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Merry Christmas!
All the Best of the Season

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**Local music legend,
then and now...
Kenny Shields**



**Remembering
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Kenny Shields: Still Filling Buildings After All These Years

By Scott Taylor

Long before Michael Jackson ever thought about wearing a single glove on stage, Kenny Shields fronted the classic Canadian band Streetheart with one black leather glove on his right hand.

Just check out YouTube. There's Kenny back in 1979, blasting out *Under My Thumb* in front of keyboardist Daryl Guthrie, bassist Ken (Spider) Sinnaeve, lead guitarist Paul Dean and drummer Matt Frenette with one leather glove on the microphone. It was so cool.

Of course, this was a band based in Winnipeg that had six gold albums, four platinum albums and one double platinum album. It was a band that won a Juno, two Ampex Golden Reels, and a Chimo Award from Music Express. It was named Canada's most popular band at the Canadian People's Choice Awards.

In the late 1970s and early 80s, Streetheart filled every major venue in

the country. They had hit after hit -- *Under My Thumb*, *Action*, *What Kind of Love is This*, *Hollywood*, *Teenage Rage*, *Tin Soldier*. They were staples of Canadian radio along with Harlequin, Rush, Max Webster and April Wine. They were huge, and the front man was a tiny ball of energy from Nokomis, Sask., named Kenny Shields.

"We recorded our first album in a studio in Toronto," said Shields, drinking a Diet Coke in the Pony Corral at Grant Park late last month. "I just can't remember the name of that studio. You know, I can remember all of the chicks, but I can't, for the life of me, remember the name of that studio."

With that, Shields laughed. It's that little staccato laugh that his wife of 12 years, Elena Conci, comes to expect from her happy, healthy 65-year-old rock singer husband.

While there have been some very dark times during the six-decade life of Kenny Shields, that life isn't dark

today. After all, when you talk about Kenny Shields, you don't ever say, "former front man," or "former rock star." While Shields might not sell out Northlands Coliseum or Maple Leaf Gardens or Winnipeg Arena anymore, he still sells out the venues he plays and yes, he is still a rock star. A little wrinkled and a tad more paunchy, but that voice is still as loud and crisp as ever and when the Kenny Shields Band or Kenny Shields and Streetheart come to a bar or casino near you, you'll be damned lucky to find a ticket.

Fact is, Kenny Shields and Streetheart has already enjoyed a great run in December. They sold out a venue in Surrey, B.C. on Dec. 6, and then returned to Winnipeg to play to a full house at the Roar of the Rings at the RBC Convention Centre on Dec. 7.

On Dec. 21, they'll rock The Oak in Transcona and the room is already SRO. Not bad for a guy who auditioned for his first Rock 'n Roll band in 1965.

Continued on page 2

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Publisher/Editor:

Kelly Goodman
204-467-9000
kelly_goodman@shaw.ca

Advertising:

204-467-9000

Contributing Writers / Submissions:

Scott Taylor
Roger Currie
William Thomas
Nick Thomas
Minister Sharon Blady
Shirley Hill
Marion Clemens
Maurice Allard
Barré Hall
Karyn Heidrick
Deborah Lorteau
Astrid Schuhmann
Sandra Bater
Joanne Klassen

Senior Scope and Boomer Buzz is FREE
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Mail-out Subscriptions: 28.00 + 1.40 gst
(29.40 total) for 14 issues/yr.

Mail cheque or money order payable to:

**Senior Scope, Box 1806
Stonewall, MB R0C 2Z9**

For news ideas, submissions or letters
for **Senior Scope**, call **204-467-9000**
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Kenny Shields, *cont'd from front page*



Kenny Shields with Streetheart in the early 1980s.



Kenny today.



Kenny Shields, Western Canadian Rock 'n Roll Hall of Famer, sounds just as good at 65 as he did at 30.



Larry's Hideaway.



The Gasworks after it had closed in 1993. It became a dollar store.

"I was born and raised in Nokomis, Sask., and at the age of 14 I knew exactly what I was going to do with my life," Shields said with a grin. "I grew up listening to WLS out of Chicago and then, when the British Invasion arrived, that sealed it."

"At 17, I left Nokomis and went to Saskatoon and joined the 125 Witnesses. It was a band that got its name from the radio station 1250 CKOM. We had five singles and became Witnesses Inc. Funny, but when I was 17, my three goals in life were to be in a band, make a record and hear it on the radio and I did that in a year and a half. It was kind of like, now what?"

He played with Witnesses Inc. from 1966-1970 and then tragedy struck. A passenger in the back seat of a car that was T-boned, Shields right side was crushed. He spent 100 days in traction in a Saskatoon hospital and it took five major surgeries and almost two years for him to learn to walk again.

When he recovered, he joined A Group Called Mudd out of Saskatoon, but didn't stay long. He decided to take more time off.

"I just needed to go back to Regina and do more convalescing," he admitted. "The accident had affected me in so many ways."

By 1975, he was ready to get back to performing, but he needed a band. So he hopped in his car and drove to

"I got there and said, 'I want to audition,' and they said, 'Well, we don't need anybody, but what do you do?' I said, 'I sing.' They let me do one song and that was it."

Winnipeg to audition for a band that was NOT looking for a singer.

"The band was Wascana and it featured Daryl Gutheil on keyboards and Spider Sinnaev on bass," Shields said. "I got there and said, 'I want to audition,' and they said, 'Well, we don't need anybody, but what do you do?' I said, 'I sing.' They let me do one song and that was it. Daryl and I still gig together. He's still my harmony guy. With the first song, I knew I had the gig."

The band played the clubs in Winnipeg, went back to Regina and re-formed as Witness and then moved to Edmonton for a better bar scene. In Edmonton, they met guitarist Paul Dean and drummer Matt Frenette. Not long after, something big started to happen.

Shields, Gutheil and Sinnaev went back to Regina and arranged for a warehouse in order to rehearse. Dean and Frenette joined them and they worked through the winter in the warehouse, playing together from midnight to eight in the morning.

"We were dedicated as hell," Shields said. "During those sessions, we wrote *Meanwhile Back in Paris*. From humble beginnings..."

In 1978, they arranged a 16-week tour of the bars of Ontario. They were now Streetheart and they were damned good. By the time they got to Toronto, about four weeks into the tour, there was no need to go any further.

"Right away we sold out the big rooms," Shields said. "We sold out Piccadilly Tube, Larry's Hideaway and The Gasworks. We cancelled the rest of the tour and just stayed in Toronto."

"One night, an A&R guy from Warner Bros. Records was checking out the Toronto clubs and he got to The Gasworks. We were playing that night and the lineup was down the street and around the corner. What a good time we had. Anyway, he saw us play and offered us a record deal instantaneously."

That was it. *Meanwhile Back in Paris* was recorded and Streetheart became a staple of Canadian rock radio and a fixture on stages from

Continued on next page

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Kenny Shields, cont'd from page 2



Back in the day.

Edmonton to Toronto. They recorded four more albums. In Canada, Streetheart was huge.

"But then everything crashed and burned in 1984," Shields recalled. "We had ineffective management and we couldn't get a deal in the States. We were making great music, but we didn't pay attention to the business end of the deal. Because of that, we really didn't know what was wrong until it was over."

Shields returned to his home in Winnipeg and eventually formed a band called Strawdog with Lou Petrovich, Alex Chuaqui from Queen City Kids, Greg Gardner and Stan Berndjack.

"It was a pretty good band," Shields admitted. "Bruce Rathbone brought me back with the band for his New Year's Eve Show in 1986. We toured that summer and by 1989 it had turned into the Kenny Shields Band."

"By that time, I was 40 and I'd finally figured it out. It took me a long time to get over Streetheart."

In 1992, Shields quit drinking. He'd already given up smoking and it's likely that because he hasn't had any bad habits for a lot of years, his voice still sounds fresh today.

He has a new album out, a collection of his favorite covers, including Angie, I'm Sorry (the old Brenda Lee hit), The Thrill is Gone, Best of My Love

“It's the first solo album in my life and I'm excited about it. I'm still excited about performing, too. We get a great demographic at our shows. It's from 18-65.”

and To Love Somebody. The record also includes a Streetheart song from 1982 that never appeared on any Streetheart album.

"It's called I Wanna Be With You and it just comes out of leftfield," he said laughing. "It's the first solo album in my life and I'm excited about it. I'm still excited about performing, too. We get a great demographic at our shows. It's from 18-65. You should come to the show on the 21st. We always have fun at The Oak."

We should, you know. We should all go to the show. After all, it's not everyday you can hear a Western Canadian Rock 'n Roll Hall of Famer sound just as good at 65 as he did at 30. ■



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Remembering Cliff Chadderton, a true Canadian Hero, who went to Kelvin in Winnipeg

By Roger Currie

Last month as we paused on *Remembrance Day*, someone reported that roughly 500 Canadians who served in Canada's armed forces in World War Two are dying each month. By the end of this decade there will only be a relative handful left.

Among those with Winnipeg connections who passed away this year were Brigadier General Hugh Comack of the Queen's Own Cameron Highlanders who I've written about more than once on these pages. Now comes Cliff Chadderton who died at the age of 94. It's hard to know where to begin in describing the importance of Cliff to our country, and to me personally. Until a very few years ago when his health became very shaky, Cliff was known as *Mr. Veteran* to many Canadians, but that doesn't tell his whole story.

Like me, he was a journalist. We also attended the same high school, Kelvin in Winnipeg. Cliff graduated 30 years before me, in the mid-1930's. While studying at the University of Manitoba, he worked at Canadian Press and the Winnipeg Free Press. That understanding of the media world served him well in later life after the War.

Cliff was a pretty good hockey player, wearing the uniform of the Winnipeg Rangers. As he was fond of telling the story, had it not been for the life-changing events that began in 1939, he might have had a shot at playing for the other Rangers at Madison Square Garden in the *Big Apple*, along with the Hextall boys who were also from Manitoba.



Cliff Chadderton

All of that was put on hold on Labour Day weekend in 1939 when Nazi Germany invaded Poland. Cliff Chadderton joined the Royal Winnipeg Rifles as a non-commissioned officer. Four years later he was a Company Commander. The regiment saw a lot of action with many casualties, beginning with the *D-Day* landing on Juno Beach on June 6, 1944. Three months after that, Cliff's war came to an end during the battle for the Scheldt Estuary in Holland. He lost part of his right leg, and for most of the next 69 years, he was in fairly constant excruciating pain. I never once heard him complain, but I can barely imagine what some of his worst times must have been like.

He was shipped home to Winnipeg's Deer Lodge Hospital. Doctors told him it might be the last home he would ever have. Cliff almost immediately joined the *War Amputations of Canada*, the organization that would dominate the



Cliff Chadderton

rest of his working life. With their encouragement and his own fierce determination, Cliff walked out of that hospital on crutches a few months later. He became CEO of the War Amps in 1965, and he could see that the future was somewhat limited. Looking beyond the needs of injured veterans, Chadderton hit upon the idea of helping children who had the misfortune to lose a limb in an accident.

The result was the Champs program which Cliff started in 1975. Thousands of youngsters have benefited from *Play Safe* and other programs, and the Canadian public have responded with great generosity. Cliff Chadderton was by no means a 'background' figure. His smiling face was all over their video messages, along with kids.

I can't remember when Cliff Chadderton and I first spoke in a telephone interview on the radio. We talked many times over the years, when I was working in Winnipeg and Regina, as well as Kenora. The first time it happened in each place, I received a follow up letter which literally blew me away. It was a copy of a personal letter he had sent to the manager of the radio station. It said something like .. "*I just wanted to tell you what a pleasure it was to be interviewed by your employee Roger Currie. What a knowledgeable professional he is.... Etc.*"

Needless to say, Cliff Chadderton quickly became my '*Go To Guy*' on any story relating to Canada's veterans. We always spoke on or around November 11th. A couple of times he was on a cellphone, standing on a former battlefield in France or Belgium. Once he called from Hong Kong.

