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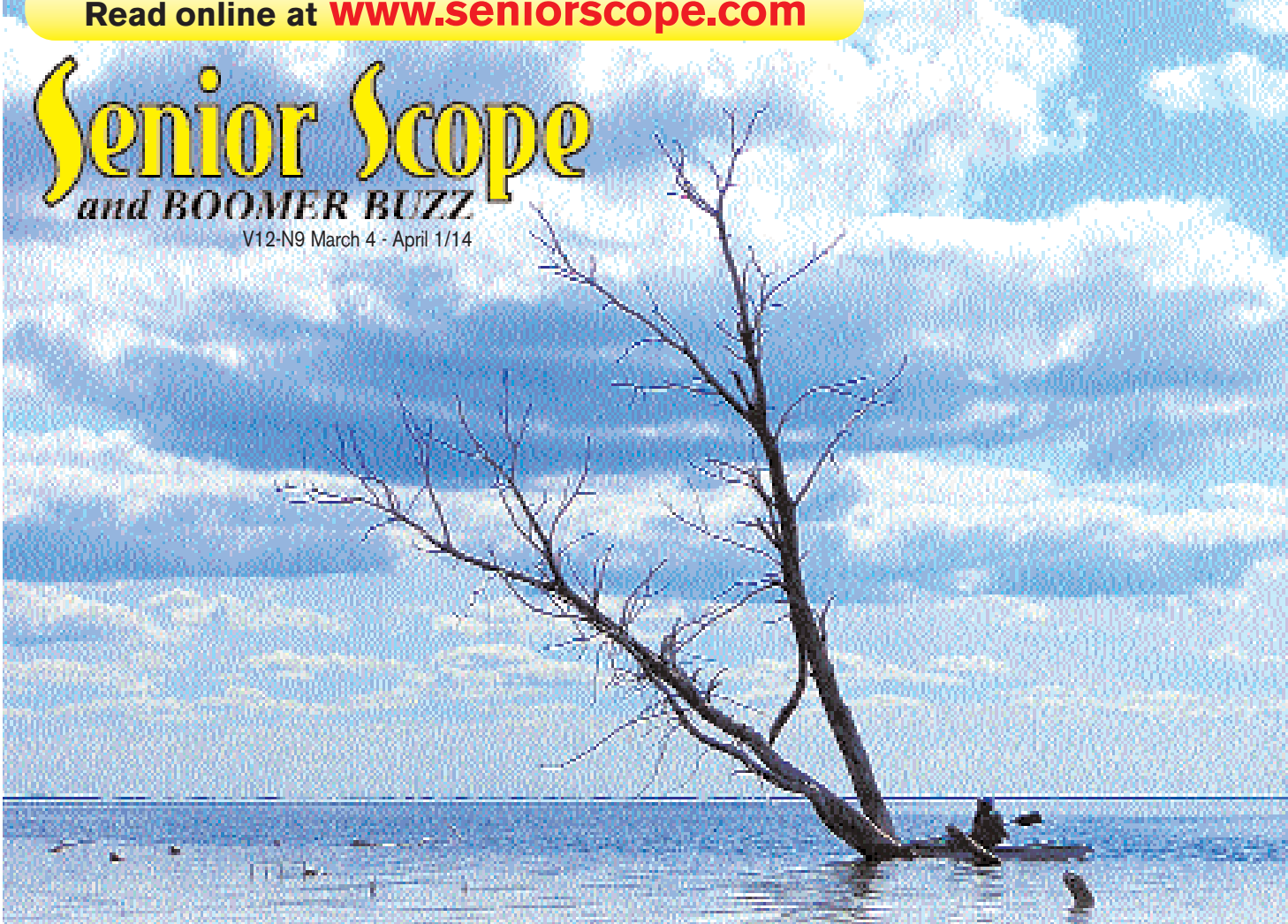
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V12-N9 March 4 - April 1/14



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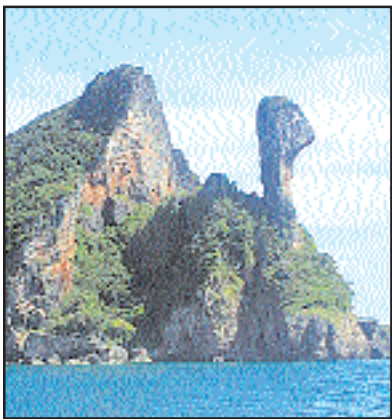
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Chicken Island - Thailand.

INSIDE:

Rick Goodman:
Journey to... Thailand
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SHORT STORIES
PART III

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LETTERS . . .

