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# Senior Scope

and BOOMER BUZZ

V12-N7 Jan 15 - Feb 4/14

"What the New Year brings to you will depend a great deal on what you bring to the New Year"

- Vern McLellan

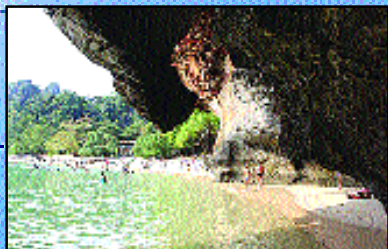


**In this issue:**

**25-Year Christmas Collection - Rita Bartmanovich shares her passion**



**Rick Goodman: Journey to... Thailand**  
 The beauty and the humour of it.



- Scott Taylor: - **The BUZZ** - Predictions for 2014
- Roger Currie: - **'Currie's Corner'** - Are you getting enough sleep? What you want to know.
- William Thomas: **The real James Bond.**
- Nick Thomas: **'How Knot Too Right'** An education issue of writing. (HUMOUR)
- Peak of the Market recipes

Submit your photos. If chosen for the front page, you'll receive \$25. (see page 2 for details)

Photo by Cheryl Einarsson - A January winter day in Gillam, MB

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## From the publisher...

Happy New Year! Whether you have made New Year's resolutions and followed them or not, you are not alone.

Here are some of my favourite quotes from some wise people:

**"I think in terms of the day's resolutions, not the year's."**  
~ Henry Moore.

In my opinion, that's a much more manageable way to go. I resolve to get up each day and accomplish as much as my body will allow me without dropping in exhaustion. But I do plan to smell the roses along the way each day - enjoying the simple things more... and to eat better, getting more fibre.

**"Follow your passions, believe in karma, and you won't have to chase your dreams; they will come to you."** ~ Randy Pausch

Another...

**"One resolution I have made, and try always to keep, is this: to rise above the little things."**  
~ John Burroughs

And finally...

**"For last year's words belong to last year's language and next year's words await another voice."** ~ T.S. Eliot

If you've never had any luck keeping your resolutions, then this one is for you...

**"Many years ago I resolved never to bother with New Year's resolutions, and I've stuck with it ever since."**  
~ Dave Beard

Whatever you've resolved to do, or not to do, good luck with it.

I look forward to another year of publishing the *Senior Scope and Boomer Buzz*. I wear many hats, but I also have many people with many hats who tirelessly help with the publishing of this paper. I have a great team and I'm forever grateful.

Thank you again to all of you. You know who you are.

Also, thank you for the feedback from the readers and advertisers. Your positive comments motivate and inspire me to always try harder to give you reading that you enjoy. I always welcome letters and/or emails from you.

Something new for all you social media-savvy readers... You will soon be able to follow *Senior Scope and Boomer Buzz* on Facebook, and hopefully soon on LinkedIn and Twitter. Keep watching for notices.

Thank you for reading *Senior Scope and Boomer Buzz*. ■

Kelly Goodman

# LETTERS

## Whatever happened to our Age-Friendly society?

Dear Senior Scope:

**Please say, "NO to Canada Post"**

*I was hoping that other seniors who read my words, and who were of the same opinion, would perhaps contact their MLA / Legions / MASC (Manitoba Association of Senior Centres) etc., to display their displeasure in Canada Post's intentions. As the adage "Power in Numbers" implies, I do believe that the senior citizens together with people living with disabilities CAN make a difference, at least I hope so.*

As representatives and advocates to Canada's senior citizens as well as to our disabled members of society, I urge your organizations to continue to rally against Canada Post in their quest to phase out urban door-to-door mail delivery services.

I speak from the heart when I implore the Senior Advocacy groups

and Disability Organizations to maintain a strong voice for the elderly and disabled who may not be able to speak for themselves. I strongly feel that it is our duty as responsible and compassionate citizens to join together to assist our seniors and disabled fellow Canadians so they are not denied access to the necessary communications which are currently provided through the door-to-door Canada Post mail services.

My elderly father ( 83 years old ) lives alone in an older section of Winnipeg (River Heights). His mobility is severely limited. He is proud to be able to live fairly independently within his own home.

Each and every day he waits for the Canada Postal carrier to deliver the mail to his home. Whether for necessary bill/statements/medical information or more personal mail from distant family members; this remains a crucial highlight of his day. It is challenging and painful for

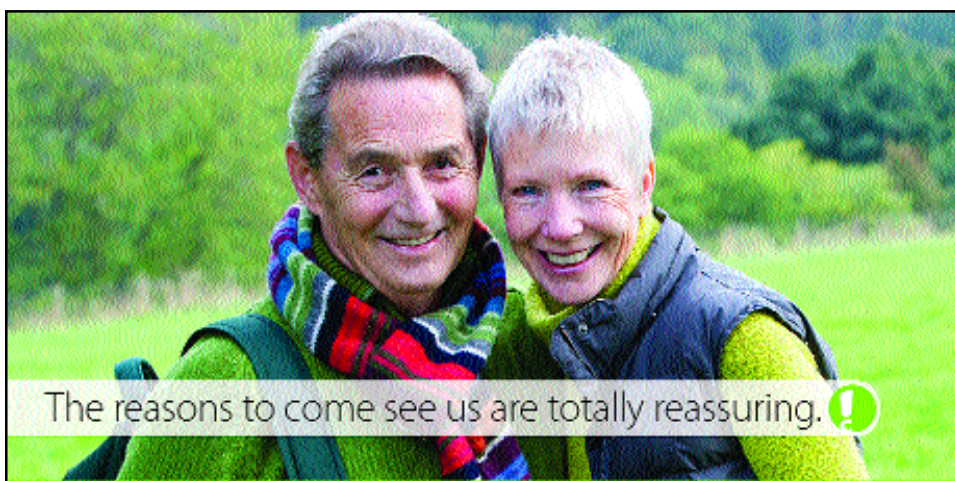
him to walk to his front door; it would be an impossible task for him to have to access a community mailbox. To discontinue this vital service would certainly affect the independence of thousands of Canadian citizens; my dearest father amongst them.

I am hoping that the Senior Citizen Groups as well as the Disability Organizations will remain steadfast and strong as they challenge Canada Post on this most disturbing decision which will so negatively impact the lives of Canada's elderly and disabled.

Please say, "NO to Canada Post" and continue to remain the determined and caring voice for our elderly and disabled fellow Canadians.

With kind regards and appreciation of your time and efforts,

Rose M. (concerned daughter)  
Winnipeg, Manitoba



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

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- Remember, taking full advantage of your unused RRSP contribution room could help to build your portfolio.
- Understand how much contribution room you have. Move money into your RRSP sooner rather than later.
- Work your RRSP contribution into your monthly budget.
- Borrowing is one option to take advantage of RRSP contribution room.

**If you have any questions about maximizing your RRSP, I would be glad to help.**

to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

**Know your limits**

It's important to know how much contribution room you have, prior to sitting down with us to discuss your RRSP strategy. Each year, the Canada Revenue Agency identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. If, however, you are unable to locate your notice of assessment, a quick call to the Canada Revenue Agency at **1-800-959-8281** or a visit to [www.cra.gc.ca](http://www.cra.gc.ca) can provide the information you need.

**Invest smart**

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner, rather than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill - but it also allows you to maximize growth inside your RRSP, without generating immediate taxable income. It's important to remember that interest earned on savings accounts and both realized and unrealized capital gains on non-registered investments will be taxed prior to when they are moved into your RRSP. You can also withdraw from a tax-free savings account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are added to the available TFSA contribution room for the following year.

**Invest regularly**

Consider working your RRSP contribution into your budget by using our monthly investment plan that automatically deducts a speci-

fied amount from your savings or chequing account on a regular basis and invests it into funds held inside your RRSP.

Monthly investment plans can be customized to work best for you. We will work with you to help determine the appropriate dollar amount and frequency.

**Consider the benefits of borrowing**

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year and tax-deferred potential growth for many years to come. Using this strategy can make it beneficial to borrow for a short period to maximize your plan.\*\* As your Consultant, I can help you determine whether a loan fits into your financial plan by looking at the following factors:

• **Your age:** The impact of compound growth increases depending on the time that money is invested. While borrowing to invest may have more impact at a younger age, I can prepare an illustration that shows it's never too late to save for your retirement.

• **Your ability to repay:** We would never recommend that you borrow more than you could possibly repay because it could make it difficult to save for next year's RRSP contribution. Together, we will create the right plan to make sure you can pay off the balance of your loan quickly and then start a regular investment plan to automatically take care of future RRSP contributions. In addition, contributing to an RRSP generates an income tax deduction that may result in a significant tax refund that could be used to help pay down a portion of the loan almost immediately.

• **Your ability to borrow:** An RRSP loan or line of credit available through Solutions Banking™, like any other use of credit, will increase your debt service ratio (the percentage of your monthly income that goes to pay off debts) and lenders rely on this ratio to determine your loan eligibility. When preparing your plan, we'll be sure to take your complete financial picture and other monthly commitments into account. ■

**Shirley Hill**  
CFP - Executive Financial Consultant  
(204) 257-0999  
shirley.hill@investorsgroup.com

\*Pre-tax RRSP contribution assumptions - \$10,000 investment purchased on January 1, 2013 at a gross rate of return of seven per cent over a 30-year period. The rate of return shown is used only to illustrate the effects of the compound growth rate and is not intended to reflect future values or returns on investment.

\*\*RRSP loan assumptions - Client takes out a 1 year RRSP loan of \$10,000 at a fixed rate of six per cent on January 1, 2013 and makes a \$860.66 (\$810.66 principal and \$50.00 in interest) payment on January 31, 2013. Client has a marginal tax rate of 40 per cent and receives a tax refund of \$4,000, which is used to pay down the loan on February 1, 2013 (remaining balance on February 1, 2013 is \$10,000 - [\$810.66 + \$4,000]), which is paid monthly (\$486.03) over the remaining 11 months. These strategies may involve loans for investing purposes and are based on the assumption that the interest costs are tax deductible for federal income tax purposes. Borrowing to invest is a long-term investment strategy and may be more suitable for higher income individuals, may not be appropriate in all circumstances, and is not for everyone. Gains from positive fluctuations in the investment value will be magnified, but losses from negative fluctuations will also be magnified.

