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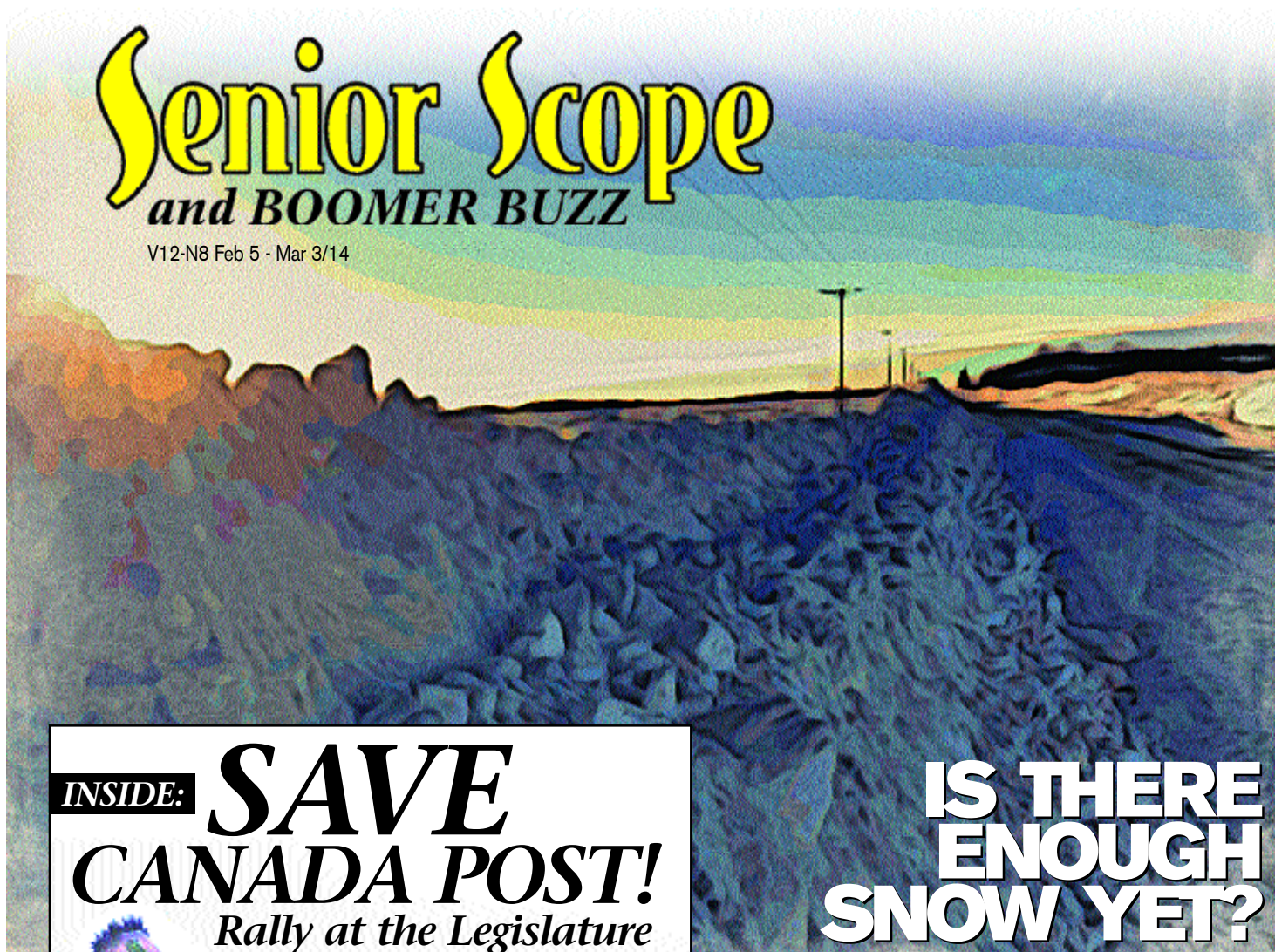
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INSIDE: **SAVE CANADA POST!**
Rally at the Legislature



Above: Argyle Road, north of Stonewall, MB. Photo taken Feb. 3/14 with an iPhone using a special effects filter app. Submit your photos. If chosen for the front page, you'll receive \$25. (see page 2 for details)

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PART II



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FINANCIAL INFORMATION - LEAVING A LEGACY

Protect your estate from taxes and fees

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

Key Points:

- Because there are significant tax implication for capital assets sold upon your death, it is important to put measures in place to avoid the erosion of your estate.
- Consider options such as life insurance and second-to-die policies, as well as bequeating capital property to a spouse or common-law partner.

If you have any questions about protecting your estate from taxes and fees, I would be happy to help.

Are you aware of the fact that income taxes and probate fees in common-law jurisdictions could reduce the value of your estate by up to half? While Canada does not impose death or inheritance taxes, generally your capital assets are considered to have been sold upon your death unless you leave these assets to a surviving spouse or common-law partner on a “rollover basis”.

The income tax implications of this deemed disposition can be severe, and depending on your beneficiaries and the province in which you reside, probate fees in common-law jurisdictions may be assessed on your estate to further erode your legacy.

Life insurance, often viewed solely to provide for dependants in the event of an untimely death, can provide an effective way of preserving your wealth for the benefit of your heirs.

Just what is taxable upon death?

Virtually any asset upon which taxes have been deferred will be subject to tax upon your death. This includes the full value of your regis-

tered retirement savings plan (RRSP) or registered retirement income fund (RRIF), as well as half of the gain on any non-registered assets, including recreational property, stock and other investments.

The tax implications on these deemed dispositions can be significant. For example, if the cottage you purchased 30 years ago for \$50,000 has appreciated in value to \$250,000, upon your death, your estate could face a tax bill of approximately \$45,000 on the cottage alone. An RRSP or RRIF containing \$300,000 of assets would also be taken entirely into income. The result? It too could be cut almost in half once it's taxed.

In common-law jurisdictions with relatively high probate fees, such as Ontario, Nova Scotia and British Columbia, these fees can further reduce your estate by thousands of dollars.

Delaying the inevitable

Canadians can bequeath capital property directly to their spouse or common-law partner with no immediate tax consequences. The proceeds of registered plans can also be ‘rolled over’ to a surviving spouse or common-law partner and remain sheltered from tax. As a result,

many tax liabilities can be deferred until the death of the surviving spouse or common-law partner.

Unless the surviving spouse or common-law partner enters into a new relationship, the tax deferral ordinarily comes to an end upon his or her death. In these circumstances, estate assets may have to be sold in order to pay long-deferred taxes.

However it is important to know that subject to certain conditions, farm property and fishing property can be transferred on a tax-deferred basis from parent to child or grandchild prior to or at the time of death.

While selling assets to pay taxes is an option, it may not always be an ideal solution. Unfavourable market conditions could force the sale of assets at depressed prices, limiting the proceeds available to your estate.

Transaction costs incurred upon these sales could further reduce these proceeds.

Finally, some assets cannot easily be sold. For example, it is not feasible to sell off only a portion of your cottage to cover taxes. This could put someone in the unenviable position of having to raise large amounts of cash if they hope to retain the property they inherit.

Another option

Rather than selling assets or borrowing cash to pay fees and taxes, consider purchasing a joint second-to-die life insurance policy to preserve your estate.

These policies insure the lives of both spouses, with proceeds payable upon the death of the surviving spouse. This type of insurance is much less expensive than insuring only one spouse. The proceeds can then be applied to cover your estate's tax liabilities and other debts, thereby preserving your legacy for the benefit of your heirs.

Another option is to designate a charity or charities as the beneficiary(ies) of a life insurance policy having proceeds on death equal to the taxable income that would be incurred by your estate. The life insurance proceeds would be a gift by the deceased policy owner. The resulting charitable tax credit would offset the income tax liability. ■

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Celebrate Grandparents



Sharon Blady
Minister of Healthy Living and Seniors

I always begin a year the same way — by booking appointments into my new planner. That is when I noticed the first Sunday after Labour Day is a special occasion called Grandparents Day.

This celebration encourages both younger and older people to take advantage of the benefits of intergenerational connections.

My grandparents have always been an important part of my life. I'm pleased to see how important they are to my children too. That is why I am happy to write a column reflecting on some of the best aspects of older adults as mentors and grandparents.

Older adults can offer a sense of history and belonging. They can present a bigger picture and broader perspective on certain situations. Grandparents can provide comfort, humour, skills and support. They

“ Older adults can offer a sense of history and belonging. They can present a bigger picture and broader perspective on certain situations. Grandparents can provide comfort, humour, skills and support. They can be positive role models for making healthy lifestyle choices. They can also make a big difference by listening.”

can be positive role models for making healthy lifestyle choices. They can also make a big difference by listening. I especially appreciate older adults' abilities to demonstrate and model gratitude. For all of these reasons and so many more, I welcome seniors' roles in younger people's lives.

