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Senior Scope

Vol. 12 No. 12 May 21 - Jun 16/14

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Photo: Great Horned Owl photo taken in St. Malo Park by Mary Harms.

INSIDE:

- New seniors' school tax rebate
- Scott Taylor:
 - Hunky Bill - A Perogie-Fuelled Life
 - 'The BUZZ'
- Roger Currie:
 - Life in Pyjamas
 - Commentaries: Makin' Bacon / Foon Hai finally unfrozen
- Investor's Group - Shirley Hill: Estate planning for blended families
- J.W. Crane Memorial Library: The Reading Room (Book Reviews)
- Wendy Hart: Val Werier 'Prince of Print Journalism' passes on
- Rick Goodman: (HUMOUR) Aliens Among Us (Believe it or not)
- William Thomas (HUMOUR) How Not to Remove a Tick

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CONTEST

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www.seniorscope.com

Publisher/Editor:
Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Advertising:
204-467-9000

Contributing Writers / Submissions:

Scott Taylor
Roger Currie
Shirley Hill
William Thomas
Adrian Powell
Kenn White
By Peter J. Manastyrsky
Angela Huot
Donald Sutherland
Deb Goodfellow
Wendy Hart
Rick Goodman
Joanne Klassen

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Manitoba Government announces new seniors' school tax rebate

Senior Homeowners can now save up to \$1,335 this year on property taxes. By 2016, school taxes will be entirely covered. It helps the Aging in Place initiative by keeping seniors in their homes longer in their familiar surroundings.

Senior homeowners can start applying this month for the new Seniors' School Tax Rebate, the first step in the Manitoba government's plan to eliminate school taxes for seniors by 2016, Finance Minister Jennifer Howard announced today.

"Seniors have spent decades helping to build Manitoba and our government is helping to make seniors' lives more affordable this year with our new Seniors' School Tax Rebate," said Minister Howard. "With our new school tax rebate on top of existing education property tax credits, seniors can save up to \$1,335 off their property taxes this year."

Seniors can start applying when they receive their property tax statement from their local municipality. Residents of Winnipeg, Brandon and several other communities will receive their property tax statements this month, while some municipalities will send out their tax bills over the summer or early fall. To qualify for the new tax rebate, a senior must:

- own and live in their home,
- be at least 65 years of age by the end of 2014, and
- have school taxes not already fully covered by the existing Education Property Tax Credit.

Applications and more information are available online at **www.manitoba.ca/seniorsrebate** or by calling the tax assistance team at **204-**

NEWS ITEM

NO MORE SCHOOL TAX!
STARTING THIS MONTH SENIOR HOMEOWNERS CAN APPLY FOR THE **SENIORS' SCHOOL TAX REBATE**, THE FIRST STEP IN MANITOBA NDP'S PLAN TO ELIMINATE SCHOOL TAXES FOR SENIOR CITIZENS BY 2016.

SORRY FOLKS, I HAD TO INCREASE MY YARD CARE FEES. MY **"AFTER SCHOOL HOMEWORK PROGRAM"** WAS ELIMINATED. I HAD TO HIRE A PRIVATE TUTOR.



945-7555 in Winnipeg or at 1-855-893-8266 (toll-free).

"We have been working hard to help seniors stay in their own homes longer," said Healthy Living and Seniors Minister Sharon Blady. "Our government's new Seniors' School Tax Rebate will help make seniors lives more affordable and complements other supports such as our Caregiver Tax Credit and eliminating home-care user fees."

There's an estimated 80,000 homes owned by seniors in Manitoba. About 10,000 senior homeowners already have their school taxes fully covered by the Manitoba government's Education Property Tax Credit (EPTC) and this year an additional 7,200 senior households will no longer pay school taxes with the new Seniors' School Tax Rebate. A maximum rebate of \$235 is available in 2014, in addition to the \$700 in Education Property Tax Credit and up to \$400 in the Seniors Education Property Tax Credit top-up, the minister said, adding the rebate will increase in 2015 and by 2016 will fully cover school taxes for seniors.

Based on concerns raised by several Manitobans, the province will be setting a rebate limit for luxury homes, a move that would affect less than one

per cent of senior homeowners starting in 2016, Howard noted.

All Manitoba households, regardless of age and whether they rent or own, can receive the basic Education Property Tax Credit of up to \$700. The

“Our government's new Seniors' School Tax Rebate will help make seniors lives more affordable and complements other supports such as our Caregiver Tax Credit and eliminating home-care user fees.”

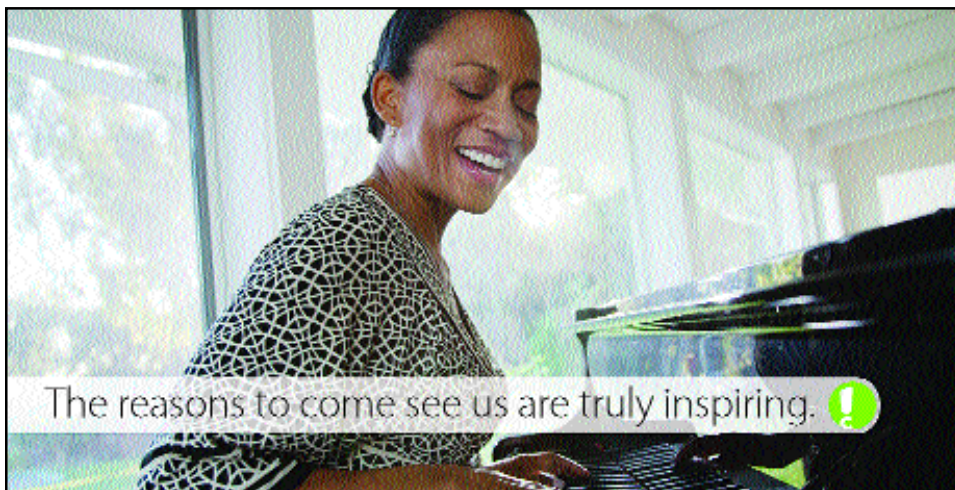
~ Sharon Blady,
Healthy Living and Seniors Minister

Manitoba government has nearly tripled the EPTC since taking office, making it the second most generous property tax credit in Canada. More information about the EPTC is available at **www.manitoba.ca/eptc**.

NOTICE

In the last issue of *Senior Scope* we published that the phone contact for MPI's **Mature Driver Workshop**, organized by Safety Services Manitoba, was 945-1085. **The correct number is 204-949-1085.**

Our apologies!

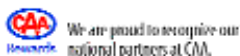


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A Tax Credit Overlooked by Many Canadians



By Peter J. Manastyrsky

Many people in our society from the young to the elderly suffer from physical or mental impairment. Most likely they have missed out on all or several of the disability credits that might be available for them; among these is the **DISABILITY TAX CREDIT**.

The Disability Tax Credit is a non-refundable tax credit that reduces current taxes for those who qualify or a supporting relative, as long as one is paying at least an amount in taxes already.

Disability Tax Credit is available to Canadians who are deemed to have "one or more ailments that impact the activities of daily living, where those ailments are not likely to get better any time soon and have already been in place for a period of at least one year."

To be eligible for Disability Tax Credit you must have disability that is severe and prolonged. A severe impairment restricts a person all or substantially all of the time, a prolonged impairment lasts or is expected to last for a continuous period. Also the ailments are not likely to get better any time soon and are impacting your activity of daily living.

Furthermore, this Disability Tax Credit is transferable to a caregiver (person who is providing support) if the disabled person does not have enough income to generate taxes payable that can be reduced by this non-refundable credit amount.

This tax credit is extremely powerful. In the event one qualifies for the Disability Tax Credit, you can claim this credit going back 10 tax years

retroactively to the date of impairment and potentially receive substantial dollars in refunded taxes. It is to your advantage to use this credit.

Please make note that the types of impairments that could qualify for the Disability Tax Credit:

- (a) physical disabilities that cause the applicant to be markedly restricted such as walking, bladder or bowel functions, speaking, vision, hearing, feeding, dressing and life-sustaining therapy.
- (b) mental function necessary for everyday life such as mood disorder, schizophrenia, bi-polar disorder, learning disorder, mental health and function like depression or stress.

The physical or mental impairment must have lasted or be expected to last 12 months or longer, and must be severe, such that it restricts the individual all or substantially all of the time.

Disability means being disabled unable to function or unable to work or be unproductive on a daily basis. Also it takes someone an extremely long period of time to perform the activities or challenges even with therapy and the use of appropriate aids and medications.

Depending on the nature of the impairment, your status must be certified by a qualified practitioner such as a medical doctor, physiotherapist, optometrist, psychologist, occupational therapist, speech-language pathologist and audiologist.

The Disability Tax Credit can be claimed after the taxpayer dies based on a prognosis by a qualified practitioner specifically (medical doctor) certi-

fied before death that the individual had a severe and prolonged physical or mental impairment which was reasonably expected to last for at least 12 months; application must be submitted by a caregiver.

A person can apply a number of times for Disability Tax Credit. However a new application submission or an APPEAL must contain new information to enhance a change of decision. At times applying for the Disability Tax Credit can become a complex process when the person with the disability must cope through disease, illness or some form of impairment.

There are many people who qualify for the Disability Tax Credit but are not aware that the credit exists. The result of this is that most of the people who qualify never receive the money that they are due. Many people who could be applying for Disability Tax Credit still don't because of the misconceptions about what it is and who it is for.

This is when **A STEP BEYOND & ASSOCIATES** can help. Don't wait. Inquire now!

A Step Beyond & Associates help individuals, parents and families to complete and streamline all the necessary forms for Disability Tax Credit. Our service is to look after you. ■

For further information contact:
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 (see the accompanying advertisement)

Peter J. Manastyrsky
 A Step Beyond & Associates
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Stay in your home

By Angela Huot

Is the work associated with home ownership starting to outweigh the benefits? Are you finding grocery shopping, meal planning and preparation a task that takes up too much of your time and energy? Is it harder for you to get to and from appointments or to run errands? **Preferred Home Services** is here for you.

Preferred Home Services is a business that assists seniors who wish to maintain their independence while living in their own home. They specialize in providing an alternative to seniors' residence living by providing a wide range of services. These services include menu planning, grocery shopping, meal preparation, light household chores and transportation services as well as home management; making them the perfect

choice for assisting seniors to maintain independence at home.

By removing the most tedious aspects of household chores from their customer's lives they give you the opportunity to appreciate your home life without the cumbersome tasks associated with home ownership. Preferred Home Services is able to assist you with coordinating other services required throughout the year, such as cleaning, lawn care, and snow removal to help support your independent, alternative lifestyle.

They believe that the cornerstone of a quality, healthy retirement lifestyle is based on having fresh ingredients prepared in a style that is tailored to each individual's culinary preferences. Whether you choose European, International, nutritionally-balanced meals

or specialty menus, Preferred Home Services can coordinate your weekly meal preparation to suit your needs. Customers also have access to high quality restaurant entrees and individually-portioned food items available through their wholesale suppliers that are not available in your local supermarket.

Due to the fact that they have high culinary standards, as well as other stringent guidelines, only a very limited number of customers can be accommodated. The services provided to each customer are tailored to their individual, special requirements. Preferred Home Services does not provide heavy care or assistance with medication; they do provide transportation to and from appointments, and other various outings.

