for the Pinawa Players,
4. A wind-power electric turbine for Selkirk's Manitoba Paddling Association,
5. Support to Opasquia Agricultural Society's redevelopment project for The Pas and District Exhibition Grounds,

"Since its inception, Community Places has provided more than \$104.3 million in grants to support more than 6,815 community construction projects province wide," said Selinger. "These grants have leveraged an estimated \$651.7 million in infrastructure improvements in both rural and urban communities. Community Places has provided funding and planning assistance for 10,706 applicants from non-profit community organizations.

Grant applications under the 2013 Community Places Program are now being accepted until Dec. 15. To receive a grant application or for more information, contact the Community Places Program office in Winnipeg at **204-945-0502** or **1-800-894-3777** (toll-free), e-mail mcpp@gov.mb.ca or visit www.manitoba.ca/housing/cpp.



CRANE LIBRARY - 50 YEARS OF SERVICE

Here's something we need to do more often: celebrate libraries.

The J.W. Crane Memorial Library, located in Deer Lodge Centre, is currently celebrating 50 years serving the research and patient support needs of the medical community.

According to Angela Osterreicher, Hospital Librarian, the J.W. Crane Memorial Library of Gerontology and Geriatrics is known as Canada's largest library specializing in aging and long-term care.

The Crane Library was established by Dr. William W. Priddle in 1962 with a collection of books left to him by Dr. J.W. Crane, an early researcher in the field. Dr. Priddle continued the legacy of work in the area of geriatrics with the publication of numerous papers and involvement in various societies.

Dr. Priddle's work has now been recognized with the renaming of the library's study room in his honour. To coincide with the library's anniversary, a timeline of its history has been developed and will be linked to the website at <http://libguides.lib.umanitoba.ca/deerlodge>.

Plans are also being developed to propose a redesign of the library to create a space that fosters collaborative research in geriatrics, aging and long term care.

The Crane Library became one of the Health Sciences Libraries of the University of Manitoba in 2005. Along with other hospital libraries in Winnipeg, it works to support not only its immediate community but also the network of long-term care homes in Manitoba, as well as the university's faculty and students. In addition to its specialized collection, it houses consumer health resources available for public use.

For more information about the work of the library, please contact: Angela Osterreicher, Hospital Librarian at **204-831-2107** or angela_osterreicher@umanitoba.ca.



AGE-FRIENDLY MANITOBA INITIATIVE

Manitoba Hosts International Symposium On Making Rural, Remote Communities More Age-friendly

Age-friendly communities are now eligible to receive grants to continue improvements that make life better for seniors, as part of an enhancement to the Age-Friendly Manitoba Initiative, Premier Greg Selinger announced today at the International Invited Symposium on Age-Friendly Rural and Remote Communities and Places.

"The unique new recognition program recognizes communities that have demonstrated leadership in making life better for their senior citizens," said Selinger. "Congratulations to the first cities, towns and villages to demonstrate a commitment to age-friendly community life. You are leading the way in Manitoba and beyond."

Pinawa, Portage la Prairie, The Pas, Springfield, Steinbach and Dunnottar have achieved their age-friendly milestones and have been awarded a one-time grant to use for age-friendly initiatives in their communities.

Selinger announced the enhancements to the Age-Friendly Manitoba Initiative at a public forum on how to make rural and remote communities better for aging populations. The forum kicked off a three-day International Symposium on Age-Friendly Rural and Remote Communities and Places, hosted by the province and the University of Manitoba Centre on Aging. This was the first event of its kind in the world and delegates from 12 countries attended including representatives from Australia, Bolivia, Cameroon, Canada, Ghana, Ireland, Peru, Russia, Switzerland, Trinidad and Tobago, the United States and Uganda.

"We launched our age-friendly initiative four years ago and today we have 86 communities working toward being designated as age-friendly," said Selinger. "We are committed to making Manitoba the most age-friendly province in Canada and to maintaining our role as a global leader in the age-friendly movement."

The Age-Friendly Manitoba Initiative supports seniors in leading active, socially engaged, independent lives that contribute to healthy aging.

More information is available at www.gov.mb.ca/shas/agefriendly.



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An interview with local Winnipeg artist, Hazel Birt, with her award-winning woodcut prints

Where are you from and how did you end up in Winnipeg?

I grew up in the Finnish Settlement of New Finland, Saskatchewan and moved to Winnipeg years ago where I trained both in art and writing.

My husband Jim Birt and I taught art for many years in St. James. I am widowed and now live downtown Winnipeg.

How did you become interested in the craft of woodcut printing?

I was familiar with woodcarving from my Finnish grandfather, so when I found a teacher who had trained in Japan I found Japanese woodcut printing suited me very well and used that media. If someone was interested in woodcut printing they should inquire from **Manitoba Printmakers**. I am a founding member of that association but no longer teach at their workshops.

Have you written or published your own books?

I have written and illustrated seven books. As founding member of the Manitoba Writers Guild, I received an Arts Council Grant to study Finnish mythology and folklore in Finland. Since I speak Finnish this was very special for me. I was inspired to write the book 'Festivals of Finland' and illustrate it with woodcut prints. It went into several printings as it was picked up by the schools for their grade 4 study on Finland.

Have you won awards for your craft?

My Japanese woodcut print illustrations have won 36 awards. 15 were from the book 'Festivals of Finland'. I believe that's because it is such a difficult media. The awards were from: Manitoba Printmakers, The St. James Art Club, The Norman

Art Group and many from the Air Canada International Art Shows and The Boston International Print Shows.

You seem to be very active in your community. What other crafts or activities do you do?