In 2011, there were over seven million grandparents in Canada. Just as each parent is different, there is no cookie-cutter model of grandparenthood. It doesn't matter whether you love baking treats, prefer white water rafting or you can't wait to play a game of peek-a-boo. Older adults can play a significant role in the development of younger people and their ideas of how they are going to age.

Grandparenting isn't always easy, but these four strategies may help:

- ▶ Think of the children first.
- ▶ Know your limits.
- ▶ Acknowledge the role of parents as disciplinarians and decision-makers.
- ▶ Maintain your own interests and friends while staying true to you.

Some grandparents see their grandchildren every day. In fact, in 2011, more than 5,000 Manitoban grandchildren lived with one or more grandparent instead of a parent. Being a primary caregiver has many implications and comes with its own set of rewards and challenges. CanGrands supports, educates and empowers caregiver families, or skip-generation families, across Canada at www.cangrands.com. Locally, Grannies Gone Global is a non-profit organization of grandmothers in Winnipeg's North End providing emotional and physical support to grandmothers who are caregivers of their grandchildren. They can be contacted through grandsnmore@gmail.com and more information is available at <http://grandsnmore.com>.

On the other hand, some grandparents don't ever see their grandchildren. In some cases, this is because of parental separation or divorce. The Network for the Prevention of Abuse of Older Adults can help seniors find information about their right to visit their grandchildren at www.olderadultabuse.mb.ca/grandparents-rights.cfm and have posted the Seniors Abuse Support Line, 1-888-896-7183. Manitoba Family Services and Housing provides a guide with access information at www.gov.mb.ca/fs/childfam/grandparents_guide/index.html and can be reached at 204-945-7236/1-800-282-8069 (ext. 7236).

In other cases, grandchildren live far away. I have seen older adults doing a fantastic job of establishing and maintaining long distance relationships with younger people through letter writing, Skyping, telephone calls, emailing or even text messaging and keeping up-to-date on Facebook. For more information and education about information communication technologies, contact your local seniors' organization, life-long learning institution, or Creative Retirement Manitoba at 204-949-2565, <http://www.crm.mb.ca>.

For those without biological grandchildren, there are still many opportunities to enjoy intergenerational connections and make a difference in the life of a young person. Intergenerational programming and relationships are part of ensuring

I want to go home, cont'd from page 2

feet were cut and bleeding because the hospital slippers he was wearing were shredded.

Vic Taylor took it from there in his letter to the *Free Press*.

"We attended three meetings with different hospital and WRHA staff over the seven months it took them to figure out what happened. We were not allowed to have a copy or even read the final report, nor were we told whether anyone was disciplined for this incident. They would not even tell us who found our dad, so we could thank that person."

All we were told was there were communication problems at shift change."

Taylor told me that he and the family were not done pursuing the matter, and he promised to keep me informed. He also said his father is doing fine, and suffered no additional long lasting problems after his nightmare in the summer of 2011.

Flashing back to my own experience at the Grace, I was discharged after a three night stay on February 9, 2013. It was the middle of a busy Saturday and I was basically left to make my own decision about going home. With my new bionic knee, I managed to cross the room using a walker. That was considered a minimum requirement. The hospital was a whirl of activity because guess what .. 'shift change' was approaching. I decided it was better to make my escape as soon as possible. So, Janice was called and all went relatively smoothly. It was sooooo good to be home.

I couldn't help thinking though that if I had been older, possibly with cognitive issues like dementia, perhaps not having English as my first language, it could easily have been a different and more difficult story. Health care is the monster that devours more than half of our



Roger Currie

tax dollars in Canada. The demands on the system are enormous. Let me say once more that the staff at Grace Hospital are fantastic. I admire all of them, especially the support staff who do a variety of menial repetitive jobs that must be done each and every day.

Erin Selby was a very capable TV reporter and an effective communicator before she got into politics. Perhaps she could make communication issues a higher priority. The Taylor family, the Silver family, and all of us deserve better than these horror stories. ■

Roger Currie is a regular contributor to Senior Scope.

He is also heard regularly on CJNU, 93.7 FM.

rogerc@mymts.net

safe, respectful communities for all ages. Dispelling myths and stereotypes about both generations is an essential component of creating age-friendly communities. For activity ideas, fun resources and sweet songs, visit www.intergenerationalmanitoba.ca and click on the blog link. Alternatively, telephone Volunteer Manitoba at 204-477-5180 or go online at www.volunteermanitoba.ca to access their free referral service. It matches people who are interested in volunteering with agencies looking for volunteers.

In my eyes, there are no ordinary grandparents... they are all extraordinary! Just take the annual Grandmothers Protecting Our Children Sacred Walk as an example. I encour-

age everyone to celebrate and appreciate grandparents on Grandparents Day in September. For now, why not consider sending a special intergenerational message to a senior on Valentine's Day? For information about Grandparents Day, go to <http://grandparents-day.com>.

As always, I invite you to contact the Seniors Information Line with any comments, questions or for more information. Call 204-945-6565 in Winnipeg; toll free 1-800-665-6565.

Sharon Blady
Minister of Healthy Living and Seniors

John Robertson: Canadian Media Legend Says Good-Bye at 79

By Scott Taylor

The great John Robertson passed away on Saturday, Jan. 25. He was 79. When I mentioned it at a meeting the other day, people looked at me like I was talking about somebody who had just beamed down from Jupiter.

It was sad and unfortunate and, frankly, a black mark on our local mainstream media. To have forgotten John Robertson before his death in our community is a frightening commentary on how soon people forget. What was even stranger about the dumbfounded looks on my colleagues faces was the fact that at least three of them had actually run in the Manitoba Marathon.

Robertson founded the Manitoba Marathon while he was the host of the CBC evening news in Winnipeg between 1977 and 1981. But why would anybody remember that? After all, he wasn't Twitter so who knew him?

However, Manitoba sporting legend Sam Fabro remembered Robbie. Fabro was with Robertson that fateful day back in 1978 when a group of local movers and shakers came up with the idea to use a Marathon as a way to raise money for those with an "intellectual disability."

"John was the driving force behind the creation of the Manitoba Marathon," Sam told me as we admired the new home of the Manitoba Sports hall of Fame. "We met in Helen Steinkopf's kitchen. They had a child with an intellectual disability and they were involved in helping out what we now call Community Living. He wanted to get all those people out of institutions and give them a chance at the same life we all get to enjoy. Of all the people at that meeting, you have to give the most credit to John."

That's just like Mr. Fabro. He's never been one to take the credit or grab the limelight. Robbie wasn't a guy who felt comfortable taking the credit, but if it meant getting something done, he'd be happy to grab the limelight and run with it.

“For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.”

For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife



John Robertson founded the Manitoba Marathon on a kitchen table in 1978.

Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

Born on March 12, 1934, he was 22 when he started working at the Regina Leader-Post. That was after a great career as a young pitcher who was scouted by the Washington Senators when he was 16. He was inducted into the Manitoba Baseball Hall of Fame in 1998 and at the evening of his induction, most of his friends asked, "What took so long?"

Robertson bounced around from the Leader-Post to the Winnipeg Free Press and then spent five years at the old Winnipeg Tribune from 1958-1963. He went back to the Leader-Post and then finally got his big break in 1966 when he was hired at the old Toronto Telegram.

In the West, he had been a columnist and featured writer, covering the Winnipeg Blue Bombers and Saskatchewan Roughriders. When he got to Toronto, his assignment wasn't so glamorous. He was asked to cover junior hockey.

Regardless, Robbie was still brilliant and while some people like to believe he was angry with the Telegram Betty said, "No, he was just bored."

So one boring night, sitting at the Telegram office, he wrote a column. There were 16 paragraphs and each one began with a letter that spelled out, "F___ You Everybody."

"I think he wanted to see if anybody would catch it," Betty once told me. "He made the mistake of sharing his little joke with a colleague, and then was fired. The general manager said he'd insulted *Tely* readers. What he had done is outsmart himself. But for Robbie it was just another learning experience. And there were plenty of learning experiences."

He had another learning experience while working at the Tribune in the 1960s. He and the legendary Dallas Beck were charged by Tribune editor Eric Wells to put the paper together and the pair was known in media circles as "Lemon & Hart," after Lemon Hart Rum. Both brilliant, both hilarious and both with



John Robertson as a young pitcher.

nasty senses of humor, they were enjoying a snifter or two one late evening before Christmas when news arrived that a cheating husband named Brian Oliver had been shot in the personals by his wife. That called for a special headline. The main head read: "She decked the Halls with B___ of Ollie." The secondary head went like this: "You should have seen Oliver Twist."

A few of the papers actually got off the press before Mr. Wells shut it down and sent Lemon & Hart packing. It wasn't long before they were both across the street at the Free Press wreaking havoc in Maurice Smith's sports department.

Now, they're back together, surely wreaking havoc on God's sports department.

Like just about everybody else, Robertson loved to have a good time when he was a young man. But Robbie grew up. He and Betty had two great kids, Tim (who now lives in Dallas) and Patricia (a tremendous journalist in her own right, who makes her home in Saskatchewan) and he still had four ACTRA Awards and a National Newspaper Award ahead of him. After his brief career at the *Telegram*, he moved on to the *Montreal Star* when he became THE man to read when you wanted to read about the Montreal Expos.