Whatever happened to our Age-Friendly society?

Re: Please say, "NO to Canada Post"

Postal workers will fight Canada Post's cuts to communities

Winnipeg - Local postal workers reacted strongly to the announcement by Canada Post that door-to-door delivery will be cut in Winnipeg's North West.

"This is a poor and senseless plan and we will work with affected residents in Winnipeg to fight it every step of the way," said Ben Zorn, President of the Canadian Union of Postal Workers Winnipeg Local.

"It's shameful that the Harper Conservatives and Deepak Chopra are taking away door-to-door delivery. How does this help Canada's fragile economy?"

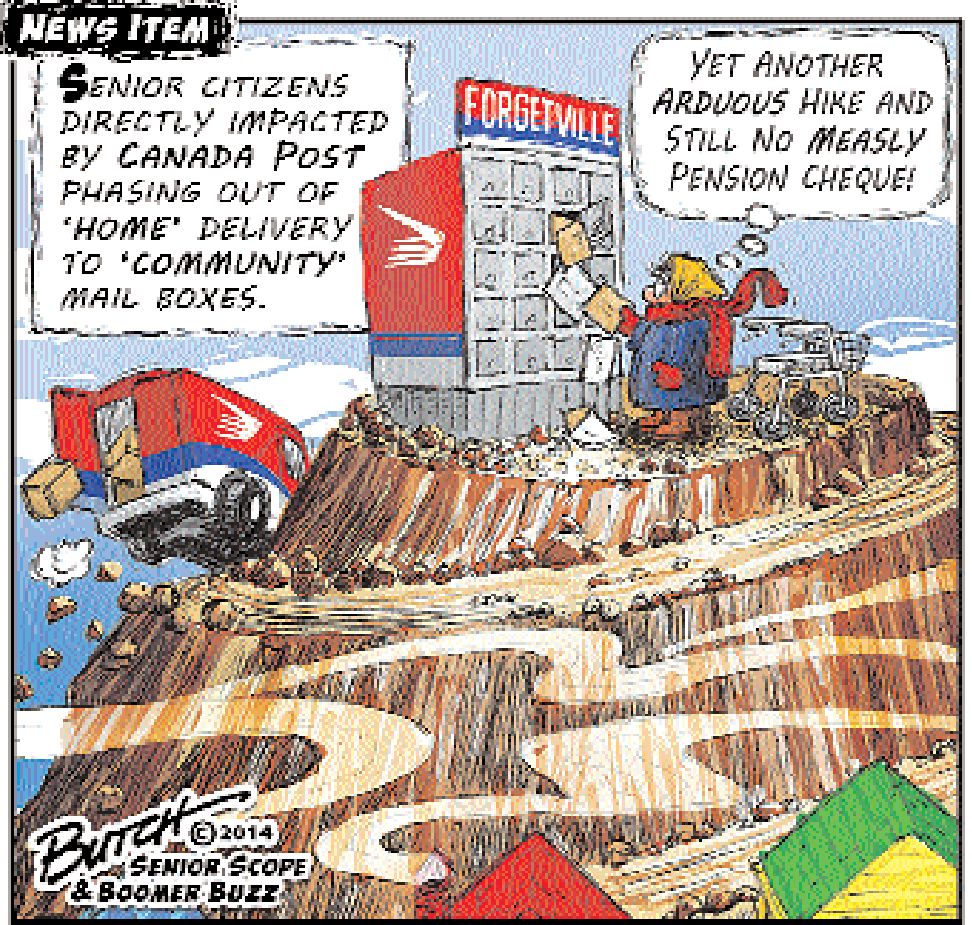
Conservatives clapped gleefully in the House of Commons last month as they voted down the NDP motion to stop Canada Post from cancelling door-to-door delivery across the country.

To date, 17 municipalities have passed resolutions opposing the cuts.

Canada Post conducted a secret study that suggests postal banking might be a "win-win strategy" for



Canada Post's new design for community mailboxes.



keeping public postal service thriving. To date, Canada Post executives continue to hide this study from the public.

It recently was reported that Winnipeg City Council passed a motion to postpone implementation of Canada Post's proposed changes until proper consultation takes place.

