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See details on page 6



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Senior Scope

Vol. 12, No. 11 April 29 - May 20/14

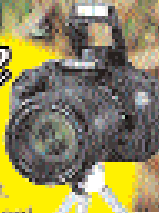
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See page 2 for details

Photo: Crocus taken near Minnedosa, Manitoba by Linda Boys on May 15, 2013

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One door closes, another to open. West End seniors group in Winnipeg to resume as the West End Active Living Centre. (formerly known as the West End Seniors Centre). See Page 3 for more information.

- **Scott Taylor: Assiniboia Downs Opens for Season 'The BUZZ'**
- **Roger Currie: Seniors and Driving**
- **Harry Paine: West End Active Living Centre is Founded**
- **Spring Migration of Birds - A Birdwatcher's Paradise**
- **Volunteering in Manitoba**
- **Rainbow Stage Celebrates Diamond Anniversary - 60 Years!**
- **J.W. Crane Memorial Library The Reading Room (Book Reviews)**
- **Margaret Murray-Haddad: Making Turkey Pies Could Be An Olympic Event (Transformative Life Writing Group)**
- **The Espresso Book Machine for Self-Publishers**
- **Travel & Activities**
- **Peak of the Market Recipe: Carrot Pudding**
- **Crossword by Adrian Powell Holy Smoke, Ma!**
- **Comics by Kenn White Thelma's World**
- **Nick Thomas (HUMOUR): When Kidney Stones Attack**

NEW!
 Senior Scope **CONTEST**
 See Page 14 for details

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"Where's the car? I'm not done yet"



By Roger Currie

When I was living in Regina a few years ago, my next door neighbour in my apartment building was a 95 year old man named Tony who loved to talk. He also loved to drive, and he was behind the wheel almost to his dying day.

Tony was fond of telling anyone who would listen that when he got in his car, he turned off his hearing aid. "That way I'm not bothered by all the honking from other drivers" he said with a chuckle and a grin.

It's a story that's amusing and terrifying at the same time. Tony was a horrible driver, probably an accident waiting to happen, but no one was prepared to blow the whistle on him. Getting people like Tony to stop driving is a critical issue as Canadian provinces try to come to grips with the growing number of drivers whose skills have not been tested for 50 years or more.

All of us are aware of the most tragic examples of older drivers who've been involved in horrific accidents involving death and injury. The driver meant to brake, but instead he or she put their foot down on the accelerator by mistake and plowed into a group of pedestrians with tragic results. Our memories suggest that places like Florida and California are where most of these mishaps take place, but Canada has endured its share of tragedies as well.

I'll be turning 67 in July, and my one and only driving test took place in November of 1964, when Lester Pearson was Prime Minister and Duff Roblin was Premier of Manitoba. The same is true for the vast majority of my fellow boomers, even though many of us recognize that our driving skills are not what they were. Fortunately, many older drivers come to this realization on their own and do things like voluntarily restricting their driving to daylight hours only.

Research has shown that some of the skills that are needed to safely drive a vehicle can begin to deteriorate as early as age 55, and by age 75 such deterioration may be accelerating without the driver even noticing, until it may be too late. A variety of medications for conditions like high blood pressure can also affect one's ability behind the wheel. Many older drivers will strongly resist efforts to restrict their freedom to drive. Indeed it's perhaps the freedom many of us cherish above all others because of the independence it affords us. My father

NEWS ITEM
ACCORDING TO MANITOBA, PUBLIC INSURANCE STAT'S, 16-19 YEARS OF AGE DRIVERS WERE INVOLVED IN MOST REPORTED CAR COLLISIONS. THOSE 65 AND OLDER WERE INVOLVED IN MEASURABLY FEWER ACCIDENTS.*

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*MANITOBA TRAFFIC COLLISION STATISTICS REPORT 2008-07. MANITOBA PUBLIC INSURANCE SAYS 65+ OLDER DRIVERS INVOLVEMENT IN CRASHES FROM 2008 TO PRESENT (2011) MAY NOT CHANGE DRAMATICALLY. POINTS 2 PONDER: (1) WILL STATS CHANGE SIGNIFICANTLY IN 2014? (2) WERE BOOMERS ANY DIFFERENT AS TEENAGERS? DO YOU HAVE A NEWS-WORTHY NEWS ITEM IDEA? E-MAIL: KELLY_GOODMAN@SHAW.CA

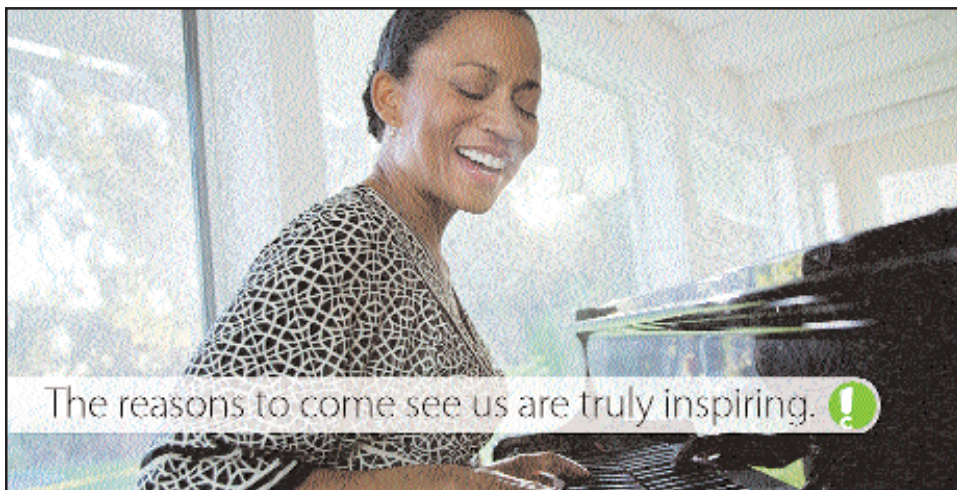
Several provinces do relatively little in the way of mandatory testing of drivers above a specific age, choosing instead to depend on friends and loved ones to blow the whistle.

was 74 when he suffered a stroke which could easily have been fatal. He made a remarkable recovery and lived another 5 years. When he was first able

to speak following the stroke, his first words were "Where's the car?". There was a profound sadness in his eyes as I made it clear to him that his driving days were over.

Whether an older driver will face a test to determine if they're safe to keep doing it depends very much on where you live. Several provinces do relatively little in the way of mandatory testing of drivers above a specific age, choosing instead to depend on friends and loved ones to blow the whistle. In this province, Manitoba Public Insurance sponsors the *Mature Driver Workshop*, organized by *Safety Services Manitoba*.

Continued on page 4



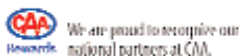
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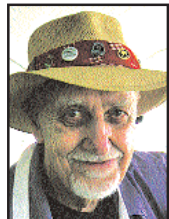
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West End Active Living Centre Founded



By Harry Paine

We are really happy to see that the NDP Provincial Government is providing \$7.5 million for the upgrade of public and non-profit community recreation areas. The West End Catchment Area of the Winnipeg is certainly in need of expansion in this area and we would hope some of that might come our way.

Seniors especially are short of facilities for their healthy aging programs that are affordable and accessible. Great news on this front is the establishment of the West End Active Living Centre. You may remember the West End Seniors Centre that was such a great place to schmooze on Burnell Street that had to move its programs a couple of years ago when Age & Opportunity sold the building.

A lot of the programs were moved into the Clifton Community Centre which is a nice building but really not all that attractive to seniors who do not drive or have readily available transportation; the closest public transport is two or three blocks away and hard to get to for those with mobility problems.

When the West End Seniors Centre was closed down a year and a half or so ago the many older adult friends who had gathered on a regular basis in that

building on Burnell in the heart of the West End community felt a considerable misgiving and loss. Many saw the future as one where those friendships could be split up and scattered. There was a uniqueness about the Centre in as much as it reflected the multi-ethnic nature of the West End in an enjoyment of the melding of a number of different cultures and heritages.

But testament to the strength of those friendships was the fact that when Age & Opportunity, their long-time sponsor and supplier of administrative expertise announced recently that they were no longer going to play that role, immediately a good core of members jumped into the breach ready to supply the core of leadership necessary to continue the operation of the centre.

A number of other organizations in the community also indicated their willingness to form partnerships and/or help out where and when there was a need. These included the Manitoba Association of Senior Centres, Daniel Mac/St. Matthews Community Assoc. Broadway Seniors Resource Council, the WRHA Community Resource Centres and the Manitoba Healthy Living and Seniors Secretariat.

This outburst of support culminated in a Founding General Meeting at the Clifton Community Centre on Wednesday April 2 with close to a hundred partic-

ipants in attendance. An organizing committee that had been quickly pulled together in the previous two weeks presented a prepared set of By-Laws and a slate of candidates who were willing to serve as Officers and Board members, both of which were adopted unanimously. A number of individuals representing community resource organizations indicated their willingness to contribute to the Board as ex-officio members.

There was an air of positive excitement in the audience and a sense of maybe what had once been somewhat gloomy in terms of the future now suddenly was a blessing in disguise and opened the doors to a whole new and broader direction. The new Board will be reaching out to any and all organizations who wish to work with them on joint programs that will enhance the active lives of older adults and make the West End a more Age Friendly community; they urge all over those who are 55+ to connect and check out the programs. Whether it is woodcarving, health promotion or ballroom and line dancing there is something for everyone. They are also open to new ideas so if you are a creative individual or an organization with a different idea to add to our community then give them a call.

The Centre hopes to get an office as soon as possible where they can be contacted. ■

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Downs Gearing Up for Big Season in This, the Year of the Horse

By Scott Taylor

The horse to watch is Zdeno. The jockey to watch is Janine Smith. The date to watch is May 4. It's almost here. Live thoroughbred racing is about to return to Assiniboia Downs.

There aren't many places in the city where you can have more fun than a day at the Downs, and this year, race fans – both committed and casual – will have plenty of opportunities to get out and celebrate the Sport of Kings. Even better, the Chinese Zodiac calls 2014 "The Year of the Horse," and that means all sorts of promotions and deals will be featured at the Downs this summer.

Although there will be racing on Mother's Day, Sunday afternoon, May 11, the folks at the Downs have decided to get things started a week early this year. On Sunday, May 4, the Downs will kick off the 2014 live racing season with an afternoon (first post 1:30 p.m.) card. Then they'll go Friday, Saturday and Mother's Day Sunday to start the season. There will be an afternoon card on Holiday Monday, May 19 and the first night of Wednesday racing will go to post at 7 p.m. on May 28.

It will be a 60-day meet in 2014 and every day will provide a new collection of thrills and excitement.

"I'm getting really excited about this meet because we're actually going to have a meet," said track announcer Kirt Contois, who will start his second full season in the announcer's booth and his 28th year at the Downs.

"It was a difficult off-season with the government threatening to shut us down, but Darren (CEO Dunn) and his



Jockey Janine Smith and the Zdeno ownership crew.

group worked extremely hard to put together the deal with Peguis First Nation and then do the behind the scenes work with the lawyers to make sure we'll be operating this year.

"It's hard to imagine that your own government wants to shut down a business that provides 1,000 seasonal



Kirt Contois, track announcer

jobs every year, but fortunately, they weren't able to do it and we'll be off and racing on May 4."

It will be another tremendous season at the West End track and the horse everyone is talking about is Manitoba-bred Zdeno. The brilliant two-year old won every race he entered last year as jockey Janine Smith guided the gifted gelding to two huge Stakes victories – the \$50,000 Buffalo Stakes and the \$30,000 Winnipeg Futurity. Russell's

Continued on page 7

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Keep Your Eye to the Sky

Spring migration is underway and the world of birding is yours to enjoy By Barb Stewart

"The truth of the matter is, the birds could very well live without us, but many – perhaps all – of us would find life incomplete, indeed almost intolerable without the birds."

~ Roger Tory Peterson

Where can I find pelicans in Manitoba? When should I look for migrating birds of prey? Why is the woodpecker rapping on the telephone pole? What is the duck doing when it is tipped upside down in the pond? Who can identify that crazy little brown bird with a bobbing tail in my yard? The bird watching community is full of energetic people who love nothing more than to share their knowledge and passion. There are a lot of resources and Manitoba destinations to support your bird questing experiences.