Little did I know that the best was yet to come. In 2004, I received the Queen's Golden Jubilee Medal. The citation read "*In recognition of his efforts to tell stories about Canada's War Veterans.*" I was nominated for the honour by Cliff Chadderton.

We only met face to face once. It was in Winnipeg a couple of years later, not long before Cliff's 90th birthday. Other journalists, including my former colleague Larry Updike, made it onto

Chadderton's 'special list'. Cliff knew how to work media like no one else I have ever encountered. I never felt *used* in any way. The stories Cliff wanted to shine a light on were terrific worthwhile stories. I was pleased to help tell them, and I will continue to write about Canadian heroes in the future.

It was also during the last 20 years or so of his life that Cliff became an accomplished documentary producer. Using historic footage from a variety of sources, the War Amps produced a series called *Never Again*. The series included lots of stories about Manitobans who served and made the ultimate sacrifice.

One episode dealt with Jeff Nicklin, a former star with the Winnipeg Blue Bombers who was killed in March 1945, while serving as a Canadian Paratrooper. Then there was a final acknowledgement of Cliff's 'Kelvin connection'. *The Boys of Kelvin High: Canadians in Bomber Command*, was produced in 2005. It tells the story of several graduates of the school who were killed in missions over Germany. A few of them had been Cliff's own classmates before the war. The documentary has won several international awards, and is available at public libraries in Winnipeg, and through the War Amps organization.

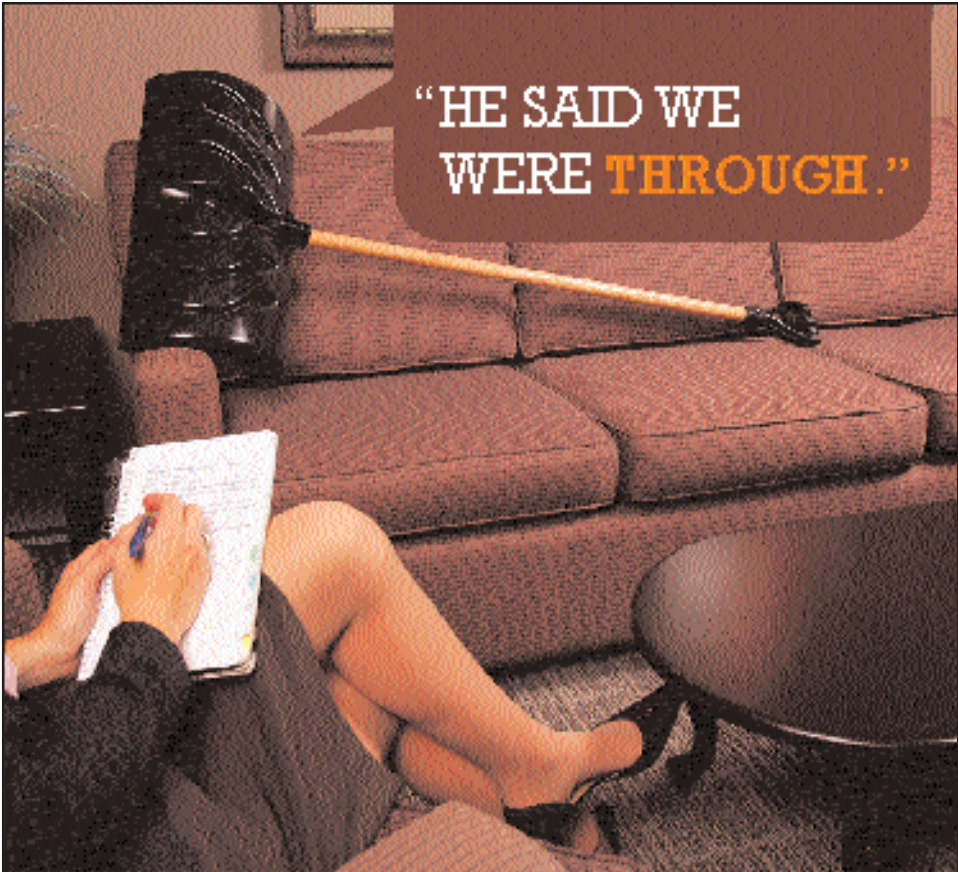
Through projects like that, and the fabulous youngsters who have benefited from the *Champs* program, it can truly be said of Cliff Chadderton that "*Old soldiers never die*" .. nor will their memory fade away.

Roger Currie is a regular contributor to Senior Scope.

He is heard regularly on CJNU, 93.7 FM.

In 2004, he received the Queen's Golden Jubilee Medal.

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Lower Your Taxes Through Pension Income Splitting

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

In 2007, the federal government announced one of the biggest changes to tax law since the introduction of the RRSP.

If you or your partner receive qualified pension income, the federal government's pension income-splitting provisions could mean extra money in your pocket when you file your income tax returns.

In a nutshell, pension income splitting allows couples to potentially reduce their overall tax bill by shifting income from one partner (the higher income earner) to the other (the lower income earner) who is taxed at a lower rate. This is just an allocation for tax reporting purposes and the actual income does not have to be paid to the partner.

Achieving the optimal split

Pension income splitting can be an effective tax minimization strategy for many Canadians, but before you dive in, you should talk with your Consultant to get a good understanding of the potential limitations and tax implications to ensure the optimal "split" is made.

Both you and your partner must be Canadian residents and living together as a married or common-law couple to be eligible. Up to 50% of qualified pension income can be split. The type of income which qualifies for pension income splitting is different if you are under 65 years of age or over, but generally includes pension, annuity, RRIF (including life income fund, locked in retirement income fund and prescribed RRIF income), and RRSP annuity payments.

In terms of potential tax implications, pension income splitting may have an impact on the following tax calculations:

• Quarterly tax installments - If you split income, you might have your quarterly tax installment payments reduced or eliminated. But, your spouse may now have to start or increase their installment payments.

• OAS and Age Credit clawbacks - By splitting income you may be able to reduce or eliminate these clawbacks. But your spouse may start having them.

• Spousal credit - Could be reduced or eliminated if you pension income split. But, your spouse will be able to claim their own basic personal credit if they have to file a tax return.

• Medical expense credit - By increasing the income of the lower taxed spouse, are you reducing the amount available for this credit? Does it save taxes overall?

• Medical premiums (applicable only in Ontario and Quebec) - By increasing the income of the lower taxed spouse, you may be reducing the overall amount your household has to pay for medical premiums.

• Pension income credit - If your spouse doesn't have pension income, pension income splitting can be advantageous as it may allow your spouse to claim this credit.

The tax advantage of a Spousal RRSP

With the emergence of pension income splitting, it is important not to forget the potential tax benefits of a Spousal RRSP. In this case, the spouse who anticipates having the higher income in retirement can make and claim the tax deductions for RRSP con-

tributions that will eventually be taxed in the hands of the spouse with the lower retirement income. Spousal RRSPs are useful in many circumstances such as, if you anticipate retiring prior to age 65 (since RRIF income cannot be split until age 65) or if you have a younger spouse and wish to continue making RRSP contribution past age 71.

Pension income splitting is a complex tax-reduction strategy that can change from year to year based on your situation. The key is to determine what amount would best optimize taxes for both spouses. I'll be in touch soon, to set up a meeting where we can determine if pension income splitting is right for you and then you can contact your tax accountant to determine what the optimal split would be. From there we can discuss how you can use this "found" money to solidify other aspects of your financial plan. ■

Shirley Hill

CFP - Executive Financial Consultant

(204) 257-0999

shirley.hill@investorsgroup.com

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Introduction to the Minister



Sharon Blady, Minister of Healthy Living and Seniors

As you are aware, Premier Greg Selinger recently reset the provincial cabinet, and it was my honour to be appointed Minister of Healthy Living and Seniors. I am excited about these new responsibilities and I look forward to working with Manitobans of all ages to create environments that support health and wellness in our communities.

A healthier lifestyle can have a profoundly positive impact at any age. I am constantly inspired by the wonderful work happening in my own neighbourhood to help seniors eat healthier, stay active and connected and remain in their own homes longer. As minister, I look forward to continuing my personal commitment to health and well-being and broadening my

scope to look at how we can better support all Manitobans to achieve their own healthy living goals.

One of my first official duties as minister was to attend the Manitoba Council on Aging (MCA) Recognition Awards ceremony. This annual event acknowledges people who make exceptional contributions to the lives of older Manitobans. It also pays tribute to Manitoba seniors who have helped shape our communities and continue to do so. It was so inspiring to celebrate with the winners and learn about their dedicated efforts to enhance the well-being of seniors in our province. The MCA also serves as an advisory body to me as Minister of Healthy Living and Seniors. I have already come to value their input and expertise as we work together to make life better for Manitoba seniors and their families.

Last month, it was my pleasure to announce a significant milestone in that work as we welcomed 14 new communities to the Age Friendly Manitoba Initiative. A total of 100 Manitoba communities across the province are now dedicated to supporting the well-being of older Manitobans by developing environments, programs and services that make life better for people of all ages. We can take pride in the fact that Manitoba is recognized as one of the most age-friendly provinces in the country.

The MCA Recognition Awards and the Age Friendly Manitoba Initiative are just two examples of the great work done by the Seniors and Healthy Aging

Secretariat in my department. The secretariat helps co-ordinate efforts across government that support seniors in staying healthy, active and engaged in their communities. Whether connecting seniors with valuable resources close to home, providing direct support to make Manitoba communities age friendlier, or helping to prevent elder abuse and falls among older adults, the Seniors and Healthy Aging Secretariat is helping seniors and their families across the province.

Research shows that Manitobans are healthier and living longer than ever before. We are making more informed choices about nutrition and leading more active lifestyles to prevent future illnesses. These steps contribute to healthy aging so everyone can fully participate in and enjoy all aspects of society at all stages of life. I look forward to working with the secretariat, the Manitoba Council on Aging, Manitoba's age friendly communities and a host of other partners as we continue making progress on our shared goal of supporting Manitoba seniors and their families.

As I continue in my new role, I wish you a joyous holiday season and all the best in 2014. I invite you to contact the Seniors Information Line with any comments or questions at **204-945-6565** in Winnipeg; or toll free at **1-800-665-6565**.

**Sharon Blady
Minister of Healthy Living
and Seniors**



Coffee Break in Rural Manitoba

Springfield News...

with Marion Clemens of Oak Bank, MB

Hello everybody and welcome to the last column of the year 2013.

Like always - I feel like - "Where and how fast did the many months go?"

If I remember correctly, the year 2013 would supposedly bring the world to its end. I don't know whether anybody ever believed and expected that, but for myself I heard the prediction and discarded it the same moment.

Not much (if anything) has changed in general: Humanity seems to be unable to change for the better. There are still the same harsh feelings of prejudice around in regards to race, religion, genders. Laws have been changed, but the feelings of too many people seem to forever remain the same. The saddest thing in this case is that it all boils down to: If somebody feels or lives different from others - They will be judged as being weird or unacceptable. Different means just that - different, not better and not worse. so why are far too many people opposed to it and often downright scared? Well, I know there is no answer to all this, so let's move on.

Winter has finally arrived in Manitoba. During the month of November we thanked our soldiers for risking and often losing their lives while fighting for freedom.

Nov. 25 we were urged to vote which was no easy task this year here in Manitoba. To me it looks that interest in politics is gradually disappearing on account of having no strong personalities worth voting for.

Here in Springfield we have a new face as leader of the Manitoba Liberal Party with Rana Bokhari, a 36 year old lawyer taking over Jon Gerrards's job. Everything known about Bokhari sounds that she is in this position for the long haul, starting to win over more Liberal voters, to create a strong foundation and then to build on that. In her victory speech Bokhari stated: "There is a promise that I will make to all of you - that this will be a more active and engaging Manitoba Liberal Party after today." Sounds positive for the Liberals. Add to her enthusiasm, Justin Trudeau's involvement... And see if and how much the numbers of Liberals will grow. Politics will forever be unpredictable due to the fact that during election campaigns new leaders promise the blue from the sky. Once elected - all promises seem forgotten.