Canada Post revealed the new community mailboxes with larger individual compartments, parcel compartments, an outgoing mail slot, but the new design still doesn't address the issues of snow and mobility issues of individuals. ■

Signs of summer... South Winnipeg Seniors Slow-Pitch gearing up for new season

By Fred Spiring

South Winnipeg Seniors Slow-Pitch (SWSSP) association is a community-based group of "mature" adults who have joined together to enjoy the physical and social benefits of slow-pitch softball. SWSSP offers interested individuals opportunities for non-competi-

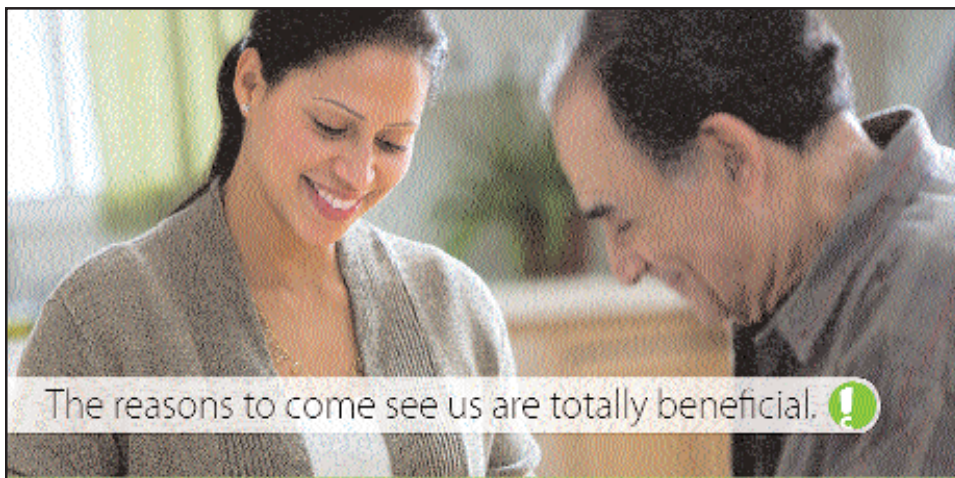
tive and/or competitive recreation through playing softball with and against others of similar ages and experience. Our twice weekly "house league" games are played in the afternoon at Moffat Field, located adjacent to Century Arena at the corner of Clarence and Hamelin in Fort Garry. These games are scheduled on Tuesdays and Thursdays from May to October (weather permitting) and both male and female members are encouraged to participate. Women aged 40 and over and Men aged 55 and over are eligible for membership.

Our house league games are open to mixed participation by all members,

and are intended primarily for exercise and social interaction. In addition to these house league games, our organization supports several "traveling" teams, composed of members who wish to participate in more competitive games against teams from elsewhere in Winnipeg and rural Manitoba.

The SWSSP 2014 Registration and Spring General Meeting is scheduled for Monday, April 21st, at the Victoria Community Centre on Derek Street in Fort Garry. Registration and fee payment starts at 12:30 PM with the General meeting commencing at 1:00 PM sharp. All interested participants

Continued on page 4



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Getting older is no bargain, even on Cheap Tuesday

By Roger Currie

In last month's *Senior Scope* I recalled the mixed emotions how I felt when January's Old Age Security and Canada Pension Plan payments arrived in my bank account. Once a year Ottawa increases the payments in an effort to compensate pensioners for the upward spiral in the cost of living.

Years ago they referred to it as *indexing*, but since 1970's when double digit inflation changed the lives of a majority of Canadians, the January increases have been pretty much a 'non event'. My monthly total went up by \$8.30, and I observed it that it might cover the price of a senior's ticket at the movies, and maybe a small popcorn, as long as I went on *cheap Tuesday*. I also wondered aloud if it might cover the price of a hotdog at a Jets' game in Winnipeg, or a Roughrider game at Mosaic Stadium in Regina.

Currie's Corner, my weekly column / commentary, is heard or read by a wide range of people, mostly in Manitoba and Saskatchewan, the two Canadian provinces I know best. The pensions column drew a large and mixed response. Several listeners and readers took it in the mainly humorous spirit I intended, but a few were quite serious in their comments.

A.V. Adamson of Saskatoon read me in the weekly *Last Mountain Times*.

"From my experience, seniors' immediate concerns are not about being able to afford to buy a ticket to the movies, plus popcorn (even if it is *Cheap Tuesday*); or about buying a hotdog at an NHL game, or a CFL game. Frankly, I don't know any seniors who can afford to buy tickets to any major league sporting event ... let alone a hotdog and a beer while they're there!

Of more immediate concern is whether that "extra" \$8.30 will come anywhere near covering the increase in the cost of food, utility rates, property taxes, etc., etc., etc. over the past year. I don't even think ten times that amount would come close to covering even a small percentage of the increases in the cost of living.

I know Mr. Currie's comments are meant to be somewhat tongue-in-cheek,



MTS Centre.

but I think his casual treatment of this very important issue (ie: the plight of low-income seniors) does us a bit of a disservice by trivializing the problem of living on a fixed income."