Bird watching is one joy that people of all ages can savour with little or no expense. As a rural or urban dweller, all you need to start this hobby is the curiosity to look about any outdoor space as you move between your daily events. Once the birding bug has taken flight, further investment in a bird identification guide and some binoculars will open the world of birds to you, your family, and friends.

In April and May, spring migrants return to Manitoba from their wintering grounds in search of nest sites. Canada Geese fly north in characteristic "V" formations as they honk their way back to the province. Hummingbirds arrive around the May long weekend, searching for flowers and nectar feeders to

help keep their high energy demands met. Hungry robins tug juicy worms out of the dewy, morning grass (I'm hoping it will be green and luscious soon!). Most people are familiar with these spring sightings, but there are also some less well known birds that call Manitoba home for the nesting season.

Chimney Swifts overwinter in the Amazon and by mid-May in Manitoba, their characteristic chittering vocalizations may be heard well before a sighting is made. Look up and look quickly! These dark-coloured birds are incredible aerial acrobats and they spend countless hours during the day flying about, nabbing insects to eat out of the air. Chimney Swifts have often been described as "flying cigars" – they have a cigar-shaped body and narrow, tapered wings which extend well past their short, stubby tail feathers. Historically, Chimney Swifts nested in hollow, old growth trees. As humans colonized their range, Chimney Swifts shifted to "artificial" sites and the birds used cavities such as brick chimneys to nest in and roost (or rest) at night. Chimney Swifts have feet which are adapted to clinging, not perching, so nest and roost sites must have rough interior surfaces. Since old growth trees have all but vanished and mod-



Chimney Swift (birds.audubon.org)

ern heating practices are converting chimneys to capped or smooth-lined structures, Chimney Swift habitat is being reduced significantly. This is a real shame since Chimney Swifts eat large amounts of mosquitoes! In Canada, the Chimney Swift population has declined by 95% since 1968, leading to the designation of "threatened" under the federal Species At Risk Act (SARA). In 2007, the province's Chimney Swifts began to be monitored by volunteers with the Manitoba Chimney Swift Initiative (www.mbchimneyswift.ca). In 2014, there will be 4 late spring evenings dedicated to monitoring Canada's Chimney Swifts. If you would like more information about volunteering a few hours to help this national initiative contact Christian Artuso (204-945-6816 or call, toll-free, 1-800-214-6497) or mbchimneyswift@gmail.com.

Chimney Swifts are not the only Species At Risk in Manitoba. In the prairie portion of the province, several bird species have declined drastically and are now listed federally and provincially. This includes the endangered Burrowing Owl (www.mborp.ca), the only owl species that nests underground. To help with the population recovery program, monitoring of protected nest sites occurs annually by provincial biologists. For the rest of us, the best place to view Burrowing Owls is in their naturalized enclosure at Fort Whyte Alive (www.fortwhyte.org). The Assiniboine Park Zoo partners with Burrowing Owl research and conservation initiatives (www.assiniboineparkzoo.ca/conservation-research/conservation.php).

Fort Whyte Alive also offers interpretive birding programs. Guided walks are helpful to learn how to identify spring warblers. If a leisurely stroll through the paths leading to a feeding station is appealing, then you can sit and watch a variety of woodland birds such as Black-Capped Chickadees, White-Breasted Nuthatches, plus Downy and



Chimney Swift

Hairy Woodpeckers feeding on seeds and suet. Or you can wander about the ponds and lakes to view waterfowl dabbling and swimming about. Watch for ducks sitting on a tree branch – you may be treated to the sight of the ornate plumage of a male Wood Duck!

Oak Hammock Marsh Interpretive Centre (www.oakhammockmarsh.ca) is another destination which offers interpretive programs in addition to the opportunity to walk the grounds. On your approach to the centre, look for a "broken wing" act by Killdeers on the gravel road edges – they are trying to lure predators (you!) away from nest sites. Waterfowl in the marsh can be spotted as you move along floating boardwalks or take a canoe ride through the reeds. Oak Hammock Marsh has been designated as an international area of importance as 300 species of birds frequent the diverse habitat.

Both Fort Whyte Alive and Oak Hammock Marsh Interpretive Centre are wheelchair accessible. Birding is a "yes I can" hobby!

Oak Hammock Marsh is also the home of Ducks Unlimited Canada's national headquarters (www.ducks.ca/your-province/manitoba). Ducks Unlimited Canada manages a variety of conservation projects, notably the restoration of Delta Marsh along the southern shore of Lake Manitoba. The Delta Marsh Complex is renowned for waves of spring warblers arriving in late May around St. Ambrose Provincial Park, abundant shorebirds, gulls, and terns near the east beach which is close to the Delta Channel, and sightings of rarities such as Blue-winged and Worm-eating Warblers near the village of Delta.

Nature Manitoba is a Winnipeg-based naturalist club comprised of "people who are passionate about nature" (www.naturemanitoba.ca/?q=birding). There is a well-developed birding program offering many guided events which are geared to beginner and expert birders alike. Destinations include a variety of habitats so different species of hawks, waterfowl, prairie, and woodland birds can be viewed. Events are rated on a fitness scale so you can choose an outing that is suitable for your interests and needs. For aspiring birders in other areas, contact the Brandon Naturalist Society, Portage Natural History Group, or Christian Artuso for further suggestions. Having a birding buddy is a great way to share knowledge and special moments.

A wealth of printed information is found in "The Birds of Manitoba", which was published by Nature Manitoba in 2003. This beautifully illustrated coffee table book offers a species account of all the birds found in the province. Other sections include the history of ornithology in "Canada's Keystone Province" plus descriptions of birding hot-spots in Manitoba. The Riding Mountain National Park area is

Continued on next page

"Where's the car? ...," cont'd from page 2

It's a half day session aimed at providing a refresher for older drivers. It includes an update on traffic laws and new markers that have been introduced in recent years. Medical professionals and driving instructors offer practical advice on how to compensate for the physical effects of aging.

More information on how to register for the workshop can be found by calling (204) 949-1085. You can also Google an excellent online resource called *The Older and Wiser Driver*. MPI and the government worked together to create and maintain this very useful tool. It helps older drivers to judge their own skills behind the wheel by answering several very basic questions.

None of this should suggest that we're doomed to become bad drivers

when we pass a certain age. Another valuable online resource is a site called *candrive* (www.candrive.ca). The name is short for *The Canadian Driving Research Initiative for Vehicular Safety in the Elderly*. Their extensive research argues that healthy older drivers are among the safest on the road. There's lots to think about now that we're finally into a season where snow and ice are not the main determining factors of where we go and how far we go. ■

Roger Currie is a regular contributor to *Senior Scope*.

He is also heard regularly on CJNU, 93.7 FM.

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Keep Your Eye to the Sky, cont'd from page 4



Pileated Woodpecker
(cristinasarno.blogspot.com)

a blend of mixed forests and agricultural fields which support Great Gray Owls, Gray Jays, Boreal Chickadees, and many warbler species in addition to some elusive woodpeckers – the Three-toed, Black-backed, and the king of woodpeckers, the large red-crested Pileated Woodpecker. In southeastern Manitoba, beautiful Scarlet Tanagers and Golden-winged Warblers frequent the Ste. Genevieve area north of Highway 1. Churchill is the most northerly birding hot-spot in Manitoba. The convergence of boreal forest, tundra, and marine habitats results in the opportunity to view a rich diversity of arctic species such as the Ross's Gull, Pacific Loon, American Golden Plover, Tundra Swan, and Northern Shrike.

While sightings of attractive birds are always appreciated, the iconic call of loons and whip-poor-wills make spring and summer evenings memorable too. The peak migration of Common Loons occurs in early May as the birds distribute themselves throughout the province. Whip-poor-wills start to arrive around the beginning of May and are found in the southern boreal forest. Being nocturnal birds, breeding Whip-poor-wills may call relentlessly throughout the night for two months, especially in the pre-dawn hours. The bugling of Sandhill Cranes also signals spring as migrants return to Manitoba in mid-April and early May. While often difficult to spot flying high in the air, Sandhill Cranes on the ground make an impressive sight due to their large, heron-like size. In May, migrating Sandhill Cranes can be

seen on sod fields as you approach Pine Falls/Powerview from the west.

The **Manitoba Breeding Bird Atlas** (www.birdatlas.mb.ca) is a volunteer-based initiative, currently heading into the fifth year of data collection. Spring and summer sightings of species, seen in a pre-defined area, are used to map breeding sites in the province. You may be interested in birding skill development and the opportunity to learn species identification based on vocalizations. For more information, phone Christian Artuso.

If backyard birding, setting up a feeding station, or erecting a nest box appeals to you, head over to **Wild Birds Unlimited** at 45 - 11 Reenders Drive in Winnipeg (see ad below) or the **Preferred Perch** near the St. Vital mall.

Bird watching is a hobby that can be tailored to your available time and interests. Learn more about the secret lives of your backyard birds or devote your days to scouting out new areas for species that you have never seen before but would like to learn more about. Life-long learning is a good-living practice.

So, head out of doors and take in the sunshine and fresh air. Look up, look down, look around – our feathered friends will be everywhere to enjoy. Relish the sights and sounds of the spring migrants then follow their progress through the summer months. The rewards of bird watching are easy to reap! ■

Barb Stewart is a member of the Manitoba Chimney Swift Initiative (MCSI) Steering Committee who spends her summer staring at chimney tops in St. Adolphe, MB. Thanks to contributions from Dr. Christian Artuso, who is with the MCSI Steering Committee and Bird Studies Canada, where he manages the Manitoba Breeding Bird Atlas.



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Housing and Lifestyles Expo for ALL Ages

By Deborah Lorteau

A & O: Support Services for Older Adults welcomes all ages to the **7th Annual Seniors Housing & Lifestyles Expo**. This premiere event will take place on **Tuesday, May 27th, 2014** and will run from 10 AM to 3 PM. As a result of the spectacular success of last year's show, we are once again offering **FREE ADMISSION**. The event will be showcased at the Victoria Inn, located at 1808 Wellington Ave. There is **FREE PARKING** as well as a Winnipeg Transit bus stop nearby. There will be food available for purchase on site and plenty of room to sit and read material gathered from the various info booths. If you have questions about housing options and services available to older Manitobans, the answers can be found here. A & O will also have the 2013 edition *Winnipeg Housing Directory for Older Adults* available for sale.

This event is a unique combination of informative exhibitors and presentations that run throughout the day. Visitors will learn about financial planning, upcoming changes to Winnipeg's



The 2013 Seniors Housing and Lifestyles Expo was a success.

Handi-Transit services, information about Residential Tenancies Branch, aging in place info from CMHC, Winnipeg Transit fixed route information presentation and a Housing presentation provided by A & O's Housing Coordinator Silvia Visintin. Some of the exhibitor categories include: real estate, security, self-storage options, dental, hearing, home support medical equipment, life leases, downsizing, and information on assisted living options. There will also be information on support services that help keep older adults independent for as long as possible including: caregiver services, transportation, subsidized housing and more. Some of the comments from



The 2013 Expo.

participants last year: 'Attended the show last year at Victoria Inn, we were so impressed we circled the date to return this year!' 'Really good show for the people that need the information'

Older adults looking for more information on the process of downsizing to fit into a new lifestyle as well as those looking for more information on making the transition from home to condo or seniors' residence will have that opportunity. Some older adults may be considering support services to help them remain in their homes longer and keep their independence and they too will find resources available to them at this event.

This special event would not be possible without the support of the Trader Corporation (Wall2Wall Media) who publish the *Real Estate Guide* and the *Home Renter's Guide*. We would also like to acknowledge the support from CJNU the Nostalgia radio station who have consistently promoted the Expo on their radio station. A special thank you to Kelly Goodman from *Senior Scope* who provides coverage of the day's events as well as photos and articles.

Participants will also have the opportunity to enter a number of free exhibitor draws at this information only no-sales event. For further information, visit www.ageopportunity.mb.ca or call A & O at 204-956-6440. We look forward to seeing you! ■

A&O
Support Services
for Older Adults

7th Annual Seniors Housing & Lifestyles Expo

Tuesday • May 27/14
10 am - 3 pm
Victoria Inn
1808 Wellington Ave.
Winnipeg • MB

Event includes exhibitors representing housing facilities, care facilities, housing support services, realtors, and non-profit agencies that provide services to older adults.