Since I am now in my eighties I am no longer actively involved in the various clubs. It was my family who persuaded me to show my life time of prints and they hung the show of me. I like to travel and I went back to Finland again this past summer with my family. We took a lot of photos which I plan to show my fellow members at the Manitoba Camera Club which conveniently for me meets in my building. I have also written and presented speeches to

my Toastmasters Club which also meets in my building. I continue to write articles mostly about my Finnish heritage.

This sounds like a great way to keep active. What advice do you have for others?

I believe that keeping physically and mentally active keeps a person well. ■



Hazel Birt in her Finnish costume.



"Festivals of Finland" book written and illustrated by Hazel Birt using woodcut print art as shown on cover.



Happy Senior's Month 2012!
Enjoy all the beautiful fall colours out there!



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- John Hubbard (1973-)

Things to do in Winnipeg

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EVENTS

Annual Bazaar - Craft and Bake Sale, Silent Auction, Sat., Nov. 3, 10-2 pm at Parkside Plaza, 1630 Henderson Hwy. Hot dog lunch available. Bring your family and friends.

7th Annual Conference on ALS "Life As I Know It - Living with ALS!" - Fri., Nov. 2, Victoria Inn, 1808 Wellington Ave. Registration: \$100 (early bird before Oct. 26), \$125 after, FREE for clients with ALS, family members \$50. Call: **204-831-1510**, email: **HOPE@alsmb.ca** or **www.alsmb.ca**

Pawtoberfest of Prairie Feline Fanciers cat show and competition at "Oom-Paw-Paw" - Oct 20-21, 9 - 4 pm, Assiniboia Downs. A senior citizen (Maggie's Cats) in Brandon is moving from her home and has about 400 cat memorabilia in ceramic, wood, metal, paper, cloth, etc are available to the public to view. Souvenirs and gifts to purchase, cat show which draws exhibitors and competitors from across Canada and northern US. Great prices. All proceeds to Prairie Feline Fanciers.

Archwood 55Plus - Join us for a day trip to Grand Forks, ND., Wed. Nov. 7, departing 7 am from Salisbury House, Fermor & St Anne's. Cost \$38 members/\$45 non-members. Valid Canadian Passport Required. Call **204-416-1067** or **204-962-3331** e-mail **archwood55@gmail.com**

Westminster Concert Organ Series - presents David Higgs, Rochester, New York in concert on the newly refurbished 4 manual Casavant Organ, Sun., Oct. 28, 7:30 pm, Westminster United Church, Westminster at Maryland. Tickets \$25 at McNally Robinson or at door. Seniors (65+) \$20 at door only. Students w/card \$10. Three concert season subscription \$55. **204-784-1330** or **www.westminsterchurchwinnipeg.ca**.

The Friends of the Winnipeg Public Library - 8th Annual Book Sale, Sat., Oct. 27, 10 am-4 pm, & Sun., Oct. 28, Noon-3 pm, Grant Park High School Gym, Grant & Nathaniel. Over 50 tables with good used books, CDs, DVDs & old LPs. A Friends Fundraiser in support of Winnipeg library projects. **488-3217** or **info@friendswpl.ca**

Perogy Supper - All the perogies you can eat, Fri., Oct 26, 11:30 am-3 pm, at Holy Trinity Auditorium, 1175 Main St. For info, call **204-334-6667** or **667-5720**

High Steppers Seniors Club - "Hat"-Itude Tea, Sat., Nov. 3., 1 pm, 980 Winakwa Road, Winakwa Community Centre. New & Used Sale starts at noon. Also, Rainbow Auction, Draws, Door prizes. Tea \$7. Admission includes Sale! Under 12 free. New & Used Sale entry only - \$1. MCCC Licence #4514RF.

Forum Art Centre - presents Liberate Our Art Show, Nov. 2, 3, 4 at Forum Art Centre Gallery, 120 Eugenie St. Three artists - Tom Andrich, Jim Corbett & Ed Dumanski are cleaning out their studios & demonstrating some painting techniques for your shopping experience. Visit **www.forumartcentre.com** or call **204-235-1069** for times.

The Nearly New Shop - Annual Vintage Sale, Oct. 19-27. **Christmas in October Sale**, Oct. 5-31. 961 Portage Ave. Hours: Mon-Sat., 10 am-4 pm. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba in support of pediatric research at the Manitoba Institute of Child Health and equipment and programs at Children's Hospital. Call: **204-772-3629** for more info.

PostPolio Network - General meeting, Oct 30, 1 pm at the Katherine Friesen Centre, 940 Notre Dame. Age and Opportunity will be presenting a talk titled SafetyAid. The presentation will share tips and suggestions to better protect oneself outside and at home. Lunch will be served. The meeting is open to all polio survivors, their supporters and family. Call **204-975-3037** for info.

Gwen Sexter Creative Living Centre - Annual Fundraising Tea, Sun., Oct. 28, 1:30-4:30 pm, 1588 Main St. Minimum Donation \$18. Call: **204-339-1701**

Bee Wellness - Official Open House, Thur., Nov. 1, 9:30 am-3 pm, at 4910 Roblin Blvd on the corner of Roblin and Dieppe. Free demo classes, tour of facility, refreshments and door prizes. We are a NEW Older Adult & Other Fitness and Wellness Facility. For more info: **204-832-2077** or **candace@beewellnessinc.com**

Sturgeon Creek United Church - A Night to Remember duo concerts: Nov. 9, 7 pm, at 207 Thompson Drive. Presenting: The Rainbow Harmony Project Singers and The Fly and Camel Band. Tickets \$15 at Church office: **204-832-1000**, **896-3775** or **832-4480**

Millennium Library - Canada's Genealogy and Family History, Thur., Oct. 25, 10:30 am-noon. Learn about this amazing, and free, Genealogy and Family History website. This resource from Library and Archives Canada has a variety of Canadian genealogy resources, including digitized census and passenger lists, land records, military records, etc. **Researching Canadian Military Records**, Thur., Nov. 1, 10:30 am-noon. Learn about Canada's military history or research an ancestor who fought in the world wars. Sessions in the Buchwald Room. Call **204-986-6450** to register.