I am most grateful to Mr. Adamson for his feedback, and I welcome the same from others, where ever they may be. If nothing else, it got me to thinking a lot more about living on a fixed income. I realized that I am still more than a little *in denial* about the whole subject. Barely three years ago I was still a fully salaried employee in the world of radio. As had been the case for many years, I knew I would be receiving more or less the same amount every two weeks, along with reasonable benefits covering things like dental

“ Thousands of Boomers and those who are even older DO rely on food banks. My experience with those organizations also tells me that there are thousands more across the country who should be visiting a food bank but don't because they are too proud to do so. ”

care and prescription drugs.

In the summer of 2011, fulltime employment ended and I quickly came to realize that it was most likely gone for good. I started collecting CPP benefits that summer, a full year before my 65th birthday when the basic old age pension kicked in.

I have some private retirement benefits thanks to having been a high profile broadcaster at a time when it paid well and enabled me to build a bit of a retirement nest egg. Unless I win a big lottery jackpot, I am likely to live in *genteel poverty* for the rest of my days, but it could be a lot worse. I have served as a director of both the Regina Food Bank and Winnipeg Harvest, but I have never been a client of either. I have always had a secure home in a safe place, and I've been able to own and operate a vehicle.

I am grateful for what I have, and I'm aware that I am probably in the top 10% when it comes to financial security among older Canadians. Thousands of Boomers and those who are even older DO rely on food banks. My experience with those organizations also tells me that there are thousands more across the country who should be visiting a food bank but don't because they are too proud to do so.

Then there are the *HAVES* in Canadian society who now make the strange argument that we are in fact being too generous to seniors.

Peter Shawn Taylor sparked a lively discussion in *MacLeans* last November with a piece that was headlined "Why Seniors Shouldn't Get Discounts". <http://www2.macleans.ca/2013/11/19/why-seniors-shouldnt-get-discounts/>

Taylor examines many of the 'entitlements' seniors enjoy, such as discount bus fares and movie tickets, and he suggests that in many cases there's no longer a need or a justification for such treatment for those over the age of 60 or 65. From his photo on the *MacLeans* website, I would hazard a guess that Mr. Taylor is 45 at most. Enough said.

By the way, here's a bargain tip for seniors living in the Winnipeg area. The very best 75 cent hotdog I've ever tasted since the turn of the millennium can be found at *Ikea*. At Mosaic Stadium where the Roughriders play, or Investors Group Field, the new home of the Blue Bombers, or the MTS Centre where the Jets entertain, you won't find that favourite sports delicacy for less than \$5.00.

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

He is also heard regularly on CJNU, 93.7 FM.

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Manitoba Seniors Slow-Pitch, cont'd from page 2

and members are urged to attend. There will be free coffee and donuts at the meeting.

2014 annual membership is \$40.00, and includes registration with Softball Manitoba, insurance coverage, a hat and jersey. Bats and balls are provided. All that you need to join the fun are a paid-up membership, some comfortable clothing and a softball glove. Membership fees also help support the playing fields and equipment that the club provides, plus the barbecues and annual banquet.

House League Tournaments and Barbecues

The SWSSP Spring and Fall "house league" tournaments are daylong festivities that include several games of slow-pitch followed by a barbecue. All games, as well as the barbecue, are held at the Moffat Fields. The event is opened to all and is traditionally very well attended by both players and spouses.

2013 Traveling Teams

In 2013 SWSSP had three traveling teams that included the Bees, Legends and Night Owls. The Bees' schedule found them competing in over 50 games during their season including regular league play at the Blumberg and Buhler diamonds as well as tournaments in Steinbach, Portage La Prairie and the Winnipeg League tournament where they finished second in their division.

The Night Owls participated in league play featuring both daytime and evening games with teams from Lee River, Selkirk and Anola. Similar to the Bees, the Night Owls also participated in the Steinbach tournament.

The Night Owls and Bees joined forces to play in the Battling for Breast Cancer tournament and raised more than \$3800 for this very worthy cause.

The Legends competed in regular



league play at the Blumberg and Buhler diamonds as well as tournaments in Winnipeg, Steinbach and Altona.

2013 Softball Manitoba Championships

The 2013 Provincial Championships were held at the John Blumberg complex during the last week of August. SWSSP was represented by the Legends, who participated in the 55+ Recreational Division. Round robin play found the Legends finishing tied for first place with two wins and one loss. Ultimately the Legends lost their final game, finishing second in their division. Congratulations to the Legends on their successful year and play-off run.