FREE ADMISSION

For more information contact:

A & O Support Services
for Older Adults
(204) 956-6440

www.ageopportunity.mb.ca

Manitoba's Volunteerism rate showed higher than National Average

By Dawn Bourbonnais

Did you know that more than half of Canada's nonprofit and charitable organizations have no paid staff and rely on volunteers to execute their programs and achieve their goals? Imagine what our communities would look like if those volunteers went away.

Volunteering encompasses all forms of citizen engagement and is embraced by all Manitobans. Volunteers provide leadership on boards and committees; canvass their neighbourhoods for funds; provide advice and counsel; advocate for social causes; visit with the elderly; prepare and deliver food; coach children and youth...the list goes on and on.

Whether it is by sharing information through short-term, micro-volunteering (eg: engaging on social media), adopting a leadership role in organizational governance or helping out with a community program once a week,

Manitobans continue to demonstrate that our province embodies a tremendous spirit of volunteerism.

The last time volunteerism was measured in Canada was in 2010 (Statistics Canada, Canada Survey of Giving, Volunteering and Participating, 2010). The data was collected on a per-province basis and the information from that survey showed that the volunteer rate in Manitoba was 53% (compared to the national average of 47%). However, these statistics don't capture the number of *informal* volunteer hours completed by Manitobans.

Many of our fellow citizens are volunteering to as a way to connect with their communities, learn new skills for employment, or help a cause or organization in need. We are a very generous city, and we should be proud of that.

It's never been measured but we know Manitoba has a high rate of

informal volunteering. We see examples of it every day. Consider the people in your community who see a need, take initiative and find a way to fill that need independently. They, and others like them, define what it means to be a volunteer. There are no limits to what you can do if you open your mind to the possibilities.

Volunteer Manitoba is proud to promote and encourage volunteerism to all Manitobans. We aim to provide information, training and resources for volunteers, non-profit organizations and charities. We are committed to supporting individuals and groups as they develop and enhance their capacity to meet community needs in the province.

For more information about Volunteer Manitoba and to access their online volunteer opportunities, please visit www.volunteermanitoba.ca. ■

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25 Years of Volunteering

By Gemma Eko-Davis



Ardelia & Bruce Burrow, Don Putnam & Lloyd Freedman - 25 years of volunteer service.

"To the world you may be one person; but to one person you may be the world."

~ Dr. Seuss

On April 23, 2014 Meals on Wheels held our Annual General Meeting and Volunteer Recognition Evening at the Qualico Family Centre at Assiniboine Park. One hundred and sixty guests including volunteers, the Board of Directors, staff and special guests attended. Our special guest speaker was Jeannette Edwards, Regional Director, Primary Health Care and Chronic Disease, WRHA and Special Advisor to the Deputy Minister on Primary Care at Manitoba Health. Jeannette spoke about the value of our service and emphasized the importance of our volunteers.

This year we recognized 21 volunteers for 5 years of service, 19 volunteers for 10 years of service, 4 volunteers for 15 years of service, and 3 volunteers for 20 years of service. Six volunteers were honoured for 25 years of continuous service; Bruce and Ardelia Burrow, Don Putnam, Lloyd Freedman and Mary and Henry Wiens. Each of these volunteers began volunteering when they were asked by a member of their church, a friend, or a family member. Little did they know, there was no looking back, which has been a blessing for us. I had asked each of 25-year recipients for some of their history with us.

Don Putnam began volunteering on an invitation from his friend. Don defines volunteering as "a way of life" he believes it as a way to give back and to share in gratefulness for what he has. He enjoys volunteering with Meals on Wheels because it is a departure from the normal, "you meet some interesting people and make some good

friendship over the years". Through volunteering he has met many people and is grateful for the positive experience and continues to do deliveries the present. Don ended his comments with, "volunteers become like extended family to some of the clients."

You just cannot say no to a good thing. On an invitation from a friend, Lloyd got involved has never looked back over his 25. He enjoys meeting new people, forming friendships and most of all loves to be able to serve others. Lloyd reflects on the activity of being out and about and keeping active; the friendships he has formed with fellow volunteers and the connection with the friendly and the accommodating staff of Meals on Wheels has all contributed to his worthwhile volunteer experience and will always cherish the experience.

Mary and Henry Wiens got involved because of family, have been a team having served the community and have served the community diligently, travelling to Winnipeg from LaSalle to ensure their deliveries.

"Why do we continue to volunteer?" ask Ardelia and Bruce Barrow? Over the years, we have been blessed with good health and, as such, are grateful that we are able to do what we can when we can. Captains of their route for their church they organize the volunteers to deliver a weekly route every Thursday from the Misericordia Hospital. By organizing the MOW route and many of the activities in their apartment complex, they are giving others the opportunity for fellowship, while enjoying the fun of the activity rather than sitting alone in their apartment. "If we can improve the quality of life of those who want to participate, or to serve those who need assistance, that is our thanks." ■

Downs Gearing Up, cont'd from page 3

Cam Ziprick calls Zdeno, "the best horse I have ever bred." The horse is owned by Ziprick, Barry Arnason, Al Daley and Darrell Sundsbak.

A \$31,000 purchase at last year's yearling sale, Smith calls Zdeno, "the best horse I have ever ridden."

Ziprick had purchased the colt's mother, Silver Sonnet (by Silver Deputy) in Kentucky, bred her to Milwaukee Brew in Ontario and foaled her at his farm in Russell. Trainer Chad Torevell has brought Zdeno along this winter after the horse went 4-0-0 as a two-year old (\$92,880 in earnings) last summer at the Downs and Zdeno could be a rare local favorite for the 2014 Manitoba Lotteries Derby.

"I'm just so excited to see how that horse runs this season," said Contois. "He's one of the most exciting two-year-olds I've seen in along, long time. As good as he was as a two-year-old, and he beat everybody last year, he could completely dominate as a three-year-old."

In the meantime, the Downs will be stronger than ever this summer. Thanks to a new revitalization plan, the result of a joint venture partnership between Peguis First Nation and the Manitoba Jockey Club, a soon-to-be-constructed new and improved Assiniboia Downs will be a premier destination for both Manitobans and tourists and is poised to generate upwards of \$100 million in infrastructure spending and jobs.

"Our initial development plan will see hotels, convention and retail space

on the land adjoined to the Downs," says Peguis First Nation Chief Glenn Hudson. "Peguis First Nation places great importance on building partnerships to advance our province's economic development and we're very excited to see the positive impact this new partnership has."

The joint venture real estate development was made possible by the Government of Canada settling the Peguis First Nation Treaty Land entitlement claim in 2009.

"We're happy to be able to support development of new jobs, infrastructure growth and economic stability," said Chief Hudson. "It will be appreciated by future generations and will become a great source of pride for all Manitobans."

The proposed project will offer Manitobans a unique mix of business and entertainment opportunities, making it a full service destination.

"The Jockey Club could not be happier with this outcome and what it means for Assiniboia Downs and Manitobans," said Darren Dunn, Chief Executive Officer of the Manitoba Jockey Club. "We are grateful for the partnership and are committed to ensuring this project not only comes to fruition, but is a success for everyone to share in."

If this year's racing looks as good as the plans for the new Assiniboia Downs, it's going to be a sensational summer at the track. ■

What is a Seniors Real Estate Specialist (SRES) and how can they be of value to the Baby Boomers and Seniors of all ages?

By Deb Goodfellow

A **Seniors Real Estate Specialist** is a **REALTOR** who garners a deep knowledge of real estate and the local and economic issues shaping market trends, and who has acquired specialized education on issues of particular concern to baby boomers and seniors of all ages.

Buying and selling homes as we advance in age can become more complicated due to the number of unique issues and decisions that must be considered.

Baby boomers are putting a new face on aging and redefining what it means to age with vitality and a new level of optimum health and well-being; mind, body and spirit. I am one of them. The children have left home and we want to re-invent ourselves. The thought of selling the family home and downsizing, or choosing the care-free lifestyle of condo living, and the prospect of travel, entertaining, and truly enjoying a new chapter in our lives is exhilarating! It is our time. Housing options at this stage of life may require a few considerations that will serve both our current and future needs. Condo options are diverse. You will want to choose the one that is right for you, adding to your quality of life, freedom, enjoyment and perhaps your ability to age in place in the future.

Or perhaps you are still in good health and enjoy gardening and your own yard, although detached bungalow condominiums are available that offer a yard, full basement and garage. You have all of the benefits of living in

a single family home without having to cut the grass, shovel snow and maintain the exterior. I acknowledge that there are many who enjoy the responsibility of maintaining a home. It is a personal choice. Downsizing to a smaller home may be your best option.

When, and if required in the future, an SRES can provide information on home adaptations, healthcare options, community services and resources that will allow you to remain in your home, if that is of your choosing. Sometimes circumstances work against those preferences when home maintenance becomes too burdensome, unexpected life events force a move, financial concerns arise or a health challenge requires care that cannot be met at home.

Making the decision to move can be difficult. Sharing the reasons for moving, whether they are financial, care-related or otherwise, can help your SRES provide you with a broad array of options to simplify the process.

The Seniors Real Estate Specialist is knowledgeable about local senior housing options and elder support services. Selling a senior's most valued and valuable asset - their home, and the subsequent move, often requires unique expertise on many fronts. When you choose an SRES to work on your behalf, you will gain access to their network of senior specialists. Our mission is to help seniors and their families navigate through the maze of financial, legal and emotional issues that accompany the sale of their home with ease. ■



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Charity Begins at Home: Gained Experiences in Summer Gardening Contributing Lessons for the Urban Society

By Senaka Samarasinghe

To gain experience of gardening, work began in summer 2013 in the Fort Richmond neighbourhood, in the south end of Winnipeg.

Plants were chosen to acquire diverse experiences in cultivating, such as edible flowers, kernels and roots. Each vegetable variety has its own type of growth pattern. Different harvesting periods (from 50 days to winter season) of the crops helped consumption not only in the summer season, but also in the early winter. Throughout the season, the crops harvested were shared among neighbours in the vicinity and friends in the city.

There were a few perennial flower plants survived from the last season. For the current season, a few flower plants were selected and fast growing annuals and a few perennials were planted.

Five rain barrels were purchased in early summer to collect rainwater from the rooftop and not a drop of pipe-borne water was used for the plants during the season.

Manitoba will introduce a ban on the sale and use of synthetic lawn pesticides effective from 2015. Before the introduction of such progressive legislation last summer, we did not use chemicals to maintain the lawn and to cultivate vegetables and flowers.

In the southeast corner of our backyard, a nearly five square meter area was allocated to maintain the natural habitat. This land area is helpful for birds and butterflies, which are now shrinking in their numbers. During the season we never threw out clippings, but spread them on the habitat area to be exposed to the direct sunlight, and allowed to decompose. The soil life is destroyed by regular application of chemical fertilizer and pesticide. Therefore, compost is used to retain water of soil and reduce waste disposal.

In the southern border of the backyard, there are two large trees about 56 cm in circumference (at the ground level). Two other trees of similar size provided cool shade during the hot summer.

Fortunately, last summer was not that hot, and as a result, the air conditioner was not used to maintain the coolness in the house, thus saving energy. However, all the windows had to be kept open to get cool air in.

Without using any mechanical equipment, a spring-tined rake was used to remove discarded materials. After this process, some black patches could be observed with bare spots on the ground. Black patches were removed by applying new soil, fertilizer and seeds, and

the bare spots are replaced with a new grass layer. Aeration is needed to allow air to circulate at the grass roots and break the compacted topsoil. Without using any mechanical equipment, a fork is used for this purpose.

All parts of the plant (leaves, flowers and roots) of the dandelion are edible and have medicinal and cooking uses. As the garden is maintained as a chemical free zone, there is no worry in consuming leafy vegetables including Dandelion.

Because we had not used chemicals on the lawn, two black-ant colonies appeared. Due to this situation, two gray coloured patches appeared on the lawn, but we allowed them to remain intact in their natural habitat.

