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Scott Walker: From Winnipeg to the World

By Scott Taylor

There are some days when Scott Walker is out on the river, riding around on his patrol/safety boat that he thinks about retirement. Then he shakes his head and realizes that retirement wouldn't be a whole lot better than what he enjoys right now.

"Yeah, I've thought about retiring," Walker said with a chuckle. "We still have contracts with our charities until the end of 2015. At that point, I'll be 65 and I know Denyse would probably like to call it quits, but I don't know."

"We have a great lifestyle and we deal with great people who are just out to have fun. My office is on the Red River. I'm not sure retirement could be better than this."

Scott Walker figures he and his wife Denyse have the best jobs in the world. For the past 20 years, they've owned the Dragon Boats franchise. For a guy who has been in the events management business for his entire working life, it just doesn't get any better than this.

"It's been 20 years, isn't that something?" Walker, 63, said. "Back in the early 90s I was running a small events management company and a good friend of ours, Ray Blumenfeld, ran the idea past me. We thought it was a great idea so we contacted a firm that rented equipment. We had our first one in Winnipeg in 1994 and we had 26 teams. We thought that was successful enough and in 1995, we bought our own boats and our own docks."

"By the end of the 1990s, we were doing Dragon Boats in 22 cities and had eight employees. It was big and it was fun. And it was all being done out of Winnipeg."

As Scott and Denyse got older, as their two daughters, Kim and Kelly, grew up, got married and gave them grandchildren, the Dragon Boat couple decided to cut back. These days, they operate only in Winnipeg and Saskatoon and then spend time at the lake or in Phoenix. But they still haven't quit.

"We're still in Winnipeg and Saskatoon and both of these events have sold out every year for the past 11 years - 110 teams in Winnipeg and 50 in Saskatoon," Walker said proudly. "We've raised \$5 million in Winnipeg alone, but \$325,000 a year for CancerCare Manitoba. In Saskatoon, where our charity is the Heart & Stroke Foundation, we've raised a little over a million dollars. So it's not only been fun, it's been rewarding, too."

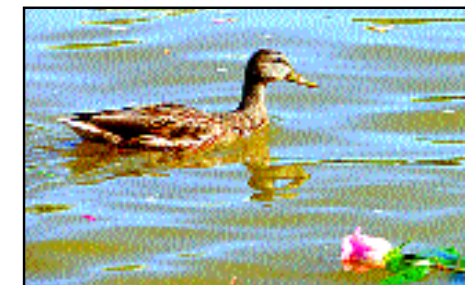
Walker will be the first to admit that it's nice to have a group of loyal Dragon Boaters in both cities. In fact, there are



Scott Walker (above) and his wife Denyse have put more than 3 million people into Dragon Boats in 20 years.



The Blazing Bison dragon boat team.



A duck gets in on the flower ceremony at the 2013 FMG Dragon Boat festival, an event to honour and acknowledge those affected by cancer.

some teams that have been around since the beginning. Regardless, it's been a long, successful run and the "small events management company" has come a long, long way since Scott got his first job in the business way back in 1970.

"I've been in event management all my life," he said wistfully. "I started out as a sales rep at the Regina Inn in 1970. I was 20-years-old. I've been in this business for 43 years."

He did a lot of things during that 43 years. At one time, in the early 1990s, he was the chief executive officer of the Winnipeg Convention Centre. But he

didn't find his calling until his pal suggested investing in Dragon Boats.

"In both Winnipeg and Saskatoon, we're blessed with some great volunteers," he said. "Right now, Dragon Boating is the fastest growing water sport in the world and we're the largest on-water event in Manitoba. The week-end of the event, we took 7,500 loads and counting the month of practices we've had 15,000 bums in the seats of our dragon boats."

"And we're completely self-contained. We don't need police boats or fire and rescue, although we graciously accept it if it's offered. But we have our own safety boats and we have not had one accident in all the years we've been doing this. And we've done it from Fort Lauderdale, Fla., to Tempe, Ariz."

It really is an incredible record. Scott and Denyse have put more than three million people into Dragon Boats in 20 years and they have not had one injury or accident.

Still, Scott can see it coming to an end. "We're committed to the two charities until 2015 and they are great, wonderful people," Scott said. "If you ask my wife, that's probably the end of it, but if you ask me, well, I might keep doing Winnipeg, Maybe."

"Listen, I've been married since 1976 and Denyse has given me two daughters, three grandchildren, six Dragon Boats, three safety boats and 280 feet of dock. What more could a man ask for?" ■

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Keep your family heirlooms in the family

Have you talked with your family members to see what they want?

- Shirley Hill, CFP - Executive Financial Consultant

One of the most contentious issues when distributing an estate can be the division of personal effects and heirlooms. Unlike with monetary assets, many personal effects evoke emotional reactions from family members, who may have very strong memories attached to a particular item. Therefore, even though some of these items may not have significant financial value, they may be a lightning rod for disputes among family members. Here are some of the things you can do to minimize arguments after you are gone.

Discuss the issue with your family

Have an open and frank discussion with your family about how it may be best to divide your personal effects, and which items mean the most to which person. If your beneficiaries cannot come to an agreement on their own regarding who will receive what, you may have to decide for yourself how you would like things to be divided, but at least you can communicate your wishes in advance to try and prevent disputes. Once you (and your family) have decided how to divide your heirlooms, here are a few options for communicating your wishes:

- You can leave certain items to specific people in your will, which is a binding document which your personal representatives (i.e. your executor) must abide by. However, every time you change your mind regarding any particular item, you will have to change your will, which could be somewhat cumbersome and expensive. As well, if any item is sold, lost or destroyed, the personal representative will not have the discretion to simply replace that item with something else. Some people also spend so much time agonizing over how to

include these items in their will that they die intestate (i.e., without having made a valid will or other binding declaration) - do not let the decision regarding personal effects sabotage the rest of your estate plan.