Fort Garry Women's Resource Centre - Saving Circle Information Session - Fri, Oct 26, 10:30 am, at 104-3100 Pembina Hwy. For every \$1 you save, you earn \$3. You just need to go to 10 money management classes and save \$5-\$65 a month for 4-6 months. If you qualify and would like to apply on that day, please bring proof of income with you (budget, pay stub, etc). This is a free, women-only event. FGWRC is a scent-free environment. Please call **204-477-1123** to register or for more info.

The Cathedral Church of St. John (also known as the St. John's Cathedral) and the Seven Oaks Historical Society - jointly present "Home on the Prairies" A Red River Jamboree, featuring Simpson's Folly, Cree musician and story-teller, Winston Wuttunee, and the Norman Chief Memorial Dancers (and maybe a bagpiper or two), Fri., Oct. 19, 7 pm at St. John's Cathedral/135 Anderson Ave. (by the Red River), Admission \$15. Phone Tusia Kozub: **204-339 8747**.

The Winnipeg Symphony Orchestra - perform in the world premiere (as commissioned by the Seven Oaks Historical Society) of Sid Rabinovitch's "Red River," Nov. 9-10 (Winnipeg) Nov. 11 (Brandon), 8 pm. This suite reflects various influences that have shaped the character of our Manitoba Red River community. Tickets from WSO: **204-949-3999**.

Winnipeg Press Club - The Manitoba Historical Society is launching a special issue of Manitoba History to commemorate the 125th anniversary of the Winnipeg Press Club. Launch ceremony, Thur., Nov. 8, 7 pm at Dalnavert Museum, 61 Carlton St.

Winnipeg's Scottish Country Dancers - are having a Ceilidh, Fri., Nov. 2, 7:30-10 pm, at St. Stephen's & St. Bede's Church Hall, 99 Turner Ave., near corner of Mount Royal & Ness. Simple dances to lively Celtic music, plus entertainment and refreshments. More info: **www.rscdswinnipeg.ca**

Deer Lodge Senior Men's Curling League - is looking for curlers for the 2012-13 season, Oct.-Mar., Tues. and Thurs. mornings. All skill levels plus first-time curlers welcome. Regular members \$120, spares \$70. Prices include 2 all-you-can-eat banquets! For info, call Jim: **204-837-6900** or Dennis: **261-8790**

Fort Garry Senior Men's Curling Club - welcomes curlers for this season. Individuals with any skill level are accepted - we assist. Curl twice a week Mon, Wed or Fri, 1 pm. Fee \$145 for 40 games, includes 2 banquets. Call Richard: **204-256-5886** or Nick: **204-255-7110**

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**

The Winnipeg Male Chorus under the direction of Helen Bergen - invites men who love to sing to join other singing men this coming season. Call Helen: **204-261-7788** or visit **www.winnipegmalechorus.org**

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 10. For more info, Mary: **204-221-2538** or visit **www.seniorschoralsociety.ca**

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 cama-

radierie of others. We entertain at various seniors retirement homes in the Winnipeg area. Call Julie: **885-2448**

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

Yoga for Menopause - Presented by Linda Caldwell, Yoga Teacher (RYT, Sun., Oct. 28, 1:30-4:30 pm at First Presbyterian Church, 61 Picardy Place (across from Vimy Park). Cost \$45. please call **204-802-0279** or email: **mindbodyfusion@shaw.ca**

SOCIAL PROGRAMS / SERVICES

Dakota 55+ Lazars Program - Variety of programs at Jonathan Toews Community Centre, 1188 Dakota St.: Mondays - Cribbage, Tuesdays - Line Dancing, Floor Curling, Wednesdays - Public skating, Whist and various health and education programs, Thursdays - Floor Shuffle, Kraft Komer. For more info, Karen: **204-254-1010** ext. 206

Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, offers: Bridge, Thursdays, 1-4, Margaret **204-256-3832**; Carpet Bowling, Tuesdays, 1-3, Pam **204-253-9848**; Line Dancing Mondays, Beginners 11:30-12:45, Prairie Stars 1:15-2:45, Fridays, Beginners Plus 10-11:30, Warren **204-334-3559**; Luncheons, last Tuesday of the month, noon-1:15, June **204-256-0414**, Scrabble, Mondays, 12-4:30, Don **204-487-7835**, Urban Polling, Bill, **204-295-3714**.

Whirlaway Westerners Dance Club - Modern Square Dancing. New single and couple dancers welcomed Fridays, 7-9:30 pm at Kirkfield Westwood Community Centre, 165 Sansome Ave. First 3 consecutive classes free. Yearly membership \$2. Cost per evening \$4. Art/Zoya: **204-632-0698**.

River East Council for Seniors - Parkside Meal Program offers hot delicious meals for 55+ at noon, Tue., Thur., & Fri. (1630 Henderson Hwy.) \$6.50. Pre-registration required: 204-339-4428. **River East Meal Program** offers hot delicious meals for 55+ at noon, Mon. Wed. & Fri (1100 Henderson Hwy). \$6.50. Pre-registration required: 204-338-6284.