It's the time that Christmas dinners and parties are booked by organizations and companies. Christmas lights are decorating Main Street in Oakbank,

MB and all City streets. At Kin Place, Main Street 689 in Oakbank, MB Jim - husband of Vivian, cook of our meals (5 days available each week) is very busy - like every year helping out Santa Claus, setting up a huge Christmas tree in the newly decorated dining room and also the one at the main entrance of the building, covering both with beautiful decorations. Thank you Jim - from all the residents.

November 15 Vera Bracken (full name Elvera Marie) nee Van Rijssel, passed away at Pine Falls Hospital. I have known Vera for many decades. She was a regular actress for many years for the annual Oakbank United Church Dinner Theatre, and also taught Sunday School and was involved in the Brownies/Girl Guides Movement. She also loved to sing and was a member of the Sweet Adelines. Vera certainly will be missed by family and her many friends.

Now I am wishing you all a very Merry, blessed Christmas - celebrating with family and friends - and always remember the fact that the reason for Christmas is that we are celebrating the birth of Jesus.

Best wishes - drive safely on winter conditioned roads.

Till next year... Marion

“Life is not a race, but a journey to be savoured each step of the way. Yesterday is history, tomorrow is a mystery and today is a gift.”



Happy Holidays!



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Premier of Manitoba
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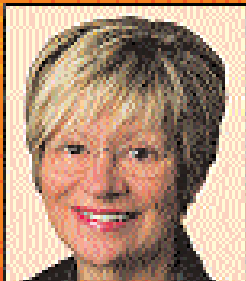
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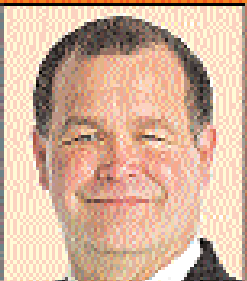
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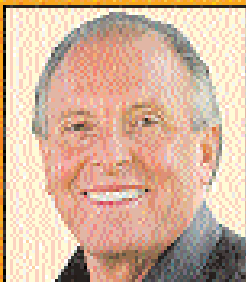
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MLA for Dawson Trail
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TAKE THE YELLOWHEAD HIGHWAY AND STOP AND SMELL THE LILIES IN “MANITOBA’S MOST BEAUTIFUL TOWN”

2014 Manitoba Liquor & Lotteries 55 Plus Games in Neepawa, MB

By Karyn Heidrick, Games Coordinator



Cycling took a hiatus from the 55 Plus Games until 2013. This group competed in the Games last June in Morris.

More than 1000 Manitoba senior participants and athletes will converge in the vibrant community of Neepawa, Manitoba June 17th to 19th, 2014 for three days of fun and competition at the 2014 Manitoba Liquor & Lotteries 55 Plus Games.

The Games are an exciting way for seniors in Manitoba to have fun, meet new friends, show off their skills and continue to live active, healthy lives.

A buzz is already starting in Neepawa - the organizers are busy and excited to welcome 55 Plus Games participants back to their beautiful community. The last time Neepawa hosted the 55 Plus Games was back in 2005 when they greeted over 1400 senior participants.

Participants at the Games will compete in over 20 events, ranging from swimming, cribbage and slo-pitch to

floor curling, golf and the fastest growing court sport event: Pickleball! Athletes aged 55 to 100 years young will come to play at the Games from all across the province. Neepawa has also selected two exciting demonstration events for 2014: Disc Golf and Archery. The Games also boast exciting entertainment, including a variety concert packed with local talent and a dinner and dance where everyone can dance the night away!

The 2014 Games mark the 32nd anniversary of the event, which is held in a different community around the province every year. The Games are again being organized by ALCOA-MB, a provincial non-profit organization, which supports a positive image of seniors by promoting healthy, active aging.

Our holiday wish for you this year: stay warm and stay involved this winter season - get out your cribbage or



Swim competition.




Dance-off.

Scrabble boards after dinner, take your grandkids snowshoeing or even join in a friendly game of Pickleball and we will see you in Neepawa in June!

For more information on the Manitoba Liquor & Lotteries 55 Plus Games, please visit the Games page on the ALCOA-MB website at www.alcoamb.org or phone the Games office at (204) 261-9257 or toll-free: 1-855-261-9257.

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Crokinole is one of the Games categories.

Photo taken at the 55 Plus Games in Morris, MB, 2013



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Finding a Little Piece of the Holidays

- Addictions Foundation of Manitoba



For many people, the holiday season is a time of joy, anticipation and most importantly, a deep, loving connection with family and friends. Unfortunately, that is not the reality for many people this time of year. For some of us, December brings with it loneliness, disappointment, apathy, regret, and sadness. Past hurts seem to rise to the surface between family members, only to create tension and conflict. One culprit that plays a part in ruining the holiday season is addiction going on in the family, among friends, or with the individual. Whether the addiction is with gambling, alcohol, prescription drugs, or any other drug, the negative impact on the experience of the holiday season is mostly the same.

Older adults who are spending too much money and time gambling, drinking too much alcohol too often, keeping themselves groggy or "dopey" from too much drug use tend to be so focused on involvement with these things that they lose track of the significance of the holiday season. Gifts do not get purchased for grandchildren, family get-togethers are missed, hurtful things are said, and embarrassing behaviours happen in front of loved ones. One 84 year old woman carried deep regret about getting a head start with celebrating only to end up passing out on the couch. Her daughter came to pick her up for dinner, saw the state her mother was in, and returned to her home immediately without her mother.

Adult children or spouses feel anxious about the holiday season, doing everything possible to distract Mom or Dad from their addiction, so that the season will go smoothly. One son scheduled every waking moment during the Christmas season, so that Dad would not get the urge to gamble. Some adult children strategically plan the time to bring grandchildren for a visit when Grandma or Grandpa is most likely to be sober. Family and friends will use the last resort to keep Mom or Dad's addiction out of the holiday season by cutting off all contact during that time. Memories of how addiction had ruined past holidays colour this year's season. Three sisters become paralyzed with resentment from remembering the many times their, now, 78 year old Dad had become emotionally and physically abusive on Christmas Day.

When older adults have loved ones struggling with addiction during this time of year, worry is the name of the game. One common worry is about the emotional state of that person, particularly an adult child, extremely fearful that depression will worsen during the holidays and deepen to thoughts of suicide. Another is doing everything in their power to ensure the grandchildren have happy holidays. They will buy extra gifts, arrange to spend more time with the grandchildren or move them into their home, or phone the adult child's home more often to check "how things are going." Older adults

dealing with another person's addiction spend incredible amounts of time strategizing about how to maneuver family festivities to avoid "blow ups."

If any of this sounds familiar, you are not alone and supports are available. For some people, the challenges of this time of year nudge them to make some positive changes in their lives. Older adults dealing with their own addiction will make a phone call to a self-help group or addictions agency, cut down or stop their use during the holiday season to fully participate in festivities, attend a neighbourhood holiday meal, or send a card to a family member or friend they have not contacted for a long time. For those who have someone they care about struggling with an addiction, they too can pick up the phone to Al-Anon, Families Anonymous, the Addictions Foundation of Manitoba or a number of other addictions organizations to get some new ideas about how to handle the season. The following numbers are available to provide support and information:

Klinic Crisis Line: **204-786-8686**

Provincial Adult Addictions Information Toll-Free Line: **1-855-662-6605**

Problem Gambling Helpline: **1-800-463-1554**

Seniors Abuse Support Line: **1-888-896-7183**

Holding alcohol or gambling free family get-togethers will establish or

reinforce the values about the importance of relationships during the holidays. Volunteering to help those less fortunate or experimenting with meditation techniques can reduce some of the constant worry chatter that goes on "in between the ears." Setting limits that are do-able and realistic can help prevent fatigue and regrettable situations from happening.

Finding that little piece of the holidays that provides a sense of joy, tranquility and love is within everyone's grasp. Those who have been touched by addiction in one way or another can and do start with small changes towards better lives during this challenging time of year. As one 85 year old woman said, "I find contentment by starting my day looking out my window, gazing at the beautiful tree in my yard." ■

Finding that little piece of the holidays that provides a sense of joy, tranquility and love is within everyone's grasp.

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Gift ideas for frail loved ones

Practical presents for the hard-to-buy-for

By Lisa M. Petsche

Relatives of seniors who are home-bound or reside in a care facility typically find it difficult to come up with suitable gift ideas.

They must take into account, for example, any sensory impairment - such as vision or hearing loss - the recipient may have, as well as dietary restrictions resulting from a medical condition, dental issues or a swallowing disorder. Gift shopping for someone who is mentally impaired due to dementia can also be challenging.

The following is a wide range of ideas to consider, depending on the loved one's situation.

Practical items

- Toiletries such as moisturizing lotion; bar soap and deodorant; a toothbrush and toothpaste or denture cleaner; conditioning shampoo; facial tissue; a comb or hairbrush and hair accessories; cologne; talcum powder; lipstick and nail polish; a hand mirror.
- Apparel such as track suits, pyjamas or nightgowns, underwear and socks. Consider adaptive clothing - such as Velcro-closing dresses and shirts - which can make dressing much easier. All items should be easy-care.
- A lap blanket.
- Velcro-closing running shoes or slippers with non-skid soles.
- A personalized drinking cup or mug. Adapted dishes and utensils - such as plates with rims - can be another good idea, to maximize independence with eating. These can be found at medical supply stores.
- A reacher (from a medical supply shop) for picking up things off the floor or retrieving items on high shelves.
- A portable telephone or a phone with an over-sized, lighted keypad. Look for one with a programmable memory for frequently used numbers.
- Writing paper and envelopes or a set of all-occasion cards, along with a book of postage stamps.
- Hearing aid batteries.
- A night-light (decorative ones can be found in gift shops).
- A rechargeable flashlight that automatically comes on when the power fails.

- A gift certificate to a pharmacy or other business that offers free delivery.
- Taxi vouchers or a book of tickets for accessible transportation.
- Other ideas
- A special tabletop or window decoration.
- A large photo calendar reflecting a favourite interest, such as pets, gardening or sports.
- Family photos, either framed or assembled in an album. Use labels to identify individuals, and include the date each photo was taken.
- Children's art work, laminated or framed.
- A soft, stuffed animal - perhaps similar to a pet they owned.
- Scented sachets for tucking into drawers.
- A magazine subscription, large-print book or "talking" book (on CD). Picture books (coffee table type) are another good idea.
- A deck of playing cards, perhaps in large print
- Costume jewellery or a colourful scarf.
- Plants - silk is usually best, since no care is required.
- A small radio or CD player and favourite music.
- An electric fan for air circulation (especially helpful for people with breathing problems).

Note: Electrical items may need to be checked by a care home's maintenance staff before being used. As with other valuable possessions, they should also be labelled with the person's name and room number.

Food items and treats that take into account dietary restrictions. Bring enough so your relative can share with caregivers or fellow residents if he or she wishes.

If the person resides in a nursing home, staff may be able to provide other suggestions as well. They can also supply information regarding preferred brands of toiletries, proper clothing and shoe size, and favourite treats. If in doubt, consult with them regarding the appropriateness of an item you have in mind. ■

A Most Unusual Christmas

By Roger Currie

The year was 1967, and I was a student at St. John's College at the University of Manitoba. I lived a very comfortable life with my family in River Heights.

Most homes in the area, including ours, could have been the setting for a Canadian version of *Leave it to Beaver*, or *Father Knows Best*. Mom stayed home and at Christmastime she organized a festive dinner for what we affectionately called 'the geriatric club'. It included my three surviving grandparents, a step grandmother, a widowed great aunt and a widower great uncle.