Continued on page 5

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FINANCIAL INFORMATION - LEAVING A LEGACY

Estate planning for blended families in common-law jurisdictions¹ - PART ONE

- Shirley Hill, CFP - Executive Financial Consultant, Investors Group

Key Points:

- A blended family is where some or all of the children are not the natural or adopted children of both spouses or common-law partners.
- A standard will may not be appropriate if you want to ensure that children of both spouses receive part of the combined estates.
- Possible options include spouse or common-law partner trusts, dividing the assets between the spouse and children, and using life insurance to satisfy all beneficiaries.

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married, each having children from a previous relationship. They hold their home and nonregistered investments in joint names, and have designated each other as the direct beneficiary of their insurance policies, TFSAs and RRSPs.

Here are a few of the possible outcomes:

- If Pierre dies first, then Melissa will inherit everything, regardless of the terms of Pierre's will, since nothing went through his estate. Even if Melissa has a will that indicates that everything is to be divided among her "children" or "issue", Pierre's children will still be disinherited, since those terms would be interpreted to include only natural or adopted children, not stepchildren. If both Pierre and Melissa's children are to be included in the division of the combined estate upon the death of the surviving spouse, then they need to be listed by name in the will, or otherwise specifically contemplated by including "the issue of my spouse" or other such wording.
- Even if Pierre and Melissa sign wills which specifically contemplate all of their children, if Pierre leaves everything to Melissa, and Melissa remarries, her previous will is rendered void upon remarriage (except in Quebec, or Alberta for marriages that take place after February 1, 2012 and British Columbia for marriages that take place after March 31, 2014). If Melissa does not sign a new will after she remarries, she will effectively die intestate, meaning that all of her assets will go to her new spouse and children only, since the intestate succession legislation does not include step-children (i.e. Pierre's children). Even if Melissa does sign a new will that specifically contemplates Pierre's children, Melissa's new spouse could still have a first claim against a portion (or all) of the estate. In the more common scenario where Melissa fails to specifically include Pierre's children, it is very likely that Pierre's children will not receive any of the estate.
- Another possibility is that Melissa could choose to give away her assets to her children or re-write her will. If you want the survivor to be bound by the original wills, then you should sign a contract agreeing not to change your wills (or change the ultimate distribution scheme in any later will) after the death of the first spouse. Without an agreement to this effect, it

is possible that a court may not agree that the original will is still binding.

- Even if you sign wills that specifically contemplate all of your children, and also sign a contract agreeing not to change your will, there are still a number of ways in which children could be disinherited. One of the most common methods is when individuals decide to do "probate planning" by placing all their assets in joint ownership, or by designating their spouse as the direct beneficiary of their registered investments and insurance policies. So, for example, Melissa could remarry and then structure her affairs so that her new spouse receives everything outside of her estate, effectively leaving nothing in her estate to give to Pierre's children.

From the above, it is evident that the spouse who dies first will not have any control over whether or not their children will receive any part of their estate if they leave everything directly to the survivor. In many cases, the surviving spouse does not choose to disinherit their step-children, but it has still happened inadvertently. If you want to ensure that the children of both spouses will receive part of the combined estates, it may not be appropriate to use standard wills. Some possible options will be published in the next issue of *Senior Scope*. ■

Shirley Hill,
 CFP - Executive Financial Consultant
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TO BE CONTINUED IN THE JUNE 17/14 ISSUE OF SENIOR SCOPE.
PART TWO discusses some options for estate planning for blended families in common-law jurisdictions

¹ The information in this article is relevant for Canadian provinces and territories other than Quebec. Clients should always confer with an experienced family lawyer in their jurisdiction to understand the rules that apply to their specific situation.

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Personalities – differences, if understood, can enrich life

By Donald Sutherland

Our personality is simply our natural way of functioning from day to day. There are sixteen personality types and each of us will be a “best fit” with one of the types.

Understanding ourselves and our preferred ways of functioning (our type) is a giant step forward in understanding others and appreciating how they often are so different from us. My wife, Alesa, and I are considerably alike in personality. We are both intuitive/feeling types – big picture thinkers who often fail to notice details and who judge issues on the basis of, “How do I feel about that? How will others feel about that?”

A couple of short stories will illustrate how different people can be: Two years ago we decided to buy a dresser that came in a box with “easy to understand” instructions and different screws carefully counted and sized. Some buyers with the ability to imagine all of these pieces fitting neatly together love this challenge. Not us. The lesson for us was, BUY ONLY ASSEMBLED FURNITURE.

A few months ago we attached two shelves to our stairway wall to better display family pictures. When our construction job was complete, one shelf leaned away from the wall, while the other shelf fit snugly against the wall at one end, but not at the other. We went to bed laughing because our artistic addition truly represented us.

A few evenings ago, friends, Joe and Jane, were here for dinner and a visit, which included a look at the new shelves and the family pictures. We all laughed at our workmanship. Joe said

that if he had hung shelves in his home with an outcome like ours, he would have lost two nights of sleep just thinking about the poor job he had done. We talked a bit about some of the different ways that people naturally function. He wanted to know more about his own personality type and to compare himself with Jane, Alesa, and with me. Of course, I love this level of interest, so I emailed a personality sorter to him. He answered the questions and emailed his type. His preferred ways of functioning turned out to be opposite to mine with respect to intuition and feeling and completely opposite to Jane and Alesa. Joe’s type is ISTJ, while both Jane and Alesa are ENFP’s and I am INFJ. When it comes to judging issues, Joe uses very different criteria than the NF personality. He relies on logic, objectivity, and rationality.

For me, understanding personality is very helpful information. Joe and I are comfortable laughing about our very different skills. The result is a close friendship, each respecting the other. My experience is that conflict in marriage, work teams, and families is often rooted in an incomplete understanding of personality and lack of respect for differences. ■

Donald Sutherland is a self employed consultant specializing in self understanding, personal growth, finding meaning, and assisting with conflict resolution.
<http://donaldsutherlandconsulting.com>
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(See ad on page 4)



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Stay in your home, cont’d from page 3

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A Perogie-Fuelled Life That is Still Too Much Fun

By Scott Taylor

Spend any amount of time with **Bill Konyk** and the first thing you'll wonder is where all the energy comes from.

Known to his friends – and to himself – as **"Hunky Bill,"** Konyk is rumoured to be 83. He acts half his age, has the energy of a teenager and still loves to drink a copious amount of his favorite barley-based beverage. Hunky Bill is still a hurricane. He might be 83, but he has no time to dwell on it. There is too much to do and far too many stories to tell. In fact, the best thing about Bill Konyk might be that he's not only had a wonderful life, but he has a story for every minute of it.

"I'm in town to see family and hook up with a few friends," Konyk said, over a brewski at Canad Inns Polo Park a couple of weeks ago. "I just got together with Gordie Makie. He's not doing well (Makie passed away in late April). We're all getting older. But I'm not letting it slow me down."

For the past 48 years, Konyk has made his home in Vancouver. It was on the West Coast where he became "Hunky Bill." It was there he created Hunky Bill's Perogie Maker, the little gadget that built his fortune while he became an international star in his perogie booth at the PNE. But let's get to that later. For the young ones in the crowd, it's time for a little history.

"I'm a North End guy, period," Konyk says with true appreciation for his heritage. "I came from under a garbage can in the North End. It was the 30s and I had nothing going for me. I got my start in business selling newspapers in front of the Oak Theatre. Made 6 cents my first day and I thought I was a millionaire. Later I bought the corner at Redwood and Main and sold from there. Got in a lot of fights defending that corner from bigger kids who wanted the spot, but that was my territory."

"Selling newspapers on the street gave me an education I could never get in any university. Funny, eh, I want to become a journalist."

Bill went on to become a load of things. He didn't have a career. He had a life.

Born on May 13, 1931 (Happy Belated Birthday, Bill), he grew up on Euclid Ave., in Point Douglas, went to Norquay and Aberdeen Schools and spent some time playing football at St. John's Tech.

"I sold papers and then, after the war, went to work as a journalist at the Winnipeg Citizen with my pal Bob (Slow Ass) Picken in 1948," he said with that growly, trademark North End laugh. "Picken was a great athlete, a super ball player, but boy was he slow. We were both sports writers. Harry Dryden was the editor of the Citizen and it lasted 13 months and 13 days. We published on Selkirk Ave. Man, it was fun."

Konyk went to work at the Citizen shortly after the most devastating moment of his life, a moment he still remembers in almost every story he tells.

"On April 22, 1948, my dad was killed," said Konyk, his eyes watering still. "He worked for Northland Stone and Ice and got caught in a coal crush-

ing machine. There was nothing anyone could do. I was 17 from that time on, my mom raised the family. My older brother Andrew, my older sisters Anna and Olly (Olivia), me and my younger brother Grant. I spent a couple of days in Brandon visiting Olly. She's 90 now.

"I'll never forget that I was a single-parent child. My mom, Theresa, was quite a woman. They called her the Matriarch of Point Douglas. She took no shit from anyone. She spoke six languages – German, English, Ukrainian, Russian, Polish and some kind of Hebrew/Yiddish/Jewish that she spoke with our neighbors. She was the person they'd come to if they had to deal with government. She went to court with the Ukrainian guys in the neighborhood who couldn't speak English to translate for them. She hit me once with the ironing cord and I'll never forget it. After that, if I stepped out of line, she'd say, 'Want the cord?' and I'd straighten up. She meant so much to me that now I

'Hunky Bill' Konyk



Hunky Bill's at the Pacific National Exhibition.

give a \$1,000 scholarship every year to a single-parent child at St. John's"

When he left high school, Konyk found that "making money was easy." After the Citizen folded, he went to work for CP Telegraph and became the fastest teletypist with the company.

"But I hated working as a union employee," he said. "So in 1956, I decided to take a little trip."

He went to the 1956 Grey Cup with his good pal, Bombers receiver Nick Miller, and from Toronto, headed to Detroit and bought a car. They drove to New York, partied there for awhile, and then headed to Florida, eventually ending up in New Orleans. They were visiting friends in Dallas when Nick heard that Bud Grant had been hired as the new coach of the Bombers so he decided it was time to return to Winnipeg for training camp. Meanwhile, Bill went to Chicago and got a job selling cash registers.

"I was good at it, but I didn't like it, so it was just a way to make money," he said with a rueful grin. "What I liked was sports writing. So I told Maurice Smith back at the *Free Press* in

"I was good at it, but I didn't like it, so it was just a way to make money. What I liked was sports writing. So I told Maurice Smith back at the *Free Press* in Winnipeg that I'd be his freelancer in Chicago and Maurice said, 'Sure, I'll take your stuff.'"

~ Bill Konyk

Winnipeg that I'd be his freelancer in Chicago and Maurice said, 'Sure, I'll take your stuff,' so I started covering the White Sox, Bears and Blackhawks.