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **(204) 987-8850**

Archwood 55Plus Centre (565 Guilbault St.) - Offers Fitness programs: Yoga, Pole Walking, Zumba, Belly Dance, etc., Water exercise, Painting Class. Registration, Sept. 4-7. Call for Social activities and outings: **204-962-3331**, Mon-Fri, 9 am-2 pm.

A&O: 400 Stradbrook - Crafts Mon. 2:30 pm; Pilates Mon. 1:30 pm; Tai Chi Tue. 10:30 am; Yoga Thur. 10:45 am; Zumba Gold Fri. 1:30 pm; Painting & Drawing Thur. at 10:30 am; Aqua-Fit Tue. & Thur. 10 am; Table Tennis Tue. 1:30 pm (FREE); Scrabble Club Wed. at 1:30 pm (FREE). Hearing Tests by Connect Hearing by appt only on Wed., Nov 14 at 1 pm; Choir Fri. 10:30 am; SafetyAid Presentation Wed., Oct. 17, 2 pm (FREE); Operation Medicine Cabinet presentation, Oct. 24, 2 pm (FREE). Call **204-956-6490** for more info.

A&O: West End (Clifton CC 1315 Strathcona St) - Belly Dance Fri. 10 am; Clogging Thur. at 2 pm; Line Dancing Wed. 1 pm; Ballroom Dance Wed. 1 pm; West End Walkers Club FREE Tue. & Thur. 9 am; Gentle Yoga Tues. 11:30 am; Canasta Mon. 1 pm - FREE; Mature Driver Workshop Tue., Oct. 23 at 1 pm; Table Tennis Mon.-Fri. 9 am - FREE; Digital Photography Wed. 1 pm; Woodcarving Fri. 1 pm - FREE; Social Gathering Wed. 9 am - FREE; Beginner's computer courses -COMING SOON Mondays 1 pm. To register or for more info, call **204-975-5167**.

Good Neighbours Active Living Centre - Drop-in Programs: Social Bridge: Mon. 1-3:30 pm; Blanketing MB: Mon. 10-11:30 am; Billiards Bunch: Mon. 9 am-12 pm; Duplicate Bridge: Tue. 12:30-3:30 pm; Cribbage: Tue. 1-3 pm; Garden Group: Wed. 9-11 am; Mahjong: Wed. 10 am-12 pm; Men's Breakfast Club: Thur. at 8:30 am; Beginner Bridge: Fri. 10 am-12:30 pm; Stamp Club: Ev second Mon. 7 pm; Choristers Choir: Tue. 9:30 am; Woodcarvers: Wed. 9 am; Hobnobs Café (Soup, Sandwiches & More): Mon.-Fri. 10 am-1 pm; Bookstore: Mon. 1-4, Tue.-Fri. 10-4 pm. Drop-in cost: \$1 members/

\$2 non. Vanessa Lambert: **204-669-1710**, email: **programs@gnalc.ca** or **www.gnalc.ca**

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**

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.

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**

55+ Men's Club - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **987-8850**.

Seine River Seniors - **Monthly Luncheons**, every second Wed. at Southdale CC., 12:30 pm; **Social Brunch**, once a month, dates and locations vary; **Bridge**, Mondays 9:45 - 11:30 at Southdale CC; **Writing Your Life Story and Creative Writing**, Thursdays at Southdale CC; **Use and Misuse of Medicine and Active Living**, Sept 25, 1-3 pm at Southdale CC; **Cheap Tuesday Afternoon Movies**, first Tuesday of the month - meet at St. Vital Mall entrance to Cinema at 1 pm. Call **204-253-4599**.

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**.

VOLUNTEERING

Rupert's Land Caregiver Services - Would you like to spend more time with your partner while helping our community? Rupert's Land Caregiver Services, a non-profit organization that supports family caregivers of older adults, has volunteer opportunities for couples to provide transportation for clients in S.W. Wpg. Compensation for gas and parking provided. No minimum time commitment required. Call: **204-452-9491** or email **rlcs_vol@mts.net**

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**

Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call the Recreation department: **269-7111 ext. 2247** for 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.

Continued on page 16

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Sunset Palliative Care (Portage la Prairie) - Dinner with guest speaker The Honourable Sharon Carstairs, Fri., Nov. 2, Doors open 6:30 pm, at Canad Inns, Portage la Prairie. Tickets available at Shoppers Drugs and both Hills Pharmacy, Portage District General Hospital, Canad Inn, plus from Sunset Palliative Care volunteers. A portion of ticket cost is eligible for tax receipt. Silent Auction.

Headingley United Church - Annual Fall Supper, Nov. 4, Seatings 4, 5 & 6 pm. Tickets: Adults \$12, Children \$6, Preschool are free. Chair lift available to downstairs area. Advance ticket sales only. Call Susan: **204-888-4865**

Komarno Community Hall - Halloween Dance, Sat., Oct. 27, 7 pm, Canadian Rhythm Masters Band, Lunch. Advance tickets \$15. **204-886-2994**

South West District Palliative Care - 7th Annual Gala Dinner and Dance, Sat., Oct. 20, at Legion Hall, Stonewall. Table sponsors: Gold: \$800 (table of 8), \$100 (ind. individual), Silver: \$600, \$75; Bronze: \$400, \$50 respectively. Tax receipt issued for portion of ticket. (Cost minus meal price.) Call Linda Oracheski at **204-467-7163** (h) or **467-8490** (w), email: **swdpc@mymts.net**

Warren Craft Sale - Nov. 3, 10-4 pm, in Warren High School and the Warren Hall, Warren, MB. We are still accepting vendors and tables \$30. Email: **rosserwoodlandsrec@mymts.net**

Interlake Ukrainian Brotherhood - Perogy Bash & Dance, Sat., Nov. 3, at Fraserwood Hall. Dinner: 6:30 pm, Dance to the Canadian Rhythm Masters until 12:30 am. Advance tickets \$22.50. Call Don Hrehoruk: **204-643-5568**.

