

# Make fitness fun Health is Wealth

SENIOR SCOPE COVERS TOPICS ON: HOUSING, FINANCE, FRAUD PREVENTION, SPORTS, COMMENTARIES, BOOK REVIEWS, COMMUNITY EVENTS, PERSONAL PROFILES, ARTS & ENTERTAINMENT, URBAN AND RURAL NEWS, RECIPES, FOOD & DRUG RECALLS, PUZZLES, JOKES, HUMOUR COLUMN, CLASSIFIEDS, & MORE!

# Senior Scope

**FREE COPY**

## and BOOMER BUZZ

V12-N2  
Aug 27- Sept 17/13

Read **Senior Scope** online at [www.seniorscope.com](http://www.seniorscope.com)



The old Bombers today. Nick Miller, back row, beside Ken Ploen.

## The Blue Bombers' "Other" Miller

Nick Miller watches today's CFL intently and the old Bomber doesn't always like what he sees...

By Scott Taylor

Listen to Nick Miller long enough and you will learn two things about the old Blue Bombers receiver: (a) he's a Winnipegger and (b) he's a Canadian.

Sure, almost all of us in Manitoba can say the same. After all, more than 70 per cent of the province calls "Winnipeg" home.

However, when 81-year-old Nick Miller talks, he's usually talk-

Continued on page 2

### Foot Care for Seniors

Mobile Foot Care Nurses  
**204-837-6629**

- Blue Cross & DVA Providers
- Specialize in Diabetics
- Gift Certs Available, Visa/MC

## "Big Wig is Wiggling Out Again" at Evelyn's Wigs

Only 15 minutes east of the Royal Canadian Mint

Evelyn extends a special invitation to YOU to attend a fascinating and exciting showcase of **FASHION HAIR at GREAT PRICES**

JOIN US

**Thursday, September 19, 2013**  
between 10:00 am & 6:30 pm

**Some wigs will be marked at sensational prices starting at \$89.00 and some at 50% or more OFF PLUS No GST No PST**

Amazing Selection of Short and Longer Wigs in all Styles and Colors

**ONE DAY ONLY - Don't Miss It!**

No appointments necessary on this day

**ONLY**, but please **RSVP**

**204-878-2351**

or [evelyns@mts.net](mailto:evelyns@mts.net)

**Door Prizes, Gifts, Refreshments**  
(no purchase necessary)

**Evelyn's Wig Sales & Service**  
79 Lagimodiere Ave., Lorette, MB  
[www.evelynswigs.com](http://www.evelynswigs.com)



204-467-9000  
[www.seniorscope.com](http://www.seniorscope.com)  
[kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

# Senior Scope

and BOOMER BUZZ

### Stonewall Quarry Days



See **PG 7**

### Travel to Laos



See **PG 12**

### Inside this issue...

<i>The tax-planned will - PART I</i> , By Investors Group .....	<b>PG 3</b>
<i>Money Collectors Show</i> , By Barré Hall .....	<b>PG 6</b>
<i>Travel &amp; Activities</i> .....	<b>PG 7</b>
<i>Currie's Corner</i> , Commentaries by Roger Currie .....	<b>PG 8</b>
<i>The BUZZ</i> , By Scott Taylor .....	<b>PG 9</b>
<i>Staying Active at every age</i> , By Roger Currie .....	<b>PG 11</b>
<i>J.W. Crane Memorial Library - book picks</i> .....	<b>PG 12</b>
<i>HUMOUR - "Dog Shoots Man..."</i> By William Thomas .....	<b>PG 15</b>

.....  
Things To Do - PG 13 / Recipe - PG 14 / Puzzles - PG 14

## Healthy Aging & U

JOIN US ON  
**WEDNESDAY,**  
**OCTOBER 2ND, 2013**  
TO KICK OFF  
**SENIORS MONTH!**

Try a variety of physical activities designed for older adults to learn about healthy living. Join fun, interactive sessions on Brain Boosters and Food and Nutrition Myths. Enter to win a Supermarket Smarts Grocery Tour or a Nutrition Consultation.

PH: 204-474-6661 for more information and to register

Fee: \$25 plus \$10 accessible parking (optional)

[umanitoba.ca/extended/life](http://umanitoba.ca/extended/life)

for more detailed session descriptions and instructor biographies



**UNIVERSITY OF MANITOBA**

A special partnership between  
Extended Education - Lifelong Learning  
Faculty of Kinesiology and Recreation Management  
Recreation Services

## Family matters. Let us take care of yours.

**We are here to effortlessly help you and your loved ones honour your wishes, your way.**

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

- Burial & cremation options
- Serving all faiths & cultures
- Pre-planning & payment options
- FREE pre-planning will kit

### Start Your Pre-Arrangement NOW:

**Cremation Lots For 2 People**  
**\$39** Per Month Over 48 Months\*

**Indoor Cremation Niche For 2 People**  
**\$62** Per Month Over 48 Months\*

**Traditional Burial Lots For 2 Caskets**  
**\$99** Per Month Over 48 Months\*

Everyone is approved. \* Limited time offers.

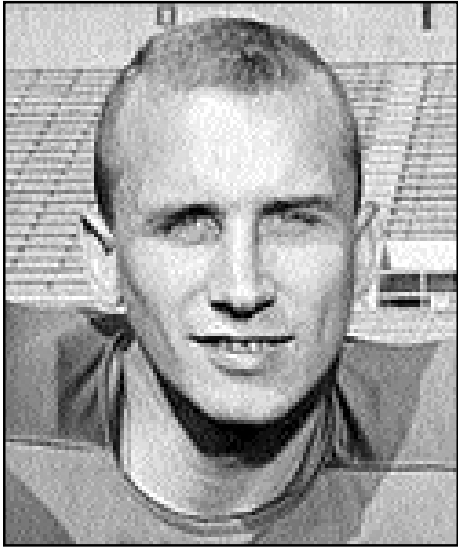


**GLEN EDEN FUNERAL HOME and CEMETERY**

4477 Main Street, West St. Paul  
**204-982-8300**



# Nick Miller, cont'd from front page



Nick Miller in his earlier years.

ing about the Canadian Football League and his beloved Blue Bombers. And it seems Nick doesn't like what he sees. He wants more Canadians on the roster and a lot more Winnipeg products out on the field.

On Aug. 8, Miller and his old teammates on the 1954 Winnipeg Rams, the national senior amateur champions that year, were inducted into the Manitoba Football Hall of Fame. Naturally, the old players at the induction luncheon had lots to say about the way their Blue Bombers are playing these days.

"It starts to really bother me, watching the Blue Bombers play as poorly as they play today," said Miller who came out of Winnipeg's North End and played on four Grey Cup championship teams. "Bomber fans deserve a winner. They treated me so well when I played and many



Nick Miller is in the 4th Row, 7th person from left.

of them still remember who I am. I love those fans and they deserve a football team that not only wins, but also plays the game properly.

"I just wish they had a couple of local guys. Instead of going out and getting a local guy, they hire an American coach. We haven't been able to win or even play the game right in two decades. I don't understand it. (New CEO) Wade Miller, no relation by the way, is a young guy and a local guy. Maybe he can fix the mess. I wish him all the luck anyway."

As the Blue Bombers have struggled to more than two decades of Grey Cup futility, Miller has watched from the sidelines and, like so many Bomber fanatics, has cried on the inside. He remembers first hand when the Blue Bombers were the pride of Canadian football and when his beloved team not only challenged for Earl Grey's hardware, but also won it almost every year.

"I started playing football in high school with St. John's Tech," Miller recalled. "I played in my last year of high school and never played one down. Not one. I didn't start growing until I was 16. I wasn't really big enough to play football."

"But I played a lot of soccer and basketball. Then, after I finished high school, I started to play more football. At 17, I played with the St. John's Grads. We played right by the old Olympic Rink and the team dressed right in the rink."

"At the same time I was playing soccer for the Luxton Royals junior soccer club and then when I was 19, I was to play for Winnipeg Scottish, a senior team and I played with them for two years. And I played junior basketball for WLI - Winnipeg

Continued on page 4

## Glenn's Moving Service

SENIOR'S  
DISCOUNT

- Household / Commercial
- In House Moves
- Local & Long Distance
- Appliance Removal

Over 30 Years  
Experience!

For more information,  
Call **204-218-4949** Wpg

The reasons to come see us are worth celebrating. !

*Staying connected* to the laughter, the cheer and conversations with those you love is a great reason to get your hearing checked. Call today to arrange your complimentary hearing screening and ask us about Lyric, the first completely invisible, extended wear hearing aid.

We offer a **FREE** shuttle service for all our customers.

Country Club	130 - 3025 Portage Ave.	204.885.6422
Mdvor Mall	1795 Henderson Hwy.	204.582.3968
Regent	130 - 701 Regent Ave. W.	204.942.7646

connecthearing.ca • 1 800.563.4327(HEAR)

YOUR HEARING PROFESSIONALS

WVC, WCB accepted.

Complimentary Hearing Screenings are only applicable for customers over 50 years of age. See clinic for details.

\*CAA and CAA logo trademarks owned by, and use is authorized by, the Canadian Automobile Association. CAA Rewards™ used by the Canadian Automobile Association.

## Fred Douglas Heritage House

"One of Winnipeg's Best Kept Secrets"

Living Healthy, Heart and Home

Supportive Housing centrally located in downtown Winnipeg

- Tenant companions onsite 24/7
- Wheelchair accessible suites
- Nutritious meals prepared daily, in-house
- Individually temperature controlled suites
- Emergency pull cords
- Daily activities & exercise programs
- Weekly housekeeping & laundry service
- Limited number of low income subsidies available
- Access downtown destinations through skywalks, & MORE!

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

100 The Promenade

(behind Portage Place)

For information contact Shauna at

204-949-9027

E-mail: [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)





**EASY LIVING SHOPS®**  
Ladies' & Men's 50+ Fashions & for those with Limited Mobility

**Easy Living Shops® IS CLOSING after 36 years. Everything MUST BE SOLD. Shop in person until October 26/13**

**HOURS:**  
Mon - Fri 8:30 am - 4:30 pm  
Sat - 10:00 am - 4:30 pm

270 Lilac Street • Wpg  
1 block south of Corydon  
**204-284-2009**

**Nobody ever plans to make the taxman a beneficiary of their will.**

Planning ahead can help you avoid leaving your loved ones with a tax burden, ensuring they receive the maximum amount from your estate.

Call me to find out how The Plan by Investors Group™ can help you provide for the people you care about... now and over time.

SHIRLEY HILL CFP  
Executive Financial Consultant  
shirley.hill@investorsgroup.com  
(204) 257-0999

**The Plan by Investors Group**

™ Trademarks owned by IGM Financial Inc. and licensed to its subsidiary corporations. MP1124 (03/2012)



**Craft & Trade Show**  
September 21, 2013  
10 a.m. - 4 p.m.  
Gimli Rec Centre

Free Admission  
Silent Auction

# The tax-planned will Creating tax savings for your spouse and the next generation - Part I

- Shirley Hill, CFP - Executive Financial Consultant

Lawyers and notaries often recommend the creation of trusts within wills for reasons that do not relate to tax. Common scenarios include the management of property for young beneficiaries or the disabled, or for a spouse where there is a desire to preserve the capital for the next generation. While these are all valid reasons for the creation of trusts, the tax-savings opportunities of testamentary trusts are often overlooked.

## First a little background

A trust is a legal relationship under which a person, referred to in trust jargon as the "settlor", gives up ownership of property and transfers control over the property to a trustee, or group of trustees, who manage the property for the benefit of other persons, called the "beneficiaries".

When a trust is referred to as a testamentary trust, it means control over the property was transferred to the trustees as a consequence of the death of the settlor. This is in contrast to an inter vivos trust, where the transfer of property is made during the lifetime of the settlor. The terms of a testamentary trust are most commonly documented within the will of the settlor. However, outside of Quebec, a testamentary trust can also be created under the terms of an insurance beneficiary declaration made separate from the settlor's will for the purpose of receiving proceeds payable under life insurance policies. The distinction between inter vivos trusts and testamentary trusts is important for reasons of taxation. While the undistributed annual income of an inter vivos trust is taxed at the top personal rate (top personal tax rates range from a low of 39% in Alberta to a high of 50% in Nova Scotia)\*, testamentary trusts benefit from the same graduated rates of tax as individuals. The ability to create a separate taxpayer in the form of a trust, with access to its own graduated rates, is a significant tax-planning opportunity.

## Example of tax savings

Let's first examine how a testamentary trust can save tax for a surviving spouse trust can save tax for a surviving spouse:

George is a retired businessman who earns an annual income of \$50,000 from his non-registered investments. His spouse, Ellen, is a retired teacher who earns approximately the same amount as George each year from her pensions and Registered Retirement Income Fund (RRIF). Both Ellen and George are over the age of 65

and qualify for Old Age Security (OAS) and Canada Pension Plan (CPP)/Quebec Pension Plan (QPP).

Their combined after-tax income is \$99,345, calculated as follows:

Investment income (George)	\$50,000
Pension income (Ellen)	\$50,000
CPP/QPP (\$11,520 each)	\$23,040
OAS (\$6,222 each)	\$12,444
Total income	\$135,484
Combined tax (Federal & Ontario)*	(30,169)
Combined after-tax income	\$105,315

Now let's assume that Ellen is a widow and, like most married Canadians, George had left his entire estate directly to his surviving spouse. In these circumstances Ellen's after-tax income would be \$78,512, calculated as follows:

Investment income	\$50,000
Pension income	\$50,000
CPP/QPP	\$11,520
OAS	\$6,222
Total income	\$117,742
Combined tax & repayment of OAS*	(39,230)
After-tax income	\$78,512

In comparison to their combined after-tax income while George was still living, Ellen's after-tax income has dropped by \$26,803. While the loss of George's OAS and CPP make up a large portion of the difference, Ellen's tax bill is \$9,061 higher than the combined family tax bill when George was still living. With Ellen now reporting all the investment income that was reported by George, she has been pushed into a higher tax bracket and is now subject to OAS claw back.

In Canada, Old Age Security is reduced at the rate of 15% for every dollar of income in excess of \$67,700\*, resulting in a total repayment of Old Age Security when income levels reach approximately \$109,700. When Old Age Security is taken into account, seniors with income in excess of \$67,700 are subject to the highest rates of taxation in Canada. In this example, Ellen pays tax on her income between \$83,089 and \$109,700 at an effective marginal rate in excess of 51.9%.