"I got to know everybody, Mickey Mantle, Casey Stengel, Bobby Hull, Yogi Berra and all the White Sox. They called me the Crazy Canuck because I could drink beer all night long and they couldn't keep up. When Ted Williams was in town, toward the end of his career, he left a game early in Chicago. I decided to just walk down to the clubhouse and interview him. So I walked in and he was sitting there and said, 'What do you want?' and I told him I was from Canada

and wanted to interview him for the *Winnipeg Free Press*, and everyone knew that Williams was a great outdoorsman, a hunter and fisherman, and he said, 'Sit down, you know I've been fishing in Manitoba,' and we had a great interview. Nobody could believe it."

He met his wife to be, Kay Eyre in Chicago in 1958 and they decided to get married in Winnipeg. Bill was offered a sales job at radio station CKY and Bill and Kay stayed in Winnipeg for eight years. He worked at a number of radio stations and became one of the most successful radio salesmen in the city, but the legendary Jim Pattison asked him to work at CJOR in Vancouver and Bill couldn't resist. So in 1966, Kay and Bill loaded up their sons Billy and Clay, and moved to Vancouver.

After a year at CJOR, CFUN made him General Sales Manager and he stayed there until 1971. While at CFUN, he had a little side business.

"I was 'importing' Ukrainian food from Winnipeg," he said laughing. "I was enjoying a couple of beverages at the Ritz Hotel and a friend bet me \$10 that I couldn't convince the people who run the Pacific National Exhibition. So I went down to the PNE offices and pleaded and cajoled and argued for almost two hours and they eventually relented and gave me a booth. I went to back to the Ritz with my lease and collected my \$10."

The rest, as they say, is history. In 1967, he opened his first Hunky Bill's Perogie Kiosk in the food building at the PNE. His first "combo dinner" sold for 95 cents. Today, at his booth on the PNE midway, the same plate of food costs \$15.

"In 1967, we did \$5,800 worth of business during the fair and that was

Continued on next page

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Hefner had the right idea, and was ahead of his time

By Roger Currie

It was in May of 2012 that I returned to Winnipeg after six very rewarding years in Regina. It was a landmark year in a number of ways. I turned 65 and declared myself to be semi-retired after more than 40 years in the world of radio. Almost immediately though, I rejoined the radio world in a very different way.

I am quite involved with CJNU 93.7 FM, The Little Station That Could. It's a cooperative effort, staffed largely by volunteers. My voice is heard regularly on commercials and commentaries, as well as on a morning newscast 5 days a week, as part of CJNU's partnership with the Winnipeg Foundation. I'm also heard on *Boomertown*, a weekly podcast (<http://boomertown.libsyn.com/>) which is also heard twice every Saturday on CJNU.

It's a fair commitment of time and effort, but it doesn't seem like it because very often I get to work in my pyjamas! A few personal 'secrets' in a moment, but first a bit of a tribute to Hugh Hefner, one of the more prominent people who made working in pyjamas respectable. Hefner is the guy who started *Playboy* magazine a little over 60 years ago. It quickly grew into a huge empire that became in many ways the public face of the sexual revolution, at least from the male perspective. In the early days of the empire, Hefner was the picture of a successful businessman wearing the finest of hand tailored suits with perfect accessories. But around the time that *Playboy* moved from Chicago to Los Angeles, he let the world know that



Roger working at home in his pyjamas.

“But around the time that *Playboy* moved from Chicago to Los Angeles, he [Hefner] let the world know that he very often spent most of his working day in pyjamas. ‘What a grand idea!’ I thought to myself.”

he very often spent most of his working day in pyjamas. “What a grand idea!” I thought to myself.

For many more years I struggled to get dressed in appropriate garb and drove to my workplace. Usually that drive took place long before sunrise during my years in morning radio. Until the early 1990's, my daily attire often included a jacket and tie.



Hefner and a friend.

I remember stopping at a convenience store about 4 am one time. The young clerk assumed I was probably coming home from a night on the town. He said “Have a good night”. His face turned white when I said to him “Thanks, but this is actually the beginning of day.”

I remembered that moment, and Hugh Hefner, when I set up my home office and studio two years ago. Technology now allows me to do just about anything at home that formerly had to be done in a professional studio, usually at a radio station. Since it does not involve pictures, I can wear whatever I like. More and more my attire has evolved into pyjamas or sweats, and I'm loving it.

That daily newscast that I put together for CJNU is heard on 93.7 FM

at roughly 7.15 am and 8.15. It's also available anytime by going to *Community News Commons* ... www.communitynewscommons.org/. I usually get up to prepare the news around 3am. Having kept similar hours for so many years makes it relatively easy to rise at such an ungodly hour, and the 'call of nature' makes it even easier as you get older. My information comes from a variety of sources, all of which gets dumped into an MS Word or Open Office document. I take that raw material and shape it like a sculptor would work with a piece of clay. Every word and every sentence are carefully chosen for the broadcast which runs just over 4 minutes.

When the script is ready, I record it using a remarkably inexpensive microphone that I bought a few years ago at Long and McQuade. The computer software is Audacity which is a free download. Once the 'rough cut' is recorded, I edit out the 'bloopers' and save it as an MP3. I then send it to CJNU as an e-mail attachment .. and I go back to bed for a couple of hours.

The whole process takes a little over two hours. This past winter especially, as I sat at the computer in my pyjamas and watched snowplows doing their thing at minus 35 or worse, I often thought to myself “Semi-retirement is just fine, thank you very much.” ■

In addition his work on CJNU, Roger Currie writes for *Senior Scope* and several other publications.

Hunky Bill, cont'd from page 6

huge,” he recalled. “Next thing I know, I'm making some serious coin. Last year, we handed over more than \$80,000 in 'rent' to the PNE. That represents what I have to say is 'an undisclosed contractual percentage' as they call it, that all food vendors pay the PNE brass, based on our sales. Perogies are pretty popular things on the coast.

“As I always say, 'If the Colonel knew about chicken what Hunky Bill knows about perogies, he'd be a general today.”

Today, Hunky Bill's Perogie Maker is still a huge success. The box says, “It allows the user to cut, seal and form perogies in one easy step. The B-I-G and Little Perogie Makers are now available around the world.

He's also branched off into another gadget called “The Electronic Swatter.” And does that ever pay homage to his Manitoba roots. As the advertising line says, “It's the newest way to enjoy your spring, summer and fall. Defend your-

self against the West Nile Virus. The Swatter is a hand-held, portable, battery powered insect zapper. The mini-tennis racquet design kills the insects that are preventing you from enjoying the outdoors with the touch of a button. Never has there been such a dependable and inexpensive way to kill insects...especially mosquitoes.”

He might be 83, he might have six grand children, his own kids might be 54 (Billy), 53 (Clay) and 47 (Mark) and he might be, by his own admission, watching too many of his old friends pass on, but Hunky Bill is still working, talking, enjoying his beloved beer and doing good things for the community - wherever that community may be. Every year, in Vancouver, he feeds his legendary perogies to 600 at a Salvation Army dinner.

“My dad told me, always give back,” Bill said as he took a swig from his bottle of golden deliciousness. “I always took my dad's advice.” ■

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Putting a New Face on Aging

Re-defining Aging in our Modern World



By Deb Goodfellow

In a few days, I will be turning sixty-one. I am writing this article on West Jet flight 1468 bound for Palm Springs. The fast paced life of a Realtor is put on hold for five days in favor of much needed time to be reunited with the man I fell in love with forty-three years ago. We are feeling healthy, energized and looking forward to the enjoyment of a few rounds of golf, relaxing around the pool and taking in a few sunsets and romantic dinners. We are kids again! I am reminded of childhood memories. It is the last day of school. I am eagerly looking forward to having some fun!

I love this phase of my life. Five years ago I decided to reinvent myself and redefine aging to correlate with my needs. Achieving optimum health and well-being; mind, body and spirit, was my goal. The term may sound cliché and over-used, but accurate. I realized that without a healthy mind, a healthy

body and a healthy spirit; I would never reach my personal vision of total health.

I was socialized to believe that having fun and enjoying the benefits of good health were rights reserved for the young. I recall a late aunt lamenting old age was mislabeled the Golden Years. She saw nothing "golden" in her aches, pains and struggles brought on by her advancing years. Medication, doctor's visits, hospitals and nursing homes, defined her last years. My mother and father followed the same path for a few decades before passing away in a personal care home. Five years ago my doctor told me that many of my test results were sitting on the high side of normal. I had fallen on that same path. It was starting to happen. I am no different than you. We are all good, honest, human beings trying to earn a living, raise our families, pay-back our parents and find some meaning and purpose to our lives. So, like you, I was living a fast-paced life, trying to keep up with myself, from the moment that my feet hit the floor running in the morning.

I am a Broker/Realtor. I am one of four Senior's Real Estate Specialists in our office. I thought about my health, relative to real estate. When we look at a house, it has an actual age and an effective age. Essentially, there can be two identical homes built in 1953, (my birth year) whereby one can be run-down and dated, while the other could have been well-maintained, providing preventative measures before serious issues arose, creating greater damage to the structure. There may have also been some updating along the way. It's effective age would mean that it was in better shape than others in its actual age category.

Human beings also have an actual and effective age. My aunt and parents did not practice preventative measures, nor did they educate themselves on the workings of their own bodies or work to fully understand something as important as their health. I finally did. It made the difference.

I paid an Integrative Medicine Practitioner who spent three hours with me on my first visit, four years

ago. I have since spent countless hours in a patient-centered practice that sees, hears and cares for me in a way that factors me into the equation. I now have the knowledge. Knowledge is power. Through this Integrative Team approach, natural means, sound nutrition and exercise; I have reversed my prior test results. If I hadn't taken the lead, by now my health would have manifested into a disease state, managed by medication, doctors visits, hospital stays and nursing homes. I know the routine only too well.

Regardless of age, we can all achieve our own best version of ourselves, supported by our own vision of what that means. There is nothing more important than our health.

Follow your own rainbow. There truly is a pot of gold at the end of it. Perhaps this is the discovery of those elusive golden years that my aunt was searching for and never found.

I look over at the man I married who is soundly sleeping next to me on the plane to Palm Springs. In a few minutes we will be landing. Life is good. ■

Who's My Neighbour? Project

We would like to invite you to be a part of a new newcomer senior project in Winnipeg.

The New Horizons organization in Winnipeg has introduced a newcomer senior project called "Who's My Neighbour?". It is being directed by Rev. Teresa Moysey and Lynda Metcalfe, and coordinated by Sydney Roberts, held at Harrow United Church. The project is new and is in its early phases of development. We are hoping that cultural communities throughout Winnipeg would contribute and support its development.

The project is intended to foster a fun and interactive environment for newcomer seniors. Seniors would meet every Friday at 1:30 p.m. to 3:30 p.m. at Harrow United Church where they would participate in many activities such as storytelling, crafts and cultural food sharing. It would be an excellent way of helping seniors get to know other seniors within the Harrow area. Also, we intend on pairing senior participants with high school students

who would record stories of their lives, these life stories would then be compiled into a published book. Conversational E.A.L. classes would also be held as part of the project.

We are excited to begin this project and would like you to help us build our senior clientele.

This program is for senior candidates within but not limited to the Harrow area.