Steinbach, MB activities - Mike Janzen Trio, Fri, Oct 26, 7:30 pm, at the SRSS Theatre, 190 McKenzie St. Enjoy jazzy grooves with a funky, gospelly undercurrent. Call Steinbach Arts Council for tickets: **204-346-1077**. **Art Stream Heritage House & Art Gallery**, Mon, Wed & Thurs, 1-4 pm and the 1st and 3rd Sat. ea. month. Check out the **Loewen Green Art Scene** (Steinbach's newest gallery), 306 Reimer Ave. **www.steinbachartscouncil.ca** or call **204-346-1077**. Steinbach Arts Council is looking for volunteers for our A.R.T. Works program or join the Board of Directors. Call **204-346-1077** or email **director@steinbachartscouncil.ca**

Sainte Agathe Dinner Theatre - Sainte Agathe Dinner Theatre Presentation: **Play On, Play On, Play On...**, Fri., Nov. 9, Sat., Nov. 10, Fri., Nov. 16, Sat., Nov. 17 at the At the Sainte Agathe Cultural and Community Centre. A slapstick musical with popular songs and including a Commedia Dell'Arte cast performed by The Ste Agathe Musical Dinner Theatre Troupe. Tickets \$35, may be purchased individually or in tables of 8 or 9. For info: **cchateau@mymts.net** or Charlotte at **204-882-2401**

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.

Springfield Services to Seniors - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues @ 5 pm, Wed/Thurs/Fri @ noon. Call **204-444-3132**. Dugald: Mon/Wed/Fri. @ 5 pm. Call **204-270-4028**. Cooks Creek: Wed/ Fri. @ 11:30 am. Call **204-444-6000**; Anola: Mon. to Fri. @ 11:45 am. Call **204-866-3622**

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: **204-883-2880**

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. Brokenhead Outreach for Seniors at **204-268-7300**, H.E.L.P. Centre (East Beach area) **204-756-6471**, Springfield Services to Seniors **204-853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **204-345-1227** or Whitemouth/Reynolds **204-348-4610** and Winnipeg River Resource Council **204-367-9128**

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 **204-467-2719**

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

Life in the Dog's Lane

By Lori Blande, Program Chair, Council of Women of Winnipeg

What would you do if you had to depend on a hairy, four-legged creature to help you get dressed or turn on a light switch? What if your very life depended on the seizure detection skills of a furry, mute, four legged critter? What if that life saver was a dog?

The answers were delivered at the Council of Women of Winnipeg September presentation. They also generated many more questions which Captain George Leonard from MSAR happily answered.

Capt. Leonard also brought one of his elite service dogs, Bella, to show us what a well trained service dog should be like in public. While he spoke, Bella basked calmly on the floor knowing it was 'all about her' and how service dogs contribute to every day living for a significant number of Manitobans.

MSAR - Meghan Search and Rescue was started by George Leonard in partnership with Aboriginal elders, First Nation leadership and dedicated volunteers to address the growing concern of missing Aboriginal persons.

MSAR has since grown and now has many programs, one of which is training service dogs and assistance dogs. An MSAR elite K-9 service dog is not just "a" service dog but a 'specifically molded' dog trained for very specific duties in a wide field of medical conditions. Dogs are trained to help people with disabilities other than visual or hearing impairment. Some of these conditions include: autism, bi-polar disorder, seizure detection, lissencephaly, allergy detection, post

traumatic stress disorder and hearing impaired or deaf assistance.

George explained that, "All of our dogs are chosen from local shelters - our motto is "Rescuing One Soul to Save Another". However, some are donated by breeders and private individuals. "I love working with a dog from the shelter its as if they know you've rescued them and they work and bond like no other dogs I have worked with."

George also explained the difference between a service dogs, assistance dogs, specially trained therapy dogs and visiting dogs.

He went on to say that any breed or mixture of dog breeds might be used in the training program. Dogs are chosen for their health, temperament, trainability and physical ability, depending on the duties they will be required to perform.

MSAR is a world leader in training specialty service dogs for clients from all over the globe; an organization that has four service dogs nominated and two inducted into the Purina Animal Hall Of Fame as "Service Dog of The Year".

As you can imagine, MSAR has a waiting list of over 300 people requiring a service dog.

Military personnel receive immediate access to the program with no waiting period, according to George since "our highly promoted and award winning program working with combat veterans is a high priority for our association because of the immense sacrifices by our men and woman of the Canadian Forces."



Capt. Leonard and Mrs. Deanne Crothers, MLA for St. James.

Civilian situations are accessed on a case by case basis and based on the needs of the family. Each is rated in order of concern - with a life threatening condition receiving the highest priority. Someone needing an assistance dog would be equally important but a lesser priority.

MSAR members donate their services free to the families on a case by case basis. An expensive proposition with over 17,000 hours worth of training (minimum) required for each dog by master trainers.

One example - Mocha, a one of a kind dog with a value of just over \$50,000 had over 17,450 hours of training. She is the first dog trained for a person with bipolar disorder.

Check out the MSAR website for a list of the amazing dogs and their stories. www.msar.ca

MSAR training is based on a method that does not use food, shock or pinch collars or harsh treatment but positive leadership with tons and tons of reward affection. Dogs interact with their future 'owner' during the entire training process.



Capt. G. Leonard and Bella.

MSAR has developed a standard for training of these elite service dogs. Currently, there are no recognized standards, so you can imagine what happens when unsuspecting people 'order' dogs from unscrupulous trainers.