He stayed at the *Star* until the paper folded and then moved into radio for three years at CFCF and CJAD. Then, in 1977, he was hired by CBC to host the evening news in Winnipeg. John Robertson was going home.

While at CBC, he wrote a couple of columns a week for Hal Sigurdson at the *Free Press* sports department and until 1982, he was a juggernaut on the Manitoba media scene.

This was a guy who went back home to Saskatchewan in the early 80s, helped save the money-losing Saskatchewan Roughriders and coined the term "Rider Pride." The man was a legitimate media superstar.

But his work in the news media drove him toward other things. In 1981, he packed in his journalism (albeit briefly) to make an aborted run at the provincial seat in St. Vital. He ran as a Conservative and lost. But he was a long way from the end of the road.

He went to Toronto and wrote baseball for the *Sun* and then the *Star* and he was brilliant. But then, in the mid-80s, his health took a turn. He suffered a series of small

“John was just a great guy. In the end, the one thing that made him happy was helping people.”

~Betty Robertson

strokes and then was stricken with phlebitis (a nurse tied a tourniquet too tight) and he was never the same. A man who had partied all night long as a young man and then had become a health nut committed to running was now too sick to work regularly.

But he still worked hard.

"John was just a great guy," said Betty on Sunday. "In the end, the one thing that made him happy was helping people."

After he left the newspaper industry in 1989, he turned to helping his fellow man. He worked tirelessly for Winnipeg Harvest and put his heart and soul into "his" Marathon. There was never enough he could do for his fellow man.

I know. When I fell on bad times in 2004, John Robertson was right there to pick me up and get me back in the game. I found out I had a lot of friends and John was at the head of the pack. He also convinced me that following, promoting and writing about local amateur athletes was much more rewarding than covering pro sports and he was absolutely right.

We lost a pillar of the community in January. We lost one of our tall timbers.

"He was a hero," the Manitoba Marathon wrote in a news release, "and he will always be our hero."

Mine, too. ■



'Save Canada Post!'

A large group of supporters of the 'Save Canada Post' cause braved the frigid temperatures on January 25 at the Manitoba Legislature to rally for the rights and need of door-to-door mail delivery service in urban centres across Canada including Winnipeg.

Canada Post is planning to phase out this service within 5 years starting in September or October, 2014, and set up community mailboxes, although it is unclear, even to them, as to how they will implement this in dense urban areas.

Retailers, such as pharmacy chains, have expressed an interest in providing community boxes on their premises to draw potential customers.

The most affected by this decision will be those with mobility issues, many of whom are seniors. Canada Post claims they are working on alternative solutions to address this despite CEO Deepak Chopra's claims that seniors are telling him they want more exercise.



Jesse Turner speaks on behalf of the Manitoba League of Persons with Disabilities.

Most businesses won't be affected by the service cut. Announcements will be made soon as to what areas will be first to lose home delivery service. It is expected that several



A union member holding a Chopra doll hoarding money, and a sign that says, "Mr. Chopra, seniors don't need more exercise...THEY NEED MORE RESPECT"

thousand households in suburban areas will be affected in 2014.

Ben Zorn, President of the Canadian Union of Postal Workers (CUPW), says that there will be 6,000-8,000 job cuts in Canada with 200-300 cuts right here in Winnipeg.

He says that the rural areas are not immune to reduced services, cutbacks and job losses either.

Zorn does not understand the reasoning for this decision by Canada Post. He says that from an economic perspective, it will be devastating in an economy that is already in recovery mode.

"Parcel delivery growth offsets the letter mail decline," he states. He adds that there has been only one year of losses - 2011 - in the last eighteen years, likely due to lawsuits, rotating strikes and lockouts. It was estimated that there would be a \$100 million loss in 2012, but there ended up being a \$90 million profit.

Canada Post attributes their decisions on mounting financial losses and a drop in letter volumes. Stamps are to increase to 85 cents from 63 on March 31, 2014.

Zorn says that there are creative ways for Canada Post to increase revenues and services where everyone wins, instead of increasing prices and lowering services. Diversifying. In Great Britain, France and New Zealand, partnerships are made with financial institutions to offer banking services successfully.



Harry Paine, above, referred to himself as a trouble-maker in the past, but now is considered a seniors' advocate. He has been working on behalf of seniors' rights for a very long time. Today, he pointed out that seniors fear isolation. He credits the mailperson for often noticing first if a senior's mailbox hasn't been emptied for some time, and hence, has saved many a life. He firmly states, "Support for the Postal Workers is the line in the sand and not only deserves support, but it is our responsibility to take active sides to block this war against working people everywhere." He also suggested that Canada Post's decision is a conspiracy for privatization.

What's next? Zorn is hoping Canada Post will implement open public consultations in the next few months as soon as they complete their Postal Charter Review. If Canada Post doesn't, then Zorn says they (CUPW) will organize it. So far, there has been no transparency in Canada Post's discussions and decisions. ■



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Currie's Corner By Roger Currie

Dream the Impossible Dream

Hello there front-end baby boomers. The question before the house is, "What shall we do with our windfall of \$8.30 a month?" That's the total of the increase I received when I added together my Canada Pension Plan and Old Age Security cheques in January. Once a year Ottawa adjusts the payments for inflation.

Let's see .. \$8.30 would buy one senior's ticket at the movies, plus a small popcorn if you go on Cheap Tuesday. It would buy a hotdog at a Jets game or a Roughrider game, but not a beer to wash it down.

Luckily in my case, there's more money coming in than OAS and CPP, but thousands of Canadians are not so lucky. Roughly a third of the people who responded to a survey conducted by the Bank of Montreal said they will be heavily dependent on government pensions once they stop working.

Close to 60% said they would likely go out and find a part-time job. 40% are counting on an inheritance, and 34% said their financial plan for the future includes winning the lottery!

How about the younger generations who are coming up behind us?

Most of the 20-somethings and 30-somethings that I talk to are not expecting anything when it comes to publicly-funded retirement pensions. They regard the CPP as nothing more than a payroll tax.

When Lester Pearson's government created the CPP back in the 1960's, we didn't give it a great deal of thought. Some of us had student loans to pay off, but nothing like the mountain of debt that today's graduates face.

As they roll out the advertising for RRSP's, we'll be reminded once again that we need a nest-egg of at least half a million dollars to generate enough income to replace what we lose when we retire. I'm thinking we might just as well put that eight bucks into lottery tickets, and dream the impossible dream. ■

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

"Good friends, good books, and a sleepy conscience:
this is the ideal life."

- Mark Twain



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The cottage Country Show is now entering its 5th year at Red River Exhibition Park, Winnipeg MB. We strive for quality, exhibiting companies from all over Canada and the U.S. to bring you new products and services. This is where you will find all the latest products and services for buying, building, renovating, and maintaining your cottages, country homes, and backyard spaces.

Cottage Country has everything you need for outdoor living: outdoor

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It's winter outside but it is summer at the 5th Annual Cottage Country Show, March 7, 8 & 9th, 2014 at the Red River Exhibition Park, in the Exhibition Hall. The Place To Be! OH YEAH, TONS OF HASSLE-FREE PARKING!

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“THE BUZZ”

BTO Headed to Hall; T. Kent has great stories; Benny retires; Softball inducts a new class of Hall of Famers; Levy honored at CMHR; Charles and Camilla coming;



By Scott Taylor

It has taken more than a decade, but finally, Winnipeg's **Bachman-Turner Overdrive (BTO)** will be inducted into the Canadian Music Hall of Fame.

In mid-January, the Canadian Academy of Recording Arts and Sciences announced that the band would be inducted into the Hall at the 43rd Juno Awards at MTS Centre in Winnipeg on Sunday, March 30 on CTV.

The band was at its peak between 1973 and 1979 with chart-topping hard rock hits such as “Let it Ride,” “You Ain’t Seen Nothing Yet,” and “Takin’ Care of Business.” Next month, it’s expected that the four band members – **Randy Bachman, Fred Turner, Blair Thornton** and **Robbie Bachman** – who created the album *Not Fragile* in 1974 will be in attendance.