## What could George have done differently?

Let's assume that, instead of leaving his estate directly to Ellen, George created a trust for Ellen under his will. The trust would provide Ellen with a right to all income generated by the trust's investments and the trustees would have the power to access the trust's capital for Ellen's benefit. Ellen could even be one of the trustees involved in the trust's management. So how would such an arrangement benefit Ellen? As a trust created under George's will would be a testamentary trust, an opportunity exists to income split. Ellen would receive all of the trust's income to use as she sees fit, but an Income Tax Act election can be made allowing the trust to retain responsibility for reporting the income. Let's return to our example to highlight the benefit of such an income-splitting strategy.

Investment income (Reported by trust)	\$50,000
Pension Income (reported by Ellen)	\$50,000
CPP/QPP	\$11,520
OAS (reported by Ellen)	\$6,222
Total income	\$117,742
Total tax*	(25,781)
After-tax income	\$94,987

For Ellen, the tax savings would amount to \$13,449 annually. Even after paying some additional fees for the preparation of a trust tax return, many would view the tax savings as significant. If the assets from George's estate produced a higher level of income, the savings would be greater. ■

Continued next issue (Sept. 18/13)

Written and published by Investors Group as a general source of information only. It is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide tax, legal or investment advice. Readers should seek advice on their specific circumstances from an Investors Group Consultant.

Insurance products and services offered through I.G. Insurance Services Inc. (in Québec, a financial services firm). Insurance license sponsored by The Great-West Life Assurance Company (outside of Québec).

™ Trademark owned by IGM Financial Inc. and licensed to its subsidiary corporations.

95% of Women Are Wearing the Wrong Size Bra ARE YOU?

**BRA CLINIC**

Over 200 Sizes, 264m 4K4C  
- Bra fitting  
- Bra style advice  
- Bra wear tips  
- Bra care advice  
- Bra fitting service  
- Bra care service

By Appt. in Winnipeg & Coming Soon to These Local Bases:  
STONEWALL / TEULON - Sept. 10th • STEINBACH - Sept. 11th  
CARMAN - Sept. 12th • WARDEN / WINDLER - Sept. 13th  
SELKIRK - Sept. 17th • STONEMILL / TEULON - Sept. 19th  
STEINBACH / INVERVILLE - 20th  
BEAUXBOUR / SEVEN SISTERS - Sept. 24th  
LAC DU BONNET - Sept. 29th • OAKBANK / DUGALD - Sept. 27th

BOOK EARLY TO GUARANTEE APPOINTMENT  
www.mgsbraclinic.com  
**1-866-689-8094**

Your **MOBILE LAW OFFICE**

Wm. B.K. Pooley B.A., L.L.B.  
Lawyer, Notary Public

Service at YOUR PLACE of convenience:  
Home or Office Visits (in Wpg)

DAY - EVENING - WEEKEND  
APPOINTMENTS AVAILABLE

837 Downing Street  
**783-1632**

**Eden Memorials**

We are here when you need us.

We offer a complete array of Monument and Marker Designs.

- Granite Memorials
- Bronze and Granite Markers
- Vases and Urns

**MENTION THIS AD AND GET 10% OFF**  
Serving Manitoba since 1967

3022 Main Street • Winnipeg, MB  
204-586-8579 • eden@mts.net  
www.edenmemorials.com

The first medical alert button that can call for help when you can't.

**VICTORIA Lifeline**  
Specializing in independent living for 25 years

Call (204) 956-6777 or toll-free at 1-888-722-5222

**Harman's MEAL SERVICE**

Good Meals Prepared Fresh Daily

204-233-5005 • Winnipeg  
Now you can order meals online at [www.harmanmeal.com](http://www.harmanmeal.com)

Monthly Menus Available  
Regular & Dietary Restricted Meals  
City-wide Delivery - Mon-Fri  
We also do Catering

**DAILY DELIVERY**  
\$8.50 Taxes & Delivery included



**OVER 5 DECADES OF CARING FOR THE ELDERLY**

**Thorvaldson Care Center**  
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

**495 STRADBROOK AVE • WPG**  
**452-4044**  
www.thorcare.ca  
**INQUIRIES WELCOME**

**MASC**  
Manitoba Association  
of Senior Centres

**Be active, join a  
senior centre in your area.**

**204-792-5838**  
manitobaseniocentres.com



**Constituency Office:**  
319 Main Street  
P.O. Box 1845  
Stonewall, MB R0C 2Z0  
**204-467-9482**  
Hrs: Tuesdays & Thursdays  
10 a.m. - 2 p.m.

**Legislative Office:**  
Room 227-450 Broadway  
Winnipeg, MB R3C 0V8  
Toll Free: **1-800-282-8069**  
Ext. 0541  
Wpg: **204-945-0541**  
Fax: 204-948-2092

**Ralph R. Eichler**  
MLA for Lakeside

**FOR RENT**

**LIONS PLACE**  
610 Portage Avenue • Wpg  
**1 BR Suites - \$703 - \$771 / month**

**LIONS MANOR**  
320 Sherbrook Street • Wpg  
**Bachelor Suites - \$467 / month**

Both including Heat, Hydro & Water  
No Pets and No Smoking

**LIONS HOUSING CENTRES 55 +  
Independent Living Apartments**  
**204-784-1239**

**M. ROBERTS LAW OFFICE LLP**

**Cal Friesen - lawyer**

200-1630 Ness Avenue, Wpg  
Madison Square  
direct line **944-7967**  
email: cfriesen@mcrobertslawoffice.com

**Wills** - for a couple \$200.00  
- individual \$125.00

**Estates** - for deceased persons  
- fees as set by the Court, please inquire

**Nick Miller, cont'd from page 2**

Light Infantry. They got into sports in a pretty serious way. At one point they had soccer, football and basketball teams."

In 1953, Miller, then 21, was playing receiver for WLI when he got a call to attend a Blue Bombers camp.

"Every year, they invited the best high school and junior players out for a camp and I made it through the camp and George Trafton, the coach at the time, invited me to the main camp," Miller recalled.

"That was an interesting time. Trafton played in the NFL (in 1930, he had a pro boxing match against future heavyweight champion Primo Carnera) and they said 'Half the NFL disliked him. The other half despised him.' So in a pre-season game against the Argos, he says he's going to play 12 Canadians at once. He made a big deal about putting 12 Canadians on the field.

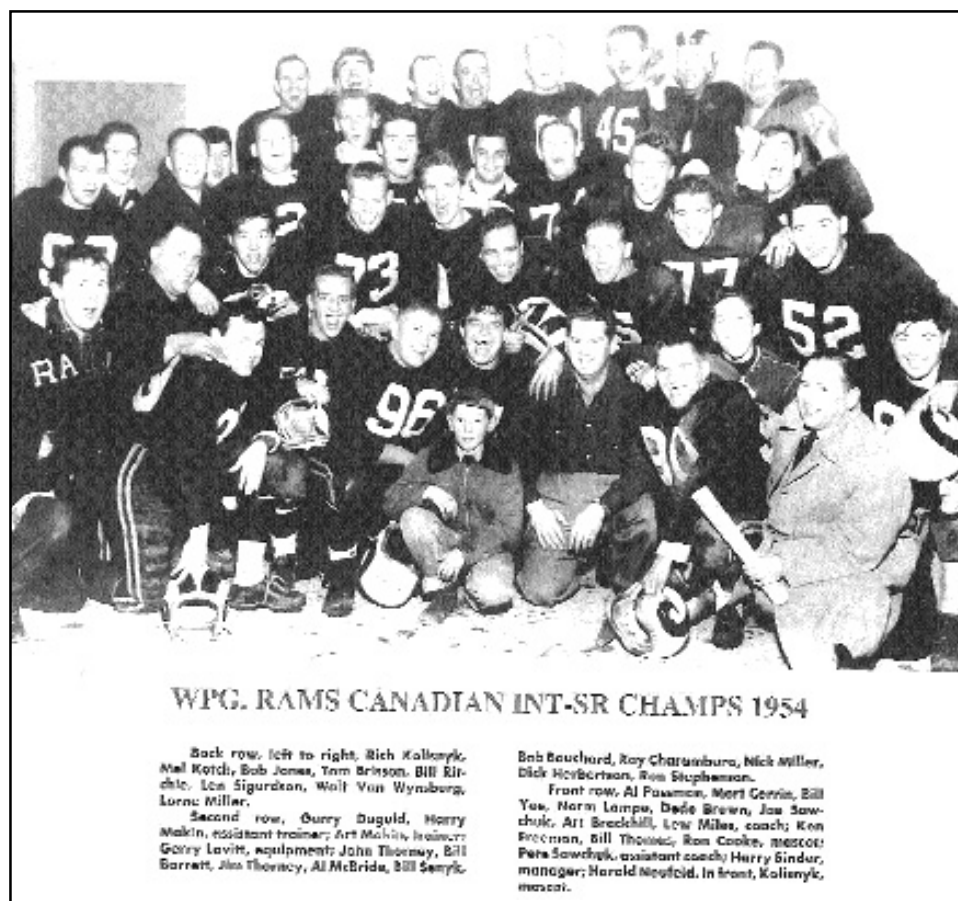
"So we're running the Flying Wing and both Bud Korchak and I are the receivers. But with 12 Canadians on the field, Trafton puts Korchak at quarterback. Korchak says to me, run my pattern and the ball will be right there. So just as he said, I ran my route, the ball was there, I caught it for a 12-yard gain and I made the team."

Miller played the 1953 season with the Bombers but in 1954, the Bombers hired a new coach, Allie Sherman.

"Sherman cut me," Miller said. "But I had a few buddies who were playing senior football they said, 'C'mon play for us,' so I said sure and we won the Canadian championship. We were just inducted into the Manitoba Football Hall of Fame."

In 1955, Sherman kept Miller on the roster and he remained a wide receiver for the team until his retirement in 1964. His days with the Bombers were legendary. The team won Grey Cups in 1958, '59, '61 and '62. They went to the Cup in '57 and should have gone in 1960.

"Those really were great teams," he said with a wistful smile. "I was a Flying Wing (wide receiver today) and when Ken Ploen arrived, we ran the Wing T offence which was really popular in the day. It was a system started with Kenny at the University of Iowa and when Kenny joined the team, he brought his coach at Iowa, Jerry Burns, with him. Jerry was



Nick Miller is in the Second Row, 12th person from left.

Bud Grant's assistant and he was the guy who put in the Wing T.

"It was Kenny at quarterback with Charlie Shepherd and Gerry James at fullback, Leo Lewis at tailback and Frank Gilliam and a bunch of us out at Flying Wing. Those were great teams."

According to Miller, however, those were great teams for a reason. They were not only loaded with outstanding Canadian players, but also with "terrific local boys."

"In those days the roster was 34 players and 21 were Canadians," Miller said. "Every year now, they try to dump more Canadians and get more Americans on the roster. They're doing everything they can to kill the game in this country. When we won all those Grey Cups, 21 players were Canadians, eight were from Winnipeg and four of those made it to the Blue Bombers' Hall of Fame."

Today, the CFL has a maximum roster of 42. Three players will be identified as quarterbacks (all

Americans) and 19 are "imports" (American born and trained players). That means there are now 20 Canadians on a 42-man roster. Of the 24 starters, only eight have to be Canadians.

Miller didn't realize that the Bombers have won the Grey Cup 10 times and every time, there was at least one local player in the lineup.

"No wonder we don't see the wonderful plays we used to see in the 60s, 70s and 80s," said Miller disgustedly. "It just looks like American football on a big field."

For years, Miller worked as a car salesman and eventually became the sales manager at Parkside Ford. Later he went to work for legendary auto dealer Jim Pattison in North Vancouver for a number of years, but returned to Winnipeg in 1991.

He worked as the administrator in his brother's souvenir business, Dimensional Plastics until his retirement. Now, he enjoys family and watches the CFL with a mixture of joy and anger.

"I just wish our Bombers were better and we had more Canadians in the game," he said. "I wish young Wade Miller all the best, but he has a mess on his hands out there. It's pretty obvious to me that the Bombers need better Canadians. Of course, the league needs more Canadians. It was a better game when there were more Canadians on the roster." ■

**Living Made Easy Ltd.**  
Home Healthcare Products • New & Used

**Used Scooter  
CLEARANCE SALE**  
AS LOW AS \$600

**NEW PORTABLE  
4-WHEEL SCOOTERS**  
Reg. \$1450 - SALE \$1295

**WALKERS**  
**4-Wheel Comfort Plus**  
Reg. \$339 - SALE \$220

**4-Wheel Duo**  
Reg. \$349 - SALE \$220

665 Archibald Street • Wpg  
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

**HAIRCARE MOBILITY CO.**

Specializing in:

- Seniors,
- Disabled, and
- Homebound Individuals.

- Reasonable Rates
- Professional Products
- Hrs: 7 am - 4 pm  
Monday - Friday

Call Angie: 471-1948  
Winnipeg

Group Discount

**MONKMAN FAMILY FUNERAL HOME**

447 Selkirk Avenue • Wpg • MB

**Curtis E. Monkman**  
Toll Free: 1-866-661-7555  
Ph: 204-226-7581  
Email: curtmonkman@gmail.com

**Senior Discount:  
SAVE 15% with this ad**

**"Your Low Cost Alternative"**

**Senior Scope and BOOMER BUZZ**  
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
- William Thomas
- Shirley Hill
- Maurice Allard
- Rick Goodman
- Barré Hall

Senior Scope is free at over 600 locations and by email subscription, but Mail-out Subscriptions cost is 28.00 + 1.40 gst (29.40 total) for 14 issues/yr. Mail cheque or money order payable to: **Senior Scope, Box 1806, Stonewall, MB R0C 2Z9**

For news ideas, submissions or letters for **Senior Scope**, call **204-467-9000** or email: **kelly\_goodman@shaw.ca**

Available in Winnipeg and the rural Manitoba communities of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Winnipeg Beach, Petersfield, Beausejour, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, Ashern, Roblin, The Pas, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, New Bothwell, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Holland, Hamiota, Notre Dame de Lourdes, Killarney, Neepawa, Brandon, Virden.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope and Boomer Buzz**. We do not make any warranty as to accuracy of material published. © Copyright 2013 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. **Senior Scope and Boomer Buzz** can be found at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 600 locations in all. Available online at **www.seniorscope.com** or by email subscription - email request to **kelly\_goodman@shaw.ca**.



**HEALTH & WELLNESS:**

# Challenges of long-term ailments can be handled

By Lisa M. Petsche

Approximately one in three North Americans has a chronic illness, defined as a permanently altered state of health that significantly affects daily living. Examples include arthritis, osteoporosis, diabetes, heart disease and neurological diseases such as Parkinson's disease.

