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# Senior Scope

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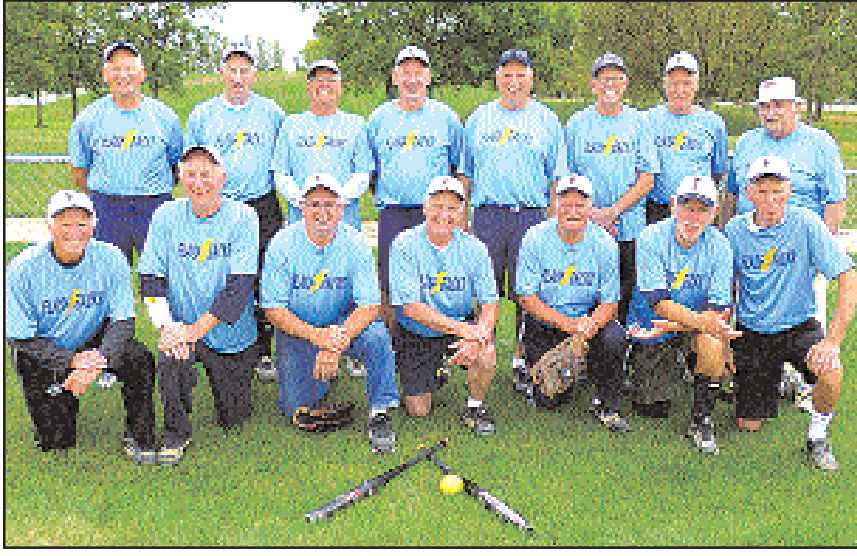
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Winnipeg Flashbacks (80+) go to Vegas for World Championships.

### 80+ Winnipeg Flashbacks hopeful for three-peat win at World Senior Softball Championships

By Will Tishinski

Fifty-five plus slo-pitch softball is thriving in Manitoba. Approximately 500 seniors are currently participating in the sport, which started in the late 1980's. By the mid 1990's numerous teams were competing in a provincial league, for Provincial Championships, in various age categories. Despite the intra-provincial participation, the dream of Manitoba Softball Hall of Famer, Ross MacIver was to

*Continued on page 2*

204-467-9000  
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# Senior Scope

and BOOMER BUZZ

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## Flashbacks hopeful, cont'd from front page

test Manitoba skills against the best outside of Canada.

So in 1995, seven Manitoba teams, in increments of five year age divisions, travelled to Kansas City to compete in the World Senior Softball Championships. Of the 42 games played by the seven teams in that tournament, Manitoba teams, as a group, won 4 and lost 38 games. Not an auspicious start!

Manitoba players learned from that Kansas City experience. Smashing the ball with all of your power and might was pointless against a good defensive squad. Manitobans changed the way they played ball. Defensive alignments were modified and offensively, place-hitting became the order of the day. In the following years, several trips were made by Manitoba teams to tournaments in the US, with some improvement in results, but no championships.

However, in 2004, that all changed when a group of senior players, 70 plus years of age, called the Winnipeg Flashbacks, travelled to Las Vegas, Nevada for the World Championships and won gold. Prestigious rings, similar in style to the major league World Series rings, were the awarded prizes.

Four years later, in 2008, the nucleus of the same group travelled to Phoenix for the World Championships again and won the rings in the 75 plus division.

This year many of the same players will be travelling to Las Vegas as an 80 plus team to compete once again, hoping for a 'three-peat'.

When McIver, the manager of the Flashbacks was asked why he wants

to play in the World Championships, his answer was "because like Mount Everest; it's there". The Worlds tournament will be held in Vegas from Sept. 30 to October 3, 2013. Will Tishinski, the assistant manager, in comparing Manitobans competing against a large state like California, said, "we proved that the little dog can run with the big dogs".

Five of this year's 80 plus contingent come from the rural areas, with the remainder from Winnipeg.

Players had various comments when asked why it was important for them to participate in this tournament, which in the past included senior teams from across the United States, Japan and Europe:

Jack Clements from Killarney says he "enjoys the camaraderie of the game". Another player, Arnie Jepsen (grandpa to Carla Rae Jepsen - a famous Canadian recording artist) claims he plays because he "just enjoys the game". Jim Slevin, a Manitoba Softball Hall-of-Famer says he, "enjoys the high level of competition", and Bob Drysdale, from Brookdale, wants to win a third ring "so I can give one to each of my three sons".

Competence of the Flashbacks team has been recognized by the tournament organizers with Moe Lazaruk, Don Roberts and Will Tishinski being voted to the past tournament all-star teams.

This past summer the 80 plus team was gearing up for the Vegas tournament by competing in a 70 plus division in the Manitoba League. ■



## October is Seniors' and Elders' Month

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

As Minister of Healthy Living, Seniors and Consumer Affairs it is my honour and privilege to proclaim October Seniors' and Elders' Month in Manitoba each year. Seniors' and Elders' Month is a time to acknowledge the accomplishments of Manitoba seniors and recognize the extensive contributions they have made, and continue to make, to our province.

### Kick off Seniors' and Elders' at the Winnipeg Convention Centre!

I invite you to join me on Seniors' and Elders' Day 2013 at the Winnipeg Convention Centre, 375 York Avenue, on Tuesday, October 1 from 10 a.m. to 2 p.m. to kick-off Seniors' and Elders' Month. The day will include entertainment, interactive activities and information booths. Last year over 800 seniors participated in the Seniors' and Elders' Day; don't miss this year's celebration! Because parking is limited, please consider using Winnipeg Transit or car-pooling to the event. To plan your bus trip visit Winnipeg Transit's website at [www.winnipegtransit.com](http://www.winnipegtransit.com) or call 311.

Communities across the province are also holding special events, such as teas, health fairs and dances, to celebrate the continuing contributions of older Manitobans. Check with your local seniors organizations to see what's happening in your community.

### What is Seniors' and Elders' Day?

In 1991, the General Assembly of the United Nations declared October 1 as International Day of Older Persons to globally dedicate a day to older people. October 1 is the one consistent date that recognizes that older adults are an asset to society. Seniors' and Elders' Day celebrations in Manitoba have been held on an annual basis since 1989. A multicultural seniors' planning committee works for many months to host Seniors' and Elders' Day. The committee is made up of representatives from various senior-serving organizations and older adults. I would like to thank the committee members and volunteers because Seniors' and Elders' Day could not take place without their dedication and hard work.

### Why Celebrate Seniors' and Elders'?

Seniors are a vital part of our community. Everyone benefits from the participation of older adults in volunteer, paid work and civic activities. For example:

- Seniors contribute to the economy by shopping, spending money and paying taxes.
- Many seniors are volunteers. Various organizations in our province rely on older volunteers to keep their doors open.
- Seniors also volunteer informally by helping others in their community. They may provide transportation, run errands or help with housekeeping or yard work.
- Seniors make more charitable donations per capita than any other age group.
- Seniors support their families by looking after grandchildren, taking them to appointments and activities.
- Seniors are often caregivers tending for spouses, relatives or friends. In addition to providing care, they also give emotional support and friendship.

### Seniors' and Elders' Month is Age-Friendly

Recognizing Seniors' and Elders' Month is part of our age-friendly work in Manitoba. The Age-Friendly Manitoba Initiative is about creating environments that encourage the participation of people of all abilities and ages. Research shows that seniors who stay active and connected to their community are generally happier, in better physical and mental health and can better cope with life changes than those who are isolated. In age-friendly communities, policies, programs and services are designed to make it easier for everyone to be active, contributing members of their community.

### For More Information

If you would like more information on the Age-Friendly Manitoba Initiative, Seniors' and Elders' Month or if you have any comments or questions, I invite you to contact the Seniors Information Line at **204-945-6565** in Winnipeg; toll free **1-800-665-6565**.

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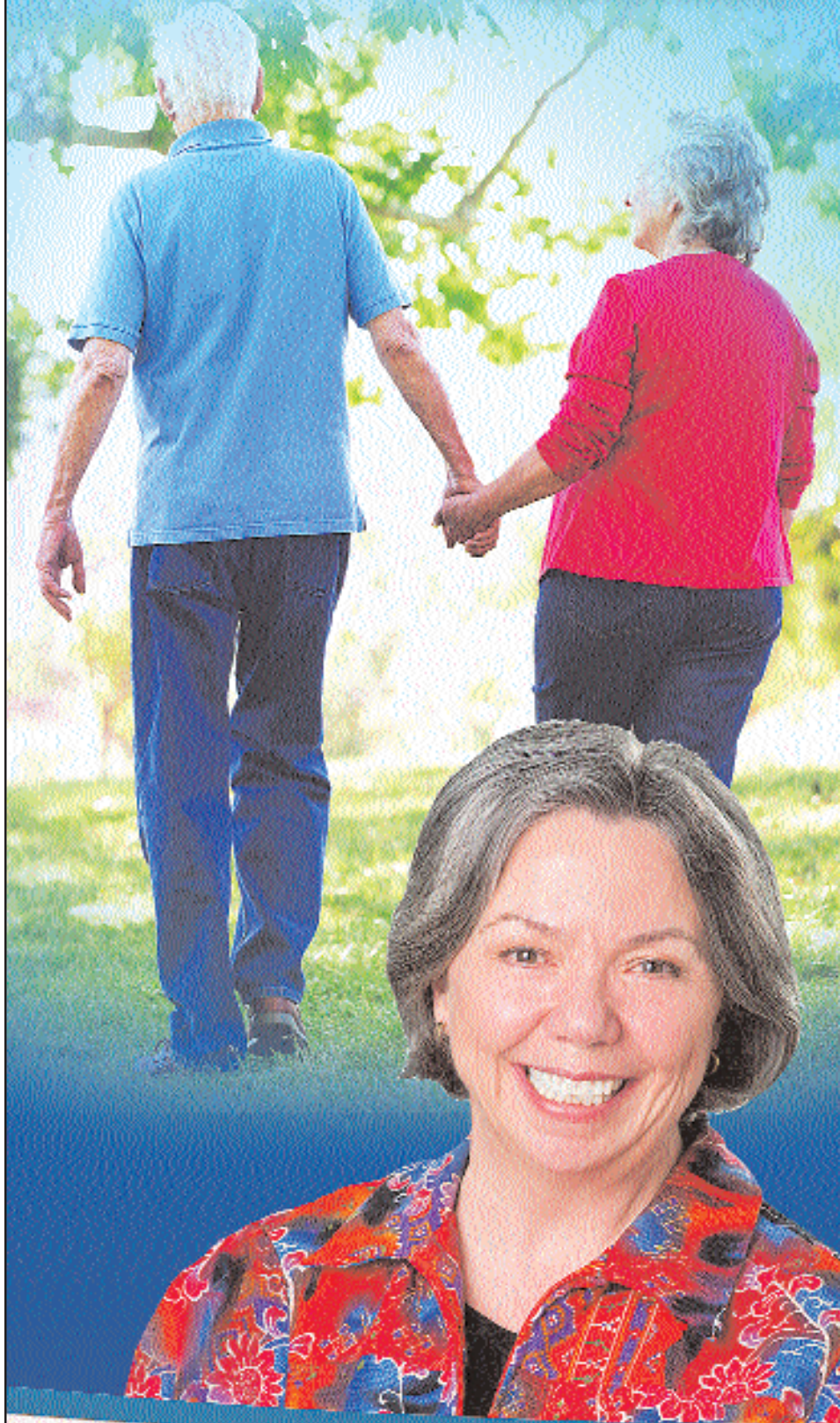
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# What's Wrong With Being a Senior

By Roger Currie

I very much enjoy my association with *Senior Scope*. Editor and publisher Kelly Goodman has fashioned a terrific 'brand' in the ever changing and challenging world of print publications.