Manitoba Lotteries (ALCOA) 2013 55+ Games

The 2013 55+ Summer games were held in Morris, Manitoba and saw many members of SWSSP participate. The Night Owls and Bees combined to participate in the round robin competi-

tion of the 55+ Recreational Division, but came up short in attempting to qualify for the playoffs. The Legends participated in the round robin competition of the 65+ Recreational Division, and after a terrific round robin competition, completed the playoffs, winning their division.

SWSSP is always hoping to increase the number of participants in both the House league and Traveling teams. All eligible friends, relatives or acquaintances (Men 55+ and Women 40+) who may be interested in joining us for some participation, recreation and fun are encouraged to register. Come enjoy competition in our daytime "Senior's Rules" Slow-Pitch House League every Tuesday and Thursday. For more information please visit our website at www.swssp.coffeecup.com, email us at swssp@mymts.net or call any of our SWSSP contacts:

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Disability Tax Credit - Do you qualify for a tax relief?

By Peter J. Manastyrsky

There are people in our society who have suffered a debilitating illness for a number of years, probably still suffering and unfortunately they are markedly restricted in their basic daily activity. Various government programs provide support by offering a variety of tax benefits to people with disabilities, from the very young to the elderly.

One such program that the Government of Canada offers is the **Disability Tax Credit**, which helps to offset the additional expenses associated having a physical or mental condition that affects the basic activities of daily living. The Disability Tax Credit and Canada Pension Plan-disability benefit are two separate programs from two different federal government departments with different criteria to constitute a disability.

One of the major features of this credit is that if you failed to claim the Disability Tax Credit for a particular taxation year, you can **refile for up to 10 years** and receive full benefit for each of those years. The end result can become advantageous for people with disabilities or the request can be **transferred to a caregiver** (person who has provided support) if the disabled person does not have enough income to generate tax payable.

Depending on the nature of the impairment, your status must be **certified by a medical doctor**, an optometrist, an audiologist, a speech-language pathologist, an occupational therapist, a psychologist or a physiotherapist.

The Disability Tax Credit is a non-refundable tax credit that reduces current taxes for those who qualify or a supporting relative, as long one is paying taxes. **This tax credit is possibly one of the most lucrative yet most frequently missed provisions on the tax return; you must be eligible in order to claim the Disability Tax Credit.**

Once approved, this credit can continue to be claimed as long as circumstances do not change.

To be eligible for DTC, you must have a disability that is **severe and prolonged**, mental or physical impairment which is expected to last for a continuous period of at least 12 months, starting in the tax year. A severe impairment restricts a person all or substantially all of the time, a prolonged impairment lasts or is expected to last for a continuous period. Also the ailments are not likely to get better any time soon and are impacting your activity of daily living.

In the past to be eligible for Disability Tax Credit a person had to be markedly restricted in at least one activity of daily living. Now eligibility has extended to include individuals with multiple restrictions. A person may be markedly restricted in the basic activities of daily living if **it takes someone an extremely long period of time** to perform the activities even with therapy and the use of appropriate aids and medications.

People who have difficulty performing **basic activities of daily living** in such areas as walking, vision, feeding, speaking, dressing, and hearing, elimination (bowel or bladder functions), mental functions (such as mood disorder, schizophrenia, bi-polar disorder, learning disorder, mental health and function like depression or stress) necessary for everyday life would likely qualify. Also the criteria focus on being considered markedly restricted or in some cases significantly restricted if all or substantially all of the time. The restriction is based on performing one or more of the basic living activities listed, even with the appropriate therapy, physical devices and medication.

The Disability Tax Credit extends to individuals that have been **certified by**

a medical doctor to require therapy at least three times a week, averaging a total of at least 14 hours, to deal with a marked restriction in their ability to perform a basic activity of daily living.

Disability means being disabled or unable to work. It is a challenge to be functional if health conditions are different, recognizing the extra challenges faced with impairment. There are many people who qualify for the Disability Tax Credit but are not aware that the credit exists. The result of this is that most of the people who qualify never received the money that they are due. Many people who could be applying for Disability Tax Credit still don't because of the **misconceptions** about what it is and who it is for.

The Disability Tax Credit can be claimed after the taxpayer dies based on a prognosis by a qualified practitioner specifically (medical doctor) **certified before death** that the individual had a severe and prolonged or physical impairment which was reasonably expected to last for at least 12 months; application can be submitted by a caregiver.