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## 2014 PREDICTIONS

# 2014: A Civic Election and Tough Year for the Bombers

By Scott Taylor

Winnipeg mayor Sam Katz did not have a very good year in 2013. Pounded relentlessly by a vitriolic, all-out assault from the *Winnipeg Free Press*, Katz's poll numbers dropped to an all-time low while the city became an even better place to live and do business.

It was an amazing year-long onslaught brought to climax when the *Free Press* blasted Katz because civic employees have the opportunity to purchase Goldeyes, Bombers and MTC tickets through payroll deductions. Huh? With the rest of the media piling on, Katz was blasted even when good things happened to people. Have to wonder who the editor was who thought that was a legitimate story?

Regardless, the mayor's poll numbers dropped and people spent most of the year wondering if after a decade at the top of the greatest growth in city history, if Sam Katz was done. While the *Free Press* did everything but demand he leave office now and take his damn family to Phoenix.

However, while our local broadsheet spent a lot of time urging the mayor to leave town, it seems Katz might have other ideas. The baseball team he owns has never been more successful (the Goldeyes were Organization of the Year for the eighth time in 11 years) and his young family just might be growing. There is certainly a chance in 2014 that 62-year-old Sam Katz might just run again.

It certainly wouldn't surprise me. In fact, a lot of things wouldn't surprise me this year.

I wouldn't be surprised if the Winnipeg Blue Bombers announced in March that the club had suffered massive financial losses at the new stadium and then, without the ability to repair their problems on the field, finished the 2014 season in worse shape than they did when they finished 3-15 in the horrendous 2013 season. As well, more cost overruns on the stadium's construction will be announced. No one will be surprised.

As we suggested for the last three years, social networking will continue to grow at an alarming rate

**“As we suggested for the last three years, social networking will continue to grow at an alarming rate and Twitter will completely replace (if it hasn't already) the rest of the news media as the preferred place to receive breaking news.”**

and Twitter will completely replace (if it hasn't already) the rest of the news media as the preferred place to receive breaking news.

Our citizens will continue to whine about high taxes and crum-

bling infrastructure and the mainstream media will continue to lead the criticism until such time as the city and province try to repair the crumbling infrastructure and then the media will criticize both levels of government for high spending and gridlock.

We're more than a week into 2014 and the New Year is already heating up – weather aside. It's time to ask our resident prognosticators to give us the goods. Let's ruminate on the results of the crystal balls wielded by some prominent “aging” Winnipeggers about what we should expect in 2014:

Their answers were candid and sometimes, quite surprising:

### Marty Gold, “City Circus” Shaw TV broadcaster:



Marty Gold

Marty is outspoken and unafraid to say anything that's on his mind. His TV Show on Shaw is watched by anyone who really wants to know what's going on at city council.

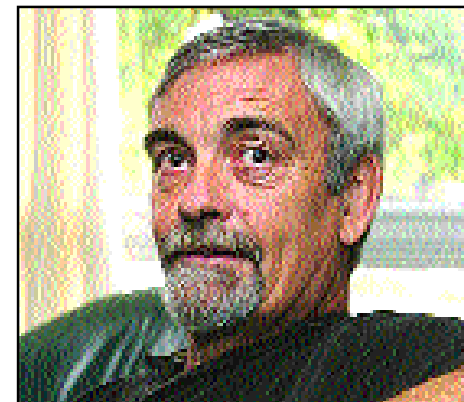
A guy who has lived three or four lifetimes in his 53 years on the planet, Marty Gold (AKA: Martin Boroditsky, Marty Goldstein), has been a professional wrestler, a wrestling promoter, a TV producer, cab driver, corporate whistleblower, radio host and writer.

He's also been a defender of the little guy and an advocate for the people who don't have a voice in our community.

Marty has five specific predictions for civic and provincial politics in 2013:

- 1) The real estate division audit due in 2014 will be twice as damaging to Mayor Katz and his bureaucrats (current and former) as the fire station audit.
- 2) The concept of reversible lanes (eg: north at morning rush hour and south in evening rush hour) will finally be discussed among the public to ease traffic gridlock, and then will be summarily rejected by the City Transportation department as being too complicated for them to implement.
- 3) A commercial radio station will take the new/talk plunge and compete for audience by providing an alternative to the two stations that have had the field to themselves for far too many years.
- 4) The jockeying behind the scenes in the NDP caucus will intensify as pretenders to Greg Selinger's throne watch his poll numbers plummet. Theresa Oswald and Jennifer Howard are being pushed by the party lever-pullers but frankly, Kevin Chief is their only hope.

### Curt Keilback, Veteran radio sports broadcaster



Curt Keilback

The 65-year-old Keilback is still the best Jets play-by-play announcer in the city and yes, he's still in town, enjoying retirement and occasionally coming back to life on junior hockey broadcasts and through radio commercials.

He's our sports expert and our resident comedian:

- 1) The Canadian Olympic team will achieve success beyond their wildest dreams in Sochi, winning 12 gold medals. However the celebration will be tempered by a loss in the hockey final to Kazakhstan. Borat will sing the winner's anthem, while Anne Murray will look on teary-eyed.
- 2) Dennis Rodman will travel to East Timor. While there he'll ask for the hand of the President in marriage. When Mr. Ruak accepts, sabres will begin rattling in North Korea. Rodman will be known ever after as “Helen” as in Helen of Troy.
- 3) The University of Manitoba Bisons football team will have an unbelievable season, annihilating all comers. Their reputation will become so widespread they'll be invited to Pasadena to compete for the Rose Bowl. There, the Bisons will defeat USC. The winning point scored on a wide field goal attempt. All of America is embarrassed. Texas secedes from the Union.

### Roger Currie, Journalist and CJNU Radio Newsman



Roger Currie

CJNU's morning news voice and resident columnist here at Senior Scope always has his finger on the pulse of the city.

Continued on page 6

# To sleep, perchance to dream... ay there's the rub

By Roger Currie

I want to talk about sleep, something many of us have trouble getting enough of every night on a regular and consistent basis, and I have a *collaborator*. Ed Labossiere of Winnipeg is a retired teacher. We met ten years ago when I was first appointed to the *Manitoba Film Classification Board*. I had to resign from that body in 2006 when I moved to Regina, but I got back on the board last May, after moving back to Winnipeg.

Luckily, Ed Labossiere was still there where I returned, and he will be until May 1st.

In addition to a keen interest in movies, and Ed and I share other interests, including our *sleep* patterns. Even though he never worked the horrendous hours that I did for many years when I was fulltime in morning radio, Ed was frequently rolling out of bed at the same hour as me, and he still does. Who knew?

He's a man who loves to research issues like this, and here's what he came up with.

I wondered. In talking to people about sleep patterns, I found that many shared the same problem.

I found out that sleep researchers have gone through past literature and conducted sleep experiments. They discovered what is called the *natural sleep cycle*. Our body clocks work on the day/night cycle and in the evening when we go to bed it is completely natural to sleep quite solidly for about four hours, then have a period of wakefulness and meditation. Some people find that they feel like getting up and working on things. This may last for an hour or two and it is followed by the "second sleep" or "morning sleep". It is also completely normal for many of us to have a nap or siesta in the middle of the day. The eight hour sleep model may have been a product of the industrial age that began in the 19th century, but it does not conform to nature. Following the natural pattern I described earlier enables a person to sleep better and to be more alert during the day.

So it turns out that my wake/sleep pattern is quite normal. It has put me at ease and I think everyone should be aware of this information. If you sleep for eight hours or so without waking that is quite fine.

Each of us has hopefully developed a lifestyle which best suits him or her and we can be consoled that by paying more attention to our own body clocks and personal comfort levels, we can enjoy better health and a more satisfying life.

References:

- Internet: TED.com / Jessa Gamble / Natural Sleep Cycle"
- Wikipedia - "Segmented Sleep"



Ed Labossiere

In health education I was taught that eight hours of solid sleep was ideal for health and wellness. Recently I came across some research about sleep that astounded me. The natural sleep cycle of human beings is different from what I had learned earlier. I had been concerned about sleep for quite some time because it's rare for me to have a full night of uninterrupted sleep. "What's wrong with me?"

Thank you Ed.

One thought I took away from that is that it's worthwhile to compare your sleep pattern with friends and loved ones. You might just discover that your personal pattern, which you always thought was truly weird, is not so *weird* after all.

My habits are almost identical to those of Ed Labossiere. Monday through Friday, I'm generally fully awake no later than 3am. This works well with my current routine which includes what I call the *Pajama News* that's heard each morning on CJNU, 93.7FM. It takes roughly two hours to write and record my 4-minute package, and send it in to the radio station by e-mail.

What happens next? Most often I go back to bed and sleep at least

two more hours. How I wish I could have done it that way years ago in the *pre-digital* age. When we were caught in the grip of the *Polar Vortex* over the holiday period, the last thing I would have wanted to do was get dressed and drive in a frozen car to a radio station.

I have lots of other sleep stories, including my experience with *sleep apnea*. I'll save that for a future issue of *Senior Scope*. ■

**Roger Currie is a regular contributor to Senior Scope.**

**He is heard regularly on CJNU, 93.7 FM.**

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# Holiday Tradition reaches 25 Year Milestone



Metro, left, a resourceful soul for Senior Scope, arranged a visit with Rita Bartmanovich to see her holiday display of fine porcelain collectibles, 25 years in the making.



Rita has a place for every piece and village - totalling over 300 Department 59 houses and countless figurines.



The Ice Castle is Rita's favourite, with all it's glamour.



This is just the start of the fabulous light display in Rita's yard and driveway.

If you've ever been inside Rita Bartmanovich's home around Christmas time, you'll probably never experience a display like hers again in any home dwelling, unless of course, you return the following year.

Setting up over 300 fine porcelain Christmas house ornaments is a passion for Rita, but it's also a tremendous amount of work. It takes 3-4 weeks to set up and only two weeks to take down and pack away, with the help of family and friends. Yes, Rita's collection remains on display until mid-January, about the same time that she starts planting her seeds for her greenhouse - a family business that started in 1993. And she'll start setting up again in plenty of time to have it ready for the next Christmas.

Rita started collecting the valuable Department 59 pieces in 1989. She started with the whole North Pole series. And it grew from there. Her collection consists of villages from the Heritage series including Kensington Palace, Buckingham Palace, Big Ben and Westminster Abby. And then you have to purchase the figurines separately. She would like to keep collecting more,

but she tries not to indulge too much as she has run out of room.

Rita's husband, Peter, passed away in 2011, but when he was here and well, he had their deck converted to a sunroom which served as a sunroom until the Christmas season rolled around. Then it became a Christmas paradise with seven levels high of villages complete with animated figurines and working lights.