Upon diagnosis of a major medical condition, most people initially go into a state of shock or disbelief. Subsequent emotions typically include anger, fear, anxiety, guilt, sadness and loneliness.

With progressive diseases, losses can be many, including strength, co-ordination, energy, communication, bodily functions, roles and responsibilities, previously enjoyed pastimes and plans for the future. Resulting dependence on others can strain relationships and negatively affect self-esteem.

Time frames vary for individuals, but eventually most people come to accept the reality of their situation. At that point they're ready to plan for their future and take control of it as much as possible.

### Coping Tips

If you or a loved one has been diagnosed with a long-term illness, the following are some ways to become empowered mentally, emotionally and spiritually.

Learn as much as possible about the illness and its management. Educate family and friends to help them understand.

Be receptive to learning new ways of doing things and trying new activities. Concentrate on what you can rather than can't do.

Cultivate an attitude of gratitude, consciously focusing on the good things in your life, such as supportive relationships, and seeking beauty and tranquility - for example, through appreciation of art or nature. Learn to live in the moment and enjoy life's simpler pleasures.

Redefine what quality of life means to you. Recognize that there are many ways to lead a meaningful life. Remind yourself that your identity goes much deeper than your appearance and physical abilities.

Find an outlet for expressing your thoughts and feelings - perhaps talking with a friend, keeping a journal or participating in a support group.

Accept that how you feel and what you can do may vary from day to

day, and be flexible about plans and expectations. Take things one day at a time.

Recall past life challenges and how you overcame them, to remind yourself of your resilience and generate hope.

Stay connected to people who care. If your social network is limited, develop new connections through volunteering, taking an adult education course or joining a club or group.

Allow yourself plenty of time to adjust to your illness and any lifestyle changes it necessitates. Recognize that your family and friends will also need time to adjust, and may not know what to say or do. Let them know how you wish to be treated and keep communication lines open.

Do something nice for someone. It will take your mind off your own situation and boost your self-esteem.

Set aside quiet time each day, to nurture your spirituality and help keep you grounded.

If applicable, turn to your religious faith for comfort.

Seek counselling if you get stuck in one of the phases of grieving, such as anger or depression, or find yourself making unhealthy lifestyle choices.

Recognize that no matter what happens, you always have a choice about how to respond. Tap into your mental power.

### Final Thoughts

However unwelcome it may be, illness - like other life crises - presents opportunities for growth. Many people gain a richer perspective on life, including a deeper spirituality; discover inner resources they did not know they possessed; develop new interests; acquire new skills; and, form new relationships or experience strengthening of existing relationships.

If you are living with a chronic illness, rise to the challenges it presents. Perceive yourself as a survivor, not a victim. Attitude really does make a difference.

*Lisa M. Petsche is a registered social worker and a freelance writer specializing in boomer and senior health matters.*

# Low Intensity Laser Therapy (LILT)

Laser (**L-A-S-E-R**) means **L**ight **A**mplification by **S**timulated **E**mission of **R**adiation.

There are high-energy devices used in surgery as well as in military weapons. Then there are the low energy laser devices used for classroom tools such as pointers. But now doctors are using them to eliminate pain and to heal tissue.

Dr. W. Gifford-Jones M.D. suffered extreme back pain due to having two ruptured disks and spinal stenosis. Surgery offered him only a 70 percent chance of pain relief and 30 percent of making it worse. He weighed his options and decided to try a treatment he researched and had written about for a study which proved to ease pain in patients who suffered from a variety of acute and chronic painful conditions. It was Low Intensity Laser Therapy (LILT).

Studies showed that it was important to decrease the duration of acute inflammation as it lessens scar tissue and chronic pain. LILT boosted the body's natural healing process by delivering energy to the muscles and joints thereby increasing the blood supply to the affected area, and thus decreasing swelling and speeding up healing time.

The American Academy of Pain and Management endorsed Low Intensity Laser Therapy as a safe and effective form of treatment for pain on Sept. 24, 2005. The Food and Drug Administration has also approved the use of Low Intensity Laser Devices.

There have been no worldwide reports of any long-term side effects.

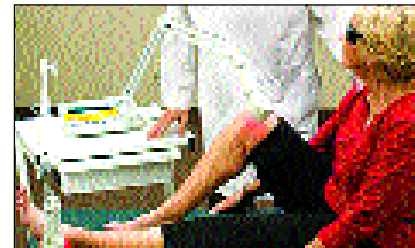
Patients who have had unsuccessful surgeries find relief with the Laser Therapy. They've experienced

extremely positive results with treating torn cartilages, damaged nerves, open wounds, sprains, diabetic lesions, headaches, and various athletic injuries.

Advantages of using LILT is it's non-invasive, non-toxic, with virtually no side effects. The success rate with LILT has been 90%. If you've tried everything for your pain relief unsuccessfully, maybe this is for you. Talk to your doctor first. ■

## LASER THERAPY by TRICIA MOBILE SERVICE

Low Intensity Laser Therapy (LILT) gives a jump start to the body's natural healing process that delivers energy to the tissues that's transformed into biochemical energy. The result is increased blood supply and accelerated healing time.



**Conditions treated:** Arthritis, joint injury, tennis elbow, psoriasis, eczema, whiplash, upper & lower back pain, wounds, as well as many other ailments. Call today and throw away all those pain medications.

**No needles...no pain!**  
**Fully refundable by your insurance provider.**

**10% SENIOR DISCOUNT**

Call for your appointment. **204-996-5313**  
I will visit your home/office (within City limits).

**GIFT CERTIFICATES AVAILABLE**

## J.B. TROJAN and D.P. AUDETTE DENTURISTS Since 1969

- FREE CONSULTATIONS • COSMETIC DENTURES
- REPAIRS AND RELINES WHILE YOU WAIT
- SOFT AND HARD RELINES
- ALL DENTAL PLANS ACCEPTED
- FINEST IN EUROPEAN AND WORLDWIDE TECHNOLOGY

**COURTS OF ST. JAMES • 17-2727 PORTAGE AVE. WPG.  
204-888-0334**

## ABILITY SOLUTIONS

"Removing Barriers"  
**Wheelchair & Walker Repairs**

# GREAT PRICES

on Walkers,  
Standard, Broda  
& Tilt Wheelchairs

**We also do  
Grab Bar Installation**




**204-471-1533**  
Email: [lavallee@mymts.net](mailto:lavallee@mymts.net)



Keeping Your Feet in Motion...

## NURSING FOOT CARE

- Thickened and ingrown nail care
- Diabetic foot and nail care
- Toe nail cutting and filling
- Nail and foot assessment
- Corn and callous care

Blue Cross, Department of Veterans' Affairs  
Other private health care plans



Services available at  
Quarry Physiotherapy,  
in your home, hospital or PCH

QUARRYPHYSIO.CA

204.641.5353 GMI | 204.467.9181 STONEWALL | 204.376.3406 ARBORG



# Expectations Exceeded at Canadian Money Collectors Show

By Barré Hall

The 60th Annual Convention, Show and Bourse put on by the Royal Canadian Numismatic Association (RCNA) wound up at the Winnipeg Convention Centre, Sunday, July 28.

It's now "In the books" for 2013 but will reappear next year (August 13-17, 2014) in the Greater Toronto Area, sponsored by The North York Coin Club.

This is Canada's largest money collectors gathering and probably the largest dollar volume of transactions of any major numismatic event in Canada. This year was no exception with serious dollar volumes of coins, bank notes and tokens changing hands among dealers, collectors and interested sellers.

The 5-day event (hosted by the Manitoba Coin Club) was deemed a huge success by outgoing RCNA President William Waychison indicating a probable return to Winnipeg much sooner than the last one, i.e. 31 years earlier in July of 1982. The mood among participating dealers and collectors echoed Waychison's view as there were many happy campers acquiring pieces to round out their collections – the prevailing mood being over whelming upbeat!

Why was this show so successful? There are many reasons but at the top of the list would be people; dealers and collectors and the curious or interested. Collectors, of course, far outnumbered dealers. There were over 100 registered delegates (i.e. serious attendees) and another 400 to 500 "walk ups", mainly collectors

who came out but were not actual RCNA members. Admission was \$5 but was waived by the RCNA on the last day of the show. Dealers numbered about 40-50.

Next factor would be available material. There was no shortage of this with hundreds if not thousands of transactions being done -most dealer to collector or vice versa, but by far the largest deals being dealer to dealer. Many 5 digit deals were done and at least two thought to be much higher – this is a little murky as almost all transactions are private.

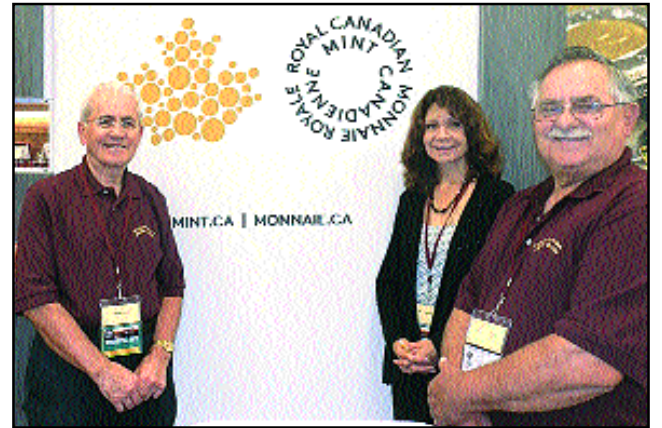
For those who wanted a break there were tours, 5 to the Royal Canadian Mint alone and one to the Legislature for the Hermetic Code. All were sold out. Friday evening an event was held at Fort Gibraltar that was, (yet another) sell out.

The coin and note auction (held in 3 stages) was a huge hit. 1134 auction items drew bids on site and by the net. Virtually all items offered were snapped up by eager collectors and dealers; perhaps the best auction in recent memory. Items included Canadian decimal and Gold, Newfoundland coinage, U.S items and one whole session just on scrip, chartered bank notes and Bank of Canada notes, both classic and modern.

As well, a key part of the event was played by the displays and competitions, "Best in Show" went to George Cuhaj for a very thoroughly researched submission covering "Railway Coinage and Tokens in the U.S." In the display area was an eclec-



Concept bank notes.



L-R: Barré Hall, Kelly Goodman, publisher of Senior Scope, and Metro Hnytka.

tic assortment that included the Bank of Canada collection of very early scrip and chartered bank notes, reputedly valued in excess of \$150,000. An intriguing display of "concept bank notes" (proposed paper money designs that were too "avant guard" for actual use) drew considerable interest as did several others.

To encourage youngster's participation the convention offered a "kid's room" with modestly priced material and, later on, a "kid's auction" of coins, notes and tokens.

Finally, the driving force that makes or breaks any major event is, of course, execution. This was covered extremely well with the RCNA executive setting up and running most of the programs and many members of the host Manitoba Coin Club volunteering for virtually all day to day activities as well as looking after the intro items including public-

ity, registration, publications, security, auction, tours, hospitality, Bourse and so forth. Congratulations are certainly in order for RCNA president

William Waychison, Bruce Taylor - Convention Chair (for the host club) and their respective teams.

For those of a pragmatic interest in money collection – keep your eyes peeled for the elusive 1969 Canadian Dime in "large date" format. If you find one in your pocket change, it could be worth 5 digits i.e. \$5000 to \$25000 depending on condition.

Happy Hunting!

{Note: The Manitoba Coin Club Annual show: Sat / Sun November 2 & 3, 2013 at the Marlborough;}

## Air Holiday Ziplines



What's on your Bucket List?



40% Off Seniors Zipline Flight

Sep 7 & 8, 11:00 - 3:00

204 242 2172

www.HolidayMountain.com



# TRAVEL & ACTIVITIES

## END OF SUMMER ACTIVITIES?

**Moose Jaw Mineral Spa Bus Tours**

.....

Depart Winnipeg with #1 highway pick-ups.  
**Join us as we celebrate our 10th year travelling to the Spa!**

Relax in the mineral waters while treating your body to increased circulation and remineralizing of skin tissues! Mineral waters bring relief to muscle strain & joint strain while flushing impurities from your organs.

**Lodging at Temple Gardens Mineral Spa Resort**



Sept. 18-19 & 20	Feb. 17-18-19 & 20
Oct. 20-21 & 22	March 16-17 & 18
Nov. 11-12-13 & 14	May 25-26 & 27

2 nights/3 days \$240.00 pp dbl occ  
 3 nights/4 days \$339.00 pp dbl occ

Casino package (attached to Temple Gardens)  
 \$10.00 each day plus \$5.00 off food each day

.....

**Red-White & Blue Get-A-Ways**  
**1-866-846-3795**  
 Winnipeg - 204-586-8989  
[www.rwbgetaways.com](http://www.rwbgetaways.com)

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

August 31, 2013 JACKPOT  
**\$34,000**  
 Kin Pot **\$496,000**  
**Guaranteed \$2,000 Prize!**

Cards available at selected stores or by mail through head office

**KINGO BINGO** Kingo Bingo resumes in September  
**NOW AVAILABLE!**

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

\$1 from every card goes to the Jackpot  
 Blackout in 50 Numbers or Less  
 On the 6th week of each Jackpot:  
 Blackout in 51 Numbers or Less  
 7th Week - 52 Numbers or Less, etc...

Kinsmen Jackpot Bingo & Kingo Bingo  
 161 Rue Grandin, Winnipeg MB R2H 0A8  
 Ph: 233-6365 Fax: 233-6415  
 email: bingo@kinsmenclub.com  
 Web: www.kinsmenjackpotbingo.com  
[www.kingobingo.ca](http://www.kingobingo.ca)

**The HITCH 'N POST RANCH**

**OPEN FOR LUNCH**

**WEDNESDAYS 11:30 - 1:30**  
**\$10.00** tax included

\* There's a different buffet every week \*

5-1/2 miles off Perimeter on Hwy. 6  
**204-467-2544**  
[www.thehitchnpost.com](http://www.thehitchnpost.com)

Please make reservations for parties of 6 or more.

St. James Assiniboia 55+ Centre Presents...

**The Big Band Dance Series**

Come SWING 'n' JIVE to live music from the 40s, 50s, 60s and beyond! Everyone is welcome!