A person can apply a number of times for Disability Tax Credit. However a new application submission or an appeal must contain new information to enhance a change of decision. At times, **applying for the Disability Tax Credit can become a complex process** when the person with the disability must cope through disease, illness or some form of impairment; **this is when we can help.**

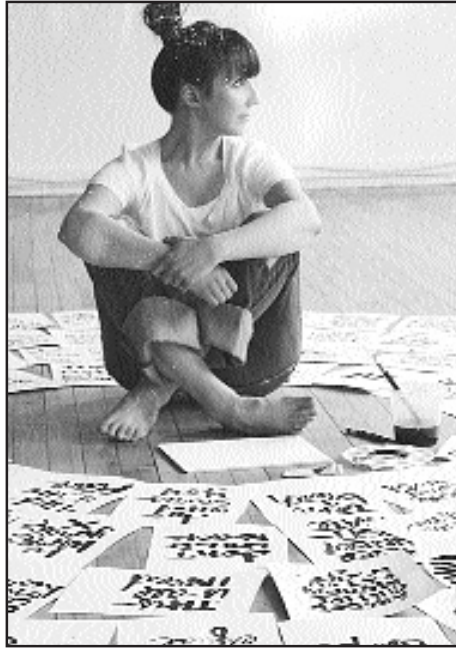
Many people often miss several disability credits that are available, especially the - Disability Tax Credit. Now that you are in the process of completing your tax return or it has been completed, time to do your Disability Tax Credit application.

Continued on next page

Fort Garry Women's Resource Centre's 5th Annual Fab Fem Fundraiser was a Great Success!



Sol James combines Jazz, Soul, R&B and Funk in her song-writing with her first love: Country.



Kal Barteski is an artist and brush script painter.

On February 19th 2014, Fort Garry Women's Resource Centre (FGWRC) hosted its 5th annual Fab Fem Fundraiser. This year's fundraiser once again showcased local artistic talent. The night featured talented young musician Sydney Kurbis; artist, published author and winner of a Women Entrepreneur of the Year Award speaker Kal Barteski; and dynamic and entertaining performer singer/songwriter Sol James. Sabrina Carnevale announcer from 99.9 BOB FM was also in attendance co-emceeing the event. As well as having a fabulous silent auction, cash bar, good food and great company.

The Fundraiser raised just over \$6500! All proceeds will help FGWRC to continue to provide free support and

services to women and children in the community.

FGWRC would like to thank their supporters and everyone who made it out to help make the event a success!

FGWRC would also like to give a special thanks to our silent auction donors for all of the wonderful donations. As well as our Fundraiser sponsors, Century 21 Bachman & Associates (agents Shelley Barnett, Susan Belanger, Karen Tereck and Kim Thompson), Via Rail Canada, Payworks, MGEU, Staples, D'Arcy & Deacon LLP, Assiniboine Credit Union, City of Winnipeg Per Capita Grant and Winnipeg Free Press.

For more information on FGWRC please visit www.fgwrc.ca

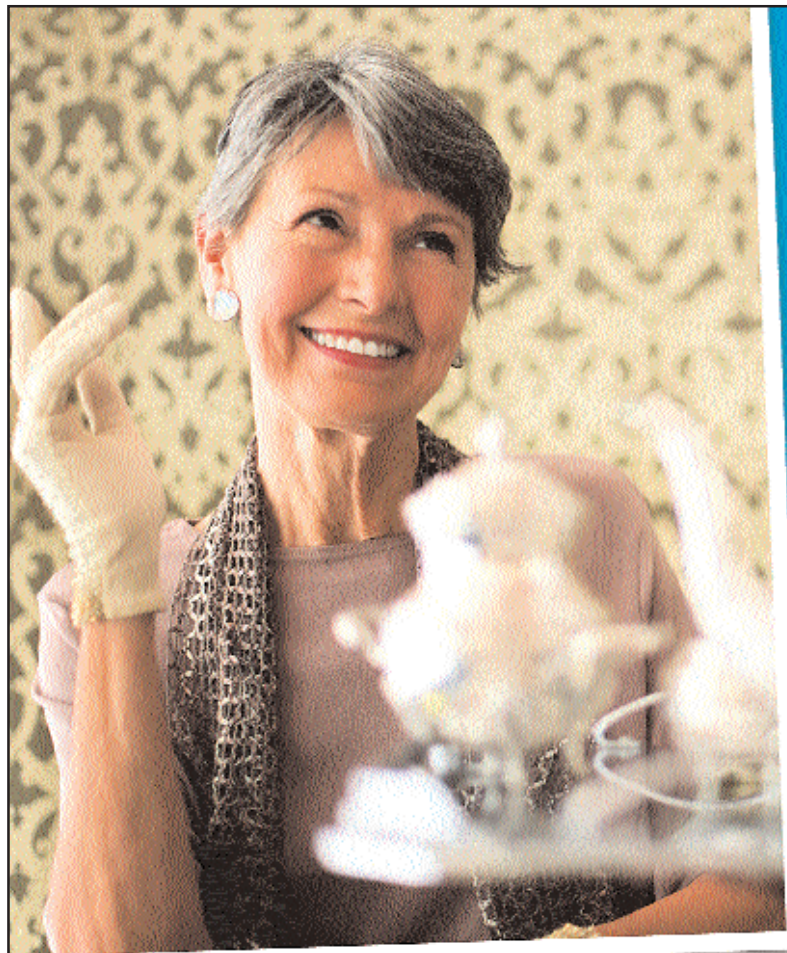
Disability Tax Credit, cont'd from page 4