Natural habitat area is similar to the "Bird's Sanctuary Area" allotted in the rice fields in Sri Lanka. In this area, traditional farmers fix a mesh on the rice field for birds to sit on and consume ripped rice seeds, and to protect the balance of the area from the birds.

In tropical countries (including Sri Lanka) households use preserved fruits and vegetables through solar drying methods. As there was a good harvest of chillies, a portion of it was kept for solar drying.

A person who immigrated from the Ukraine at the age of 10 is still maintaining traditional methods – using a permanent clothes line and not using the dryer are two methods that he applied to save energy. Rainwater utilization is another tradition that he has been practicing to save potable water.

Regulate climate change effects, such as less energy consumption, (e.g. not using the clothes dryer/air-conditioner and less utilization of fuel-powered garden equipment). And reduce your carbon footprint, (e.g. recycle, save water, prepare eco friendly products, plant trees, grow native plants, and ensure chemical free planting).

There are three types of stakeholders – namely, public services, private sector and citizens. Household outsource functions to private sector companies such as lawn and garden maintenance, garden machinery manufactures and suppliers, fertilizer supplies and other related partner companies. With the help of these stakeholders, enabling strategies have to identify an implementation date, and a period has to be finalized to adopt above-mentioned beneficial strategies.

Senaka A. Samarasinghe
Winnipeg, Manitoba

Rainbow Stage Celebrates Diamond Anniversary - 60 Years! - Three-show line-up planned for season

WINNIPEG – Rainbow Stage is gearing up for its 60th Anniversary season with an exciting three-show line-up and solid financial footing, thanks to continued audience and sponsorship growth over the past three seasons.

"Last year Rainbow Stage welcomed nearly 51,000 patrons to our theatre," said Executive Director Julie Eccles. "With exciting exclusive production rights to produce the first Canadian regional production of Disney's *The Little Mermaid*, new patron experiences and a wealth of community and donor support, we are entering our Diamond Anniversary season on a wave of success that we know will only strengthen this year."

Increased ticket revenues and strong donor support have contributed to a second year of healthy profits that are allowing Rainbow Stage to invest in sets, costumes and backstage operating systems, as well as invest in local talent through expanded grassroots initiatives that include the ongoing School Awards and Scholarships programs and new mentorship and training opportunities through Rainbow Stage Music Theatre Conservatory programming.

"We are tremendously excited to offer free classes, private coaching and a host of workshops and demonstrations to be able to give our Manitoba artists the practical skills that they need to be successful on and behind the stage,"

said Artistic Director Ray Hogg, who developed the Conservatory programming to address a lack of elite-graduate musical theatre training in Canada.

Manitoba Liquor and Lotteries is in the process of contributing a significant asset donation that will allow for improvement of audio throughout the theatre.

"Manitoba Liquor & Lotteries is a proud supporter of our province's rich arts community, including Rainbow Stage through sponsorships, volunteerism and in-kind donations," said President and CEO Winston Hodgins. "On its 60th anniversary, it is our great pleasure to donate audio equipment that will enhance the sound quality for Rainbow stage performances for years to come."

New this season, patrons can gain fascinating insights into the creative process from members of the production team who will share their passion for musical theatre and Rainbow Stage through Fireside Chats, Pre-Show Chats, Backstage Tours and Talkbacks will

also offer unprecedented access behind the curtain to the stars of Rainbow Stage and the landmark facility.

Overlooking the river, the Diamond Lounge provides a private yet energizing retreat for pre-show and intermission receptions to further enhance patron experiences.

To commemorate the 60th Anniversary season, limited edition prints by renowned Winnipeg landmark artist Roman Swiderek are available for purchase. Donors can also leave a lasting impression by purchasing an engraved Legacy Leaf on Rainbow Stage's new Legacy Mural. Proceeds from these items will support future productions as well as Rainbow Stage's continued growth and development.

Rainbow Stage's Diamond Anniversary season includes *A Closer Walk with Patsy Cline* - June 5-15, *The Producers* by Mel Brooks - July 4-19 and Disney's *The Little Mermaid* - August 13-29. Tickets are available now through Rainbow Stage's Box Office at **204-989-0888** or on-line at rainbowstage.ca



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LOOKING FOR "A FEW GOOD OLDER ADULT ATHLETES" FOR MANITOBA 55 PLUS GAMES

Regional card playoffs taking place later this month: Dudgeon

The MB 55 Plus Games are the ONLY on-going multi-sport event for older adults in the province.

The 32nd **MB 55 Plus Games** are being held in **Neepawa June 17-19** this year. And Games Committee Co-Chair, Lois Dudgeon is encouraging anyone who's interested in representing their region at the provincial level to get involved.

Regional playoffs are still required for certain events, namely the cards events. Please visit the ALCOA Games website www.alcoamb.org for playoffs nearest you.

The 55 Plus Games have something for everyone 55+ and include most activities found in 55+ Centres across MB and more: predicted walk/run, 5-pin bowling, golf, floor curling & shuffle, scrabble, slo-pitch, snooker, swimming, track, etc. New to the games in 2013 is the ever popular pickleball.

These are all open events, so you simply register for your event.

These Games are all about FUN, Fitness & Friendship! By participating in the Games, you're not only getting active, you're staying active long after the Games are over. It's also about

being part of the FUN and making new friends for life. Not to mention renewing the many friendships from Games past. And so, 3 FUN-filled days of friendly competition.

Dudgeon advises if you're 55+ by the end of 2014, you're eligible to participate. If you're a newcomer to the Games, you can contact the Games office at **204-261-9257** for more information. You can also find more details online at www.alcoamb.org.

The registration deadline for all events is May 9, except slo-pitch which is May 16.

2014 is also a **Canada 55+ Games** year with the games being held in Strathcona County (Edmonton), AB **August 27-30, 2014**. Anyone interested in going to the Canada Games must participate, qualify and register in Neepawa in June.

"The 55 Plus Games are these older adults 2014 Olympics!"

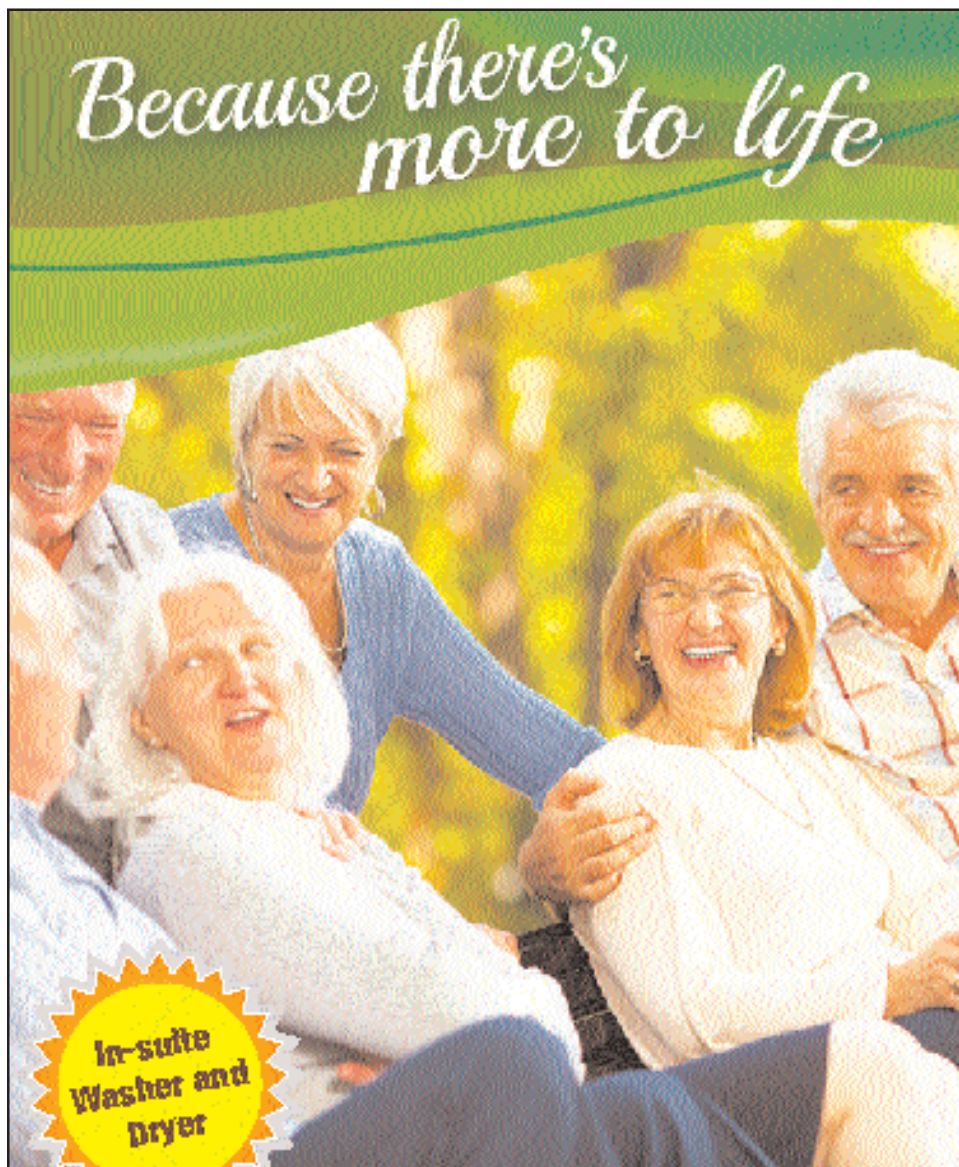
For more information on the Games, Please contact:
Lois Dudgeon, PV Games Rep
Via return email / tel: 822-6207
Also visit www.alcoamb.org

NOTICE OF PUBLIC FORUM FOR CITIZENS & POSTAL WORKERS IN WEST KILDONAN, GARDEN CITY AND THE MAPLES IN WINNIPEG

(Winnipeg MB) - In response to the announcement of the installation of hundreds of Community Mailboxes ending door to door delivery service made December 11, 2013 by Canada Post, a public forum will be held on May 14, 2014, 7 pm at the Maples Collegiate Gymnasium, 1330 Jefferson Avenue.

"A public review of the mandate of Canada Post is required every five years

in the Canadian Postal Services Charter. Canada Post intends on making drastic changes in service without consulting the people who use the service," says Ben Zorn, President CUPW Winnipeg. "This has not happened, and so the community will organize its own democratic forum. We need to talk about alternatives to simply gutting this public service."



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Walk Safe... Be Safe!



With one of the harshest winters in over a century now behind us, many of us are looking ahead to warmer weather! Let's not forget about next winter - slippery driveways, icy walkways, decks and patios that are largely unusable for 6+ months of the year, and treacherous garage floors. Almost everyone knows someone that has slipped and fallen this winter.

Unightly garage floors can also be covered with Rubaroc, providing a new look, with soothing anti-fatigue properties that are easier on aching joints and feet. Front porches, walkways, and sidewalks can all be resurfaced to provide safe, high traction traffic areas that will last for years to come, impervious to harsh winters and scorching summers. Rubaroc comes with a 10 year residential warranty, covering materials and labour. Pool decks, screen rooms, laundry rooms, basements, & staircases are all ideal applications that can be made more enjoyable, and more importantly - safer - with the installation of Rubaroc by SK2 Safety Surfacing.

SK2 Safety Surfacing is determined to make a difference. SK2 is a certified dealer & installer of Rubaroc - a sophisticated blend of polymer resins, & rubber granules, which are mixed on site, and hand troweled over top of many surfaces - concrete, asphalt, interlock bricks, wood, tile, or even compacted gravel. The result is a beautiful surface that provides amazing traction, even when wet or in icy conditions. Impact protection is another benefit - a great demonstration is to drop a glass bottle on a finished Rubaroc surface and watch it bounce rather than shatter! Rubaroc surfaces are also noticeably easier to shovel when compared to concrete - the snow seems to slide off easily and does not stick. This means less exertion and less risk while shoveling snow from driveways and walkways.