While my brother and I dove into our Christmas treasures, playing endlessly with the new hockey board game or other similar amusements in the pre-digital era, our mother, Thelma Currie, spent the day in the kitchen. There was no automatic dishwasher, so my father seemed to have an apron on and dishtowel over his shoulder for much of the day.

The feast was truly grand and very traditional. There was a beautifully stuffed turkey, mashed potatoes and gravy, boiled onions and at least one other vegetable, and tomato aspic. Desert included mince tarts and plum pudding with two different sugary sauces.

The menu seldom varied, and the meal was always to die for. There was not an abundance of alcohol served, out of deference to one grandfather who was a lifelong teetotaler, but once the geriatrics were out the door mom would kick off her shoes and knock back a couple of stiff gins. Dad was still drying dishes.

By 1967 the cast had changed somewhat. Gone to their reward in the great beyond were two of the grandparents and the great uncle. Great Aunt Marie was still with us, along with Grandma Currie with her delightful Glasgow brogue. Aunt Marie was a Swede from the farming community of

Hallock Minnesota. In today's world she might easily be described as a 'bigot', but 45 years ago she was merely 'representative' of her generation. Did I mention that she loved to talk?

From a relatively young age I have always enjoyed 'stirring the pot', so I conspired to liven up the geriatric feast by adding a 'person of colour', to the table. His name was Fitzroy Clarke and he was fellow student at the University of Manitoba. He came from the island of St. Vincent in the Caribbean, and like many foreign students he was destined to be alone and thousands of miles from home at Christmas.

We gave no one advance warning that Fitzroy would be joining the festivities. In retrospect, given the average age of the group, that might have been a wise thing to do. Polite greetings were exchanged and dinner was served. Aunt Marie had little to say, but her face spoke volumes. Fitzroy held forth on a wide range of topics. My older brother David laughed heartily through all of it, shooting me many a knowing glance.

The passage of 46 years has dimmed the memory of what exactly was said that evening. In today's context, I'm sure it was nothing particularly startling. The only people who are still around from that occasion are my brother and I, and hopefully Fitzroy.

In recent years I have tried google and other means to try and find him, without success. It appears that he does not live in Canada. My wish is that he returned to St. Vincent and has lived a wonderful life, doing lots of worthwhile things.

I remember him fondly every Christmas.

Roger Currie is a regular contributor to Senior Scope. He does news and commentary on CJNU (Nostalgia Radio) 93.7 FM

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59th Annual MCC Show wraps in November!

By Barré Hall

The 59th Annual Fall Show (Coins, Collectibles and Stamps) is now “in the books” and, as usual, was a solid success, with many happy collectors attending. The show, sponsored by the Manitoba Coin Club, is held each year on the first weekend in November and draws coin and stamp dealers from around Winnipeg and neighbouring provinces.

A wide range of material was available in both the numismatic and philatelic areas – and the dealers had lots of time to discuss items with collectors and to deal among themselves with a view to building inventory.

Curiously, perhaps, this year there seemed to be more discussion among collectors and dealers about economic matters and the usefulness of numismatic and bullion strategies to hedge against potential economic and financial headwinds. High (and growing) levels of government and personal debt may not bode well for our finances and could propel the headwinds to “gale force” sooner rather than later. Gold and Silver have traditionally provided some form of refuge in protecting purchasing power for investors and collectors and what better way to hold such protection than numismatic or bullion coins? Unfortunately only a very few individuals have “connected the dots” to arrive at the appropriate strategy. However, a number of the more knowledgeable in this area attended the show and were occasionally involved in passionate discussions of the potential

challenges and useful defensive strategies. Such participatory involvement was open to all at no charge, other than the nominal attendance fee of two dollars.

While the content, presentation and participation at this show was excellent, the level of attendance stayed pretty much unchanged from prior years. This area could always be increased for the benefit of all.

Just why attendance seems to be static is unclear. However the 59th Show did have to compete (the same weekend) with ComicCon (attendance 35,000 for each of 2 straight days) a Bomber game (attendance 25,000) on the Saturday, and a Jets game (attendance 15,500) also on the Saturday. Shopping, community sports and other weekend activities also compete for attendance.

All in all however a good time was had by all at the show and the Club is already planning next year’s “60th Annual” version. The possibility of a spring (mid- term) show is also under active consideration.

If readers have any suggestions for further improving the MCC Show please feel free to contact the writer at: 204-269-9176; or at bhall49@shaw.ca.

The Manitoba Coin Club meets on the 4th Wednesday of each month (except December, July and August) at the Fort Rouge Community Centre on Osborne Street (7.30pm to about 9.00pm). Visitors, Guests and new members are welcome to attend. ■

ALS Society of Manitoba’s Annual Lite Up a Life Campaign

Winnipeg - Imagine receiving the terminal diagnoses of ALS. Then finding out the cost for equipment alone during the next two years can be \$200,000 - \$400,000 if you needed to pay for it out of pocket, with nursing cost ballooning to ten times that amount. How would you feel leaving your family with the financially burden long after you have passed?

“Quality of life is important for everyone. Living with a life limiting disease such as ALS means every moment matters,” says Executive Director, Diana Rasmussen, “we need your help to make moments matter.”

The ALS Society of Manitoba’s Annual Lite Up a Life Campaign kicked off on December 1 and the donations are rolling in but there is still time to help. From now until January 31, donate to the ALS Society of Manitoba and literally light up a holiday tree in front of Canada’s only ALS House at 106 Kirby Drive. Bulbs are 3 for \$5.00 or 7 for \$10.00 or lite up a whole tree for just \$150.00. (Donations of \$10 or more will receive a tax receipt)

On December 10, Students from Vincent Massey School braved the cold weather to help set up all 12 trees for our lighting ceremony. “Our ongoing

partnership with the staff and students at Vincent Massey School is so important to the success of this campaign,” Diana says, “and without the generous donation from Lacoste Garden Centre this wouldn’t even be possible.”

The Official Lighting Ceremony was on December 11 at the Brummitt Feasby ALS House located at 106 Kirby Drive.

For more information or to donate contact:

Leila Dance
Event & Fundraising Coordinator
ALS Society of Manitoba
Office: 204-837-1270
ldance@alsmb.ca



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Merry Christmas!

Message from the Publisher...

May everyone have a Beautiful Christmas and the Best of the Best of the Holiday Season!

Thank you once again to everyone who helped make Senior Scope and Boomer Buzz possible - writers, distribution team, printers, and anyone else who has contributed.

But especially to my advertisers and the readers who support them.

Have a Safe and Happy New Year!

The next issue of Senior Scope and Boomer Buzz will be available mid-January, 2014.

- Kelly Goodman

Get Home Safe this Holiday Season!

Operation Rednose is at your service with its FREE designated driver program to get you AND your vehicle home safely throughout the holidays.

For the **Winnipeg, Headingley** and **St. Norbert** areas, call the Red Nose hotline...

204-947-NOSE (6673)

Visit www.rednosewpg.ca for the Winnipeg schedule.

Consider becoming a Red Nose volunteer! Winnipeg volunteers, call: **204-794-7339**.

Operation Red Nose operates 9 pm to 3 am, from the last weekend in November through December 31, most Fridays and Saturdays and an occasional Thursday.

For the **Selkirk** area, call

204-482-NOSE (6673)

For the **Gimli** area, call

204-642-9000

For the **Portage la Prairie** area, call

204-239-5570

For the **Steinbach** area, call

204-424-9555

For the **Arborg/Riverton** areas, call

204-376-NOSE (6673)

Visit www.safetyservicesmanitoba.ca/rednose/ for information on these rural areas.

Thank you to all the volunteer drivers who help keep us and our communities safe throughout the holidays.

Laugh a Little...

Did you read the book called...

"What Did I Do Wrong THIS Year?"

by Cole N. Stocking

What do you get when you cross a dog with a snowman? Frostbite.

Why Santa might be a woman...

Most men only shop on Christmas Eve. Never mind delivering the gifts too!

A man would get lost up in the clouds and wouldn't ask for directions.

Men can't pack a bag.

Men don't answer their mail.

A man wouldn't be caught wearing red velvet.









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Some Holiday Fun!

Tough Tongue Tanglers

Two trains travel together to Toyland.
Comet cuddles cute Christmas kittens carefully.
Ten tiny trains toot ten times.
Santa's sack sags slightly.
There's chimney soot on Santa's suit.
Kris Kringle clapped crisply.
Eleven elves licked eleven lollipops.
Slightly stuffed Santa sleeps silently.
Slippery snowmen slip and slide.



A Holiday Thought...

STRESSED is just DESSERTS spelled backward.

Your Eggnog is too Strong

If you see a fat man who's jolly and cute,
wearing a beard and red flannel suit,
and if he is chuckling and laughing away,
while flying around in a miniature sleigh,
with eight tiny reindeer to pull him along,
then lets face it... YOUR EGGNOG'S TOO STRONG!



Reindeer Beer



Need a quick do-it-yourself gift idea? Just need a few pipe cleaners, eyes from a craft or dollar store, red pom poms and voila! Would work with wine, too! Even add bowties if you like.

Home for the Holidays

It must be a Herculean task for Santa Claus to deliver all the Christmas presents to the children across the globe during only one day. This challenge, I am sure, is the reason why Santa Claus traditionally visits some children earlier, namely just after dark on Christmas Eve. It so happens that for many years German children have benefitted from this arrangement. When I was growing up in Germany, Santa Claus simply rang our bell and dropped off the presents at the door – no need to squeeze down a narrow chimney in the middle of a cold dark night. The delivery happened very quickly, too quickly for a four-year-old little girl waiting sequestered in her room at the end of the hallway. By the time I made it out of my room after the door bell rang, the presents were already inside our apartment, and the very busy Santa Claus had left. Although happy about the presents, all I really wanted was to talk to Santa Claus. Promises were made that the following Christmas my parents would ask him to stay for just one minute, but by the time Christmas came again, my parents, in their own excitement, forgot to invite him in, and again he had left in a hurry. Grown ups...

My parents would arrange the presents underneath the Christmas tree in the living room, and we would gather to open them.

What a blessing it was to be four years old, aware only of the here and now, knowing only one safe reality and all its wonder.

Our Christmas tree was magical to me. It was as much mom's interpretation of beauty as an artistic reflection of her. Dad would set up the tree on December 23rd, and mom would decorate it in the

evening and late into the night. Standing on a small table, the tree was of modest elegance. Individual strands of golden tinsel were lovingly hung on the branches among the strategically placed ornaments, glass balls, some bold and lustrous like mirrored gateways to a forgotten wonderland, some frosted, their indents reflecting subtle hues of lights, and others matt with faint etched patterns. A few shy teardrop-shaped baubles were hiding among the fragrant fir branches. Clipped on the sturdier branches, delicate wax candles stood like gymnasts on a beam. Only when watchful eyes were in the room would the candles be lit. Responding to the radiant heat of the flames, the tinsel swayed gently while the lambent light was glinting off the ornaments in ever-changing patterns. As if breathing silently, the tree seemed alive.

During this, my 27th, holiday season in Canada, I will again fix myself a plate of potato salad and knackwurst, mom's traditional busy-Christmas-Eve fast food fare. Then, I close my eyes and travel back in time and space; I smell candle wax and fragrant fir; I see the gleaming lights and, if only for a moment, I am home for the holidays.

Winnipeg, November 07, 2013 - ©Astrid Schuhmann

Astrid is training as a MASC Life Writing Peer Leader. She currently facilitates/co-facilitates a Life Writing Workshop at the Charleswood Senior Centre in Winnipeg, MB.