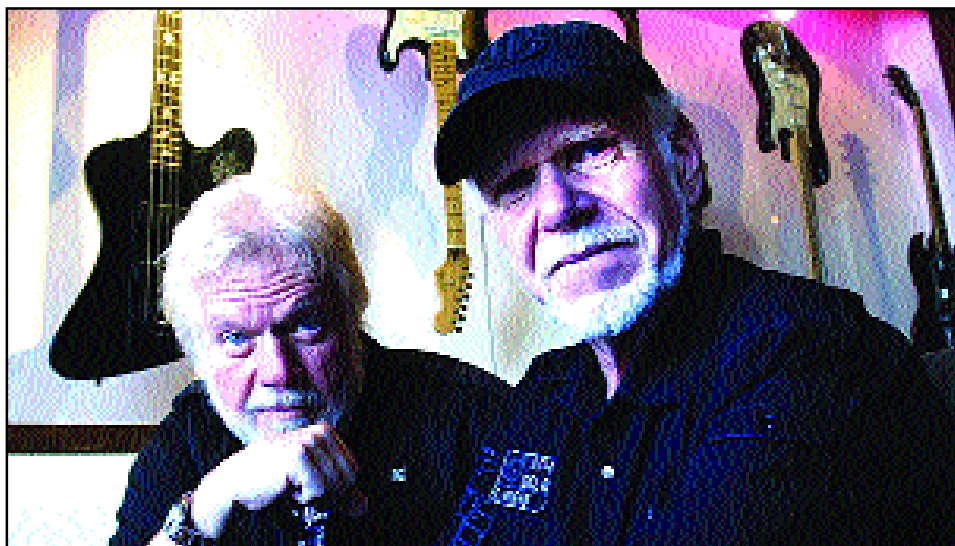
The band won seven Juno Awards in the 1970s, including Most Promising Group of the Year (1974), and Group of the Year in both 1975 and 1976.

CARAS was all set to induct the band more than a decade ago, but a spat over which of the members held legal claim to the name “BTO” prevented CARAS from pulling the trigger.

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2014 SOFTBALL HALL OF FAME INDUCTEES

In mid-January, the Manitoba Softball Hall of Fame and Museum



Randy Bachman and Fred Turner.

announced their latest inductees. It's quite a lineup...

The Athletes...

Greg Bouchard: Greg grew up in a softball family. He was a dominating pitcher in Manitoba softball, taking his teams to many Western and Canadian Championships. In 1979, he was named Softball Manitoba's Male Minor Player of the Year, in 1980, the top Senior Player, and in 1989, Top Male Player.

Garth German: Garth German was a talented softball player who was born and raised in Brandon. At 13, he had already played men's softball with Modern Dairies. In Winnipeg, from 1975-2002, he has played with teams that won 20 provincial championships and represented Manitoba

or Canada 30 times.

Bob Taylor: Orthodox pitcher Bob Taylor is a legend in Western Canadian fastball. At 16 and 17 in 1954-55, he pitched in the Senior Men's Mercantile League and was selected an All-Star in 1955. In 1956-57 with Kiewels in the Senior A Men's Fastball League, his team won the championship and he was selected an All-Star both years. During these same years – 1957, '58 and '59, he managed and coached the Dominion Bridge Steelworkers of the Men's Industrial League where the team finished second. In 1958 and he was selected league all-star all 3 years.

Fred Taylor: One of the last great orthodox pitchers, Fred Taylor was



Greg Bouchard.

one of the greats of Winnipeg Senior A Men's Fastball. In 1954, he started pitching as teen in the Men's Senior League with West End Paint Spots. He pitched for 28 years and finished his career in 1982 in the Industrial League with Shell Oil.

The Builders...

Keith King: Keith played, coached and managed before becoming a respected umpire. Growing up, he played ball in Lac Du Bonnet before moving to Winnipeg in the early 1960s where he played in the Men's Industrial Fastball League. For 25 years, Keith served as an umpire in the Industrial League, the Winnipeg Fastball League, the Winnipeg and District Senior Ladies League and the Western Major Fastball League.

Continued on next page

What do you know about funeral options?

By Susan Vincent

Eternal Grace Funerals is the result of a seasoned funeral director, Nick Knysh and an entrepreneur Susan Vincent, getting together and seeing what we can offer to families in funeral services.

We are locally owned and operated and offer services that the people want. We can build a funeral around traditions and religious beliefs. We offer everything from full burial to cremation - there are many options to choose from and many decisions to be made.

Pre planning is a very wise choice. First of all, one thing everyone has in common is that each of us experiences death, and we have no choice about when or how. So planning for a death is a guesstimate, which is why preplanning is the best option.

There are many great advantages to preplanning. It does not pass the burden of planning and paying for your funeral to your children, allowing them to just deal with grief of this time, you have the service you want and there is time to ask questions of what is included. Through the information provided, we can plan where the service will be, if you want a reception, burial or cremation, and come up with the funeral that matches your taste and budget.

How do I pay?

Preplanning is often paid in full at the time arrangements are made, as well people have the option of starting to save for their funeral with monthly payments available up to 20 years, if preferred. There is an insurance component built into the plan, which is another benefit of preplans.

We will require a copy of your statistical information, such as name,

address, birthdate, birthplace, social insurance number, full name of spouse, most recent occupation, father's name and birthplace, mother's maiden name and birthplace, name and address of your executor, legal representative and family contacts.

Eternal Grace Funerals is offering services in Winnipeg as well as surrounding communities such as Stonewall, Stony Mountain, Warren, St. Laurent and Woodlands. We can meet with families in the comfort of their homes, or they can come to our office - whatever is most comfortable for the family. Having lived many years in rural Manitoba, we are very familiar with community funerals.

Eternal Grace Funerals has available, for those wanting a service in Winnipeg, a full size chapel and reception room where large groups can gather. In rural communities we can host services in churches, community centres and legions. Our prices are the best and we offer premium products. We bill social services and bands when required.

We offer catering as well as a full line of quality silk flowers.

Our focus at Eternal Grace is to make funerals a true celebration of a life once lived. We do that by providing the best service a family can have. A service is exactly what a family wants - some last an hour, others may want several hours, a service in the city as well as one in the country, we will accommodate everything.

We are hiring staff representatives from the different communities. As well, we will support community clubs, as giving back is very much a part of what we do.

Eternal Grace is running many seminars on funerals and preplanning throughout the year. Watch for upcoming events. We are always available for questions, information and tours of our facility. Call us to put on a seminar for your group or organization. There is no cost and we can do a seminar for as little as three people up to twenty. A lot of information is provided.

Funerals are a tough topic, but one that needs to be discussed. Children need to know what their parents' wishes are, and they need to be written down. It can also help avoid family conflict when the time comes. Too often, when a family is just lost at this time, - both emotionally and financially - every child can have a different opinion on how things are to be dealt with.

Our business continues to grow on referrals and good service. Let us show you how we can help your family. We are locally owned and operated.

Eternal Grace Funerals is located at the corner of 10-1111 Logan Avenue (corner of McPhillips). Phone **204-505-4559** (Winnipeg) or **204-461-2961** (Stonewall). ■



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Funeral Director

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www.eternalgrace.ca

WHEN ONLY THE BEST WILL DO

THE BUZZ, cont'd from page 8



Cal Swenson back in the day.

The Coaches...

Joe Nespor: Joe was born July 6, 1923, in Hernik Czechoslovakia and emigrated to Sprague, Manitoba in 1936. He loved sports, and after serving in the RCAF in WWII, he settled in Lac Du Bonnet where he coached the Huskies fastball team to a Northeastern Fastball League Championship. In Winnipeg, from 1975-79, his junior softball teams continued to do well in senior men's league play as well as compete significantly at the National Junior Softball Championships.

Nick Pliszka (deceased): Nick was born in Portage La Prairie in 1919. As a youth, he played baseball, hockey and football and as an he participated in fastball and slo-pitch. After the Central Manitoba Intermediate A Fastball League was formed in 1950 and expanded to four teams in 1951, the Portage Mercurys recruited him as their coach in 1953. He soon established a fastball dynasty that repeatedly won league and provincial championships for the next 11 years. In 1981, the Manitoba Softball Association awarded him with a Long Service Award.

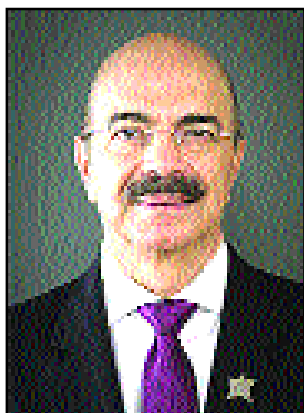
All Around...

Ron Witkowski: Great as his playing days were, it was not until he retired from active play that he made his huge contribution to the administration of softball. From 1974 to 1987, he along with the likes of **Jim Adams** and **T. Kent Morgan** significantly grew the Softball Association membership, innovated and fostered coaching and umpire training programs and established the Association's Awards of Excellence Program. This methodical development of The Manitoba Softball Association prompted the opening of an office with a hired employee and the appointment of an Umpire-in-Chief.

Teams...

1927-1930 Uneedas Men's Diamond Ball Team: The Uneedas, were fierce competitors in Winnipeg Senior Softball. Since recreation in these years focused primarily on softball and hockey, player and fan involvement was loyal and intense. In 1927, this newly formed team won the Intermediate League Championship; in 1929, they won the city championship against the Nifties; and in 1930, represented the Diamond League at the Northwest Softball Tournament in Minneapolis.

1967-1970 Pine Falls Canadians Men's Fastball Team: The Pine Falls Canadians dominated south-



Moses Levy.



Jim Benzelock with the Quebec Nordiques.