Visit us at the SK2 booth at the 2014 A & O Seniors Housing & Lifestyles Expo Tuesday, May 27, at the Victoria Inn, 1808 Wellington Avenue, Winnipeg, for a chance to WIN an **AUTOGRAPHED FOOTBALL** signed by Winnipeg's own **BUCK PIERCE!**

Contact **Kevin @ SK2 Safety Surfacing** today for a free estimate and product demonstration.

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Rubaroc
SOLUTIONS FOR RUBBER - GRANULE SURFACING

“THE BUZZ”

Bell Passes Away in Seattle; Toogood given the handshake; Knuckles still in the air; Churchill Football Hall of Fame inductees; Axworthy goes to Ukraine; Hazelwood has new job; Bill Quinter says good-bye; Hunky Bill helps some old friends



The Manitoba Junior Hockey League's leading goal scorer in 1942 and the last surviving member of the '42 Memorial Cup Champion Portage Terriers has passed away at age 90.

Joe Bell, who was born in in Portage la Prairie on Nov. 27, 1923 died at his home in Seattle late last month.

Bell is a member of the Manitoba Hockey Hall of Fame, along with his brother **Gordie** and father **Addie**. He played 62 NHL games for the New York Rangers. He was a first-team all-star in the American Hockey League in 1946 and was a Pacific Coast Hockey League first team all-star and scoring champion in 1951.

"All the pro teams I played on were wonderful," Bell told the *Portage Daily Graphic* in 2011. "But they weren't the same as playing for your hometown team and winning the Memorial Cup."

After playing 15 games with the Rangers during the 1942-43 season, his career was interrupted by the Second World War. He spent two years in the Canadian Navy during the war and returned with New Haven-Hershey of the AHL in 1945-46, where he led the league with 46 goals. He played 47 games with the Rangers in the 1946-47 season, but that was the end of his NHL career.

The 1942 Terriers are also in the Manitoba Sports Hall of Fame. The roster features a number of stars of the era including **Lin Bend**, **Don Campbell**, **Bill Heindl**, **Jack McDonald**, **Jack O'Reilly** and **Bud Ritchie**.



Joe Bell - New York Rangers

CHURCHILL HIGH'S FIRST FOOTBALL HALL INDUCTEES

According to Churchill High School football coach **Yussef Hawash**, the school's football alumni held their annual Hall of Fame induction dinner for the first time in the Pinnacle Room at Investors Group Field back on April 9.

The class of 2014, which is the 12th, includes kicker/punter **Walt McKee** (1964-66), linebacker **Ron Pucci** (1965-67), defensive lineman **Ed Zeglen** (1973-75), offensive lineman **Stino Urso** (1980-82), running back **Chris Jamieson** (1982-84) quarterback **Colin Pochailo** (1993-95) and **Omar Hawash** (1984-85) and **Brock Campbell** (1996-98), both of whom



Dr. Lloyd Axworthy

played fullback and linebacker. **Ron Gustafson**, who was an assistant coach to present U of M Bisons head coach **Brian Dobie** at Churchill from 1979 to 1982, will also be inducted. Gustafson later served many seasons as commissioner of the Winnipeg High School Football League.

AXWORTHY RETURNS FROM UKRAINE AND HE'S NOT HAPPY

If you want something done, get a senior to do it.

University of Winnipeg president and vice-chancellor **Dr. Lloyd Axworthy**, 74, just returned from the boiling point in Ukraine and he came back boiling.

According to Dr. Axworthy, the International Monetary Fund (IMF) must stop "waffling" on approving a massive bailout for Ukraine. And Axworthy should know. After all, he's Canada's former foreign affairs minister.

Axworthy told *The Canadian Press* during an interview from Kyiv that "world bankers need to step up fast to help the faltering Ukraine confront the belligerence of Russian President Vladimir Putin."

"The IMF and others are kind of treating this like just another loan application," Axworthy went on. "Get off the bucket and quit playing world banker and realize there's a real fundamental issue about the way we're going to govern this world by rule of law. We can't let Putin get away with what he's up to."

IMF Managing Director **Christine Lagarde** said earlier this week she hoped Ukraine's \$14 billion to \$18 billion aid package would be approved by the end of the month or in early May. Canada has pledged \$220 million to the effort.

HAZELWOOD NAMED EXECUTIVE DIRECTOR OF MMPA

Or if you can't get a legitimate senior, just find a retiree.

The Manitoba Magazine Publishers' Association (MMPA) has announced the appointment of a new Executive Director, **Linda Hazelwood**, effective immediately.

"I'm retiring from one job and getting set to start a new one," said Hazelwood, the recently retired publisher of *Horse Country Magazine*.

Linda's degree in Marketing Management and Sales Administration and 10 years of executive level business management prior to her career in magazine publishing give her the skills to support the Association and its members. She was the Association's Volunteer of the Year in 2007, and Manitoba Horse Council's Horse Industry Professional of the Year in 2013.

"Linda has been an active volunteer with MMPA for the past ten years, and as a magazine publisher for eleven years she has experience in the full range of professional magazine activity," said MMPA President **Brenda Johnstone**.

Hazelwood will be active in arranging the MMPA's annual professional development conference in June, and the "Maggie" Awards event in October. A priority for the MMPA in 2014 is their



Linda Hazelwood

first annual Charity Golf Tournament in partnership with The Winnipeg Foundation in support of their Nourishing Potential program. It will be held in August.

The brilliant **T. Kent Morgan** has a terrific column in the inaugural issue of *Game On*, Manitoba's Hockey Magazine. T. Kent reports that **Ralph Condon**, who is labeled "the Mayor of St. James" on the Winnipeg Jets post-game show on TSN 1290, has a goal in mind. He hopes to get a street in Winnipeg's North End, near where the Tobans outdoor rink was located, named for **Fred Shero**, the legendary Philadelphia Flyers coach. Condon says that the fathers of Shero and **Bill Mosienko** built the rink where a number of future pros skated. Condon played junior for the Winnipeg Barons and Prince Albert Mintos... Old Bomber linebacker **Bob Toogood**, 63, was given the golden handshake by the folks at Bell Radio. Sadly, ol' Bob wasn't a young pup anymore and in Winnipeg radio's race to the bottom, the over-50s must walk the plank... Great to see **Bob Irving**, the 65-year-old Blue Bombers broadcaster heading off to Bradenton, Fla., for the Bombers spring camp. They used to call him "Knuckles" because he was a white-knuckle flyer, but he's got an awful lot of air miles under his belt after 40-plus years in the business...

FORMER BOMBER GREY CUP WINNER, BILL QUINTER, PASSES AWAY

Former Winnipeg Blue Bombers player personnel director **Bill Quinter**, one of the men most responsible for putting together the team that shocked the CFL and won the 1988 Grey Cup, passed away last weekend in West Kelowna, B.C. He was 74.

Known for his omnipresent cowboy hat and his warm smile, Quinter was a great judge of football talent who actually won two Cups as a player personnel director - in Winnipeg in 1988 and with the B.C. Lions in 1994.

Before coming to Winnipeg, he had been the general manager of the Saskatchewan Roughriders. In Winnipeg, he teamed with GM **Cal Murphy**, head coach **Mike Riley** and scout **Paul Jones** to put together the teams that won the Grey Cup in 1988 and 1990, although he left the Bombers after the 1989 season to head to B.C.

Quinter spent 34 years in the Canadian Football League as a player, coach, personnel expert and general manager. He spent another 11 seasons working in the National Football League. He spent eight seasons as a talent evaluator with the New Orleans Saints and three with the Seattle Seahawks. At the end of his career, he developed amateur football players in his adopted home of British Columbia.

He was born in Maryland and dreamed of playing with his favorite team - the Washington Redskins. He attended Indiana University, where he

Continued on next page



**mercredi 14 mai
de 9 h à 15 h
à l'USB**

Frais d'inscription : 10 \$
(dîner inclus)

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- ou
- Personne contact en résidence
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Choix d'activités :

- ☛ Nia (fusion danso/yoga/taï chi chuan)
- ☛ Danse de ligne
- ☛ Pickleball
- ☛ Zumba
- ☛ Qi-Qong
- ☛ Yoga du rire
- ☛ Jeux récréatifs
- ☛ Yoga léger
- ☛ Aventure GPS
- ☛ Séance d'exercices

Choix d'ateliers :

- ☛ Mythes communs sur la nutrition
- ☛ Accompagnement des aînés
- ☛ Comment vivre une perte/un deuil
- ☛ Se garder actif sans se blesser
- ☛ Santé financière



Prix de présence et Prix spécial pour les hommes!

Date limite pour l'inscription : le 9 mai

••• Plus d'information sur le site Web de la FAFM : fafm.mb.ca •••



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Le Réseau de la Fédération des Associations Francophones du Manitoba



Conseil des francophones 65+



Centre de santé
L'Association des Francophones du Manitoba



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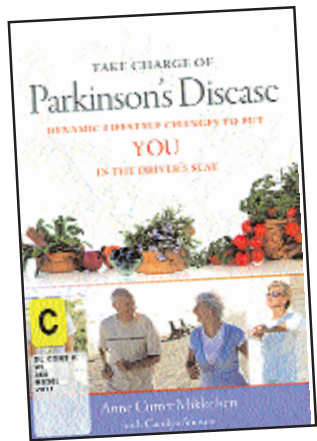
ICI Manitoba

The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

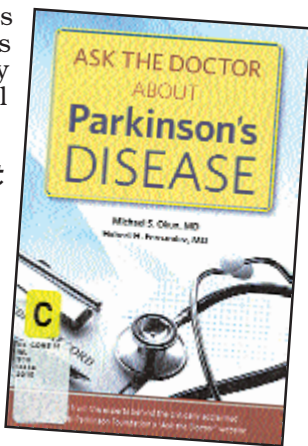
Consumer health books, videos, and magazines for seniors, their families and friends.

April is Parkinson's Awareness Month. Parkinson's is a degenerative brain disease that affects more than 100,000 Canadians and 6.3 million people worldwide. The average age of onset is 60 but Young-Onset Parkinson's can occur in the 20s, 30s or 40s. Parkinson's progresses at a different rate for each person, so people can live with the disease for years. Currently there is no cure. Symptoms are treated with medication, lifestyle changes and, in some cases, surgery.

More information can be found on the Parkinson's Society of Canada website at <http://www.parkinson.ca> or by visiting the J.W. Crane Memorial Library. Two great books that we have in our collection are: **Take Charge of Parkinson's Disease: Dynamic Lifestyle Changes to Put You in the Driver's Seat** by Anne Cutter Mikkelsen and **Ask the Doctor About Parkinson's Disease** by Dr. Michael S. Odun and Dr. Hubert H. Fernandez.



Take Charge of Parkinson's Disease is both a memoir and guide to living well with Parkinson's. The author, a trained chef, offers recipes that contain anti-oxidant, nutrient-rich ingredients, herbs and spices that favourably impact the brain and have the potential to reduce the effects of Parkinson's disease. Healthy lifestyle recommendations are interspersed with a personal reminiscence of the educational and spiritual journey of the author and her artist husband. Their almost 30-year story describes the chances they took and the obstacles they have overcome as they learned how to live well with Parkinson's disease.



Ask the Doctor About

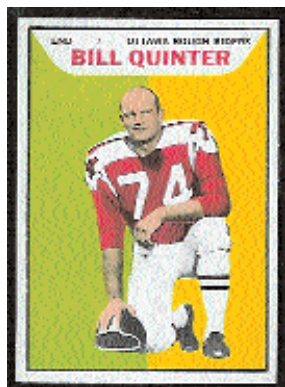
Parkinson's Disease is compiled from the National Parkinson Foundation's website column "Ask the Doctor." Written in easy-to-understand language by two experts in the field, this book provides in depth answers to frequently asked questions about Parkinson's disease. It is a useful resource for caregivers, family members, and individuals living with Parkinson's.

The J.W. Crane Memorial Library, operated by the University of Manitoba Health Sciences Libraries, is the largest specialized collection on geriatrics, gerontology and long-term care in Canada. Our Reading Room contains consumer health resources for Deer Lodge Centre residents, their families and members of the community. Consumer Health borrowing cards are available free of charge. Items may be borrowed for two weeks. The Library is open Monday to Friday 8:30-4:30. dclibrary@umanitoba.ca / <http://libguides.lib.umanitoba.ca/deerlodge>

The BUZZ, cont'd from page 10



Bill Quinter with the cowboy hat.