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“THE BUZZ”

Grey Cup on its Way, Foreman still Golfing, Simmons at MTYP, Baseball Hall Announces Inductees, Ward Passes Away, Congratulations Pat, Phil Kives honoured, Daly looks great, CNIB Needs Volunteers



By Scott Taylor

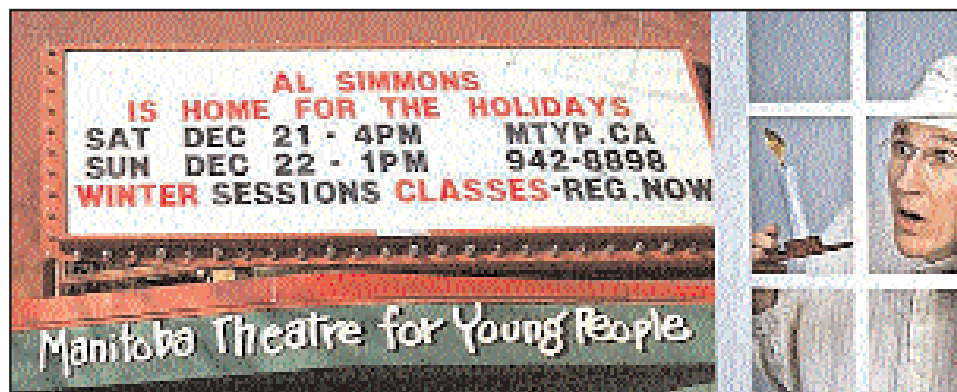
Despite the fact Investors Group Field still has a number of major problems, the City of Winnipeg is going all in to attract the 2015 or 2016 Grey Cup.

Currently, IGF isn't completely winterized and a major commitment will have to be made to get the pipes up to snuff in order to play a game in late November.

The press box, located at the Northwest corner of the building, will never be authorized by the Football Reporters of Canada so a \$300,000-plus renovation will have to be made. And the parking at the University of Manitoba campus is still a concern for the CFL.

Regardless, the city has made a \$1 million contribution to the Bombers bid.

“Hosting the Grey Cup is a great opportunity to showcase our city, as



Al Simmons - children's entertainer at The Forks

Christmas tree facts

By Maurice Allard, Century 21 Carrie.com Realty

This month, I am trying something a little different. Here are some important facts everyone should know about Christmas trees.

It is believed that the first Christmas tree originated in 14th century Germany. Used in a play about Adam and Eve, a tree was decorated with apples to represent the temptation in the Garden of Eden.

Most 19th-century North Americans found Christmas trees an oddity. The first record of one being on display was in the 1830s by the German settlers of Pennsylvania, although trees had been a tradition in many German homes much earlier. But, as late as the 1840s Christmas trees were seen as pagan symbols and not accepted by most North Americans.

In 1846, Queen Victoria and her German Prince, Albert, were sketched in the Illustrated London News standing with their children around a Christmas tree. Victoria was very popular with her subjects, and what was done at court immediately became fashionable—not only in Britain, but with fashion-conscious British Colonies, including Canada. The Christmas tree had arrived.

The early 20th century Christmas trees were mainly with homemade ornaments, while the German-American sect continued to use apples, nuts, and marzipan cookies. Popcorn joined in after being dyed bright colors and interlaced with berries and nuts. Electricity brought about Christmas lights, making it possible for trees to glow for days on end.

Christmas tree trivia

- Christmas trees have been sold commercially in North America since about 1850.
- Christmas trees generally take 6-8 years to mature.
- 100,000 people are employed in the Christmas tree industry year round.
- 98 percent of all Christmas trees are grown on farms.
- More than 1,000,000 acres of land have been planted with Christmas trees.

- 77 million Christmas trees are planted each year.
- 34 to 36 million Christmas trees are produced each year and 95 percent are shipped or sold from Christmas tree farms.
- The best selling trees are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir, and White Pine.
- You should never burn your Christmas tree in the fireplace. It can contribute to creosote buildup.
- Thomas Edison's assistants came up with the idea of electric lights for Christmas trees.
- In the first week, a tree in your home will consume as much as a quart of water per day.
- Tinsel was once banned by the government. Tinsel contained lead at one time, now it's made of plastic.

While the winter months tend to be a little slower in the real estate world, it is still a great time to buy or sell a home. After visiting friends with new homes at Christmas, many people make the decision to upgrade in the New Year. Inventories are low and home prices are strong. If you or someone you know is interested in buying or selling give me a call. The \$500.00 cash incentive is still available for first time home buyers. Also, if a buyer is short of funds for a down payment, it can be received as a gift from a family member. If you need any information on this, give me a call. As always, market evaluations are NO cost and NO obligation. I'm waiting for your call...

And to all, I sincerely wish you and your families and friends a very Merry Christmas and a prosperous 2014.

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

well as provide a boost to the local economy,” said Winnipeg's 62-year-old mayor **Sam Katz**. “Winnipeggers are ready to show, once again, why our city is known for its warm hospitality, passionate volunteerism, and tremendous spirit.”

From the \$1 million grant, \$680,000 will go to the Winnipeg Football Club as part of its hosting grant, and \$320,000 will be an in-kind contribution of city services.

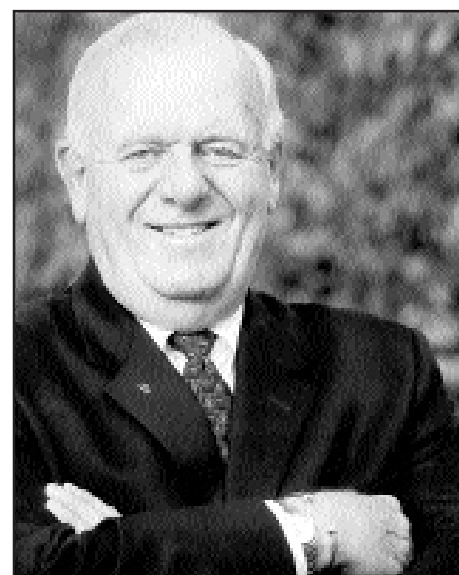
The city, province and Winnipeg Blue Bombers collectively announced their bid for the Grey Cup on October 31.

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Ran into the great **Ted Foreman** at the Winnipeg Thrashers-Parkland rangers Manitoba Triple A Midget Hockey League game last month. Ted, a great friend of the late hockey legend, **John Ferguson**, turns 80 this month. He'll soon head to Phoenix for a winter on the golf course. The former local hockey star played 60 rounds of golf last summer... **Al Simmons** will be home for the Holidays. The 60ish children's entertainer will headline “Home For the Holidays,” a little festive family frivolity at The Forks. It's a Manitoba Theatre for Young People production on Saturday Dec. 21 at 4:00 p.m. and Sunday Dec. 22 at 1:00 p.m. The tickets are \$20 unless it's four tickets or subscribers, then it's just \$15. For info call 204-942-8898... Congratulations to **Pat McFadzean**, a 99-year-old member of Toastmasters. Late last month, the local chapter of **Toastmasters** celebrated its 52nd birthday in Manitoba. Pat, who lives in east Kildonan, joined the organization in 1979. Amazingly, until 1973, women were barred from joining the all-men's club...

●●●

While waiting for a meeting with one of my favorite non-stop seniors, **Morris Glimcher**, the executive director of the Manitoba High Schools Athletic



Ted Foreman

Association, out of Mo's office popped **Jim Daly**.

Daly was the man who brought the 1967 Pan Am Games to Winnipeg and was personally responsible for making the Games a gigantic success. He also started the track program at the U of M and brought indoor track to Manitoba, way back in 1949.

He still coaches track and mentors students at Fort Richmond Collegiate and in early November was named co-winner of Winnipeg's Senior of the Year Award by **Mayor Sam Katz**.

A former track athlete himself, the “80ish” sports executive looks like he could compete today.

Elizabeth McGuire was also honoured as co-winner of the award. She also tutors students – at Ralph Maybank School.

●●●

The Canadian National Institute for the Blind requires volunteer gift-wrappers this holiday season. CNIB's Winnipeg branch is wrapping Christmas

Continued on next page

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THE BUZZ, cont'd from page 14



Mayor Sam Katz and Jim Daly, Senior of the Year.

gifts from Dec. 4 - 24 at the Unicity and Empress Walmart locations in exchange for a donation. Volunteers wishing to help out can call (204) 789-0962 to register... The man who started the *Winnipeg Free Press* Pennies from Heaven campaign, **Mike Ward**, has passed away. He died peacefully in Gimli on Nov. 24 after a "lengthy illness". At a time when journalism was an honorable profession, he was one of the greats. He was 77... Hey, remember **Bill Davis**, the former CEO of Moffat Communications and Chairman of the Board of the old Winnipeg Jets 1.0? He's retired and living in Houston, Tex. His son **Tim** will be an important cog for Rogers Sportsnet's new \$5.2 billion TV deal with the NHL.

Back on Nov. 30, the world champion colt with Manitoba breeding, Goldencents, finished well back in the \$500,000 Cigar Mile at Aqueduct. Fresh from winning the \$1 million Breeders' Cup Mile, a month ago at Santa Anita, Goldencents simply couldn't hang on late as Flat Out won the biggest race of New York's fall meet. Regardless, to mark the event, Assiniboia Downs honoured one-time-product-innovator-turned-thoroughbred-owner-and-breeder, **Phil Kives**, of K-Tel fame. Kives, 84, is the Winnipegger who bred and raced Goldencents' mother, Golden Works, and grandmother, Body Works. Goldencents has already earned almost \$2 million. Never has a horse with Manitoba breeding ever reached such stellar heights and, for good reason, Mr. Kives was honoured on Nov. 30, for his remarkable career in Manitoba racing.



Mike Ward Bill Davis

On June 7, 2014, the Manitoba Baseball Hall of Fame and Museum will induct a new class of honoured members. Last month I had the honor of introducing the newest members of the Hall to the Winnipeg media. Here is the Class of 2014: The players are: **Brian Coates** (1952), From Roland, MB, Coates was an outstanding batter, fielder, pitcher, competitor, and leader by example, for the great Carman Goldeyes Junior and Senior dynasties of the 1970's and '80's. Brian also enjoyed a successful professional hockey career after being drafted by the Boston Bruins in 1972. **Ab Hansford** (1936), Ab started playing organized baseball in Norwood in 1948 and was always recognized as the heart and soul of the Norwood teams and the premier shortstop in his league. He led Norwood to baseball championships in the midget, juvenile, and junior ranks and later played with the Elmwood Giants in the senior league from 1958-60. In 1956 he was named the MVP of the Winnipeg Junior League and also played a game with the professional Northern League's Winnipeg Goldeyes that season... **Kris Holmstrom** (1973-), Kris played more than 20 years of highly competitive baseball in Winnipeg. "Homer" was one of the most feared and productive left-handed hitters in his time and a key member of championship teams while being named to many all-star teams at the midget, junior and senior levels... **Bob Kutzan** (1944), Kutzan began his senior career with the Dauphin Redbirds, 1958-68, pitching in both starting and closing roles and helping them capture the 1961 MSBL and Manitoba titles. In 1963, only 19 years old, he pitched for the Redbirds against the great Satchel Paige's Kansas City All-stars, allowing only five hits and recording six strikeouts but losing 2-1. **Dennis Wiebe** (1947), My old teammate with the Giroux A's, Dennis was



Phil Kives with track announcer Kirt Contois.

an outstanding team player on many championship teams in all levels of play from local Little League to Provincial and National Senior and Twilight. He was a left-hander who was considered a sure fielder and consistent hitter at first base while also pitching and perfecting the "Wiebe Pickoff." He was a member of no less than four teams already inducted in the Manitoba Baseball Hall of Fame... Wilbert Funk (1929), Funk umpired for 40 plus years in all categories from Novice to seniors in Altona and surrounding area until well into his 70's, including 73 games the year he turned 73 years old. It is estimated he umpired nearly 2500 games including tournaments, league, regional, provincial, and Western playoffs. Wilbert was honoured as Altona's Citizen of the Year in 1998 for his lifelong contribution to sports and quality of life, especially for young people, in the community. The builders are: **Sam Katz** (1951), In 1994 Katz signed a deal to start an independent professional Northern League expansion team. The Winnipeg Goldeyes were re-born with Sam as owner and president and the team was both an immediate and ongoing success on the field and at the box office. They captured the Northern League championship in their first season of 1994 and most recently were the 2012 champions of the American Association of Independent Baseball Clubs. In 1999 Sam completed the first phase of construction of Canwest-Global Park (Shaw Park today) and the Goldeyes continue to entertain 300,000 fans a year... **Gordon Riddell** (1940), Builder Gordon began his baseball career in Warren and was catcher for the Warren Juveniles when they won the 1957 Winnipeg League title and he continued

Continued on page 16



Let Your Legacy Live On

John was so excited to become a grandfather. When James was born, John was grateful to have a healthy grandson who loved to smile. He decided to make a bequest in his will to help create a legacy to help keep smiles on the faces of sick kids, even in difficult times.