The term *senior citizen* has long been used to classify Canadians who are generally 65 or older. The use of the term goes at least as far back as the 1920's when the government of Mackenzie King introduced the first old age pension in this country. Over the decades, the term has been meant to honour older Canadians and reward them in a variety of ways, but as the *Baby Boomers* reach that plateau in ever increasing numbers, a lot of us are wishing the word *senior* might just fade away. I think it's called *denial*, and as we have done with things like education, housing and health care, us *Boomers* are once again re-ordering the 'agenda' of our society.

Have you heard the expression "60 is the new 40"? Chances are it was written either by someone past the age of 60, or by a marketing guru who was trying to dispel some of the myths about demographics. I have worked in radio for more than 40 years. When I started back in the early 1970's, the broad demographic group that all programmers wanted to capture if they could were that huge group between 18 and 49 years of age. Later on, the upper end of that was raised to 54, and so on. With the coming of the digital world and social media, a lot of the generally accepted wisdom about our buying habits have gone out the window.

More than a decade ago, Moses Znaimer took over the magazine known as *CARP*, the initials that stood for the *Canadian Association of Retired Persons*. Znaimer renamed the magazine *Zoomer*, and it now constitutes a growing media empire that also includes radio and TV. He redefined the demographic group to include anyone over the age of 45, and *Zoomer* began carrying a lot more articles about sex. I might mention that Moses Znaimer is now 71, and I'm virtually certain he will never ever describe himself as a *senior*.

In my 40 plus years in the radio world, I have never been at a station that programmed to a younger demographic. Now with my work at CJNU, 93.7 FM, I am squarely involved in programming for the age group that mainstream commercial radio tries their best to ignore. I might also add that I'm discovering that we have a lot more listeners than you might think who are a lot younger than 50. It's not unlike the TV audience that watches *Turner Classic Movies*.

The sheer economics of it all makes it foolish to ignore the elephant in the room. There are income disparities in all age groups in Canada, but *Seniors*, or whatever you choose to call us, generally have more disposable income per capita than the generations coming up behind. The parents of the *Boomers* are passing away and leaving millions of dollars to their children. *Generation X* meanwhile is frequently earning far less than the *Boomers*, and saving very little of it.

While many Canadians past 60 are enjoying retirement, traveling a lot, and downsizing to condos and other alternative housing, many of their friends and neighbours are welcoming home children and grandchildren who have failed to launch and need a place to crash and regroup.

The wise guys in advertising used to joke that the big items to pitch to *Seniors* would be *Geritol* and *Depends*. Guess what? Instead, we're still buying new cars, furniture and new washing machines to handle all that unexpected laundry.

I close with a familiar lament. Might we hopefully evolve to a world where all of us are judged by a variety of things that are not related to the date on their birth certificate? Just asking.

Roger Currie is a regular contributor to *Senior Scope*. He is heard regularly on CJNU, 93.7 FM. [www.communitynewscommons.org/author/rogercurrie](http://www.communitynewscommons.org/author/rogercurrie) [rogerc@mymts.net](mailto:rogerc@mymts.net)

# Grow-A-Row for Winnipeg Harvest



Ron O'Donovan



Twenty-seven years ago, Ron O'Donovan had more potatoes from his garden in South St. Vital than he knew what to do with – two 75-lb bags of excess to be exact. His neighbours and community members were more than happy to receive some of the leftover spuds.

After a work-related meeting with Mayor Bill Norrie, Bill Newton and others in 1986, Newton felt that O'Donovan should meet with his daughter, Lee Newton, who was in the process of founding Winnipeg Harvest.

After discussions with his now late wife, Eunice, O'Donovan knew exactly what to do with his extra produce – give it to Winnipeg Harvest.

Then Ron got the idea to grow even a little extra for the organization that now serves 64,000 people in Manitoba each month, 47 percent being children.

He even encouraged others to do the same and the "Grow-A-Row" program was born.

Since 1986, 3,368,492 lbs of produce were donated for the cause in Manitoba.

Produce comes from gardeners in Winnipeg and some from rural Manitoba, but Winnipeg Harvest ensures that the rural food banks get their fair share of the 'rural' donations.

Food banks coast-to-coast in Canada and the U.S. picked up on O'Donovan's idea and followed suit.

O'Donovan recalls that in the early years of the program, the root vegetables were most welcome as they often would last until March of the following year. Sadly, today, there isn't enough to last that long as there are more and more people in need.

Seniors from Winnipeg's St. James area recently collected produce from their gardens and money from friends and neighbours to donate to Winnipeg Harvest at a 'Grandparents' Day' celebration at a senior retirement home.

There are many ways for all ages to get involved:

- Start by growing an extra row or two next spring.
- Invite friends and neighbours to do the same and have a 'weigh-in' challenge at harvest.
- Turn an empty lot into a Grow-A-Row garden.
- Organize a communal harvest day with activities and a visit to the Winnipeg Harvest facility.
- Have students plant and tend a row or a whole garden and have a representative come to class and give a presentation. At harvest time, students can have a tour of the facility when they bring their produce.

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By Debbie MacInnis, owner

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## Disability Tax Recognizes the extra Challenges

By Peter Manastyrsky

In May of this year, I wrote an article entitled "Using the Disability Tax Credit" focusing on physical or mental impairment and the ability to apply for Disability Amount (Disability Tax Credit-DTC).

There are many of us in our society that have missed all or several disability credits that are available. The income tax rules offer disabled individuals some tax savings to leave a few extra dollars around to assist with additional medical incurred as a result of disability.

The most well known tax saving provision available to a disabled person is the Disability Tax Credit. This tax credit is possibly one of the most lucrative yet most frequently missed provisions on the tax return; you must be eligible in order to claim the Disability Tax Credit.

To be eligible for DTC, you must have a severe and prolonged mental or physical impairment, where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months and verified by qualified practitioner. In the event one qualifies, you can claim the same credit going back 10 tax years retroactive-

ly to the date of impairment and receive refunded taxes.

In the past, to be eligible for Disability Tax Credit, a person had to be markedly restricted in at least one activity of daily living. Now eligibility has extended to include individuals with multiple restrictions. You may be markedly restricted in the basic activities of daily living if it takes you an extremely long time to perform the activities even with therapy and the use of appropriate aids and medications. If you are blind or are unable to feed or dress yourself, control bowel and bladder functions, walk, hear, or lack the mental functions such as memory, problem-solving, goal setting and judgement, and adaptive functioning for everyday life, you may be eligible for Disability Tax Credit.

This Disability Tax Credit is transferable to a caregiver (spouse, common-law partner or other supporting person) if the disabled person does not have enough income to generate tax payable that can be reduced by this non-refundable credit amount. The caregiver will be considered on the basis of availability and quantity of support provided

in reference to necessities of life, such as food, shelter and clothing.

The Disability Tax Credit can be claimed after the taxpayer dies, if a qualified practitioner (medical doctor) certified before death that the individual had a "severe and prolonged or physical impairment" which was reasonably expected to last for at least 12 months. The application must be done within a short period of time by a family member.

Disability means being disabled or unable to work, it is a challenge to be functional if health conditions are different. Canadians with impairments should look into this tax credit; it is extremely powerful; this tax credit has its advantages.

For further information or consultation contact:

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On September 4th, Revera's Wellington Retirement Residence in Winnipeg, MB celebrated its 25th anniversary by hosting a Bake Auction in support of The Alzheimer Society of Manitoba. Residents, staff and community members donated goods such as homemade jams and meringue pies. The bake auction raised more than \$500, and a silent auction raised more than \$400. Two staff members, who have worked for The Wellington for 25 years, and a resident of 20 years were also recognized in the anniversary events.

**Ron Popiel (a Revera Executive Director) auctions off goods at Revera's Wellington Retirement Residence in support of The Alzheimer Society of Manitoba.**

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

- Shirley Hill, CFP - Executive Financial Consultant

**What about the next generation?**

High tax bracket children can also benefit from this income-splitting strategy. Receiving their inheritance indirectly through a testamentary trust can give a high tax bracket beneficiary the ability to generate a higher level of after-tax income. Separate trusts can be created under a parent's will for each child and his or her respective family. Discretion is usually given to the trustees over the distribution of income among family members. Annual income can be distributed to the high-tax bracket beneficiary for his or her own use, but the income can be taxed at lower rates within the trust. Alternatively, when income can be used to benefit a person with little or no income of their own (such as a beneficiary of school age or university age) it may be preferable to have the income reported in the hands of the beneficiary.

This will allow for the utilization of the beneficiary's basic personal tax credit, which shelters the first \$10,527 of income from federal tax\*.

The tax efficiency of a trust can be further enhanced if the trust's investments produce "eligible" dividend income earned from Canadian corporations. Where trust income is used to assist a beneficiary with no other income, such a beneficiary can receive up to \$50,530 in dividend income before having to pay federal income tax (although in a few provinces some provincial tax will be payable beginning at lower income levels).

**Who should consider the tax-planned will?**

Anyone who has accumulated wealth in the form of non-registered assets should consider this strategy. Such assets could include, but would not be limited to, real estate, stocks, bonds, mutual funds and shares in

private corporations. Also take into consideration the proceeds of any life insurance policies that will be payable on death. Very often retired business owners and farmers are good candidates, but by no means is the strategy restricted by occupational background. From a tax standpoint, the decision to utilize a testamentary trust turns as much on the income that can be generated from the trust's assets, as it does on the underlying value of the assets. If the potential beneficiary is a surviving spouse, the major limitation relates to Registered Retirement Savings Plans (RRSPs), Registered Retirement Income Funds (RRIFs) and other forms of registered accounts. With these types of accounts, significant tax deferral will be lost if, on your death, the accounts are not transferred to your spouse in their registered form. In the event you have no surviving spouse, directing registered accounts through your will to a testamentary trust can still be good tax planning.

**First steps**

In consultation with your accountant, we'll determine whether this strategy makes sense for you and estimate the potential tax savings that can be achieved. Let's talk soon to determine how a tax-planned will can assist your family. ■

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**HEALTH & WELLNESS:**



## Healthy Mouth, Healthy Body - Dental Tips for Healthy Aging

By Dr. Natalie Archer

The mouth is the gateway to the body and for this reason good dental health is essential to maintaining overall health and preventing disease. We tend to underestimate how important oral care is to many older adults for cosmetic and emotional reasons. Understandably, they want to maintain a beautiful smile and ensure that they can eat the foods that they enjoy comfortably.

Poor dental health can lead to systemic health problems and loss of quality of life. The good news is that with some fairly simple tools and tips, the health and well being of seniors can be positively impacted.

Remember, contrary to popular belief, tooth loss and oral pain are NOT an inevitable product of aging. Being pain free and having a healthy mouth is a human right! With that in mind, the following tips should be followed for proper oral care.