Our grand opening day is scheduled for Friday May 30th, 2014 at Harrow United Church, 955 Mulvey Avenue (at Harrow Street) Winnipeg, MB. We have great plans for the opening day, and would love to have as many interested participants come out.

For more information, please contact:

Sydney Roberts

Coordinator -

Who's My Neighbour Project

204-891-6418

E-mail: syd-roberts@hotmail.com

Harrow United Church

955 Mulvey Ave. Wpg. MB

Have a plan in place for medical emergencies - Being prepared can help reduce stress

By Lisa M. Petsche

Chances are good that a senior relative will require urgent medical attention at some point, especially if they have chronic health conditions. Trips to the Emergency Department are stressful at best, and can be frightening in some cases.

Fortunately, there are numerous ways you can prepare for a medical crisis. Should one arise, you'll be ready to assist your relative and the hospital staff and manage your stress in the process.

At home - advance planning

Maintain a log of your relative's medical diagnoses, medications, specialists consulted and hospitalizations.

Be ready with the following paperwork to bring to the hospital: a list of current medications; health insurance information; and a copy of your relative's advance directives or living will and power of attorney.

Prepare a list of relatives and friends who should be notified in an emergency. Regularly review information to ensure it's up to date.

Keep the above information organized in a file folder or binder. Store it in an easily accessible place and bring it to any hospital visits.

Get a cell phone if you don't have one, and become comfortable with its basic features.

Prepare an emergency kit of essential items to bring to the hospital. You may wish to include: a notebook and pen for jotting down questions and recording information provided to you and your relative; a change purse with coins and small bills for parking, pay phones and vending machines; a spare cell phone charger and a phone card with extra minutes, if applicable; reading material and a spare pair of reading glasses; and, non-perishable snacks. Attach a note reminding you to bring your relative's medical file.

Keep cell phones charged so they're ready to use in a crisis.

At the hospital

Let staff know if your relative has hearing or vision impairment, language

impairment from a stroke or dementia, or a limited command of English.

Be prepared to share your relative's health symptoms and medical history multiple times, with a variety of health care professionals, and exercise patience.

Give your full attention when medical professionals are speaking. Don't interrupt unless you need to correct information. Ensure before they leave that you are clear about findings and next steps.

Coping tips

The following are some suggestions to help you through this unsettling time.

Initially take things an hour at a time so you don't get overwhelmed.

Call, or ask staff to call, a supportive person in your social network, especially if you don't cope well with crises. If no one is available, ask for a visit from the social worker or chaplain.

If you anticipate significant waiting periods, purchase a newspaper or magazine from the hospital gift shop. Or, if you own a personal music player, arrange for someone to deliver it to help you pass the time and manage stress.

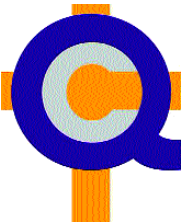
Make it easy to keep others informed by identifying a key contact person who can fan out updates for you.

Encourage your relative (if able) and close family members to share in decision making. Don't shoulder all the responsibility.

Look after yourself. Step away from your relative's bedside periodically to stretch your legs, and get nourishment at regular intervals. If your relative's stay is expected to be prolonged, arrange for family members or friends to spell you off so you can go home to rest and freshen up.

If you don't feel prepared when your relative is being discharged, ask to speak with a social worker. He or she can discuss options and share information about community supports. ■

Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior concerns. She has personal experience with elder care.



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Goodbye, "Sir Val"

By Wendy Hart



Val Werier

Photo Credit: Winnipeg Press Club

"As an enthusiastic teenager, I set out with a friend on my first camping trip to the place that became such a special part of my life - Winnipeg Beach. The journey began as we boarded a streetcar to the train station, carting along with us our tent, poles, camping equipment and supplies. We thought we might impress some young women with our spirit of adventure."

It was the early 1930's, and the two enterprising north end youths devised a sure-fire plan to attract the girls. They decided that carefully chosen, distinctive head gear would give them an edge over the competition. They disembarked from the streetcar, and while awaiting the train's arrival, the friends went in search of suitable hats. Val Werier purchased an eye-catching, jaunty beret. Like Winnipeg Beach and Lake Winnipeg, that beret was to figure prominently throughout Val's life. "But Val - did it achieve the desired result, on that first trip to Winnipeg Beach?" I eagerly inquired. By then, almost eight decades had passed for the teenager, and I was enjoying a glass of scotch with my now 94 year old friend in his River Heights home of 50 years. His near sightless eyes gazed inward as the razor sharp memory replayed that long ago weekend. Val chuckled. "Why, yes" he replied with a smile, "I believe it did."

The signature beret accompanied him through 75 years of delighting and inspiring readers of the *Winnipeg Tribune* and the *Winnipeg Free Press*.

Within six months of that conversation, Val was living in Shaftesbury Retirement Residence, following a period of hospitalization. The beret still occupied a convenient place on the shelf of his coat closet, easy for him to locate without the use of his failing eyes, or for someone to hand to him should a special occasion arise.

When Val Werier passed away on April 21, just two months shy of his 97th birthday, his accomplishments as a journalist and as a champion for the environment and social causes were warmly praised by columnist Gordon Sinclair in the *Winnipeg Free Press*, and more recently by Susan Ferrier MacKay in the *Globe and Mail*. MacKay referred to Val as the "Prince of Print Journalism." I had heard of this "royal" designation in 2012, in another Sinclair column following the Winnipeg Press Club's honouring of Val with the Presidents Award for "Someone Who Made a Difference".

It wasn't the first time Val was royally dubbed. Ever appreciative of the assistance and support he received from those who made it possible for him to continue living independently - an appreciation he was always quick to express - he in turn earned their respect and admiration. Home care workers, Meals on Wheels and the woman who came weekly to read

correspondence and research material to him all played an important role. One favorite home care worker fondly addressed him as "Sir Val". While his Order of Canada and Order of Manitoba honours influenced the "sir", his character and thoughtfulness were also contributing factors.

Val's writing inspired action. His columns led to awareness and change - for his beloved Lake Winnipeg, to a halt to logging in Atikaki forest, creation of the St. Amant Centre, the Eve Werier pond in the Assiniboine Forest (named for Val's wife and soul mate Eve, who passed away in 1974) and of course, preservation of Winnipeg's beautiful downtown trees.

Val's proudest accomplishment, however, was in helping to arrange a life-saving liver transplant for a Winnipeg infant in 1983. Chantal had a rare liver disease and was quickly deteriorating. Her mother asked Val to write about her baby's plight. Val told me, "What was so dramatic about the story was the response from the community. Once you obtained a liver, it had to be acted upon with great dispatch - within hours. So a roster was organized of all private and commercial planes in Winnipeg, people to volunteer to be ready at any moment of the day or night, and they had this list ready - to transport the liver. The transplant would have to take place in Minneapolis. It's hard to believe, but once they got the word, I think it was within three hours she was at the hospital - from Winnipeg to Minneapolis. And they took every precaution. In case the trip took place during the rush hour, they had a helicopter ready to fly from the airport to the hospital. The operation was successful. It cost a lot of money. Her parents had to stay in Minneapolis, and the drug costs were enormous. But they raised a great deal of financial support. One businessman gave me a cheque for \$10,000 - anonymous - for his contribution."

"Some years ago," Val continued, "My daughter had taken me to vote in the federal election, when a woman approached me and had something to say with great emotion. 'This is my daughter Chantal,' she said. 'You saved her life.'"

Seniors have benefitted from Werier columns. In 1968, he slammed an existing "tax on poverty" - taxation of the income supplement for seniors under the age of 70 - prompting MP Stanley Knowles to raise the issue in the House of Commons. In 1973, residents of the 4 previously "unlicensed" floors of Central Park Lodge, who Val called "victims in the bureaucracy of licensing requirements" were granted insurance by the provincial government. In 1965, MTS dropped its premium charge on volume controls for the deaf in answer to his comments.

The legendary Canadian journalist John W. Dafoe was both an honorary AND a life member of the Winnipeg Press Club. The last public event held in his honour was hosted by the press club in 1943 to celebrate his 60 year career in journalism. He passed away in 1944. How fitting it is that the only other journalist to achieve this lofty dual status in the 125 year old press club was "Sir Val" - at the Manitoba Legislative Building in the 73rd year of his career. Upon that occasion, *Winnipeg Free Press* publisher Bob Cox shared this note from one of Val's many readers, "You have touched the lives and hearts of many Winnipeggers. Thank you for your work." ■

Wendy Hart is vice-president of the Winnipeg Press Club and a director of U of W's radio CKUW 95.9 FM.

She is the owner of Sentimental Journey Productions and can be reached at sentimentalwinnipeg@outlook.com



By Roger Currie

Currie's Corner

Makin' Bacon

Hands up if you remember when bacon was among the forbidden foods in this world. It was mostly fat and full of nitrates, and anyone concerned about health just didn't eat it. What goes around comes around, and bacon is OK again. They even have bacon-flavoured ice cream which is carrying things a little too far.

Have you noticed though what's happened to the price of bacon at the grocery store? Actually if you weren't paying close attention you might have missed it. The 500 gram package of side bacon, which has been the standard unit for years, has suddenly shrunk to 375 grams. The only part that hasn't shrunk is the price. For months we have been warned that pork prices were going to jump dramatically, and we best be prepared to pay more for bacon, sausages and weiners. Maple Leaf Foods has done the same with weiners, just in time for the barbeque and picnic

season. A package that used to contain a dozen weiners now has only ten, but the price is the same.

It's reminiscent of what happened with dairy products when we switched to metric 35 years ago. Overnight the standard unit for milk became the litre, but the price was the same as it had been for a quart of milk the day before.

The price of milk has continued to go in only one direction since then, but pork products should be a different story. The hog industry is one of the worst when it comes to boom - bust cycles. When too many of the animals are produced, the wholesale price drops dramatically and a lot of farmers get out of hogs.

We're on the up side of the demand curve right now but it will change eventually. When it does, please Mr. McCain give us back that 500 gram package of bacon and "don't you dare raise the price!" ■

Foon Hai - finally unfrozen

A shameless restaurant plug today. If you live in Winnipeg, or are coming to visit, try a great little Chinese place called Foon Hai. I had a fabulous bowl of hot and sour soup there the other day, and I chatted with the very troubled owner, Stanley Dare.

Foon Hai was in the news last month for all the wrong reasons. Stanley had finally re-opened after being closed for more than six weeks because of frozen water pipes. The problem was not unique as the 'winter from hell' froze the ground to a depth of nine feet. Thousands of homes and businesses lost water, and there were similar stories across the prairies and elsewhere.

It's bad enough when a homeowner who pays taxes has to resort to melting snow to flush the toilet and driving to a public swimming pool to take a shower, but for a business owner like Stanley Dare it's much more than an inconvenience. Without customers ordering food for more than a month, there was no money to pay his employees, and they all have families.

Stanley maxed out his credit cards, and any dreams he might have had about retirement will remain just a dream. Foon Hai is a 5 minute walk from Winnipeg City Hall, but Stanley has heard nothing from the folks there. It's the same story in any city when pipes freeze, or when they tear up the street and customers can't get to your front door. Compensation? .. not a chance.

Small business is the engine that drives our economy, but it sure isn't easy, and they don't get much respect. Stanley looks years older than he did before the winter from hell.