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The Impact of a Holiday Fundraiser

By Deborah Lorteau

A & O: Support Services for Older Adults hosted the Holiday Fundraiser event at the Clifton Community Centre this past Tuesday, December 3, 2013. This was the perfect way to kick off the month of December and to get people into the spirit of the season.

Holiday music played softly in the background as those in attendance spent time with each other and enjoyed the offerings from the canteen and bake sale as well as food samples from the Epicure Selections table and tea samples from Steeped Tea.

The Stradbrook Avenue Show Choir got everyone singing along with them on the holiday favorites and brought to mind the memory of holidays past. Members of the West End Senior group had the opportunity to reminisce and to dance along to their favorite melodies.

Several door prizes were a huge hit including two pairs of tickets for the Chelsea Hotel #2 The Leonard Cohen Songs, donated by the Prairie Theatre Exchange. The senior who won the tickets was very excited to get the opportunity to see this hit show coming to town in January 2014.

A homemade gingerbread house, as well as items from Norwex, Scentsy, Epicure Selections and Tupperware were some of the items donated for the door prizes.

Due to poor weather and the threat of an upcoming storm, the attendance was not what was expected but the quality of the people in attendance more than made up for the quantity. Several staff members of A & O took time out of their busy schedules to stop in and do some of their holiday shopping at the event.

The West End Senior group raised money from sales at the canteen as well as from donated holiday baking. These funds will be used to provide extra funds for special events and offset costs for many of the members activities. With the help of the vendors,



A homemade gingerbread house was one of the door prizes donated.

A & O was able to raise enough money to create an impact in the wait lists that exists for many of the services provided by the agency.

As a result of the money raised, the agency will be able to provide 4 one-on-one Housing consults to older adults who need the help of the Housing Coordinator to find adequate housing in the tight housing market that exists in Winnipeg.

A & O will be able to provide 2 people who have been a victim of crime with a personal alarm to give them the extra sense of security and help them feel less vulnerable.

A & O will also be able to provide 3 older adults entering the Safe Suite program with a Welcome basket that can provide them with personal care items that can make them feel less isolated and alone during a time of hardship and stress when they leave an abusive situation.

To further highlight the impact of the services that A & O provides, here are a few quotes from clients who benefitted from the agency's Programs & Services:

"Before I felt like I was always walking on eggshells. I enjoyed the quiet. There is strength in silence and I was able to heal."

- Elder Abuse and Safe Suite client

"I think that SCWW makes seniors feel connected more to society, makes us feel like we're not forgotten."

- Senior Centre Without Walls client

"A big bouquet to the program and for the excellent safety tips I received. I would like to thank A & O for offering the program and for doing such a great job."

- SafetyAid client

"These angels helped me get my life back."

- This Full House client

"Getting connected to A & O's programs and services changed my life."

- Older Victim Service client

"I have learned a lot of Canadian life style and culture. We have learned the basic everyday English. Class is also a very good social place for us to communicate, to socialize, and to make new friends."

- Entry Program for Older Adults participant

"Homebound people need this. Also for me it is informative, and instructive. It provides mental, emotional, spiritual, and social supports."

- Senior Centre Without Walls client

You can still make an impact for the clients of A & O. As a Registered Charity, A & O is also able to provide a tax receipt for those who choose to make a direct donation over \$10.00. To find out more on how you can make a difference for the older adults in our community please visit the agency website at www.ageopportunity.mb.ca or call 204-956-6440.

A & O would like to thank all who were able to attend, those who made purchases, as well as the vendors who donated a percentage of their sales to the agency. Your support makes a big difference in our community and in the lives of many older adults who rely on the services of A & O to make their lives better. ■



THE BUZZ, cont'd from page 15

playing as they developed into a successful junior and senior team. He coached St. James youth teams while also setting up local indoor baseball clinics, attending and instructing at American baseball clinics, and also becoming well known for coaching minor hockey and curling as well as volunteering at major sporting events.

Tom Thompson (1953), Tom was a driving force on the Winnipeg and Manitoba baseball scene. He began his coaching career with the Issac Brock Royals and achieved immediate success by capturing Manitoba Bantam titles in 1973 and '74 and Provincial Midget titles in 1975 and

'76. Tom was one of the founding members of the reformed Manitoba Junior Baseball League in 1977. He became owner, operator, and coach of the South End Chiefs for 10 years and his teams were highly competitive and annually one of the top teams in the league. In 1981 Tom coached Team Manitoba at the Canada Summer Games. In 1987 Tom took over the Elmwood Giants Junior Team and in his first year at the helm captured the MJBL crown and the Western Canada Junior championship and then added another MJBL title in 1990.

Four teams will also enter the Hall: the **1989-94 Elmwood Giants**; the

1984-89 Clearwater team; the **1965 CPAC Little Leaguers** and the **1967 Souris Juvenile Cardinals**. The Canadian Polish Athletic Club Little League team made history by beating Richmond, B.C., in two straight games in the Western Canadian Championships. Overall the CPAC team went undefeated in 11 straight playoff games. A film about the team entitled "1965 Behind in the Count: A Baseball Life" has been recently released for worldwide distribution and can be viewed on the Manitoba Baseball Hall of Fame website. I'm proud that I had a small part in the movie as the radio announcer. ■

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Currie's Corner By Roger Currie

Postal Pandemonium

Memories of the year 1968. I turned 21 and was legally allowed to drink alcohol. It was also the year that I last received a letter in the mail on a Saturday, and the stamp on it cost four cents.

45 years later, the stamp costs 63 cents, but we ain't seen nothing yet. By the end of March the cost of that stamp will jump more than 30% to 85 cents, and door to door delivery will be a thing of the past within five years.

Hard to believe it was less than a decade ago that Canada Post was that rarest of creatures, a crown corporation that showed a healthy profit. But even then it was clear that mail service as we have known it for decades was doomed. The digital world has taken over, both in business and our personal lives.

The question becomes a simple one. If postal service is doomed to die, should it be a slow lingering death, or an execution? The latter route seems to have been chosen. Customer serv-

ice is to be killed almost immediately without so much as a few kind words. How else can you explain making such an announcement on the 11th of December? By the way, did you know that was the last day to ensure that your gift parcels are delivered before Christmas?

Most of us will grumble and accept the new reality without giving it a great deal of thought, but that reality will be a hardship for a lot of people. For the handicapped, getting to a community mailbox is not easy in the middle of summer. Imagine the joy in weather like we're having right now on the prairies.

I live on a computer, and I seldom give it much thought, but there are thousands of Canadians who don't. It will be a very difficult and expensive adjustment.

Merry Christmas from Canada Post.

Right ... ■

The Ford Example

'Listener and reader discretion is advised .. this is a Ford column, but it's not about Rob, it's about Henry Ford.

He was a true giant of North American free enterprise. He struck gold in 1908 when he manufactured the first Model T, and sold it for \$825. Eight years later Ford was selling a quarter of a million Model T's a year, and the price dropped to \$360.

One of the key lessons that Henry learned and passed on to other industrialists, 'pay your workers enough so they can afford to buy the product themselves.' I've lost track of who is running Walmart these days, but it sounds like they need to re-read the Ford story.

Profits have been falling at the 'World's Largest Retailer', but it's not because they've been paying their employees too much money. Walmart generally pays a little more than minimum wage. They do whatever they can to avoid giving out luxuries like pensions and medical benefits, and they stage all out legal war to prevent unions from getting hold of their people.

It was more than a little embarrassing when we learned recently that a Walmart in Canton Ohio was asking low wage employees to donate food, so that their co-workers who make even less could enjoy American Thanksgiving.

North America became the envy of the world while Henry Ford was still alive thanks to the rise of the middle class, the people who bought cars and homes in the suburbs, and raised their families to follow a similar pattern. In 2013, we have a middle class that is rapidly disappearing as we race to the bottom.

The auto industry that Ford and others built is struggling to compete with 4-wheeled products from several other countries. They call it the global economy, and it's not so grand. ■

I'm Roger Currie

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

FAMILIES NOW HAVE CLEAR RIGHT TO SCATTER CREMATED REMAINS OF LOVED ONES ON PROVINCIAL LANDS, WATERWAYS

Manitoba Government Clarifies Policy to Ensure Families Can Fulfil Last Wishes, Follow Religious Customs: Premier

Families that wish to honour the last wishes of a loved one or follow cherished cultural or religious traditions now have the clear right to scatter the cremated remains of loved ones on Crown lands and waterways in Manitoba, Premier Greg Selinger said today.

"Thanks to the work of my colleague, Mohinder Saran, the MLA for Maples, the Manitoba government has clarified the rules surrounding the scattering of cremated human remains," the premier said. "Families can rest assured they have the right to scatter cremated remains on lands and waterways owned by the province."

In May of this year, Saran introduced a motion in the legislative assembly noting that cremated remains may be easily scattered on Crown lands and waterways in other provinces, but there was no clear policy for Manitoba families. This is especially important for Manitoba's growing immigrant communities and inspired the provincial government to clarify the policy, said the premier.

Under the policy, human remains that have been properly cremated may be scattered on unoccupied provincial government-owned Crown land or water, including provincial parks, without official government approval. Care must be taken to ensure that cremated remains are not scattered near drinking water or recreational water activities, such as swimming areas.

"While it was never against the law, families were uncertain about their rights at a time when they were mourning the loss of loved one," Saran said. "Now they can be true to their cultural and spiritual heritage and honour their deceased family members without worrying whether they are breaking the law."

Manitobans are encouraged to consult a licensed funeral director about

“While it was never against the law, families were uncertain about their rights at a time when they were mourning the loss of loved one,” Saran said. “Now they can be true to their cultural and spiritual heritage and honour their deceased family members without worrying whether they are breaking the law.”

~ Mohinder Saran, the MLA for Maples

cremation options and the acceptable practices of handling human cremated remains. Options include:

- buying a compartment (niche) in a cemetery columbarium;
- buying a cemetery plot for burial of the remains;
- scattering the remains in a cemetery with the cemetery operator's approval;
- scattering the remains on private land with the landowner's permission; and
- scattering the remains on unoccupied, provincial government-owned Crown land or water (including provincial parks) with no need for government consent.

The new policy only applies to provincially owned lands and waterways. Manitobans wishing to scatter ashes on municipal land or water should first consult their local governments. ■

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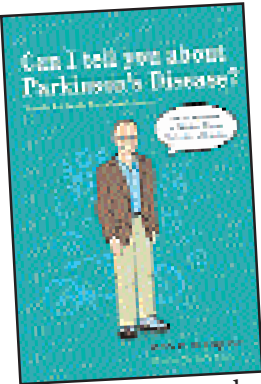
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Hultquist, Alan M.
Can I tell you about Parkinson's disease?: A guide for family and friends.
London: Jessica Kingsley Publishers, 2013.