- You could write a list or "memorandum", and keep the list with your will. Although such a memorandum is generally not binding (unless signed prior to the will and specifically incorporated into it), it should provide some direction to your personal representatives. Also remember that if you want the memorandum to be part of your will (and therefore binding), that it must be probated with your will if you would like to keep these matters private, then it may be best to simply have a letter which is not part of your will, assuming you can trust your personal representative to carry out your wishes.
- You could use an informal system such as putting a piece of masking tape on the back of various items with their name on it, or letting people know your wishes verbally. However, the less formal your system, obviously the more chance your wishes will not be carried out.

Letting your beneficiaries decide

If you and/or your beneficiaries are not sure which items they may want (particularly if you are still young, and it could be a long time before your assets are distributed), then it may be best to simply state in your will that your personal representatives are to divide the personal effects using their discretion. Here are a few things to consider when including this type of clause in your will:

- If your beneficiaries are adults, you could allow each person to choose an item, and also provide that whoever chooses first during the first "round", would choose last the next time, and so on. For example, perhaps the oldest child could choose the first item, with the second child then choosing the second item. However, the second child would then choose the third item, with the older child then choosing the fourth item, which could provide for a more equitable distribution.
- If there are one or two items which are particularly valuable, you could provide that if a beneficiary chooses that item, then they will receive less of the estate (e.g. \$5,000 less, \$10,000 less, etc.). Again, this can help to minimize disputes if there is concern that one person will choose a particular item (such as a classic car, grand piano or valuable artwork) simply for the financial gain, with the

Continued on page 4

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Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.

Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/


You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes:

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (e.g. a dog, a person) the tick was found. Deliver or mail to:

Dr. Kateryn Rochon, Department of Entomology
 Animal Sciences/ Entomology Building, Room 214
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(Office hours: 8:30 am – 4:30 pm, Monday to Friday)



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Family heirlooms (Investors Group), cont'd from page 3

intention of selling it later. If you know that one particular beneficiary has an emotional attachment to a particularly valuable item, then it may be best to specifically leave it to them in the will (although again, perhaps the other beneficiaries should be compensated in other ways).

- If you have children, and the first parent of those children is already deceased, consider whether it is a wise idea to allow the personal representative of the estate to make these decisions, particularly if the personal representative is a new spouse. Unfortunately, there have been many situations where a new spouse has inherited all of the jewellery, photographs and personal effects of a deceased parent, meaning that the children will likely never see those items again. This can be a particularly painful experience, and an issue that should not be overlooked. If the children are old enough, perhaps consider giving them some of these items now, to prevent arguments between them and a surviving step-parent.

Understand the costs involved in bequeathing an heirloom

If there is a particularly valuable item, consider whether or not it will result in a tax liability for the estate. For example, if you own a very valuable piece of artwork which has appreciated considerably in value since it was purchased, then it is possible that your estate will have a tax liability in respect of that capital gain. If you leave that asset to one child only, but the tax liability is paid by the estate (meaning that it is shared by all of the beneficiaries), it could lead to resentment between family members.

The other potential problem with mandating that certain people receive certain items is that there could be significant storage and maintenance costs if specific items must be held in trust for beneficiaries who are minors. Consider the practicality of leaving certain items to various beneficiaries, particularly if some of them live far away, which means there could be significant shipping costs, either for them or the estate. You also need to consider if the recipient can afford the general upkeep costs of certain items. For example, if

you pass on a boat, it will cost money each year to keep it running.

Regardless of which method you use to distribute your personal effects, remember that each family is unique, and the solutions appropriate for someone else may not be appropriate for you. Always consult a lawyer to help ensure your will reflects your wishes, and don't forget to speak to your Investors Group Consultant for helpful advice about ways to pass on your heirlooms, give you peace of mind, and leave a lasting and positive legacy for your beneficiaries. ■

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www.manitobaseniorsmusicfestival.ca

Keeping seniors active in our community

By Joyce Bateman, MP for Winnipeg South Centre

It's always a joy to see seniors active and engaged in our community. I believe we owe a great deal of gratitude to our seniors, who have made Canada the great country that it is. In fact, my own father is a very active senior within the community and he is a role model for the entire family.

I'm proud to announce that The New Horizons for Seniors Program (NHSP) is again offering funds for projects led and inspired by this older generation of Winnipeggers.

On October 1, to mark National Seniors Day, the Government of Canada announced a Call for Proposals to fund approximately 20 pilot projects - an investment of \$2,000,000 - aimed at addressing seniors' social isolation.

These pilot projects will be eligible to receive between \$50,000 and \$100,000 of federal funding over a maximum of 24 months which will be matched with funding from other sources. The NHSP pilot projects will also pursue intergenerational learning projects that help seniors develop new interests and share their knowledge and experience with others.

Nowadays, grandparents don't always live in the same city as their grand-

children. I believe it is important to give our younger generations the experience of talking to our more experienced citizens so they can pass along their guiding wisdom.

In the last round of projects that we approved, the Winnipeg School Division received funding for the Across the Generations project which connected local seniors with youth by getting seniors involved in our elementary schools.

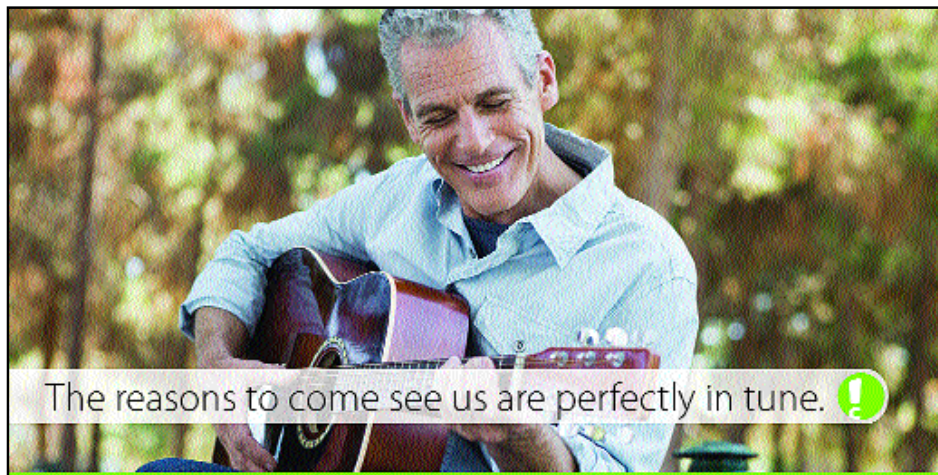
This project proved truly inspiring and I was delighted to hear of the powerful bonds being created across multiple generations. Indeed, it is this type of connection that strengthens the fabric of our community.