Prince Charles and wife Camilla, the Duchess of Cornwall.

eastern Manitoba softball. They repeatedly won league championships in a league with Pinawa, Lac du Bonnet, Whitemouth, Seven Sisters and Beausejour. They won the provincials in 1967 and 1970.

1994-1996 Smitty's Terminators Midget Girls: The 1994-96, Smitty's Terminators Midget Girls won an unprecedented three successive National Championships. Only two previous Manitoba teams had won the Nationals - CUAC in 1965 and Molsons in 1967. This was one great team both on and off the field.

LEVY HONOR A FIRST FOR CMHR

The first public gala held at the brand new Canadian Museum for Human Rights, will honor local community leader, philanthropic executive and business person **Moses (Moe) Levy**.

Hebrew University of Jerusalem will present Mr. Levy with the prestigious Scopus Award on Tuesday, May 13.

The Hebrew University of Jerusalem, founded in 1918 and opened officially in 1925 on Mt. Scopus, is Israel's premier university as well as its leading research institution. Mr. Levy will receive the 2014 Scopus Award "for his dedication and leadership in fostering business innovation and entrepreneurship, his extensive professional career, and commitment to promoting human rights."

"Manitoba has benefited enormously from Moe's dedicated and strategic philanthropic focus, as demonstrated by his successful career in both Jewish and general communities," said Margaret Shuckett, CFHU Winnipeg Chapter President, in a written statement. "We look forward to an extraordinary evening for a very special friend."

The Honourary Dinner Chairs for the evening include David & Ruth Asper, Gail Asper, O.C., O.M., LL.D & Michael Paterson and Leonard & Susan Asper.

Moe Levy was born in Bombay, India and came to Canada in 1968. He received his Bachelor of Commerce (Hons.) and Masters in Business Administration (Finance) degrees from the University of Manitoba. A long-time lecturer at the Asper School of Business, Mr. Levy was instrumental in creating the Asper Centre for Entrepreneurship at the University of Manitoba's Faculty of Management, now the Stu Clark Centre for Entrepreneurship, and in 2003 was made a Fellow of the Asper Centre. Mr. Levy resides in Winnipeg with his wife Barbara, as do their children Adam, Samuel and Sarah.

For more information, please con-

tact Sharon Zalik, Executive Director of CFHU Manitoba Region, at 204-942-3085 or szalik@cfhu.org.

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THE NOTEBOOK:

Manitoba is in for another Royal Tour of Canada this spring. This time **Prince Charles** and his wife, **Camilla**, will tour several provinces including our own. The Prince of Wales and The Duchess of Cornwall will not only visit Manitoba, Nova Scotia and Prince Edward Island in May. The last time Manitoba had a royal visit was in July 2010, when **Queen Elizabeth II** and **Prince Philip** were in Winnipeg... Our old pal **Jim Benzelock**, 66, has retired from his sales job at Rogers Radio. For those who know Benny well, you can bet he'll enjoy every minute of retirement. For those who don't know Benny, he was one of the best young hockey players to come out of Manitoba in the late 1960s. He never played in the NHL, but he did play 166 games in the World Hockey Association with the Quebec Nordiques, the Alberta Oilers and the Chicago Cougars. He went on to be a fixture in Manitoba radio sales most notably with CJOB and 92-CITI-FM... Local hockey writer **T. Kent Morgan** has another terrific



The Olympic Exhibit.

column in the latest edition of *Manitoba Hockey News*. He also had a note about original WHA Jet **Cal Swenson**, who died in Edmonton on New Year's Day. Swenson scored 43 goals for the Brandon Wheat Kings of the MJHL in 1966-67 and 44 more the following season when he played for the Flin Flon Bombers of the WCJHL on a line with **Bobby Clarke** and **Reggie Leach**. In 102 games with the Jets Cal had 12 goals... Don't forget, a special exhibit opened at the Manitoba Sports Hall of Fame (located in the Sport for Life Centre at 145 Pacific Avenue) on Jan. 29. **The Olympic Exhibit** presented by the Johnston Group will be on display until June 8, 2014. Admission for the exhibit is just \$3.00 for seniors. ■

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VACATION & TRAVEL:

Thailand

- KOH LANTA, KRABI PROVINCE

- PART TWO

© Story by Rick Goodman.
Photos by Beatrice Daigneault.

In the last issue, Rick and Bea walked the long dusty road from where their taxi dropped them off to their resort. Upon arriving, this is what happened...

At reception they said, "You pay now!" So I did and a man showed us to our bungalow. This was part two of my continuing education in the fine points of advertising. The man opened the door, walked in throwing the key on the bed elbowing us out of the way as we were trying to hump our stuff into the room. I could see his point. The evil raw funk that came rushing out at us nearly knocked us to our knees. Paint was peeling off the walls and the bed looked and felt like it had been worn out and left for trash out behind a bordello... There was NO AIR CONDITIONING!

Out I went to reception and said, "There is no air conditioning, you advertised air, I WANT AIR!"

They said, No refund, air extra, you pay now."

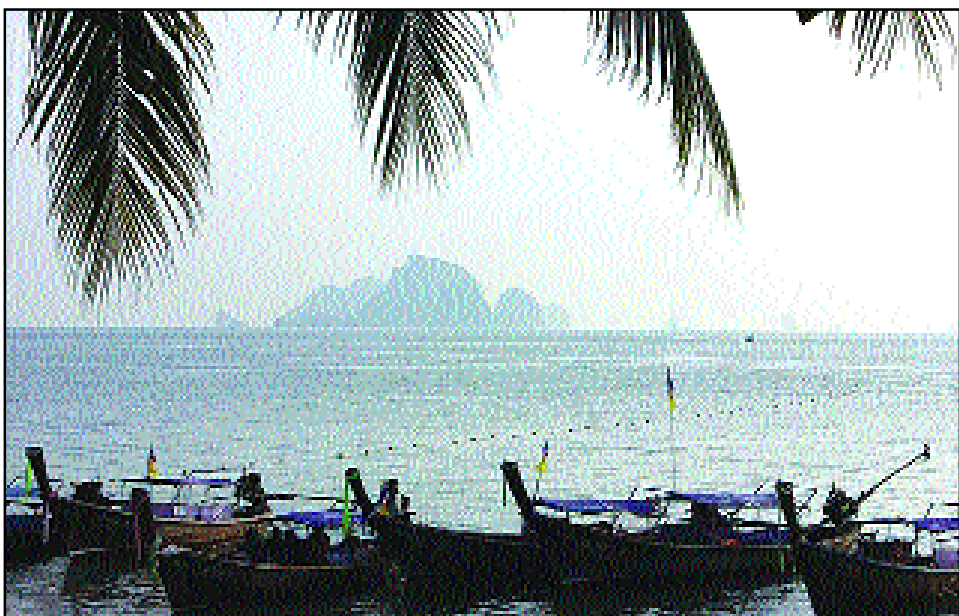
I said, "You ##@&&*##," under my breath, smiled and politely inquired, "How much extra?"

To which he replied with a straight face, "1800 baht. A night." And took three smart steps backward.

Thailand is known as the land of smiles. Nobody was smiling when I took off my soggy left sandal and started waving it around. We settled on 1000 baht a night extra and were given a room with air and a good bed. The closet doors had been kicked off the rails at some time in the past and leaned in a corner. There were more flying, biting bugs than our lone house-gecko could handle and I could pass water faster than the shower could. At my age that's quite an accomplishment.

Other than that the room was perfect.

Which brings us to part three of my continuing education in the fine points of advertising. The resort



Krabi, Thailand

brochure said, "RIGHT ON KLONG KHON BEACH!!!" Anybody reading that would be glad they finally had an opportunity to experience something like that. What better than a dip in the warm clear waters of the Andaman Sea after the journey we had just endured? We put on our swimming duds and headed out to find... a swatch of gravel surrounded by jagged rock as far as the eye could see. A couple of people were trying to make the most of it and had fought their way out about a hundred meters. It looked like they were up to their necks until one stood up. Wet to the knees.

A herd of cows wandered by but didn't stick around. They were just out to show the kids what slumming looked like. We followed them the next day and found a good beach.

Don't get me wrong, Koh Lanta is a pretty island but the really good stuff is offshore. It's a great spot for diving and snorkeling. Pretty as it is though, we found Ao Nang, Railay, and Phra Nang to be much nicer beaches.

Any journey is what you make it though. On this one we met a tuk

tuk driver by the name of Mr. Konee. He took us around for a good price and showed us the sights without a hard sales pitch for anything. His English was pretty good and he liked to talk, so it turned out he was a wealth of information. We talked about pensions. "Not good," he said, "At age 60 the King pays you 500 baht a month and my power bill for a fridge, fan and T.V. is 700 baht. You work, work always like this. And he stood up, bent over holding his back and laughed.