The standard was prepared by a committee composed of members of Animal Services & Integrated Support Teams (ASIST/ASSISTER, Ottawa) and (MSAR Search & Rescue, Winnipeg) and approved by their Boards of Directors. Following an extensive public review by Canadian stakeholders, these standards will be introduced to the International Standards Organization (ISO) for adoption by the international community working with service dogs.

Ms. Deanne Crothers, MLA for St. James attended the presentation with one of her constituents. Both ladies had many questions and concerns about the constraints and barriers surrounding the use of service dogs.

There were many questions from the floor; no one was in a hurry to leave - definitely a sign of a good presentation.

We have a long way to go but we know that education is tantamount to making the use and acceptance of service dogs part of everyday life.

Remember, for some people their service dog IS the difference between life and death. It is that simple! ■

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Voices for Hospice

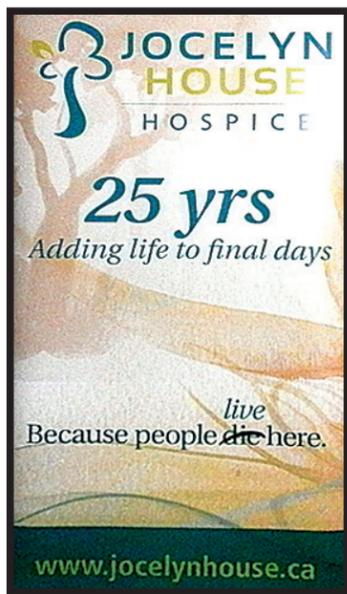
Voices for Hospice is a wave of simultaneous concerts around the world which takes place every other year, the day before World Hospice and Palliative Care Day (October 13).

Kyla Wiebe, the Foundation Development Manager for Jocelyn House Hospice, set up a concert on October 12th in the Food Hall at St. Vital Centre with a variety of musicians

from the Winnipeg Conservatory of Music.

Raising awareness for hospice and palliative care was the main focus. Donations were accepted to help offset operating costs of Winnipeg's only residential Hospice.

Jocelyn House Hospice was founded by Bill and Miriam Hutton in 1985 to honour their daughter who succumbed to cancer at age 17. ■



Left: Kyla Wiebe, the Foundation Development Manager for Jocelyn House Hospice.

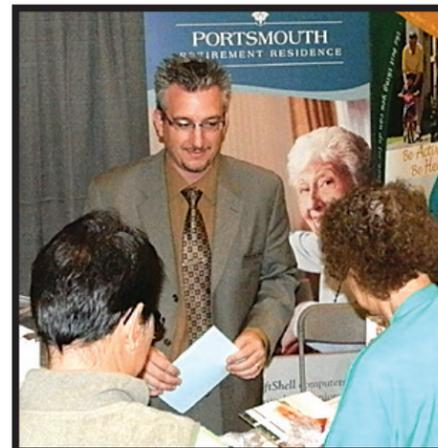


String band from the Winnipeg Conservatory of Music.

More Seniors' and Elders' Day Celebration



Bank of Canada introduces the new polymer \$20 note, which is set to start circulating in November.



Michael Van Lierop of Portsmouth Retirement Residence.



Minuk Denture Clinic booth.



A&O - West End Cloggers.

Sunset Palliative Care Inc (SPCI) hosts fundraising dinner in Portage la Prairie with The Honourable Sharon Carstairs as special guest

On Friday November 2, 2012 Sunset Palliative Care Inc (SPCI) will be hosting a fundraising dinner at the Canad Inns in Portage with The Honourable Sharon Carstairs as guest speaker.



This is an important fundraiser as SPCI does not get funding from anywhere. It is a non-profit charitable organization that relies solely on donations and fundraising and this event will help ensure that Sunset can continue to provide a much needed community service. It also is an opportunity for providing awareness of palliative care to the community. Palliative care supports the dying persons right to "live fully" until the end of life in comfort and with dignity and respect. The organization is governed by a Board of Directors and volunteers who have been trained in palliative care provide emotional support to the patient and their family. The Sunset services are free to the patient and their family.

The Honourable Sharon Carstairs has been a tireless champion in advocating for better palliative care across the country. She was very involved in the legislation of several national palliative care programs

that have eased the stress for dying people who choose to be at home to the end because it has eased their financial burden tremendously. But there are still many challenges to overcome in meeting the needs of the dying, and providing appropriate services in the world of palliative care.

Carstairs has retired but still sits on committees that are working to better the cause.

A teacher before joining public life, Carstairs was elected to the Legislative Assembly in 1986. In 1988 she became the first woman to lead the Official opposition in a Canadian Legislative Assembly. She remained a provincial Member of the Legislative Assembly until 1994 when she was appointed to the Senate of Canada to represent the Province of Manitoba. From 1997 to 1999 she served as the first woman to be Deputy Leader of the Government in the Senate and served as federal cabinet minister from 2001 to 2003 as Leader of the Government in the Senate, and Minister with Special Responsibility for Palliative Care. During that time Carstairs served as a member and as chair, of various

senate committees, which examined the issues of hospice palliative care. As a senator she has been a great advocate for women, children and for seniors as well. Most recently she has served as chair of the Special Senate Committee on Aging.

Palliative care services have come a long way in Manitoba since the opening of the first palliative care unit in 1974. On November 2nd The Honourable Sharon Carstairs will be sharing reflections of her experiences since that time, and her inspiring words will no doubt reveal the essence of palliative care.

The planning committee of this

event invites you to attend this gala event - plans are underway to make it an informative, interesting and fun evening. There will be a silent auction, a table of information about the local SPCI program, and more.