She has had a guest book since 1967 with signatures from people from as far as China, Paraguay, Scotland, Arizona, and from all over Manitoba and beyond. Visitors are arranged through family and friends.

Rita also takes pride in her Christmas light display in her yard. Again, it takes weeks of preparation. She starts in October fixing and replacing burned out light bulbs and then she has family and hired friends who help her with the setting up. She welcomes the public to drive through her yard to enjoy them. Some have come through about 10 times in a season. One boy in particular thanked her for her 'Santa Land.' And that's why Rita does it... for the satisfaction of instilling the awe of Christmas in

people, young and old, and putting smiles on their faces.

The \$500/mo. electricity bill is all worth it. It used to be \$2000/mo. but the new LED energy-saving lights reduced the cost significantly.

Rita runs Bartmanovich Greenhouse starting in May. She is located at 1040 Red River Drive, east off

Pembina in St. Norbert in a community known as Howden. Stop by and say 'hi' and be sure to remember the directions for the next outdoor light display at Christmas. You can reach Rita at 204-269-2027.

There's more to Rita's story that we'll cover in the February issue of *Senior Scope and Boomer Buzz*. ■

## 2014 Predictions, cont'd from page 4

The ageless Currie has been both a Bombers and Riders fan for countless decades, a feat that very few people can pull off. He's also a movie insider, a brilliant writer and possesses that old-fashioned "Voice of Doom," on radio.

Roger has a few interesting thoughts:

- 1) The Blue Bombers will improve from 3-15 to 6-12 and it still won't be enough to make the playoffs in the CFL with Winnipeg now competing in the five-team Western Division. With the exception of the Banjo Bowl in September, Investors Group Field will not be sold out. No one will really care that much with the CFL's new and richer TV deal now in place.
- 2) For the third time in the past 20 years, a black and white movie will win *Best Picture* honours at the Oscars. *Nebraska* stars 77-year-old pre-Boomer Bruce Dern and 43-year-old Will Forte as a father and son who come to

terms with each other in what used to be called a road movie or buddy picture. Whatever you call it, director Alexander Payne proves once more that character and script will trump mega budgets and special effects - at least when you have the right people in the lead roles. In case you're wondering, the other black and white movies to win the big one were *Schindler's List* in 1993 and *The Artist* in 2011.

- 3) Bad news will continue to dominate in an election year at Winnipeg City Hall, especially concerning the sinkhole that is the city's new police headquarters. There will be at least five serious candidates for mayor, and Sam Katz will not be on the ballot.

Welcome to the New Year. May you all have a bright and prosperous 2014 from all of us here at *Senior Scope*.

### CALL FOR RESEARCH PARTICIPANTS

*"The roles and responsibilities of volunteers and paid companions in supporting older adults in in-patient and residential settings"*

**Are you currently EITHER:**

- A volunteer with older persons in hospices, personal care homes, or geriatric hospital units?
- A paid 'companion' (providing friendship and social and emotional support) with older persons in hospices, personal care homes, or geriatric hospital units?

**If so:**

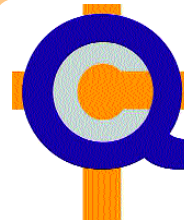
Dr. Laura Funk (Assistant Professor, University of Manitoba) would like to interview you about the important work you do in supporting older adults and how you experience this work. Your responses will provide important information about volunteering and paid companion work, based on real-life experiences.

Involvement is voluntary and steps will be taken to safeguard the confidentiality of your personal information.

To participate or learn more, please contact Dr. Laura Funk at [Laura.Funk@ad.umanitoba.ca](mailto:Laura.Funk@ad.umanitoba.ca) or 204-474-6678.



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# Dementia... Answers You Need

Courtesy Alzheimer Society, Manitoba

We frequently see, hear or read stories about dementia in the media. Sometimes, it's hard to know if the information is from a reliable source and whether or not we should be paying attention to it. Often it raises questions you may have about dementia.

On Wednesday, January 29, the Society is hosting a January Awareness Month event called Dementia... Answers You Need. The free public education event takes place from 7 to 8:30 pm in the Samuel N. Cohen Auditorium at St. Boniface Hospital Research Centre, 351 Tache Avenue, Winnipeg.

Norma Kirkby, Program Director at the Alzheimer Society of Manitoba, says this event is an opportunity for people to learn more about dementia and ask questions about what they are hearing regularly in the news.

"When a story about dementia is reported in the news, the Alzheimer Society sometimes receives a flood of phone calls," says Kirkby. "This

education seminar will address many of the concerns that arise from media coverage of various topics about Alzheimer's disease and other dementias."

Four panelists will discuss subjects frequently covered in the media, including memory issues, the process of diagnosis, cardiovascular risk factors that impact brain health and practical guidelines you can use to evaluate what you see, hear or read in the media.

One in every three Manitobans has a family member or close personal friend with dementia. Last year alone, there were over 4,500 new cases of Alzheimer's disease or another dementia in Manitoba. By 2038, this number threatens to rise dramatically to over 9,350 a year.

Dementia...Answers You Need will provide insight, advice and answers about dementia. Those interested can register online at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca) or call 204-943-6622. ■



## Coffee Break in Rural Manitoba

Springfield News...

with Marion Clemens of Oak Bank, MB

After the overly busy month of December January has not much to offer yet, except closed schools for the students to enjoy.

December 29 Ralph Kennedy passed away. All his life Ralph had been very visible in the public eye.

He was born Feb. 2 1924 to Hilda Mae Kennedy (Tozer) and Michael John Kennedy in Antler, Sask. Ralph's wife Lois died in 2010.

Ralph leaves to mourn his passing four sons and their families: Scott and Sharon with Ryan, Adam and Micah, plus Darryl and children.

Also his brother Bill, sisters Bernice (Nels), Barbara, and Bonnie (John) plus numerous cousins, nephews and nieces.

Ralph entered the Royal Canadian Navy at age 17 and fought for liberty as an ASDIC operator during WW II, participating in the Murmansk Invasion of Normandy on D - Day, plus the North Atlantic Run known as the most intense submarine battle in the war.

In recognition of his services during the war and also for his community, he was awarded the Queens Golden Jubilee medal in 2008 and also the Queens Diamond Jubilee Medal in 2013.

After his Navy services, Ralph taught for 37 years at Tec Voc not only

as a technical teacher but also as a counselor and adviser to students.

During the fifty years I have lived near Oakbank I got to know Ralph as a very giving person. After moving into Kin Place, Oakbank in 2006, I witnessed how much Ralph was doing for us residents. Like coming in early in the morning brewing coffee for us. He always stayed for at least an hour entertaining us with his interesting stories. He also distributed tickets to everybody in the dining room with which we could win different kinds of gifts - I still have one of mine: A clock with a sailor leaning against it.

I won this in 2007 and never had to put in a new battery! It still runs... a valuable reminder of Ralph's generosity.

During his funeral service, January 4 at Oakbank Baptist Church, several of his children and grandchildren talked about their memories of Ralph as a very loving, caring, giving father, grandfather, husband uncle and brother.

Thank you Ralph for all you did. We will always remember you.

That's it for the first column of the year - wishing you all warmer weather, good health and contentment.

So long, Marion.



# Currie's Corner

By Roger Currie

## The Canadian Way

Forty years ago, if you were driving on the prairies, particularly in Alberta, you might have been jolted by a rather provocative bumper sticker. It said "Let the Eastern Bastards Freeze in the Dark".

The recent ice storm that plunged many thousands into frigid darkness in southern Ontario sparked a grim reminder of that very ugly time in Canada's national history. World oil prices were on the rise, sparked by turmoil in the middle east and the Persian Gulf. Alberta wanted their piece of the action. They were led by Peter Lougheed who argued with great conviction that his province should get full value for the black gold which they had in abundance.

In the other corner, representing eastern interests, was Pierre Trudeau. Canadians paid less than world prices, even for the oil we imported from Venezuela. It took some major constitutional showdowns, but the provinces with valuable resources eventually got their way.

Now all of us pay more than we should when we pull up to the gas pump, and that famous bumper sticker is no longer relevant. It all

happened without a single shot being fired, and without the pipeline taps being turned off. It's the *Canadian Way* and it should make us proud.

It should also make us proud when electrical workers from the prairies voluntarily give up Christmas with their families and head east to help get the lights back on. It was the same in southern Alberta last June when record floods created all sorts of misery for thousands of people. I also saw it in Manitoba in the *Flood of the Century* in 1997.

Soldiers and police were close by, just in case, but they're not really needed like they are in some far away places when disaster strikes. Taking care of each other is what a country like Canada is all about.

We would do well to remember that as 2014 begins. ■

I'm Roger Currie

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



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- Goran Persson





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# “THE BUZZ”

## Interlake Sports Hall of Fame Announces Inductees; Rocket Humphreys bodychecked by illness; Assiniboia Downs to get a First Nations facelift.



By Scott Taylor

Late last month, the Manitoba Jockey Club, which operates Assiniboia Downs, plus Peguis First Nation finally made an announcement we've known about for almost a year.

The two business partners have created a company called FM Developments which will construct a hotel, new restaurant and a conference centre on the Downs site. The partners hoped construction of the new development would begin by this summer. Harvey Warner, chairman of the MJC, hoped the project would generate \$100 million in infrastructure spending and jobs.

There was not a government representative at the announcement. The Downs was filled with Conservative representatives. It was indeed strange to see Conservatives and First Nations people come together to beat up on the NDP. The provincial government has been doing everything possible to take the Downs away from the Manitoba Jockey Club and either give it to their political friends or have racing shut down. However, this business partnership should allow the Downs to continue operating without government support.

"Today is a great day for Manitoba, for the city of Winnipeg and for First Nations people," said Peguis chief Glenn Hudson. "With Peguis First Nation leading the way, this presents a historic moment for us as First Nations people."

In its efforts to either shut down horse racing in Manitoba or "give" the Downs to its political friends, the NDP government has done everything politically and legally possible to destroy the industry. This new partnership should save an industry that employs 450-500 people during its peak summer season and creates more than \$50 million in economic activity within Manitoba.



Artists rendition of the new Downs.