**The Frequency of Brushing**

Brushing teeth twice daily is especially important for older adults. A soft bristle toothbrush is the most effective tool for plaque removal. The best type of toothbrush to use is one with a small head, soft bristles, and a larger handle with rubberized grip. Replace the toothbrush every three months or after any infection. People that do not have their own natural teeth still need to have their gums and tongue gently brushed. To clean bacteria from around the gums, a "dip and brush" method should be used, dipping a small headed toothbrush in an antimicrobial rinse using chlorhexidine.

**Flossing:**

While flossing is very important, it is not realistic for individuals with dexterity problems. It is better to use inter-dental brushes, proxi-brushes, stimulents or floss on stick handles.

**Cleaning of dentures:**

Dentures, like natural teeth, need to be cleaned and bacteria free when put back into the mouth. Plaque and tartar form on dentures the

same as they form on natural teeth, so they should be cleaned at least twice daily. Never use denture tablets for soaking dentures of people with dementia. The ingestion of tablets or solution is a serious health concern.

Scrub dentures with a denture brush and denture paste. Never use abrasive cleaners, scouring powders or bleach. Rinse thoroughly and soak dentures in cool water. Hot water can warp dentures. Brush the mouth tissues and tongue with soft bristle brush prior to applying the dentures.

**Regular dental examinations**

The key to better oral care in seniors in theory is simple: decrease dental plaque through regular oral hygiene. To do this, older adults need dental visits every three months and every six months for patients without teeth. Families and dental professionals should also have frank discussions about the costs and benefits of proper ongoing dental care as there is a fair amount of confusion and misinformation on this issue. The regimen of regular checkups and cleanings, every three months, and daily oral care helps avoid health problems and the more expensive, complicated dental problems which will otherwise ensue. So, proper dental care is a good investment both from a health perspective and a financial perspective.

Integrating these strategies in a systemized oral hygiene program delivers tremendous health benefits to older adults, as well as better quality of life. Working together we can "put the mouth back into the body" and prevent oral disease. ■

.....  
**Dr. Natalie Archer** operates two dental clinics in Toronto (the Rosedale Family Dental Care Clinic and the Runnymede Dental Centre). She is passionate about the special needs of the elderly and for ten years practiced mobile Geriatric Dentistry throughout Ontario.



www.seniorscope.com

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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**

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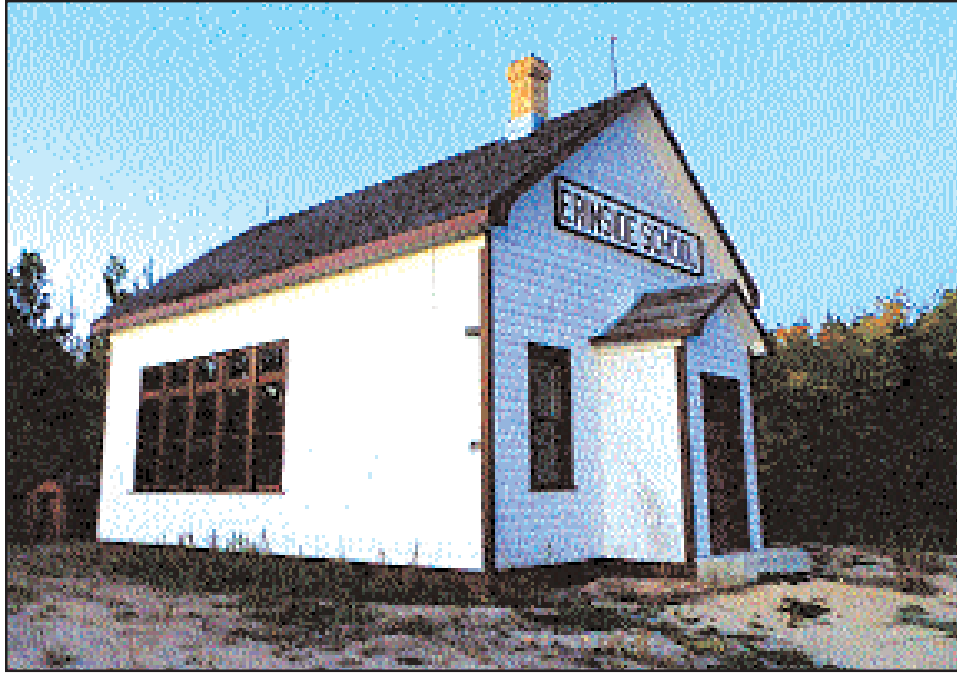
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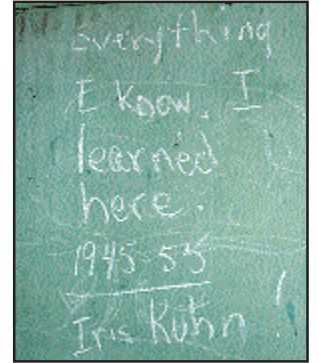
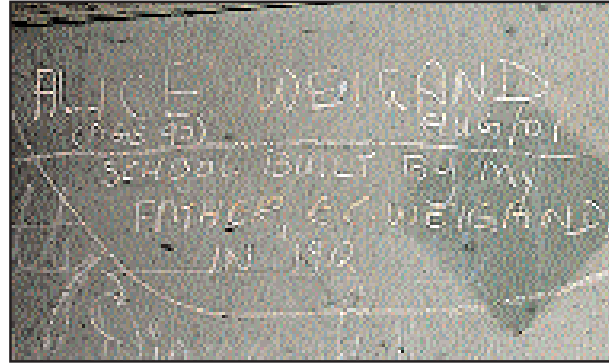
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The Erinside School in the Interlake is being saved from crumbling to the ground by local residents who have been restoring the one-room school house over the years. There isn't much recorded online but messages have been left inside on the original wall chalkboard giving clues to its history.



Messages left by visitors over the years in the Erinside School.



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## Celebrating Seniors' and Elders' month and the contributions you make throughout the year

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The **Manitoba Association of Senior Centres** is a provincial focal point to facilitate communication, networking and planning among senior centres and raise their profiles. The Association also assists in the development of senior centres and collaborates with other senior serving organizations.

*Be active; join a centre in your area.*



**Connie Newman**  
Executive Director  
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##### Stradbrook Location

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##### Archwood 55 Plus

565 Guilbault Avenue  
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Email: archwood55@gmail.com

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##### Bleak House Centre

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## MANITOBA

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# The Sisters, Ray St. Germain and Al Simmons Open Seniors Festival

By Howard Mar



Al Simmons



Above:  
Ray St. Germain  
Left: Sisters of the Holy Rock



During the first week of the Manitoba Seniors Music Festival, The Sisters of the Holy Rock open the Festival on Tuesday, October 1st at 7:30 pm. The bands from the Royal Winnipeg Rifles, HMCS Chippawa and the Royal Canadian Air Force share a concert on Wednesday, October 2nd at 7 pm. Ray St. Germain and Al Simmons entertain on Saturday, October 5th at 7 pm.

The 2013 Manitoba Seniors Music Festival celebrates music performed by seniors and friends for the pleasure and well-being of seniors and friends. Twelve concerts will be performed during Seniors Month in October by over 1,000 musicians and helpers in 33 musical acts. The venue for all concerts is the Lutheran Church of the Cross located on 560 at Arlington Street at Ellice Avenue where the acoustics are excellent, parking is plentiful and ramps provide easy access.

It is the World's only Music Festival dedicated to seniors and friends in the audience and on the stage. Some of those on the stage include Ron Paley and Frank Burke, Winnipeg Pops Orchestra, Sweet Adelines, Winnipeg Male Chorus, Murray Riddell Big Band, Blaskappelle German Club Band and Crazy Eights Dixieland Band.

Week Two. Rupertsland Brass Band, 402 Squadron Pipes and Drums and Eastside Jazz Band perform Tuesday, October 8th.

Week Three. Chamber Orchestra of St. John's College, Sweet Adelines - Assiniboia Show Chorus and The Sound of Music Sing-a-long are on Tuesday, October 15th. Branch 252 Legion Veterans Band, Winnipeg Golden Chordsmen Chorus and Westside Jazz Band perform Wednes-

day, October 16th. Valerie Pearson & Friends, Ken Peters & Friends and The Murray Riddell Big Band entertain Saturday, October 19th.

Week Four. Assiniboia Concert Band, Winnipeg Male Chorus and Dixie Beats Dixieland Band are on Monday, October 21st. Northwinds Community Band, Winnipeg Mandolin Orchestra and Crazy Eights Dixieland Band perform Wednesday, October 23rd. Winnipeg Pops Orchestra, Southglen Fiddlers and Westwood Community Band entertain on Thursday, October 24th. Blaskappelle German Club Band, Men With Saxes Quartet and Executive Big Band showcase on Saturday, October 26th.

Week Five. The Festival Concert Orchestra, Ron Paley & Frank Burke and the Festival Concert Band close the Festival on Monday, October 28th.

The Manitoba Seniors Music Festival is ideal for families - grandparents, parents and children - to share and learn about seniors and their music and to enjoy each other with musical accompaniment.

Tickets \$15 or \$10 are available from the Winnipeg Symphony Box Office, McNally Robinson, Variety Club and the Door.

A free preview concert is scheduled at Lutheran Church of the Cross on Sunday, September 29th at 2 p.m. as part of the Manitoba Culture Days.

Google Manitoba Seniors Music Festival for more details.

Contact: **Howard Mar**  
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**Celebration of Seniors**  
 Tue. 1 Oct, 7:30 pm - \$15

- Sisters of the Holy Rock

**Army, Navy & Air Force Bands Salute Seniors**  
 Wed. 2 Oct, 7 pm - \$10

- Royal Winnipeg Rifles
- HMCS Chippawa
- Royal Canadian Air Force

**Members of the Order of Manitoba Honour Seniors**  
 Sat. 5 Oct, 7 pm - \$15

- Al Simmons O.M. 2012
- Ray St. Germain O.M. 2013

**Another Opening, Another Show**  
 Tue. 8 Oct, 7 pm - \$10

- Rupertsland Brass Band
- 402 Squadron Pipes & Drums
- Eastside Jazz Band

**Music in My Heart**  
 Tue. 15 Oct, 7 pm - \$10

- Chamber Orchestra of St. John's College
- Sweet Adelines - Assiniboine Show Chorus
- The Sound of Music Sing-a-long

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*Life*  
 is a cup  
 to be filled,  
 not drained.

~ Anonymous

# Daley Moves from Polo Park to St. Vital: Bigger and Better Shop

By Scott Taylor

Winnipeggers know Joe Daley well. In fact, many of the city's older hockey fans know him as "the Holy Goalie," one of only five players to have played every season of the old World Hockey Association's existence with the same team.

Other, younger Winnipeggers, know Joe Daley as the nice man who sits behind the counter and talks hockey with some crazy oldtimers at Joe Daley's Sports Cards in Polo Park.