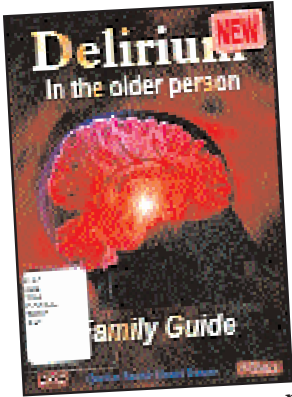
Meet Nikolai - a man with Parkinson's disease. Nikolai invites readers to learn about Parkinson's from his perspective, helping them to understand how Parkinson's affects his daily life and why some tasks can be especially challenging for

him. He also gives advice on how to help someone with Parkinson's when they have difficulties with physical movements and memory. With such topics as "Feelings and pain", "Exercise and being positive" and "Ways people can help" this book is an excellent resource for anyone, including children, who would like to have a better understanding of Parkinson's Disease and how it affects their loved one.

"Sometimes it feels like my feet are glued to the floor."

Dr. Hultquist has a doctorate in educational psychology and worked in education for 33 years as a special education teacher and educational psychologist. He was diagnosed with Parkinson's shortly after turning 50.

Delirium in the older person: Family guide.
[Victoria, B.C.]: Vancouver Island Health Authority, 2007. WM 204 d353de 2007 AV (DVD : 27 min.)



Is it delirium or dementia? Older people are at great risk of permanent cognitive and physical decline if delirium is not diagnosed early and treated. It is important for family members to recognize the symptoms of delirium and advocate for their loved ones. It is

family members who can communicate to health care providers what the older adults usual behaviour is and their medical history. Delirium is a sudden onset of mental confusion causing changes in behaviour. The underlying cause could be an infection, medication, recent surgery, dehydration, stress, grief, etc. Delirium is not dementia and can often be reversed.

"Older patients, their families and healthcare providers seem to think that getting confused goes hand in hand with getting older and that's just not the case".

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.

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

MEN'S RESOURCE CENTRE CONTINUES SUPPORTING MALE VICTIMS OF FAMILY VIOLENCE WITH FINANCIAL HELP FROM PROVINCE

International Men's Day - November 19 - Recognizes Important Role of Men, Boys To Community, Family, Child Care: Ministers Bjornson, Irvin-Ross

The Government of Manitoba is supporting the work of the Men's Resource Centre in Winnipeg as it helps men escape from abusive and unhealthy relationships, Housing and Community Development Minister Peter Bjornson and Family Services Minister Kerri Irvin-Ross said today.

"All Manitobans need positive relationships in their lives and we all need

to promote gender equality and positive role models," Minister Bjornson said, in acknowledgment of International Men's Day. "It is also important to celebrate the contributions men and boys make to community, family, marriage and child care."

The province is supplying new financial support of \$100,000 to the resource centre for its family violence

prevention services, which help men involved in unhealthy relationships. Additional new funding of more than \$75,000 will enable the centre to continue offering the Male Survivors of Childhood Sexual Abuse program. In addition, \$25,000 was provided under the province's Community Places Program toward the purchase and renovation of the resource centre site.

"It's important to acknowledge International Men's Day and the good work done by the Men's Resource Centre," said Minister Irvin-Ross. "We also support other counselling services and information resources for men affected by family violence across Manitoba."

The Men's Resource Centre, established in June 2001, is the first men's resource centre funded in the province and is now administered by the Laurel Centre.

The centre will also continue to offer emergency shelter as an alternative to hotel placements for men who need accommodation for reasons of family violence. This part of the program is

receiving more than \$33,000 in new annual funding, which was announced earlier this month.

"We recognize it takes a great deal of courage for individuals to share their stories of survival and we want to make sure that all individuals - women, children and men - have access to services and supports that address their unique needs," said Minister Bjornson.

"Family violence is wrong, regardless of the gender of the victim, and we must support all victims of violence," said Minister Irvin-Ross.

The Men's Resource Centre has been instrumental in breaking men's silence about abuse, challenging stereotypes of men's vulnerability and victimization and providing a supportive environment where men are free to discuss their experiences without fear of judgment.

More information on Manitoba's multi-year domestic violence prevention strategy is available at www.gov.mb.ca/fs/fvpp/index.html. Confidential help is available at any time at 1-877-977-0007 (tollfree). ■

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EVENTS

The Nearly New Shop - Why wait for Boxing Day Sale, Dec. 2-23, at 961 Portage Ave. Half price for all Christmas items, toys, books, puzzles and games. Hours: Mon.-Sat., 10 am-4 pm. Proceeds go to Children's Hospital Foundation of Manitoba.

Grace Toastmasters - Free Open House 7 p.m., Wed. Jan 15 & 22, 975 Henderson, Access River East Center, behind McDonald's. Guest Speaker: Bill Blaikie Jan 22. **204-880-7245** or email: **herbeeking@hotmail.com**

CARP, Canadian Association of Retired Persons - Winnipeg West Chapter 47 - Next meeting - Jan. 8, 9:30 am, at ANAVETS #283 Board Room, 3584 Portage Ave. Bring a friend and they will be entered for a free 1 yr. membership to CARP. Guest speaker: Constable Zirk, Senior Safety. Call Ann-Marie: **204-831-1320** FREE or email: **abhowe@shaw.ca**

Good Neighbours Choristers - present "Here We Come A-Caroling", a program of seasonal music, Teus. Dec. 17, 1:30 pm, at Grace Lutheran Church, 211 Kimberly Ave. Tickets: \$10 at the door or call Bob: **204-663-5472** or Good Neighbours Active Living Centre: **204-669-1710**.

Cycle of Giving - is bringing volunteer mechanics together to build over 250 bicycles from salvaged and donated used bikes for Winnipeg children in need, Dec. 14, 6 pm to Dec. 15, 6 pm, at the Orioles Community Center @ 448 Burnell St. With your generous support we aim to raise \$15,000 to provide free bike programming across the city. Email **cog@thewrench.ca** or call **204-296-3389** for info. **www.thewrench.ca**

Learn the Basics of Scottish Country Dancing - 10-week course - Basics of Scottish Country Dancing - starts Thur. Jan 16, 8-10 pm, at St. Paul's Anglican Church, 830 North Drive at Point Road. No partner required. Open House and Welcome Dance, Thur. Jan. 9, 8 pm at St. Paul's Church. Free admission. Info: **www.rscdswinnipeg.ca** or **204-786-7767**

Bereavement Support Group - for those 55+ years of age and experiencing the loss of a partner. Six weekly sessions: Wed. Feb. 26 - Wed. Apr. 2, 2014, 10-12 noon, at Access NorWest 785 Keewatin St. To register call A & O: Support Services for Older Adults (intake): **204-956-6440** *Group may be cancelled or postponed due to an insufficient number of registrations

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**

The Manitoba Coin Club - meets 4th Wed. each month (except December, July and August), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne St. Frequently there is a Coin auction. Visitors, guests and new members are welcome. Call Barré Hall: **204-296-6498** for info.

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

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.mbnewhorizonsband.freesevers.com** for more info

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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

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**

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

Pembina Active Living (55+) - Winter programs start Jan. 6: Fitness, creative expression, mind/body, clubs, drop-in programs and more. For more info, visit **www.pal55plus.ca** or call **240-930-5290**.

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**.

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 Stradbroke Ave: For activities, call **204-956-6490**. Visit **www.ageopportunity.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+ Lazars 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**

Email ready-to-print PSAs to:
kelly_goodman@shaw.ca.
No faxes please.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

The St. Eustache Hall Committee - sponsoring a New Year's Eve Social Party, Dec. 31, at the St. Eustache Hall from 8 pm -1 am. Hot lunch, entertainment:live band - the CROSSROADS. Pre-sale tickets are \$12 and \$15 at the door. Call **204-801-3172**.

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, house-keeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, etc. Brokenhead Outreach for Seniors **204-268-7300**, East Beaches Resource Centre **204-756-6471**, Springfield Services to Seniors **204-853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **204-345-1227** or Whitemouth/Reynolds **204-348-4610** and Winnipeg River Resource Council **204-367-9128**

South Interlake Seniors Resource Council Inc. - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood - wards 1,2,3,4). 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**

Home Remedy

© Joanne Klassen

Nov. 21, 2013 jklassen@write-away.net

While driving to have dinner at the home of a friend recently, my tooth began to ache. I asked my husband Ted to stop at a drug store so I could pick up some oil of clove.

"Oil of clove? Why don't you just take an aspirin?" he asked.

"It's Mom's home remedy," I told him. I got some; it helped, although I ended up smelling spicy.

When we got home as I was putting the tiny bottle on the shelf of the medicine cabinet, I wondered if oil of clove had any other uses. I went to the computer; searched Google and found out this little \$4.99 bottle packs quite a punch.

Besides numbing pain, oil of clove turns out to be anti-viral, anti-bacterial and anti-fungal. It has been known to cure yeast infections and is used to rid people and pets of parasites, inflammation, breathing difficulties and stomach upset. It has been used for immune system building, treating cholera, and as an insect repellent. It is used in soaps and lotions for smoother skin. It is even an aphrodisiac... the ancient's Viagra.

Suddenly I began to chuckle. I pictured an unsuspecting person like me with a terrific tooth ache, dabbing a drop of oil of clove on their sore tooth and finding their upset stomach, ailments and discomfort disappearing, bugs no longer bothering them and being suddenly, powerfully sexually aroused.

And to think I might have taken an aspirin! ■



Joanne Klassen

Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. The Manitoba Association of Seniors Centres works with Heartspace to train facilitators to bring *Discover Yourself Through Life Writing* courses to seniors centres across Manitoba.

Works of other women from these Life Writing courses are On this page.

The Night Before Christmas

© Sandra Bater

I was nibbling on one of Santa's cookies, an angel that Jaylene had coated with thick purple icing, when the words of an old familiar poem tumbled around in my mind.

*'Twas the night before Christmas
When all through the house
Not a creature was stirring
Not even a mouse
The stockings were hung by the
chimney with care
In hopes that Saint Nicholas soon
would be there.
The children were nestled
All snug in their beds
While visions of sugar plums
danced in their head.*

The children were snug in their beds, hopefully sleeping, and it wasn't even ten o'clock. We had hung up our stockings, not by the chimney, but on the entertainment unit. Of course, their visions would be of things other than sugar plums. Caden's visions would be of computer games and hockey gear. Jaylene would be dreaming about a real white mouse.

Throughout the day we had tracked Santa's progress on the internet. We watched the Santa icon move from country to country on a radar screen. Around six o'clock, there was an

important bulletin. Weather conditions for sleigh travel were perfect. Santa was far ahead of schedule. Children must go to bed early.

So we set out cookies and a can of Coke for Santa.. Then, we went outside with carrots and reindeer food that Jaylene had made at daycare - a mixture of oatmeal and green food colouring. Caden broke up the carrots and put them on the driveway. Jaylene scattered the food all around the yard. Caden taped a sign on the front door - Santa Enter Here - and I plugged in the Christmas lights.

I was ready for the children to go to bed but they weren't. Robert wouldn't be home until after midnight. Caden especially missed his Dad when he had to work the evening shift.

The children were climbing and jumping on the furniture like mountain goats and running around the house with Zippy barking at their heels. I made popcorn, put on a DVD and finally herded them into the family room. Once they had their PJs on, we all settled on the sofa, even Zippy.

I finished eating the angel cookie and left Caden's Christmas tree cookie, coated in camouflage green icing and decorated with bright coloured Smarties, for Robert. I trusted that he would also pick up the carrots on the driveway.

I had just nestled down in my bed waiting for Robert to come home when Zippy came whining to me beside the bed. I heard a noise not exactly a clatter, but some kind of disturbance. Leaving Zippy in the bedroom, I checked the children and went downstairs. It couldn't be Robert. He always phoned if he was going to be home early.

I stood at the foot of the stairs and listened. A dull tapping sound was coming from the direction of the Family Room. I walked slowly into the room. Illuminated by the Christmas lights, I saw two adult deer standing on the deck eating the oats that Jaylene had scattered. I stood in awe as, oblivious to my presence, they moved around, head down searching for the oats in the snow. These gentle creatures were so close, I imagined reaching out my hand and touching them. They effortlessly leapt off the deck, stopped in the front yard to eat the carrots, leisurely crossed the road and disappeared among my neighbour's evergreens.