As proof, a supposedly non-political organization, the Manitoba Horse Racing Commission threatened to pull the Downs' gambling license on Jan. 1, because they were concerned about "names on a mortgage that would come due in 2038." Yeah, I know, it sounds phony or insane. The Downs sent out the following release:

*Simulcast horse racing at Assiniboia Downs will continue uninterrupted into the new year following an undertaking by the Manitoba Horse Racing Commission to issue an interim license pending a Feb. 25 court hearing to resolve issues between the Commission and the Manitoba Jockey Club.*

*The Commission had withheld the 2014 license after expressing concerns that the Manitoba Jockey Club had entered into an agreement with its new partner, Peguis First Nation, and was concerned about the agreement's potential impact of the 2038 Racing License.*

*MJC lawyer Jeff Rath said the Commission agreed to issue the interim license after the MJC sought an injunction in the Court of Queens' Bench to prevent the Commission from doing anything that would interrupt racing in the new year.*

*Rath said that, at the Feb. 25 court hearing he would be challenging the constitutionality of the Horse Racing Commission Act and its regulations. He said the Commission*

*"appears to think the Act and regulations gives them the right to micro-manage and interfere with racing when, in fact, that's the pervue of the Minister of Agriculture."*

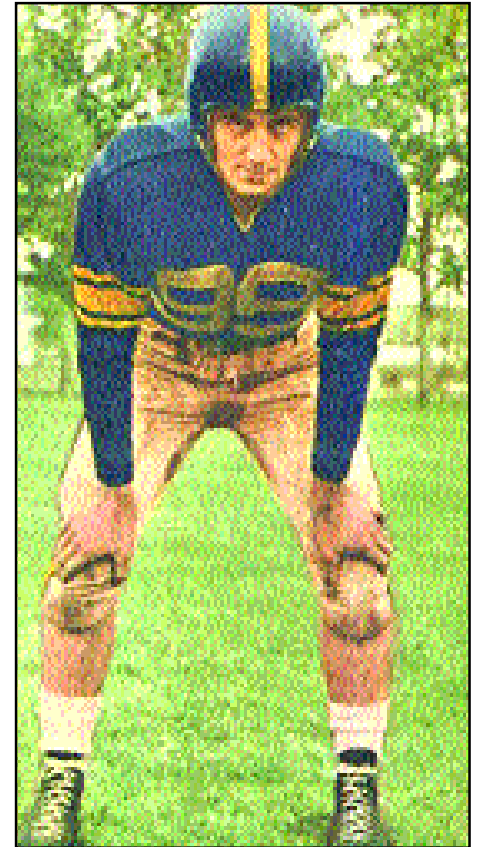
"We will continue to fight for the horse owners, the breeders, all the people who are part of our industry," said Jockey Club president Harvey Warner. "This is a great day for racing and we're excited about the future. I know a lot of people never thought this day would arrive. We're thrilled to be able to make this announcement."



The great **T. Kent Morgan** always has a terrific column in *Manitoba Hockey News* and in the latest edition he writes about "a legend in recreational hockey circles around Winnipeg, **Frank (Rocket) Humphreys**. Humphreys, 88, is recovering from heart surgery and Morgan tells the story of the time in 2003, there was an article entitled *The Game of Our Lives* in the national magazine *Canadian Living*. It labeled Humphreys as *The Other Rocket*. For years, Rocket played four-to-five games a week. On summer Wednesday evenings at River Heights CC, the group at times included Jets **Barry Long, Lyle Moffat, Randy Gilhen** and **Dale Hawerchuk**. When Rocket reached his 85th birthday, a friend suggested that perhaps it was time to cut back and the place to start might be a Friday game at St. James Civic Centre organized by former Jet **Mike Ford** and his speedy brothers **Steve** and **Tony**. Rocket responded, "That's where I get my fastest hockey." You can read more of T. Kent Morgan's stories in *Manitoba Hockey News*, now available at all River City Sports outlets.



The Manitoba Sports Hall of Fame has a regional branch and last month, Rick Brownlee of the Hall, announced the names of the 2014 Interlake Inductees. They will be honoured at the Third Regional



Lorne Benson in 1954.

Induction Ceremonies to be held Saturday, Maty 24, 2014 on the arena surface at the Recreation Centre in Selkirk.

This year's five Athlete Inductees will be:

Former Winnipeg Blue Bombers runningback **\*Lorne (Boom Boom) Benson** from Riverton. Benson will be inducted in the all-around category because along with his brilliant football career (he played with the Bombers from 1951-55), he also played hockey and lacrosse, was a boxer, a curler, baseball pitcher and also played softball at an elite level. But it was as a football player where he excelled. In fact, he won the Dr. Beattie Martin Trophy as the top Canadian Rookie in 1952 and held the CFL record for most points in a play-off game (30, when touchdowns were worth five points each) and most touchdowns in a play-off game with six (all rushing). Both records were established on October 28, 1953 against Saskatchewan Roughriders.

Golfer **Glen Hnatiuk** from Selkirk. Already a member of the Manitoba Golf hall of Fame, Hnatiuk won more than \$2,400,000 on the PGA Tour. An outstanding Manitoba amateur, he played collegiately at the University of Southern Mississippi from 1984 to 1988. He played full-time on the PGA Tour in 1998, winning \$148,000. He remained on the Tour until a back injury forced him to retire in 2006.

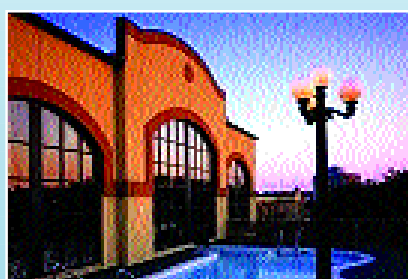
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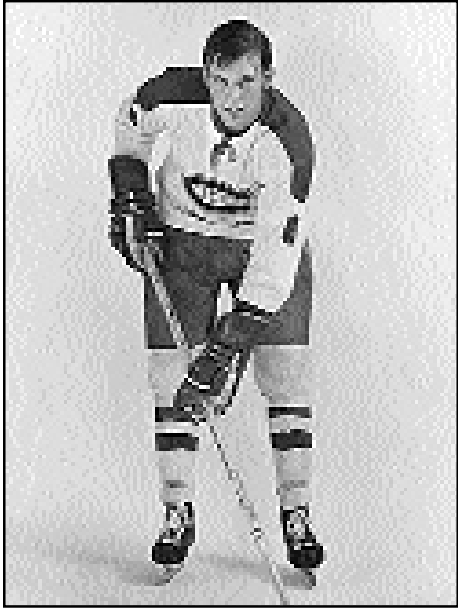
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**THE BUZZ**, cont'd from page 8



Chuck Lefley back in the day.



Harry (Pee Wee) Oliver with the New York Americans in the 1930s.



Volleyball coach Jim Schreyer.



The late, great Jimmy Skinner.

Basketball player **Cathy Holtmann** was born in 1965 and raised on a dairy farm in Rosser, Man. A graduate of Warren Collegiate (1983) and the University of Winnipeg (1987), where she played basketball from 1983-87, she also graduated from the University of St. Michael's College in Toronto (1999) and earned her doctorate from the University of New Brunswick. She excelled in several sports but especially in basketball and volleyball. In 1987-88, she played professionally with First Division MTV Wolfenbuettel in Germany. In 1984 and 1985, she was a member of Canada's national B team.

Hockey star **Chuck Lefley**. One of the greatest athletes in Manitoba history, Lefley, now 64, played his junior hockey with the Winnipeg Rangers of the MJHL from 1964-66 and then the 6-foot-2, 180-pound left wing/center spent the next few years with the Canadian National Team program and was selected in the first round (6th overall) of the NHL draft by the Montreal Canadiens. He played a total of 407 NHL games recording 128 goals and 292 points. He won two Stanley Cups with the Montreal Canadiens in 1971 and 1973. He was inducted into the Manitoba Hockey Hall of Fame in 1998. He was also an outstanding ball player, curler and golfer.

Hockey star **\*Harry (Pee Wee) Oliver**: Oliver was born in Selkirk on October 26, 1898. The rightwing/centerman won a Stanley Cup with the Boston Bruins in 1929 and helped form the high-scoring FOG Line with fellow Manitobans Frank Frederickson (inducted in 1981) and Perk Galbraith. His professional hockey career spanned 16 seasons almost 600 games and more than 200 goals scored. A former Mayor of the town of Selkirk, Oliver died on June 16, 1985. He was also inducted into the Hockey Hall of

Fame in Toronto and into the Manitoba Hockey Hall of Fame.

Four Builders will also be inducted:

Stonewall's **\*Merv Farmer**, was born in Portage la Prairie on July 3, 1938 and moved to the family farm north of Balmoral. Farmer was icon in the Interlake region. In addition to his hockey "builder" resume, he was the editor of five newspaper weeklies, a volunteer firefighter, writer, town councillor (1965-66), farmer, sportsman and father of seven. A resident of Stonewall since 1955, Farmer passed away on July 24, 2102.

**Gordon Fines** from Stonewall/Balmoral was a founding member of the minor baseball executive that restarted minor baseball in Stonewall in 1985. From 1987-92, he was the president of Stonewall Minor Baseball with participation increasing from 196 to 328 players during that time. He was a key organizer for the 1999 Pan-American Games and many Provincial and Western Canadian Championships and was a major driving force in fund raising, acquisition of land, building diamonds and constructing facilities at Quarry Park in Stonewall. Fines was inducted into the Manitoba Baseball Hall of Fame in 2009.

**Jim Schreyer** from Selkirk is one of Manitoba's most experienced coaches, and achieved success at all levels. He played for the University of Manitoba Bisons in the 70's, but his contributions to coaching volleyball in Manitoba are unparalleled. He has coached various teams to five national championships and has also coached his Selkirk Royals to six MHSAA high school championships as well as 11 MHSAA championship appearances. He was inducted into the MB Volleyball Hall of Fame in 2012.

The legendary **\*Jim Skinner** was born in Selkirk, played junior in the



1973-74 Selkirk Steelers Centennial Cup Champions.

MJHL with both the Falcons and Rangers and senior in the SSSL with Flin Flon. He played for the Indianapolis Capitals (AHL) in 1944-45 and then two seasons with the Omaha Knights (USHL) playing with such future legends as a teenaged Gordie Howe, before turning to coaching. Jim Skinner spent more than 30 years with the Detroit Red Wings' organization in the capacities of player, General Manager, Coach, Director of Scouting and Chief Scout. In 1986, he was inducted into the Manitoba Hockey Hall of Fame.