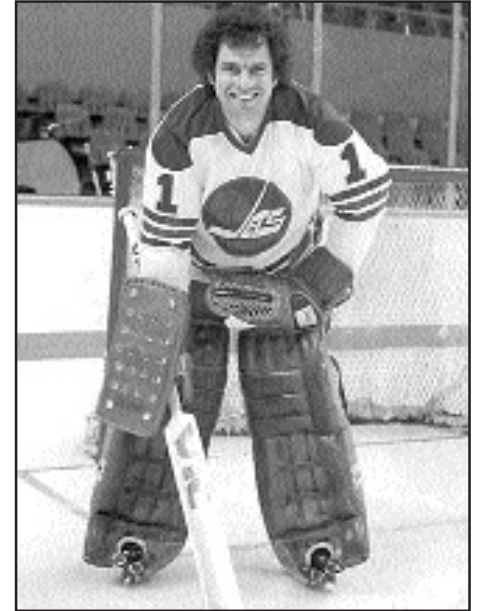
Well, for Joe Daley, the times they are a-changin'. Now in his 22nd year in business in Winnipeg, he and his talented son, Travis, have just moved Joe Daley's Sportcards from Polo Park to a larger, more spacious enclave at 513 St. Mary's Road. It's bigger, brighter and has a lot more space for Travis to move his custom framing operation in with his dad.

"This is such a great spot for us," Joe said, as he interrupted his own conversation about the 1976 Izvestia Hockey Tournament in Russia. "Our custom framing service is now a major part of the business. But for our older friends out there, we haven't changed. We just have a bigger location. And we're still always looking to purchase old sports-related items."

For those who aren't aware, Daley, now 70, came out of junior hockey in Winnipeg in 1961 and started his pro career with the EPHL's Sudbury Wolves. He played in the Eastern League with the Johnstown Jets, the Central League with the Memphis



Joe Daley today in his new shop.



Joe Daley back in the day.

Wolves, the American League with the Pittsburgh Hornets and the Western League with the San Francisco Seals before making it with the Pittsburgh Penguins in 1967. He played with Pittsburgh, Buffalo and Detroit in the NHL before signing with his hometown Winnipeg Jets in 1972.

He played every WHA season with the Jets before retiring in 1979, the year the Jets moved to the NHL. After leaving the game, he moved to B.C. for a number of years where he ran a restaurant and worked in sales. He returned to Winnipeg in 1991 and with son Travis, opened

### Joe Daley's Sports Cards.

So what's his greatest hockey memory?

"The only award my wife Darlene will allow me keep on display is what I call a \$5 piece of china," Daley

**“The only award my wife Darlene will allow me keep on display is what I call a \$5 piece of china,” Daley says, “So I guess that must be my greatest memory.”**

says, "So I guess that must be my greatest memory."

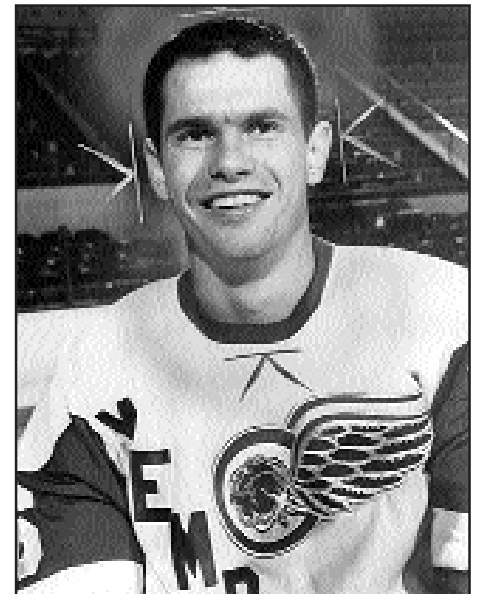
"It was a porcelain award of the little mascot for the Izvestia Tournament in Moscow. The Jets won the Avco Cup in 1976 so that fall we were the Canadian representatives at the Izvestia. We won and I was named Most Valuable Goalie, which was a pretty big deal because Vladislav Tretiak was the Russian goalie. Bobby Kromm (the Jets coach), told me to cherish it because, 'They don't give them out freely.' So that's the only trophy I ever won that my wife lets me keep on display."

Joe and Darlene had two kids, Travis and Todd, a successful sales representative, and of course they settled in Winnipeg. They both loved and appreciated the time Joe played for the Jets.

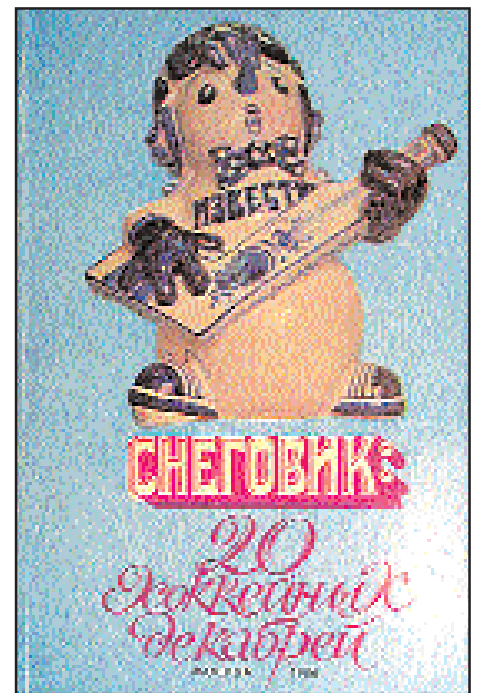
"I was proud of my entire career as a Winnipeg Jet," said Joe, who was a member of all three Avco Cup championship teams. "But nothing was better than winning three championships."

Sadly, there was never a goaltender to match Daley's career after the Jets joined the NHL. While Daley leads the club in all-time appearances with 308, the NHL leader was

*Continued on next page*



Joe Daley in the minors.



Joe Daley's most prized award.

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## Joe Daley moves, cont'd from page 10



Joe Daley was acquired by the Jets from Detroit.



Joe Daley's Jersey framed by Travis.

Bob Essensa with just 281. Nikolai Khabibulin, who won a Stanley Cup in Tampa in 2004, played only 79 Jets' game and after that, it was a hodge-podge of has-beens, never-weres and maybe-I-cans.

"I do feel bad for Fergie (former Jets GM, the late John Ferguson). Back in 1979, I knew I was done, but Fergie started in the NHL without much goaltending and it never really got a whole lot better. In the NHL, the Jets never had that great goaltender who could carry a team above and beyond its overall abilities."

Daley was in the rink the night the Jets 1.0 played their final game and he said he found it hard to watch. While a number of hockey stars and ex-Jets were there the day

Winnipeg Arena was demolished, Daley was not.

"It would have been too painful," he said. "I was getting emotional back when the players were waving their final goodbyes to the fans. That would have been just as bad."

It's not "bad" anymore. With the return of the Jets and a new revitalized fan base, Joe Daley's Sportscards has one of the best inventories of old Jets memorabilia for sale anywhere in Canada and with the custom framing element now part of the store, Travis is framing Jets jerseys - old and new - almost every day.

"This is a great location," Joe said. "I plan to be sitting here talking hockey for a while yet." ■

## Picture this!

On Netley Creek, off #9 Hwy north of Winnipeg.



A relaxing kayak trip on Netley Creek, Sept. 14, 2013...



... until a beaver dam blocks the way.

This beaver likes to collect golf balls from a nearby golf course.

Kayaking are Cheryl Einarsson (left) and Grace Schedler.



A lone water lily on Netley Creek still in its glory.

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# “THE BUZZ”

**Bob Chipman and Vaughan Baird Pass Away, Mr. Fabro Receives His Honor, Enzo Goes to Italy, The Lincoln Locomotive Runs No More, Hockey Hall Inducts its Heroes**



A remarkably nice man, **Robert M. (Bob) Chipman** passed away last week after a long, courageous battle with bone cancer. He was 87.

Mr. Chipman was the founder of Megill-Stephenson, a diversified company with business interests in the automotive, real estate, construction, sports & entertainment and financial services industries.

"He's the greatest entrepreneur this city has seen," family friend **Nick Logan**, CEO of National Leasing, told the *Winnipeg Free Press*. "He was my mentor right out of business school and that continued for the next 38 years. I don't know how much luckier you can get than that."

Mr. Chipman is survived by his daughter Susan Millican and three sons, Steve, Geoff and Mark along with their spouses and grandchildren.

●●●

My good friend and barber – and also one of the best bocce players in Manitoba – **Enzo Zaurini**, 65, and his wife Pina spent the month of August in Italy. "No," he said. "If people ask me, I didn't go to Italy. I went to Pescina." Enzo was born and raised in the town of Pescina (in the middle of the country) and said he never traveled more than 45 minutes out of town during the month he spent there. "I had a great time," he said with a smile. "I didn't do much of anything." Now that's an Italian holiday... Our good friend **T. Kent Morgan** checked in to let us know that the legendary **Sam Fabro** will be honoured as Winnipeg's Citizen of the Year on Sept. 21 at 10 a.m., not Sept. 24 at 11 a.m. as was originally scheduled. The public is welcome to join Sam on that morning and congratulate him for his service to Winnipeg, but please note the day and time change... My colleague here at *Senior Scope*, **Roger Currie**, called to ask if heard radio station CJNU at its new frequency, 93.7. I have and it sounds great... From my 63-year-old pal **Mike Fabian**, the general manager at Energy 106 radio: "The older I get, the less I care about what people think of me. Therefore, the older I get, the more I enjoy life." That just about sums it up...

●●●

A gentleman I was proud to call a friend, Vaughan Lawson Baird passed away on Aug. 17, just shy of his 86th birthday.

Vaughan was born in Winnipeg and earned a BA at the University of Manitoba in 1949, and a law degree at Dalhousie University in 1952. He loved art and the French language and did his post-graduate studies in



Bob Chipman



Roger Currie



Mike Fabian

French Civilization at the Sorbonne in Paris. In 1987, he was awarded an Honourary Doctorate from the University of Winnipeg.

A lawyer, by trade, he was a sportsman and art lover until his death. He was devoted to the sport of diving and in 1968 he established the Canadian Amateur Diving Association, now known as Diving Canada. He was Honourary President of the Association at the time of his death.

A brilliant thinker and pragmatist, at the same time that he publicly claimed diving's independence from swimming, he also helped to unite those two disciplines with water polo and synchronized swimming under the umbrella of the Aquatic Federation of Canada.

A member of the Canadian Olympic Association and board member of the Commonwealth Games Association of Canada, the Amateur Swimming Union of the Americas (ASUA) and the *Fédération Internationale de Natation* (FINA), Vaughan also judged diving at the Olympic, Commonwealth, and Pan American Games and various World competitions from 1964 to 1990.

He was also a member of two planning committees for the 1967 Pan Am Games, he founded the Manitoba Sports Federation (no Sport Manitoba) and the creation of Sports Toto, a sports lottery that eventually became the Western Canada Lottery Corporation.

Around the context of the 1967 Pan Am Games he founded the Aquatic Hall of Fame and Museum of Canada at the Pan Am Pool and curated the huge collection of art and memorabilia until his final days.

He was also an active member and executive of the Progressive Conservative Party of Canada, a three-time recipient of the Queen's Jubilee Medal, a regular chef de mission for Canada's national diving team, was inducted into the Manitoba Sports Hall of Fame in 1984 and appointed a Member of the Order of Canada in 1992.

**Vaughan Baird** was one of our greatest Manitobans, a man who left an incredible legacy. He was also

indirectly (or maybe even directly) responsible for bringing me to Manitoba from Ontario in 1976. After all, he helped create the Manitoba Sports Federation and also was responsible for the funding that created my first job out of University.

For that, I thank him.