As well, I was pleased to hear that the Central Corydon Community Centre received funding for the Mind, Body, and Healthy Living project to get seniors leading and participating in the many programs and events that the Community Centre hosts and organizes.

Each one of these projects takes on the crucial task of overcoming age barriers and improving the quality of life for our community.

I wait with great anticipation to see what new programs and activities will

Continued on page 6



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Manitoba Coin Club Annual Show Nov 2 & 3 at the Marlborough Hotel

By Barré Hall

Interested in Money? Missed the RCNA Convention, Show and Bourse in late July because you were at the beach? Then you're in luck – the MCC is holding its annual **Coin Show at the Marlborough Hotel, November 2 & 3, 2013**. Hours are 10am to 5pm each day with admission set at the bargain price of \$2.00 – juniors get in free!

What's up? Well, this coin show will feature 15 or 20 dealers, most from out of town, visiting Winnipeg for the only time this year. Most will be (mainly) Coins orientated but there will also be Stamps, Currency (Bills & Notes), Bullion, Jewellery and Postcards – something for every interest and those who are just plain curious.

Who should attend? Those interested in Numismatics (i.e. Coins &/or Note Collecting), Stamps, Postcards, Share Certificates and curiosities. Also, for those concerned with Government over-spending &/or mis-management, Gold, Silver and Platinum will be available in Coin or Bar form. Many are becoming more interested in hedging against U.S and Canadian Currency inflation or destruction – and what better way to do it than with Gold, Silver or Platinum Bullion Coins which should be available in quantity.

Questions on Numismatics or bullion hedging? Come on down and ask a dealer (or several dealers). Want to



Barré Hall (left) with Metro Hnytko display new Allegory coins issued by the Royal Canadian Mint.

check out Coin values? Bring down your collection or accumulation – dealers will be happy to take a look and likely make you an offer. Got a “want list?” Bring it in- you may well find just what you need to complete a set!

The show promises something for everyone- bring the whole family but come early for the best selection. Come with your hoard, leave with cash. Come with cash leave with Gold!

Remember, valuable Canadian Coins can still be found in Circulation – Keep a look out for a 1969 Canadian “ large date “ dime in your pocket change. If you find one it could be worth several thousand dollars.

Information: [Barré Hall 204-269-9176](mailto:Barré.Hall@204-269-9176)

Tables: [Bruce Taylor 204-663-5155](mailto:Bruce.Taylor@204-663-5155)

What Happened to Radio?

By Roger Currie

As I near the middle of my fifth decade in the world of radio, my head is constantly spinning as I pause to contemplate the changes I've seen in the entire mass media landscape.

In an effort to limit the length of this bit of 'navel gazing', I shall limit my thoughts to radio, which used to be seen by many as *theatre of the mind*. I started working in the newsroom at CJOB on June 1, 1970, shortly before my 23rd birthday. Allen Willoughby, aka *Weldon Smoothly*, was hosting *The Homeward Hustle* until 7 pm. From 7 to midnight, the host was Howard Hicks who I'm still in touch with. He left broadcasting a few years later and became an elementary school teacher.

Doing news on that beautiful Monday evening was Ron James, and I was his shadow. Ron also left radio to become a teacher, but he later returned and worked for Golden West Broadcasting in Steinbach and Altona. I was allowed to speak into a live microphone just once that night, to pass along the race results from Assiniboia Downs. It was not 'memorable', and I did not save a recording of it for posterity.

I was hired with zero experience on three months probation, at a starting wage of \$325 a month. Once I successfully completed my probation, the pay doubled to \$650 a month. Truth be known I would probably have gladly done the work for nothing. I knew within the first 48 hours that I was on a winning career path and I would gladly ride the trolley to the end of the line.

In 1970 there were 15 radio stations on the dial in Winnipeg. Seven were on the AM band, while eight were on FM. More than 70% of the listeners were tuned to AM radio, and in Winnipeg the fight for audience was between CJOB and CKY. I was a news reporter

during most of my first life at CJOB (1970-1977) and it was common to see five different radio newsrooms represented at a major event.

Today, there are 29 choices on the radio dial in Winnipeg, and only three are left on AM. The once mighty CKY turned off its 50,000 watt transmitter a decade ago. The license was flipped to 102.3 FM, owned by Rogers Communications. Only two of those 29 choices on the dial are locally owned, another major change from what prevailed 43 years ago.

When I returned to Winnipeg in May of 2012, I soon became involved with CJNU, Nostalgia Radio. The station is a co-op, owned by its members, and it's run mostly by volunteers. It began in late 2006, led by the late Garry Robertson and others who had been involved with similar efforts before. CJNU began at 107.9 on the dial. On September 4th, we switched to 93.7 FM and we are now fully licensed by the CRTC. Also part of the license was an increase in power from 50 watts to almost 500 watts, from a transmitter located at the top of 55 Nassau. The power is still miniscule compared to most commercial broadcasters, but for CJNU it is already helping to expand our listening audience significantly.

I do a morning newscast on CJNU every day, recorded at home in my pajamas. It has enabled me to continue the trolley ride, doing what I love.

I'm very grateful for the opportunity.

Roger Currie is a regular contributor to Senior Scope. He is heard regularly on CJNU, 93.7 FM.

www.communitynewscommons.org/author/rogercurrie

rogerc@mymts.net

Keeping seniors active, cont'd from page 5

come from my community this year thanks to the creativity of so many individuals and organizations.

The application period begins on October 3, 2013 and will close on November 13, 2013. For more infor-

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What Happens in Vegas...

