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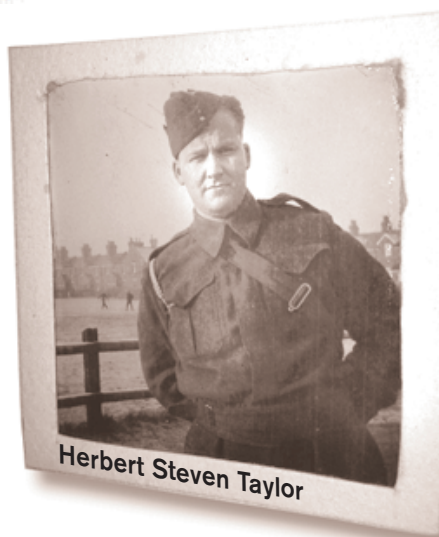
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Herbert Steven Taylor

November 11, 2013: I Remember My Dad

By Scott Taylor

My father, Herbert Steven Taylor, owned a large coffee-table-sized book called, *Some of it Was Fun*. It was a collection of letters, newspaper dispatches, cartoons, illustrations and photographs of the Second World War. My

dad brought it out often to tell stories of what seemed to me to be the highlight of his life.

My dad was born in Ottawa in 1917. He was a 22-year-old Coca-Cola truck driver when the Second World War broke

out. He said he didn't hesitate and signed up right away, proud to be a member of the Canadian Eighth Army.

Continued on page 2

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... I Remember My Dad, *cont'd from front page*

He was an artillery gunner who was part of the 1943 invasion of Sicily, the first full scale combat engagement by complete Canadian Divisions since World War I. He was part of the 1st Canadian Division with Operation Husky on July 10, 1943, and it made him what he was. He fought in Italy until the end of the War, came home met my mom, had a family and never forgot what he often referred to as the "best time of my life."



Herbert Steven Taylor's Medals

I found that odd, at times, considering his position on a number of issues. For instance, he loved Zane Grey. He read the stories of the cowboys for hours at a time, both in the evening after work and on weekends. But he never owned a gun. In fact, he never bought me a cowboy holster and pistol. He hated guns. Said he'd had plenty. He had many keepsakes from the Second World War, but he didn't want to be around a gun.

He hated politicians, with the exception of Winston Churchill whom he called a "war leader, not a politician." He loved the Royal Family, said "they had more guts than all the politicians in England, America and Canada combined." He didn't think much of the U.S. Armed Forces, either, but he loved the Brits.

I didn't know. Didn't care, really. I've never formed an opinion. I just loved listening to the stories.

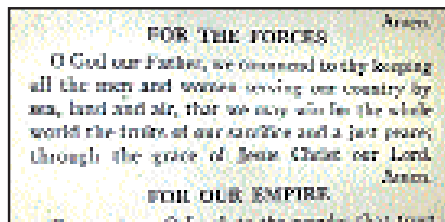
However, as I grew older, I began to realize his stories had little to do with

the war. The war just happened to be the place where all these guys came together. These were stories about twenty-something friends, just buddies, smoking cigarettes, drinking camp-fire coffee (beer when they could steal it) and always, always, having each other's back.

He didn't talk much about shooting Nazis. He really didn't talk much about shooting anybody. He certainly understood why he was in Italy, but he had compartmentalized the death and violence and noise and hatred and simply remembered guys named Bucky and Sloots and Parksy (he was called Dunc, because his favorite hockey player was an old Montreal Maroons star named Dunc Munro). I never met them, but I pictured them, like my dad, all decked out in the baggy green uniform with the helmet and the smoke sticking out of his mouth.

I don't know war. I'm a lucky Canadian Boomer. I never gave a second thought to enlisting. My dad made it very, very clear that if the country calls, you have to go, but he also said this: "The reason most of us went over changed from patriotism to a belief that this could never happen again. War was hell. The people who fought it were great, but I'd have preferred that I was playing ball with them, not engaged in a terrible life-and-death struggle. After World War II, there could never be another war."

As he read the paper, Korea made him cringe and later, Viet Nam made



Excerpt from 'A Book of Devotion And Instruction For Use In War Time'

him angry. After living through Europe from '39-'45, he couldn't imagine people would do it again.

My dad passed away in 1991. He was 74 and either because of his war experience or his commitment to the philosophy of Ayn Rand, he was an avowed pacifist. There was no question he was a man of his time. He was good with his hands, tough, worked his ass off and was stubborn. He always knew best. We argued often, but I was there when he died and I loved him dearly.

Everything in my dad's life was a result of the six years he spent in the Canadian armed forces. It forged his approach to his entire adult life. Right or wrong, I always think about my father, but at this time of year, I remember him a little more fondly. I always saw him as a good soldier even though I have never had any idea what it took to be one.

On Remembrance Day 2013, I hope everyone can remember his dad that way. From his stories, they were all good soldiers. ■

Senior Scope and BOOMER BUZZ
www.seniorscope.com

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

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Manitobans Recognized for Dedication to Community, Seniors

Healthy Living and Seniors Minister Sharon Blady acknowledged those who make exceptional contributions to the lives of older Manitobans as she joined Dave Schellenberg, Manitoba Council on Aging (MCA) acting chair, to present the MCA Recognition Awards on

October 29 at the Manitoba Legislature. "Today's celebration recognizes and honours seniors, and helps all Manitobans better understand the invaluable contributions older adults make to every community throughout Manitoba," said Schellenberg.

The MCA is an advisory body to the minister of healthy living and seniors. MCA members are older adults who represent a cross-section of geographic, ethnic and community service backgrounds in Manitoba.

Individual Award Recipients

- **Churchill Ladies Club** – Celebrating 66 years of serving their community, the club's good work has included expanding the local school, developing a community centre and organizing intergenerational events.
- **Dean Danforth** – For more than 44 years, Danforth has devoted his time and efforts to the many activities and jobs that needed to be done to make Corydon Community Centre a better place.
- **Gordon Emberley** – Combining his great interest in both volunteer work and aviation, Emberley has contributed to many developments and improvements to the town of Lac du Bonnet.
- **Alberta Fenning** – A volunteer with the Red Cross and various seniors centres, Fenning's involvement and contributions to her community truly make a difference.
- **Faye Goranson** – Dedicated to the betterment of the town of Lunder, Goranson always steps up and organizes projects and people using her many talents and good heart.
- **Ken MacMaster** – A longstanding volunteer, MacMaster is committed to a variety of organizations and the

growth and enhancement of the RM's of Alexander and Lac du Bonnet.

- **Amy Shaw** – A retired teacher, Shaw helps those in need and is well known and appreciated by former students for her support, kindness and encouragement.

Honourable mentions

- **Alf Wikjord** has been involved in just about every volunteer position in the town of Pinawa. One of his biggest accomplishments was attaining a grant towards the promotion of skiing for grades 1 and 2 for the Whiteshell Cross-country Ski Club's First Sport's Program initiative.
- **Beverly Lewis'** enthusiastic, kind and professional personality was a great asset to many of the organizations and clubs she was involved in over the years. She will be missed by all of those who have been touched by her one-of-a-kind and considerate personality that made an impact on all of the committees and clubs she was ever involved with.
- **Bob Newman** is an active member of the St. Norbert community. Newman has volunteered and offered his time to many different community groups and councils. He is an influential volunteer for the Fort Garry Seniors

Resource Council and Pembina Active Living (55+), a non-profit seniors serving organization in south Winnipeg.

- **Don King** began volunteering at the Good Neighbours Active Living Centre's bookstore over 10 years ago. He first held the position as the fundraising chair and then was elected president in 2011 and has held that position ever since.
- **Floriano Tonelete** has been a member and a resident of the FILCASA Housing Co-op community since the early 1990s. With great leadership skills, kindness and willingness to help any person, no matter age, gender, background or culture, Tonelete was elected president of FILCASA Housing Co-op.
- **Irene Sharp** has enjoyed playing music and is happy to play for people at Killarney community events. Her extraordinary talent has brightened the many lives of those who have been honoured to hear her play and her musical contributions are much appreciated in the community.
- **Karen Moffatt** has given countless hours to many community groups in the St. Norbert area. Moffatt was the secretary for the board of Pembina Active Living 55+ and currently sits

Continued on next page

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As the snowbird flies Secure your nest before going south

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

When you travel, the last thing you want to worry about is finances. But, if your finances aren't in order before you leave Canada, you could return to a money mess.

It's especially important that those leaving the country for an extended vacation make appropriate arrangements — including snowbirds who split their retirement between Canada and the southern U.S. Here are some issues to discuss before making your next trip:

Health insurance

Make sure you have adequate out-of-country health insurance coverage. If you run into a medical emergency, you can run up massive debts without insurance coverage. Be sure you are familiar with the terms of your policy — particularly the sections concerning existing medical conditions (which may not be covered).

Wills and Powers of Attorney

Your will should be up to date so that all of your bases are covered. If you have assets outside Canada your will should be reviewed to ensure these assets are properly dealt with. There may be planning opportunities to take advantage of. This is especially important since a death in a foreign country can complicate estate issues. Your relatives or executor should know where to find your will.

Your Power of Attorney (called a Mandate in anticipation of incapacity in Quebec) must also be current.

Through a Power of Attorney, you designate someone to make financial decisions for you should you become incapacitated. If necessary, you can appoint someone you trust to manage your domestic finances while you are away or out of reach.

Manage your investments

Make arrangements in advance to deal with term investments that might come due in your absence, such as Guaranteed Investment Certificates (GICs). If you have mutual funds or securities in your portfolio, speak to your financial advisor about how to best handle them while you're away. If you have a computer and you're willing to tear yourself away from leisure activities, you may be able to manage most of your finances via the Internet. Check with your financial institution.