Don't wait, inquire now! We help individuals, parents and families to complete all the necessary forms for Disability Tax Credit. Our service is to look after you.

For further information to apply for Disability Tax Credit see:
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“THE BUZZ”

Young Touts Siku, Fowler and Robertson Win Provincial Senior Curling Titles, Pensioners Federation Unhappy, Manitoba Tories Sue Over PST Rise, New Tim's Card, Kuryk New Prez



By Scott Taylor

Former CKY TV sportscaster and president of the Calgary Vipers Baseball Club, **Peter Young**, has made a full recovery from cancer and is back in the PR business.

A terrific salesman, the 66-year-old Young, who just beat cancer of the spleen, is now working with the Winnipeg-based premium Vodka distiller Siku Glacier Ice Vodka.

“Siku Glacier Ice Vodka is a Winnipeg-based company whose vodka is made from water sourced at the Qalerallit Sermia glacier in Greenland (Siku means glacier in Inupiat),” Young explained. “The vodka is “freeze-distilled” rather than heated. It’s been said, the folks at Siku are making a giant Slurpee out of the glacier ice and isn’t that appropriate for Winnipeg?”

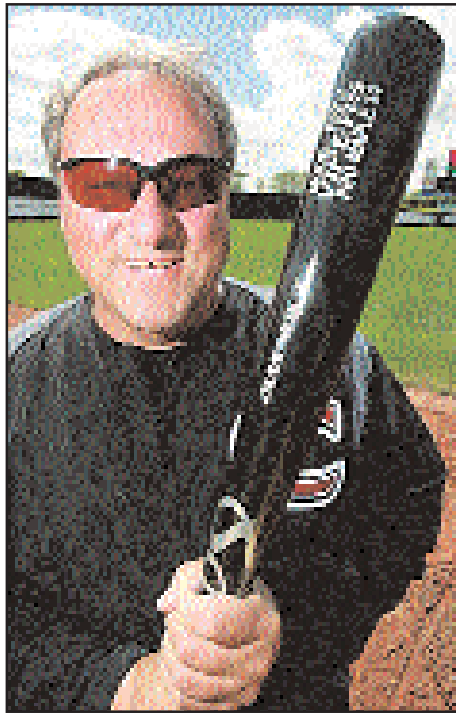
The vodka is distilled in the Netherlands and has already won a number of gold medals for best premium vodka.



ROBERTSON, FOWLER WIN PROVINCIAL SR. CURLING TITLES

The amazing **Lois Fowler** of Brandon won her eighth provincial women’s curling title last Sunday when she captured the Tim Horton’s Senior Women’s Championship in her hometown.

On the men’s side, **Kelly Robertson** won his third Manitoba Senior Men’s



Peter Young

Curling Championship in the last four years.

Fowler beat Hamiota’s **Sandra Cowling** 6-4 in Sunday’s final at Brandon Curling Club. It was Fowler’s second consecutive senior women’s championship and her third overall.

Fowler, along with third **Maureen Bonar**, second **Cathy Gauthier** and lead **Allyson Stewart**, will represent Manitoba at the Canadian senior women’s championship in Yellowknife, NWT, March 22-30.



Lois Fowler

The Fowler team will be joined by the Robertson team from Neepawa. Robertson thumped defending champion Bob Sigurdson of West Kildonan 7-3 in last Monday’s final at the Brandon Curling Club.

Robertson, along with third **Doug Armour**, second **Peter Prokopowich** and lead **Bob Scales**, will represent Manitoba at the Canadian senior men’s championship in Yellowknife March 22-30.

Sigurdson beat Robertson 6-4 in the 1-1 game to advance directly to the final. Robertson beat Brandon’s **Kelly McMechan** in the semifinal after McMechan downed East St. Paul’s Carl German 6-4 in the 2-2 game.