By Will Tishinski



Winnipeg Flashbacks 80+ Team and supporters at the Worlds Senior Softball Championships held at Las Vegas, Sept. 30 - Oct. 3, 2013.

L-R, Standing: Joan & George Hadath, Peter & Mariette Derewianchuk, Iris & Steve Derewianchuk, Marjorie & Bob Drysdale, Wayne & Donna Cory, Dan & Rita Hyrich, Ross & Diane MacIver, Don & Audrey Roberts, Janice & Pat Cain.

Front: Arnie Jepsen, Jim Slevin, Jack Clements, Ray Newman, Ron Twerdoclib, Grant Nerbas, Moe Lazaruk, Mavis & Will Tishinski.

The 80 plus Winnipeg Flashback softball team has returned from Las Vegas where they participated in the Senior Worlds Softball Championships, held September 30-October 3, 2013.

Twelve other teams from across the United States in the 80+ category were also there. Teams were divided into 2 groups based on skill levels-Majors and AAA. The Flashbacks were placed in the advanced Major category based on their success in such previous tournaments held in 2004 and 2008.

At the outset they played a five-game round-robin series followed by a single game elimination play-off. Flashbacks drew last year's champions, Fairway Ford, from California, for the first play-off game. In a thrilling, but heart-breaking game they lost 9-8. Fairway Ford went on to the finals where they lost to

this year's tournament champions, Joeseppi's, from Washington State.

Five of the Flashback players are from rural Manitoba with the remainder from Winnipeg. The weather was hot, with highs of 34°C, so it was a mild shock returning to Manitoba. Players and supporters wound up the tournament with a Vegas-style reception where good fellowship was enjoyed by all.

Don Roberts, the pitcher was voted the most valuable player by his team mates and was awarded a medal. Some players have announced their intentions to retire, while others intend to continue playing, but only at the local levels.

Nobody reported hitting the jackpot. With regards to other details: whatever happened in Vegas stays in Vegas! ■

Rain Cannot Stop These Seniors

Submitted by Lynda Taylor



The residents at Agape Villa, a 55+ senior's apartment in Southdale, planned a "Dog Days of Summer" outdoor barbecue, complete with a live band to be held on September 14. The courtyard was brightly decorated with fall coloured tablecloths, the BBQ was in place and the residents were beginning to bring their chairs outside. Then down came the rain!

While some places may have cancelled the event, not the residents at Agape Villa! A few male residents appeared and within ten minutes,

everything, including the live 4-piece band (Gold Spots), was set up in the indoor garage area.

Sixty-three residents enjoyed a full two hours of good entertainment, barbecued hotdogs and the garage floor provided an excellent dance floor!

Seniors do have a lot of fun, and while for most, it was a new experience to have a garage party. Everyone had a great time. It was quite a way to celebrate the end of the summer season. And sometimes the unexpected turns out to be the best time of all! ■

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Fr-Bk: Thelma Meade gave the Traditional Aboriginal Blessing. Minister of Healthy Living, Seniors and Consumer Affairs, Jim Rondeau brought greetings on behalf of the Province.

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Above and below photos: The Fiddling Frank Turcotte Memorial Dancers. L-R: Evelyn Paul, Vicki Anderson, Shirley Chief, Diane Richer, Edna Ellery, Claudette Penner, Candace Irvine, Bonnie Bjornsson. Ivan Spence was on the fiddle, and John Goertzen on guitar.

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A Special THANK YOU to Shirley Murray for her tireless effort in chairing the planning committee for this event.

Zumba Gold demonstration



Above: Shirley Murray. Right: With her husband Bill.



ALCOA-MB fitness break.



Thank You to all the volunteers and everyone who helped make this day a big success!

FAFM Volunteers:

- Marielle Remillard, co-chair of the volunteer committee, leads/organizes all of the volunteers from FAFM
- Catherine Bourgeat
- Florence Croteau
- Olive Fontaine
- Paulette Hebert
- Lorraine Gauthier
- Rolande Melnic
- Bertille Croteau
- Diane Fontaine
- Jules Hebert
- Marie Lapalisse
- Jocelyne Pageot

Aboriginal Senior Resource Centre:

- Rose Lefrairie
- Sheila Levine

Good Neighbours Active Living Centre:

- Madeline Field
- Jeanette Golletz
- Rosemary Wood
- Elaine Boulet
- Mildred
- Maggie
- Margaret Birk
- Cliff Wood
- Sally McIvor
- Lillian Wozney
- Beryl

Individual:

- Leona Barkman
- Rachel Elias
- Megan Wallace

Seniors' and Elders' Day Planning Committee:

- Terry Dorge - FAFM
- Jim Evanchuk - ALCOA
- Kathy Henderson - WRHA
- Vanessa Lambert - GNALC
- Joan MacDonald - River East Council for Seniors
- Melanie MacKinnon - Broadway Seniors Resource
- Angelita Maduro - Catholic Womens League
- Thelma Meade - Aboriginal Seniors Resource Centre
- Shirley Murray - retiree/volunteer
- Connie Newman - MASC
- Suzanne Verstraete - Long Term & Continuing Care Assoc.
- Gemma Eko-Davis - Meals on Wheels
- Kelly Goodman - Senior Scope
- Dr. Won Kim - Korean Seniors School of Winnipeg
- Deborah Lorteau - A&O

The Thistle band - www.thistleband.ca for bookings and schedule



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What is USANA Health Sciences?

By Peter J. Manastyrsky

USANA Health Sciences is a company that produces high quality nutritional and skin-care products. The word USANA comes from the Greek derivative meaning "True Health".

USANA adheres to a quality assurance program in the manufacture of its nutritional supplements by complying with pharmaceutical grade, Good Manufacturing Practices and complies with the standards set by Health Canada's Natural Health Products Directorate, which regulates health products for sale in Canada.

The company was founded by an immunologist and microbiologist Dr. Myron Wentz in 1992, based in Utah. As of this year, USANA products are marketed in the United States, Canada, Australia, New Zealand, United Kingdom, Netherlands, Japan, Hong Kong, Taiwan, South Korea, Singapore, Mexico, Malaysia, Philippines, France, Thailand and recently in Colombia.