Fridays, 7:30:  
**September 20**  
**October 25**  
**November 15**  
**December 13**

Tickets \$12 or \$14 at the door

St. James Civic Centre Auditorium  
 2055 Ness Street • Wpg  
 To reserve and purchase tickets call  
**(204) 987-8850**

St. James Assiniboia 55+ Centre: 3rd floor - 203 Duffield Street • Wpg • [www.stjasc.com](http://www.stjasc.com)

Seniors' and Elders' Day  
**"Celebrate, Participate!"**

Celebrating Seniors' & Elders' Month - October

**FREE ADMISSION!  
 LIVE ENTERTAINMENT!  
 INTERACTIVE ACTIVITIES!  
 INFORMATION BOOTHS!  
 GIVEAWAYS!  
 REFRESHMENTS!**

**Tuesday October 1**  
 10 am - 2 pm  
 Doors open 9 am

Winnipeg Convention Centre  
 375 York Avenue • Wpg

Call for information:  
**1-800-665-6565**  
**(204) 945-6565** Wpg  
 Email: [seniors@gov.mb.ca](mailto:seniors@gov.mb.ca)  
[www.seniors.cimnet.ca](http://www.seniors.cimnet.ca)

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

Journée des aînés et des anciens  
**« Célébrez participez! »**

Octobre : mois de célébration des aînés et des anciens

**ENTRÉE GRATUITE  
 DIVERTISSEMENTS  
 ACTIVITÉS INTERACTIVES  
 KIOSQUES D'INFORMATION  
 CADEAUX PUBLICITAIRES  
 RAFFRAICHISSEMENTS!**

**Le mardi 1 octobre**  
 10 h à 14 h  
 Heure d'ouverture : 9 h 00.

Centre des congrès de Winnipeg  
 375, avenue York

Renseignements :  
**1-800-665-6565**  
**(204) 945-6565** (à Winnipeg)  
 Email: [seniors@gov.mb.ca](mailto:seniors@gov.mb.ca)  
[www.seniors.cimnet.ca](http://www.seniors.cimnet.ca)

Organisez votre propre célébration de la Journée des aînés et des anciens en octobre. Faites-la inscrire dans le calendrier des activités pour faire connaître votre organisme à l'échelle de la province. Visitez le site Web à [www.seniors.cimnet.ca](http://www.seniors.cimnet.ca) (anglais seulement) pour plus de détails.

**Fun Time Trivia**

**Great Trivia Shows**  
 Socials • Clubs • Retirement Residences  
 Business Thank You • Celebrations  
 Electronic Response • Instant Scores

References and Pricing - Call **Gary Adams 1-204-219-3122**  
 web site [www.ioriginals.net](http://www.ioriginals.net) e-mail [faceup@shaw.ca](mailto:faceup@shaw.ca)

Currently providing Trivia Shows at Seine River, Shaftsbury Park, Sturgeon Creek I, Sturgeon Creek II, River Ridge, and The Westhaven seniors residences.

**Fun - Entertaining - Challenging - Shows**

**south of the lakes art tour 2013**


Saturday September 21st 10:00 - 5:00 P.M.  
 Sunday September 22nd 12:00 - 5:00 P.M.

Showcasing local artists and their works

**Admission/Maps are Free**

Watch for maps at all Hallmark Stores and around Stonewall, Rosser, Balmoral, Warren and Selkirk for more information call Bev @ 204-467-9991

This event is brought to you by the Prairie Oak Regional Arts Council



## Stonewall Quarry Days Memories - Aug. 16, 17 & 18



Left: MP James Bezan tossing candy in parade.  
 Below left: Lakeside MLA Ralph Eichler in parade.  
 Below: Watermelon eating contest.

Left: Carol Yule (front), Greenhaven Pet Grooming, shows off some very colourful puppies.  
 Below: Local red-hatters.  
 Right: Jake Chenier, who will also be performing at the Seniors and Elders Day celebration on October 1st at the Winnipeg Convention Centre.



# Currie's Corner

By Roger Currie



## Dream - a work in progress

Half a century ago this week, history was made in Washington DC. A young minister who had emerged as a leader in the civil rights movement, was telling the huge crowd on the Mall, and the rest of the world, about his Dream.

What a different world it was when Martin Luther King delivered that amazing speech.

Three weeks later, my eyes were opened as never before when I got to visit Washington as a 16 year old high school kid from the Canadian prairies. At the time, 63% of the population of the U.S. capital was African American.

My father and I rode a tour bus through the center of the city. We did not see a white face for blocks and blocks. We also didn't see a single face with a smile on it. Two months after that, they buried President John F. Kennedy.

Reverend King's Dream is still a work in progress. In 1995 I returned to Washington when the Winnipeg Blue Bombers played a game in Baltimore. I still didn't see very many smiles from the tour bus, but there were almost the same number of whites as there were blacks.

All of them were poor. Most of them were unemployed, and the situation has gotten worse not better since 1995.

There has been an African American in the White House for almost five years now. He may not be a Martin Luther King, but thanks to brave souls like Rosa Parks he didn't have to get there riding at the back of the bus.

*I'm Roger Currie*

## A slippery deal

Timing is everything in politics. Merv Tweed has been the Member of Parliament for Brandon Souris since 2004. Like many of Stephen Harper's backbenchers, he has been mostly 'invisible'. He is leaving his seat at the end of the month, and few people outside of his riding would ever have noticed, were it not for the job that Merv is going to next.

He has been hired as the new CEO of Omnitrax Canada. That's the Canadian arm of a Colorado company that owns the Hudson Bay rail line and the Port of Churchill. Until last fall, Merv Tweed chaired the Commons Transport Committee and had fairly cozy dealings with the Omnitrax people. There will undoubtedly be some huffing and puffing about conflict of interest, etc.

It might not have lasted more than one news cycle, until we learned about the company's future plans. They want to use the wobbly rail line that crosses permafrost to ship lots more oil through Churchill. It sounds like a plan that has been

in the works for quite some time.

Good old Merv was probably chatting up the Denver boys back in early July when disaster struck in a beautiful little Quebec town called Lac Migantic. In the aftermath of that tragedy which killed 47 people and poisoned the local lake, we learned that the shipment of crude oil by rail in Canada has increased dramatically in just a few short years, and we ain't seen nothing yet.

Churchill has been a grain export terminal since 1927, but it has always been a struggle. Ships rarely get moving until the end of July, and the season only lasts about three months. Global warming is extending that a little, but ramping up oil shipments will make things very interesting.

If Merv Tweed was looking for a soft touch as he heads towards retirement, he may have another thing coming. Like I said, timing is everything.

*I'm Roger Currie*

# Don't Sweat the Small Stuff

By Maurice Allard, Century 21 Carrie.com Realty

I have recently been working with a senior client who has been in the same house for 30 years. Due to health concerns, this person was anticipating the necessity of making the move, and when I first saw the place I thought the move should go quite easily. Well, maybe - maybe not! The house sold within a week and now the clock is ticking toward moving day. You can no longer delay the in-avoidable. The furniture was the easy part. You take what you need and dispose of the rest. The hard part was all of the personal trinkets or knick-knacks accumulated over the years. You know you can't take it all with you but how do you decide?

Another recent client was tasked with the clean-up of stuff accumulated by her late husband. Was he a hoarder?... probably. So many things in the garage were new, but had gotten wet or were victims of rodents and squirrels. The children did not want many of the things he'd saved for them. A bin was rented and filled. Whatever could be saved was donated to charity. All was not lost.

Personally, I'm not very sentimental when it comes to the small stuff. I live south of the city and in

1997, my home was flooded. In that situation, you can't choose. If it was wet, it was thrown out. In the years since then I have not gotten attached to "stuff". I am planning to have my own home up for sale within the year. Yes, it's time for me to downsize too. I hope my move will be an easy one. I'll let you know...

On another note, I will be attending the South East Healthy Aging Expo being presented by the Archwood 55 Plus seniors group. The event takes place at the Archwood Community Centre at 565 Guilbault St (off Archibald) on September 11th. I hope to see you and meet a lot of you.

As always, I welcome your questions and comments. If you are thinking of selling, evaluations on your home are NO charge and NO obligation, always. I'm waiting for your call.

**Maurice Allard**  
**Century 21 Carrie.com**  
**Cell: 204-791-8178**  
**Office: 204-987-2100**  
**Seniors Real Estate Specialist**  
**mauriceallard@mts.net**  
**www.mauriceallard.com**

## Creative panhandling

I came across a creative panhandler on the streets of Winnipeg the other day. He held up a sign that said "I need a slurpee". He obviously believes the 7 / 11 propaganda that Winnipeg is the 'slurpee capital of the world. His sign and his pleasant smile made me laugh and I gave him 50 cents.

I also thought to myself .. "Maybe next week he'll be outside a high end steakhouse and his sign will read "I need Chateaubriand or Filet mignon".

Beggars have been with us for thousands of years, and since the turn of the millennium there's been a greater effort in many communities to get them off our streets and sidewalks.

Aggressive panhandling can be frightening and dangerous, but a few more young police officers on foot seem to get the job done without too much stress.

**“Beggars on the street are an easy target. If you're worried about them, and don't want to drop coins in the hat, maybe think about giving to your local food bank instead.”**

We're told that most of the money we might give to a panhandler is used to buy bad things like smokes and booze, and illegal drugs. But if they didn't get the money that way, maybe there would be more petty crime and someone would definitely get hurt.

Beggars on the street are an easy target. If you're worried about them, and don't want to drop coins in the hat, maybe think about giving to your local food bank instead.

But perhaps it's time we worried more about more troublesome big shots like Tony Merchant who move millions of dollars to tropical islands where the Canadian tax collector can't get at it.

A few months back Ottawa was huffing and puffing about big leaguetax cheats, saying it's time to close loopholes because the rest of us have to pay more taxes to make up the difference. After making headlines for a couple of news cycles, that issue has gone back on the shelf.

Don't hold your breath waiting for it to resurface.

*I'm Roger Currie*

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



**Maurice Allard**  
**REALTOR®**  
 1046 St. Mary's Road  
 Winnipeg, MB. R2M 5S6

**Cell: 204-791-8178**  
**Office: 204-987-2100**  
**Fax: 204-987-3431**  
**Email: mauriceallard@mts.net**



**Century 21**  
**Carrie.com**

Each office is independently owned and operated.  
 ®registered trademark of Century 21 Real Estate Corporation used under license.



## Quality Care Moving

- **Conscientious and Clean Service**
- **Competitive Rates and Adjustable Prices**
- **Ongoing Damage Prevention Trained Movers**

*Services include:*

- Local and long distance moves • Very qualified seniors service
- Pick-up and delivery • Office and commercial moves
- Packing and unpacking • Removal and donation service

**Phone - 990-4341 Wpg**

Email: [qualitycare@mts.net](mailto:qualitycare@mts.net) Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)



# “THE BUZZ”

**Sam Fabro Citizen of the Year, Battle of Hong Kong Honour Roll, Paul Quinton Passes, Loewen Wins Gold at World Masters, Heighton Wins Four Golds at Track Masters, Golf Hall of Fame Welcomes New Inductees, Happy Birthday Earl**



**T. Kent Morgan** of the Manitoba Hockey Hall of Fame reports that one of the Hall's original board members, the legendary **Sam Fabro**, has been chosen as Winnipeg's Citizen of the Year for 2013.

By Scott Taylor

He was selected not only for his business successes but also his philanthropic efforts for the betterment of the citizens of Winnipeg. Sam still volunteers today even though he is on the north side of 90.

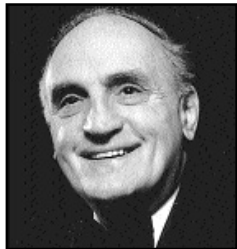
Sam will be honoured with a permanent statue in the Honoured Garden at Assiniboine Park on Sept. 24 at 11 a.m. The public is welcome to join Sam on that morning and congratulate him for his service to Winnipeg.

●●●

Former Winnipeg Blue Bombers linebacker, **Jim Heighton**, 68, headed out to Regina to compete in the Canadian Masters Track and Field Championships. He was pretty successful, too.

Heighton, who made sure to call former national throws coach, **Bruce Pirnie**, 71, before the competition, won four gold medals: one each in the weight throw, the hammer throw, the shot put and the pentathlon.

Still, he wasn't entirely happy. "When I was a 17-year-old high school athlete, I was great at the dis-



Sam Fabro



Jim Heighton



The announcement for the Battle of Hong Kong Plaza. From left: George Peterson, Premier Greg Selinger and Mayor Sam Katz

cus," said Heighton with a laugh. "This year, I couldn't throw it at all. It wobbled all over. I couldn't understand it. That's the reason I didn't win five gold medals.

"But the smartest thing I did was to call Bruce. He and I used to play basketball both with and against each other. We've known each other for a long time and nobody knows shot put or hammer throw better than Bruce. Without him I probably wouldn't have won."

●●●

The Province of Manitoba along with the City of Winnipeg has created a plaza in Jules Mager Park to honour seven young men from Arden Ave. who fought during the Battle of Hong Kong in 1941.

This group of brave Manitobans served in the Winnipeg Grenadiers during the Second World War. The

group, which includes twin brothers **George and Morris Peterson**, **Fred Abrahams** (also known as Fred Harting), **Bill Lancaster**, and brothers **Alfred, Edward and Harry Shayle** were all captured and survived the Battle of Hong Kong.

"We are proud to honour the seven young men who as friends, neighbors and comrades joined our armed forces to battle, under the most horrific conditions, for the freedom that we now enjoy," said Manitoba Premier **Greg Selinger**.

"The peace and tranquility of this new interpretive plaza will be an appropriate place to reflect and remind all those who visit of the courage and dedication of these men. We will remember them."

The \$75,000 interpretive plaza will be located in Mager Park at the corner of St. Michael Road and River

Road. It will feature seven chairs symbolizing the seven friends who served together, landscaped berms and retaining walls, pathways and commemorative plaques in both official languages telling their story.

Winnipeg Mayor **Sam Katz** was also on hand at the Viscount Gort Hotel to make the announcement. In August, the national convention of the Hong Kong Veterans Commemorative Association was held here in Winnipeg.

●●●

The Manitoba Golf Hall of Fame and Museum Inc. reports that it will hold its 11th Annual Induction Ceremony, presented by Manitoba Liquor and Lotteries, on Monday, Sept. 30, at the McPhillips Station Casino.