Try the hot and sour soup sometime, or anything on the menu. It's good value, and it will help Stanley pay his taxes. ■

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio www.cjnu.ca/c-corner.shtml

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“THE BUZZ”

Fischer the new fundraiser; Gates wants your photos; 50s and 60s hockey stars' take their final faceoffs; Axworthy still pitching; A 100th Church Birthday; Interlake Hall of Fame dinner; Tom & Larry on the air; Gordie Makie Passes Away at 92; WHSFL Honours Two of the Greats.



By Scott Taylor

About a year ago, **Laurie Fischer** retired.

He'd had a great career in the financial services industry and at 59, he was ready to call it quits. After all, Laurie had a Florida condo, a love for golf, a gift for raising big money for good causes and in 1997, he and his wife **Cathie** had started the Kildonan Community Players, a busy community theatre group. He was finished with work and he was going to do what he wanted to do.

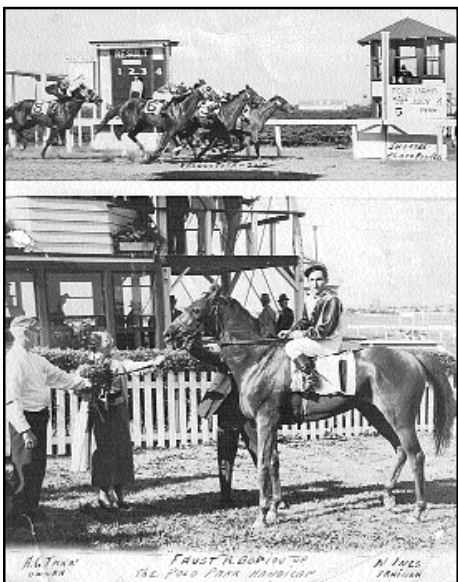
"Then in November, we were working on our new theatre and Cathie and I decided to go to McDonald's for a bite," explained Fischer. "Well, in walked (PC leader) **Brian Pallister**. We were rookies together in the financial services industry in 1980. We were great friends, but he didn't recognize me. I'd just shaved my head for a fundraiser CancerCare Manitoba and that worked out perfectly for me because I was playing Daddy Warbucks in Annie at the theatre. Well, we had a great conversation and he asked me to give him a call. He said he might have a job for me.

"So I called him, we talked a few times and the party created the position for me."

Based on his track record raising money for everything from Diabetes Research to CancerCare to Variety, Manitoba's PC Party might end up richer than they think.



DOWN HISTORIAN STILL LOOKING FOR MEMORABILIA



Polo Park 1938, July 4, Faust, Bodiou, Polo Park Handicap

Bob Gates, the historian at Assiniboia Downs, has a new track history display up at the track and it's sensational.

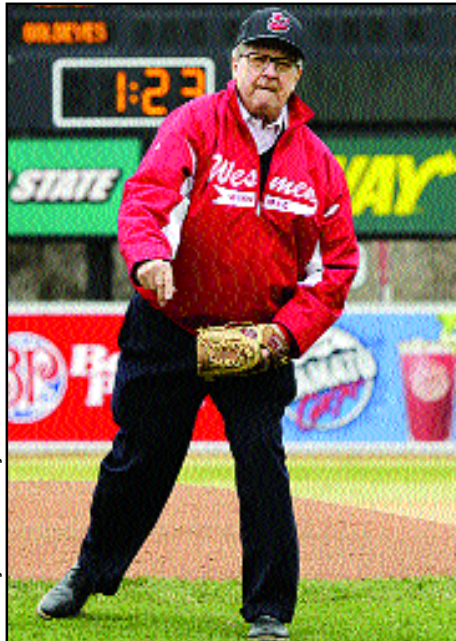
Gates is a semi-retired horse-racing fan who loves researching both the sport and the track. He became fascinated with the Sport of Kings at an early age while watching the Triple Crown races on television.

Bob started doing research on a book about horse racing about five years ago, but he has since branched out and turned into a collector of racing memorabilia. He's also been the man who puts together those terrific photo displays at the track.

If any of you happen to go through your attics or basements and you come across any racing memorabilia of any kind, get in touch with Bob at gatesrk@mymts.net. If nothing else, he'd love to talk to you about it.



Good friend and *Game On Magazine* columnist **T. Kent Morgan** reports that three prominent Manitoba hockey players have passed away in the past few months... March 16 in Pawtucket, R.I.:



Dr. Lloyd Axworthy throws out the first pitch before the first exhibition game of the season at Shaw Park.

Charles (Chuck) Scherza, 91 - A Brandon product who played junior for the Regina Abbots and the Oshawa Generals. His 13-year pro career included time with the Boston Bruins and New York Rangers and 10 seasons with the Providence Reds of the AHL. He was also a member of the Rhode Island Hockey Officials Association. He was inducted into the Manitoba Hockey Hall of Fame in 1993... March 23 in Beausejour: **Donnie McDonald**, 77 - All-around athlete and volunteer in the Eastman region, who played hockey for the Selkirk Steelers, the U of Alberta Golden Bears and the Pine Falls Paper Kings... April 1 in Vancouver - **Jim Pritchard**, 64 - A Weston product who played defense for the Winnipeg Monarchs of the MJHL in 1966-67 and captained the Jets of the WCJHL in 1967-68. The first round, third overall draft pick of the Montreal Canadiens in 1968, he played nine pro seasons primarily in the EHL and NAHL, but never reached the NHL...



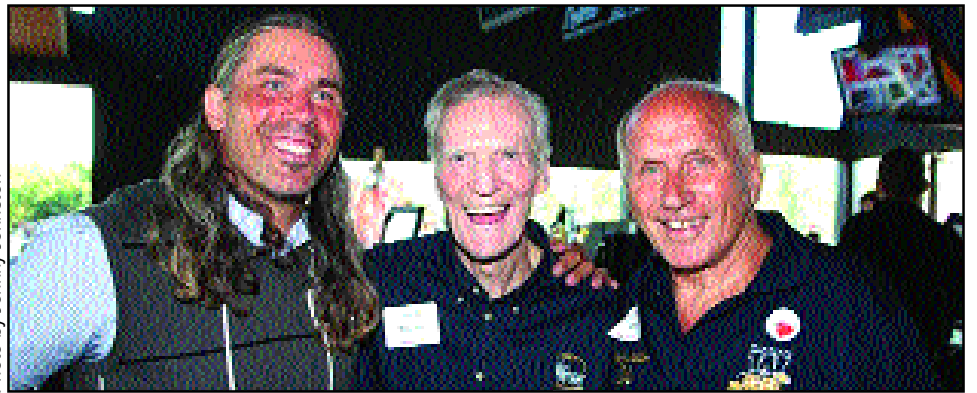
The Interlake Regional Induction for the Manitoba Sports Hall of Fame will be held this Saturday at the Selkirk Recreation Centre. Doors open at 5 p.m. and the inductee march-in takes place at 6:30. As we announced a couple of issues ago, the inductee list includes the late **Lorne (Boom Boom) Benson** from Riverton, golfer **Glen Hnatiuk** from Selkirk, basketball star **Cathy Holtmann** from Rosser and hockey builder **Jimmy Skinner** from Selkirk/Lockport... Congratulations to the parishioners at St. Mark's Anglican Church, (just down the road from my home) on St. Mark's Place in St. Vital. The church celebrated its 100th birthday with a formal dinner at the Norwood Hotel back on Saturday, May 10 and then held a special worship service and luncheon on Sunday, May 11... **Gary Cribbs**, the past-president of the Manitoba Hockey Hall of Fame, has announced that the legendary **R.A. (Sam) Fabro** has agreed to remain as an advisor to the board of the MHHOF, and will assume the role of Honourary Chairman. Sam was a founder of the organization. As we announced here previously, **Don Kuryk** is the MHHOF's new president... Canadian Radio Hall of Famer **Don Percy** is now 77-years-old and it's great to hear him on the Jewel 101 every morning. His voice is richer than ever... Legendary Winnipeg radio voices **Tom McGouran**, 57, and **Larry Updike**, 59, are back. The New *Tom and Larry Show* can be heard every day at www.mytoba.ca... University of Winnipeg President, **Dr. Lloyd Axworthy**, threw out the first pitch before the Winnipeg Goldeyes played the University of Winnipeg Wesmen in the first exhibition game of



Tom and Larry back in the day.



Tom and Larry today.



Chris Cvetkovic, Gord Makie and 82-year-old Nick Miller at the 2013 Variety Hearts of Blue and Gold Dinner.

the season at Shaw Park. The Goldeyes won the game 20-0. The Wesmen could have used the 74-year-old Axworthy. He threw a strike...



BELOVED TRAINER GORD MAKIE PASSES AWAY AT AGE 92

He was a guy that athletes all over the world turned to for help for decades. He always had a smiling face, always loved his job and was always accessible - especially for those who needed him most.

The Godfather of all athletic trainers in Manitoba, the beloved Gordie Makie, passed away of April 27, 2014 in Winnipeg. He was 92.

Born in Winnipeg, young Gordie was an outstanding athlete. When he just 15, he pitched two no hitters in the provincial midget baseball championships as he led his team to the title. At 17, he started boxing, a sport that would become his lifelong passion. A middleweight, he finished his own amateur career with a record of 21-2-2 and then could be found in the corner of all sorts of amateur and professional boxers whenever there was a major card in Winnipeg.

He fought with the Canadian navy in the Second World War and then, in 1951 he completed his post-graduate studies in Physiotherapy at the University of Chicago. He returned to Winnipeg and went to work as Physical Education director at St. Paul's College and in his spare time opened the famous Madison Boxing and Health Club in St. Boniface. From that point forward his career exploded. In 1952, he worked for the Norwood/St. Boniface Legionnaires national championship amateur football team, and then in '53, he was asked to be an assistant trainer for the football team at West Point Military Academy under Coach Colonel Red Blake and assistant coaches Vince Lombardi and Bobby Dawes. He returned two years later to take on the position of head coach of the Canadian Boxing team to compete in the British Commonwealth Games in Vancouver.

In 1954 Gordie turned pro. He came back to Winnipeg to become the head trainer for the Class A Winnipeg Goldeyes baseball team in the summer and then worked for the Western Professional Hockey League's Winnipeg Warriors in the winter.

After a season with the Minnesota Fighting Saints, working for Freddie Shero, he returned to Winnipeg to work for Bud Grant and the Blue

Bombers. He worked with the Bombers until 1969 and then took over as Head Physiotherapist and trainer for all University of Manitoba Bison sports teams.

He co-founded the the Canadian Athletic Trainers Association and developed the first accredited Student Trainer Programs in the country. He worked for Canada at the World Student Games in 1970 in for the nation's Davis Cup Tennis team that same year. That year, he was awarded the Outstanding Service Award from both the Davis Cup committee, and the Winnipeg Football Club.

In 1971 he was at the Pan American Games in Cali, Columbia followed by the Canadian Indoor Track and Field Championships. In 1972., he went to the Munich Olympics and started a run of five years as the trainer for the CFL's All-Star games. The list of his accomplishments are almost endless.