Income taxes

Unfortunately, you can't take a holiday from the taxman. Make arrangements to file your yearly income-tax return if you are absent at the end of April. If required, make sure quarterly income tax payments are made in your absence.

Pay bills

Pay outstanding bills before you leave, and make arrangements to have those that arrive in your absence paid. Again, you may be able to take care of these through Internet banking.

A host of other details should be taken care of before you travel, such as

arranging for access to cash through an ATM. It's a good idea to obtain a duplicate ATM card in case your original is lost or stops working. And investigate other means such as a U.S. dollar money market account that carries chequeing privileges.

The best way to ensure you've thought of everything is to sit down with us before your trip starts. ■

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"As the snowbird flies" ©2007 Investors Group Inc.

Manitoba Council on Aging Awards, cont'd from page 2

- the local MLA's executive, giving many hours, leadership and compassion to both organizations. With a positive attitude, diligence and kindness, Moffatt is recognized as an outstanding volunteer in her community.
- **Les Crisostomo** is a founding member and president of the Philippine Association of Manitoba. His various acts of volunteerism have contributed to the development of many organizations in Canada that support the Filipino community of Canada. Crisostomo strives to support all people of whatever background, culture or age and does not miss any opportunity to help anyone in need of assistance.
- **Linda Rigaux** has been a lifetime volunteer and community advocate, bringing forward many issues that affect the aging population in rural and urban Manitoba communities. Rigaux has worked very hard on developing documents for transportation options for seniors in Manitoba during her many terms as the president of the Manitoba Association on Gerontology and as the chair of the Transportation Options Network for Seniors.
- **Mavis Maslow** has been involved with the Pioneer Club of Lac du Bonnet for many years. She is the primary caregiver for her husband

- and an advocate for him and the many seniors in her community, striving to provide happiness and love to everyone who has the pleasure of meeting her.
- **Phyllis Bjarnarson** has served on many different committees in the town of Gladstone. She holds an active role as a life member of the Gladstone Lodge of The Royal Purple of Canada. Bjarnarson is an outstanding member of the Gladstone community without expecting recognition.
- **Rosburn Seniors Drop-in Centre Committee** is a community-based centre that encourages interactions between youth and seniors. These activities include providing meals for seniors, activities for school-age children or providing a comforting atmosphere for a chat. The Rosburn Drop-in Centre encourages the entire town to join in on the fun and brings true meaning to the word 'community'.
- **Lion Stan Puchniak** has given time and energy to the community of St. Vital for 30 years. As a strong member of the Lions Club of Riverside, Puchniak has devoted significant time and energy to help provide support to two different housing projects to benefit the lives of many people in the community who are in need of assistance.

- **The Discovery Intergenerational Nature Opportunity Program** is the largest non-profit program in Manitoba that offers seven different programs to about 300 students, partnered with L.I.F.E - Linking Intergenerational Friends of the Environment Program.

Murray Smith Award

- **Peggy Prendergast** never retired from teaching. Through her own learnings and discoveries of new talents throughout her retirement years, she has continued to pass on her knowledge to a vast number of people in her community and schools in Winnipeg. A talented watercolour artist and instructor, and a trombone player in the Adult Learning Band are only a few activities Prendergast pursues. She is also a charter member of the Age Friendly Mayors' Seniors Advisory Committee for the City of Winnipeg and the Manitoba network for the prevention of elder abuse. Prendergast's love of learning and teaching shines through in her daily life and how she contributes to her community. It is evident that all of her peers, whether it is young people or fellow seniors, they look up to her as a role model and an inspiration to accomplish as much as she has throughout her life. ■

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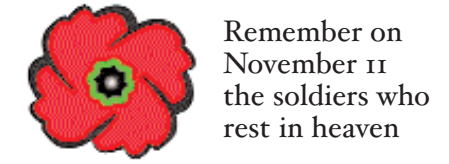
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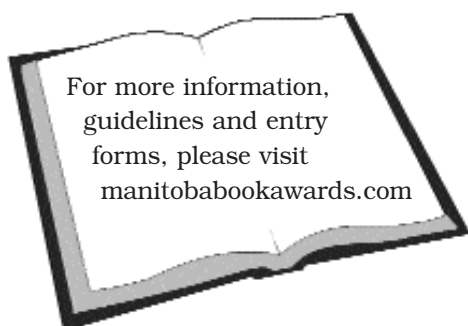
Remember on November 11 the soldiers who rest in heaven

Submissions for the 2013 Manitoba Book Awards close November 15

The Manitoba Writers' Guild, with the assistance of the Association of Manitoba Book Publishers, is pleased to coordinate the 2013 Manitoba Book Awards. Submissions will be accepted until November 15, 2013. For submissions published between November 1 and December 31, 2013, the deadline is January 6, 2014.

The Manitoba Book Awards are an annual event celebrating the best in Manitoba writing and publishing. The 2013 awards will take place in April, 2014 in Winnipeg, Manitoba.

All submissions must be sent to: The Manitoba Writers' Guild 218-100 Arthur St. Winnipeg, MB R3B 1H3



For more information, guidelines and entry forms, please visit manitobabookawards.com

Mel Sampson contributes to Age-Friendly Initiative in Stonewall

This past June, Mel Sampson, a longtime resident of Stonewall, Manitoba (30 years), retired from the board of the South Interlake Seniors Resources Council (SISRC).

The SISRC honoured then 83-year-old Mel Sampson at their annual volunteer appreciation night earlier this year.

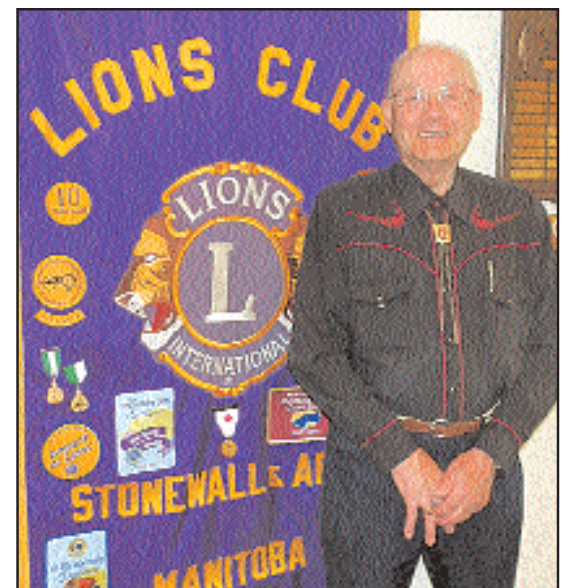
As Director of the SISRC for 24 years, Mel had volunteered at many capacities, including acting as Chair of the Board, driving seniors to and from doctor's appointments in Winnipeg, helping with fundraising, and much more.

Mel is a founding member of the SISRC. After driving the Handi-Van in Stonewall for seven years, he recognized a need for an organization to advocate on behalf of the seniors in the community. He gathered a group of volunteers together at the local Senior's Drop-In Centre to discuss the matter... and succeeded in forming a council. The Council has assisted in the aging-in-place mandate, allowing seniors to stay in their homes longer. In 1989, the Seniors Resource Centre was formed.

Mel has been a Lions Club member for 27 years. In 2010 he assisted with a New Year's Gala put on by the Stonewall & District Lion's club along with the Royal Canadian Legion Stonewall Branch 52 to raise funds to remodel the Palliative Care and Family Room at the Stonewall Hospital. Mel approached all the businesses in



Mel and Ruth Sampson. Mel is honoured at the South Interlake Seniors Resource Council Annual Volunteer Appreciation night.



Mel has been a Lions Club member for 27 years.

Stonewall, MB and all supported the cause.

Wherever Mel is, he is actively involved and volunteering in the community. A testament to that is when Mel and his wife Ruth spent three months of the winter for 22 years in Waslaco, Texas at the Pine to Palm Trailer Park. He volunteered there for 20 of those years as a Dance & Entertainment Director (5 years), Assistant Director (2 years), Sports Director (5 years), and for the Winter Olympics (2 years).

Stonewall joined the Age-Friendly Manitoba Initiative in 2008 and was recognized and honoured this year for embracing the initiative, making life better for seniors and their families. And it's people like Mel Sampson who help give a community this status.

Mel would like to retire from his volunteer driving duties, but he needs new volunteers to step up to take his place. If you are that person, please call the South Interlake Seniors Resource Centre at 204-467-2719. ■

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Brookside Cemetery - Field of Honour

Joyce Bateman M.P. encourages Canadians of all ages to remember our Veterans

By Joyce Bateman, MP for Winnipeg South Centre

Veterans' week is held November 5-11 each year in Canada. This is a time to honour and remember the contributions and sacrifices of our Veterans, and those who died serving their country.

To get Canadians of all ages involved in Veterans' Week our Government has youth education programs and various learning materials available free of charge. We believe it's important for Canada's youth to add their voices and creativity to the celebration of our Veterans.

One of these initiatives is Postcards for Peace. Postcards for Peace is a learning activity in which youth can send personal messages of thanks to those who served and those who continue to serve Canada in times of war, military conflict and peace. You can order Postcards for Peace free of charge from Veterans Affairs Canada.