●●●

The Manitoba Hockey Hall of Fame will induct six players, seven builders and one official at its annual induction dinner on Oct. 5, at Canad Inns Polo Park in Winnipeg. Tickets are \$120 with a charitable tax receipt. A table of 10 goes for \$1,100. Tickets and tables can be ordered from the Hall of Fame office at 43 Dickens Drive, in Winnipeg R3K 0M1. Contact President **Gary Cribbs**: email: cribbs@mts.net Phone: 204-837-4159.

**Here are the inductees:**

**Mike Ford**, a defenseman, who was a member of two World Hockey Association Avco Cup winning Winnipeg Jets teams and now operates a car dealership in Portage la Prairie will be honoured.

As will Western Manitoba's **Bill Mikkelsen**, another defenseman who played in the NHL for three teams. Both Mikkelsen and Ford played junior with the Brandon Wheat Kings and Winnipeg Jr. Jets.

**Gerry James**, who got his start at Sir John Franklin Community Club in Winnipeg's River Heights area, won a Memorial Cup with the Toronto Marlboros and played for the Toronto Maple Leafs during the same period he was a star running back for the Winnipeg Blue Bombers will be inducted this fall.

**Vaughn Karpan** from The Pas played junior in Brandon, at the University of Manitoba and then spent several seasons with Canada's National Team. In fact, he played in both the 1984 and 1988 Winter Olympic Games.

**Bill Watson** from Pine Falls won the 1985 Hobey Baker Memorial Award as the top collegiate player in the USA while playing for the University of Minnesota-Duluth

Bulldogs. He later played in the NHL with the Chicago Blackhawks.

**Ed Hoekstra**, will be inducted posthumously. Born in Winnipeg, he was a top scorer for the Weston midgets before moving East to play in St. Catherines. His played professionally from 1958-59 through 1973-74 and included time in the NHL with the Philadelphia Flyers and in the WHA with the Houston Aeros.

Two builders, **Wayne Chernecki** and **Wayne Fleming**, also will be inducted posthumously at the induction dinner on Oct. 5. Chernecki, 63, died in Winnipeg on Feb. 11 and Fleming, 62, in Calgary on March 25. A product of Winnipeg's North End, Chernecki was an outstanding player from his playground days through junior hockey in Winnipeg. After a brief pro career, he turned to coaching where he had success at the bantam, midget and junior levels. Born in Snow Lake, Fleming's coaching resume included stints at the U of M, Europe, the NHL and as an associate coach with Canada's gold medal winning team at the 2002 Olympics.

Former Manitoba Amateur Hockey Association and Winnipeg Minor Hockey president **Don MacKenzie**; **Tom Miller**, president of the St. James Canucks of the Manitoba Major Junior Hockey League for 35 years; **Bruce Southern** from Winnipeg's Riverview area, who coached junior in the three Prairie provinces and scouted for four NHL teams; and **Al Tresoor**, whose 29 years behind the bench began in Elmwood and included provincial championships at the juvenile and junior level, also will be recognized as builders.

Official **Ian Heather**, who has been a leader in the development of officials for Hockey Manitoba and Hockey Canada, also will enter the Hall in the builder category. **Bob Thompson** from Oak Lake, who began his officiating career of more than 25 years in Brandon in 1970 and attained a Level 6 credential that allowed him to work as high as international hockey, will be inducted as an official.

In the team category, the Ile des Chenes North Stars, winners of the Allan Cup emblematic of the Canadian senior hockey championship in 2003, will become the latest team to take its rightful place on the Manitoba Hockey Hall of Fame Wall of Champions in the MTS Centre while the 1951 Winnipeg Monarchs and the 1972-73 St. Malo Warriors will also have their names added to the Hall of Fame team honour list. The Monarchs will be honoured for winning the Abbott Cup emblematic of the Western Canada junior championship while the Warriors

*Continued on next page*

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**“THE BUZZ”** *cont'd from page 12*



Leo Lewis at Lincoln College.



Gerry James in 1958

had an undefeated season in winning the intermediate Hanover Tache Hockey League championship.



Last Sunday, Winnipeg Blue Bombers fans offered a moment of silence in honour of the passing of the Lincoln Locomotive. One of the greatest Bombers of all time, **Leo Lewis**, passed away earlier this month at the age of 80.

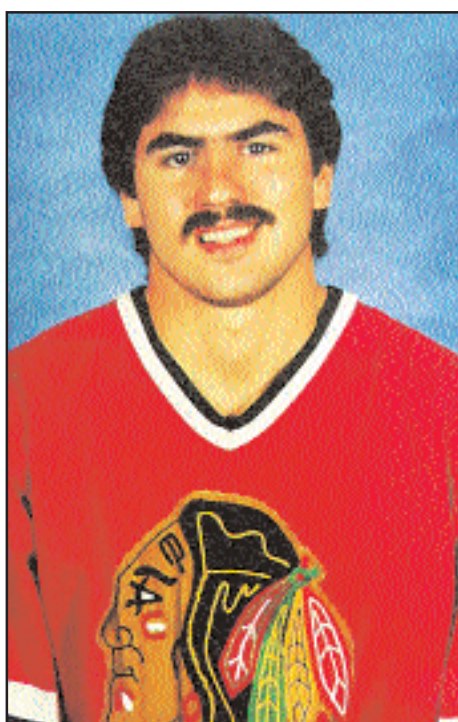
When we wrote the book *Quiet Hero: The Ken Ploen Story*, my co-author **Roy Rosmus** wanted to make sure people remembered Leo Lewis in the 1962 Grey Cup.

“Nicknamed The Fog Bowl, it was played in a dense fog that enveloped the field prompting the CFL Commissioner to postpone the completion of game until the next day,” Roy said. “It was the first and only

**“Nicknamed The Fog Bowl, it was played in a dense fog that enveloped the field prompting the CFL Commissioner to postpone the completion of game until the next day. It was the first and only time the Grey Cup was played over a two day span.”** ~ Roy Rosmus

time the Grey Cup was played over a two day span.

“In that game the Bombers had a heavy casualty list, but thanks to a few well timed plays by Lewis, they ‘out gutted’ the Hamilton Tiger-Cats to win the game 28-27. During the game Lewis scored two touchdowns, one on a goal-line sweep and another on a scintillating 29-yard romp.



Bill Watson

He caught seven passes for 77 yards and carried the ball 10 times for 41 yards. But he also threw a pass for the game-winning touchdown and that was special. Taking a pitchout he rolled left and every Ticat on the field came at him, fearing his ability to get outside. It was at that moment that he calmly threw the TD pass to Charlie Sheppard.

“In the end, Lewis accounted for 21 of 28 points and was named the most valuable player of the ‘62 Grey Cup.”

Leo Lewis won four Grey Cups – 1958, 1959, 1961 and 1962 – and was one of the greatest players in Blue Bombers history. Too bad more people don’t remember him. ■

**Currie’s Corner**



By Roger Currie

**Risky Business**

Driving across the prairies just before Labour Day weekend, I was reminded once more what a gamble it is working the land in Canada’s breadbasket.

Farmers were working after sun-down to complete the harvest which is considerably behind this year. Spring was very late, reducing that ‘window of opportunity’ to produce a crop before the frost damages nature’s bounty. The radio told us that only five per cent of the harvest was in the bin, when the normal on this date was more like twelve per cent.

Eighty years ago, my Scottish grandpa, the Balgonie banker was ruined along with many of his farmer clients when a killing frost blackened the fields just after the middle of August. Back then there were none of the modern safety nets like crop insurance.

September weather has been fabulous in recent years, and hopefully 2013 will continue that way. The prices our farmers are getting are strong, thanks to bad news else-

where in the world. Prices for milling wheat in Europe are rising because of concern over drought in the United States. World supplies are expected to shrink because of it. Farmers on the Canadian prairies and elsewhere benefit, because of disappointing crops in the central plains of America.

That has always struck me as the ultimate mixed blessing if I ever heard one. I try to keep that in mind when reading the weather forecast. Predictions of a “Sunny and hot week” are “wonderful news” if you’re planning to waterski and work on your tan. It’s terrible news if you’re looking at next year’s income which is a field of grain that’s burning up because of a lack of moisture.

150 years ago we were told that trying to grow cereal grain in this part of North America would always be risky. As you drive by those combines, keep a good thought for the folks who take that risk year after year.

*I’m Roger Currie*

**Go West**

Some thoughts today about Steven Fletcher, the Conservative Member of Parliament for the Winnipeg riding of Charleswood-St.James-Assiniboia.

He is 41 years old, and some might have thought that his life all but ended at age 23 when he collided with a moose in northern Ontario, and he was left a quadriplegic. The word that best describes and defines Steven is determination. After his accident in 1996, doctors told him he should accept the fact that the rest of his life would be spent in an institution.

Years later he said “I guess they weren’t thinking it would be the House of Commons”. Fletcher has been there since winning his first election in 2004, and he served in Stephen Harper’s cabinet for two years. And one more thing, he’s a fully qualified geological engineer.

Recently, he wrote an Op Ed piece in the Winnipeg Free Press in which he argued that Manitoba should be sending a lot of its surplus hydro power west to the tar sands region of northern Alberta, rather than selling it at a loss to the Americans. That way the bitumen that Alberta wants to ship south in the proposed XL Pipeline would have substantially less of a carbon footprint. Why? Because they wouldn’t have to burn so much coal to produce the elec-

tricity that’s needed to pull the resource out of the ground and get it ready for shipment.

Interesting timing. Barack Obama, who will soon have to say YES or NO to the pipeline, said a few days ago that the massive project stands a better chance of getting a ‘green light’ if it had a smaller carbon footprint.

Steven Fletcher’s proposal has many huge hurdles to clear before it would ever see the light of day, but I’m betting that people like Greg Selinger, Brad Wall and Alison Redford are paying attention. People have been underestimating Steven Fletcher for years, and he just keeps surprising us with that determination.

*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](http://www.cjnu.ca/c-corner.shtml)

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VACATION & TRAVEL:

# Landing in LAOS

- PART THREE

© Story by Rick Goodman.  
Photos by Beatrice Daigneault.

**Editor's Note:** In the last issue, Rick and Bea sampled some local cuisine and experienced some of the transportation.



Rick Goodman samples a cricket.



Dragon Boat races.



Meals are generally served and eaten seated in the floor.



Fruit market.

In Vientiane we sat under what I think was a papaya tree and watched a guy shoot little birds out of the neighbour's tree with a home-made shotgun. This was in the suburbs so gunfire at 10:00 A.M. is perfectly fine. A species of red ant lives in these trees and folds the leaves to make nests where they lay eggs. If you're careful you can raid the nests and scramble the ant eggs with hen eggs to make a dish called egg on egg. Unfortunately we didn't get around to it. It was in Vientiane that I found out that I prefer sauteed crickets over sauteed grubs. Crunchy, with a little spurt of juice and not too bad at all. Grubs were a little too mealy for my taste.

In Phonsavan we watched people netting barn swallows. Our guide explained that the birds are plucked and then salted and allowed to ferment. Then they are either grilled or fried. Back in Vientiane I was describing the process to Chai. The lady pouring our beer said she was from Phonsavan and yes, they are known as nok aen dawng, and they are delicious. The heads crunch just right. I would have never guessed.

Later we would have dinner with the Laotian ambassador to France who happens to be an old school chum of Chai's sister Van. Very gracious and hospitable people. His wife went out back and killed a duck for us. Very tasty. Chai's wife Sunny beat everyone to the feet, as usual, and looked pretty darn satisfied with herself.