Continued on page 10

## Working for Manitoba Seniors



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



**Greg Dewar**  
MLA for Selkirk  
204-482-7066  
1-855-695-1361  
GregDewar.ca



**Sharon Blady**  
MLA for Kirkfield Park  
204-832-2318  
SharonBlady.ca



**Theresa Oswald**  
MLA for Seine River  
204-255-7840  
TheresaOswald.ca



**Nancy Allan**  
MLA for St. Vital  
204-237-8771  
NancyAllan.ca



**Flor Marcelino**  
MLA for Logan  
204-788-0800  
FlorMarcelino.ca



**Jim Rondeau**  
MLA for Assiniboia  
204-888-7722  
JimRondeau.mb.ca



**James Allum**  
MLA for Fort Garry-Riverview  
204-475-2270  
JamesAllum.ca



**Ron Lemieux**  
MLA for Dawson Trail  
204-878-4644  
Ron-Lemieux.ca



**Jennifer Howard**  
MLA for Fort Rouge  
204-946-0272  
JenniferHoward.ca



**Stan Struthers**  
MLA for Dauphin  
204-622-7630  
StanStruthers.ca



**Peter Bjornson**  
MLA for Gimli  
204-642-4977  
1-866-253-0255  
PeterBjornson.ca



**Deanne Crothers**  
MLA for St. James  
204-415-0883  
DeanneCrothers.ca



**Andrew Swan**  
MLA for Minto  
204-783-9860  
AndrewSwan.ca



## "THE BUZZ" *cont'd from page 9*



Mike Pidlaski



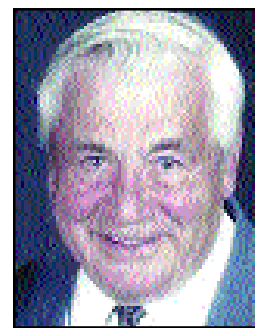
Donna Thompson



Charles E. Harvey



John Loewen

Paul Snowden  
Quinton

Earl Barish

**Mike Pidlaski** and **Donna Thompson** (nee Patton) will be inducted as Honoured Members in the Athlete category. **Charles E. Harvey** and Ray Savard will be inducted in the Builder category.

"We are proud to once again support the Manitoba Golf Hall of Fame Induction Ceremony," said Manitoba Liquor & Lotteries President and CEO, Winston Hodgins. "This year's inductees have distinguished themselves as being among the elite in the province. Their accomplishments, both on and off the course and have built a foundation that allows the sport of golf to grow in Manitoba."

"As we enter our second decade of honouring Manitobans who have made a significant and lasting impact on golf, we are very pleased to have four new inductees who have excelled in their particular areas of the game," said Don MacDonald, President of the Manitoba Golf Hall of Fame and Museum Inc. "They have been important contributors to the province's rich golf heritage and are very deserving of this recognition."

Inductee Biographies provided by the Manitoba Golf Hall of Fame and Museum:

**Donna Thompson:** Born Donna Margaret Patton in Winnipeg on July 26, 1938, she occupied a prominent position on the Manitoba golf scene through the 1950s before moving west to Vancouver and continuing her golfing success. As a junior, she teamed with Jo-Ann Percy as the Manitoba team at the national championships in 1955, winning low net honours. She won the provincial junior championship in 1956 and 1958. She won the Manitoba amateur honours in 1957, 1958 and 1959. She was the City and District champion in four straight years, 1956 through 1959. She was also named University of Manitoba Athlete of the Year in 1956 and 1957 for excelling in golf and basketball. She began golfing at Assiniboine Golf Club 1951-54, was a member of St. Charles Country Club 1954-58 and Niakwa Country Club 1959-61. Moving west, she belonged to Marine Drive Golf Club 1961 to 1996 and Sunshine Coast Golf and Country Club 1992 to present. On the national scene she was ranked 10th senior lady in 1990 and fourth senior lady in 1991.

**Charles Harvey:** The Royal Canadian Golf Association was

strictly an eastern Canada operation back in the 1920s, but it was the late Charles Harvey from the Elmhurst Golf and Country Club (which was also known for a time as Elmhurst Golf Links) who played a major role in making it a truly national organization. He was president of the Elmhurst club in 1924, 1925 and 1926, the first to serve three years in that capacity. In 1926, he served as a delegate to the Royal Canadian Golf Association annual meeting, representing a number of golf organizations, including the Elmhurst club, the Manitoba Golf Association and the Western Canada Golf Association. In 1927, Harvey served as president of both the Manitoba and Western Canada associations and was elected to the board of governors of the RCGA. In 1928, he became the first person elected vice-president under a new constitution. The following year he became the first person from outside Ontario and Quebec to be elected president of the national body.

**Ray Savard:** Developing a new golf course while keeping an old one in operation was a crowning accomplishment for Raymond Savard as a 35-year career as golf course superintendent came to a close. Born in Winnipeg January 5, 1949, Savard became course superintendent at the old Charleswood Golf Club in 1976 and held that position until 1988, when he took on the superintendent duties at the Southwood Golf and Country Club. He retired from that position after the 2011 season. He was an active member of the Manitoba Golf Superintendents Association for 35 years and belonged to the Canadian Golf Superintendents Association for 31 years. He served on the board in several capacities before becoming president of the MGSA in 1986-87. He was on the CGSA board of directors from 1988 to 1992. Savard was chosen Manitoba superintendent of the year in 1989 and 2011 and won the John B. Steel Award as Canadian superintendent of the year in 2011.

**Mike Pidlaski:** Known as "Iron Mike" for his diligence on the course and the practice range, Mike Pidlaski was a fixture on Manitoba Willingdon Cup teams and in men's tournament play through the 1940s and 1950s. Born April 18, 1917, he and his brothers (Bill was inducted

into the Manitoba Golf Hall of Fame in 2004) were first involved with golf as caddies at Elmhurst Golf and Country Club, starting in 1928. He became one of the top municipal players before joining the RCAF at age 24 and serving for four years. He was nearing 30 when he reached his golfing prime. Pidlaski played on the provincial Willingdon Cup teams eight times from 1947 through 1955 – six in a row from 1947-52, then again in 1954 and 1955 after missing in 1953. He won the Manitoba amateur championship twice in 1949 and 1950 and was runner-up in that competition to Allan Boes in 1948. He also had a string of club championships at St. Boniface and was a regular competitor and frequent winner in many other tournaments around the province. Mike Pidlaski died April 30, 1986, at the age of 69.

Individual members and member clubs wishing to nominate an individual (amateur or professional golfers, superintendents, builders, media, etc.) for the Manitoba Golf Hall of Fame may obtain nomination forms through any of the three member organizations or from the following website: [www.manitobagolfhalloffame.com](http://www.manitobagolfhalloffame.com)

Winnipeg's **John Loewen**, a former basketball star with the University of Manitoba Bisons, earned a gold medal in basketball at the World Masters Games in Torino, Italy.

Loewen, a former high school sport all-star in football and basketball at Churchill High School, played with the Bisons for 5 years. John later played with Nicollet Inn Sr. Men's team and then became coach, winning two National titles. Loewen, who is a member of the Manitoba Sports Hall of Fame, played with a group of nine Canadians, most of them from British Columbia. Team Canada went 4-1 in the tournament and claimed gold.

"It was a great experience and lots of fun playing with guys that I competed against for so many years," Loewen said. "We worked hard, and my stamina is not what it used to be, but it was great to be able to represent Canada and wear that gold medal."

One of Winnipeg's great business leaders and volunteers, **Paul Snowden Quinton**, passed away on

Aug. 13. He was 87.

Paul is survived by his wife of 62 years, Hazel, his son Jeff and his wife Susan, and their children Jason and Amy, his daughter Janet Skelly and her husband Bill Skelly and their children Lauren and Kristen, his son John Quinton and his wife Jane and their children Annie and Laura, and his daughter JoAnne Quinton. Paul is also survived by his sister Mary Hurst and his brother Richard Quinton and many cousins, nieces, nephews, great-nieces and great-nephews.

*(Full disclosure: I've known the Quinton family for more than 30 years. They were, at one time, neighbors of ours on Kingston Row. Paul and I shared a birthday, April 20. Jeff and I shared a wife for about six weeks of rehearsals when I played Doc Gibbs at an MTC production of Our Town at the Warehouse Theatre and Susan played Mrs. Gibbs. I have nothing but the utmost respect for Mr. Quinton and his family.)*

A University of Manitoba graduate, the late Mr. Quinton served in the Royal Canadian Navy in the Second World War and then returned to the family business, Quinton's Cleaners and Launderers where he served as President until his retirement in 1987.

Paul was an outstanding athlete. He was a competitive paddler as a young man and loved to play golf. He was Commodore of the Canoe Club in 1954 and served on the board of the Winnipeg Blue Bombers for 15 years. He was president of the Bombers in 1970 and 1971. In 1993 he was inducted into the Bombers Hall of Fame in the Builder category.

He was, as they say, a tall timber in our community.

Finally, happy birthday to another tall timber, Salisbury House CEO **Earl Barish**.

Barish brought out a few hundred baseball fans for B'nai Brith Day at Shaw Park as he and his group watched the Winnipeg Goldeyes beat the Kansas City T-Bones 3-1.

It also happened to be Earl's 70th birthday. That's right, he's still running Winnipeg's Salisbury House Restaurants at age 70. That's cool. ■

## Collings, Orr Win Provincial Senior Golf Titles By Scott Taylor

The great **Garth Collings**, 55, one of the finest golfers ever produced in Manitoba has won his first Manitoba Men's Senior Golf Championship. Meanwhile, Rhonda Orr out of Southwood, won the Provincial Ladies Senior crown.

A Winnipegger who now makes his home in Matlock, Man., Collings might be a senior but he's still one of the finest players of any age in Manitoba.

**Mark Olson** has been friends with Garth Collings for 30 years and by his own admission, he still doesn't entirely understand his friend.

"You know the way some people can be when they taste a great deal of success," Olson said. "They can get an attitude. They can feel a little superior. Well, despite all of his success – and he's had a lot of success – Garth is just an ordinary guy who works on the ramp at the airport

and plays golf with his buddies. That's it.

"He goes up to Hecla to play golf with a group of his friends and they're all like 15-20 handicappers and he doesn't even care. You know how good players always want to play with other good players. Not Garth. He just doesn't care. He'll play golf with anybody. He's like a teenager. Him and his buddies go up to Hecla and play 54 holes in a day.

He's amazing. He's been on 17 Willingdon Cup teams, he's in the Manitoba Golf Hall of Fame and he still has a handicap of plus three and yet you'd never know it.

"A more down-to-earth, gracious guy has never played the game of golf." To understand the man's gifts, you have to understand what he's accomplished:

(1) He has won the Manitoba

*Continued on next page*



# Staying Active at every age . . . . By Roger Currie

Despite a late start, and a stretch of unusually cool days in late July and early August, it has been a great summer in Manitoba. We scramble to make the most of the season, then all too soon the shorts and sandals are tucked away and we're back to planning our lives around indoor activities.

We're told that "60 is the new 40", and indeed it can be, if we take the time to build physical activity into our regular routine. That's the mission of ALCOA, the Active Living Coalition for Older Adults. They're

**“We're told that “60 is the new 40”, and indeed it can be, if we take the time to build physical activity into our regular routine.”**

the people who staged the very successful 55 Plus Games in Morris earlier this year.

Jim Evanchuk is the executive director of ALCOA. He's a retired civil servant who has always been active, and has seen too many friends and colleagues fall by the wayside through lack of activity.

He says "There are still far too many people whose lifestyles are sedentary. With all the convenient

gadgets that are available to us, we really have to re-engineer physical activity into our lives."

The folks involved with *ParticipACTION* and other similar programs tell us repeatedly that it doesn't have to hurt or be unpleasant to get more active. The recommended minimum for adults over the age of 18 is 150 minutes of activity in a seven day period. The activity can be as simple as walking a kilometre to the store for a litre of milk, or taking the dog around the block. It breaks down to less than half an hour a day.

"Even older adults who are mostly confined to their homes because of a disability can benefit from increased activity" says Evanchuk. He points to a variety of simple household chores that some people have long enjoyed but thought they were no longer capable of doing them.

In Winnipeg, ALCOA encourages older adults to check out the wide range of activity programs that are available at facilities like the Wellness Institute and the *Rehfit Centre*.

Evanchuk says "these organizations and many others such as neighbourhood community centres are all realizing that aging baby boomers require programming that's different than what they've been used to providing, particularly when it comes to 'intensity' levels".

In addition to their own physical well being, the older age group can

also help by giving financial support to efforts to get kids more active, especially in areas where lots of other 'bad choices' might be made instead.

*Sport Manitoba*, with headquarters at the *Sport For Life Centre* on Pacific Avenue in Winnipeg has a couple of programs that help to overcome the barriers.

*Kidsport* is a national program that is now based in Winnipeg. In this province, it raises approximately \$300,000 a year to help as many as 1500 kids register for hockey, skating, gymnastics and many other organized sports.

Kim Browning is Director of Marketing for Sport Manitoba. He says they provide grants up to a maximum of \$300 per child, with an average grant of about \$200. The money comes from many different sources. *Kidsport* benefits from memorial gifts that generous Manitobans leave in their wills. For some, the generosity begins at a much younger age.

Browning says "We hear of more and more kids celebrating birthdays and bar mitzvahs where the star of the celebration asks for donations to *Kidsport* rather than gifts. We can always make use of any money that is raised to help more kids become involved." Support is given on a 'needs test' basis, to ensure that the money goes to families who really need it.

The Winnipeg Blue Bombers and other professional teams are major

supporters of *Kidsport*. The Bombers donate all the proceeds from the sale of a special calendar that they sell in the Bomber store.

The other effort run by Sport Manitoba is a program called *We are All Champions*, sponsored by the Royal Bank. Browning says it's aimed very specifically at the inner city where they're working with organizations like *The Boys and Girls Club* and the *Winnipeg Aboriginal Sport Achievement Centre* (WASAC).

The *Champions* program targets roughly 300 youngsters each year. It brings them into the *Sport For Life Centre* on a weekly basis during the school year. They get to use the same equipment and the same trainers as our best young athletes who take part in major competitions like the *Canada Games*. It's a wonderful opportunity to get them focused, and to understand the benefits of sport in their life, similar to what happens with *Kidsport*."

The results are often seen remarkably quickly in terms of an increase in self-confidence. It can be a tremendous chance for them to take the first step towards becoming a future leader in their community.

It's a benefit that should be available to every young person, not just to those who can afford it.

Donations are welcome at Sport Manitoba. [www.sportmanitoba.ca](http://www.sportmanitoba.ca)

## Senior Golf Titles, cont'd from page 10



Garth Collings

Amateur championship three times. He won his first in 1987 at age 29. He won his second in 1994 at age 36. He won his third in 2009 at age 51. He's been second nine times.

(2) He has represented Manitoba on the provincial team 17 times. No other Manitoban has been close.

(3) He has been Manitoba's amateur golfer of the year five times. The first time he won the award he was 41 years old. He won it at 45, 47, 48 and 51. He has been nominated 17



Rhonda Orr

times. He will be nominated again this year.

(4) He has also played on 13 Mid-Amateur teams. He won last year's Manitoba Mid-Amateur by four shots, his seventh Mid-Amateur title, and yet he wasn't happy. He told the press he would have been happier if the guy he beat, Eric Johnson, had won his first title. "Eric deserved it, but he made one bad shot. I feel really bad for him."