Also, it's important to note that to coincide with the 60th anniversary of the Korean War Armistice, we declared 2013 the Year of the Korean War Veteran. This is a chance to recognize and honour those Canadians who defended the Republic of Korea and upheld freedom, democracy and the rule of law. To that end, we also launched a

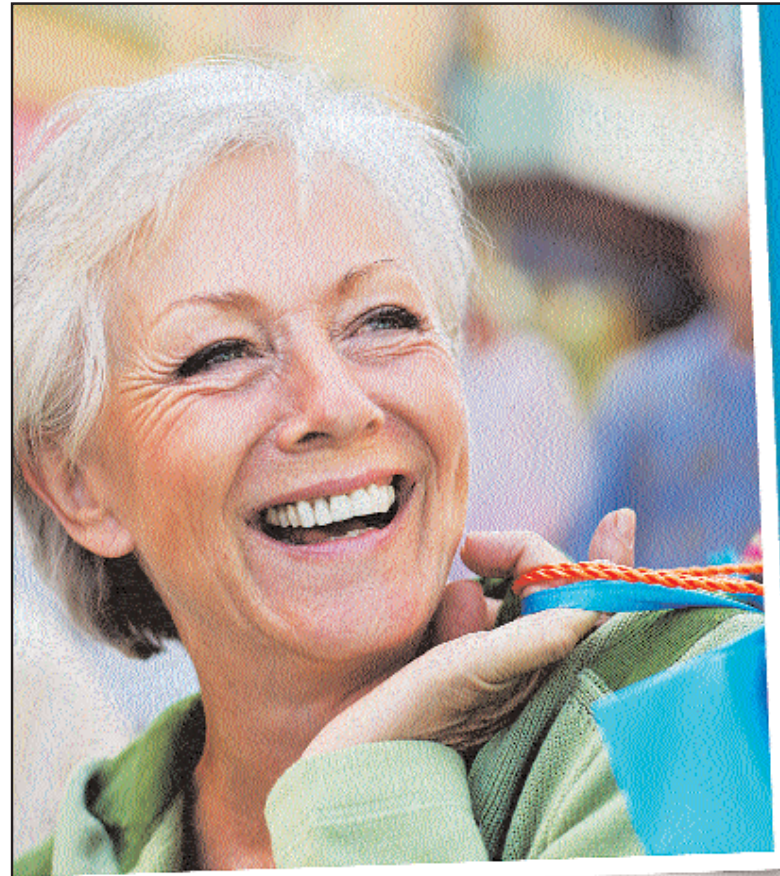
new Certificate of Recognition to honour Canadian Korean War Veterans.

Our nation has a rich history of military engagement that is an immense source of patriotic pride. This history is full of examples of both individual and collective dedication and heroism on the part of the brave men and women who serve in our Armed Forces. Our Veterans helped earn Canada the proud reputation that it has today.

Our Government believes that a proud nation that sends brave men and women into harm's way must stand with them upon their return. By thanking a Veteran, wearing a poppy and attending a local Remembrance Day ceremony you remember and honour Canadians who have served their country from past to present.

For more information on Veterans' Week I welcome you to contact my constituency office by phone at 204-983-1355 or email at Joyce.Bateman@parl.gc.ca.

I also encourage you to visit veterans.gc.ca to share your thoughts or to find commemorative events in your area.



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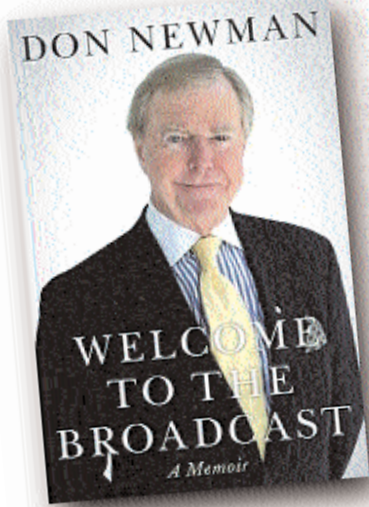
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Welcome to the Broadcast

By Don Newman
Published by Harper Collins

Story by Roger Currie

Journalists who cover politics anywhere on this planet will generally agree with the old maxim that *one week is a long time in the political game*. By that measure, Winnipeg's Don Newman must be very old indeed. In fact he celebrated his 73rd birthday on October 28th, the same day he was at McNally Robinson Grant Park launching a lively and entertaining memoir called *Welcome to the Broadcast*. Until his retirement from the CBC in 2009, Newman began his daily look at Politics with that phrase.

It seems that once they retire, old TV news guys are expected to write down their life story. This past year has seen memoirs by Lloyd Robertson and Craig Oliver. Peter Mansbridge is a few years younger, but he has already been working on his story for quite a while.

Newman's memoir suggests that during the almost half century that he covered politics and events related to it, he was as completely into the game as someone like Don Cherry is into hockey. Indeed, despite spending a few years in England during his early childhood, Don Newman was also into hockey as much as most Canadian

boys in the 1950's. He played the game with my older brother David Currie on outdoor rinks at the old Sir John Franklin Community Club in River Heights, just before starting high school at Kelvin in 1956.

But for a bad case of measles in the spring of 1960, his life might have followed a different path. The illness kept Newman from getting a good outdoor summer job that year. At the urging of his older brother Roger Newman who was already a journalist at the Winnipeg Free Press, Don dropped by the rival Winnipeg Tribune and caught on as a copy boy. Like many a journalistic career, Newman's then became the product of a series of fortunate choices, leading him to work in the newsroom at CJAY TV in Winnipeg in its early days, as well as CKRC radio and CKCK radio and TV in Regina. Then came the Globe and Mail which was then on its way to becoming Canada's first national newspaper.

Through all of these formative years, it was the political connections that Newman nurtured and developed that would serve him well in the years to come. He was also blessed with that

innate ability to be 'in the right place at the right time'. A prime example was on September 22, 1975 in San Francisco. Newman was the CTV correspondent in Washington, and he was the only Canadian reporter covering President Gerald Ford when a woman named Sara Jane Moore, failed in her effort to kill the President.

It was during his Washington years in the late 1970's that Newman made the move to the CBC where he spent the rest of his career. By the time Joe Clark enjoyed his brief turn as Canada's 16th Prime Minister, he had become established as a trusted observer of the Canadian political scene. Especially from this point on, *Welcome to the Broadcast* is a true page-turner for anyone with a strong interest in politics in this country over the past forty years. The flavour is reminiscent of what Peter C. Newman achieved with his landmark books about the Diefenbaker and Pearson years, *Renegade in Power* and *The Distemper of Our Times*.

After a relatively brief posting in Alberta during the peak years of Peter Lougheed's regime, Newman became a fixture in Ottawa. He was CBC's point man on all of the major constitutional battles, from Pierre Trudeau's patriation following his comeback in 1980, through Brian Mulroney's unsuccessful Meech Lake and Charlottetown accords, to the near victory by the separatists in the Quebec referendum in 1995. He also hosted CBC's Remembrance Day coverage for many years.

There are some revelations along the way that will be surprising to more than a few. According to Newman, Manitoba's Lloyd Axworthy wanted very much to run for the leadership of the Liberals when Pierre Trudeau

stepped down in 1984. He did not run because broadcast mogul Izzy Asper, the powerhouse of Liberal politics in this province, was committed to supporting John Turner who won the leadership and was decimated by Mulroney's Conservatives in the general election a few months later.

Also a bit surprising is Newman's admission that he never voted in elections that he was covering as a reporter. He said it would be comparable to "a referee betting on the outcome of game that he was officiating." Over the years, Newman never seriously considered running for office himself, and thankfully he never longed for a seat in the Senate where his former colleagues Mike Duffy and Pamela Wallin are now dominating the news for all the wrong reasons.

Don Newman's life has not been without its share of personal tragedy. His first marriage was to Audrey-Ann Taylor who he met at CKCK television in Regina in 1961. Their only child was a son named Lincoln, born in June 1971. In February 1992, 20-year-old Linc died in a bizarre way. He went into cardiac arrest while under general anaesthetic in a dentist's chair. He was left brain dead and was taken off life support. Two years later Audrey-Ann died after a brief battle with ovarian cancer.

In 1998, Newman married a second time. His wife is Shannon Day, and she partners with him in a consulting business that they started after Newman's retirement from the CBC. ■

.....
Roger Currie is a Winnipeg writer and broadcaster, and a regular contributor to *Senior Scope*. He is heard regularly on *CJNU, 93.7 FM in Winnipeg*.

Coffee Break in Rural Manitoba



Springfield News...
with Marion Clemens
of Oak Bank, MB

Hello everybody and welcome again to news from Springfield, MB.

Sept. 22 - The Walk-A-Dog-a-thon was held in Birds Hill Park. This event is a major, annual fundraiser to cover the high costs of training working dogs to become companions for people who are unable to do certain things due to different sicknesses or handicaps.

Mentioning this event reminds me of the late Beverley Lewis (nee Vance). Beverley had just retired after 33 years



An example of a working dog participating with its owner in this years Dog Walk. Michelle (pushing the wheelchair), Stef and her service dog Roxy.



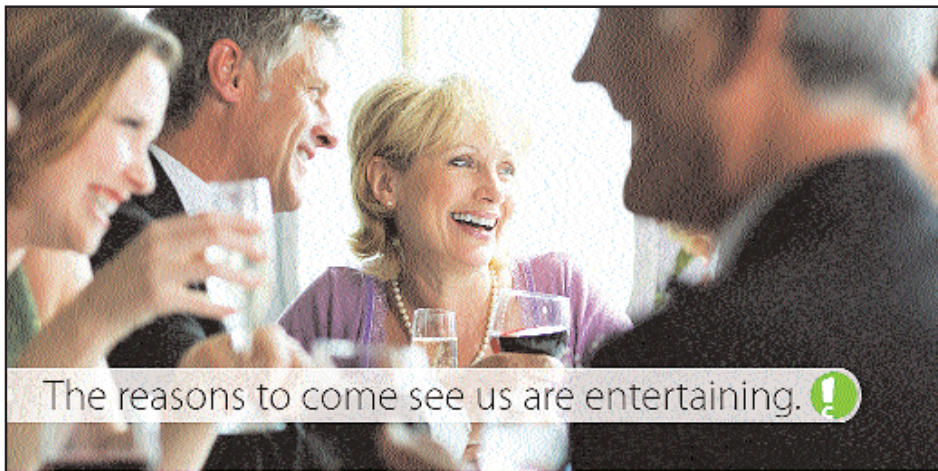
Approx. 250 Zombies walked through Oak Bank, Sat. Oct. 19 as a fundraiser for the Springfield Food bank.

regularly in many different community activities. I personally feel connected to her, since she was the one who went with me to Petland to buy my Canary bird and get it home safely. That was three years ago. Yes, Beverley, we all miss you very much and we feel grateful for the advantage of having shared several years with you.