As well, the 1973-74 **Selkirk Steelers**, will be inducted as a team. The Steelers won Manitoba Junior Hockey League title then defeated the Prince Albert Raiders 4-2 to win the Anavet Cup. They went on to beat the Kelowna Buckaroos of the BCJHL 4-3 to win the Abbott Cup and then knocked off the Smiths Falls Bears of the Central Junior A Hockey League 4-3 to win the Centennial Cup. ■

(Note: \* Posthumous induction)

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## VACATION &amp; TRAVEL:

# Thailand

## - AO NANG to KOH LANTA, KRABI PROVINCE

- PART ONE

© Story by Rick Goodman.  
Photos by Beatrice Daigneault.

Traveling is usually a lot of fun. That's pretty much the idea of being a tourist or traveler. Generally I like to think of myself as a traveler, who to my way of thinking, is someone who is interested in bringing back some small understanding of the people and the life they lead in the places Bea and I go. Like any tourist you get out of your comfort zone, go and see new sights and experience new things.

But... some parts of some trips can go really, really wrong. A bad day at home is just a bad day but a bad day twelve time zones away from your regular haunts is something to remember.

We were sitting on Phra Nang beach outside of Ao Nang Krabi, Thailand when I got the sudden urge to go and see the island of Koh Lanta. It's supposed to be beautiful.

There is something basically wrong with the human animal, or at least with this one. Here we were sitting on the most beautiful tropical beach we had ever seen. The water was warm and clear, cliffs towered above us, the sand was soft and the air was cool in the shade.

Whenever we felt like it we could walk down the beach to the "sandwich" or what we called the "7-11" boats and buy grilled chicken, corn on the cob, thai food and cold drinks.

These are floating fast food vendor carts - longtail boats that anchor on shore. You walk up and order, they cook it on board and you're on your way.

I walked up to one and the lady said, "Hello."

I said, "Hello," back.

Then she asked, "What you want?"

"Two Singa beer, please."

She hollered to the back of the boat, "Two Singha," and then at me, "Give me money!"

So I hollered back, "Give me beer!"

She nearly died laughing. Not used to backtalk from farang tourists I suppose.

Or we could walk the other way, along the cliffs and watch the tourists promenade and the monkeys swing thru the trees. Too hot, dive in the water. Too cool, step into the sun.

I spent a lot of time floating on my back looking up at the cliffs hanging over me. They are limestone and over time stalactites have formed and the rock itself has eroded into the most amazing shapes. There are dragon claws and anything you can imagine to be found up there.

Water drips down in places. Huge drops falling from what is probably a hundred meters. I'd float on my back and watch them coming, clear and wobbly, getting bigger and bigger, falling faster and faster the closer they got and then disappearing into the ocean beside my head. "Bloop," and they were gone. Talk about letting the inner child out for a romp.

You would think a body would be perfectly happy and content with a setup like that. Well I had read that Koh Lanta was supposed to be beautiful as well, so that night Bea and I found a place to stay online and had the lady in our guesthouse organize a minivan to take us to our new temporary home.



Phra Nang beach outside Ao Nang Krabi, Thailand. This is one of the limestone formations that rise out of the Andaman Sea. You can walk out to it at low tide.



Beach cliffs at Phra Nang beach.

This is where my continuing education in the finer points of advertising got started.

One thing, us North Americans learn to appreciate here in the tropics is air conditioning. The lady at the desk said, "You go by van, air conditioning, and driver take you to guesthouse. Maybe two hours. You go ferry, you pay extra for taxi to guesthouse. No air conditioning."

Well, sign me up for the van then. How bad can it be?

This is what happened, for true, and I am not exaggerating. That kind of thing just isn't in me.

Apparently vans being advertised as being air conditioned fall into three basic categories here. Those that have air conditioning, those that used to have it, and those that might have had air sometime in the past and hope to have air again at some unknown point in the future. We got a van that used to have air conditioning. It was 27° C in the shade and with the humidity it felt like 38° C.

We were the first people on the van and after the driver loaded us up he drove around Krabi three times picking up other people. This took an hour and a half. One of the people he picked up had been out the night before and was in no shape to travel. I took one look at him, said to myself, "It's just a matter of time before we find out what this fella had for breakfast." Quite a lot as it turned out. Just another helping of misery the other fifteen of us crammed in that rolling hellhole

had to endure.

After we were full of people this guy drove us around town some more, picking up bundles of newspaper.

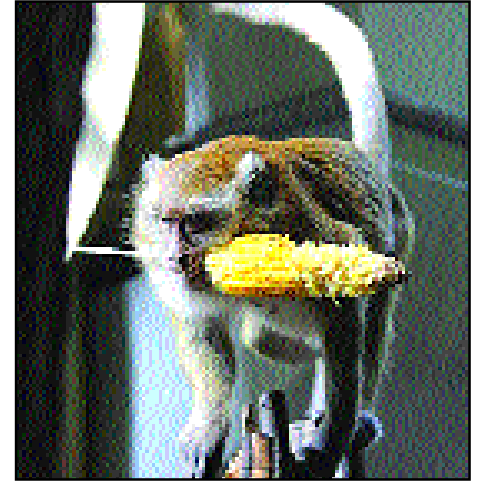
That done, it was time to hit the open road. Nobody drives as crazy as commercial traffic. Time is money so get them to the other end and get rid of them as quick as you can is how they operate here. Unless of course the driver is running a paper route at the same time.

Nobody paces themselves, it's all acceleration and braking, weaving thru traffic with the van straddling the center line on a two lane highway so the driver can pass on either side. Oncoming lane or shoulder, it doesn't matter. Honk, honk, hang on boys and girls, coming thru.

The horn goes steady. It might mean, "Want a ride?" Or, "Get out of the way," or, "You are a dumb ass," or even, "Gee Mom, look at me go!"

For passing you don't need enough room to get back in your own lane, you just need to be ahead by a nose when you crank the wheel back to where you should be. Nobody likes a flaming wreck so people will use their brakes to get out of the way. Usually.

There are speed limits posted on the road. As near as I could figure out by direct observation, commercial traffic takes the highest posted number and then multiplies this by a factor of at least two. This will be your minimum suggested speed and you must try to never go slower than this unless all the wheels



Monkeys move freely in Thailand.

come off the van at the same time.

Sitting in the back of one of these hope-to-be air conditioned minivans, braking and accelerating, lurching side-to-side thru traffic, up hills and around curves, party-boy beside me turning more colors than a chameleon, gave a sensation of real speed. But I seriously doubt we were doing any more than two or three hundred kilometers an hour.

After about four hours of cramped misery we arrived in Koh Lanta. Our party boy celebrated by upchucking everything but his rectum and then rolling out of the van in a fetal position. Why oh why couldn't he have reversed the order of events?

Now maybe it's just me, but don't you think that if you were a minivan driver with fifteen hot disgruntled passengers on board the first thing you would want to do is get them to their various destinations, try and smile, and wish them well? At this point it wasn't about service and good business practice, it was the humane thing to do. Well, this son of a \*@#%!\* drove us all over the place delivering newspapers. And then he stopped on the main highway, looked at Bea and me and said, "Get out!" Then he pointed at a sign that pointed down a long dusty road with Lanta Riviera Resort on it. Dumping our luggage, he left us standing on the side of the highway in a cloud of dust and burning rubber.

And that's how we arrived at the resort. On foot. With a backpack, a front pack, a belly pack, a camera pack, a beach mat, snorkel, diving mask, flippers, a laptop, eight notebooks and a left sandal soggy with vomit, a parting gift from party-boy.

We saddled up with all that stuff and headed down that long dusty trail in the hottest part of the day, past a steaming heap of garbage, fourteen cats, a dog with mange and a monkey abusing himself in a tree. I stumbled and weaved along, panting and surrounded by flies, Bea moving grimly ahead of me cursing that driver with diligent and grim enthusiasm. By the time we made it to reception we looked like a couple of the last survivors of the Bataan Death March. Except not as frisky. ■

To be continued... it does get better.

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

# Constipation

## The conversation no one wants to have

By Trevor Shewfelt, Dauphin Clinic Pharmacy

Everyone's uncomfortable talking about being regular, but we all want our bathroom routine to be effortless. Constipation can make the bathroom an awkward and uncomfortable place. Well, let's agree to talk about what can be done to make bowel movements easier.

When food is eaten, it passes from the mouth into the stomach where digestion begins with the help of stomach acid and enzymes. Then the food is broken down in the small intestines, and the proteins, vitamins, minerals, fat, carbohydrates and water are absorbed. Leftover waste is pushed by muscular contractions through the large intestines and towards the rectum. When sufficient waste accumulates, the individual feels the need to have a bowel movement (BM), which occurs when the anus muscles voluntarily relax.

Normal BM frequencies vary from three per day to three per week. Therefore, the best way to define constipation is a change from your normal BM frequency or stool consistency. Some constipation can be caused by factors such as diseases or medications. If you suspect this is your situation, consult your doctor.

Simple constipation is usually caused by lifestyle. Ignoring the urge to empty your bowels and a low fibre diet are main factors. Other lifestyle issues include insufficient fluids, irregular meals and lack of exercise. Elderly people are constipated more often than younger, and women are constipated more often than men. Constipation can cause different symptoms in different people. Common symptoms are difficulty in passing a stool, uncomfortable abdominal bloating, cramping, headache and lack of interest in food.

Attempt to avoid simple constipation without the use of drugs. Consume at least 10 grams of food fibre every day, but aim for 15 to 30 grams. Drink 6 to 8 glasses of water every day. This amount is always up for debate, but water really does help fibre do its job. Respond to the urge to empty your bowels as soon as possible, but don't strain when on the toilet. Regular, moderate exercise brings many benefits and keeps your organs functioning properly.

If you are suffering from simple constipation, I would recommend starting with a glycerin suppository to get your bowels moving quickly, generally within 30 minutes. Glycerin suppositories are safe and will not interfere with prescriptions. If the idea of a suppository makes you uncomfortable, I would recommend 10 mg bisacodyl oral tablets. This is a stimulant laxative and can cause cramping, so it shouldn't be used long term.

Once you have had a bowel movement, a stool softener like docusate calcium or an osmotic laxative like PEG 3350 every night for two weeks to a month will keep your bowels moving. Of course, you will also need to increase the amount of water you drink and con-

sume more fibre.

You should visit your doctor if your constipation seems more complicated or you experience any of the following symptoms: rectal pain or bleeding, blood in the stools, fever, abdominal pain, nausea or vomiting, very thin stool, or constipation lasting more than two weeks or recurring for more than three months.