That sums up Garth Collings in one simple quote.

The runners-up at this year's Manitoba Seniors were Brent Armstrong of St. Charles Country Club, Victor Herek of Hudson Hills Golf Club and Michael MacKay of Breezy Bend. The Super Senior, plus-70 winner was Tom Wilson of Niakwa.

### THE FLIGHT WINNERS

1st Flight Winner - Dewar McKinnin, Breezy Bend C C  
1st Flight runner up - Mark Olson, Breezy Bend C C  
2nd Flight Winner - Menno Zacharias, Southwood G & C C  
2nd Flight runner up - Gavin Speirs, St. Charles C C  
3rd Flight Winner - Bill Moslenko, Golf Manitoba Public Player Club  
3rd Flight runner up - Allan Wheeler, Rossmere C C  
4th Flight Winner - Barry Hooke, Portage G C  
4th Flight runner up - Richard Urbanik, Golf Manitoba Public Player Club

The following players have qualified for the Provincial team that will compete at the 2013 Canadian Men's Senior Championship Aug. 27-30, 2013 at the Briar's Golf Club, Sutton West, Ontario: **Garth Collings, Brent Armstrong & Bill Moslenko**

Rhonda Orr from Southwood Golf and Country Club has won the Manitoba Golf Association's Senior Women's championship. The Runner Up was Maria Funston of the Blumberg Birdie Girls and the third place finisher was Karen Saarimaki of Kenogamisis Golf Club.

### THE FLIGHT WINNERS

1st Flight Winner - Matty Leung, Blumberg Birdie Girls  
1st Flight runner up - Tammy Gibson, St. Boniface G C  
2nd Flight Winner - Karen Foster, Minnewasta G & C C  
2nd Flight runner up - Susan Wright - Cassan, Emerald Green G C  
3rd Flight Winner - Gertie Barron, Blumberg Birdie Girls  
3rd Flight runner up - Anne Marie Grant, St. Charles C C

The Provincial team members that will compete at the 2013 Canadian Women's Senior Championship at Spallumcheen Golf & C C, Vernon B.C., Aug. 20-22, 2013 are: **Rhonda Orr, Maria Funston and Tammy Gibson.**

### Senior Women's Overall Top 10:

- |                     |  |
|---------------------|--|
| 1 Rhonda Orr        | Southwood G & CC<br>80-83-82--245 +26      |
| 2 Maria Funston     | Blumberg Birdie Girls<br>83-84-84--251 +32 |
| 3 Karen Saarimaki   | Kenogamisis Golf Club<br>82-91-82--255 +36 |
| 4 Matty Leung       | Blumberg Birdie Girls<br>85-89-82--256 +37 |
| 5 Tammy Gibson      | St. Boniface GC<br>87-83-87--257 +38       |
| 6 Karen Foster      | Minnewasta G&CC<br>92-83-84--259 +40       |
| 7 Susan Wright      | Cassan Emerald Greens<br>87-86-88--261 +42 |
| 8 Bonnie Stephenson | Niakwa CC<br>88-92-82--262 +43             |
| T9 Nancy Porth      | Grand Pines GC<br>86-91-87--264 +45        |
| T9 Trish Jordan     | Southwood G & CC<br>88-88-88--264 +45      |

## Jerry's Concrete

**JERRY BRANDT**  
**661-4444**  
[WWW.JERRYSCONCRETE.COM](http://WWW.JERRYSCONCRETE.COM)

Specialize in Residential Concrete  
2 Year Warranty  
References Available  
No Deposit Required

- Bonded, Licensed & Insured
- Free Estimates
- Senior Citizens Discount
- 39 Years Experience

**We Specialize in Quality**

**sales@jerrysconcrete.com**

## NEWMAN

### "LANDSCAPE SUPPLY"

QUALITY MIXED SOILS  
SAND • LIMESTONE • CONCRETE GRAVEL  
LANDSCAPE ROCK (GRANITE, RIVER, PEA) • MULCH  
• BOBCAT SERVICES •

DELIVERY IN STONEWALL & SURROUNDING AREAS OR PICKUP

**"SMALL ORDERS WELCOME"**

PHONE JIM (204) 467-2340 or (204) 461-1978  
380-4<sup>TH</sup> ST. E. @ CENTRE • STONEWALL



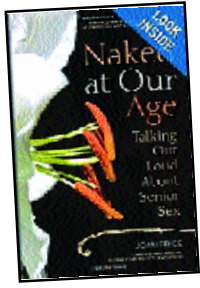
# The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

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

Price, Joan.

## Naked at our age: Talking out loud about senior sex.

Berkeley, CA: Seal Press, 2011.



The book addresses the challenges in body and mind along with the joys and delights of pursuing love and sex in later life. Stories from seniors of varying ages and life circumstances along with tips and advice from experts are included in every chapter.

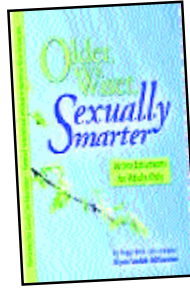
"Many believe that sex for old people is nonexistent, disgusting, or downright laughable. But all you folks can wipe those grins of embarrassment off your face and accept this as fact: American seniors are living well into their eighties today and many of us are still self-sufficient and very much interested in sustaining sexual activity".

Formerly a high school English teacher, Joan became an author, speaker, and fitness professional later in life. She has written several books about health and fitness. ■

Brick, Peggy.

## Older Wiser, Sexually smarter: 30 sex ed lessons for adults only.

Morristown, NJ: Planned Parenthood of Greater Northern New Jersey, 2009.



This book covers all aspects of sexuality, including physical, emotional, familial, social and spiritual. It is a great resource for people who want to learn more about a healthy sexual life in a fun and interactive

manner. Topics covered go from basic information to sexual experiences for people with chronic illness to sexual rights in nursing homes.

"A young woman asked a 70-year-old woman how long the sex drive lasted. The older one replied, 'I don't know; ask me in twenty years.'" Woman, age 75

Peggy Brick is a sexuality education consultant currently providing training workshops for professionals and classes for older adults on sexuality and aging. She is the author of numerous teaching manuals and articles of sexuality education and is currently the Coordinator of the Consortium on Sexuality and Aging. ■

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.

[dlclibrary@umanitoba.ca](mailto:dlclibrary@umanitoba.ca) / <http://libguides.lib.umanitoba.ca/deerlodge>

### VACATION & TRAVEL:

# Landing in LAOS

- PART TWO

© Story by Rick Goodman. Photos by Beatrice Daigneault.

**Editor's Note:** In the last issue, Rick and Bea landed in Laos and now their adventure begins.

Pho is a rice noodle dish served in a clear broth. Depending on what you ask for it will come with bits of chicken, pork or beef in it. There can be meatballs, tripe or other innards in there too. Doesn't matter, it's all good. You'll get side plates of long green beans with a peanut dipping sauce and screaming hot chili peppers to nibble on. They'll garnish it with bits of charred onion and ginger and give you lime, fish or soy sauce, Thai basil, chili garlic sauce, and bean sprouts to doctor it up with as you see fit.

You arm yourself with a spoon in one hand and a pair of chopsticks in the other. Stick your head over the bowl and start slurping. That's just good manners. Not only that but the slurping opens up all your senses to the tart, salty, bitter, chili hot, complex goodness that a good bowl of pho is.

It's a fast food or comfort food in Laos. We have greasy burgers and fries at McDonalds. They have pho which is healthy, tasty and cheap. You can get a bowl nearly big enough to wash your foot in for around a buck and a quarter.

By now we were severely jet lagged so I only have jumbled impressions of our first day in Vientiane. It was hot. Not Bangkok hot, but hot. You get used to it eventually. There was traffic. Cars, trucks loaded with people front and back, little motor taxis called tuk

tuks, buses, and more motor scooters than you would believe possible.

You'd be at an intersection and suddenly it would be like a dam burst. There would be a torrent of motor scooters. Like salmon on motorcycles, packed flank to flank and nose to tail. Single riders, double riders, moms and dads with a couple of kids packed on board. A honking, engine revving, texting, cell phoning mass of humanity weaving amongst each other. All managing to stay upright for the most part.

There are no traffic cones or warning markers. If there's a road accident or a stalled vehicle someone will run back and throw some tree branches on the road. This is your warning that there's some sort of trouble ahead. Or at least had been some sort of trouble. Nobody removes them so you sort of go by the freshness. If they're badly wilted the trouble has probably passed.

Traffic rules seem pretty simple. Basically, from what I could see, all traffic signs are to be treated as suggestions only. If in doubt lay on the horn. Never, never show fear. That's about it.

Falling off your scooter after drinking too many beer will earn you a stern reprimand and a warning to drive more carefully from the cop who helps stand your scooter up before he sends you on your way. Unless you're drunk driving in daylight with your headlights on. Operating a vehicle with headlights on in daylight hours is illegal and will result in a fine.

Out in the country the roads are generally one long obstacle course so speeding isn't an issue. There are pot-



Various forms of transportation in Laos.



holes, scooters, tuk tuks, little tractors called grasshoppers, pedestrians, fish drying racks, water buffalo and cows to contend with. Lots of cows. The rule on cows is... If you hit a cow her owner is responsible for any damages to yourself and your vehicle. It follows that all cows involved in vehicular mishaps are homeless cows and can be taken home and eaten. This is all the compensation you are likely to get. Bon appetite.

This is the case if the collision was fatal for the cow. I'm unclear on the finer points. For example, if the cow is only moderately crippled can you hook her up and have her pull you home and then eat her? Or if you experience only minor damage do you get to eat only fair value. Maybe two ears and a tail for a broken headlight? I suspect that it's an all or none proposition. We did not see any bovine amputees in all the thousands of kilometers of road we traveled.

One of the great things about traveling is that it forces you out of your comfort zone. Especially in the food department. Lao food is good, fresh and tasty with lots of vegetables. In the main centers you can eat pretty

much western style if you want to but what's the fun in that? If you get outside the main areas or if you're being shown around by local people you can eat a little more adventurously.

North Americans think that only certain parts of certain animals are good to eat. People in Asian countries know better. Having to do the best you can with what you have enters into it as well. Generally speaking though, if it swims, flies, crawls, slithers or runs past the kitchen door it had better be perambulating with authority or its next stop is going to be the dinner table.

In Pakse I saw a woman hurrying down a paddy dike holding a Lion snake or Ngoo Sing at arms length. This was a good one; it dangled down to her knees at least. She looked very happy. Ngoo Sing are good eating.

Rick Goodman lives in Ile A LA Crosse, Saskatchewan. He likes to travel and can be reached at [rickgoodmansk@gmail.com](mailto:rickgoodmansk@gmail.com).

**Cont'd next issue:** Following the "Just eat, don't ask" culinary guide. Crickets anyone?

## MANITOBA Wild

Scenic Secrets of Manitoba

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: [bills@mts.net](mailto:bills@mts.net) [www.manitobawild.ca](http://www.manitobawild.ca)

## Medley - A collection of short stories

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

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

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

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



# Things to do in Winnipeg

## EVENTS

**Forever Young** - Car and Scavenger Hunt Rally, Sat. Sept. 14, 725 Lagimodiere Blvd, Start time 9:30-12:30 followed by a BBQ, fun and prizes. Cost \$20 per car (max 4 people), BBQ \$5/person. Pre registration required, a detailed list of rules and requirements will be given at that time. Please requester your team by Sept. 11. Individuals can also come and we will put you on a team. Contact: Lewis Van: 204-233-7003 or lewisvan@springschurch.com.

**Learn Modern Square Dancing** - Mondays, beginning Sept 9, 7 pm at Norberry Glenlee Com. Centre. First three classes free. Singles and couples welcome. Annual membership \$5. Cost per evening \$3.50. Call Ron/Shirley: 204-256-7053.

**Learn the Basics of Scottish Country Dancing** - No partner needed. 10-week course starts Thurs., Sept. 12, 8-10 pm, at St. Paul's Church, 830 North Drive at Point Rd. Welcome Dance, Thurs, Sept. 5, 8 pm at St. Paul's Church. Admission is free. [www.rcsdswinnipeg.ca](http://www.rcsdswinnipeg.ca) or 204-786-7767

**The Wellington Retirement Residence Celebrates 25 Years of Excellence** - with an Anniversary Open House and 1920's Antique Car Show, Thur. Sept. 19, 2-5 pm at 3161 Grant. Ave. Refreshments and prizes, and tours of the building for those interested. Please RSVP to Sharon Loewen at 204-831-0788. Visit [www.reveralliving.com](http://www.reveralliving.com) for more info on Revera.

**Gable Arms Seniors Social Club** - Large indoor multi-family Yard Sale, Sat. Sept. 28, 10 am-4 pm in clubroom at Gable Arms Apt.'s, 1590 Henderson Hwy. Everyone welcome.

**The Canadian Liver Foundation** - is hosting "Karma in the Park," Sept. 15, 1-5 pm at St. Vital Park. Yoga sessions and health related activities for everyone in support of the Foundation. Tickets: Adult \$25, Children \$15, for two sessions, available at participating studios or at <https://secure.e2rm.com/registrant/startup.aspx?eid=126870>. Call Ruth: 204-831-6231 for more info

**Downtown Connection-55+ Resource Centre** - Celebrate with us in October for Seniors and Elders Month with free exercise and educational classes at Portage Place Shopping Centre. **Kick Off Event** in Edmonton Court, Thur. Oct 3, 11:30 am-1:30 pm. **Downtown Connection Hours** (Room Location TBA): Oct 7-25, 11 am-2 pm weekdays. Call the Healthy Aging Resource Team: 204-940-8140 for info.