In lieu of flowers, donations may be made to The Bev Lewis Memorial Trust for the Cooks Creek Community Centre c/o The Bank of Montreal, 249 Manitoba Avenue, Selkirk, MB R1A-0Y4.

Springfield also lost another remarkable person when Clyde Hector McLeod died Oct. 7, just 10 days before his 94th birthday. I remember well when we celebrated his 90th birthday at Kin Place, Oakbank. He was, all day, the life of the Party, energetic like a 50-year-old, forever smiling, and he kept smiling 'til the end. Clyde will also be missed very much, not only by his family, but by everybody he ever met.

That's it for now, wishing you all blessed lives, happiness and good health. ■



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Currie's Corner By Roger Currie

We will remember them

As Canadians, we celebrate Thanksgiving in mid-October. The Americans do theirs on the 4th Thursday in November. In between comes November 11th, and it strikes me that it's the day when we should say the biggest thank you of all.

Thank You seems like such an inadequate phrase when you think of what *Remembrance Day* means. *Baby Boomers* like me should be forever thankful when we think about the carefree days we enjoyed in our late teens and early twenties. I pushed a lawnmower to pay for my tuition and books as a university student.

My father and three of my uncles were in a far away land at the same age, but they weren't backpacking as many of my pals did. They were in uniform, carrying a deadly weapon, and there was at least a 50-50 chance that they would never return to see their loved ones.

The most serious family casualty was Uncle John, dad's youngest brother, who was very seriously wounded when a mortar shell exploded beside him. They all came home and took care of families and helped build communities after the war. They were truly the *Greatest Generation* as Tom Brokaw and others have described them.

I was also blessed to know Hugh Comack who died earlier this year at the age of 92. He emigrated to Canada from Scotland at the age of eight. On a sunny August day in 1942 he was a 21 year old signalman with the *Queen's Own Cameron Highlanders*. Hugh was one of the 5,000 Canadians who went ashore at Dieppe on that horrible day. He was one of only a few hundred who got off the beach and back to England.

Hugh Comack suffered no physical harm, but his carefree youthful inno-



cence was taken away, and it never returned. It's easy to criticize when campaigns like Dieppe, and more recent battles in places like Afghanistan go horribly wrong because of poor planning and risk assessment by the brass hats. But we must always be thankful to those who were there in harm's way.

We will remember them. ■

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

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- Ayn Rand

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“THE BUZZ”

Heffner Finishes Fourth; Robson Honored; Tinsley Scholarship Presented; Ken Little Passes Away; Brookside Field of Honour Closed; Novak still going strong; Forcand Prestigious; All-Star Game Coming to Shaw Park; Big Season for Dobie



By Scott Taylor

Tom Heffner, 68, the president of the Manitoba Amateur Body Building Association, sent me this note after he finished fourth in the Arnold Classic Europe, one of the world's most prestigious international competitions:

"I'm in Barcelona on vacation after competing in Madrid on Oct. 11," he said. "I placed fourth in the 60-plus Open Class and to say the least, I'm very pleased with the results."

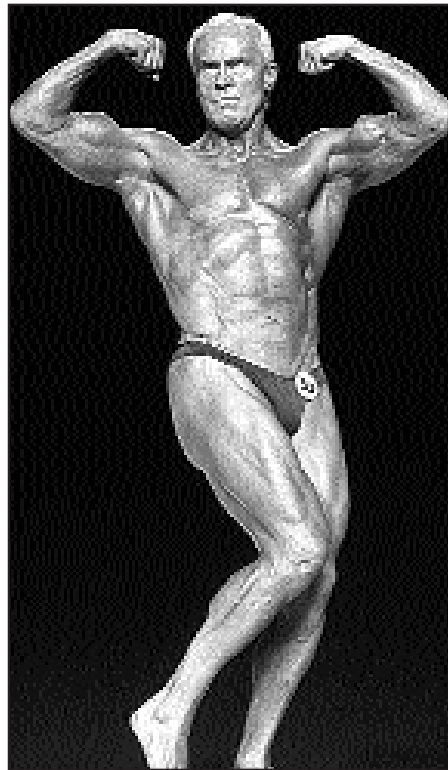
"Thanks for the great support from *Senior Scope*, it's really appreciated. I'm now in a documentary motion picture coming out in 2014. The film crew followed me around Winnipeg for three days and then had someone pick it up in Madrid for three more days including the competition. It was quite an experience."

Heffner, who overcame some serious health issues last year, is back near the top of the world and at 68, to finish fourth in The Arnold, is an incredible accomplishment.



Winnipeg Goldeyes owner **Sam Katz**, 62, and his sales and marketing director, **Dan Chase**, 59, will be front and centre this summer when the Goldeyes play host to the American Association All-Star Game at Shaw Park.

The game will be held on Tuesday, July 29, 2014 but it's a two-day event that will begin on Monday, July 28, with a Fan Fest event and skills competition in the evening at Shaw Park. The following day, Tuesday, July 29,



Tom Heffner

the all-star luncheon and youth skills camp will take place in the afternoon, followed by the 2014 American Association All-Star Game at 7 p.m.

This is the third time the Goldeyes have played host to the mid-summer classic, having done so for the Northern League in 2001 and 2008. This is also the first time since 2010 that the American Association will hold an all-star game.



Goldie with Dan Chase of the Goldeyes.

Goldeyes season ticket holders will receive a ticket to the fan fest, skills competition and all-star game as part of their 2014 ticket package, while Goldeyes nine-game mini pack holders will have an opportunity to purchase tickets for all-star events before the general public.

Season ticket and nine-game mini pack information for the 2014 is available by calling the Goldeyes office at 204-982-2273 or visiting Goldeyes.com.



Sport Manitoba recently announced that University of Manitoba basketball star, **Amir Ali**, has been awarded the \$500 Bud Tinsley Sport Leadership Scholarship.

This scholarship was created last fall in memory of **Robert (Bud) Tinsley** by his family and friends. Tinsley, a former Winnipeg Blue Bombers' star from the 1950s, is a member of the Canadian Football Hall of Fame. He died in Winnipeg 2011 at age 87.

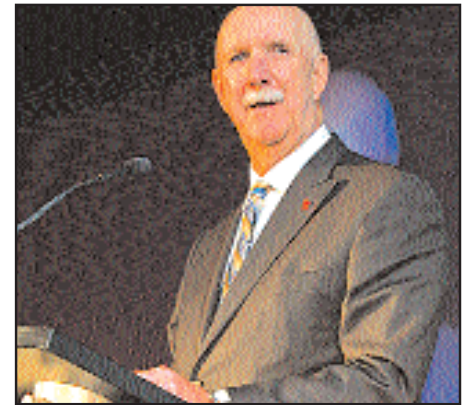
The scholarship recipient is selected each year from among the Manitoba Foundation for Sport scholarship recipients, based on the added criteria of leadership.

Tinsley grew up in Damon Texas, played college football at Baylor University, was drafted by the NFL's Philadelphia Eagles in 1948 and was a member of the Bombers from 1950-1960.



In recognition of the profound impact that former Winnipeg Blue Bombers linebacker/centre **Paul Robson** has had on sport in Manitoba, Sport Manitoba honored its recently retired board chairman's accomplishments with a lasting legacy, the Paul Robson Resource Centre for Leadership and Coaching.

Robson was a successful amateur athlete before playing professionally for the Bombers in the 1960s and '70s. Following his retirement as a player, Robson managed the Bombers, leading them to a Grey Cup victory in 1984. After his time in professional sport, he had a varied career in government,



Paul Robson



Gary Doer

tourism, publishing, and hospitality. Robson served as the chair of Sport Manitoba for 17 years.

The Paul Robson Resource Library for Leadership and Coaching offers cutting-edge resources for all athletes, coaches, and officials to develop their skills, become better leaders, and follow the example as set out by the Resource Centre's namesake.

Sport Manitoba's new board chairman, **Jeff Palamar's** term started Wednesday October 23, 2013.



At last month's Football Manitoba Championship Weekend, the great **Bernie Novak**, was the head referee for the Midget Football League of Manitoba's championship final. Novak, a member of the Winnipeg High School Football League's Hall of Fame, has officiated the game of football for 52 years... The Alzheimer Society of Manitoba is looking for volunteer canvassers to knock on doors and request donations in their neighborhoods. But they need you to be hearty. The Door-to-Door campaign will be held in January of 2014. To register visit Alzheimer.mb.ca or call 204-943-6622 in Winnipeg or 1-800-378-6699 from outside the city... Canada's ambassador to the United States, 65-year-old **Gary Doer**, will be in Winnipeg to speak at the Canadian Club of Winnipeg luncheon on Dec. 6.