He retired from the faculty at the U of M with countless other awards, including the Leo Mol sculpture "Healing Hands." The Manitoba Sports Hall of Fame inducted him in the late 1980s and Football Canada recognized his career soon after. In his later years he worked tirelessly for the Blue Bombers Alumni.

"Gord Makie was the athletic therapist that all other athletic therapists should aspire to," said former Blue Bombers quarterback Ken Ploen. "He was a great man, a great professional and a really great guy."

Indeed.



WHSFL HONOURS TWO OF THE GREATEST

When the Winnipeg High School Football League comes together for its 2014 Senior Bowl at Investors Group Field, two of the greatest names in high school football are always honoured.

This year, it will Bill Petrie from Elmwood High School and Ron Gustafson from Grant Park and Churchill. The two teams in the Senior Bowl will be named Team Petrie and Team Gustafson.

The game will be played this Saturday at Investors Group Field and it's slated to be televised on MTS TV.

Bill Petrie

Bill Petrie was the first Elmwood High School player inducted into the Winnipeg High School Football Hall of Fame. That is not surprising.

He was always a leader. He was the quarterback of the Elmwood Eskimos

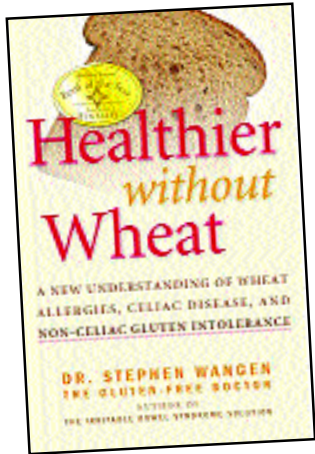
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The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

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

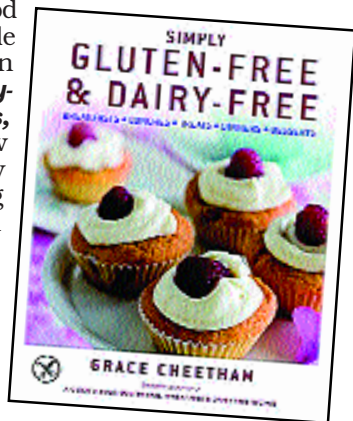
May is Celiac Awareness Month. According to the Canadian Celiac Association, celiac disease is an autoimmune disorder triggered by the ingestion of gluten, a protein found in wheat, barley and rye. It is a medical condition in which the absorptive surface of the small intestine is damaged by a substance called gluten, which results in an inability of the body to absorb the protein, fat, carbohydrates, vitamins and minerals that are necessary for good health. It is estimated that 1 in 133 people in Canada are affected by celiac disease. A further 6% of the population suffers from non-celiac gluten sensitivity, which has similar symptoms to celiac disease, such as anemia, chronic diarrhea, weight loss, fatigue, cramps and bloating, irritability.

Avoiding gluten may seem like the latest fad diet but for those with celiac disease or gluten intolerance, a lifelong gluten-free diet is the recommended treatment. **The J.W. Crane Memorial Library** has two great books that can help you understand these conditions and enjoy healthy, gluten-free living.



In **Healthier Without Wheat: A New Understanding of Wheat Allergies, Celiac Disease, and Non-Celiac Gluten Intolerance**, Dr. Stephen Wangen, a gluten-intolerant physician, sheds light on how wheat and gluten affect millions of people. In this comprehensive and easy-to-read book, he provides both the doctor and the patient points of view. Wangen begins with an interesting history of wheat in the human diet, describing the social changes that occurred to make wheat a staple of the Western diet. He goes on to clarify the differences between celiac disease and non-celiac gluten intolerance, and explains how gluten intolerance is tested and treated. The book also offers eight helpful appendices, including one that lists conditions associated with gluten intolerance.

For many, the prospect of making gluten-free food seems incredibly daunting but buying ready-made products can be expensive and they are often low in nutritional value. **Simply Gluten-Free & Dairy-Free: Breakfasts, Lunches, Treats, Dinners, Desserts** by Grace Cheetham shows you just how easy it can be to make wonderful gluten-free food by using substitute ingredients and simple cooking techniques. The book is well thought out, with mouthwatering photographs and easy to understand symbols that show if the recipe is free of common allergens such as dairy or nuts. The most important part is, of course, the recipes themselves. They are easy to follow and generally include ingredients that could be found in an average grocery store. Paired with Dr. Wangen's book, you can continue to eat and live well without gluten.



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. dclclibrary@umanitoba.ca / <http://libguides.lib.umanitoba.ca/deerlodge>

The BUZZ, cont'd from page 10

football team in the late 60s and early 70s and went on to play quarterback for the Winnipeg Rods and the University of Manitoba Bisons.

Bill has been a mainstay in management at Standard Aero for years. He proudly tells people of his Elmwood High School roots and the pleasure he takes in what the "young lads" of Elmwood High are accomplishing today. The school, in turn, is proud to have such an accomplished Hall of Fame player as part of its storied past.

Ron Gustafson

They are running out of Halls of Fame for Ron Gustafson. After five years as the offensive coordinator at Churchill High School, 15 years as head coach at Grant

Park High School and 12 years as Commissioner of the Winnipeg High School Football League, Gustafson has been inducted into the Grant Park Athletics Hall of Fame (1993), Winnipeg High School Football League Hall of Fame (2010), the Football Manitoba Hall of Fame (2013) and the Churchill Bulldogs Hall of Fame (2014).

He was such a great wide receiver at the University of North Dakota, that he led the nation in receiver in 1973 and was All-American in 1974. He was drafted by the NFL's New Orleans Saints in '74.

Naturally, Gustafson was inducted into the UND Hall of Fame in 1989. To this day, the name Gustafson, is royalty in the WHSFL. ■

Aliens Among Us



By Rick Goodman

Then, like now, television had an affect on our lives. It was television that made us aware of the outside world. Shows like Star Trek got us thinking about the possibility of life forms other than our own and technologies somewhat more sophisticated than that of a John Deere tractor.

It was through television that we learned that du Maurier cigarettes satisfied your taste for luxury and that if you'd only give them a chance the people at Esso would put a tiger in your tank.

Geritol would perk you right up. How could it not? It was an iron and B vitamin supplement dissolved in a strong alcohol solution. A lot of little old ladies loved their Geritol. I don't know if it qualified as a patent medicine but Carter's Little Liver Pills and Dodd's Kidney Pills certainly made the grade. We had both in our medicine cabinet.

Carter's Little Liver Pills did nothing for your liver. I think they were actually a laxative. You have to wonder how many people failed to make the connection. Take a pill, your liver is still as hard as a rock, but you're too busy going to the bathroom to worry about it.

I don't think Dodd's Kidney Pills had any medicinal benefits at all. I do know that they had the disconcerting side effect of turning your pee a startling brilliant shade of green.

Which brings us back to television... At the time documentaries were being aired about U.F.O.'s and alien abductions. People were talking. Somebody always seemed to know somebody who was friends with somebody's cousin who had a friend who had seen lights in the sky or some such that seemed mighty strange. Lots more people just called the whole phenomenon bullcrap and let it go at that.

We had a neighbour. Old Henry had seen the documentaries and studied up on "I was abducted by aliens," first person accounts in the "National Enquirer," and he was, well, skeptical. But television, Dodd's kidney pills, and an accidental shooting would change that forever. I was there when old Henry had his close encounter of the third kind (Well, two and a half, tops, but he just kind of rounded 'er up.) out on section 11 by where the cow got hit by lightning the summer before Grandpa drove over a hornet's nest with the horse rake and had a runaway into the swamp and nearly drowned getting back out. (We're from the bush and that's how we do our geography.)

This is how it happened and strike me dead, or blind or maybe just a little bit hard of hearing if I stray even one word from the truth on this thing.

Early one morning, back before I was too young to have a hunting license, after the first snow of the year, I got up, packed my tea pail with sandwiches and headed out for a day of deer conservation. You can't call it poaching or even hunting if you can't shoot straight. I once missed a barn wall five times in a row. Shooting from inside the barn. Would have missed it more but I ran out of ammo. This particular morning I only had three bullets so the only way I was likely to hit a deer was if one ate me and gave me the opportunity to shoot my way back out.

During breakfast I noticed a stiffness in my back where I imagined my kidneys to be so I made a stop at the medicine cabinet before heading out the door. Inside was a bottle of Carter's Little Liver Pills. No good. A bottle of Aspirin. Also no good, pain medication might mess up the reflexes if you find yourself surrounded and have to shoot your way out of a tight spot. But there, in the middle of the middle shelf sat the cure. A round cardboard box with Dodd's Kidney Pills printed on top. Grandpa swore by them. I took five. Maybe six. If one pill is good, five would have to be roughly five times better. Obviously.

It was a beautiful morning for deer conservation, cool, with a little wind

and just a few inches of fresh snow on the ground. I loaded up my three bullets and headed out across the pasture, down along the edge of the swamp, out toward where the cow got electrocuted.

Late in the morning, I stopped, brewed up a big pail of tea and had a sandwich.

I kept working my way into the wind and not too long after lunch I came across the trail Old Henry had been using to haul firewood on. Leaning my gun against a young poplar I stood on the trail, unzipped, and watched in horrified disbelief as a torrent of liquid poured out and stained the snow the most improbably, impossibly, brilliant, almost fluorescent green I had ever seen anyplace, let alone issuing from my person. Dodd's kidney pills! Anything that can do that must be good medicine! You could feel it doing nothing but good. Once you got over the shock anyway. After that it was sort of fun. More tea.

And that's how I spent the afternoon. Wandering down that trail, stopping for tea every now and then and painting the snow that horrible brilliant green whenever the need arose. Then late in the afternoon it happened.

A small buck jumped from his bed and gave me a crossing shot at around fifty yards through heavy brush. Without thinking I brought the rifle to my shoulder, swung past the animal, then closed both my eyes and pulled the trigger as hard as I could. The recoil knocked me the usual three running steps backward, up and over a frozen log. I tucked, rolled and crawled out from behind a stump just in time to see this deer fall over deader than dead on the trail in front of me. That was an accidental shooting if ever there was one.

The shooting happened just down the trail from where Old Henry had been cutting wood so it seemed to make more sense to walk over to his house and see if he'd help me haul the deer out than it would to go home. I figured we could hang it in his shed and come get it the next day. Turned out he would help, so we went out, harnessed his old horse to the stone boat and started backtracking to the scene of the crime. We'd no sooner cut my trail where I'd come out of the bush and made my first pit stop when he hauled back the reins and hollered, "Whoa!" Then he looked at me with his eyes wide and wild and hollered, "Look at that! Holy snapping wolverines! That's pee! It's green! It's green pee! Lots of it!"

Scanning the tree line out across the swamp he lowered his voice and whispered, "They could be anywhere."

Then, reaching for my gun, "How many bullets you got?"

"What?" I asked, "Uh, two." "Who?" "Aliens!" he said, "That pee is green, they must be all over the place."

This was not the time for explanations or arguments. It seemed the safe thing to do would be to keep my mouth shut, look concerned and hope I didn't have to

“Old Henry had the gun. One thing for sure, if E.T. had shown up at that time Old Henry would have done his level best to send him home. In a box.”

go to the bathroom again anytime soon. Old Henry had the gun. One thing for sure, if E.T. had shown up at that time Old Henry would have done his level best to send him home. In a box.