It was here that I learned how to buy chicken Asian style. In North America you judge poultry by moist soft skin and a fresh appearance. If you poke it with your finger and the indentation springs back it's a fresh bird. If it's a really fresh bird, where we were, if you poked it with your finger it would peck you back. That my friend is fresh. It's better to let the vendor do the bird wrangling. Have him take your intended dinner out of the cage and restrain him upside down. Now here comes the

important part. Have the vendor blow on the chicken's butt. Really... I could never make something like this up. What you're looking for is a dry appearance, if there is any soginess the bird is not healthy. How long you have to make this evaluation depends on if the guy is a smoker or not so be ready and get your nose in there. If I'm ever captured by cannibals and they pull me out of the cage and tip me upside down...

I also learned that a boiled egg in Laos means a fertilized duck egg. There's a number system so you can order your egg anywhere from slightly developed right on down to feathers, beak and feet in a shell. Your choice.

Old Chai was my culinary guide. Right off the bat he laid down the ground rules. "Just eat," he said, "Don't ask. If it's not for you I won't let you eat it." Occasionally he would intervene but not too often. Under his tutorage I ate what we in Canada might regard as some mighty strange items.

At the Friendship Bridge in Vientiane we had a dish of what he thought might be hog fallopian tubes. Young Chai thought they might be duodenums. I'm personally of the opinion that if you pointed a hog north we ate the very southern end of it. The chewy round part right

under the tail. But I'm no expert. It didn't matter, they went well with beer whatever they were.

In Luang Prabang we sat in the shade along the Mekong River watching dragon boat races and eating what I thought was a snake and some kind of spicy soup. Young Chai told his daughter that it was a bush chicken because he was afraid she might not enjoy her meal if she knew it was a reptile. Bush chickens do not have two foot long necks with ribs attached. It turns out that lizards do though. Lizard, snake, who cares. The thing to remember is that reptiles have sharp bones.

Now here comes the best part. All the time I was patting myself on the back for being daring enough to nibble on a reptile I was hogging more than my fair share of the placenta soup. Under the "Just Eat, Don't Ask" rule it was really very good. Now if we had been making polite table conversation, something like, "Oh good, look everybody the PLACENTA soup has arrived. How's the baby doing anyway?" I probably wouldn't have enjoyed it as much.

Like I mentioned before though you don't have to eat stuff like that if you choose not to. But it is good to sometimes step up and challenge yourself every now and then. Really, food is food. Icelanders enjoy Hakarl which is rotted shark meat. There are cheeses out there that can make a laundry hamper of rancid socks smell like a rose garden. All North American bulk processed sausage reads, "May contain meat and/or meat by-products." When it comes right down to it an escargot is a slug with a shell on it. The English have a dish called spotted dick. If that's not an off-putting name I don't know what is. Being from the sticks I thought it was a medical condition. Turns out it's a desert.

Different regions enjoy different foods. We eat smoked muskrats up

Continued on page 16

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# Things to do in Winnipeg

## EVENTS

**The Winnipeg Model Railroad Club with Vector Garden Trains** - The Manitoba Mega Train Show and Sale, Oct. 19 & 20, 9 am-5 pm, at the Canlan Sports Centre, 1871 Ellice Ave. 17,000 square feet of model train layouts, commercial vendors and private sellers. Come ride the 7 1/2" gauge MegaTrain! Free parking, handicap accessible, HUGE Lego display. Family pass: \$15/day, General Adm.: \$5, Ages 3-12: \$3, 2 & under: FREE. Admission includes unlimited MegaTrain rides. Call Maurice Dorge: **204-837-4776**, [maurice@vectorgardentrains.ca](mailto:maurice@vectorgardentrains.ca) or [www.vectorgardentrains.ca/Mega-Train.page](http://www.vectorgardentrains.ca/Mega-Train.page)

**Good Neighbours Active Living Centre** - Home Maintenance Program in Winnipeg for Older Adults 55+ looking for a various types of help within their home. Call: **204-806-1303** or email: [hmprogram@gnalc.ca](mailto:hmprogram@gnalc.ca)

**E.K. Ladies Curling Club at Rossmere** - Curlers Wanted for a very sociable and welcoming curling group, Wed. mornings, 9:30. Call: Joyce at **204-663-7762** or Pat at **204-444-3280**.

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

**Manitoba Liquor & Lotteries Trivia Challenge!** - Join the Alzheimer Society, Oct. 24 at McPhillips Station Casino as teams of 10 compete in 10 fast-paced rounds of trivia for the title of grand champion! Fundraisers like Trivia Challenge help support the Alzheimer Society of Manitoba's programs and services and the continuous search for a cure. Register today at [alzheimer.mb.ca](http://alzheimer.mb.ca) or call **204-943-6622**.

**Local Colour Art Group Show and Sale** - Nov. 1-3, 2013, Elmwood East Kildonan Active Living Centre, 180 Poplar Ave. Free Adm. Door Prize. "Food for Thought" Show Theme, multiple artists, art demos Sat. and Sun. Fundraiser: Art Raffle and Food Drive (Bring a Tin for the Bin). Charity of Choice: Winnipeg Harvest. [www.localcolourart.ca](http://www.localcolourart.ca) Fri. Nov. 1, 7-9 pm; Sat. Nov. 2, 10 am-5 pm; Sun. Nov. 3, Noon-4pm.

**2013 Culture Days Activities at the Forum Art Centre** - Ask An Artist & Art Centre Tour, Fri., Sept. 27, 12:30-3:30 pm; First ever 4th Fridays Family Fun Night, Sept. 27, 6-9 pm, free by donation at 120 Eugenie Street in St. Boniface; Alzheimer Society Manitoba Coffee Break, Fri. Sept. 27, 12:30-3 pm or 6-9 pm; Photoshop Basics with An Artist and Filmmaker, Sun., Sept. 29, 12:30-3:30 pm. Call **204-235-1069**, [www.forumartcentre.com](http://www.forumartcentre.com).

**The Fort Garry Historical Society** - General Meeting, Sat., Oct. 5, 2 pm, Pembina Trail Library, 2724 Pembina Hwy. Presentation: "Who is Lord Elphinstone?" (a west Manitoba community resident). Refreshments following presentation.

**Manitoba Coin Club Annual Show** - Sat/Sun Nov 2 & 3, 10 am-5 pm, at the Marlborough Hotel. Coins, Stamps, Bank Notes, Tokens, Gold, Silver & Platinum Bullion. Many dealers, Fun for all - Adm. \$2. Call Barre W. Hall: **204-296-6498**

**Manitoba Coin Club** - Meets throughout the year, 4th Wed. ea. Month 7:30-9 pm, Sept-Nov, (Christmas get-together mid-Dec.) and Jan. through Jun, at Fort Rouge Community Center, Osborne & Kylemore. Focus on Canadian and Foreign Coins, banknotes and tokens. All welcome, dues \$10 annually, No charge to attend a meeting or 2. Call Barre W. Hall: **204-296-6498**

**Red River Coin & Stamp Shows** - Shows monthly Sept. through June. Free adm. Charterhouse Hotel, second Sun. of the month, 10 am-4 pm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Zook: **204-482-6366**

**The Manitoba Chapter of Osteoporosis Canada** - Fight Fractures with Flapjacks, a fundraising Pancake Breakfast, Sat. Nov. 2, 8-10 am, Applebee's, Grant Park Shopping Mall. Tickets \$10 avail. at Chapter office: **204-772-3498** / [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca)

**LEAF Manitoba** - 23rd annual Persons Day Breakfast, Fri. Oct. 18, 7:15-9:00 am, Winnipeg Convention Centre. Topic: Judging Equality. Tickets \$25 avail. at McNally Robinson Booksellers, Manitoba Status of Women **204-945-6281**, LEAF (Women's Legal Education and Action Fund) Manitoba **204-453-1379**, or [leafmb@mymts.net](mailto:leafmb@mymts.net). Proceeds support the advancement of all women's equality. \*

*Persons Case background info: In 1929, after two years of legal debate, Canada's highest court of appeal declared that the word "person" included both women and men. The decision was made by the Judicial Committee of the Privy Council of Great Britain and made it possible for women to serve in the Senate. It also paved the way for women's increased participation in public and political life. The case had been brought before the courts in 1927 by five Alberta women who became known as the "Famous Five." The case became known as the Persons Case.*

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**St. Basil's Fall Supper** - Sat. Oct. 5. Two sittings 4 & 6 pm, St. Basil's Parish 202 Harcourt St. Adults \$15, 12 & under \$7. For tickets call John Bazarkevich: **204-889-3768**, Larry Fedorchuk: **204-832-0175** or the Parish Office: **204-837-4180**

**St. James Anglican annual Fall Supper** - Sat. Oct. 19, two sittings, 5 pm and 6:30 pm at the parish hall at 195 Collegiate St. Adults \$12.50, ages 6-12, \$8 or \$37 for family (living at the same address). Call church office for tickets: **204-888-3489**. [www.stjamesanglicanchurch.ca](http://www.stjamesanglicanchurch.ca)

**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**.

**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.

**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.freeservers.com](http://www.mbnewhorizonsband.freeservers.com) for more info

**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 Frezenberg.)

**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** - is looking for new members 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/>

**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).

**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.

**A & O: Support Services for Older Adults** - West End at the Clifton Community Centre, 1315 Strathcona St: Wednesdays Line Dancing 1-2 pm, starts Sept. 11; Ballroom Dancing 1-2 pm, starts Oct. 2, Thursdays Clogging Intermediate 1:30-3 pm, Beginners 3-4 pm starts Sept 19; Fridays Belly Dancing 10-11 am, starts Sept 20. Call **204-975-5167** to register. Osborne Village at 400 Stradbroad Ave: Mondays Pilates 1:30-2:30 pm starts Sept 16; Tuesdays Tai Chi 10:30-11:30 am starts Sept 17; Wednesdays Qi Gong 1:30-2:30 pm starts Sept 18; Thursdays Yoga 11:15 am-12:15 pm starts Sept 19; Dancercise 1:30-2:20 pm starts Oct 10. Call **204-956-6490** to register. Visit [www.ageopportunities.mb.ca](http://www.ageopportunities.mb.ca) for full listings. Late registrants will be pro-rated.

**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**

# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Komarno Fall Supper** - Dinner and Dance, Sat. Sept. 28, Cocktails: 5:30 pm, Dinner 6 pm. Live band - Ambrose Bros. Tickets \$20.00/person. Call **204-886-2994**. Proceeds to Komarno Community Hall Renovations

**Material Girls Quilters and Stitchers of East St. Paul** - Quilt Show, Oct. 5 & 6, 10 am-4 pm. We are the quilting group at the East St. Paul 55+ Activity Centre at 262 Hoddinott Road (behind the curling club). Also an antique button display and a harpist to entertain. Adm.: \$2.

**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. Call Lorna at **204-353-4538** or Doris at **204-353-4532** for reservations or more info.