Continued on page 9



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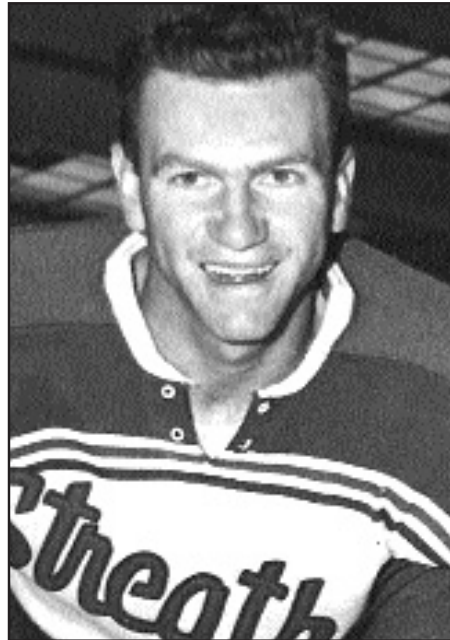
THE BUZZ, *cont'd from page 8*



T. Kent Morgan



The Heart and Stroke Foundation is looking for 3,800 volunteers across the province (2,300 in Winnipeg) to assist with its annual door-to-door campaign in February. Again, you must be hearty. The Foundation is looking for canvassers, area captains and zone leaders. For more information click on heartandstroke.mb.ca or call 1-888-473-4636... Our good friend **T. Kent Morgan** of the Manitoba Hockey Hall of Fame has a new gig as columnist with Manitoba Hockey News, the new full color glossy hockey magazine published by the Huddle Media Group and Esdale Printing. Here's an excerpt from his first column: "**Ken Little**, one of five finalists for Manitoba male amateur athlete of the 20th Century, died in Kelowna, B.C. on Sept. 12. Little excelled in baseball, curling, football, track and field and hockey. His hockey career began with the Downing St. playground team. He played junior for the Winnipeg Canadiens, spent a season in England with Streatham, and then senior with the Winnipeg Maroons..." One of rock music's greatest guitarists, 63-year-old George Thorogood will celebrate the 40th year of his band **George Thorogood** and the



Ken Little

Destroyers at the Burton Cummings Theatre in Winnipeg on Saturday night, May 10.



Late last month Golf Manitoba presented its Distinguished Service Award to **Bob Forcand** of Breezy Bend. Mr. Forcand became the seventh recipient of the award.

Mr. Forcand joined Breezy Bend in the winter of 1971 and became a Board member in the early 1980's. He served as the Club's Tournament Chair and went on to serve as President in 1982-83.

He began volunteering with the Manitoba Golf Association in the 1970s. In the early 80s without his knowledge, former MGA President Jim Bristow submitted his name to become a member of the MGA Board of Directors. After serving in a number of roles, he became the Association President in 1989. He is still involved as a volunteer for Golf Manitoba.



George Thorogood

"On behalf of our Board and Selection Committee, Golf Manitoba is pleased to recognize Bob Forcand with our Distinguished Service Award in 2013," said Golf Manitoba President **Kevin O'Donovan**, in a written statement. "Bob has been an integral part of amateur golf in Manitoba for almost 40 years and he epitomizes what the Distinguished Service Award is all about."

Past recipients include **Jerry Budyk** (2007), **Don Forsyth** (2008), **Betty Grant** (2009), **Brian Gilhuly** (2010), **Rudy Boivin** (2011) and **Joyce Collier** (2012).



Singer-songwriter **Gordon Lightfoot** will be honored by some of Winnipeg's finest musicians at the West End Cultural Centre to mark Lightfoot's 75th birthday. *Carefree Highway — A Winnipeg Tribute to Gordon Lightfoot* is set for Friday, December 6. **Kenny Shields**, 66, of Streeheart will be one of the performers. Tickets are on sale now for \$22 through the WECC, Ticketmaster, Winnipeg Folk Festival Music Store and Music Trader. Or buy them at the door for \$27. Lightfoot himself is not expected to attend... Variety Club's semi-annual Hearts of Blue and Gold Fundraising Dinner was



Bob Forcand. (Photo courtesy Golf Manitoba)



Gordon Lightfoot

held on Oct. 29 at Earls Main. Among the Bombers alumni who joined 12 current Bomber players included 56-year-old **Joe Poplawski**, 68-year-old **Jim Heighton**, 56-year-old **Rick House**, 81-year-old **Nick Miller**, 57-year-old **Chris Walby** and 78-year-old **Ken Floen**... It was a very successful season for University of Manitoba football coach **Brian Dobie**. The 60-year-old Dobie, who has been at the helm of the Bisons football team since 1995, guided his team to a 5-3 record and second place in the Canada West Conference. Dobie's Bisons played host to a playoff game for the first time since the team won the Vanier Cup in 2007. ■

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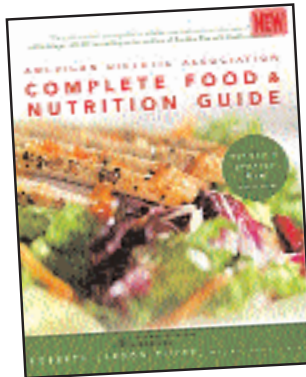
Jane Fonda
Prime Time.
New York: Random House, 2011.



Jane Fonda, has come to the conclusion that there are three developmental stages of life or Acts as she refers to them. Act I, the first three decades, Act II, the middle three decades, and Act III, the remaining of your life. The

first two decades are about finding yourself and the third ones is about putting it all together to live a rich and fulfilling life. The book discusses everything from sex, love, food, fitness, self-understanding, spiritual and social growth, to keeping your brain healthy. "This book is for those of us who, like me, believe that luck is opportunity meeting preparation; that with preparation and knowledge, with information and reflection, we can try to raise the odds of being lucky, and of making our last three decades-our Third Acts-the most peaceful, generous, loving, sensual, transcendent time of all." Jane Fonda is a #1 bestselling author, actress, and workout pioneer.

Roberta Larson Duyff
American Dietetic Association
Complete Food & Nutrition Guide.
Hoboken, New Jersey: John Wiley and Sons, 2012.



Wellness takes awareness and planning to achieve a healthy life balance. This book is a tool designed to answer the whats, hows, and whys about food and nutrition. It will

also guide you in grocery shopping, planning meals, managing diet-related health conditions, food safety, and much more. Chapter VI has wonderful resources to get you started on the path to wellness.

"... if you should heed the advice "starve a cold and feed a fever"? Illness is no time to "starve" your body of nutrients. To fight infection, your body needs a supply of nutrients to build and maintain your natural defenses, so you will need balance and variety in your food choices."

Roberta Larson Duyff is a Registered Dietitian, a Fellow of the Academy of Nutrition and Diabetes, the recipient of the Academy's Medallion Award, and a nationally recognized food, nutrition, and culinary expert. ■

A Wiry Situation

By Maurice Allard, Century 21 Carrie.com Realty

A few months ago I told you that my son had bought a 105 year old two-storey house in Norwood. Together we have undertaken some renovations.

Well, in the last couple of months, I have had to learn about the knob & tube wiring. He bought the house knowing it was there but trying to get it replaced has been quite a task.

Knob and tube wiring is usually found in homes built prior to around 1940 and that have not had the wiring updated. Knob and tube wiring gets its name from the insulator knobs used to keep the wires isolated from objects and the ceramic tubes used to line holes through wooden floor joists. In fact, close to 98% of the homes in Winnipeg 70 years old or older were originally wired with knob and tube wiring. A lot of houses only had 3-4 circuits for the whole house, with one circuit powering everything on one floor. You may find it with older 60 amp services and 4 screw in fuses.

Although the actual wire used may be no different from that used today for the most part, it consists of only a hot (black) and neutral (white) wire with no ground wire. Both wires must run separately to fixtures as opposed to those used now, which are contained within one plastic sheathing. The fact that there is no ground wire, and few circuits, is usually an issue for today's lifestyle of high electricity usage and technology. Also, there are potential fire hazards with the breakdown of the insulation around the knob and tube wiring that comes with age, and should the black and white wires make contact.

Knob and tube wiring can be safe and functional. If you have any concerns, hire a qualified electrician to inspect the wiring to determine its safety. With proper documentation from a certified electrician many insurance companies will readily insure your home. There are companies that continue to offer regular priced policies for homes with knob and tube, and others who ask a pre-

mium for this insurance. If you have any qualms about the safety of your knob and tube wiring, you can hire an electrician to update your home wiring. Be sure to get a few quotes, and expect to pay more to update a two or three-storey home, than you would for a bungalow. Replacing the wiring is an investment that should see a positive return when you sell. Keep the receipt to show prospective buyers when it comes time to sell.

My son and I have gotten a few quotes to replace the wiring, ranging from \$14,000.00 to \$21,000.00. Our plan was to do it as he could afford it, one or two rooms at a time. But the contractors want to come in and do it all at once. So, if there are any retired electricians out there, who would like to take on a project a bit at a time I'd like to hear from you....

If you intend to purchase a home in an area where knob and tube wiring was used then ask your realtor for advice on securing insurance and peace of mind. Your realtor may recommend the use of a condition in your offer to purchase that allows you, the buyer, to satisfy yourself that the house is insurable. That way you won't be stuck struggling to find insurance right before closing.

On another topic, if you have anyone in your family who is a first time home-buyer, call and I will tell you how I can get you a \$500.00 cash incentive deposited right into your bank account. This may be a limited time offer so call now.

As always, home evaluations are NO cost and NO obligation, ALWAYS. I'm waiting for your call.

Maurice Allard
Century 21 Carrie.com
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Office: 204-987-2100
Seniors Real Estate Specialist
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www.mauriceallard.com

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

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



"Ask yourself whether the dream of heaven and greatness should be waiting for us in our graves – or whether it should be ours here and now and on this earth."

- Ayn Rand





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The Flu Shot

By Trevor Shewfelt, Pharmacist at the Dauphin Clinic Pharmacy

What is the flu? The flu (or influenza) is a highly contagious viral illness. It can spread easily from one person to another through coughing, sneezing or sharing food and drinks. You can also get the flu by touching objects contaminated with flu virus and then touching your mouth, eyes or nose. That is why hand washing is so important to prevent the spread of the flu. It is also recommended that you cough or sneeze into your elbow, sleeve or into a tissue.

Influenza symptoms include fever, headache, cough, muscle aches, runny nose, sore throat and exhaustion. The symptoms of the flu are usually more severe than that of a cold. Also, the onset of the flu is usually quite sudden. Flu symptoms usually last from 7 to 10 days, but the cough and weakness can continue for 6 weeks. Influenza arrives in Manitoba every year in late fall or early winter.