USANA encompass three major product lines: Nutritional Supplements (Essentials, Optimizers, and Digestion /Detox nutritional), Dietary and Energy (Reset meal replacement shakes, protein bars and energy drinks) and Sense Personal Care (skin care, skin treatment, and hair & body care products).

The Essentials – Mega Antioxidant and MultiMineral Plus provide a broad spectrum of vital vitamins, minerals and antioxidants to conveniently supplement your diet to help ensure you get the nutrients you need to maintain optimal health.

Canadian Institutes of Health Research states that cardiovascular disease is the number one cause of death. USANA's heart health supplements are specially designed to support healthy heart function.

Nervous supplements are designed to support healthy mental and cognitive function. Our body needs fatty acids, a vital part of our diet; you still need to take a Cellular supplement to get the amounts needed for optimal health. Bones are our body's foundation; a deficiency of minerals can contribute to accelerated bone loss and ultimately osteoporosis. By taking Skeletal supplements you will fight back and build healthy bones and joints. Good digestion provides our body with the foundation for true health but if we do not have good digestion, the probability of health issues throughout our body increases. Lastly, make sure that you are doing what you can in your life to make the best by pairing healthy foods and an active lifestyle with specialized Endocrine supplements.

USANA's low-glycemic, meal-replacement shakes, snacks, the perfect balance of macronutrients (proteins, carbs and essential fatty acids) our bodies need for optimal nutrition. The USANA Reset program is a perfect way for anyone to break free from carbohydrate cravings, curb the habit of overeating, and make the switch to healthier dietary habits. The shakes and snacks in USANA Reset have been designed by USANA to promote a healthier lifestyle.

Sense, the skin care has been revolutionized by USANA by creating a self-preserving personal care product that does away with added parabens and other harmful preservatives. Based on pure-plant bioactives, USANA Sense products are designed to nourish, revitalize and protect skin at the cellular level. When your skin cells are optimally nourished, both from the inside and outside, your skin looks healthier, younger and more radiant. Usana Sense products is the science of beautiful skin.

We live in a world of pharmaceutical and surgical "solutions" to cancer, heart problems and other degenerative diseases like stroke, respiratory ailments and diabetes. USANA choose nutrition as the weapon with which to change people's health.

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THE BUZZ

Lacrosse Hall Honours New Members; Football Hall Member, Jim Ladd, Passes Away; Bombers Induct Three; Joyce Collier Passes; Faye Finch retires



By Scott Taylor

One of the icons of Manitoba golf, Hall of Fame member **Joyce Collier** of Portage la Prairie has passed away. Joyce was 74.

The wife of the late **Kenn Collier**, she was the mother of **Andrew Collier** the longtime general manager of the

Winnipeg Goldeyes.

A graduate of Churchill High School, she worked at the CBC before joining the Navy. A terrific athlete, she was a national canoeing champion at 17 and later, on their honeymoon, Kenn introduced her to golf. It was a life-changing experience.

In addition to playing and loving the game, she started her career as a golf volunteer at the Portage Golf Club where today the Joyce Collier Award is presented annually to the top junior golfer. She was president of the Manitoba Ladies Golf Association in 1995, 1996 and 1997 and went on to become Canadian Ladies Golf Association Director of Player Development in 1998, 1999 and 2000. Joyce was also an associate governor in the Royal Canadian Golf Association from 2006 to 2008.

Joyce was instrumental in the formation of the Manitoba Golf Hall of Fame and Museum and served as president from 2003 to 2006. She had the great honour of being inducted into the Hall of Fame herself in 2012. She also was the 2012 recipient of Golf Manitoba's Distinguished Service Award in recognition of her decades of service to the game.

Donations can be made in Joyce's memory to the Dr. Kenneth J. and Joyce A. Collier Fund at the Community Foundation of Portage and District Inc., PO Box 1153, Portage la Prairie, MB, R1N 3J9 (www.cfpdi.ca).



Faye Finch batting.



Joyce Collier



Faye today.



Tom Heffner in competition.

competition. The president of the Manitoba Bodybuilding Association will compete in the Masters (over-50) category. He is also the subject of a documentary called Grey Glory, one of a number of elite Masters athletes from around the world being highlighted in the film... A large group of about 75-100 friends, family and well-wishers joined **Sam Fabro** at Assiniboine Park on the morning of Sept. 21, to honour Sam as Winnipeg's 2013 Citizen of the Year. He was also immortalized with a statue in the Honour Garden as the 40th member of the Citizens' Hall of Fame. A former Memorial Cup hockey champion, Sam was one of the founders of the Manitoba Marathon and he was part of the group that brought the Pan Am Games to Winnipeg in 1967

The Manitoba Lacrosse Hall of Fame is about to induct two teams that won National Senior Men's Field Lacrosse Championships, one volunteer whose tireless efforts built lacrosse in Manitoba, five athletes who shone on the local and national stages, and two excellent athletes, who went on to be driving forces in building and maintaining lacrosse in Manitoba. The list includes the 1985 and 1986 Men's national champion Provincial Field Lacrosse Teams, builder Tom Parker, players **Calvin Paul**, **Don Paul**, **Bruce Wisener**, and **Murray Roy** and player/builders **Mike Gilbert** and **Dave Gillis**... Masters bodybuilder **Tom Heffner**, now 68, is getting set to go to Madrid, Spain, for The Arnold

Faye Finch, 62, the operations manager of the Manitoba Sport for Life Centre is retiring after a 29-year career with sport in Manitoba.

Not only did she manage the Centre, she was also a remarkable athlete who will be inducted in the Manitoba Sports Hall of Fame on Nov. 2.

She began her long career in sport in the 1960s as an outstanding athlete at Kelvin High School. Her achievements in track and field, five-pin bowling, volleyball, touch football and team handball span several decades and feature awards and achievements at

Continued on next page

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The BUZZ, cont'd from page 10

the national and local level. She played on seven Canadian Team Handball champions, played in the 1984 and 1986 Canadian Touch Football Championships, was inducted into the Manitoba Softball Hall of Fame in 2010 and ran the 100-yard dash at a National invitational track meet at CNE Stadium in 1969.