I thought about Christmas morning, Caden and Jaylene checking the yard to see if the reindeer had eaten the food, about their astonishment when they saw the footprints on the deck. What an extraordinary Christmas present for all of us. ■



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A Winter Encounter

By Astrid Schuhmann

Winter had arrived during the night. The morning saw a thick blanket of snow covering the landscape. I was looking at nature's permission to postpone any unfinished yard work until the following spring. For the next four months, the winter weather would keep the grounds pristine and white for me.

Dressed in mittens, boots and coat to face the outdoors, I pushed open the screen door against a snow drift. I stepped onto the porch, the kitchen compost pail, full to the brim, in one hand. The bright morning sun was greeting from a cloudless blue sky. It was cold, the air clear and odorless.

I carefully navigated through the heaps of snow on my way down the stairs, then turned towards the back-yard, which lay frozen

and still. Streaks of snow were pasted against the tree trunks, powdery white was piled high on their branches, and tender flakes, as if diligently arranged, covered even the most delicate twigs. A gentle breath of air floated by, lifting a dusting of snow from some of the branches up into the air and towards the sunlight. Only a few seconds later, after descending to the ground like a glittering swarm of ethereal insects, it blended into the vast peaceful white.

As I took my next step, the ground in front of me suddenly seemed to shift. Startled, I stopped. The snow was moving again and then burst into all directions in an explosion of flakes. Less than five feet in front of me, a deer had been roused from an indentation in the ground where it had become com-

pletely camouflaged by the snow while waiting out the previous night's weather. Facing me was a stunning animal, a buck, his regal antlers held high and proud. He was as startled as I. Two creatures stood motionless observing each other for a few heartbeats. He seemed to study me with slight apprehension, his glance engrossed and curious like that of a young child. I was hoping he would linger, but in a sudden move, he turned and took a few strides across the patio towards the snow-laden fir tree at the edge. Then he slowed in front of the fir, hesitated, stopped and turned around to me as if to bid farewell. The magnificent animal was standing there, behind him the morning sun glinting off the freshly fallen snow and bathing the surroundings in

a myriad of lights. It was nature's briefest gift of serenity, certainty and connectedness. He slowly turned his head away again and quietly disappeared among the trees on the riverbank.

For a while, I stood entranced until suddenly I became aware of the cold again. Still preoccupied, I tightened the grip on my pail, walked to the bin and emptied the scraps on top of the frozen peels that had come before. I slowly walked back to the house and once more glanced back at the subtle tracks in the snow. ■

Winnipeg, November 07, 2013 - © Astrid Schuhmann. Astrid is training as a MASC Life Writing Peer Leader. She currently facilitates/co-facilitates a Life Writing Workshop at the Charleswood Senior Centre in Winnipeg, MB.

Medley - A collection of short stories

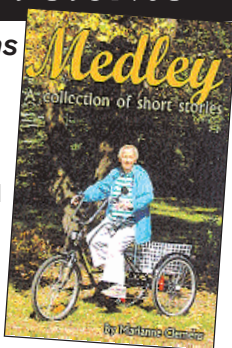
The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

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

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

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

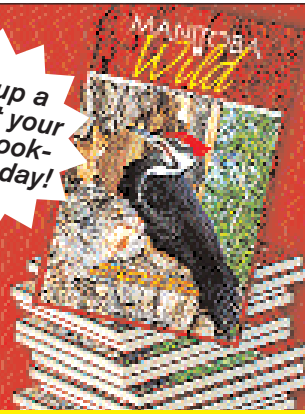


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Recipe OF THE DAY

Larry McIntosh

Spinach Dip

Metric	Ingredient	Imperial
280 g	package frozen spinach, thawed & drained	10 oz
375 ml	sour cream	1 1/2 cup
250 ml	mayonnaise	1 cup
1	package vegetable soup mix	1
1	small can water chestnuts	1
3	green onions, chopped	3

Stir all ingredients together until well mixed. Cover and chill.

Serves 8

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Tortilla Black Bean Bake

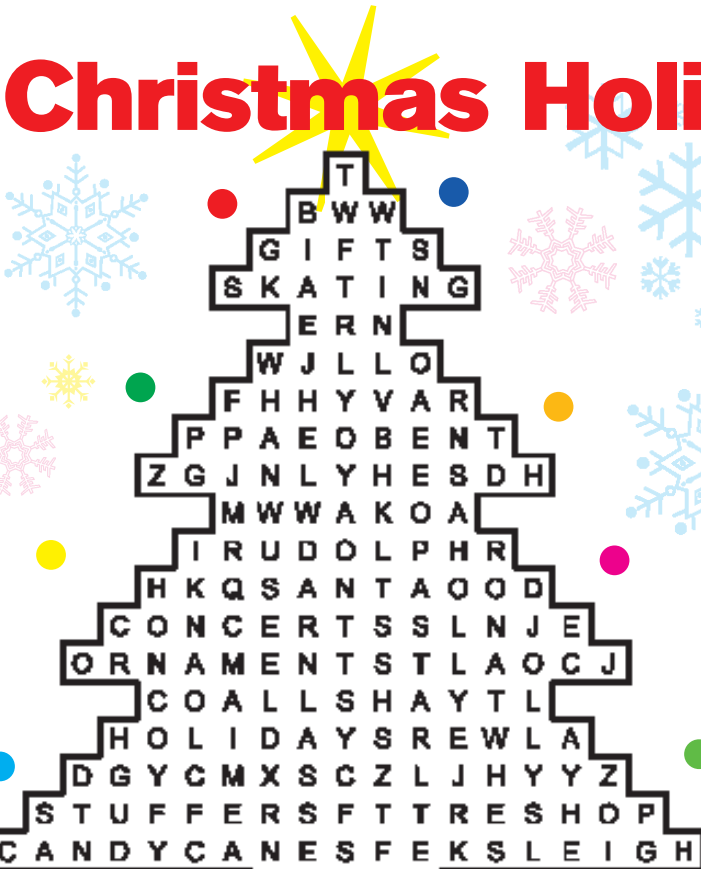
Metric	Ingredient	Imperial
500 ml	onions, chopped	2 cup
2	garlic cloves, crushed	2
375 ml	green peppers, chopped	1 1/2 cup
175 ml	salsa	3/4 cup
2	cans diced tomatoes	2
2	cans black beans, drained & rinsed	2
500 ml	monteray jack cheese, shredded	2 cup
250 ml	cheddar, shredded	1 cup
125 ml	fresh cilantro, chopped	1/2 cup
1	package corn tortillas 10 inch (25 cm)	1

In skillet; combine onion, green peppers, tomatoes, salsa and garlic. Simmer 10 minutes; add beans and cilantro stirring well. Put half of bean mixture in a casserole dish, top with half tortillas and half cheese. Add remaining bean mixture and top with tortillas and cheese. Bake at 350 F (180 C) for 35 minutes and serve with fresh sour cream.

Serves 6

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Christmas Holidays



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HUMOUR COLUMN:



By William J. Thomas - Humour Columnist

The Driverless Car - It's Here!

So I'm reading this newspaper article on how a fleet amazing driverless cars will be ready to take to North American roads in less than four years. That's right, well before the end of this decade you will be motoring down the highway in a car using its own operational system with reflexes and road etiquette that are way better than yours.

Driverless cars are equipped with sensors, radar, GPS systems, Google mapping, stereo cameras, accelerometers, gyroscopes, algorithmic equations and two drink holders, one for the passenger and one for the guy who's not

“We may not have gotten that ‘flying car’ they promised us decades ago but the ‘van with no man’ is coming at us like a runaway train.”

driving the car. Self-driving test vehicles are already legal on the roads of Nevada and California. We may not have gotten that “flying car” they promised us decades ago but the “van with no man” is coming at us like a runaway train.

In America, self-driving Toyota Prius have already logged 483,000 kilometers without a single accident. That's fine as long as Google's working. However, on the day “This Page Is Not Available” pops up on search sites, every car in North American will immediately crash into each other. It'll look like the roads in Russia on Vodka Appreciation Day or China, every day. Normally I would be against a robot

“So just to be clear, if you're driving in the States and you come up beside a van with a bunch of guys drinking beer and eating pizza in the back, that's not a self-driving vehicle. That's a Buffalo Bills tailgate party in motor mode.”

driving my car but seriously, if it gets rid of my backseat driver ... I'm all for it. However if that genius Prius thinks for one minute it's going to select the tunes, I'll be forced to put a Club lock on its steering wheel.

So just to be clear, if you're driving in the States and you come up beside a van with a bunch of guys drinking beer and eating pizza in the back, that's not a self-driving vehicle. That's a Buffalo Bills tailgate party in motor mode.

Still questions about the self-driving vehicles remain. For instance, could you nap in the backseat while your car drives you home from work? Could you pre-program the itinerary so that instead of going to London, Ontario for the day you in fact send the in-laws to Tierra de Fuego, Chile? If your autonomous car refuses to follow your instructions and dismisses you as a “stupid human” is there a button you can push to blow it up? Could oversized car seats be installed in the back for guys to sit there looking at the scenery and playing “I Spy” because I think that would be a really cool way to

travel? If you do get into an accident, would you be obligated to go to court and testify against your own car? At Tim Horton's Drive-Thru would your driverless car have to remind the server to stir the coffee and cut the bagel completely in half?

And of course the question that has plagued men for 25 years ... while watching a movie curled up on the backseat going 65 miles down the highway sucking on a Slurpee could you actually tape another movie on another channel at the same time?

If, as scientists claim, that humans will one day have sex with robots and we all know how much men love their cars ... well, do you think self-driving cars will one day be able to reproduce? Not giving birth to full-size vehicles obviously, but maybe little go-carts or hybrid bumper cars?

As I'm reading about all these incredible features that the futuristic self-driving vehicle will have and I thought ... hey! Wait just a New Yorker minute. My brother-in-law Danny already has one of those. Really. In fact just the other day we were sitting in his brand new Toyota Rav4 and Dan was showing me how he could watch his car move on the dashboard screen with sensors that show how close he was getting to the curb and a brightly-coloured graph that shows him how much fuel he has in the tank and how many kilometers he can go before he runs out and the “blue tooth” voice-activated communications system that serves as a cell phone and the album covers that pop up on the screen to indicate the song, the artist and some of the words and the two-way talkie GPS and the memory stick that gives you unlimited pre-recorded CD's and ... and all of this would have been fine

if we had been sitting in his car, idling in the driveway.

Unfortunately we were travelling at a speed of 100 kilometers per hour down Highway #5 between Buffalo and Dunkirk, New York as oncoming cars were taking to the shoulder and drivers – yes, those cars had drivers – were gesticulating and flashing us the finger or pointing excitedly to our side of the road where we would normally be if Dan had not been completely absorbed by all the new, flashing gadgets on a dashboard that looks more like the instrument panel of a 747 passenger jet.

At one point I yelled: “The car Dan! You have to steer the car too!”

Yeah, my brother-in-law Dan has a driverless car mainly because he's so completely absorbed with all the bells and whistles on his new car that he forgets to steer and work the pedals.

Can somebody tell me how a man with a brand new shiny toy is not designated as a distracted driver even before he gets the damn thing off the lot?

In four years when the real driverless cars become available, the automobile industry would be wise to give one to my brother-in-law for free. It would be best for everybody on the road, particularly a few hundred Western New York drivers who failed to make it to the nearest rest stop. ■

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

Laugh a Little

If IFs and BUTs were candies and nuts, we'd all have a Merry Christmas. A Christmas shopper's complaint is one of long-standing. Christmas is a race to see which give out first - your money or your feet. Even before Christmas has said Hello, it's saying 'Buy Buy'.

- Robert Paul

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