"Can I get the flu from the flu shot?" No. The flu vaccine is made from dead virus parts. It cannot give you the flu. Unfortunately, some people can get sick, or can even get the flu immediately after the flu shot. That is because the flu shot doesn't start working until 2 weeks after the shot. So you can catch the flu and get symptoms during that two-week period. Also, people who seem to have gotten the flu within a day or two of the shot probably had the flu virus in them already at the time of the shot, and would have gotten sick anyway. Finally, the flu shot only protects against some very specific influenza viruses. It doesn't protect against the common cold virus or bacterial illnesses.

"Can the flu shot give me a bad reaction?" Rarely. It is always safer to get

the flu shot than to get the flu. The flu shot is made in chicken eggs. So people with serious egg allergies should not get the flu shot. You can get a local reaction at the injection site that turns red and sore for up to two days. You may also get fever, headache, or muscle pain. Your pharmacist can get you acetaminophen products to help with these mild symptoms. If these symptoms get very bad or last for a long time, seek medical attention. If you get hives, difficulty breathing, or swelling of the throat, tongue or lips after you leave the flu clinic, call 911 or go to the nearest emergency department for immediate treatment.

How well does the flu shot work? Well, that is difficult to say. The influenza virus mutates every year or so. Scientists look at what the flu virus was like last year and try to predict what it will be like this year when they make up a new batch of vaccine. If the virus only changed a little, the flu shot works well. If the virus changed a lot, the flu shot doesn't work as well. The on average, the flu vaccine is effective in about 50-70% of healthy adults and children. Last year, in the 2012-13 flu season the effectiveness was estimated to be 50%. In nursing homes, the flu vaccine stops 50%-60% of flu related hospitalizations, and 85% of flu related deaths. As said before immunity to the flu usually starts about 2 weeks after the shot and lasts less than 1 year. The elderly, unfortunately, can have their immunity fall off in as little as 4 months.

Who should get the flu shot?

- Seniors aged 65 years or older
- Residents of personal care homes or long-term care facilities

- Children six months to five years of age
- Those with chronic illness such as:
 - an immune system weakened by disease or medical treatment
 - a condition that makes it difficult to breathe
 - children 6 months to adolescents 18 years of age on long term acetylsalicylic acid (i.e. aspirin) therapy.
 - people with other chronic medical conditions (ex. diabetes, mental disabilities)
 - Pregnant women
 - Health care workers and first responders
 - Individuals of Aboriginal ancestry
 - People who are severely overweight or obese

An interesting fact is that children under nine years of age who have never had a seasonal flu shot before will need two doses, given four weeks apart.

Who should not get the flu vaccine?

- Infants younger than six months of age
- Anyone who has a severe allergy to egg protein, formaldehyde or thiomersal
- Anyone who has a serious acute illness, with or without fever, on the day they are to be immunized. A mild illness, with or without a low fever, is not a reason to avoid getting the flu shot
- Persons known to have developed Guillain-Barre syndrome within six weeks of a previous influenza vaccination.

So get the flu shot. No one likes to get sick and the flu shot is your best protection from getting the flu. If you get the shot, you are also protecting the 2000 to 8000 Canadians who die of influenza every year.

The information in this article is intended as a helpful guide only. It is not intended to be used as a substitute for professional advice. If you have any questions about your medications and what is right for you see your doctor, pharmacist or other health care professional.

Manitoba Health Flu info site:
www.gov.mb.ca/health/flu/
Health Canada Flu site:
www.fightflu.ca



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VACATION & TRAVEL:

Landing in LAOS - Next stop - Thaket

- PART FOUR

© Story by Rick Goodman. Photos by Beatrice Daigneault.

Editor's Note: In the last issue, Rick and Bea sampled some local cuisine in Vientiane and they now landed in Thaket.

Thaket is a small town on the Mekong. A lot of the old French colonial buildings still stand there. And a lot of tourists seemed to be standing around looking at them. That's about it. Suffering from too much sun - that's the sum total of my first impressions of Thaket. Old buildings, pale faces, "Oh look, there's another one. And he's limping! Where's my bed?"

We decided on a grand old colonial hotel and Chai's wife and sister went in to negotiate the rate. What a team. Sunny asked the price for three rooms. Van hooted in derision at the answer. Sunny was outraged. The manager relented and that was all it took. Once they tasted blood there was no holding back. Feint and attack, never retreating it got louder and louder. Then they took their sandals off.

"Hoo Boy," I thought, "Now you're going to get it Buddy."

But they were only going upstairs to inspect the rooms. We could hear them inspecting from the lobby. I don't think they were actually cursing but old Chai was nodding his head appreciatively at some of the pithier comments.

[Taking your shoes off is common practice there. Guesthouses, hotels and even some stores will have shoe

racks by the front desk or front door for guests to leave their shoes. It seems a little odd at first but is actually very cool and comfortable.]

It was suddenly quiet then the ladies appeared at the head of the stairs with the manager cowering along in their wake.

"\$45.00," Van announced. It was a gorgeous old hotel. Hardwood floors and wainscoting, high ceilings, massive doors, well kept and so very, very clean. I thought \$45.00 was a bargain.

"That's for all three rooms," Sunny chimed in, "And," she said, turning to glare at the manager, "Breakfast is free."

Kop jai lai - thank you very much ladies.

Bea and I checked in. The hotel had been refurbished but they had kept the original hardware on the doors and I was given an actual skeleton key. That's something you don't see a lot of any more.

Lizards are another thing you don't see a lot of in western hotels either. I had just opened our room door when Bea let out a shriek, kicked her way into the room and slammed the door in my face.

I thought, "Snake!" and clawed my way in after her.

There was a gap under the door you could roll a bowling ball through. I ransacked the room for some kind of weapon and yelled questions and commands at her.

"Is it a big one?" I hollered. "What colour is it? Get on the bed, get on the bed! Hurry, hurry!"

I wondered later what the other guests in the hotel were thinking hearing all this.

Bea stood with her back bracing the door, panting too hard to speak and held her hand up with her thumb and forefinger about 4 inches apart.



Fast Food.

"On the wall," she whispered, "It had legs."

"This is the end," I thought, "The snake has legs. We're not going to make it and that's for sure."

That's what panic does. Snakes don't have legs. Asian house geckos have legs. We got used to them. They're a little nocturnal lizard that can climb walls and even hang upside down on the ceiling. They'll congregate around lights and eat any insects that happen by.

Later on we were up in a little town called Vang Vieng. The guesthouse had a roofed porch with wooden recliners for the use of guests. Bea and I had come in from dinner one night and I decided to have a cigar and a glass of beer out on the porch.

I laid back, blowing smoke and enjoying the evening. The light was very dim but I could just make out the geckos overhead. There must have been around 20 of them. They seemed a little more active than usual.

"Must be this dutch tobacco stimulating them," I thought. And, "Boy, is this beer ever foamy."

They scurried around overhead, I laid below, smoking and sipping my beer.

About half way through my second glass I found out why it was so foamy. Geckos can poop while hanging upside down. They hadn't been hunting they'd been maneuvering for the best position to share my cigar smoke and bomb my beer glass. Nothing puts a good head on a glass of beer like gecko poop.

Suddenly one of them got a little too much smoke. He sneezed, farted, and lost his grip on the ceiling. I gave him full points for a triple forward somersault followed by a half gainer but had to disqualify him for missing the beer glass. Barely.

I went to tell Bea about the diving lizard. Coming into the light, she



Bicycle - common mode of transportation.

looked at me and asked, "How come you're all freckles?"

Hoo Boy! The next morning Sunny wanted to visit an old friend who had a business not far from the hotel. This lady ran a fast food, quicky mart, gas bar sort of enterprise.

There was a little charcoal grill and a gas burner for making pho and other snacks plus a couple of tables for customers. She had a few shelves stocked with small items and toiletries. People there tend to buy one-use bars of soap and shampoo. Get by one day at a time sort of thing.

Outside there was a dog with parts that were a little out of proportion. I think he was there for entertainment purposes. You could slurp pho and watch him sleep on the sidewalk. Occasionally he would get up and scratch.

Beside the dog there was a little wooden table with a litre of motor oil and three different sized bottles of gasoline on it. She has a beer bottle, a whiskey bottle and a two liter pop bottle. This was the gas bar. It was actually pretty handy. You could pull up on the family scooter and while you were pouring a bottle of gas in the tank the wife could run in and pick up a bar of soap and a roll of toilet paper. The dog would keep the kids amused by waking up and scratching.

Her next door neighbor ran a bicycle tire repair establishment. He had a little rubber repair kit, a screwdriver and a hand pump. All he had to do was sit out in the shade, watch the dog and wait for business. Being home anyway, any business that walked in the door was found money.

This is a common setup. People live in the back of their homes and open up the front for whatever small enterprise they can make a buck at. It doesn't take much. Overhead is low, there's property tax but no business tax. Or income tax. Or workers compensation premiums, or sales tax. Every now and then a guy from the power company shows up to read the meter. In the country you pay the man directly. I never found out how it works in the city.

You're not getting rich but it's not a bad way to get by. Keep the shelves stocked and the water hot for noodles. ■

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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.

Things to do in Winnipeg

EVENTS

Delmar Craft & Bake Sale - Sat. Nov. 16, 9 am-3 pm, 100 Adamar, 2nd floor, recreation hall. Soup, buns, cookies & beverage - \$4. Served at 11 am while quantities last.

The Parents Committee at the Greendell Park Community Centre - Window On Christmas Craft Sale, Sun. Nov. 17, 11 am-4 pm at Greendell Community Club, 75 Woodlawn Avenue, St. Vital. Raffle, Draw, Crafts, Baking.

North Kildonan Community Players - Presents "Annie," Nov. 20-24. Tickets on sale: Adults \$20, Children \$15. Call **204-890-8999** or email me at **nkcp2011@gmail.com** for tickets.