Advance tickets only are available at Shoppers Drug Mart, Hills East and Clinic Pharmacies, Shapanskys and mil Jeanne Florists, Portage District General Hospital, and Canad Inns. Tickets are also available from Sunset volunteers. For more information call **857-3746**.

Information about SPCI can be accessed at www.sunsetpalliativecare.org

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NEW BINGO

Kinsmen Jackpot Bingo: 233-6365 (161 Rue Grandin, Wpg) Oct 20/12 Jackpot: \$115,000. Kin Pot: \$452,000.
Visit www.kinsmenclub.com for Jackpot amounts.

CLOTHING & FASHION

Easy Living Shops: 270 Lilac Street, Wpg - 284-2009
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Glen Eden Memorial Gardens: Ria Dubrow, Cemetery Director, 982-8316 (24 hr). 4477 Main St. Cemetery, funeral and cremation pre-arrangements. **Receive a FREE Estate Planner and FREE Will Kit!**

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

HEALTH CARE & RELATED SERVICES

Victoria Lifeline: 956-6777 or 1-888-722-5222.
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www.victorialifeline.ca

LIVING / ACCOMMODATIONS

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

PHARMACIES

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



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Note: These listings will no longer be posted as of January 1, 2013.
Thank You!



www.PeakMarket.com

Onion Caesar Chicken with Pasta

Metric	Ingredients	Imperial
1 kg	potatoes, quartered	2 lb
750 ml	cut-up chicken	3 cup
150 ml	caesar dressing	2/3 cup
1	medium red bell pepper, diced	1
2	medium zucchini, diced	2
1	medium onion, cut into wedges	1
750 ml	small shell pasta	3 cup
-	salt & pepper to taste	-

Place chicken pieces in shallow glass or plastic dish. Pour 1/3 cup (75 ml) dressing over chicken; turn chicken to coat with dressing. Cover dish and refrigerate; turning chicken occasionally, at least 30 minutes but no longer than 24 hours.

Heat BBQ grill. Remove chicken from dressing; reserve dressing. Grill chicken, skin sides up, 4 to 5 inches from medium heat for 15 to 20 minutes; turn. Grill 20 to 40 minutes longer, turning and brushing 2 or 3 times with dressing, until juice of chicken no longer runs pink.

Meanwhile, thread bell pepper, zucchini and onion alternately on each of four 10 inch (25 cm) metal skewers, leaving space between each piece. Brush with remaining 1/3 cup (75 ml) dressing. Add vegetables to grill; cover and grill 15 to 20 minutes, turning and brushing twice with dressing, until vegetables are tender-crisp. Discard any remaining dressing. While chicken and vegetables are grilling; cook and drain pasta as directed on package. Remove vegetables from skewers. Toss vegetables and pasta together. Sprinkle with salt and pepper. Serve with chicken.

Serves 6

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

ANAGRAMS

PRESBYTERIAN:
Letters rearrange to read:
BEST IN PRAYER

...
ASTRONOMER:
Letters rearrange to read:
MOON STARER

...
DESPERATION:
Letters rearrange to read:
A ROPE ENDS IT

...
THE EYES:
Letters rearrange to read:
THEY SEE

...
THE MORSE CODE:
Letters rearrange to read:
HERE COME DOTS

...
DORMITORY:
Letters rearrange to read:
DIRTY ROOM

...
SLOT MACHINES:
Letters rearrange to read:
CASH LOST IN ME

...
ANIMOSITY:
Letters rearrange to read:
IS NO AMITY

...
ELECTION RESULTS:
Letters rearrange to read:
LIES - LET'S RECOUNT

...
A DECIMAL POINT:
Letters rearrange to read:
I'M A DOT IN PLACE

...
ELEVEN PLUS TWO:
Letters rearrange to read:
TWELVE PLUS ONE

- Circulating email

"Hunger is the best sauce."
- Proverb

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

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care4u A conference for family and friends caring for a person with dementia

Saturday, November 3, 2012
Canadian Mennonite University, 500 Shaftesbury Blvd, Winnipeg, MB
Registration: 8am Conference: 9am-4:30pm Cost: \$40/includes lunch

Featuring:
It Takes a Village: Exploring a Supportive Approach to Enhance Caregiving
Kath Murray, RN, BSN, CHPCN(C) FT; Victoria, BC
Valuing People with Dementia: Optimizing Care Through Effective Communication
J.B. Orange, Ph.D; London, ON

Les problèmes de comportements dans la maladie d'Alzheimer et les démences apparentées
Dr. Sophie Ethier, Professor, Université de St-Boniface, MB
(a session for the French community)

Event Sponsor



Dementia Care & Brain Health
www.alzheimer.mb.ca
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mmathews@alzheimer.mb.ca

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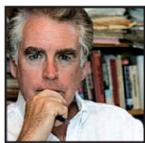
Seating is limited! Register online today at www.alzheimer.mb.ca



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These are hay bales!





The Septic Tank – Buried But Not Forgotten

by William J. Thomas - Humour Columnist

For the past ten years here, along the north shore of Lake Erie, the township of Wainfleet has been obsessed with sewage. The original septic systems of concrete tanks and weeping tiles were crumbling; the waste water was leeching into wells and cisterns as well as the lake itself. One of the real tip-offs that we might have a water pollution problem was when we noticed Lake Erie fish were starting to cough.

The big pipe solution hooking our sewer and water systems up to Port Colborne was, at approximately \$80,000 per household a 'dead in the water' proposal that a few stubborn politicians pushed for five long years.

Try convincing the owners of a \$100,000 house that the new water and sewer system was going to cost them, with the usual budget over-runs ... \$100,000. On his best day, "Vince The Slap Chop Guy" could not sell that idea to a millionaire with a drinking problem. Apparently my idea of rotating pay toilets on wheels was thought to be unsophisticated by most people. The money was going to pay for the newspapers.