If there is one sport that stands above the rest, it would have to be softball. From 1959, until an injury in 1993 forced her retirement, Finch ruled the outfield and batted her way to MVP and Most Valuable Outfielder awards, too numerous to count.

A great athlete and a great woman, we wish Faye all the best as she pursues the next chapter of her life.



Jim Ladd

Jim Ladd, an honoured member of the Manitoba Football Hall of Fame and a member of the Hall's board of directors, passed away in late September after a courageous battle with cancer. He was 67.

Ladd, a successful personal life coach, was a player, coach and football organizer who played high school football at St. Paul's and was an important member of the St. Vital Mustangs organization for much of his adult life.

He also helped form the Winnipeg Rifles junior football club.

"He did so much for football," said his co-chair on the Hall of Fame Committee, **Bud Ulrich**. "He was a great guy, too. I loved working with him. I'll miss him."

Jim had his first introduction to football as a youngster back in the early fifties when he used to peddle his bicycle

down to the end of the street to watch the St. Vital Bulldogs practice and play at St. Vital Memorial Park. He was hooked and the rest became his history.

Jim grew up in St. Vital and St. James and began to play organized football at the age of 14. He played bantam and midget football with the Silver Heights Spartans in St. James, two years of high school football with the St. Paul's High School Crusader Football Club, one year of juvenile football with the St. James Jets and finally, two years of junior football with the St. James Rods.

A little known fact is that Jim actually started his coaching career however briefly, in 1962 at the age of 16, while playing football at St. Paul's High School, when he along with a number of others in St. James, formed the now defunct St. James Featherweight Football League for 13-14 year olds. He left coaching in 1964 to focus on playing and did not return again until 1973, coaching for 23 more years over a 28-year span.

Jim joined the Mustangs as Head Coach of the Bantam Program (14-15 yrs.) in 1973, coaching for two years.

In 1975 he took over the Midget Program (16-19 yrs.) as Head Coach, coaching until 1977. He left for two years (78-79) and formed Marathon Man a football conditioning school. Returning again to coaching in 1980 as an assistant coach he was asked to again take over as Head Coach of the Mustangs in 1981. From 1981 to 1989 Mustang Midget teams appeared in nine consecutive Provincial Finals, winning the Championship in 1983, 84, 87, 88 and 1989. After one more year as Head Coach (1990) he stepped down coming back in 1991 as an assistant. He left St. Vital at the end of that season.

After a one-year absence, Jim became Head Coach of the St. Paul's Crusaders, coaching from 1993 until retiring from coaching after the 1997 season.

In 1999 along with his old coaching partner **George Depres Jr.** formed the

Winnipeg Rifles Junior Football Club. Jim served as the Club's first president until having to step down due to illness in 2002. After recovering he returned to the Rifles in 2005 and served on the board until the end of the 2007 season.

Jim has three children; Chris 43, Marnie 41 and young son Aedan 21, who graduated from St. Paul's High School in June 2010, after playing on the AAA Crusader Championship team the previous fall.



For those who might have forgotten, Winnipeg's own **Burton Cummings**, now 65, is still out there singing up a storm.

Cummings has been singing in front of paying crowds for 50 years and last month he played two huge gigs in Toronto. On Sept. 7, he played the Rogers Centre and on Sept. 21 he took to the stage at Massey Hall as part of Canada's Walk of Fame Festival.

Continued on page 12



Fred Douglas Heritage House

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Currie's Corner

By Roger Currie

Four Seasons

October may just be my favourite month of the year. My darling daughter and the world's greatest grandson were both born in October.

At least half the time, the weather is still sufficiently nice for doing without socks and topcoats, and that might not happen again until next April.

In the natural world, October features a few things that can only be called a *wonderment*. Up in the sky, squadrons of Canada geese are getting their flapping orders for the trip south. I swear they must have squadron leaders, or at least flight lieutenants. I mean how else can they possibly

know where they're going, and how to get back here in the spring?

Then there are the leaves. If you're thinking of heading out for that country drive to catch those fall colours, in the Red River Valley in Manitoba, or the beautiful Qu'Appelle Valley in Saskatchewan, don't wait too long. It's a magical moment that is over all too soon.

I live in an apartment, so I don't have to rake them up, but I still love to walk through the leaves and feel the crunch under my feet. How I wish we could still burn piles of them in the city, but I won't go there.

Oh, Canada!

How are *all of us* today? That's the three word phrase that Ottawa is being urged to put into *O Canada* instead of *All thy sons*.

Folks like Margaret Atwood and Kim Campbell says it's time to make the anthem more *inclusive*. It would be a fairly simple change, and I doubt that many people would have a problem with it.

But might it possibly be the start of a proverbial *slippery slope*? The current English lyrics for *O Canada* were written a hundred years ago, but they weren't officially adopted until 1980. At that time I recall some brief discussion about whether the words *God keep our land* were appropriate in the increas-

ingly secular age in which we live.

Lord knows that phrase would never fly if it were introduced in Quebec right now. Might atheists and others who don't pray to a traditional God push for another change, something like *please keep our land* whoever you are?

Hands up .. how many of you could even write down all the words to our national anthem if anything more valuable than a pair of Blue Bomber tickets were on the line?

When we're asked to stand for *O Canada* at sporting events, most of us probably mouth the words or keep our lips closed. I love the way they do it at hockey games in Vancouver and Edmonton.

Before you know it, it's Halloween, maybe with snow, and maybe not. Then comes that stretch of four or five months when socks and topcoats are essential, along with scarves and mitts. You don't dare dress like a teenager on the Canadian prairies, even if you are one.

Enjoy October, because it's almost half done. A spectacular harvest is wrapping up in the fields, and the *Living Skies* are absolutely amazing.