Bill Quinter with the Ottawa Rough Riders in the early 1960s.

"I started wearing the hat in B.C. because a friend of mine gave it to me," Quinter said in a 2009 interview with the Regina Leader-Post. "I kind of liked the hat so I started wearing it. I never presumed to be a cowboy. I like country-and-western music, so maybe I was a bit of a cowboy down deep."

HUNKY BILL WANTS YOUR HELP

Hunky Bill Konyk, the Manitoba legend who went from *Winnipeg Citizen* sports journalist to *Winnipeg radio sales icon* to the most famous perogie maker in Canada, has asked for your help.

Back in Winnipeg to visit family in April, Konyk wanted to talk about his dear friends **Dora** and **Steve Witiuk**. We introduced you to the late Dora (Shero) Witiuk in our last issue of *Senior Scope*. The sister of hockey legend Fred Shero was one of the greatest female baseball players ever to come out of Canada. She was inducted into the Baseball Hall of Fame in Cooperstown, N.Y., as a member of the "League of Their Own" women from the All-American Girls Professional Baseball League in the 1940s and 50s. She passed away in late January.

Which brings us to Hunky Bill. He's trying to help Steve Witiuk create a softball scholarship in Dora's name and he'd like to encourage his friends to donate to the Doris (Shero) Witiuk Softball Scholarship c/o Mead High School, 302 W Hastings Rd. Spokane, WA 99218.

"It's a great cause to remember a great woman and a dear friend," said Hunky Bill. ■

(We'll have a feature on Hunky Bill Konyk in the May issue of *Senior Scope*)

was a tight end and defensive end for the Hoosiers from 1959-61. In 1962, he played with the Redskins in the pre-season, but was one of the last cuts. He wound up that season with the Ottawa Rough Riders and his life changed completely.

A 6-foot-2, 238-pound two-way player, Quinter spent four seasons with the Rough Riders. He left the Riders after the 1965 playoffs, and became an assistant coach at the University of Pittsburgh.

He returned to Canada to be an assistant coach with the Toronto Argonauts and eventually joined the B.C. Lions in 1977 as an assistant under head coach **Vic Rapp**. He then went to Saskatchewan, was fired along with head coach **Jack Gotta** in 1986 and became player personnel director of the Bombers.

He was once asked how a kid who was born in Maryland used to work at Washington Senators games at Griffith Stadium became a cowboy hat-wearing Westerner.

YOUR HEALTH

President's own story: 15 years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. **Nick A. Jerich**



ARTHRITIS

Source of calcium for the maintenance of good health. Helps to relieve joint pain associated with osteoarthritis.

Truthful actual experiences from real people:

- For 40 years I had injections and drugs and finally Bell Shark Cartilage spared me the endless torture I suffered day and night. **Pat Laughlin, Colowater, ON**
- My hip is 95% pain free. Pain killing drugs mask and Bell Shark Cartilage heals. **Rebecca Hite, Oronite, CA**
- I tried another brand and pain came back. 2 weeks on Bell and pain is gone again. **Get Dupuis, Hamlet, ON**
- I suffered for years. I tried everything and finally after taking a specially processed shark cartilage I was pain free in 2 weeks. After this experience I realized I could help many of those 5 million Canadian that suffer every day and night and I started to sell this same type of shark cartilage and helped hundreds of thousands of men and women to have less pain or no pain at all. **Nick A. Jerich, President of Bell Lifestyle Products.**
- Many people on our website write: "Can walk again for hours"; "Can climb stairs without hanging on to railing"; "First time in 15 years can sleep at night" Arthritis Pain in joints down 90%, same for my sister... hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let anyone advise you.

#1 NPN 80042283

15 years can sleep at night! Arthritis Pain in joints down 90%, same for my sister... hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let anyone advise you.

Allergies WRIST PAIN

are a modern epidemic



By Dr. Chakib Namouni, M.D., Ph.D.

What people experience:

- I tried numerous other remedies all my life that were not effective. Since I discovered Bell Allergy Relief, I do not have a stuffy nose and itchy eyes when pollen season comes around. I don't have to walk around like a doped zombie anymore. **Leonard Windsor, 44, Delta, AB**
- For 20 years my life was miserable with sneezing, watery eyes and sinus pressure year-round on most days. I was amazed. On 3rd day all allergies were gone. It was like magic. **Recky Carter, 25, Dover, OH**
- Going without allergy attacks I tried all the medications and none worked. After taking 1 capsule in the morning I'm completely free of all symptoms. **Richard Gomez, 74, San Antonio, TX morning. These: Akiba, 58, New York, NY.**

#24 NPN 80043542



I'm a car mechanic. Holding tools was getting increasingly difficult because of wrist and tendon pain. After 2 weeks on Bell Carpal Tunnel Syndrome I'm fully productive again. Cancelled scheduled surgery. **William Mamer, 56, Miami, FL**

I was wearing wrist braces. A woman saw it and told me she had relief right away with Bell Carpal Tunnel Syndrome. I got some same day. It worked for me as well. Thanks a million. **Diane Frank, 49, North Battleford, SK**

I'm a nurse and work with my hands all day. I experienced increasing pain in my hands and fingers. Surgery was the only option I was told. My husband found Bell Carpal Tunnel for me. I have no more pain or inflammation since. You have a life long customer. **Nina Wallace, 52, Decatur, GA**

#30 NPN 80045489

ACNE Eczema & Psoriasis

Works by cleaning blood from the inside, instead of attacking skin with creams or washes from the outside and leaving actual cause untreated.

Actual Results:

- After 1 week my severe acne became quite mild and after 2 weeks it had completely vanished. I suffered for 5 stressful years of having acne and extremely dry, irritated skin. Bell Help for Skin Disorders "saved my life". My skin is now beautiful and you would never know I suffered from acne and other skin problems for years. **Zach Ludwig, 18, Oshawa, ON**
- **RED ROSECHECKS ROSACEA** gone in less than a week. Was fighting it for 30 years with topical creams and prescriptions without getting satisfaction. I live a healthy life, don't smoke and don't drink. People thought a reddish face comes from drinking. This is a myth. Will take it for the rest of my life when needed. **Donato E. Gillespie, 56, Ormskirk, ON**
- **PSORIASIS** I had severe psoriasis over 95% of my body. Last 5 years I have stunned every doctor and dermatologist. I spent tons of money on remedies. After I got Bell Help for Skin Disorders, I've never seen anything work as fast in my life. Within 2 days I saw my skin clearing up. I'm speechless. It was inexpensive compared with what I spent before. **Jessica Shantz, 25, Dawson Creek, BC**
- **ECZEMA** For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. **Anely Yuen, 58, Vancouver, BC**

#60 NPN 80044199

For 6 years my family doctor and dermatologist tried many medications and creams. After taking Bell Help for Skin Disorders for just a few days my eczema itching stopped and my face started to clear up. After suffering so long I am amazed with the results. **Anely Yuen, 58, Vancouver, BC**



Calcified swollen fingers Calcified hardened arteries

By Dr. C. Hammond M.H., Ph.D.

Calcification can be removed quickly on fingers (where we can see it). Bell Calcium Build-Up #71 can remove calcium in arteries, soft organs, heart valves, including all joints that may have become less smooth or even painful from the calcium build-up. Everybody knows the meaning of calcified, hardened arteries and too few take the simple step to rectify it. Calcification of the joints often comes together with osteoarthritis and both health problems can be treated at the same time or separately. Bell Calcium Build-Up does one more important thing, it helps to direct the calcium intake to over bones where we want it and need it. Both are simple matters we can understand and easily treat. Everybody saw the TV commercials how a calcium remover cleans shower heads and they become sparkling clean. This is what Bell #71 may do for your fingers, arteries, organs and joints if taken regularly.

Names of people and towns are on the Bell website and catalog: ■ Within a week of using Calcium Build-up the lumps on my fingers have gone away ■ I'm surprised to see actual results of the build-up gradually disappearing. I also believe now it will reduce plaque from my arteries, where I cannot see it ■ I was aware of calcium and hardening of the arteries. I tried Bell Calcium Build-up and after one bottle I started to notice less stiffening in my knees and much to my surprise a difference in my hands. ■ I had limited joint mobility. After taking Calcium Build-up for 8 months I have progressed to walking 5-10 miles every day. ■ I have been on Bell Calcium Build-Up for 4 months and I am a different person now. I am also taking Bell Shark Cartilage #1 which is helping my arthritis.

#71 NPN 80030880

100% Truthful testimonials with full name and towns. Real people you can call, if you want more reassurance. More testimonials on the Bell website. (No money is paid for testimonials. To ensure this product is right for you, always read label and follow the instructions.)

Try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard.

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www.BellLifestyle.com

Bell uses the power of nature to help put life back into your lifestyle

MAKING TURKEY PIES COULD BE AN OLYMPIC EVENT

By Margaret Murray-Haddad, a participant in the Heartspace, Transformative Life Writing Group at East Beaches Senior Scene in Victoria Beach. (inspired by the recent Sochi Olympics)

Making turkey pot pies for our little Parish Church could be considered an Olympic event. It has all the elements of "going for gold" ... an energized, enthusiastic group of talented individuals, working as a team, hoping to do, if not better, at least as well as, the last event. The "gold" is the money being raised for the church outreach by the sale of this precious (and tasty) inventory.

Just think of the similarities to the Olympic events and what it takes to make them happen. It starts with the dream - the inspiration and desire to achieve success. Then a plan - crafted to identify how to pull it off. All the elements are put in place: the team - it is a team event, for sure; the coach; amassing the necessary equipment; assessing the participants and their skills; scheduling preparation time and all leading up to "the big day".

For the past several weeks the world, and Canada, has been witness to the personal stories of some of the Canadian athletes, with details of their journey to their goal - not unlike our team. Perhaps you may not see the comparison, so here is a more specific description of the "Turkey Pot Pie" Team event.

To start with, once we identified the dream (going for gold), we had to find the best coach (like Patrick Chan would); someone who had the experience to lead us to be the best we could be. We found Gail.

Next we had to make sure to have the best equipment (like the bobsleigh team) did. In our case we bought big, juicy turkeys, 'Made in Manitoba' carrots; bags of frozen peas; the best gravy and pastry ingredients from Costco.

Finding the people to help with the pre-event work for athletes is most important - people like trainers, therapists, medical staff. Likewise, we had to find capable people too - with not only hundreds of cumulative years of food knowledge and experience, but having a diploma in food handling. And we did!

Getting ready took several grueling days of preparation - not much different from our Curling Teams, who had to throw rocks for 4 or 5 hours a day and work out in the gym. We roasted,

peeled, chopped and boiled for hours the day preceding "the event". And then it was subjected to intense inspection (again, see the comparison?). Our coach, or "Skip" if you like, demanded our best pea-sized pieces only - nothing but pea-sized will cut it.

As if that was not enough planning to be ready, like the athletes, there was the outfit to be put together. And again, not part of the Olympic scoring, but nonetheless very important. We donned the hairnets, latex gloves and aprons - all mandatory and regulation. Like a figure skater needing sharp blades, this team was equipped with pot lids sized specifically to fit the tin pot pie forms.

Armed with rolling pins, spatulas, and lids, the "Front End" (if you see the curling analogy) began to produce the assembly line of shells. The part of the team chosen for this task was based more on stamina than finesse.

If this were considered a Relay event, the first hand off would be to "the filler" - the person with the all-important scoop to fill the pie shells with precision and just the right amount of filling. The second hand-off would be to the "back end" of the squad - the person putting the tops on, then passing to the people who are putting the cooking instructions into the bag along with the pie. Now the "sealers" grab the bags, regulate the number being put on a cookie sheet going through the final lap of this all-important mega-test of endurance. The "runner" is given the last task ... to run the trays back to the freezer in the laundry room and announce the count! And everybody cheers!

Whether it is in a major Olympic event, or a small village kitchen, none of this would have happened if it were not for the people who were charged with getting the site ready, checking the equipment, and arranging the celebratory lunch.

Yes it takes a village so we can feel the "roar of the rings" for accomplishing our goal - working as a team, even if it is just here at home, making turkey pies.