Royal Canadian Legion Ladies Auxiliary #4 - Christmas Luncheon, Sun. Nov. 17, 12:30-2:30 pm at the St. James Legion, 1755 Portage Ave., upstairs. Elevator available. Bake table, book table, auction & more. Tickets \$7 - Call Marjorie: **204-888-7874**.

St. Luke's Anglican Church - Christmas Bazaar, Sat. Dec 7, 10 am-3 pm, Stradbrook and Nassau. Crafters welcome - tables \$25 plus small gift. It's a Wrap will be there to wrap gifts. Contact Church office: **204-452-3609**

Springs Senior's Drop In Centre - Meetings, Nov. 14 and 28, 1-4 pm at 725 Lagimodiere Blvd. **Forever Young Pot Blessing Banquet**, Sat., Dec. 7, 6:30 pm in main sanctuary at Springs Church, 725 Lagimodiere Blvd. \$5 at door, last names starting with A-M bring a salad /dessert. Names N-Z bring a main course.

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

St. Charles Parish - Christmas Craft & Bake Sale, Sat. Nov. 16, 10 am-3 pm & Sun. Nov. 17, 10 am-2 pm, at 320 St. Charles St. Crafts, Baking, Silent Auction, New To You Table, Quilt Raffle, Refreshments.

Friends of the Winnipeg Public Library - Best of Friends Gift Shop 8th Anniversary Sale: Nov. 13-16 in Millennium Library lobby. Sidewalk sale. Pop-up discounts changing daily. Local jewellery artists on Thur. Free Draw. Net earnings support library projects. **204-947-0110** or **info@friendswpl.ca**

The Canadian Club of Winnipeg - Luncheon with Gary Doer, Fri. Dec. 6, 11:30 am-1:45 pm, at the RBC Convention Centre, Wpg. **204-799-9086**, **canadianclubmb@gmail.com**, **www.canadianclubofwinnipeg.ca**

Rupert's Land Caregiver Services - Poinsettias for Christmas sale. \$19 ea. provided by Shelmerdine's. Order by Nov. 22. Pickup for individual orders is Dec. 11, 12-6 pm. Our major fundraiser of the year helps us in our work with family caregivers of older adults. Call **204-452-9491**

St. Basil's Parish - Christmas Bake Sale, Sat. Dec. 7, 10 am-3 pm at St. Basil's Parish, 202 Harcourt St. Perogies, Cabbage Rolls, Perishke, Borscht, Raffle and Luncheon. Take out meals - Perogies, Cabbage Rolls & Sausage (while available).

"The Assiniboine Show Chorus" and **"The Golden Chordsmen"** - Musical Production of "Sing We Noel", Dec. 7, 2-7 pm, Bethel Mennonite Church, 465 Stafford St. Tickets \$15 - Under 6 Free. **www.assiniboinechorus.org**

A & O: Support Services for Older Adults - Holiday Fundraiser, your one-stop shop for holiday shopping, Tue. Dec. 3, 1-4 pm, at 1315 Strathcona St., Clifton C.C. Door prizes, giveaways, featuring a bake sale by members of the West End Seniors, and a special performance by the Stradbrook Avenue Show Choir. To view a list of vendors visit **www.ageopportunity.mb.ca** or call **204-956-6440** for more info.

Downtown Winnipeg Farmer's Market - Nov. 14, 10 am-4:30 pm, at the Manitoba Hydro Place Gallery, 360 Portage Ave. The country come to the city with home made holiday goodness - crafts, baking, unique gifts, food & more. **www.downtownwinnipegbiz.com**

Misericordia Health Centre - accepting volunteer applications for Spiritual Care volunteers. Involves supporting a safe environment for Senior residents by accompanying those wishing to attend services. Call **204-788-8134**, **volunteer@misericordia.mb.ca**

Self-publishing course - Nov. 26 & 27, 10 am-12 pm, at McNally Robinsons, Grant Park mall. Limit 10 participants. Learn editing, choosing a printer, marketing & more. Email: **barbking@grant.mcnallyrobinson.ca** for info

The Happy Homesteaders men's barbershop group - is recruiting singers. Rehearsal is Mondays, 1:30-3:30 pm. Usually perform 1-4 times a month. Sept. thru May at seniors' residences and personal care homes. Call, Joe Cels: **204-888-4214** or Doug Stewart: **204-837-8943**

Red River College (RRC) Client Actor (CA) Program - CAs are "actors" portraying a patient, providing a learning opportunity for future healthcare providers. We are recruiting actors for various roles throughout the year. Call: **204-632-3012** or **430-3757** or email: **kcifuentes@rrc.ca**

St. James Assiniboia 55+ Centre - Big Band Dance Series, Fridays, 7:30, Nov. 15 & Dec. 13 at the St. James Civic Centre Auditorium, 2055 Ness St. Live music of 40s, 50s, 60s. Tickets \$12 advance or \$14 at the door. Call **204-987-8850**

Fort Garry Women's Resource Centre (FGWRC) - Free Wen-Do Women's Self Defense Class - Thursdays until Dec. 5, 7 pm-9 pm at Young United Church (222 Furby Street) *NOTE: No Wen-Do Class on Thur., Oct. 31. For more info: visit **www.fgwrc.ca** or call **204-477-1123**

Pembina Active Living (55+) - Presentation on "Muscles - structure and function in health, repair and aging", Thur. Nov. 21, 1-3 pm at Grace Christian Church (50 Barnes St. Wpg). Members \$10, non-members \$15. Register: **204-269-8003**. For info on other PAL(55+) activities, visit **www.pal55plus.ca** or call **204-946-0839**

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**.

Manitoba Coin Club - Meets 4th Wed. ea. Month 7:30-9 pm, Sept-Nov, (Christmas get together mid-Dec.) & Jan. thru June, at Fort Rouge C.C., Osborne & Kylemore. Annual dues \$10. No charge to attend a meeting or 2. Call Barré Hall: **204-296-6498**

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

The Winnipeg New Horizons Band - We offer a friendly, informal, opportunity to develop your musical skills. Must have access to instrument and music stand. Practices: Sat. mornings, Sept.-May at 800 Point Rd. Will perform 2 or 3 concerts each season. Visit **www.mbnewhorizons.band.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. Call Dennis: **204-261-8790** or Jim at **204-837-6900**

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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** or visit **www.seniorscoralsociety.ca/**

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**.

VOLUNTEERING

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.

Volunteer Opportunity: Fort Garry Women's Resource Centre (FGWRC) - Seeking feminist-minded women willing to serve on our board for 2 years for our 2013-15 term to serve on Community Relations Committee & Personnel Committee. Call: **204-477-1123** or **info@fgwrc.ca**

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

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

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

Rupert's Land Caregiver Services - Ring-A-Ride program needs drivers to take clients residing in Southwest Winnipeg to appointments, shopping and social outings. Call **204-452-9491** or email **rlcs_vol@mts.net**

SOCIAL PROGRAMS / SERVICES

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

Good Neighbours Active Living Centre - Opportunities for 55+. Special events, classes, outings, presentations, workshops, and more. Call: 204-669-1710

Seine River Seniors Southdale Community centre - Creative Writing ev. 2nd Thur. Call **204-275-1353**; Bridge Mondays, Cheap Tuesday Movies, 1st Tues. of mo. St.Vital mall entrance to cinema; Call **204-452-5439**; To register for the following events, call **204-253-4599**: We Remember Luncheon Nov. 13; Social brunch at Smitty's Meadowood Nov. 19; Card Making Nov. 20; Travel for Women Nov. 26; Beginners Water Colors Nov. 27.

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, Line Dancing, Painting & Drawing. Call: **204-416-1067** or email: **archwood55@gmail.com**

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

A & O - 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. Call **204-956-6440** and speak with Silvia Del Vecchio to receive more info.

A & O: Support Services for Older Adults - West End at the Clifton Community Ctr., 1315 Strathcona St: For activities, call **204-975-5167**. **Osborne Village** at 400 Stradbrook Ave: For activities, call **204-956-6490**. Visit **www.ageoportunity.mb.ca** for info.

Dufferin Senior Citizens Inc., 377 Dufferin Ave. - Various activities. Every second Sat: Dance 12-4 pm, with a 4-piece band and lunch. **204-986-2608**

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

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

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

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@fafm.mb.ca**

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit **www.stjasc.com** to view programs and services. **(204) 987-8850**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

The Southeast Artists Group - Annual Christmas Show & Sale, Fri. Nov. 29, 12-6 pm & Sat. Nov. 30, 12-4 pm at Clearspring Mall. Local artists' works fr. Steinbach, Lorette, St. Annes, Vita, Dufresne, Landmark and Ste Pierre-Jolys. Paint demonstrations.

Komarno Community Hall - Western Dance, Sat. Nov. 9, 7 pm. Music by The Canadian Rhythm Masters. Tickets \$15, Lunch included. Call **204-886-2994** for advance tickets.

St. Eustache Young at Heart - meal program, Fridays, 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 info.