Much as we might dream about life on a tropical island paradise, there's a lot to be said for the *Four Seasons* on the prairies. ■

The singer stops after the first couple of lines, and it's up to the crowd to step forward. It creates a bit of a sense of community which is hard to find these days.

Hopefully this latest effort to change the words to the anthem will make more of us stop and consider what those words really mean. Even if we only remember *Glorious and free*, that would be a good start. ■

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

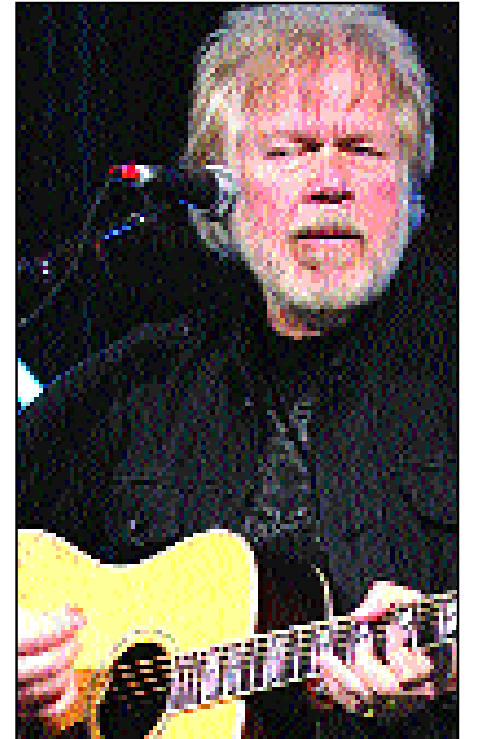
The BUZZ, cont'd from page 11



Burton Cummings

"I don't live in the past, but I love it. Hell, I love all my life. Even the parts I hate," the proud North Ender told the *Toronto Star*.

"It all started for me with my mother's collection of 78s. A Guy Mitchell record. That's what I remember first, around the time I started going to kindergarten. I'd play it over and over again. It was like two and a half minutes of time being frozen."



Randy Bachman

By the way, Burton's old pal **Randy Bachman** turned 70 on Sept. 27 and he's still working, too.

The former lead guitarist of the Guess Who and the Toronto-based indie band, Sadies, will play a free concert at the Canadian Tire Centre (the home of the NHL's Ottawa Senators) in Ottawa on Oct. 12. It's the annual "Rock for Public Services" concert, sponsored by CUPE Local 503 and CUPE Ontario.

"While there is no admission charge, donations will kindly be accepted in support of the Royal Ottawa Foundation for Mental Health," according to the news release for the event.

The concert will be open to the general public, and seating will be on a first come-first serve basis. ■

No Average Quilt Show in East St. Paul

About 18 members of the Material Girls Quilters and Stitchers of East St. Paul held a quilt show on October 5 and 6 at the East St. Paul 55 Plus Activity Center, but it was no average quilt show. There also was an antique button display, and harpist, Johanna Handford, played for the guests.

If you missed out, you'll have to wait another five years as it takes that long to produce enough quilts for another show, as one quilt is never shown twice. And surely, many of the quilts have so much detail, it can take years to complete one.

Luck had it, Rita Toews of the club invited *Senior Scope* for some enlightenment. No disappointment here.

There is so much more to quilting than meets the eye. Some are made of fabrics from all over the world. Some are machine-made and some hand-made. Some quilts are sent to professionals with special machines for intricate pattern sewing for the finishing

touch. Often, when quilters sell their masterpieces, they only get paid for the material, as you couldn't put a price on the time spent and craftsmanship involved to create such pieces of art.



A portion of Jan MacDonald's Viewer's Choice winning quilt

Jan MacDonald won the Viewer's Choice for her quilt with extensive and intricate appliqué.

Rita Wasney is one of eight members of the Prairie Button Keepers. Rita has been gathering buttons for 25 years and sorting for the last five to create her display. The history of buttons is more fascinating than you could imagine. Buttons were made from renewable resources of the times including vegetable ivory (nuts), China, shell, pearl, glass, bakelite, and celluloid which was first created in 1862.

For info on the Material Girls Quilters and Stitchers club, email r.toews@shaw.ca.

If you are interested in the Prairie Button Keepers club, email quiltsandthings2@gmail.com or edithbanman@shaw.ca.



Rita Toews with her quilt "Tropical Storm at Sea"



Ruth Boyes with her quilt.



L-R: Edith Banman and Rita Wasney examine a collection of antique buttons.



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Recipe OF THE DAY



Larry McLaughlin

Pumpkin Apricot Marmalade

Metric	Ingredient	Imperial
2	medium oranges, rinsed	2
2	lemons, rinsed	2
2 L	sugar	8 cup
375 ml	dried apricots, cut in very thin strips	1 1/2 cup
2 ml	cinnamon	1/2 tsp
1 ml	ginger	1/4 tsp
1 ml	nutmeg	1/4 tsp
1 L	cooked or canned pumpkin	4 cup
50 ml	brandy	1/4 cup

Slice unpeeled citrus fruit very thin. Remove seeds. Add fruit, sugar, spices and dried apricots to pumpkin. Bring mixture to a boil. Reduce heat and simmer, stirring occasionally for 1 to 1 1/2 hours or until thick. Stir in brandy. Pour into hot sterilized jars and seal. Process in boiling water bath for 10 minutes.

Serves 24 www.PeakMarket.com

OCTOBER WORD SEARCH

T	S	T	U	F	F	I	N	G	Q	Y	C	K	E	I
H	R	A	C	T	I	V	I	T	I	E	S	O	T	H
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N	Q	G	A	X	U	M	O	I	Y	U	D	X	I	D
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ACTIVITIES
 AUTUMN
 BAKING
 CANDY
 CELEBRATION
 COLDER
 CORNMAZE
 COSTUMES
 CRAFTS
 ELDERS
 FALL
 HALLOWEEN
 LEAVES
 OCTOBER
 RAKING
 SENIORS
 STUFFING
 SUPPERS
 THANKSGIVING
 TREATS
 TRICK
 TURKEY

SOLUTION ON NEXT PAGE

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Happy Thanksgiving!