Other more exotic places had crop circles and cattle mutilations. Out in the Interlake we made do with what we had. The U.F.O. controversy just sort of faded out of the public consciousness, the seasons changed and proof of an alien presence out on section 11, by where the cow rode to glory on around 75 million untamed volts of electricity, disappeared forever with the Spring thaw.

I never took Dodd's kidney pills again and Old Henry moved his wood cutting operation across the road to section 10, out by where the old blue car used to be. ■

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The Last Word



By Joanne Klassen

In a Transformative Writing class at RB Russell High School I gave the students gathered around our large, crowded table an assignment that created quite a stir. We were to write our own eulogy to be read as a tribute at our funeral or memorial service. We first drew a diagram that we call a "Mind Map," of the kinds of qualities we'd like to be remembered for. Then we went on to write about ourselves from the vantage point of someone close to us extolling our virtues after we passed from this life. I encouraged everyone to have fun and go over-the-top in describing their unique talents and good qualities.

This turned out to be an energizing writing session, with more time requested when our 10 minute timer rang. We added the date, time, place, copyright and signatures as always, then shared our stories with a partner, followed by a group discussion.

I was astonished by what these teens would like to have said about them in future years. Things like, "She was a wonderful mother, a great cook, and a loyal wife," harkened back to my mother's generation. Some spoke of being a faithful, caring friend, a good listener, or being always ready to lend a hand. I wrote that I was the kind of person who never met a baby, a dance or a garage sale I didn't want to stop for. Our personalities and values were revealed as we completed this exercise.

I have been to many funerals, sometimes it seems too many. I have heard glowing accolades heaped on people who are not present to receive them. I wonder what it might be like to live as if we were writing the eulogy we'd like to have read at the close of our lives. I wonder too, what it would be like if we told those closest to us the qualities we cherish in them and what their presence in our lives means to us before it's too late to do so in person. ■

Joanne Klassen - Winnipeg, Manitoba

Recent graduates and mentors for the MASC DISCOVER YOURSELF THROUGH LIFE WRITING Program:



Front row: Joanne Klassen, Program Director, Heartspace; Connie Newman, Executive Director, MASC; Faiza Hargaya. Back row: Fenella Temmerman, Elaine Stern, Astrid Schuhmann, Eleanor Chornoboy, Beverley Johnston, Don Green.

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 (MASC) works with Heartspace to train facilitators to bring *Discover Yourself Through Life Writing* classes to seniors centres across Manitoba.

Contact **Connie Newman (MASC)** at 204-792-5838 or your nearest Senior Centre to request more information about these classes.

NOTICE: If you belong to a writing group and would like to be published in Senior Scope, call 204-467-9000 or email kelly_goodman@shaw.ca.

Basic guideline:

- Story length: 500-700 words
- Story to be emailed to: **kelly_goodman@shaw.ca**, either pasted directly in an email window to me, or in a Word or Text document (Mac or PC) attached to email.
- A photo of the author, if desired.
- Any supporting photos of the story, if desired.

- Info on the Life Writing group (ie.: what 55+ group you're from, or any contact info should someone be interested in joining or finding out more information on the group.)
- Contact information of author (phone and mailing address) in case of questions and so copies of Senior Scope can be mailed to author.
- Stories will be published depending on space availability.

Project Comet: Police Service & Community Coming Together to Combat Spike in Property-Related Crime

The Winnipeg Police Service West District Crime Unit has noted an increase in property-related crimes, particularly in the River Heights area. This is part of a seasonal trend that generally occurs at this time each year that can and does affect areas throughout Winnipeg. These crimes include: home/vehicle break-ins, vehicle thefts and vandalism.

In response, officers have increased routine patrols in the affected areas and a series of projects, based on crime trends and intelligence-led policing initiatives. The Service has also begun an awareness campaign that includes a door-to-door canvassing initiative and a larger public awareness campaign aimed at ensuring residents have the information they need to protect themselves from the possibility of being victimized.

Break-ins can occur at any time in any area of the city.

- Solid core doors
- Deadbolt locks
- Security bars
- Light timers

Vehicle Theft Prevention Tips:

- Park in well-lit areas and lock your vehicle at all times
- Do not leave GPS devices or cords attached to windshields or dashboards
- Do not leave laptops or other valuables inside your vehicle
- When shopping, do not leave packages inside your car, instead place them in the trunk

If suspicious activity is observed in your community, please contact police immediately.

For more information visit www.winnipeg.ca/police/crime_prevention/neighbourhood_safety/ (Under the Crime Prevention tab at the top of the page. Click on Neighbourhood Safety.)

Be Mindful of Crimes of Opportunity:

- Close windows at night or when leaving your house.
- Lock your front door when working in your yard. Wallets, purses or personal items have been stolen from residences this way.
- Lock garages and sheds.

Consider Your Home Security System:

- Alarm systems

For further information contact either:

Constable Jason Michalysen,
Public Information Officer

Constable Eric Hofley,
Public Information Officer

Detective Sergeant Natalie Aitken,
Public Information Officer

Phone: (204) 986-3061
Email: WPS-PIO@Winnipeg.ca

TRAVEL & ACTIVITIES

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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.

Women Healing For Change - Workshop on Life Changes for Women, Sat. Jun. 7, 10 am-3:30 pm, at Westminster Housing Co-op, 145 Maryland St. Cost \$15. Mail cheque to WHFC, 770 Pepperloaf Ave., Winnipeg, MB R3R 1G3. The mystery of the pelvic floor and exercises & techniques to alleviate/improve hip & lower back pain, and urinary incontinence. Call Doreen: **204-837-9613**.

Senior's Day "GO4health Expo" - Wed. Jun. 18, Red River Exhibition Park, next to Assiniboia Downs. Many activities, entertainment, interactive displays and education booths to promote "Living Well at 55+"

East Kildonan Garden Club - Spring Sale and Auction, Wed. May 28, 7 pm, Valley Gardens Community Club, 218 Antrim Road. Great Deals!

Urban Retreats Garden Tour - Sat. June 21, 10 am-4 pm, rain or shine. Self-guided tour of Deer Lodge gardens in support of St. Matthew's-Maryland Community Ministry. Tickets \$15, available at McNally Robinson Booksellers, Shelmerdine Garden Center, or by calling the Community Ministry at 774-3957. **A Manitoba Tea (and bannock) -** 11:30-2 pm at Silver Heights United Church, 199 Garrioch Ave. at Mount Royal. Tickets - additional \$5 at door.

Post Polio Network, Manitoba - Mon. June 16, 5 pm, at the Bourkevale Community Centre on Ferry Road. \$5/member and their guests.

Walk the Beat to Defeat Alzheimer's - Memory Walk fundraiser for Alzheimer Society, Thur. May 29, 1 pm (registration 12:30 pm) at Ecole St. Avila, 633 Patricia Ave. hosted by The Fort Garry Seniors Resource Council in collaboration with Pembina Active Living (55+) and Ecole St. Avila. Community members are invited to walk with the elementary students. Two routes to accommodate different abilities. For info: melaniefgsr@hotmail.com or **204-452-0239**

Northern Lights Lace Makers - holding their 5th Annual Lace Day, Sat. May 31, 1-4 pm at St. Peter's Anglican Church hall, 755 Elm St. at Grant Ave. Lace-making and tatting demos, displays, and treasured items for sale.

Gable Arms Social Club - Huge White Elephant Sale & Silent Auction, Sat. June 14, 10 am-4 pm in clubroom of Gable Arms apartments, 1590 Henderson Hwy. All welcome. Proceeds go to beneficial programs for members of the Club.

Grands'n'More Winnipeg - hosting Stride to Turn the Tide Annual Walk, Sat. Jun. 7, indoors Grant Park Mall. Registration (\$5 over 12 yrs) plus activities and displays relating to water, food, health care, education in Africa - starts 10 am. Walk starts 11 am. Canadian grandmothers and others walking in solidarity with African grandmothers who are caring for their AIDS-orphaned grandchildren. Ends at 1 pm. For info, email: grandsnmore@gmail.com or jeanaltemeyer@shaw.ca

Post Polio meeting - May 27, 1-2:30 pm, at the Katherine Friesen Centre, 940 Notre Dame Ave. Guest speaker is Susan Everton speaking on Mature Driving for Seniors.

Things to do in Winnipeg

127th annual Mary Wright Lilac Tea - honoring the pioneer and volunteer spirit, Sat. June 14, noon-2 pm, at St. James Anglican Church, 195 Collegiate St. Fancy sandwiches, dainties and beverage buffet, bake table and used books for sale. Admission \$7, ages 12 & under \$3.

Aboriginal Seniors Resource Centre - Cash Bingo, May 29, June 5 & 19, July 10 & 24, Doors open 12 noon, Bingo 1-3 pm at Indian and Metis Friendship Centre, 45 Robinson St. Jackpot \$100.00 Call **204-586-4595** for more info. All proceeds go to Seniors and Elders activities and programs

Winnipeg Elder Abuse Strategy Working Group - Workshop, Elder Abuse: It's Everybody's Business, Wed. June 11, 9:30 am-3 pm, at Good Neighbours Active Living Centre, 720 Henderson Hwy. Cost \$10, includes lunch. Register by June 4. Visit www.ageopportunity.mb.ca or call **204-956-6440**.

The Raging Grannies of Winnipeg - Join us as we sing out against injustice. We'll take on war, poverty, homelessness, women's issues and much more. If you are a mature woman, like to sing, and want to make a difference why not check us out? You don't need to have a great voice, just an attitude! Call Leuba: **204-453-1486** or Marilyn: **204-414-4343**.

ALS Society of Manitoba - Annual 5 km Walk for ALS, Sat. May 31, Registration: 9 am, Kick-Off: 10 am, at Assiniboine Park - South East Picnic Area. Registration \$30 or free with min. \$30 in pledges. Dog friendly event (on leashes).

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

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

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**

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

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

Archwood 55Plus - at Archwood Community Centre offers exercise classes, card and board games, line dancing, social activities (monthly luncheons, plckleball, bowling, etc.), bus trips adn more. Call **204-416-1967** or visit www.archwood55plusinc.weebly.com

Senior Achievers - meet every 3rd Thursday, 1-3 pm at 406 MacGregor St. Join us for bingo, 50/50, meat draws, door prizes, coffee, and socializing. Call Rose Manulak: 338-3833 for more info.

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Exercise class Tues. & Fri., 9:15-10:30 am; Mon. luncheons 4th Wed., 1130 am-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Weston Seniors Club - Offering a variety of programs: computer training, cooking, recreation, chronic health mgmt, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan for most activities. Call Harvey **204-774-3085** for info or to volunteer

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**

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

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**

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthcart 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

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**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

The Selkirk & District Horticultural Society - hosting a Giant Plant Sale, Fri. May 30, 6-8 pm at the Memorial Hall, 376 Jemima behind Safeway. Thousands of healthy plants at good prices. Large silent auction, 50/50 draw and free homemade cookies and beverages. Call Sylvia **204-482-4932** for more info.