**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)

**Teulon & District Seniors Resource Council Inc.** - (Teulon, Gunton, Komarno, Erinville, Malonton, Inwood, Narcisse, Chatfield & surrounding areas). Driver program, CancerCare driver program, Victoria

Lifeline, handi-helper, housekeeping/laundry, friendly visiting, check, medical equipment loans, E.R.I.K., volunteer income tax program, yardwork, monthly bbq's during summer months. Call **204-886-2570**

**Ritchot Senior Services** (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **204-883-2880**

**The Services to Seniors programs in North Eastman** - Services: transportation, friendly visiting, phone calls, foot care, house-keeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, etc. Brokenhead Outreach for Seniors **204-268-7300**, East Beaches Resource Centre **204-756-6471**, Springfield Services to Seniors **204-853-7582**, Two Rivers Senior

Resource Council, Lac du Bonnet/Pinawa **204-345-1227** or Whitemouth/Reynolds **204-348-4610** and Winnipeg River Resource Council **204-367-9128**

**South Interlake Seniors Resource Council Inc.** - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood - wards 1,2,3,4). Services include Driver/Escort Program, Mobility aid Lending Service, Handy Helper, Housecleaning, Friendly Visiting, Telecheck-Telephone buddy, E.R.I.K., Life Line. Caregiver Support Grp. meets last Wed. ea month. Call **204-467-2719**



Visit [alzheimer.mb.ca](http://alzheimer.mb.ca)  
or 1-800-378-6699  
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Email ready-to-print PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca).

No faxes please.

# Things to do in Winnipeg, cont'd

**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)

**Vital Seniors** - St. Mary Magdalene Church, 3 - St. Vital Road. Bridge, Thursdays, Margaret 204-256-3832; Carpet Bowling (looking for volunteer coordinator), Tuesdays, Pam 204-253-9848; Line Dancing Mondays, Beginners, Prairie Stars, Fridays, Beginners Plus, Warren 204-334-3559; Luncheons \$10, last Tuesday of month, June 204-256-0414, Scrabble, Mondays, Don 204-487-7835, Urban Polling, spring startup, Bernice, 204-253-9244, Afternoon movie, 1st Tues, Cecile 204-253-4599, Explore restaurants, last Fri. of mo., Fran 204-269-8584.

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

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

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

**Mensheds Manitoba Inc.** - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1 pm-4 pm. Call Doug: 832-0629 or 804-5165

**Archwood 55Plus Centre** (565 Guilbault St.) - Offers programs: Nordic Pole Walking, Yoga Fit, Zumba Gold, Water Exercise, Bowling, Belly Dance, Lite "N" Lively Workout, Line Dancing, Painting & Drawing. Birthday Party: Mar. 22. Call: 204-416-1067 or email: [archwood55@gmail.com](mailto:archwood55@gmail.com)

**A&O: 400 Stradbrook** - Pilates, Tai Chi Tuesdays, Qi Gong, Yoga, Zumba Gold, Table Tennis Tuesdays & Thursdays (FREE), Scrabble Club (FREE). Presentations: Jaw Pain, Mon. Aug. 26.10:30 am. One week notice required. Call 204-956-6490 for times, cost, length of classes and to register for classes.

**A&O: West End** - (Clifton CC 1315 Strathcona St) Clogging Thursdays (FREE for Summer), Line Dancing Wednesdays, Social Dance Mondays (FREE), Card players - open Thursdays, Call to set up. Summer Strollers Tuesdays, Table Tennis (FREE) Mon-Fri, Woodcarving Fridays (FREE), Social Gathering Wednesdays (FREE). Call 204-975-5167 for times, cost, length of classes and to register for classes.

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

**Prendergast 55 Plus Seniors Club** - Programs: Cribbage; Whist; Exercise programs; Soup & Sandwich luncheon every 4th Wed. Club membership \$11/year. Call 257-9586 or Joe / Mary 254-8390.

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

**Le Conseil des francophones 55+** - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. 793-1054, 400-107 Des Meurons St. St-Boniface, Wpg., [conseil55@afm.mb.ca](mailto:conseil55@afm.mb.ca)

## VOLUNTEERING

**Vista Park Lodge Personal Care Home in St. Vital** - Volunteers needed for the following positions: Cribbage players and one to one visiting companions - various days and times; Assistance with our Breakfast Programs twice monthly-usually on a Tuesday morning from 7:30 am-9 pm; Require a volunteer to do filing and typing occasionally; Program assistant Mondays-1:30-3:30 pm and 6 pm-8 pm. Call Janet Paseshnik: 204-257-6688

**Bethania Personal Care Home and Pembina** - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. For info, call: 204-654-5035 or email [dianne.nixdorf@bethania.ca](mailto:dianne.nixdorf@bethania.ca)

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

**The Urban Knights (1983)** - recruiting "Winnipeg Pathways Patrol" volunteers for summer - May-Sept. Should have some First Aid Training. 1-2 shifts/mo. Bike, walk, run or roller blade and help your community. Seniors welcome. Must have cell phone. Email: [urban\\_knights@live.ca](mailto:urban_knights@live.ca) or call: 786-5000 Ext. 1380.

**Rupert's Land Caregiver Services** - Ring-A-Ride program needs drivers to take clients residing in Southwest Winnipeg to appointments, shopping and social outings. Compensation for gas and parking provided. No minimum time commitment required. Call 204-452-9491 or email [rlcs\\_vol@mts.net](mailto:rlcs_vol@mts.net)

Email ready-to-print PSAs to:  
[kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)  
No faxes please.

## Travel to Laos, cont'd from page 14



Fast food in Laos

here in season. Nothing says "spring" like a couple of rats, heads attached, smiling away as they come out of the oven done to a turn. Behind the smile though there seems to be a look in their eyes that seems to say, "Why me? Why me? Or maybe that's just my sensitive side coming out. Once you get past the look they are tasty. Mighty tasty.

After a few days in Vientiane, Chai loaded up his family along with Bea and me and we hit the road 700 km to Pakse. Old Chai and I sat in the open truck bed watching the countryside roll by and hollering at each other over the howl of the slipstream.

The road wiggled and turned. There was the usual traffic, pedestrians, water buffalo and cows. And lots and lots of little bridges. The land drains into the Mekong and we were traveling parallel to the great river. All the bridges are built pretty much the same. They angle up sharply above the roadbed, run flat

over the stream and then drop sharply back down to road level.

At speed, this makes for a turbulent ride. Up, momentarily level, then down. "Look Mom, I'm floating!"

Then maybe a curve with a couple of cows in the middle of the road. Brakes on, horn, accelerate into the next curve and float over another bridge. You get used to it.

"Lots of cows," I'd shout.

"Yes," he'd say, "Maybe hit one."

"Really?"

"Maybe not, no room."

I think he was kidding but it was food for thought.

Along the way he taught me about rubber trees, fishing, charcoal making and rice farming. He talked about what it was like to grow up in a small village. He reminisced about the good old days running opium out of the golden triangle. He also talked about the bad old days when so many people had to leave the country.



Cuttlefish vendor

He recited the recipe for home-made viagra. (Find a red centipede, the bigger the better and using sticks be careful not to break it while you drown it in rice wine. Drink the rice wine. Satisfaction guaranteed. Black centipedes won't work. Or maybe it was the other way around?)

This is important folk medicine in a country where it is common for men to have younger wives. There's even a song that suggests that it is alright to use a little pharmaceutical help because, "if you're sleeping when you should be taking care of business, someone might steal your water buffalo.." That's probably how the cows get run over. Everybody's too busy running around looking for centipedes to worry about what the cows are up to in daylight. Trying to keep the darn water buffalo home after dark is a full time job right there. It's not an easy life out there in the country.

By 11:00 A.M. It was getting hot in the back of that truck.

Too early for beer?" I hollered.

"No," he hollered back.

And that's how we came to the town of Thaket later that afternoon. Young Chai driving up front with all the women. Old Chai and I bouncing around the back of that little truck toasting each other, sunburnt and windblown amongst the empty bottles and spilled beer. Singing dirty Laotian drinking songs at the top of our lungs. It sounded like a couple of cats getting run thru a fan. Probably scared the water buffalo.

.....  
**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).

To be continued...



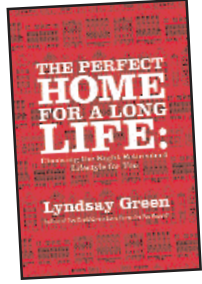
# The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

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

**Green, Lyndsay.**

**The Perfect Home for a Long Life: Choosing the Right Retirement Lifestyle for You.**

Toronto, ON: Thomas Allen Publishers, 2013



The Perfect Home for a Long Life looks at downsizing, modifying your home, and retirement communities, as well as innovative solutions such as cohousing, shared housing, and supportive housing.

A number of other creative options are also discussed. The focus is on practical housing solutions and replicable ideas with insights into the benefits and challenges of each option.

*"I wrote this book to provide concrete examples of the myriad ways that aging boomers and seniors are finding their communities and organizing their living arrangements to support lives of quality and fulfillment. You'll read about strategies to fit all budgets and level of care needs. The choices are illuminated through interviews with people who are living the experience."*

Lyndsay Green is a pioneering sociologist and researcher who spent her career helping people use communications technologies for learning. Motivated by her aging parents and family, she has now turned her research skills and knowledge of new technologies to find out what the baby boom generation should be doing to ensure they have a successful old age. ■

**Welford, Mary.**

**The power of self-compassion: Using compassion-focused therapy to end self-criticism and build self-confidence.**

Oakland, CA. New Harbinger Publications, 2013.



Based on techniques drawn from the groundbreaking compassion-focused therapy (CFT) the book is divided in three parts. The first part focuses on self-confidence in our life experiences. The second part involves doing exercises that help build self-confidence and the third part is about reflecting on what aspects of the book you have found helpful. The author provides a bibliography of other resources and websites for further exploration.

*"... If we learn to value and respect ourselves, if we treat ourselves and others with kindness even when things are going wrong, we are much more likely to be able to cope with setbacks and be happier. It's easy to become critical, harsh, and rejecting when things go wrong, but the real measure of ourselves is whether we can be supportive and encouraging when life is tough."*

Mary Welford, is a consultant clinical psychologist who lives and works in Cornwall. She is a founding member of the Compassionate Mind Foundation, and she helped to develop compassion-focused therapy (CFT) alongside Paul Gilbert. ■

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>

# Taking broken bones seriously

Courtesy of Manitoba Chapter of Osteoporosis Canada

Imagine being afraid of breaking a bone when you lift your grandchild or move your couch when vacuuming.

Many Manitobans are unaware about the seriousness of a broken bone. It is not normal when a broken bone is caused by something as simple as a slip or fall from standing height, or making a bed or even a cough or a sneeze. This type of broken bone is called a fragility fracture and can be a warning sign of osteoporosis.

Osteoporosis weakens bones, causing them to break more easily than normal. Broken bones from osteoporosis usually occur in the wrist, spine, hip and shoulder, and are more serious than most people think.

These injuries are more common than heart attack, stroke and breast cancer combined. At least one in three women and one in five men will suffer a fracture from osteoporosis in their lifetime.

Fractures can have a devastating effect, and can lead to hospitalization, institutionalization, depression, difficulty with activities of daily living, fear of falling, fear of another broken

bone, isolation and loss of mobility and independence. Fractures can even lead to death; with 28% of women and 37% of men who have had a hip fracture dying of complications within the following year.

The challenge is that the vast majority of men and women experiencing a fragility fracture are neither screened nor treated for their underlying osteoporosis, leaving them at risk of more broken bones.