**The Winnipeg New Horizons Band** - Wants You to blow your horn. We offer a friendly, informal, no-pressure opportunity to develop your musical skills. Must have access to instrument, music stand. Practices are Sat. mornings, Sept.-May at 800 Point Rd. Will perform 2 or 3 concerts each season. Fee (\$240) covers the cost of facilities rentals, director honoraria and music. Visit [www.mbnewhorizonsband.freesevers.com](http://www.mbnewhorizonsband.freesevers.com) for more info

**For Everything Art this fall** - Open House & Registration, Sat. Aug. 24, 1-4 at the Forum Art Centre, 120 Eugenie St. Registration continues up till Sept. 8. Art Classes start Sept. 9. Visit [www.forumart-centre.com/classes](http://www.forumart-centre.com/classes) or 204-235-1069

**Happy Mike's Coffee House** - an open mic, family oriented event for all ages begins Sat. Sept 7 (and the first Sat. each month thereafter), entertainment at 8 pm, followed by the open mic. Free admission. Coffee and desserts for purchase. 195 Collegiate St. [www.happymikes.stjamesanglicanchurch.ca](http://www.happymikes.stjamesanglicanchurch.ca)

**Southeast Winnipeg Healthy Aging Expo** - Sept. 11, 9:30 am-2 pm at Archwood Community Centre, 565 Guilbault St. This event is to provide information to the hundreds of seniors residing in the southeast Winnipeg. Call 204-416-1067 or e-mail [archwood55@gmail.com](mailto:archwood55@gmail.com)

**The Manitoba Chapter of Osteoporosis Canada** - "Breaking News On Broken Bones," a free PUBLIC FORUM, Tues. Sept. 24, 7 am - 9 pm at the Rady Centre Theatre, 123 Doncaster St. Admission: Registration is required: Call 204-772-3498 or email: [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca)

**MAKE YOUR LISTING STAND OUT.**

**ADD A BORDER FOR ONLY \$10 PLUS GST**

**CALL 204-467-9000**

**Deer Lodge Senior Men's Curling League** - is looking for curlers for the 2013/2014 season, Oct-Mar, Tues and Thurs mornings from 11 am-1:15 pm. All skill levels plus first-time curlers welcome. Regular members \$120, spares \$70. Prices include 2 all-you-can-eat banquets. Call Dennis: 204-261-8790 or Jim at 204-837-6900

**The Princess Patricia Canadian Light Infantry** - is holding (PPCLI) a Manitoba Gala/Social, Fri. Oct. 4, 8 pm, Canad Inns Destination Centre, Polo Park, 1405 St. Matthews Ave. Door Prize, Silent Auction, Surprises! Dress: Casual. Tickets \$20 available at McNally Robinson (Grant Park); Canad Inns, Polo Park; or online at [www.manitobasocial.net](http://www.manitobasocial.net) or call Barb: 204-831-8162. (Raising money to send two Manitoba cadets and two students to Belgium in 2015, for the 100th Anniversary of the Battle of Freizeberg.)

**Good Neighbours Choristers** - Like to sing? Practices every Tues., 9:30-11:30 am beginning Sept. 10 at Good Neighbours Active Living Centre, 720 Henderson Hwy. Call Bob: 204-663-5472 or Good Neighbours at 204-669-1710.

**Seniors' and Elders' Day Celebration** - Celebrate! Participate! Tuesday, Oct. 1, 10 am-2 pm, Winnipeg Convention Centre. Festivities are free, including entertainment, information booths, and gift bags. Call 204-945-6565 in Winnipeg or toll free, 1-800-665-6565

**The Seniors' Choral Society** - under the direction of Richard Greig, are looking for new members to join them for their 2013-14 season, beginning Mon., Sept. 9. NO AUDITION REQUIRED. For more information contact Mary at 204-221-2538, or email us at [windmar2010@yahoo.ca](mailto:windmar2010@yahoo.ca) or visit our website at <http://www.seniorscoralsociety.ca/>

**Whirlaway Westerners Square Dance Club** - Open House, Fri. Sep. 13, 7 pm, at Kirkfield- Westwood Community Centre, 165 Sansome Ave. Enjoy Modern Square Dancing! New dancers, both singles and couples. Your first three dances are free! For more info call Art/Zoya: 204-632-0698

**50 Plus Living Show** - Oct. 19-20, Sat. 10-5, Sun. 11-5. at Assiniboia Downs. Admission \$5. Free parking. Exhibitor information call 905-697-1037 or email [info@50pluslivingshow.com](mailto:info@50pluslivingshow.com). [www.50pluslivingshow.com](http://www.50pluslivingshow.com).

**The Nearly New Shop** - is closing for renovations soon and they need your help clearing the store. Fill a garbage bag with clothing for \$5! Red lined items not included in the sale. 961 Portage. Hours: Mon-Sat, 10 am-4 pm. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba.

**High Steppers Seniors - Sisters of the Holy Rock** will perform to support High Steppers Seniors, a club for frail/elderly in southeast Winnipeg, on Sat. evening, Sep. 21, at Bethel Community Church. Early bird tickets only \$17. Call 204-253-3903 or 204-619-8477 to order yours or [www.highstepperswpg.com](http://www.highstepperswpg.com) for info.

**Community Singers** - N.Kild. based ladies choir requires ladies to join their group and a pianist. Starting Sept. 4/13, Wed. evenings. Info. provided upon inquiry. Ph. Evelyn Shepel @ 204-338-2554 or Joy Kaczor @ 204-669-6950.

## SOCIAL PROGRAMS / SERVICES

**A & O - Seniors Centre Without Walls program** - Free program for 55+ in Manitoba. The program operates entirely over the telephone and provides older adults with a variety of presentations, tours and activities over the phone. Program presentations include: The San Diego Zoo, The Assiniboine Park, The Human Rights Museum, etc. Please call A & O at 204-956-6440 and speak with Silvia Del Vecchio to register and receive more information about the July-Sept. Summer Session.

**River East Council for Seniors** - Join us for a hot, delicious meal for 55+. Pre-registration required. \$6.50. Parkside Plaza, 1630 Henderson Hwy. Tues/Thurs/Fri. @ noon. Ph: 204-339-4428. and River East Meal Program, 1100 Henderson Hwy. Mon/Wed/Fri @noon. Ph: 204-338-6284.

**Seine River Seniors at Southdale Community Centre** - Creative Writing Thursdays - Call Denise 204-275-1353; Monday Urban Poling - Call Sandra 204-255-8332; Social Brunch, Aug. 20 Pembina Hwy. Canad Inn. To register for following programs, call 204-253-4599:

Monday Bridge; Health Fair at Walmart (Empress St.) Aug. 22; Morden Corn & Apple Festival, Aug. 24; SRS, Sept. 11, Luncheon; Pansy Fall Supper Sept. 8; Celebrations Matinee Sept. 24; Starbucks Fall Supper Sept. 29.

**Springs Senior Drop In Centre** - 725 Lagimodiere Blvd. 1-4 pm Thur. Aug. 15. Join us for an afternoon of fun and games. Open to all people age 55+. Meet new people; make new friends around free coffee, snacks, games, etc.

**Gwen Sectar Creative Living Centre** - Shuttle Bus runs Wed. mornings for \$14 from the north end and \$15.00 from the South End. (members). Get lunch, bingo, entertainment, refreshments & transportation home. Looking for Bridge Players, Tues., 1-3 pm. Volunteers needed for Wed. Programs. Elaine: 204-339-1701 ext. 205

**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](http://www.stjasc.com) to view programs and services. (204) 987-8850

**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.

**Addictions and Depression Recovery Group for Seniors 55+** - Wednesdays, 10 am-12 noon, starting Apr. 17 at ACCESS Transcona, 845 Regent Ave W. A support group for those battling addictions and wanting to improve Mental Health. Call Colleen: 204-222-9879.

**Dufferin Senior Citizens Inc., 377 Dufferin Ave.** - Mondays - Shuffle Board 9.45 am, Bingo 1 pm; Wednesdays, 12 noon - soup and perogy lunch. We also have perogys for sale. Every second Sat: Dance 12 noon-4 pm, with a 4-piece band and lunch. 204-986-2608

**River East Council for Seniors** - Presentation & AGM, Mon., June 17, 2:30 at Parkside Plaza, 1630 Henderson Hwy. "This Full House; Later Life Hoarding" by Age & Opportunity. Refreshments. Call Debbie: 204-667-6812.

**Elmwood-East Kildonan Active Living Centre** - 180 Poplar Ave. & Brazier. Various scheduled and drop in activities (pool, shuffle board, wood shop, Art). Hours: 9:30-3:30. EEKALC is home to Local Colour. For more info, visit [www.localcolourart.ca/index.html](http://www.localcolourart.ca/index.html). Call 204-669-0730 to confirm if activity still on.

**Pembina Active Living (55+) - Fall Programs start Sept. (Beginner & Intermediate)** - Yoga, weight training, watercolours, line dance, zumba gold, ballroom dance, exercise/fitness, leisure and special interest series, PALPutters 9-hole golf, LunchPals Fridays, Movie night, PinPALS bowling, Still Bloomin' Garden Club. Meet monthly. Registration deadline is Sept. 5, 1-3 pm, at the Grace Christian Church. For more info: Call 204-946-0839, email [pal55plus@gmail.com](mailto:pal55plus@gmail.com), or [www.pal55plus.ca](http://www.pal55plus.ca)

# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Old Time Dance** - Sun. Sept. 1, 7-12 midnight, at Gimli Park Pavillion. Music by: Canadian Rhythm Masters and Female Beat. Late lunch served. Tickets \$17.50 ea. Call 1-204-642-6670 for info.

**Prairie Oak Regional Arts Council** - South of the Lakes Art Tour 2013, Sat. Sept. 21, 10 am-5 pm, Sun. Sept. 22, 12-5 pm. Showcasing local artists and their works. Admission and maps are free - available at all Hallmark Stores and around Stonewall, Rosser, Balmoral, Warren and Selkirk. Call Bev: 204-467-9991 for info.

**The Quarry Choristers** - Registration night will be held in the Stonewall United

Church basement, Stonewall, Sun. Sept. 15, 6:30 pm. New members welcome. Open to women 14 years and older.

**Dauphin Bridge Tournament** - Sept. 13 & 14, 1:30 pm & 7:30 pm each day, at Watson Art Centre (Old Fire Hall), 104-st Avenue NW. Registration \$30 includes lunch on Sat. Coffee provided all day. Cash prizes, prizes for longest distance, oldest, etc. For info or to register call Jean White: 204-638-7135

**Annual Farmer's Market/Flea Market** - at the Midwinter School Museum in East Braintree, Mb. on PR #308, just 1/2 off of the TransCanada East, toward Falcon

Lake. God's Acres veggie farm, Museum tours, playground, picnic ground, Silent Auction, lunch available - Borscht, Bun and a beverage for \$5. 11 am-3 pm. rent a table for \$10. Call Margaret at 204-426-5510 for details

**St. Eustache Young at Heart** - meal program commences on Sept. 6, Fridays at 5:30 pm, at the St. Eustache Community Hall. Good food, socializing and sometimes entertainment. **40th Anniversary celebration**, Sept. 20 at the St. Eustache Community Hall. BBQ Pork meal - 6 pm, entertainment and fireworks to follow. Cost: Adults \$15, Children \$7. Book by Fri., Sept. 13. Call Lorna at 204-353-4538 or Doris at 204-353-4532 for reservations or more info.

**Annual Purina Walk for Dog Guides** - Sun. Sept. 22, Birds Hill Park (east beach). Registration at 10 am. Walk at noon. Silliest pet tricks, pet look a-like contests, silent auction and more! For pledge forms call Diane: 204-268-4304 or Norm: 204-895-1607 or register on line at [www.purinawalkfordogguides.com](http://www.purinawalkfordogguides.com)

**The Manitoba Fiddle Association** - presents 45th Annual Manitoba Open Old Time Fiddle Championships, Sat. Sept. 28, Registration 11 am-12 noon, at the William Glesby Centre, 11-2nd St. N.E. Portage la Prairie. Call Lyla: 204-284-5391 or Reg: 204-888-1798 for info. [www.fiddling.ca](http://www.fiddling.ca)



Visit [alzheimer.mb.ca](http://alzheimer.mb.ca)  
or 1-800-378-6699  
Alzheimer Society  
MANITOBA

Email ready-to-print PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

No faxes please.





www.PeakMarket.com

### Veggie Spread

Metric	Ingredient	Imperial
250 ml	sour cream	1 cup
125 g	cream cheese, softened	4 oz
125 ml	broccoli, finely chopped	1/2 cup
50 ml	red pepper, finely chopped	1/4 cup
30 ml	green onion, finely chopped	2 tbsp
1	clove garlic, minced	1
-	dash hot pepper sauce	-

In a small bowl; beat sour cream and cream cheese with electric mixer on low speed until smooth. Stir in remaining ingredients. Cover and refrigerate for up to 24 hours. Transfer to serving bowl. Serve with assorted crackers, chips or vegetables.

Serves 8

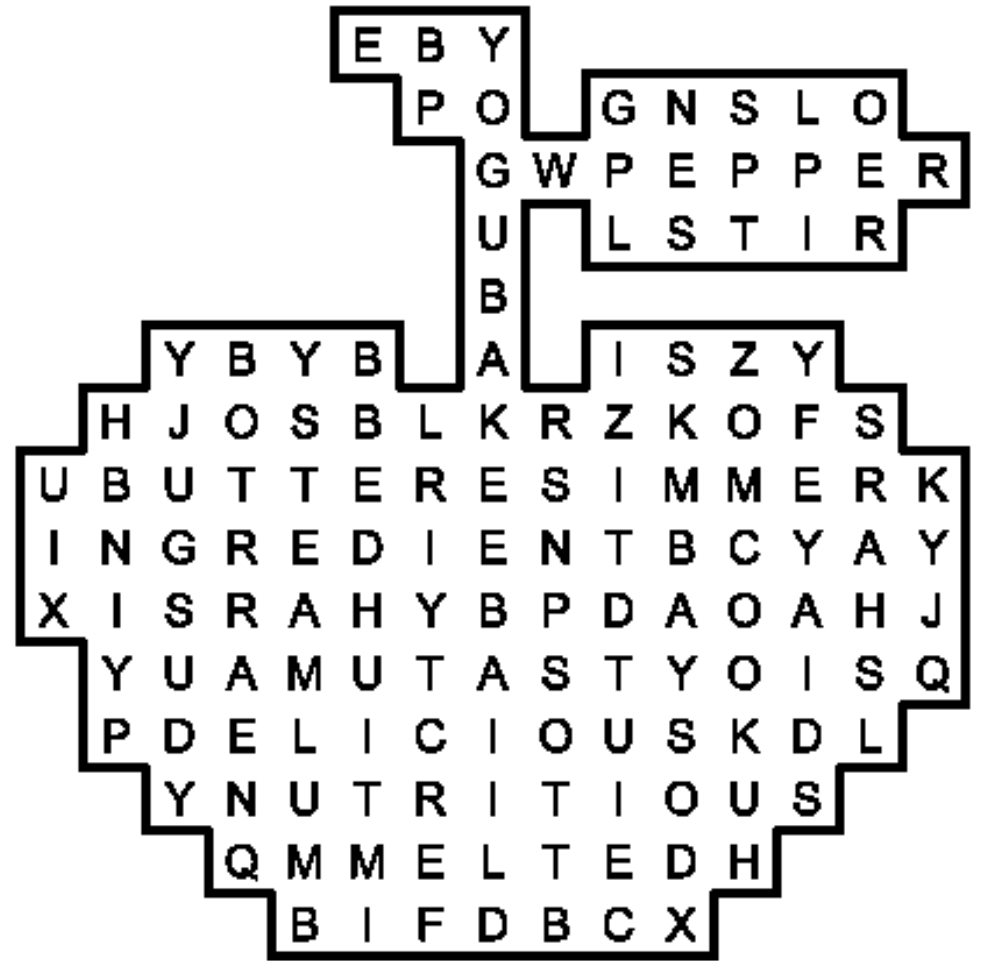
### Creamy Tomato Soup

Metric	Ingredient	Imperial
2	leeks, chopped	2
125 g	carrots, chopped	1/4 lb
50 ml	unsalted butter	4 tbsp
1 kg	plum tomatoes, chopped	2 lb
375 ml	tomato juice	1 1/2 cup
1 L	chicken broth	4 cup
2 ml	thyme	1/2 tsp

Saute leeks and carrots in melted butter until softened. Add tomatoes, tomato juice, chicken broth and thyme. Salt to taste. Simmer covered for 20 minutes. Puree in blender. Serve with croutons or sour cream if desired.