© Margaret Haddad
February 22, 2014



Joanne Klassen

Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of Tools of Transformation and many other books. Heartspace classes are popular in Canada and Europe. The Manitoba Association of Seniors Centres works with Heartspace to train facilitators to bring *Discover Yourself Through Life Writing* classes to seniors centres across Manitoba. Contact your nearest Seniors Centre to request more information about these classes.

Notice to Self-Publishers

Joanne Klassen of Heartspace teaches you how to transform your life-enriching stories into words. Now McNally Robinson Booksellers can help you transform your words into professional looking paperback books with their Espresso Book Machine.

There are several affordable set-up package options which range from \$24.00 to \$149.00. The latter cost includes an ISBN & barcode, illustrated edition cover design, in-store and online placement, net profits, proof copy, phone and email support, plus your work remains in the system for future printings.

There are additional services for extra costs, such as a full-colour custom cover design, photo placement, and formatting of the pages if you choose not to do it yourself.

Turnaround time ranges from one week to one month.

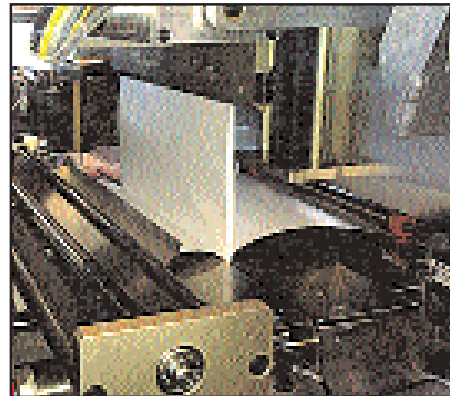
All in all, it costs roughly \$10.00 to print one complete book. And the best

part... you can stand and watch your book being printed and bound in the transparent cabinet that encases the mechanics of the Espresso Book Machine. Next time you visit the McNally's bookstore on Grant Avenue in Winnipeg, look at the front entrance, facing Grant, and you'll see the amazing machine on the side.

For more information, call 204-453-0424 (ext. 242) or email bookmachine@grant.mcnallyrobinson.ca or visit www.mcnallyrobinson.com/selfpublishing



Looking through the clear walls of the Espresso Book Machine at McNally's.



The final step - binding the cover to the inside pages. Book shown cover side down with pages standing straight up.



Sarah Wood displays the final product at a demonstration on March 21st.

TRAVEL & ACTIVITIES

Kinsmen Jackpot Bingo SATURDAYS at 5:30PM on CTV-TV

April 5, 2014 JACKPOT
\$43,000
Kin Pot **\$500,000**
Guaranteed **\$2,000 Prize!**

Cards available at selected stores or by mail through head office

KINGO BINGO Kingo Bingo will not be available until further notice

The Bigger the Jackpot, The Easier it is to WIN!

\$1 from every card goes to the Jackpot
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EVENTS

South Winnipeg Seniors Slo-pitch - SENIORS HAVING A BALL, May-Oct. To join or for more info, call Bob: **204-261-3033** or Metro: **204-256-4074** or Janice: **204-831-5641**, or visit swssp.coffeecup.com.

RWB School Professional Division (students) - present In Concert: La Fille Mal Gardée, Wed. May 14-Sat. 17, 7:30 pm with additional matinee May 17, 2 pm, at Shaw Performing Arts Centre, Manitoba Theatre For Young People, 2 Forks Market Road. Tickets: Adults \$25, Student/Senior/Child \$20 avail. at www.rwb.org, at 380 Graham Ave. or call **204-956-2792** or toll free **1-800-667-4792**. 10 or more Group Discounts avail. Call for details.

Seniors Choral Society - Performance Sun. May 4, 2:30 pm, Young United Church, 222 Furby St. Our choristers are 55+ (some members - 90 years young) - and we are always looking for new members. We sing at retirement homes in the community. Our director is Richard Greig, pianist Kerrine Wilson, and soloists include Mary Crawford, Vi Comack (of Jets fame), Ed Duncan and Herbert Stewart to name a few. Visit: www.seniorschoralsociety.ca for info.

Riverwood Singers - present 'Bring Back the Birds' Spring Concert, Mon. May 12, 7 pm at Faith Lutheran Church, 1311 Dakota St. Tickets \$10 at door. Refreshments will be served.

Friendship Force of Winnipeg - Monthly Dinner Meeting, Wed. May 14, 6pm, Holiday Inn South, 1330 Pembina Hwy. The Friendship Force is a worldwide cultural exchange organization which promotes world peace through personal friendships. Call Elizabeth: **204-452-5299** for info and reservations or visit www.friendship-forcewinnipeg.org. Guests welcome

Archwood 55Plus - Bus trip tour to Duluth, MN, Aug. 10-13, 2014. 4 day/3night, sightseeing and shopping, museum, scenic railroad, harbour boat cruise. Call **204-416-1067** or visit www.archwood55plusinc.weebly.com

Westminster Concert Organ Series - Ken Cowan, Canadian Concert Organist, Sun. June 1, 7:30 pm, at Westminster at Maryland. Tickets at door, or at McNally. \$25. Seniors \$20, Students \$10

The Centre on Aging, University of Manitoba - 31st Annual Spring Research Symposium, May 5-6, 727 McDermot Ave, Bannatyne Campus. Themes: 'Aging as a global phenomenon,' and 'Issues that aging immigrants face in their new homeland.' Visit: umanitoba.ca/centres/aging, call **204-474-8754**, email: coaman@umanitoba.ca

Grace Toastmasters - Meets Wed's (til end of June), 7 pm, at the River East Access Centre, 975 Henderson Hwy. Guests always welcome. Call: **204-880-7245**, email: herbeeking@hotmail.com

Bowls Manitoba - Canadian Lawn Bowling Championship, Aug. 17-23, at 100 Ferry Rd. in St. James and 1212 Dakota St. in Dakota/Norwood, Wpg. Volunteers are needed. Call Marilyn: **204-256-6744** or email Cathy: bowls@shawbiz.ca. For an introduction to Lawn Bowling as a sport, attend a free brunch and lawn bowling, May 31, 10 am, at 1212 Dakota St. Bowl, brunch at noon. RSVP: **204-256-6744**

Assiniboine Chorus of Sweet Adelines Int. - presents The Rhythm of the Night, an evening of Barbershop Harmony Entertainment, June 7, 7:30 pm at Jubilee Place Concert Hall, Mennonite Brethren

Things to do in Winnipeg

Collegiate Institute, 173 Talbot Ave. Guest stars: Glen Matthews, with Ron Paley. Tickets \$20. Call: **204-837-4767**

Sarasvati Productions - Wpg premiere of *Fefu and Her Friends*, May 22-June 1, at Ralph Connor House (54 West Gate). A unique theatre experience involving a murder in 1935 New England featuring 8 local female performers. Tickets are \$20, \$15 for students/seniors. Visit www.sarasvati.ca for tickets and show times.

Fort Garry Legion - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Visitors, guests and new members welcome. Call Barré Hall: **204-296-6498** for info.

Red River Coin & Stamp Shows - monthly through June 2014. Free adm. Charterhouse Hotel, 2nd Sun. of mo., 10 am-4 pm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Call Andy Zook: **204-482-6366**

VOLUNTEERING

Rupert's Land Caregiver Services - transportation program needs volunteer drivers to take clients in S.W. Winnipeg to appointments, shopping and social outings. Compensation for gas/parking provided. **204-452-9491** or email rlcs_vol@mts.net

Victoria Lifeline Home Service Representatives - Volunteers needed to travel throughout Winnipeg to explain the personal emergency response service & to set up Lifeline equipment in people's homes. Volunteers require a car and will receive mileage reimbursement. Flexible schedules and training provided. Call **204-956-6777** or email at sdewalt@vgh.mb.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 **204-774-3085** for details.

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Call Janet Paseshnik: **204-257-6688**

Bethania Personal Care Home and Pembina Place - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. Call: **204-654-5035** or email dianne.nixdorf@bethania.ca

Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

SOCIAL PROGRAMS / SERVICES

Bleak House Senior Centre - 1637 Main St. Mon. 1 pm - Whist; Tue. 10 am - Coffee & Conversation, Noon - lunch; 1 pm - Bingo & Ceramics, Thurs. 1 pm - Cribbage; Fri. - Quilting. Info: **204-334-4723**. New members welcome.

Good Neighbours Active Living Centre (720 Henderson Hwy) - offers programs and services to 55+: expressive arts, fitness classes, educational classes, workshops, presentations, bookstore and a Café that offers soup, sandwiches and more. Call **204-669-1710**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Interlake Ukrainian Brotherhood - Mother's Day Gala, Sat. May 10, 6:30 pm, at Fraserwood Hall. Female Beat, until 12:30 am. Advance Tickets \$22.50. Call Don Hrehoruk: **204-643-5568**

Selkirk Community Choir - presents Earth Meets Sky Music Concert, with guests Blue Rubies, Sun. June 1, 7 pm, at Christ Church, 227 Maclean Ave., Selkirk, MB. Cost \$10 ea., Under 12 Free. Reception following concert, door prizes.

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**

East St. Paul 55 Plus Activity Center - Accepting memberships from East St. Paul area residents. Various activities and quilting open to all members. Call **204-661-2049** or **204-654-3082** (msg).

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with

Pembina Active Living 55+ (PAL) - Spring Programs continue at Grace Christian Church (50 Barnes St.). Registration for fitness and dance classes have closed. Still Bloomin' garden club (May 29), Pin PALs (bowling), PAL Pedallers (cycling group), PAL Putters (golf), lunch PALS, movie PALS, computer instruction (May 8), drop-in bridge, and Wii games. Info: www.pal55plus.ca, **204-946-0839** or e-mail info@pal55plus.com

Seine River Seniors - Southdale C.C. - Activities: Bridge (Mondays), Urban Poling, Creative Writing, Celebrating Mothers Tea and AGM (noon, May 14), Pharmacy workshop: Seniors & Safe Medications (10 am-noon, May 16). Social Brunch, St. Boniface Golf Course (9:30 am, May 20). Call **204-253-4599** for info and to register

Archwood 55+ - Mother's Day Tea - May 7, 1:30 pm; Monthly luncheon - May 21, noon; Father's Day BBQ and World Elder Abuse Awareness Day - June 11, noon. To register: **204-416-1067**, archwood55@gmail.com or archwood55plusinc.weebly.com

The Friendly Settlers Senior Citizens Club - Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. **Live Auction**, June 7, 1-3 pm, at 400 Day St. Everyone welcome to bring items large or small and cooking/baking. Keep 70%, 30% goes to the Club. Free admission, door prize. Jean: **204-222-7504** or Linda: **204-222-0281**

Book signing at Chapters - For Antonia Paulencu Nelson on her book, *Short Conversations (top seller for March 2014 at McNally's Bookstore)*, Sat. May 10, 1-3:30 pm, at Chapters, 695 Empress St.

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

Dufferin Senior Citizens Inc. - 377 Dufferin Ave. Mon. - Shuffleboard & Bingo; Wed. noon - soup & perogy lunch. Perogies for sale. Every 2nd Sat., 12-4 pm, dance, 4 piece band & lunch. **204-986-2608**

The Salvation Army - Seniors 55+ Program, Tuesdays, 9:30-11:30 am, at the Barbara Mitchell Family Resource Centre, 51 Morrow Ave. Coffee/tea, crafts, board games & more. Call **204-946-9152**.

Vital Seniors - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Monthly Luncheon, Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Road

Le Conseil des francophones 55+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons, St. St-Boniface, Wpg., conseil55@fafm.mb.ca

Magdala House - Weekly hot meals for St. Vital community to help people deal with a lack of nutritious food daily. Tuesdays: 10 am - coffee/tea and light snack, 12:30 - hot meal. Open til 3 pm at 5 St. Vital Road. Donations, assistance of any kind, and volunteers gratefully accepted. Call: Dayle **204-269-5528** or email: dayleatmalachi@shaw.ca

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

A & O: Support Services for Older Adults - Visit www.ageopportunity.mb.ca

Senior Centre Without Walls through A & O - Support Services for Older Adults offers free educational and recreational programs over the phone, for socially isolated adults 55+ living in Manitoba. Groups welcome too. Call toll-free number or we can call participants into the line when unable to do so themselves. **204-478-6169** or email: swsrc@mymts.net for info.