Feeling GRATITUDE and not expressing it is like WRAPPING A PRESENT and not giving it.

- William Arthur Ward

SUDOKU - EASY -

Each 3x3 cell has the digits 1-9. Each vertical and horizontal line also has the digits 1-9. Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE

					5		8	
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9						3	1	
3	6				2	4	7	
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Coffee Break in Rural Manitoba
 Springfield News...
 with Marion Clemens of Oak Bank, MB




Harold Martin created his pal at the Thanksgiving Adult Day Program at Kin Place Personal Care Home, Oakbank.

Wishing everybody a blessed happy Thanksgiving with family and friends.

~ Marion

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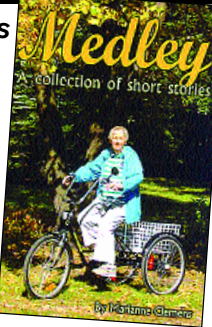
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Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

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.



HUMOUR COLUMN:



Fright Of The Stage

By William J. Thomas - Humour Columnist

Having spent a substantial amount of my career standing on a stage, I can attest to the fact that a lot of scary things happen when the audience is expecting one thing and another shows up instead.

Awhile back, the wonderful English actress Helen Mirren stomped off a stage in London dressed as Queen Elizabeth II to confront a noisy group of drummers on the street in front of the theatre. It was reported that she used language not befitting a royal queen.

Years ago in the middle of a stage play in Sydney, Australia Kevin Spacey became unhinged by a cell phone that just kept ringing. Suddenly he stopped, turned to the woman rifling through her purse and said: "Tell them we're busy." In the same situation, Billy Crystal was not nearly as nice: "Put that phone on vibrate and shove it up your ---!"

I once found myself nervously standing next to New York mob informant undercover FBI agent Joe Pistone (a.k.a. Donnie Brasco) after he had refused an offer of armed security. Suddenly a very large man left his seat and walked quickly toward the stage ... and then right on by it. He had to take a leak.

I was standing on stage next to the late Mordecai Richler when the following exchange took place.

Women in audience: "Mr. Richler, I have purchased every book you have

ever written and given them to my husband as gifts."

Richler: "Why, that's very kind. Thank you very much."

Woman: "And he hated every one of them."

It took two or three minutes for the laughter to die down. And when it did ...

Richler: "I'll dedicate my next book to your husband and make sure there's a lot of pictures in it."

I once stood on stage at the Thunder Bay library giving a reading from one of my books to an audience of one. Walter.

I remember standing on the stage of a yacht cruising the coast of Croatia delivering a travel/humour dissertation and the guy wearing a kilt and sitting in the front row tried to beat me to the punch line of every story I told. (He disappeared overboard late one night and they couldn't prove a thing!)

I shared a hotel stage with Margaret Trudeau who talked about her unstable behavior when she was self-medicating her bipolarism with alcohol and marijuana. Given the signal by her publicist that we needed to wrap things up and get her to her room, I told the audience to keep the book line moving fast because some of us wanted to go up to Margaret's room and smoke a little dope. Margaret Trudeau was not amused.

I was standing next to writer David Gilmour who was talking about all his ex-wives, when the new one who had told him never to do that, got up and stomped out of the theatre and out of the building.

"What the hell happened? Was that my wife?" he asked while we were still in the midst of a question and answer session.

"I believe she prefers to be called Ex Number Four," I whispered. David Gilmour was not amused.

I stood on a stage at Hockley Valley Resort looking out at 150 people in the call centre business and as I passed the guy who had just introduced me as the after dinner speaker, he stopped and said: "All of these people were made redundant earlier today, they really need a good laugh." (Like doing stand-up in a morgue.)

Yes strange things happen on stage.

Last week at the National Victims of Crime Awareness Week Conference in Ottawa, Delta, B.C. police officer Kim Gramlich was about to unveil Caber, her secret weapon. This doe-eyed golden lab officer is a K9 trauma specialist. As far as trauma dogs, Caber is one of the country's very best at calming down victims of crime and making them feel secure and grounded again. Caber's talent for low-key, low-energy companionship is the key to his success with victims.

As his handler, Kim was about to introduce him to the large audience in a packed hall, Caber - I did mention he was really laid back, eh? - Caber who happened to be sound asleep during his introduction fell off the stage when his name was mentioned.

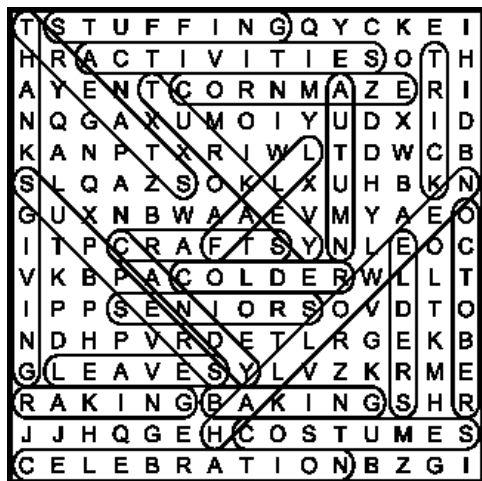
Maybe the dog is smarter than they give him credit for. Maybe he was mocking his own boring introduction or maybe he was making his move into slapstick humour.

My favourite stage story still is the one about American beauty Pia Zadora who had the same talent for acting as John Belushi had for ballet. On this night Pia was butchering The Diary of Anne Frank and during that scene where the Nazis with bayonets on the rifles were banging on the front door looking for Anne Frank, people in the audience stood up and yelled: "She's hiding in the attic!"

All the world really is a stage, a place of sudden surprises which are not always good ones.

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

OCTOBER WORDSEARCH SOLUTION



SUDOKU SOLUTION

6	9	7	3	4	1	5	2	8
8	4	3	5	2	7	9	6	1
1	5	2	6	9	8	7	3	4
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3	6	9	1	8	2	4	7	5
7	1	4	9	6	5	2	8	3
5	2	8	7	3	4	1	9	6

Laugh a Little

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