A major tsunami had hit here in 2004. Around 20 people were killed and a lot of beach front property was damaged and destroyed. At the time I'd watched the news and never dreamt I would stand in a resort beach front bar where some of the video had been shot. It was the strangest thing. People had stood in the bar watching the ocean. Suddenly it stood up and started rolling in bigger and faster the closer it got. People were quiet, an awed silence hung over the place. Then you could hear a few nervous comments until suddenly everyone realized that this thing wasn't going to



Longtail boats: They are the ferry service. The fare is 100 baht which is around \$3.00 each way. These are big motors out of cars that are rigged up with a long shaft to the propeller. You steer by swinging the whole motor. A perfect setup for navigating shallow water. The throttle is a piece of rope on the steering handle. You pull the rope to go faster. In fact, these boats go pretty quick. You could water ski behind them.

stop at the bar steps. This thing was big and it was not stopping. Getting over-charged for air conditioning was going to be the least of this day's problems. And when that became perfectly clear to everyone the whole thing came undone. There was running. There was screaming. Video cameras were left on as people sprinted up the path between the bungalows trying to get out of the way of this thing that wanted to roll over them. There was a quick shot of a dog, tail between his legs sprinting thru the crowd and he was definitely not man's best friend that day. He was in it strictly for himself and that was THAT. It looked like he had no plans of stopping until he reached the mountaintop.

That's as personal as it got at the time. You watch, you feel bad for the victims, glad for the survivors but it doesn't really touch you. Mostly, if you're honest with yourself, there's the thought in the background, "Boy, I'm glad I wasn't there." Mr. Konee personalized it for us. "I like Canadians," he said. I used to fish, 4000 baht, 5000 baht every day. Tsunami, boat gone, all gone, no more."

This is a country where they don't use insurance as near as I can figure. Or if they do, it doesn't cover big waves rising up out of the ocean to flush everything you ever worked for out to sea.

The upshot was, he said, that a Canadian gave him a small stake to get started again - with that and with small loans from friends, ["1000 baht, 2000 baht, here, here, I pay back. I pay back here, I pay back here."]. He bought himself a small motorcycle tuk tuk and now makes a living driving tourists around.

Now, I doubt that he would make more than 1500 baht on a very good day in high season. You have to keep in mind that high season is just four months long and for the rest of the year pickings are probably pretty slim. He's no doubt getting by but he is certainly not getting rich.

There are worse ways to make a living though. In Bangkok the minimum wage is supposed to be around 175 baht but employers bring workers in from northern Thailand or even Laos and Cambodia and pay them considerably less. The guest-house we had been staying at was undergoing expansion and the owner had bought some under-the-table

Continued on next page

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Thailand, cont'd from page 10



Maenam River cave.



A Pufferfish.



A Pufferfish puffed.

construction guys in. These guys and their families lived in three walled tin huts right on the site. They shoveled sand and tied rebar and worked with cement bare-handed and in sandals for 300 baht a day. The owner supplied the huts for free.

On fishing he said, "Work, work, save money, maybe fish." Then he went on to add that he had spent five years looking for a good wife and now he had a family. Babies and wives are expensive he said. "More work," and then he laughed.

They have a rig for smoking here that's kind of like a cigarette. It looks like a little sheet of bamboo or some other flexible kind of wood. People put a little string of dark tobacco in it, roll it up and puff away. It looks like the tobacco burns inside without taking too much of the wood with it. After Mr. Konee had fired one up I asked him, "Good?"

He replied, "Cheap."

If I understood him right you can get a big bundle of 'papers' and a can of Cat brand tobacco for around 5 baht. An ordinary pack of smokes here is around 70 baht, so this is part of his austerity program to get his boat back.

He had something to say about social equality here too. We were talking family and kids when he suddenly reached out and touched Bea's arm.

"White," he said, "In Thailand very, very good. Many, many mens take care of you here. Dark like me no good."

And I guess it's true. You walk into any department store or even 7-11 and they have all sorts of skin whitening and skin lightening concoctions for sale. Local people must think the tourists are absolutely nuts to be running around sporting brand new sun burns.

It was a hot, hard and dirty trip but in the end it was worth making. I got a chance to relearn what some of the important things in life are.

Family, you do what you have to do to take care of them.

Spirit, you do it with a smile, grateful for what opportunities you have.

And friends, appreciate the ones you have and never be afraid to talk to people because you never know where you will find a new one.

Lastly, and this is important... If

you ever set out on a long journey in an overheated minivan, do not sit beside a guy who is turning colors before the trip even starts. I mean it! ■

The SCOOTER ~ Cruising in Thailand ~

© Story by Rick Goodman. Photos by Beatrice Daigneault.

We've been bumming around Thailand's beaches for around three weeks now and all that time I couldn't help feeling that something was missing in our life over here. We were staying in a small, out-of-the-way hotel in the town of Krabi, and to get to the beaches we either had to walk 20 minutes to catch a mini bus or 30 minutes to get to the dock to catch a longtail boat. This morning I was standing at the 'bus stop' after a 20 minute uphill climb when I suddenly realized that a set of wheels were all we needed to make our lives comfortable and complete. A bus stop here is anyplace along the road the bus travels on. You just flag it down. The driver will honk at you if you even look like you want a ride. Nod if you do and they pull over. You ring a buzzer when you want to get off. You pay at the end of the trip.

"We should rent a scooter," I said to Bea. "It will be fun!"

Bea was dubious.

Bright and early the next morning I went down to the desk and signed a contract that said that if I killed myself the rental people were in no way responsible, but if I lost or damaged their scooter then I would have to pay for it. Likewise any third party damages. They are not big on insurance here.

Anyway, I wasn't too worried. About the worst that could happen, I figured, was that I'd fall off the thing and get a boo-boo, or maybe run over a chicken. Now I'm no Einstein, but I have eaten a lot of chicken, and if there's one thing I know about poultry, it's that it is cheap.

That might sound a little hard-hearted but you have to be tough to be a biker. Besides that I still had my passport, so no problem.

It's not a bad way to get around once you get used to the traffic. They drive on the left side of the road over here, for one thing. For another, the intersections are controlled not so much by lights but by the process of natural selection. Poor decision making and incaution will sooner or later be rewarded by a trip to the hospital. This is a result of the traffic light quota system that seems to be in place here. As near as I can figure, each city, regardless of size, has a traffic light quota of around one. Give or take. You might have to drive miles out of your way to go thru a controlled intersection. There's the odd stop sign but these and speed limit signs are generally regarded as suggestions only. Rules are OK but you just can't beat common sense and lightning fast reflexes.

Have you ever noticed that there's sometimes a difference between reality and perceived reality?

We're rippin' down the road passing everything on two legs. I've got wind in my hair and "Born to be Wild" playing in my head. There's 75 cubic centimeters of raw power snarling under me and a big load of Momma hanging on behind.

There's a brand new tattoo on my arm that was supposed to say 'Bad Grandpa,' but the guy couldn't spell so it sort of says 'Sad Grumper,' but what the heck, who cares, because we are CRUISING!

That's how I perceived it. In actual fact this scooter is so small it all but disappears when we get on it. About the only things showing is the headlight and part of one mirror. Our butts are nearly dragging on the ground, our knees are up around our ears and my elbows are so high it looks like I'm picking my teeth with both hands.

Imagine an Asian squat toilet. Now imagine it in tandem.

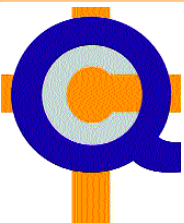
That my friend is the reality of it. Two old fat people wobbling down the road on a motorized squat toilet, blowing blue smoke and squealing like little girls every time the front wheel comes off the ground. ■

"The world is a book and those who do not travel read only one page."

- Augustine of Hippo

You are invited...

to attend a book launch for Antonia Paulencu Nelson's new book - **Short Conversations** - March 23, 2 pm, at McNally Robinson Booksellers in Grant Park Shopping Centre.



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Short Conversations

By Antonia Paulencu Nelson

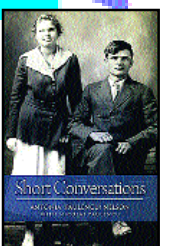


Antonia Nelson
204-895-7896

Local author Antonia Paulencu Nelson recounts the stories her father told her over the 91 years of his life.

In 1911, Nicolai Paulencu emigrated from Romania to Canada. He planned to work only a short time in Canada's coal mines and return to his small village of Voloca, Romania, as a rich young man. It took sixty years to return to his homeland.

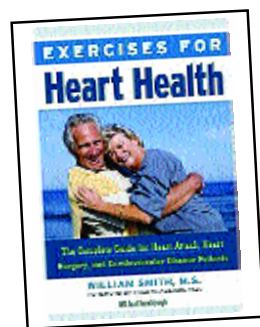
\$20.00. Available at Chapters bookstores and McNally Robinson Booksellers.



Cover features Nicolai & Victoria Paulencu's wedding picture.

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

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



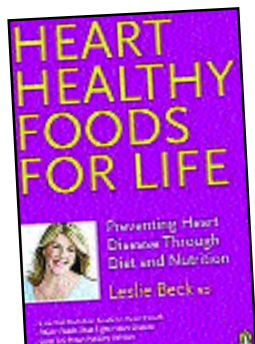
Physical inactivity is a major risk factor for heart disease and is linked to heart failure. Exercise is essential for a healthy heart, especially if you are at risk for or are recovering from heart disease. **Exercises for Heart Health** features an easy to follow exercise plan for both cardiac health and muscle strength. The book reviews the causes of heart disease, the affects of heart disease on your overall health

and well being, and practical exercise routines for treatment.