Being regular is important for optimum health. If you exercise, eat fibre and drink lots of water, you will find going to the washroom can be an effortless part of your day. (Phew! We made it.) ■

### Simple Facts

- Simple constipation is usually caused by lifestyle.
- Elderly people are constipated more often than younger
- Women are constipated more often than men.
- Constipation can cause different symptoms in different people.
- You should visit your doctor if you experience rectal pain, bleeding, fever, abdominal pain, nausea or vomiting, or constipation lasting more than two weeks.
- Exercise, eating fibre and drinking lots of water helps you maintain regularity.

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## FOUR FARCES FOR CHEKHOVFEST 2014!

Merlyn Productions Theatre Company will present two separate productions at the Ellice Theatre in the 2014 Master Playwright Festival, staging a grand total of four out of the seven one-act plays attributed to Russian author ANTON CHEKHOV by festival organiser MTC!



"A MARRIAGE PROPOSAL"

### "A MARRIAGE PROPOSAL"

(January 28 to February 1): Love, marriage, and... palpitations of the heart!? Tensions build (and so do the physical ailments!) as a stubborn suitor, a headstrong young lady, and one poor parent of the would-be bride clash comically! This will be the happy union of the irresistible object and the immovable force – if they manage not to kill one another first! With opening act: "A Tragedian in Spite of Himself".

### "THE ANNIVERSARY"

(February 4 to 8): What could possibly go wrong at the bank's jubilee celebration, with the board of directors due to arrive? Murphy's Law hits the heights of comic disaster with a pompous chairman, a crotchety book-keeper who must finish massaging the numbers in time, and two meddling wives who unwittingly plunge the occasion into total chaos! With opening act: "On the Harmful Effects of Tobacco".

Directing both programmes is Merlyn Productions Artistic Director JOHN CHASE.

**VENUE:** The Ellice Theatre – 585 Ellice Ave (at Sherbrook)  
**SHOW TIMES:** Tuesday to Friday at 7:30 PM;

Saturday matinee at 2:00 PM  
\*Doors open 30 minutes before show time. Latecomers not admitted.

**TICKETS:** General Admission - \$10 or ChekhovPass / Seniors (65+) - \$8

**RESERVATIONS:** Online at MERLYN.BIZ or by phone at 204-415-2714

For further information, please contact Merlyn Productions at 204-415-2714 or [info@merlyn.biz](mailto:info@merlyn.biz).

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# Hotel Palacio – The Birthplace of James Bond

By William J. Thomas - Humour Columnist

After leaping from a speeding motorcycle onto a moving train and wrestling an armed terrorist half to death while ducking under overhead tunnels, Skyfall's Daniel Craig looks calm and rather natty that evening as he chats up a dark-haired beauty at the bar. The muzzle of a gun touching the back of his head comes with a question: "Who are you?" He bats the gun aside like it's a fly and delivers the movie's trademark line: "The name is Popov. Dusan Popov."

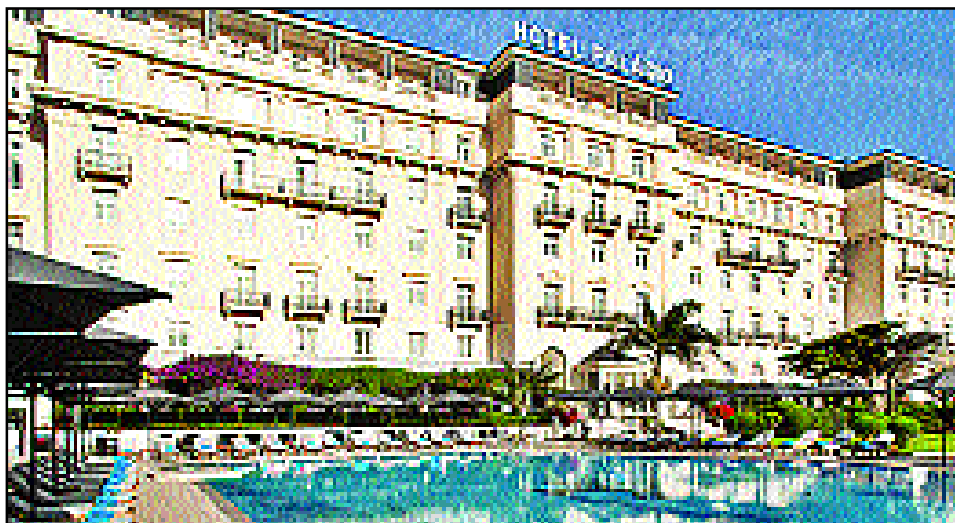
"No, no no-cut!" The name 'Popov' was never going to carry the same reverential currency as "Bond, James Bond." Yet, had novelist Ian Fleming stuck to the facts while writing the greatest series of spy thrillers the world has ever read, that's exactly who Sean Connery and six other leading men would have been portraying in fifty years of Bondmania. Dusan M. Popov, code name "The Tricycle."

It all began in 1941 at The Palacio Hotel in Estoril, a quiet but spectacular oceanside resort town, 16 miles north of Lisbon, Portugal. Together – The Palacio, The Atlântico, The Parque Hotel and the Casino formed a square around a palm-treed park. In front was the train station and beyond that the Atlantic Ocean with white breakers churning inland toward a grainy brown beach. Portugal had remained staunchly neutral during WWII and Estoril, long a haven for disposed kings and displaced dictators became what Casablanca was in the movie by the same name – a rabbit warren of spies and shylocks trading in secret information.

The Nazis spies and their Axis allies had established their headquarters at the Hotel do Parque, filling it to capacity with goose-stepping officers and Gestapo operatives in broad-brimmed hats. The overflow of the Third Reich stayed at The Atlântico, closest to the sea. The Palacio, the largest and most stylish of the hotels became home to British and American spy agencies, M15 and the OSS (Office of Strategic Services), the forerunner of the CIA.

Ian Lancaster Fleming, a high-ranking British Naval Intelligence Officer was sent to Estoril by M15 to manage a very talented and effective double agent from Yugoslavia. Dusan Popov loathed the Nazis as much as he loved the Brits. He took money, lots of it from the Germans for providing Abwehr, their intelligence division with information pre-approved by M15. He would accept nothing from the Brits but the joy of working for a country he much admired and the pleasure of Fleming's company.

Contrary to the declarations on their registration forms at The Palacio, Fleming was no more a journalist than Popov was a busi-



nessman or a lawyer or on a third visit, a private citizen.

However in 1941, whenever the advogado Popov checked into The Palacio, Fleming the jornalista was not far behind. Often they would go to the casino, fast friends in the milieu of microfilm and tiny transmitters, hidden cameras and maps drawn on flash paper. Popov was an expert in concocting invisible ink which he mixed in a Champagne glass.

Some believe, wrongly, that Dusan Popov earned the code name 'Tricycle' because he was a triple threat, working for the Brits, the Germans and the Americans. The Americans could only wish they had such an asset. Fleming and his British colleagues nick-named him "The Tricycle" because he always showed up for an evening wrapped around several beautiful women. But it was the maids at The Palacio who endorsed Popov's code name with stories of the Slav's hearty appetite for three in a bed ... at once.

The fake writer and the phony lawyer met almost every evening at the large and elegant lounge in The Palacio. But then all the spooks, Allied and Axis came to The Spies Bar, then and now the best drinking establishment in Estoril.

"They called it the Champagne News Service," said Jose Diogo, The Palacio's gracious concierge. On those nights when Germans mumbled in their beer and right next to them, Fleming and Popov slugged back the house wine – nobody's team was winning. But when Abwehr agents insisted the barkeep break out the best Champagne, everybody knew the Bismarck had sunk another ship or Tobruk was under siege. Likewise when Fleming and Popov shared a bottle of Moët & Chandon at the bar, the Germans at the tables squirmed in resignation. Days later, world news services would confirm that the Allies had crossed the Rhine or breached the Siegfried Line. When Germans at the bar spoke brashly in loud voices, the Americans knew they were talking

trash. Whenever a Brit confided sensitive information to a hotel employee, he expected it to be passed on.

The most powerful collector of secret information could well have been Antonio Pinto, the head concierge at the Parque. With the tidbits of gossip he gathered from waiters and chamber maids, bus boys and bartenders, he could have replaced "The Tricycle" as Britain's biggest asset. But he did not. The Portuguese took their oath of neutrality seriously.

After the war, a CIA lamented that Pinto's knowledge was worth the work of a dozen agents but "the man was a sphinx." "Senor No" did not share his spy stories with anyone ... except Ian Fleming, once the war was over.

Hotel staff saw it all – from the married German couple who did not sleep together and ran up \$600 a day in phone calls, to the vases of flowers that came back to the kitchen imbedded with tiny listening devices. When they tore down the Parque Hotel they found bugging devices on the roof and a maze of hidden wires in the walls. When they raised the Atlântico, signal lamps for communicating visually with submarines off the coast were found on the roof. The Swastika flag, the one the Germans draped out a window to insult the Brits and Americans walking by, was still intact.

M15 plant Ian Fleming, handler of double agent Popov and valued client of The Palacio sopped it all up like a sponge and later wrung it out onto the page. After the war Fleming returned to The Palacio, checked himself into Room #516 and didn't check out until he had the first draft of Casino Royale in his suitcase. The book was based on the gaming house he frequented with "The Tricycle", the one he could now see as he wrote from his balcony. Casino Royale was a smash hit in 1952 establishing a faithful following that would go on to purchase 100 million copies of eleven Bond novels and watch 25 Bond films which earned \$5 billion and featured several different leads. On Her Majesty's Secret Service was shot on location at The Palacio. This odd marriage of Fleming and Popov, born out of deception and deception, has enjoyed a 50 year honeymoon in Hollywood that shows no sign of ending.

How lucky can a writer get? The material, the settings, the contacts, the secret note pads – everything fell into Fleming's lap the day he retired from M15. His sensational career could only have been more certain if a young Sean Connery had met him at The Palacio's small elevator and said: "Turn those

pages faster, Chum, I'm between films at the moment."

Today The Palacio is a lot like Sean Connery's Bond – suave and graceful, intriguing yet friendly, classy with a sense of style. Today the Palacio is back to the business of providing elegance and luxury for travelers who want to be dazzled and pampered. From the hush of its plush carpets to the twinkle of hall chandeliers and the glistening brass of the bar – The Palacio earns all five of its stars each and every day. With a welcoming staff which is both gracious and fun to be around, The Palacio exudes a casualness and a comfort level most great hotels resist.