Elmwood-East Kildonan Active Living Centre - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities. Call **204-669-0730** to confirm if activity still on.

Dakota 55+ Lazers Program - Programs at Jonathan Toews Community Centre, 1188 Dakota. Call Karen: **204-254-1010** ext. 206

Norberry-Glenlee CC - Programs for seniors at 26 Molgat Ave., St. Vital. Call **256-6654**

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**

St. Chad's Anglican Church - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship time with tea and coffee after service.

Bereavement Support Group - for those 55+ years of age and experiencing the loss of a partner. Six weekly sessions: Wed. Feb. 26 - Wed. Apr. 2, 2014, 10-12 noon, at Access NorWest 785 Keewatin St. To register call A & O: Support Services for Older Adults (intake): **204-956-6440** *Group may be cancelled or postponed due to an insufficient number of registrations.

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**.

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**



Everyone Knows Someone Living Alone. Let's take the time to make sure those that are alone know that we care.

| | |
|--------------------------------|----------------------|
| Go Out for Coffee or a Drive | Friendly Visit |
| Pay Attention | Bake a Goodie Basket |
| Invite Someone Over for a Meal | Listen |
| Offer to Run Errands | Friendly Visit |
| Clean Their Yard | Give Them a Call |

SHOW you Care!



A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!

Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Gordon Howard Support Services **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

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

Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.



Carrot Pudding

| Metric | Ingredient | Imperial |
|--------|-----------------------------|----------|
| 175 ml | all purpose flour | 3/4 cup |
| 2 ml | baking powder | 1/2 tsp |
| 3 ml | salt | 3/4 tsp |
| 3 ml | cinnamon | 3/4 tsp |
| 1 ml | allspice | 1/4 tsp |
| 175 ml | raisins | 3/4 cup |
| 175 ml | currants | 3/4 cup |
| 75 ml | butter or margarine | 1/3 cup |
| 75 ml | brown sugar, lightly packed | 1/3 cup |
| 2 ml | baking soda | 1/2 tsp |
| 1 | egg, well beaten | 1 |
| 175 ml | raw carrots, grated | 3/4 cup |
| 175 ml | raw potato, grated | 3/4 cup |
| 175 ml | soft bread crumbs | 3/4 cup |

Sift flour, baking powder, salt, cinnamon and allspice together. Stir in raisins and currants; set aside. Cream together butter and sugar. Dissolve baking soda in egg and add to creamed mixture. Stir in vegetables and bread crumbs. Add liquid mixture to flour mixture. Place in a well greased glass baking dish or bowl. Cover with foil and tie securely in place. Steam for 2 1/2 hours in large covered pot. Remove foil and bake at 350 F (180 C) for 10 minutes. Invert onto serving plate.

Pudding can be stored wrapped in the refrigerator until ready to use. To reheat; steam for 1 hour. Serve hot with your favourite topping like whipped cream, ice cream or sauce.

Serves 6

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Contract Opportunity

Rupert's Land Caregiver Services is a non-profit organization providing services for informal family caregivers of older adults.

We are seeking an individual to develop an educational curriculum for informal caregivers to provide them with skills and knowledge that will aid them in their caregiving journey.

Criteria
 The successful candidate must have

- Experience in curriculum development using adult learning principles.
- Experience and/or knowledge of caregiving and caregiver issues
- Good communication skills
- A willingness to work collaboratively

It would be an asset if the successful candidate had a health care and/or educational background.

Please respond to rlcs@mts.net by May 9, 2014. We will only be contacting candidates who are being considered for an interview.

CROSSWORD - Holy Smoke, Ma!

By Adrian Powell

ACROSS

1 Hangs around
 6 Cyclotron particle
 10 Like some vaccines
 14 Like Mongolians
 15 Concluding passage
 16 Latvian metropolis
 17 Endangered behemoth
 19 Goddess in Tut's time
 20 Sightseeing trips
 21 Maxwell Smart was one
 22 Risky activity for mom on Mother's Day
 26 Shroud of Turin locale
 27 Hacienda hand
 28 Vegan's protein source
 29 Victim of Brutus
 32 Expected
 35 Extreme activity for mom on Mother's Day
 38 That woman
 39 Melodic
 40 Stepped off the plane
 41 Curved trajectories
 42 Make up (for)
 43 Dangerous activity for mom on Mother's Day
 48 Movable material
 49 BC neighbour
 50 Hamburg's river
 51 Teetotaler
 56 Airline with kosher food
 57 "Green Gables" gal
 58 Every 24 hours
 59 Ballpoints, e.g.
 60 Golda of Israel

DOWN

1 Vet's memory
 2 Grate expectations?
 3 Grandfather clock numeral
 4 Element No. 73
 5 Holly-tofty
 6 Sour-tasting
 7 Venus de Milo, basically
 8 "Star Trek: Deep Space Nine" constable
 9 Advanced degs. in Hist.
 10 Beginning
 11 Gone up
 12 We all go through it
 13 Unenviable position?
 18 Minnesota Fats need
 21 Love like mad
 22 Walked off with
 23 Infidel, in Islam
 24 Altar locations
 25 Split in two, archaically
 26 Bug bite result
 29 Greek goddess of sorcery
 30 Licorice-scented herb
 31 It can ruin team spirit
 32 "Scorpio" co-star
 33 Taking habitually
 34 Marion follower?
 36 Canal vessel
 37 In one's right mind
 41 Charlie's girls
 42 Rose growers enemies
 43 Snoopy's sister
 44 Name of eight popes
 45 Islamic demon
 46 Milkmaid's main squeeze?
 47 Spray graffiti on
 48 Ooze through the cracks
 51 "Apocalypse Now" locale
 52 Half and half
 53 Hyundai rival
 54 Fraternal lodge member
 56 Scotch alternative

Senior Scope 2014 Survey/Contest

Two Draws, Two Prize Packages!
 Draw Dates: July 4 & August 1 2014

Prizes will accumulate until draw dates

Name _____ Phone _____
 Address _____ Email _____

Mail entry to Senior Scope, Box 1806, Stonewall, MB R0C 2Z0

1. What is your age group? Under 24 25-49 50-64 65+
2. How long have you been familiar with Senior Scope? 0-1 yr 1-5 yrs 5-10 yrs
3. Do you have access to Senior Scope? Yes No
 If you answered "No" where would you like to see Senior Scope at?
4. Where do you find Senior Scope? Winnipeg Rural Manitoba Online
5. What type of venue? (ie. hospital, grocer, 55+ complex, etc., if not online)
6. Do you support Senior Scope advertisers? Yes No
7. What do you enjoy most about Senior Scope?
8. Do you share your "Scope" with others? Yes No If Yes, how?
9. What other senior or 55+ publications are you familiar with?
10. Suggestions or comments:

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HUMOUR COLUMN

Along These Lines... by Nick Thomas

When Kidney Stones Attack

If you've never experienced the "joy" that only kidney stones can bring, drop to your knees right now and give thanks. One moment, you're cheerfully enjoying life's simple pleasures – taking a bath with your favorite rubber ducky or walking to the mailbox to collect that winning Publisher's Clearing House check – only to find yourself suddenly clutching your groin, twirling around in search of some assailant who must have stabbed you with an icpick.

Doubling over in agony, you drop to the ground and flail around like a dying king crab on TV's "Deadliest Catch." You proceed to crawl along the floor, climb over furniture, and twist your writhing body to hopefully (but unsuccessfully) find some position that offers relief.

The cause of this misery is a tiny crystalline mineral deposit, or "stone," that has formed in your kidney over many months and suddenly decided to make its excruciating passage down the ureter, the ten inch tube that carries urine to the bladder. Until that journey ends, your life will come to a screaming – and I do mean screaming – halt.

While some people are just more genetically prone to kidney stones, for others diet is the culprit (eating too many foods high in oxalates – spinach, tea, chocolate, nuts – and/or not drinking enough water).

Small kidney stones (< 2 mm) will usually pass unnoticed, but problems arise when larger stones (3-4 mm) head south. These stones cause grief because they block the ureter which is only about 3 mm wide, causing the urine to back up. And no good ever comes from stopped up pipes. At this point you will quickly appreciate why narcotics can be our friends.

Even larger stones (> 1 cm) have been known to make a break for freedom, but it's rather futile. So these large stones are usually treated by an evil medical procedure known as lithotripsy, to which I was recently subjected.

Under anesthesia, your urologist (whom you may, at various times, want to praise or murder) will blast large stones with sound waves strong enough to crumble the walls of Jericho – hopefully – to atomize them into "sand" so they can easily and painlessly be passed.

But that doesn't always happen, as I learned.

While I ended up with hundreds of harmless fragmented stones (< 2 mm), some remained larger. And these guys wanted out! One by one, they made their painfully slow journey over several days, leading to numerous ER trips for pain meds (Oh Dilaudid, how great thou art!). This also included two hospital admissions for stent insertion, a truly cringe-worthy medical procedure.

The urinary stent is a thin plastic tube, about ten inches long, which is inserted into the ureter for reasons that I was too delirious to appreciate at the time. The medical folks said it helped maintain the flow of urine into the bladder. But I suspect it merely enables your urologist to increase your medical bill by a factor of 20.

Nor would I be surprised to learn that stents were invented by the vicious 15th century European ruler/torturer, Vlad the Impaler.

Without getting too graphic about stent impalement, there is only one way to get it into the body, and that's via the bladder into which there is only one obvious entry point. (Gentlemen, your eyes should be watering now).

The good news is that you are completely anesthetized when the stent is inserted; bad news is you are wide awake when they yank the bloody thing out.

So if your doctor ever recommends stent insertion, run – don't walk – out of the office. Change your name, flee to

Norway, and hide in an isolated cabin in some distant fjord under a bed with a flagon of narcotics.

Of course, prevention is almost always better than the medical cure. Along these lines, you can take precautions to reduce the risk of developing some kidney stones.

The general medical consensus is to drink lots of water, limit foods that contain oxalates, and reduce salt intake. Some urologists suggest drinking a little milk with oxalate-rich foods because the milk calcium will bind and remove the oxalate before it gets to the kidney.

So please, be kind to your kidneys. Several times a day, raise a glass (of water) and toast their good health.

Nick Thomas has written features and columns for over 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>

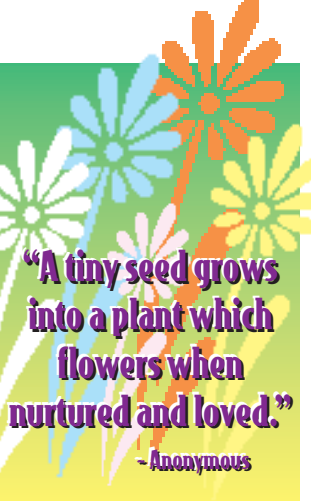
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CROSSWORD - Solution

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Happy Mothers Day - May 11 - to All the 'Mothers' out there!



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Contact: Senaka Samarasinghe
 Tele. No. 204 888 8253 | Email: senaka24@yahoo.com

Working for Seniors



Greg Selinger
MLA for St. Boniface
Premier of Manitoba
204-237-9247
GregSelinger.ca



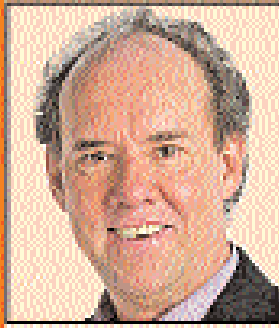
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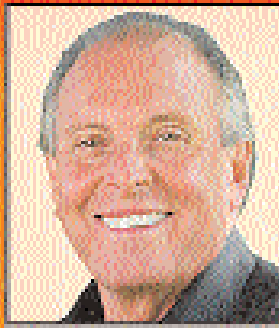
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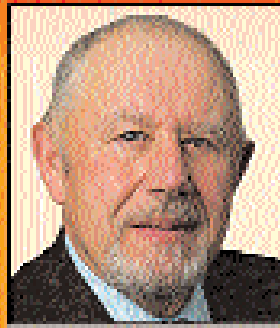
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