Exercises for Heart Health also features:

- Up-to-date analyses of clinical treatments on heart disease
- Daily exercise recommendations
- A training log to track your progress

With clearly photographed exercises in easy-to-follow sequences and complete instructions, **Exercises for Heart Health** is a comprehensive visual resource. Written by William Smith, MS, NSCA, CSCS, MEPD, this book a useful, and possibly life-saving, reference to better health.



In **Heart Healthy Foods for Life**, leading nutritionist Leslie Beck explains which foods to eat—how often, in what amounts, and how to add them to your diet—to prevent heart disease. This indispensable diet plan includes:

- Everything you need to know about foods that fight heart disease;
- Guidelines on what to eat for a diet that's rich in fibre and low in saturated fats;

- Handy tips for buying, storing, preparing, and incorporating heart healthy foods into your diet;
- Exercise for preventing heart disease;
- Over 100 delicious and easy-to-make recipes with complete nutritional analysis.

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

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

Tinseltown Talks

Stuart Whitman: A Class Actor

By Nick Thomas

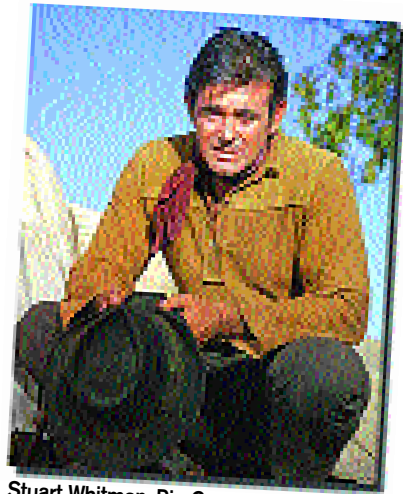
You won't see Stuart Whitman's name listed in the closing credits for the 1951 sci-fi classic, "The Day the Earth Stood Still." But he's there, if only for a few seconds, in an uncredited role as one of the sentries guarding the alien spaceship.

Such was the humble beginning of many young actors in the 50s, appearing anonymously in bit parts hoping ultimately to be "discovered." It took about a decade, but critics and audiences eventually noticed the handsome, dark-haired Whitman.

While waiting for that big break, young Stuart bought and hired out a bulldozer to help pay the bills. But it wasn't an entirely odd employment choice. "My dad was a real estate developer, and I helped him out before I was put under contract with Universal Studios," he told me during a June interview.

His patience and perseverance paid off with a Best Actor Oscar nomination for his performance in the 1961 film, "The Mark." Shot in Ireland with costar Rod Steiger, it was a controversial film for the time, with Whitman playing a recovering sex offender. ?

"I didn't see the script until I got to my hotel room in London," he said. "My first thoughts were 'I can't do



Stuart Whitman, Rio Conchos, 1964.

this' and tried to think of an excuse to get out of it. Later, I got a call from Steiger who wanted to meet and rehearse at his place. We worked our way through and it turned out fine."

After the film's release he says coworkers told him "Stuart, you're going to get an Oscar, or at least nominated." They were partly correct. "I was living in North Hollywood and heard the nomination on the radio while driving. I was shocked and almost crashed the car!"

But he didn't win. Quite likely, the film's sensitive theme turned off some Academy voters. He was also

up against stiff competition that year including Spencer Tracy, Paul Newman, and Charles Boyer. The award went to Maximilian Schell in "Judgment at Nuremberg."

Ironically, Schell's sister, Maria, was Whitman's co-star in "The Mark."

"Maria told me she didn't know who to vote for that year!" he recalled.

Whitman's charm and charisma made him a natural for western roles including the short-lived but popular TV series, "The Cimarron Strip" in 1967, and films such as "The Comancheros" co-starring with John Wayne in 1961.

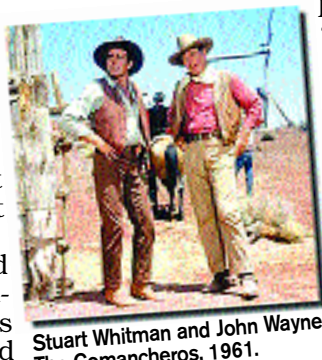
"Director Michael Curtiz wanted me for the part of Paul Regret in the film, but said it had already been cast. He suggested I go talk to Wayne," said Whitman. "I found him on the Paramount lot coming out of his trailer. I'd never met him before, but walked right up to him and spent 20 minutes pitching for the part. Finally he said 'Okay kid, you've got it.' That's the kind of power John Wayne had. Duke loved to play chess between scenes and we had many games. His strategy was

strange because he would give up major pieces just to save his pawns!"

Whitman's most well-known film is probably "Those Magnificent Men in Their Flying Machines" in 1965. "That was the first big money I made in a movie – \$300,000," he said. Money, however, was never an issue for much of his later career. From his humble bulldozing beginnings, Whitman went on to make millions from real estate investments. "I didn't need to act to make a living, but had a real passion for it – I just loved to act."

After some 200 film and TV roles, Whitman, now 85, retired to his 30-acre ranch in Santa Barbara. "I've lived there for 45 years, in between the mountains and the ocean. It's a beautiful spot."

In 2006, he married his third wife, Julia, a Russian. The two met when Whitman traveled to St. Petersburg to be best man at a friends' wedding. "After returning to the U.S., I got a phone call from her saying she was in Pasadena and could we meet. I'm sure glad I said 'absolutely!'" ■



Stuart Whitman and John Wayne, The Comancheros, 1961.



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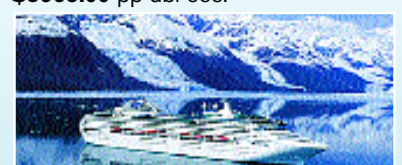
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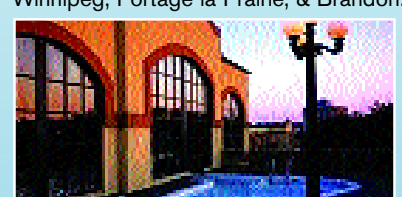
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Things to do in Winnipeg

EVENTS

Steinbach's Got Talent - Calling Out for Talent! A fun talent search open to all amateur acts of all ages from the Southeast. Applications available at www.steinbachartscouncil.ca. Email to Liz at events@steinbachartscouncil.ca or drop off at the Steinbach Cultural Arts Centre, 304 Second Street. After Hours Drop Box by the front door. Deadline: Thurs, Feb 20/14.

COTTAGE COUNTRY SHOW
MARCH 7-8-9, 2014
RED RIVER EXHIBITION PARK
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The Manitoba Chapter of Osteoporosis Canada - 9th Annual Cheese and Wine Evening, Thur. Mar. 13, 6-9:30 pm, at the St. Boniface Golf Club, 100 Youville, St Boniface. Silent auction, prize draws. Tickets \$90. Early bird \$80.(tax rc'pt \$25). To come in as a table sponsor or wine patron or make a donation to our silent auction, contact our Chapter office: **204-772-3498** or e-mail manitoba@osteoporosis.ca for details.

Spiritualist Fellowship Church - Classes: Learn to heal and meditate with Crystal Singing Bowls - Mar. 10, Learn which foods affect your Mind and Mood- Mar. 4, 11, 18, and 25, Learn to use the power of Crystals for healing - Mar. 17, 24, 31, Introduction to Self Hypnoses - Apr. 7. \$10-15 per class. 300 Arlington St. at Portage Ave. (behind Royal Bank.). Call **204-333-5364**. Email: divine.understanding@yahoo.ca or www.spiritualistfellowshipchurch.info

Westminster Concert Organ Series - presents Rochester NY organist NATHAN LAUBE, Sun. Feb. 16, 2:30 pm, Westminster at Maryland. Tickets at door :\$25, Seniors \$20, Students \$10.

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 or by mail to Finnish Club, The Scandinavian Centre 764 Erin Street, Winnipeg, R3G 2W4. Call John: **204-895-2781**.

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**.

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.freesevers.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

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.

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

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

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

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

Stroke Recovery Association of Manitoba Inc. (SAM) - Valentine Tea, Sat., Feb. 15, 1-3 pm at Immanuel United Church - 755 Golspie at Kimberly. Please come out and support our major fundraiser.

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

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**.

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

Vital Seniors, St. Mary Magdalene Church, 3 St. Vital Road - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays: **204-334-3559**, Luncheons: **204-256-0414**, **Scrabble, Mondays: 204-487-7835**, Afternoon movies: **204-253-4599**, Crib, Mondays: **204-254-1010** ext 206.

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.