The Palacio became such a favorite of celebrities, a row of swimming pool suites are nostalgically named after them – Orson Welles, Gina Lollobrigida, The Aga Kahn, Rex Harrison et al. Even James Bond stayed here when On Her Majesty's Secret Service was filmed at the hotel in 1969 and the Australian actor George Lazenby played Agent 007. Concierge Jose Diogo who had a part in the movie helped organize its 50th anniversary at The Palacio. Kings – Umberto of Italy and Don Juan of Spain – have graced The Palacio with their royal presence as well as Queen Noor of Jordan. The photo gallery along the hotel's hallowed hallway boasts too many Counts to count.

The Palacio's location is perfect for a tourist seeking an oceanside secluded oasis or a base to visit the bustling city of Lisbon next door. The sandstone beach is a brief walk across the road and the lovely little electric tram that hugs the seashore into Lisbon is a few minutes from the lobby.

The Palacio is a spectacular hotel with a naturally beautiful golf course that has hosted the Portuguese Open and a world-class spa called The Banyan Tree where green tea is served up with heavenly Thai massages. A sumptuous breakfast comes with the room and The Grill serves as an intimate and refined foray into Portuguese fine dining. To treat yourself to refinement and quiet luxury, The Palacio is a dream destination.

Now, in the evening, a goodnight chocolate kiss is placed upon your pillow. In 1941 a guest from Berlin at the Parque Hotel would always end his heavily-coded conversation with "Goodnight Fritz." And then to Fleming and Popov hunched on a balcony of The Palacio with receivers to their ears he would add: "Good night also, to my British friends, wherever you are." ■

[www.williamthomas.ca](http://www.williamthomas.ca)

IF YOU GO ... Getting There:

SATA (416-515-7188) and Air Transat (1-800-872-6728). Both offer direct flights from Toronto to Lisbon each week. Also SunMed Holidays can arrange air & accommodation packages (1-800-263-0858).

Where To Stay:

The Palacio, of course. [www.palacioestorilhotel.com](http://www.palacioestorilhotel.com) Manager Patricia Domingues will happily arrange your stay.

Where To Eat:

The Grill at the Palacio offers first class fine dining specializing in Portuguese and international cuisine, with a well-orchestrated live theater of cooking. Otherwise, a scenic 20-minute walk along the ocean's malecon to the picturesque town of Cascais offers a dozen diverse eateries.

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# Things to do in Winnipeg

## EVENTS

**The Finns of Manitoba Committee** - are gathering stories for a website of people with a Finnish heritage from the earliest immigrants, late 1800's, right up to the present. The Finnish settlements in Manitoba will be featured as well as stories from individuals. Send your story to Finnish Canadian Club President John Samli [jsalmi@shaw.ca](mailto:jsalmi@shaw.ca) or by mail to Finnish Club, The Scandinavian Centre 764 Erin Street, Winnipeg, R3G 2W4. Call John: **204-895-2781**.

**Winnipeg Harvest** - 17th annual Live Music is Better Coffee House, Sat. Feb. 1, 8 pm, 195 Collegiate. Admission \$5 and a tin for the bin.

**Fort Garry Women's Resource Centre (FGWRC)** - 5th Annual Fab Fem Fundraiser, Wed. Feb. 19, 7:30 pm, at the West End Cultural Centre. Celebrating the wonderful artistic contributions women bring to our community and provides an evening of entertainment. Everyone welcome! Tickets \$20. Call **204-477-1123**.

**Winnipeg's Scottish Country Dancers** - Valentine's Ceilidh Sat. Feb. 8 at the Silver Heights United Church, 199 Garrioch, near Ness and Mt Royal Rd. Dance to lively Celtic music. Simple dances on Sat. Feb. 8. Admission \$5 at door. Call **204-284-4667** or [www.rscdswinnipeg.ca](http://www.rscdswinnipeg.ca)

**Westminster Concert Organ Series** - presents Rochester NY organist NATHAN LAUBE, Sun. Feb. 16, 2:30 pm at Maryland at Westminster. The newly refurbished organ console with additional new pipes in the pedal division are in a setting with superb sight lines of the console and great acoustics. Tickets \$25, Seniors \$20, Students \$10 at door, or McNallys.

**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**

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

## 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](mailto: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](mailto: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](mailto:dianne.nixdorf@bethania.ca)

**Southeast Personal Care Home** - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **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 [rics\\_vol@mts.net](mailto:rics_vol@mts.net)

**BECOME A SNOW ANGEL.**  
Adopt a neighbour - older adults or persons with disabilities - who could use help shovelling their sidewalks and driveways. Make a difference in someone's life.

## SOCIAL PROGRAMS / SERVICES

**Mary Jane's Cooking School** - Super Soups and Vegan/Vegetarian Cooking, Feb. 1-8-15 & 22, 1-4 pm. at 252 Arlington St., just south of Portage Ave. \$40/class. Call **775-2522** or email [mjcookin@mymts.net](mailto:mjcookin@mymts.net) for info.

**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

**St. Chad's Anglican Church** - now worshipping at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship time with tea and coffee after service.

**Spiritualist Fellowship Church** - spiritual healing Sundays. Classes on Auras & Colours, Spirit Guides and Guidance. Classes \$10 each. 300 Arlington St. at Portage Ave. (behind the Royal Bank). Call **204-333-5364**, [www.spiritualistfellowshipchurch.info](http://www.spiritualistfellowshipchurch.info)

**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](http://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](mailto:dayleatmalachi@shaw.ca)

**Good Neighbours Active Living Centre** - offers special events, classes, outings, presentations, workshops, and more. Call **204-669-1710** or visit our website at [Home Maintenance Program](http://HomeMaintenanceProgram.com) in Winnipeg for people 55+ who are looking for various types of help in their home - call **204-806-1303** or email [hmp@gnalc.ca](mailto:hmp@gnalc.ca) or [www.gnalc.ca](http://www.gnalc.ca)

**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**

**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 55 plus** - offers a variety of programs/activities starting Jan to Mar. Yoga Fit/Pole Walking, Pickle Ball, Zumba, Art classes, line dancing, trips, etc. Call **204-416-1067** or visit [archwood55plusinc.weebly.com](http://archwood55plusinc.weebly.com) for more info.

**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.

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

**Senior Centre Without Walls through A & O** - Support Services for Older Adults offers free educational and recreational programs over the phone, for socially isolated older adults 55+ living in Manitoba. Individuals and groups welcome. Free to join. Call using toll-free number or we can call participants into the line when unable to do so themselves. Call **204-478-6169** or email: [swsrc@mymts.net](mailto:swsrc@mymts.net) for info.

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

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

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

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

**Le Conseil des francophones 55+** - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. **793-1054**, 400-107 Des Meurons St. St-Boniface, Wpg., [conseil55@fafm.mb.ca](mailto: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](http://www.stjasc.com) to view programs and services. **(204) 987-8850**

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

# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Selkirk Community Choir** - Valentine Coffee Evening, Feb. 11, 7:30 pm, Lutheran Hall on Manitoba Ave. in Selkirk (next to Safeway Parking Lot). Enjoy an evening of popular love songs and enjoy some coffee and dessert. Donations at the door. All are welcome. Conductor, Kendra Obach: **204-785-1929**, [klobach@gmail.com](mailto:klobach@gmail.com) or Thea Ostermann: [tmhaut@escape.ca](mailto:tmhaut@escape.ca)

**Springfield Seniors** - Healthy Together sponsored activities FREE to Springfield residents: Pickle Ball, Chair Yoga, Zumba Gold Chair (**204-444-3567**), Men in the Kitchen (**204-853-7582**), Safety and Security for Seniors (**204-853-7582**).

**The Quarry Choristers, a women's musical group based in Stonewall** - **Annual Dinner Theatre**, May 1-4 and May 8-10. Showtime 6:30. Also, **Dessert Matinee**, May 4, 2 pm. Tickets on sale Feb. 6-8 at KornerKuts (364 Main St., Stonewall) 10-5. For tickets aft. Feb. 8 or for info, call: **467-8348** or **467-8619**

**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**

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



### Lemon Butter Veggies

Metric	Ingredient	Imperial
1 kg	mixed vegetables; carrots, parsnips, peas, kohlrabi, squash, broccoli, cauliflower	2 lb
125 ml	butter	1/2 cup
15 ml	lemon juice	1 tbsp
2	lemon rinds	2
-	salt & pepper to taste	-
125 ml	heavy cream	1/2 cup
50 ml	fresh chives, chopped	1/4 cup

Peel or trim vegetables; cut into small pieces. Place in shallow pan; add a little water and cover. Cook for about 10 minutes until tender-crisp, stirring occasionally.

Meanwhile; melt butter in pan; add lemon juice, rind, salt and pepper to taste; pour in cream. Beat vigorously.

Drain and serve vegetables on a warm plate, sprinkle with chopped herbs and pour sauce over top.

Serves 4

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

### Bean Pot

Metric	Ingredient	Imperial
30 ml	vegetable oil	2 tbsp
2	vegetable flavoured bouillon cubes, crumbled	2
4	onions, chopped	4
2	apples, peeled & grated	2
4	carrots, grated	4
50 ml	tomato paste	1/4 cup
30 ml	white wine vinegar	2 tbsp
10 ml	dried mustard	2 tsp
2 ml	dried oregano	1/2 tsp
2 ml	ground cumin	1/2 tsp
10 ml	brown sugar	2 tsp
-	salt & pepper to taste	-
750 ml	red kidney beans, canned	3 cup

Heat oil in a non-stick pan; add crumbled bouillon cube, onion, apple and carrot. Cook gently for 5 minutes, stirring continuously. In a bowl; mix tomato paste with 1 1/4 cup (300 ml) water and add to pan together with all the other ingredients, except beans. Stir well, cover and simmer for 2 minutes. Add beans, stir to mix, then transfer the mixture to an oven-proof casserole dish. Cover and cook at 350 F (180 C) for about 35 to 40 minutes. Add a little more water after 20 minutes if necessary.