Cherylle Unryn, Chair of the Manitoba Chapter of Osteoporosis Canada, know this only too well. She had several broken bones over the years, but one day she bent over to pick something up and heard a crack and felt a sharp pain. The pain was so excruciating she could not sit or lie down. A trip to the emergency department left her with a diagnosis of a "pulled muscle". However, when she went to her own physician, an x-ray revealed that she had two broken ribs and previous breaks in her spine.

Unryn was diagnosed with osteoporosis but given little information about the disease. She searched for

information online and discovered the Manitoba Chapter of Osteoporosis Canada. She has since become very involved in the chapter.

"I am learning to live well with this chronic disease through the knowledge and support that I have receive from Osteoporosis Canada and the Manitoba Chapter," she said.

To help increase awareness about osteoporosis, the Manitoba Chapter of Osteoporosis Canada is dedicating the week of September 23 as "Breaking News on Broken Bones" (BNBB) Awareness Week.

The Manitoba chapter is holding several events during this week to spread the word in the community including a public forum, **Breaking News on Broken Bones** on Tuesday, Sept. 24 from 7 to 9 p.m. at the Rady JCC Theatre, 123 Doncaster Street, Winnipeg. Dr. Heather Frame, Family Physician and member of Osteoporosis Canada's national Board of Directors will speak.

The event is free, but registration is required. Call **204-772-3498** or email [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca)

## FRUITY DESSERT CRUNCH

Serves 4

- 2 oz (60 g) quick-cooking rolled oats
- 1/4 cup (125 ml) milk, warmed
- 6 oz (175 ml) plain yogurt
- 4 tbsp (60) ml maple syrup
- 1 red apple, washed, with peel
- 1 pear, washed, with peel
- 2-1/4 cups (625 ml) mixed berries
- 2 oz (60 ml) chopped almonds or other nuts
- 4 strawberries to garnish

1. Soak oats in warm milk for 15 minutes, then blend in yogurt and maple syrup.
2. Grate apple and pear and add to mixture.
3. Chop berries (if necessary) and add to mixture.
4. Add almonds or nuts.
5. Pour cream into glass serving dishes. Garnish with strawberries and mint leaves. Keeps 24 hours in refrigerator.

Nutritional value per serving: calories 321, protein 9.3 g, carbohydrates 51.7 g, fat 10.6 g, calcium 177 mg

From *The Everyday Calcium Cookbook* by Helen Bishop MacDonald ©2004.

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## 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.**

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**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.

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**Peak Market** Recipe OF THE DAY

Larry McIntosh

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

**Beef Stuffed Zucchini**

Metric	Ingredient	Imperial
1 kg	zucchini	2 lb
150 ml	beef broth	2/3 cup
2	cloves garlic, minced	2
5 ml	dried basil	1 tsp
250 ml	extra-lean ground beef	1/2 lb
10 ml	cornstarch	2 tsp
1	medium tomato, coarsely chopped	1
75 ml	mozzarella cheese, grated	1/3 cup

Halve zucchini lengthwise. In a large skillet; bring 1/3 cup (75 ml) broth, garlic and basil to a boil over medium-high heat. Add zucchini halves, skin side up. Cook for 5 minutes. Remove zucchini; cool. Use a spoon to scoop out flesh leaving a shell. Chop flesh. In a small bowl; combine remaining broth with cornstarch. Brown and crumble beef in skillet. Add chopped zucchini and cornstarch mixture. Cook until thickened. Add tomato to beef mixture. Place zucchini halves on foil-lined baking sheet. Fill with zucchini mixture and sprinkle with mozzarella. Broil until the cheese is melted about 2 to 3 minutes.

Serves 4

**FALL HARVEST WORD SEARCH**

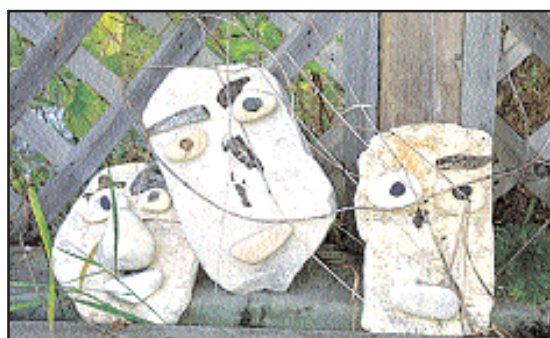
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- |         |           |             |
|---------|-----------|-------------|
| AUTUMN  | FESTIVALS | PRODUCE     |
| CABBAGE | FREEZE    | SPADE       |
| CANNING | FROST     | SQUASH      |
| CARROTS | GARDEN    | STEWING     |
| COMPOST | HARVEST   | STORE       |
| COOK    | HOE       | TASTY       |
| CORN    | ONIONS    | TOMATO      |
| DONATE  | PICKLES   | VEGETABLES  |
| EATING  | POTATOES  | WHEELBARROW |

**Laugh a Little**

- Why wouldn't the Energizer Bunny come out of the washroom? Because he kept goin! And goin! And goin!
- What did the teddy bear say when he was offered dessert? 'No thanks. I'm stuffed.'
- Why do Eskimos wash their clothes in Tide? Because, out tide, it's too cold.
- Where do hamburgers go to dance? To a meat Ball.
- Why was the letter B in a boat? He was going out to C.

**Stuck Between a Rock and a Hard Face**



Rock art creations by Cheryl Einarsson

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**How Smart Are You?**

1. How can you dissect the square on the left to create the rectangle on the right?

2. What is the next letter in this sequence?  
O T T F F S S E N \_ ?

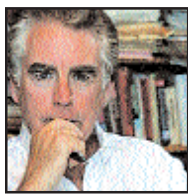
What do these word arrangements mean?

3. NOON Good      5. ATTEN TION

4. ECONOMY

Answers on page 19

**HUMOUR COLUMN:**



# The Day I Threw An Airline Pilot Under The Bus

By William J. Thomas - Humour Columnist

There's a YouTube video on the Net of the old TV show *To Tell The Truth*. Very popular in its day, it shows host Joe Garagiolo introducing the Great Imposter. The panel has to correctly select the Great Imposter from a line-up of three guys and two of them are not the real guy so they also are imposters. His deposition: "I Frank William Abagnale am known as the world's greatest imposter. In the course of my nefarious career I've pawned myself as a doctor, a lawyer, a stock broker and the pilot of a major airline. For six years I also cashed \$2,500,000 in bad cheques in 26 countries. Ultimately I was sentenced to 72 years in prison; I served one year in France, one year in Sweden and four years in a federal prison in the United States. Paroled, I now devote my life to the prevention and detection of crime."

Back in the spring of 2001 I filled in for the Great Imposter. Five hundred Canadian travel agents attended a conference in Cascais, Portugal and I was one of four speakers booked for the week-long conclave. Frank, who by this point in his life had gone from career criminal to motivational speaker was the keynote. Then there was Robert Sharma (The Monk Who Sold His Ferrari), Elaine Denby listed as a motivator/chiropractor ("get your life together or I'll manipulate your neck") and me.

I even brought Frank's book *Catch Me If You Can - The True Story Of A Real Fake* for him to sign. Steven Spielberg had directed the movie *Catch Me If You Can* starring Leonardo DiCaprio and Tom Hanks. The movie grossed \$352 million worldwide and it must have killed Frank not to have embezzled that too.

So the night before it all starts we're all tasting wine in a candlelit cavernous wine cellar up in the mountains of Sintra when the event meeting planner came up to me, white as a ghost.

"Frank Abagnale," she said breathlessly. The Great Imposter? He's a 'no show'."

"Oh, no," I said, feeling her pain.

"Now you're our keynote speaker. You go on tomorrow morning."

"Oh, no," I said, feeling my own pain. "Absolutely," I said. "I'll do whatever it takes." Looking back I realize I was too stupid to say: "How much were you paying Frank?"

Frank had given some lame excuse about being turned back by the airline in Chicago because he tried to use his own Air Mile points to fly to Lisbon.

I suppose if you've surgically removed a guy's spleen while holding a doctor's operating manual in your other hand, then ripping the heart out of a meeting planner is not such a big deal.

The travel people were noticeably not happy about this and tomorrow morning I could well become their target of disappointment. So I rejigged my speaking notes and led off with a new presentation titled: "*Bury Frank*."

So there I was standing in front of 500 disgruntled conference goers substituting for Frank Abagnale who even today remains Number One on the list of the World's Most Successful Con Men. Honest. Charles Ponzi who invented the "Ponzi scheme" and was Bernie Madoff's mentor is number two. (And no, I checked, Benny Hinn didn't even crack the top ten.)

"Thank you for coming out this morning, I hope you're not too disappointed that you get to hear me speak and not Mr. Abagnale because frankly I have spent very little of my life in jail."

A few people found humour in this. My mother would have been very proud.

"Yes, I've lived a very sheltered life. I mean in the 70's while Frank was screwing over good people like you, I was just trying to pay off my student loan."

They were coming around, nodding in agreement.

'And believe me, if I'd have known you could write cheques on other people's bank accounts, I could have paid those loans off a lot sooner."

And then we were off to the races.

"Frank claims he couldn't get on his flight here to Lisbon but really, you would think a guy who impersonated an airline pilot would be able to read a boarding pass."

"I'm sure Frank is a great motivator and would have made a fine keynote speaker but the good news is when you shake my hand later, your watch will still be on your wrist."

"Seriously, I'm sure Frank's a great guy and it's a shame that when he goes to Sunday dinner, the in-laws still lock the silver in the trunk of the car."

Oh yeah, I was relentless ... and it worked. All humour needs is a victim and the guy who disappointed 500 people with a lame excuse about his Air Mile points was perfect.

March 28, 2001, the day I threw a phoney airline pilot under the proverbial bus. And believe me, the people at that conference who had come especially to hear Frank speak, they wished it had been a Greyhound instead of a 'proverbial' bus.

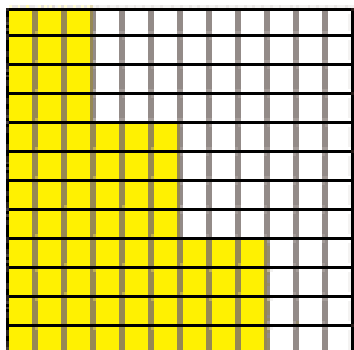
For comments, ideas and copies of *The True Story of Wainfleet*, or to book William as a speaker, go to [www.williamthomas.ca](http://www.williamthomas.ca) or [www.prospeakers.com/speakers/William-Thomas](http://www.prospeakers.com/speakers/William-Thomas)

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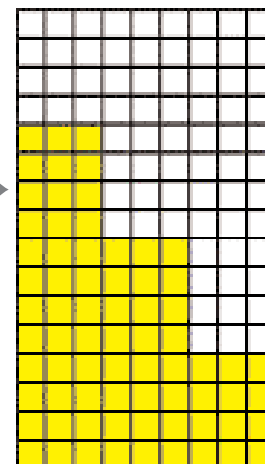


**How Smart ANSWERS**

1.



CUT OUT YELLOW PORTION ON LEFT AND REARRANGE PIECES AS ON RIGHT.



2.

**O T T F F S S E N T**  
(One, Two, Three, Four, Five, Six, Seven, Eight, Nine, Ten)

3.

**Good Afternoon**

4.

**Growing Economy**

5.

**Divided Attention**

## THE CLASSIFIEDS

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

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

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