Serves 6

# FOOD & COOKING WORD SEARCH



- BAKE
- BLEND
- BOIL
- BOWL
- BUTTER
- COOK
- DELICIOUS
- FRY
- INGREDIENT
- MELTED
- NUTRITIOUS
- PEPPER
- PUREE
- SIMMER
- STEAM
- STIR
- TASTY
- UNSALTED

## Laugh a Little

Why did the coffee cup go down to the police station?  
To report that he had been mugged.  
How did the police officers help him?  
They showed him several mug shots.



## How Smart Are You?

### 1. What's their age?

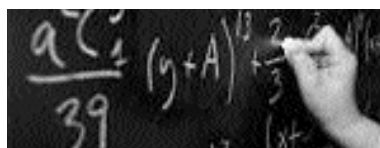
The ages of a mother and daughter add up to 66. The mother's age is the daughter's age reversed. What are their ages. There are 3 possible solutions.)

### 2. How many?

There are horses and riders in a pen. There are a total of 22 heads and 72 feet. How many riders and how many horses are in the pen?

### 3. Do your math!

How can you make (4) four nines (9) equal 100?



## Laugh a Little More

ALGEBRA: A weapon of math destruction.

ALGEBRA: A mermaid's undergarment.

Crime doesn't pay... Does that mean my job is a crime?

## CONGRATULATIONS

to Lorna Beck of Portage la Prairie for being the lucky winner of Senior Scope's Survey/Contest Draw. Prizes won are:  
**Danny's Whole Hog - Complete Pickup Meal for 30 People (Value \$360)**  
 (204-344-5675 - Stony Mountain)  
**4 Tickets to Rainbow Stage's 'Mary Poppins' (Approx. Value \$180)**  
 (204-989-0888 - Wpg)  
**'Loving You' Book (Approx. Value \$20)**  
**Pizza Den Gift Certificate (Value \$25)**  
 (204-467-2236 - Stonewall, Manitoba)

## Help Wanted

Fun Time Trivia offers a part time opportunity providing fun entertainment to seniors. Retired teachers or community leaders will enjoy presenting a clicker response Trivia event.

**Earn a little extra money having fun!**

**Call Gary Adams  
1-204-219-3122**

## FOOD & DRUG Recalls

The Canadian Food Inspection Agency (CFIA) issues public advisories for all high-risk food recalls when the product is available for sale or could be in consumers' homes.

Reason for Recall: Health Hazard - listeria  
 Product(s): **Ballarini - Gorgonzola cheese**  
 Recalling Firm: Jan K Overweel Ltd. Distribution: National  
 Product details are available at  
<http://www.inspection.gc.ca/eng/1375494238348/1375494248748>

Reason for Recall: Health Hazard - salmonella  
 Product(s): **Grated Coconut**  
 Recalling Firm: Diwa Products Ltd. Distribution: National  
 Product details are available at  
<http://inspection.gc.ca/eng/1376352939496/1376352956592>  
 Causes of Food Poisoning - [http://inspection.gc.ca/food\\_poisoning](http://inspection.gc.ca/food_poisoning)

### Authorized natural health product (Prema G) contains hidden dangerous ingredient

After being stopped at the border, an authorized natural health product, Prema G (Granules packaged in tea packets, NPN: 80035944) was tested by Canada Border Services Agency and found to contain a hidden ingredient (hydroxyhomosildenafil thione) that may pose serious risks to the health of Canadians. Prema G was authorized by Health Canada but not with the ingredient, hydroxyhomosildenafil thione. Hydroxyhomosildenafil thione is similar to sildenafil, which can be found in products promoted as sexual stimulants. Drugs authorized by Health Canada that contain these ingredients can only be sold with a prescription and by a pharmacy.

### Personnelle cold and flu products recalled due to a labeling error

Vita Health Products Inc., in consultation with Health Canada, is voluntarily recalling certain lots of "Personnelle Cold and Flu-in-One Extra Strength" and "Personnelle Flu Relief" due to a labeling error. Important warnings and overdose information are printed on the inside of the box. Since there are no directions to check the inside of the box, important safety information may be missed.



**HUMOUR COLUMN:**



# Dog Shoots Man. NRA Wants All Dogs Armed

by William J. Thomas - Humour Columnist

This past winter in Frostproof, Florida a dog shot a man. I know. I know. You're as startled as I was when I first heard the news. Frostproof!!! A town in Florida named Frostproof!!! Like Sweatsoak, Alaska? Or Compromise, D.C.?

Gregory Lanier, 35 was driving along State Road 17 when his rambunctious bulldog accidentally kicked the trigger of a loaded 9 mm Beretta pistol lying on the floor of his Ford pick-up truck. The bullet went through his left calf, out the shin and lodged up in the driver's side door. After a thorough investigation of this near-tragic incident, Sebring police determined that the dog acted alone. The name of the alleged shooter cannot be released because he's under 126 in dog years.

Police from nearby Sebring labelled the shooting as 'accidental' even though Lanier had just left the Blue Crab Restaurant and - I do not want to get into motive or premeditation here but - the "doggie bag" belongs to the dog, okay. That's the rule. How many times can you put the leftovers on the dashboard before the dog, spotting the loaded gun at his feet, takes the law into his own paws.

Despite the fact the pistol was loaded and Lanier thought it wasn't, despite the loaded Martin XT.243 rifle, the empty .243 shell casings in the ashtray, two boxes of ammunition, several rounds of .308 bullets and green-tipped 'zombie killers' - despite all this weaponry found in his vehicle, Lanier was let go with a

warning "to be more careful in securing his firearms."

In America where 307 million people possess 300 million guns (and those are the weapons with permits, the ones they know about) and in Florida where they brag about being the most heavily-armed state in the union - having all that weaponry discovered in your vehicle is like passing gas in church. Not pretty but also not illegal.

Lanier claimed he was just tootin' down the highway when all of a sudden: "BANG!" He immediately smelled smoke and felt burning in his lower left leg. It was at that point the dog jumped up on the passenger seat and stuck his head out the window as if nothing had happened, as if he hadn't even been down there on the floor when the gun went off. Apparently the dog maintained his innocence until the police finally drove off without laying charges and then he "snorgled" ... mockingly. I hate to repeat myself but leftovers secured in a "doggie bag" lawfully belong to the dog and he is not in any way responsible for the consequences resulting from a violation of that law. Period.

Bleeding badly and probably fearing for his life - "I know what you're thinking, punk. Was there one or were there two bullets in that Beretta? Go ahead. Make my day." - Lanier pulled over at a BP station where he applied paper towels to his wound and the attendant called 911. President Obama used the Florida

shooting to reiterate his stance on gun control and his plan for universal background checks on four-footed gun buyers who have mental health problems or harbour grudges against their owners.

In a quick and aggressive response, National Rifle Association Vice president Wayne LaPierre called a press conference to say: "The only thing that stops a bad dog with a gun ("Who's a good dog!?! He's a good dog!?!") is a good dog with a gun."

Repeating his mantra that "guns don't kill, dogs do," LaPierre called for the installation of well-armed guards at the entrances of every vet clinic and boarding kennel in America.

"SPCA buildings where stray dogs and dogs with behavioral problems housed should have two well-armed guards and they should be humans, not guard dogs with automatic weapons."

LaPierre noted that everybody lucked out this time. Endorsing a universal program in which every dog in America be armed, LaPierre explained that if it had been a pack of dogs in a crowded public area, say the Westminster Dog Show, the other dogs could have shot the shooter before more human life was taken.

"I will defend every American dog's right to the Second Amendment" said LaPierre, "and yes, I would even allow bears to bear arms. But only good bears like Yogi The Bear."

This dog-on-owner gun violence is not to be confused or even outdone by another incident, this time in St.

Petersburg, Florida where a woman claims she was shot by an oven. And 18-year-old woman by the name of Aalaya Walker (I swear I do not make this stuff up!) was visiting her boyfriend JJ Sandy when she decided to preheat the oven in order to make late-night waffles. Not knowing that's where JJ keeps his bullets, Aalaya opened the hot oven and "BANG!" She was later treated at hospital for wounds to her legs and chest from bullet fragments for a .45 caliber Glock pistol.

While President Obama called for universal background checks on kitchen stoves, the NRA's Wayne LaPierre stated that while guns don't kill and bullets don't wound, under certain circumstances, ovens, freezers and even bread baskets can snuff out a human life in the blink of an eye. He then called for well-armed electricians and handymen to be stationed at every kitchen door in America.

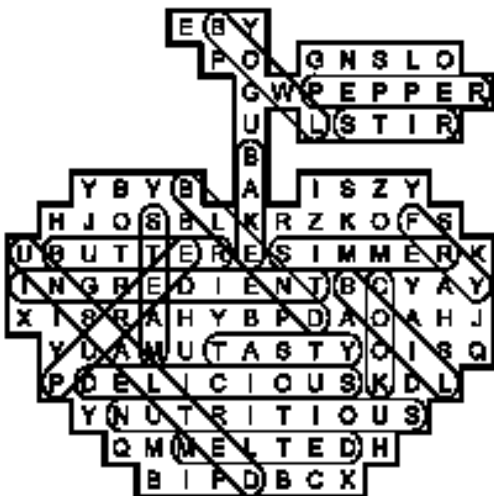
Meanwhile in Frostproof, Florida Gregory Lanier is keeping his Beretta well away from Bingo and giving the dog pretty much everything he wants. Shame that it nearly cost him his life before he finally understood the man/dog relationship.

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

**How Smart Are You - ANSWERS:**

- 51 and 15, 42 and 24 or 60 and 06.
- 14 horses and 8 men (14x4 + 8x2) = 72 feet.
- 99+9/9=100 (Remember, multiplication and division before adding and subtracting.)

**FOOD & COOKING WORD SEARCH SOLUTION**



## DAVE'S MUSIC

### D.J. SERVICE

*Music for any occasion*  
Socials • Weddings • Parties • Bar music

**PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up**

New Laser Light Show Available - Professional Equipment  
Excellent Sound - 25 Years Experience - Special Rates

**SPECIAL OFFER:**  
Book a Social and get \$100 OFF your wedding.

Book for your Summer or Fundraising event.  
Seniors Discount on any event.

Bookings and info, call **1-204-746-4318** (Morris, MB)

## THE CLASSIFIEDS

Personal items and private sales only. Not for business.  
All listings must be pre-paid, cash, cheque, money order, MasterCard or Visa.

Listings must be finalized 5-7 days prior to these print dates:  
Aug. 1, Aug. 27, Sep. 18, Oct. 10, Nov. 5, Dec. 10, 2013.

**Listings: \$25. 1 photo: \$10. Additional photos: \$5. Discounts on volume orders.**  
**For details, Call: 204-467-9000 or Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)**

**Auto Parts**

**For Sale: National**, highback semi-truck air seat, grey cloth, new/never used. \$480 O.B.O. 204-461-1978, Stonewall, MB.


**For Sale:** 1957 Chev hood, w/billets & chrome. Ex. Cond.; Volkswagen hood (Beetle). Ex. Cond. \$250 ea. 204-467-2340, Stonewall, MB.

**Books / Reading Materials**

**My FREE book available:** at [www.lulu.com/product/ebook/the-seekerthe-seeker-extended/8952393](http://www.lulu.com/product/ebook/the-seekerthe-seeker-extended/8952393).  
"Publishers Welcome." 204-415-6529

**Health Products & Equipment**

**Electric bed for sale:** Reasonable price. Needs mattress. 204-415-2274, mornings 7 am - noon



**THE CLASSIFIEDS**  
are seen in Winnipeg and over 60 rural Manitoba communities.  
Call 204-467-9000 or Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)  
NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

## Nostalgia Broadcasting Cooperative

### TUNE IN

# CJNU 107.9 FM

Our September host sponsor is:  
**Kiwanis Chateau**

The best music from the 1940s through the 70s - and more.

Tune in on **MTS TV, Channel 725** or on our website at [www.cjnu.ca](http://www.cjnu.ca) for live audio streaming.  
**(204) 942-CJNU (2568)**  
Email: [cjnu@mts.net](mailto:cjnu@mts.net)

## MR. ODDS & ENDS

### BUYING & SELLING Used Items

**Specializing in items people need. Will trade items / Cash for some.**

**Currently Available:** Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture & More.

**WANTED**  
**DEAD OR ALIVE**  
**LAWNMOWERS**  
Reward Offered

**Call Dave**  
**1-204-746-4318**





# Retirement Living In Manitoba *At Its Best!*

*We* set the standard for Age-In-Place living by delivering support services needed to ensure ongoing quality of life throughout the years at any of our beautiful facilities.

- Nurse on staff in each residence
- Delicious, nutritionally balanced meals prepared fresh daily
- Trained staff on-site 24 hours a day, 7 days a week
- Active and vibrant lifestyle
- Warm and supportive family environment



*Where Caring is Our Number One Concern™*

[www.allseniorscare.com](http://www.allseniorscare.com)



PROUDLY CANADIAN

**Victoria Landing**  
10 Victoria Ave. E  
204.571.6000

**Brandon**

**Sturgeon Creek I**  
10 Hallonquist Dr.  
204.885.1415

**Sturgeon Creek II**  
707 Setter St.  
204.885.0303

**Winnipeg**

**Shaftesbury Park**  
905 Shaftesbury Blvd.  
204.885.7272

**River Ridge**  
50 Ridgcrest Ave.  
204.589.CARE (2273)

**Seine River**  
1015 St. Anne's Rd.  
204.256.8877