Serves 4

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## Astronomy

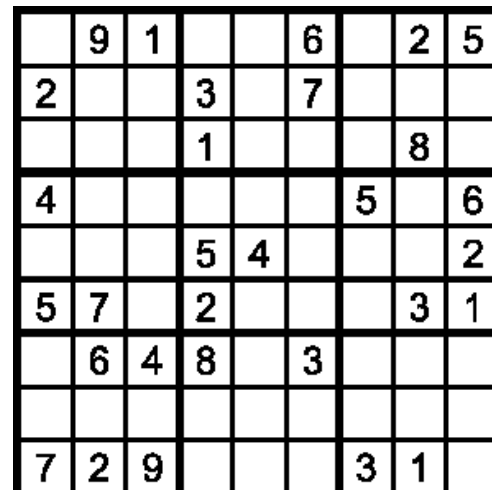


WORDSEARCH

- |                |                |           |            |            |
|----------------|----------------|-----------|------------|------------|
| AGN            | Earth          | Jupiter   | Oort cloud | Retrograde |
| Alpha Centauri | Eclipse        | Mars      | Orbit      | Satellite  |
| Apoapsis       | Epoch          | Mercury   | Phase      | Saturn     |
| Asteroid       | Equinox        | Meteorite | Planet     | SETI       |
| Astronomy      | Europa         | Meteoroid | Pleiades   | Star       |
| Brown dwarf    | Galaxy         | Moon      | Pluto      | Sun        |
| Callisto       | Ganymede       | Nebular   | Quasar     | Telescope  |
| Cluster        | Halley's comet | Nebulus   | Red giant  | Uranus     |
| Coma           | Io             | Neptune   | Red shift  | Venus      |

SOLUTION BELOW

### SUDOKU - VERY EASY

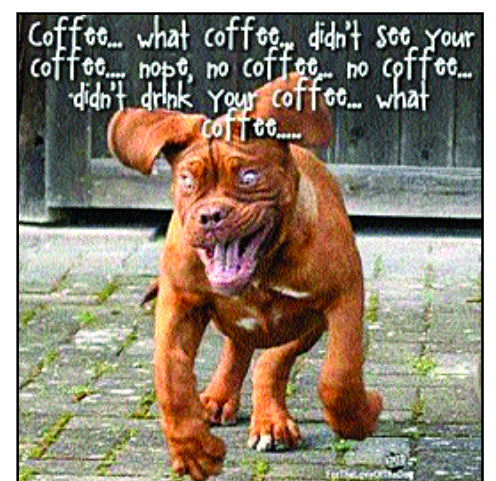
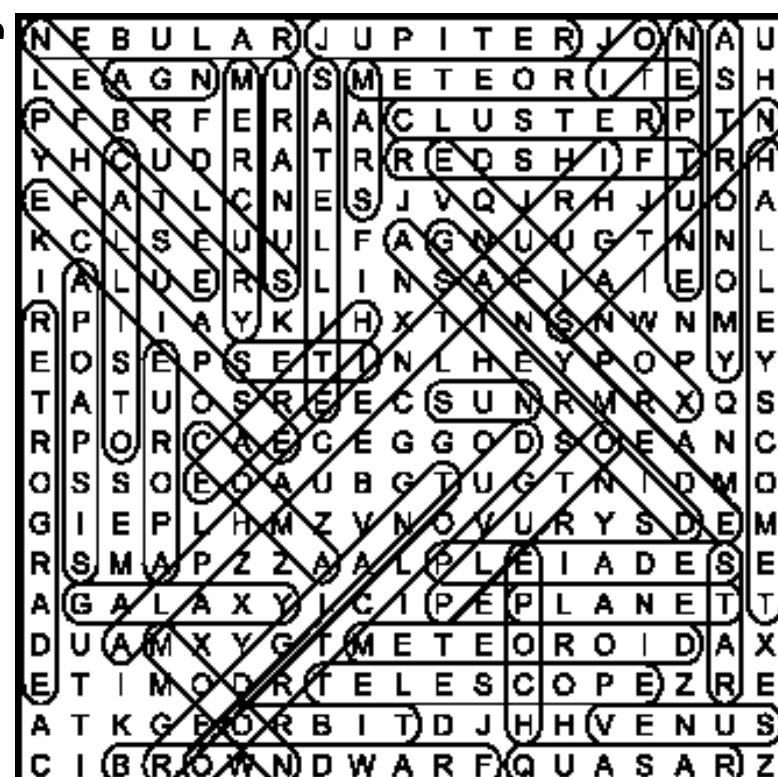


Each 3x3 cell has the digits 1-9. Each vertical and horizontal line also has the digits 1-9. Enter each digit (1-9) only once each in each cell and each line.

SOLUTION BELOW

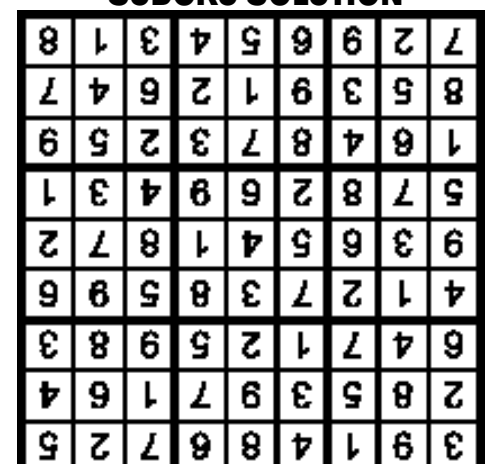
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### SUDOKU SOLUTION



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Along These Lines... by Nick Thomas

# How Knot Too Right

(Humour)

I would like to undress you all today concerning a serious education problem facing this nation – the inability of the younger generators to write properly.

It's a very disturbing trend, because there is a vast suppository of knowledge lodged in the collective minds of today's youth who desperately need to espresso themselves better.

As one of our grating vice-presidents, Dan Quayle, appropriatingly mistated: "Verbosity leads to unclear, inarticulate things." I could not depress it any better than that.

So why do students have difficulty writing?

Well, let me play the devil's avocado for a moment. Perhaps we could place the blame on the country's broken education cistern and its incontinent teachers. But this just adds a salt to injury, which really stings. Our educators are the finest in the world, so we shouldn't place the blame at our teachers' feats.

Students must accept some responsibly. They are often too focused on afterschool extra- vehicular activities, as well as sports, playing with their X-boxers, and movies.

In fact, we should condemn the film industry's affluence which emphasizes fantasy and violence, rather than educating an audience. And with their rampant erotic themes, it could be argued that Hollywood had been grossly negligée in this area.

Much of the fault (and it's not just a pigment of my imagination) also rests with the parents – and you know who you are. If you don't, modern forensic genetic science can help with the aid of NBA testing.

The simple fact is that today's parents are often too busy to think about insuring their children's academic success. Some parents are so stressed, they even resource to drinking. I personally know several who regularly attend Alcoholics Unanimous.

As a result, children are neglected: they return home to empty houses and have to blow wave their own TV dinners or eat junk food. Where are the parents to warn that Cheetos never prosper? They also have to struggle alone to copy homework essays from the Internet.

It's no wonder kids neglect their studies and create mischief at school, even those who come from affluent families.

Students have always had a knack for irrigating their teachers, but today's kids can be especially disruptive. Just the other day, I read of a child who opened all the faucets in his school's arrest room. The water damage was so severe, they had to evaporate the school. Honesty, this nautical behavior leaves me with Butterfingers in my stomach.

Students need guidance – emotionally and academically. Teachers and parents have a responsibility to enrage a student's mind by forcing them to develop communication skills and the ability to repress themselves in writing.

I know teaching the rules of composition often goes down like a lead baboon, but they are essential tools for invective expression.

Let's examine some writing basics. Tenses. These often cause trouble, especially if you forget them when camping. But I digress.

Punctuation: No English teacher wants to send home students with conjunctionitis or have to perform a semicolonoscopy on a term paper rife with punctuation errors.

What about grammar, I hear you ask? Well, the old battle-ax has been living with us for seven years

now and refuses to croak, but I digest again.

I think you can see what I'm incinerating here. No student likes to be prepositioned by a teacher. But developing writing skills can be a huge advantage when competing for employment.

For instance, what kid wouldn't strive to become an extinguished American libel filmmaker like Michael Smore? Or a renounced vice-president such as Joe Bidet? Or even a visionary inventor, such as Henry Forward?

So I would ask all parents and grandparents to work with teachers to make more young Americans legitimate. Let's stamp out mixed meteors forever, and never spit another infinitive again.

(For impugning his writing skills, the author would like to acknowledge his 11th grade English teacher, Miss Marla Props, a graduate of the Norm Crosby College of Electrocution).

**Nick Thomas has written features and columns for over 350 magazines and newspapers. He can be reached at his blog: <http://getnickt.blogspot.com>**

## LETTERS . . .

### Whatever happened to our Age-Friendly society?

Dear Senior Scope:

**Re: Keeping emergency rooms open for seniors**

This letter is coming on behalf of all seniors in Manitoba. We need to get a petition started!

This is very important so that we can keep the emergency rooms open in our own communities.

1. Go to your MLA and get proper wording for your petition
2. Be sure it is written on legal size paper with room for 15 signatures.

3. Circulate this petition for signatures to all people, rich, poor, old and young.
4. Return this signed petition to your MLA to be read in the Legislature.

Please publish this article to help all citizens, especially those in the prairies. We don't want to lose any more friends because our hospitals are not willing to help us.

Thank you.

Marion P.  
Beausejour, MB



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Listings must be finalized 5-7 days prior to these print dates: Nov. 5, Dec. 10, 2013.  
Next issue prints mid-January, 2014.

**Listings: \$25. 1 photo: \$10.00. Additional photos: \$5.00.**  
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**Miscellaneous - FOR RENT**

**55+ House For Rent:** 3-bdrm in Maples area, Wpg. Close to amenities. Suitable for a couple and 2 other tenants. \$1500/mo per person. all inclusive: utilities, cable/internet, heat/water, plus 3 prepared meals/day. (Phone not included.) Call 204-898-4390 or 204-997-4390.

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NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

# Happy New Year!



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GregSelinger.ca



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**Jennifer Howard**  
MLA for Fort Rouge  
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**Christine Melnick**  
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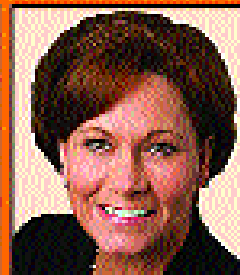
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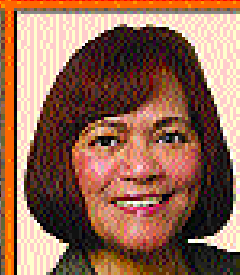
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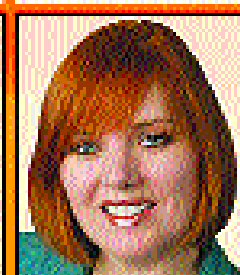
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