So it's safe to say that for at least the last decade, the sprawling rural community of Wainfleet has been trying to get its s_t together. The people pushed back, shoved the mayor out of office and common sense prevailed. Each household must now have a sound and in many

cases, a modern sewer system in a timely fashion or else. Fines to follow.

New holding tanks are being installed out here faster than you can double flush. Human waste removal is the new game in town; here today, gone to somewhere else tomorrow. Soon Wainfleet's roads will be jammed with septic tank pumper trucks or as I like to call them "yesterday's meals on wheels."

A couple of years ago I called a septic removal company to empty my set of concrete double tanks. It was, appropriately enough called Brown's Septic Service. Only Green's Fresh Vegetables or White's Snow Removal could get that lucky! The guy who showed up in the haulage truck loved his job as much as any craftsman I have ever known. I think he called himself 'Dusty.'

With both of us standing over the stinking cesspool of what's called 'gray water,' Dusty could not be more impressed or complimentary. Apparently my yeast count was like perfect! My bacteria were happy and hungry consuming solids at regular meals. My pipes, the ones on the septic system were clean as a whistle and there were no materials in the tanks that didn't have a right to be there.

"Diapers, cigarette butts, cat litter and those feminine things! Oh I've seen it all," he said, shaking his head in sadness. Dusty was a man who'd put a lot of thought into waste.

"But that crust," he said, excitedly. "That's a great looking crust!"

"I do what I can," I said with as much modesty as I could muster.

Having a great crust on top of your septic system is not something I work at and it's not the kind of accomplishment I can put on my resume. But I was just a little bit proud, all the same.

I don't know why but I felt like we were not standing over a double-wide basin of human waste. It was more like me and Dusty were floating through a serene sewer on a meandering, glass-bottomed boat. Huck and Tom rafting down the River of Stench.

Seldom is sewage a topic of conversation because once we plant the tank six feet under, we rarely think of it again. Out of sight, out of mind and certainly beyond the nose. But Dusty showed me that the septic system may be buried but must never be forgotten.

Gazing upon what some would call my gross natural product, Dusty proved once and for all that beauty does in fact exist in the eye of the beholder.

Whereas I saw scum, he saw a well-developed crust; where I saw crap, he saw an efficiently flowing effluent; where I smelled stink, he caught the whiff of a healthy mix of methane and hydrogen sulphide gas.

Whereas Erma Bombeck turned a tank of human waste into a best-

seller, *The Grass Is Always Greener Over The Septic Tank*, Dusty surveyed my settling system with sense of pride and eye of admiration.

Whereas some pump drivers have fun with the nature of the operation – "Thanks For Helping Our Business Go Down The Toilet" – or "Your Number 2 Is Our Number 1" – Dusty instilled a little dignity to things we consider vulgar and therefore, dutifully ignore.

Above all, it was his first-class work ethic in a naturally crude "You dump it/we pump it" business.

Dusty and the street sweepers, brothers in pride principle. "If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

~ Martin Luther King.

Keep your head held high, Dusty. We should all have your pride at our place of work.

For comments, ideas and copies of *The True Story of Wainfleet*, or to book William as a speaker, go to www.williamthomas.ca or www.prospeakers.com/speakers/William-Thomas

Laugh a Little Laugh a Little Laugh a Little

Beethoven's Grave

A tourist in Vienna is going through a graveyard and all of a sudden he hears some music. No one is around, so he starts searching for the source.

He finally locates the origin and finds it is coming from a grave with a headstone that reads: Ludwig van Beethoven, 1770-1827. Then he realizes that the music is the Ninth Symphony and it is being played backward! Puzzled, he leaves the graveyard and persuades a friend to return with him.

By the time they arrive back at the grave, the music has changed. This time it is the Seventh Symphony, but like the previous piece, it is being played backward.

Curious, the men agree to consult a music scholar. When they return with the expert, the Fifth Symphony is playing, again backward. The expert notices that the symphonies are being played in the reverse order in which they were composed, the 9th, then the 7th, then the 5th.

By the next day the word has spread and a throng has gathered around the grave. They are all listening to the Second Symphony being played backward. Just then the graveyard's caretaker ambles up to the group. Someone in the crowd asks him if he has an explanation for the music.

"Oh, it's nothing to worry about" says the caretaker. "He's just decomposing!"

Q&A



What Am I?

- Q. Why don't skeletons go out on the town?
A. Because they have no body to go out with...
- Q. Why don't skeletons like parties?
A. They have no body to dance with.
- Q. What is a Mummie's favorite type of music?
A. Wrap!
- Q. Why do demons and ghouls hang out together?
A. Because demons are a ghouls best friend!
- Q. What happens when a ghost gets lost in the fog?
A. He is mist.
- Q. Which building does Dracula visit in New York?
A. The Vampire State Building.
- Q. What's it like to be kissed by a vampire?
A. It's a pain in the neck.
- Q. What do Skeletons say before eating?
A. Bone Appetite.

If you throw me from the window,
I will leave a grieving wife.
Bring me back, but in the door, and
You'll see someone giving life!

What am I?

Window - widow / door - widow
Solution: "The letter 'n'."

What do you get when you mix a cat with a ball of yarn? Mittens.

What's smarter than a talking cat? A spelling bee.

How do you know when it's raining cats and dogs? When you almost step in a poodle!

Where do Eskimos vote? The North Poll.

Why do seagulls fly over the sea? Because if they flew over the bay, they'd be bagels.

Eat, drink and be scary. - Anon

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