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

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

Good Neighbours Active Living Centre - 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 hmpprogram@gnalc.ca or www.gnalc.ca

Seine River Seniors at Southdale C.C. - Bridge, Mondays: **204-253-4599**, Indoor Walking, Mondays: **204-261-4055**, Creative Writing, alt. Thursdays: **204-275-1353**, Valentine Lunch Feb. 12: **204-253-4599**, Social Brunch Feb. 18: **204-231-1529**, Self Defense Workshop: **204-253-4599**.

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 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.

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

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 for info.

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

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

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

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

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

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

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Email ready-to-print PSAs to: kelly_goodman@shaw.ca. No faxes please.
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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 or Thea Ostermann: 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 **204-768-4610** and Winnipeg River Resource Council **204-367-9128**

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Cinnamon Squash

Metric	Ingredient	Imperial
500 ml	rice	2 cup
30 ml	vegetable oil	2 tbsp
1	butternut squash, peeled & cubed	1
15 ml	cinnamon	1 tbsp
30 ml	fresh rosemary, thyme, parsley, chopped	2 tbsp
30 ml	butter	2 tbsp
50 ml	parmesan cheese, grated	1/4 cup

Cook rice according to package directions; set aside and keep warm.

Heat oil over medium heat and saute squash cubes until tender. Dust squash with cinnamon. Fold squash into cooked rice, toss with herbs, butter and cheese.

Serves 4

www.PeakMarket.com

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SOLUTION NEXT PAGE

CROSSWORD - Answers

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SOLUTION

CROSSWORD - Be My Valentine

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10 Muffin material

14 Astound

15 Wedding dance formation

17 Valentines present

19 Body covering

20 Wilderness walk

21 Makes tea

22 Notion from Quebec

24 "Ptui!" to the Bard

25 Valentines gift

32 About half of us

33 Red Sea port

34 Tease gently

36 Swedish shag rugs

37 Flat-topped hill

39 Hamlet was one

40 Hankering
- 41 Dairy Queen order

42 Deadening device

43 Vanentines pursuit

47 Hot tub sigh

48 US coll recruiter

49 Giraffe's little cousin

52 Smear paint on

54 Possess

58 Heart, in February

61 Feelings of repugnance

62 Stage a comeback

63 Bonny girl

64 Keister

65 Daggers of yore
- DOWN
- 1 Yaks

2 Go nuts: run ____

3 Old DeVito sitcom

4 Treats with a pale blue gas
- 5 NHL whistler

6 In more pain

7 Glance

8 Formerly

9 Conceit

10 Cranks the volume

11 Baptism, e.g.

12 From scratch

13 Large loch

16 Britain, poetically

18 "Big Brother" host Julie

23 Rumpus room

24 At no charge

25 Skewed

26 Respected elder

27 Muscat native

28 Consumed

29 Banned bug-killer

30 Poet's Muse

31 Tendon
- 35 Swiss capital

37 The two of them

38 Family card game

39 Edam fellow

41 Parts of leg irons

42 Was introduced to

44 Slack-jawed sorts

45 Most reliable

46 Quits pegs

49 Like nothing

50 Polynesian beverage

51 Buys from Molson

52 Voguish Christian

53 Winnipeg actress Paquin

55 Competent

56 Owl prey, often

57 Tarzan portrayer Ron et al.

59 Helpful hint

60 Wks. and wks.

Medley - A collection of short stories

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

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

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

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

St. James Assiniboia 55+ Centre

Spring Fundraiser

Bud Spud & Steak

Tickets \$20

Ticket includes:

- Beef Steak
- Baked Potato
- Garden Salad
- Creamed Onions
- Fried Mushrooms
- Veggies
- Dessert, two liquors
- Pop or Juice

St. James Assiniboia 55+ Centre

TYC Event Centre

Canad Inns Polo Park

1405 St. Matthews Avenue

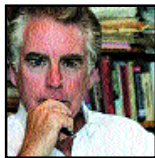
March 13, 2014

6:00 p.m. - 9:00 p.m.

Silent Auction
50/50
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HUMOUR COLUMN:



By William J. Thomas - Humour Columnist

Men And Big Balloons - A Very Bad Mix

Just as men with brooms begat curling, men with balloons cause crashes. It happened again last fall. American Jonathon Trappe left Caribou, Maine on a Thursday, hoping to become the first person ever to cross the Atlantic in a basket towed through the air by a bunch of party favours. I must say, the photograph of him rising above the ocean under a colourful cluster of 300 helium-filled balloons was spectacular. It was eerily reminiscent of Up, a beautiful little animated film in which an old man sets off to see South America from the front porch of his house which is also suspended by a huge bunch of balloons.

The next day Royal Canadian Mounted Police were rescuing Jonathon Trappe from the wilds just inland from York Harbour, Newfoundland. Fortunately the man was thrown clear in the crash. The irony of the headline "Trappe trapped in his own contraption" might have been too much to bear.

Trappe was not the first to trip the light fantastic skyward, high on helium and big on risk. By far, the best pioneer in the sport of gas-driven ballooning is still Larry Walters of North Hollywood, California. Many years ago I wrote a newspaper article urging Time Magazine to name Larry Walters their Man of the Year. For sheer brilliance of mind, for complete wisdom in thought and for

absolute physical control of the elements – well, you'll have to find your own Man of the Year.

Me, I picked Larry Walters who went where no man dared to go before, not in a lawn chair anyway. And not all together willingly. Larry was my kind of guy because he accepted the challenge of the human spirit and although, as any woman could have predicted, he did screw up big time, he also did not die.

With no apparent help from mind-altering drugs or even a rap on the noggin with a blunt instrument, Larry experienced a "Peter pan-style dream to hook himself to a bundle of balloons and float high past the sprawling Los Angeles metropolis into the desert beyond." This of course is the dream of every man, at least every man who wears leotards that are way too tight. So Larry built his dream ship and it consisted of a fold-up aluminum lawn chair attached to forty-two helium-filled weather balloons and a bunch of milk jugs filled with water for ballast. Simply by design, Larry's home-made dirigible had going-up power, going-down power and a lawn chair where a cockpit might normally be.

Larry's on-board equipment consisted of a two-way radio, an altimeter, a wristwatch and a pellet pistol. Because he lacked an overhead compartment, Larry's aviation tools

were selected for their ability to fit in his pants pockets.

I know what you're asking yourself – why the wristwatch? Well, that was so Larry could make it home in time for supper after his inaugural flight. The purpose of the pellet gun was to shoot out the weather balloons in the event Larry had to make an emergency landing.

One afternoon Larry was doing a manned rehearsal of his aircraft in his girlfriend's backyard in nearby San Pedro. It was windy and he noticed the ropes he had secured to the eavestroughs of the house had been rubbing against the sharp metal edge and – whoaaaaa! Larry Walters hurled himself into the space age a little prematurely.

Rising faster than a speeding basket, not one but two commercial airline pilots from Delta and TWA reported to the control tower the sighting of a man in a lawn chair airborne over L.A. International Airport. Drug-testing being what it is in the airline industry, I don't think any of us can imagine the courage it took those pilots to make those calls. Had a passenger made the spotting, you can be sure those tiny airline liquor bottles would be the first to go under lock and key.

At 16,000 feet going higher and getting dizzy in the cold thin air, Larry began shooting out the weather balloons with his pellet gun. His

theory worked only too well and he came down out of the sky faster than ... well ... faster than a guy strapped in a lawn chair and attached to a lot of milk jugs filled with water.

He was headed for a crash landing on a golf course until the balloons' tethers wrapped themselves around high-voltage lines. Larry, as the miracle and legend goes, was not killed. Untied like a tangled-up puppet, Larry was rescued by some extremely surprised golfers.

He later appeared in magazine ads for Timex, the maker of the wristwatch he was wearing during his flight. There's no doubt that Larry's Timex was still ticking and his face still twitches every time he spots a lawn chair.

Larry was paid \$1,000 for the Timex ad and fined \$1,500 by the United States Federal Aviation Administration for entering international airspace without an airplane.

My 1994 Man of the Year – free-falling from 16,000 feet in a lawn chair – guys like Larry do not fold.

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

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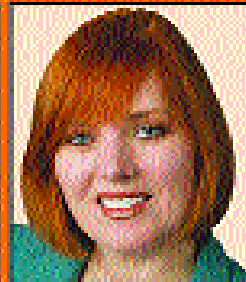
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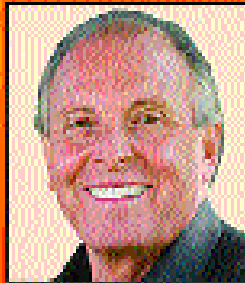
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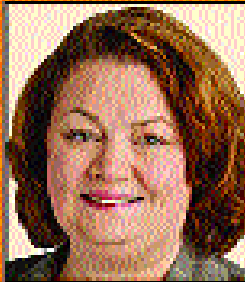
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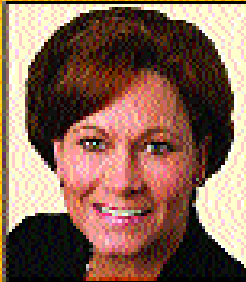
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