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

Teulon & District Seniors Resource Council Inc. - (Teulon, Gunton, Komarno, Erinview, Malonton, Inwood, Narcisse, Chatfield & surrounding areas). Driver program, CancerCare driver program, Victoria Lifeline, handi-helper, housekeeping/laundry, friendly visiting, telecheck, 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, housekeeping, 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). 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**



Recipe OF THE DAY

Larry McIntosh

Upside-Down Cake

| Metric | Ingredient | Imperial |
|--------|--|-----------|
| 500 ml | fresh peaches, pears or pineapple, peeled & sliced | 2 cups |
| 75 ml | soft butter or margarine | 1/3 cup |
| 175 ml | brown sugar, lightly packed | 3/4 cup |
| 3 | eggs | 3 |
| 375 ml | carrots, grated | 1 1/2 cup |
| 175 ml | flour, whole wheat | 3/4 cup |
| 300 ml | bran cereal | 1 1/4 cup |
| 5 ml | baking powder | 1 tsp |
| 2 ml | baking soda | 1/2 tsp |
| 2 ml | ground cinnamon | 1/2 tsp |
| 175 ml | raisins | 3/4 cup |

Drain fruit slices thoroughly on absorbent paper. Arrange in bottom of 9 inch (23 cm) round cake pan lined with waxed paper. Set aside. In a large bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Stir in grated carrots. In a second bowl; combine flour, cereal, baking powder, baking soda, cinnamon and raisins. Stir into carrot mixture. Spread evenly over fruit slices. Bake in preheated 350 F (180 C) oven for about 35 minutes. Let stand for 30 minutes before turning out onto serving plate. Serve warm or cold.

Serves 6

www.PeakMarket.com

93 New Medications covered by Medicare - Helps those suffering from lung cancer, arthritis and stroke

The Manitoba government has added 93 new drugs to the provincial medicare formulary and negotiated lower drug prices, which will save families \$5 million annually, Health Minister Erin Selby announced on October 28, 2013.

New drugs added as a result of Manitoba's participation in the Pan-Canadian Pricing Alliance include Cimzia, for the treatment of rheumatoid arthritis; Eliquis, for the prevention of stroke and systemic embolism in patients with atrial fibrillation;

Onbrez, for the treatment of chronic obstructive pulmonary disease; and Xalkori, for the treatment of advanced non-small cell lung cancer.

The lower prices announced today will save the pharmacare program \$3.9 million per year and Manitoba families also benefit from these lower drug prices negotiated by government with expected savings of \$5 million per year, the minister said.

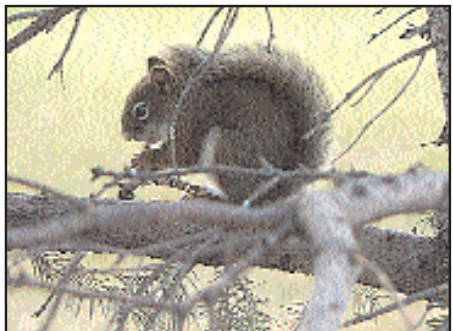
The Pan-Canadian Pricing Alliance was established in 2010 to enable provinces and territories to leverage their collective purchasing power to secure lower prices for prescription drugs and increase access to drug treatment options

The provincial government has also worked to broaden the number of generic

versions of prescription drugs. According to the Canadian Generic Pharmaceutical Association, generic drugs accounted for 65.1 per cent of prescriptions in Manitoba in 2011, the highest use of generics in Canada.

Pharmacare is a universal prescription drug program for Manitobans with benefits based on family income. It covers 100 per cent of eligible drug costs once the income-based deductible is reached regardless of medical condition or age.

For more information about the Manitoba Pharmacare Program visit www.gov.mb.ca/health/pharmacare.



Having a quick snack before getting back to work collecting a winter supply of food.



Old barn in Inwood, Manitoba area.



Jade Lebrun meets Justin Trudeau, Liberal leader of Canada, at a recent visit to Lorette, MB on Sept. 25th.



Halloween in Stonewall saw lots of ghosts, goblins and a guy named Brayden dressed in a Werewolf costume.

MEGA



WORDSEARCH

- | | | | | | |
|--------|-------|-----------|--------|---------------|--------|
| An | Cream | Era | If | Old-fashioned | Tar |
| Apt | Crew | Extra | Ill | Once | Taste |
| Are | Crude | Flow | Import | Our | Teams |
| Aspect | Cry | Fond | In | Out | The |
| At | Dam | Gap | Is | Papers | Thorn |
| Bet | Day | Get | Its | Pea | Toe |
| Car | Did | Got | Keen | Pen | Took |
| Chest | Do | Her | Knit | Pet | Tunnel |
| Clay | Ear | Hid | Lace | Pie | Up |
| Cloak | Echo | Hut | Lack | Pops | Us |
| Club | Edge | Identical | Lad | Red | Verb |
| | | | Lava | Remarkd | Vital |
| | | | Lit | Room | Was |
| | | | Mad | Rope | Way |
| | | | Me | Safe | Weird |
| | | | My | See | Whole |
| | | | Nap | Sew | Wolf |
| | | | Nest | Sit | X-rays |
| | | | No | Spy | You |
| | | | Oar | Steeep | Zoo |
| | | | Off | Stew | |

SOLUTION BELOW

SUDOKU - EASY

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

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 BELOW

SUDOKU SOLUTION

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

MEGA WORD SEARCH SOLUTION



HUMOUR COLUMN:

Phyllis Diller's last laugh

By Nick Thomas

The grand lady of comedy, Phyllis Diller, passed away on Aug. 20, 2012 at age 95. Can't you just see her, strutting through the Pearly Gates in a pink, knee-length dress, encrusted with blinding sequins, matching silver gloves and boots, flashing her trademark wild, electrified hairdo?

One might expect St. Peter to be accustomed to welcoming all sorts, but even he might be taken aback when the Madonna of the Geritol set, as she loved to be called, greets him with the familiar Diller cackle, "They're lettin' anyone in here nowadays. Ha Ha Ha Haaaa Ha."

With her trademark on-stage, rapid-fire delivery, Diller was famous for launching into a string of one-liners without batting an artificial eyelash, poking fun at celebrities, her mythical family, and of course, herself.

"You know you're old when they discontinue your blood type ... and your birth certificate is on a scroll ... and your walker has an airbag," she would say.

I interviewed Phyllis twice, once for our local public radio station, and also for the San Francisco Chronicle in 2006 several years after she mothballed her collection of electrifying fright wigs and flashy show dresses, and retired from performing after 47 years of stand-up comedy.

"I loved doing the shows, but physically it was getting harder for me," Diller, who was around 90 at the time, told me. "A one-hour show is just the tip of the iceberg. All the traveling, rehearsals and media sessions became more tiring."

Diller's final stand-up performance in 2002 was preserved by filmmaker Gregg Barson. His entertaining docu-

mentary film, "Goodnight, we love you: the life and legend of Phyllis Diller" weaved clips from the show and backstage footage into a compelling story about Diller's extraordinary life and career. I thoroughly recommend it for fans of classic comedy.

Phyllis Diller began performing in 1955, when stand-up comedy was dominated by men. Despite having no professional show biz experience, her family and friends encouraged the witty, 37-year-old housewife and mother of five to try her routine at San Francisco's Purple Onion nightclub.

"I was shaking all over and sweated so much, I made a puddle on the stage," Diller said of her first 17-minute act.

The housewife-turned-humorist was a smash, winning over audiences while poking fun at celebrities and life in general. She soon caught the eye of influential entertainers who saw the potential of her estrogen-driven humor.

"I got national exposure on the Jack Parr Show, my first big turning point," said Diller. "And several movies with Bob Hope really boosted my career."

Stephen Rosenfield, director of New York's Academy of Comedy Institute, offered me some interesting insight on Diller's legacy. "[She] went straight from kitchen to stage, and lit the path for all aspiring women comedians who followed her."

Lisa Lampanelli, the reigning queen of bawdy insult comedy, was one of them. She told me her career got a boost after Diller became the first woman inducted into the Friars Club of California "Wall of Fame" several years ago.

"It opened the way for me and other women to get into the Friars Club,"

said Lampanelli. "That led to my roles in the 'Comedy Central Roasts,' and my career was off and running. If it wasn't for her, I'd probably be working at Kinkos!"

Aside from comedy, Diller was also blessed with many other talents. She was a gourmet cook, an antique car enthusiast, author, gifted musician (playing piano with over 100 orchestras) and an accomplished painter.

"I learned from her that diversity is a way to keep yourself creatively fulfilled," said comic Rita Rudner, who is also a successful author.

But to most fans, Diller will always be remembered for her nuclear-powered hacking laugh, the crazy wigs and costumes, and her brilliant comic timing.

Veteran comic David Brenner witnessed all that and more during Diller's final live show.

"She gave a remarkable performance, 45 minutes of nonstop laughs. You'd never have known it was her last," he told me. "There will never be another Phyllis Diller."

Hopefully St. Pete has a sense of humor, and agrees. ■



QUOTES by PHYLLIS DILLER

"A smile is a curve that sets everything straight."

"Housework can't kill you, but why take a chance?"

"The reason women don't play football is because 11 of them would never wear the same outfit in public."

"A bachelor is a guy who never made the same mistake once."

"My cooking is so bad my kids thought Thanksgiving was to commemorate Pearl Harbor."

"Aim high, and you won't shoot your foot off."

Laugh a Little

Learn sign language. It's very handy.

Our band is called 999 Megabytes. We haven't gotten a gig yet.

Dry erase boards are remarkable!

I was wondering why the baseball was getting larger. Then it hit me!

Atheism is a non-prophet organization.

I just went to an emotional wedding. The cake was even in tiers.

Urine trouble when you have a bladder infection.

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Miscellaneous - FOR SALE

Single Cemetery Plot For Sale: at Green Acres Memorial Gardens, Crucifixion Section, in St. Boniface, Wpg. \$900 OBO. 204-885-2724

For Sale: 15 plastic 45 gal. drums of USED vegetable fryer oil. \$10/barrell. Pickup only. Ideal for burning in engines. Call 204-513-0990

Miscellaneous - WANTED

Apartment for Senior WANTED - Senior, 79, in good shape with small 7 lb. dog looking to rent bachelor apt. in Transcona or close to Concordia area, \$500-\$600 range for Dec/Jan. Call Colin: 204-287-8901

WANTED Used Boards - good cond., 8 ft or longer, any width to repair fence. Can remove. Reasonable price. 204-746-4318

Vehicle Parts

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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