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.

filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities! Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; [Brokenhead/Beausejour](mailto:Brokenhead) Outreach for Seniors at **268-7300**; East Beach Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource

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 [Whittemouth/Reynolds](mailto:Whittemouth) **348-4610** or Winnipeg River Resource Council **367-9128**

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

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.



Hot & Spicy Fruit Slaw

Metric	Ingredient	Imperial
1	small green cabbage	1
75 ml	green onions, finely chopped	1/3 cup
50 ml	celery, finely chopped	1/4 cup
45 ml	butter or margarine	3 tbsp
5 - 10 ml	curry powder	1 - 2 tsp
5 ml	cornstarch	1 tsp
1 ml	salt	1/4 tsp
-	black pepper	-
250 ml	orange juice	1 cup
1	carrot, thinly sliced	1
1	red cooking apple, cut into wedges	1
2	oranges, peeled & sectioned	2
50 ml	chutney	1/4 cup

Remove 4 to 6 outer cabbage leaves; blanch in boiling water until slightly wilted, about 15 seconds. Rinse under cold water; drain well and set aside. Slice remaining cabbage into very thin strips.

In a large skillet over medium-high heat; cook onions and celery in butter for about 3 minutes. Stir in curry powder, cornstarch, salt and pepper; cook, stirring frequently, for 5 minutes. Stir in orange juice, sliced cabbage and carrots. Cover and bring to a boil; reduce heat and cook for 10 minutes. Add apple; cook, stirring, for about 2 minutes. Stir in oranges and chutney; heat thoroughly for about 4 minutes.

Serve in large bowl lined with blanched cabbage leaves.

Serves 6

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A Dad by Any Other Name... By Adrian Powell

ACROSS

1 Human trunk
 6 US Midwest university town
 10 Cuckoo Pint, e.g.
 14 Cantilevered bay window
 16 Intestinal starting points
 16 A few Bulgarian colne
 17 Haitian pop of the eighties?
 20 Navajos' fess
 21 Remote abbreviation
 22 NHL game venues
 23 Gilpin of "Frasier"
 24 Vehement anger
 25 Rock group's bookings
 26 '80s sitcom where pop was played by Don Rickles
 31 Dressed like Zoro
 34 Aero and para follower
 35 McFlurry favouring
 36 S. Carolina's environs
 37 Rest cure facility
 40 Tournament pass
 42 Attempt.
 43 Trees near a tree line
 45 It's 'ardly 'eaven
 47 Ninnies
 49 Pop in a monastery, perhaps??
 53 Cincinnati players
 54 Guy from the pen
 55 Poison ivy woe
 59 Beehive or pageboy
 61 Actor Roth of "Inglorious Bastards"
 62 Ton of money

DOWN

1 Replenish
 2 Give a speech in the senate
 3 More mature
 4 Resort locale, often
 5 Antiquated
 6 Pact
 7 Musical clips
 8 Old French coin
 9 In a vicious way
 10 Brik, to Brahme
 11 Puts back in
 12 Coloured part of the eye
 13 The Red Planet
 16 Big name in Roman poetry
 19 "Peter Grimes" highlight
 27 Source of most newspaper dough
 28 Info on a driver's lic.
 29 Really dehydrated
 30 Yo-yos and tops
 31 Type of link
 32 Kuala Lumpur locale
 33 Fear tree
 36 Public images
 39 TV's E.T?
 41 You can mull it
 44 Tank type
 46 Official permit
 48 What Aaron's rod became
 50 Medieval Iceland literature
 51 Like goose eggs in a fairy tale
 52 GPU part
 55 Seat on the end
 57 New parent's need
 58 Warm's up
 59 Man's genus
 60 "A Clockwork Orange" narrator
 64 Role for Roddy McDowell
 65 Yonder dude's

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? _____
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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Prize #1: One \$50 Gift Certificate to the Terrace Dining Room at Assiniboia Downs Two tickets to Rainbow Stage's 'The Producers' Show - July 4-19/14

Prize #2: One \$50 Gift Certificate to the Terrace Dining Room at Assiniboia Downs Four tickets to Rainbow Stage's 'The Little Mermaid' Show - Aug. 13-29/14 'Short Conversations' book by Antonia Paulencu Nelson.

Short Conversations - Top selling book for March, 2014 at McNally's Bookstores

ONE ENTRY PER PERSON, PLEASE. SS May 21/14

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HUMOUR COLUMN:



How Not To Remove A Tick

By William J. Thomas - Humour Columnist

Last year was the worst summer ever for ticks. Every time I walk the nearby trail, I get home with at least one or two on me. Getting a tick off you or your pet quickly and efficiently before they engorge in blood and create infection is crucial. The correct maneuver is to use fine-tipped tweezers to first grasp the tick by the head close to the skin and steadily pull upward without jerking or twisting. No tweezers, then use a plastic glove or a tissue to steadily pull the tick away from the skin so that all the parts come out of the skin.

Although every doctor or vet will confirm that this is the best method, everyone seems to have an opinion on tick removal. From lit cigarettes to globs of petroleum jelly, from safety pins to beer caps – there are a lot of bad ideas out there.

None however are as bad as the method used by Bernie and Shirley on their big ol' friendly yellow lab Monroe. As it turned out their method of removal was similar to the napalm-fueled, scorched-earth technique used by the U.S. Army in the Vietnam War.

True dog lovers and frequent pet rescuers, Bernie and Shirley panicked when Monroe walked into the house with an inflamed red knot on her neck. At the centre of this little ball of blood was a large evil tick.

"Don't rip it off!" one of them said. "That's the worst thing you can do."

Although Monroe seemed calm enough, the 'parents' freaked. Out the door and onto the back lawn with the dog, they started shouting out whatever tick removal remedies came to mind. "Alcohol!" screamed Shirley.

At this point Bernie was thinking he could really use a good stiff drink but there was still this damn tick to deal with.

"Alcohol! I'm pretty sure I read it somewhere!" yelled Shirley. Bernie was skeptical but Shirley being a nurse and already coming out of the house with a bottle of rubbing alcohol, he was willing to give it a try.

Impatient and watching his wife dab the insidious knot on the neck of the beloved pet, Bernie took the bottle of alcohol and essentially emptied it on the side of the dog's neck. Nothing. The blood-sucking tick refused to budge.

"Heat!" yelled Bernie. "Heat?"

"Yeah, like if I heated up a piece of steel with a torch and then ..."

Not time for that, Shirley ran for the house and was back in seconds with a box of matches. Bernie instructed her to first light it, then blow it out and finally zap the tick with the still-hot head of the match.

And that's exactly what Shirley did as Bernie clutched the dog hard to his chest. But in the alcohol-enriched atmosphere around Monroe's head, well ...

"The match kinda reflared," remembered Bernie. "I mean it went out and then it lit again and ..."

"POOFFFFFFFFF!!!"
For a split second both Bernie and his dog's head were encased in a bluish, yellowish ball of flame.

Warning – of all the erroneous remedies for the safe removal of a tick, setting you and your dog on fire in the backyard is probably the worst. Even the guy who suggested using a beer cap wouldn't try this trick even after emptying a "Two Four" all by himself!

"Time seemed to stand still," said Bernie as he found himself slapping his beloved Monroe on her head and face in order to put out the flames.

The dog, not quite grasping the concept of first-responder procedure tried to make a run for it which caused terror-stricken Bernie to body slam her to the ground in order to continue to beat out the fire.

Finally, with the blue and yellow flame extinguished, the smell of burnt fur and singed hair swirled around the backyard. Speechless, Shirley wasn't sure she saw what she saw, believing instead her mind had screened one of those old silent slapstick movies starring Buster Keaton and a stuffed animal.

"You know it seemed like a lifetime but really it was all over in a few seconds," recalls Bernie.

And they all sat there on the lawn for a moment of reflection – the wife

with hands covering her face, the husband with no hair on his arms and two white arches where his eyebrows used to be and the dog with charred fur and no whiskers to speak of. And Monroe had that look on her face like "what the !*#! were you two thinking!?"

After things calmed down and no sirens were heard in the distance, they all relaxed and Monroe did what she always does when she thinks she's done something wrong. She trotted over to each of them and licked their faces. Bernie thinks it was an act of love but then again she may have been trying to cool off his second-degree facial burns. The whole episode lasted only a few minutes so you can just imagine what it would be like spending a Weekend At Bernie's.

Oh and after all that – Bernie ripped the tick off the dog's neck with his finger nails. Again, not a recommended technique but way more safer than the self-mollification method. Everybody lived and Bernie is confident that any day now, Shirley will begin speaking again.

Dogs – they make us crazy and they make us better people. ■

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

Church celebrates 125th anniversary - Selkirk, MB

Members of The Evangelical Lutheran Church of Selkirk invite you to help celebrate the 125th anniversary of our church, June 7 and 8, 2014.

The celebration does not kick off until Saturday evening, but there will be a photo and memorabilia display during the day at our Lutheran Hall, 332 Manitoba Avenue in Selkirk.

The festivities officially begin at The Lutheran Church of the Good Shepherd at 6088 PTH 9A on Saturday evening at 7 pm with a 90 minute concert given by award winning Elvis Presley impersonator Daylin James from Thunder Bay, Ontario. He will sing Presley Gospel music. As we gather for the

concert, a slide show of historical photos will present the story of our congregation's past. Tickets \$20.00.

Sunday morning, 10:30 am, worship at our church at 329 Clandeboye Avenue. Bishop Elaine Sauer will honour us with her presence and her preaching. Past pastors will assist in the service as readers, liturgists, and Communion Assistants.

After service, join us for a picnic on our church grounds. Laurie Hunt from the Road House Restaurant will cater this event with a pork picnic.

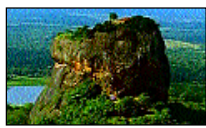
For ticket or info, contact us at evluthselkirk@gmail.com, or leave a message @ 204-482-6606 and we will contact you. ■



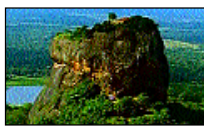
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Happy Father's Day - June 15

THE CLASSIFIEDS

Personal items / private sales only. Not for commercial, except for Employment Opportunities. All listings must be pre-paid, cash, cheque, money order, MasterCard or Visa.

Listings must be finalized 5-7 days prior to print dates. Call 204-467-9000 for schedule.

Listings: \$5.25/line (approx. 6-8 words/line). Photos: Additional \$10.00.
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Room for rent: in elderly woman's character home in River Hts, Wpg. Fem, non-smoker only, senior or mature-minded student. Walking dist to shops & bus. \$400, incl. wirels internet, hydro, water. Shared bath, kit, laundry, cable tv. Shared cleaning duties. Damage dep. & references required. 204-786-1861 for applic. & viewing.

JOBS / HIRING:

Bleak House Senior Centre - looking for craft person to teach crafts at 1637 Main St., Wpg. Call 204-338-4723, leave msg.

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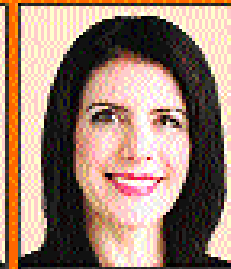
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