Meanwhile, this coming weekend, **Joyce McDougall** of Brandon will shoot for for a fourth straight Manitoba Masters title. Her team added the Canadian Masters crown to the provincial in 2011 at the Assiniboine Memorial club.

McDougall will be challenged this season in a small field of five women’s teams, skipped by **Rita VandeVyvere** and **Gwen Smith** of the Heather, **Pat Malanchuk** of St. Vital, and **Marian Whalen** of the host club.

We’ll have a full report on the Masters in the April edition of *Senior Scope*.



According to *Manitoba Hockey News* columnist, **T. Kent Morgan**, retired referee **Don Kuryk** has taken over from **Gary Cribbs** as president of the Manitoba Hockey Hall of Fame... Still in the board room, former Canadian National Team member and Oakland Seal **Morris Mott** is the new chair of the Manitoba Baseball Hall of Fame board. Although he was born in Creelman, Sask., the retired Brandon University professor may be the most knowledgeable person about our province’s sports history... The popular Broadway hit musical *Wicked* will return to Canada for a nationwide tour beginning in the spring. The award-winning production will play Winnipeg’s Centennial Concert Hall from Aug. 20-31... There will be a 55-plus Games Expo on March 31, from Noon to 3 p.m., at Seniors for Seniors in Brandon. The ALCOA 55-plus Games will run June 17-19 in Neepawa...



Tim Horton’s marketing director **Jason Kopytko** has announced that Tim’s and the CIBC are coming out with a co-branded credit card to reward customers with loyalty points to be used for coffee, donuts and other purchases at the popular chain. The new CIBC Visa credit card will launch in May, allowing cardholders to collect Tim Cash rewards for every purchase made on the card... My old colleague **John Wesley Dafeo**, the former editorial page editor of the *Winnipeg Free Press*, passed away on Feb. 19 at age 83. I was a young reporter back in the 1980s and 90s, and John Dafeo was as important a journalist as I ever met. A very quiet man, he was always nice to me and taught me a lot... Can’t miss a chance to compete in the Olympics: Five Winnipeg care homes and one Brandon care home participated in the national All Seniors Care Olympics. It was billed as “a chance for seniors to be active and compete against their peers across Canada.” Seniors at Sturgeon Creek Retirement Residences competed in Wii Golf and shuffleboard during the recent Sochi Olympics. Oh yeah, and there were definitely medals...



NATIONAL PENSIONERS FEDERATION ANGRY

The National Pensioners Federation was not happy with last month’s federal budget.

“The budget put forth by Harper’s Conservative government highlights cuts to military funding and funding for rural internet connection but includes no mention of the aging population,” said an angry **Herb John**, President of the National Pensioners Federation.

“Canada does not prioritize or protect the income of aging Canadians.

“Canada is the only G7 country without a national housing policy. Bill C-400, ‘An act to ensure secure, adequate, accessible and affordable housing for Canadians,’ was presented for a vote on Feb. 27, 2013. The vote turned out 129 for and 153 against.

“Further evidence includes Bill C-501: ‘An Act to amend the Bankruptcy and Insolvency Act.’ The bill which

Continued on next page

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Employment Equity is a factor in selection. Applicants are requested to indicate if they are from any of the following groups: Aboriginal people, visible minorities and persons with a disability.

We thank all who apply and advise that only those selected for further consideration will be contacted.



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THE BUZZ, cont'd from page 6



Don Kuryk back in the day.

would entitle employees to termination, severance and pension money ahead of other creditors did not become law."

John also outlined how a proposed increase to the Canada Pension Plan which has garnered broad support, has not been implemented.

In the last budget the eligibility for Old Age Security was delayed from age 65 to age 67 without any financial justification.

"This budget showed that Canada does not act upon the requested advice of experts," John said. "In November 2006, the Special Senate Committee on Aging was created with a broad mandate to review a wide range of complex issues to determine if Canada is providing the right programs and services at the right time to the individuals who need them. One of the recommendations suggested the govern-

ment 'provide leadership and coordination through initiatives such as a National Integrated Care Initiative, a National Caregiver Strategy, a National Pharmacare Program and a federal transfer to address the needs of provinces with the highest proportion of the aging population.'

"Addressing issues in these categories would resonate with Canadians number one concern, which is Health Care," John continued angrily.

"One positive move was to provide \$305 million over five years to enhance Broadband in rural areas," John said. "This is at least recognition of the issue but the announcement is not big on details. 5mb per second would not be welcome news to anyone living in an urban centre.

"We will see if this is enough to enable aging Canadians in rural areas to have the access to information at a reasonable cost that residents of large municipalities have. This federal government has again chosen to deny aging Canadians the care and respect they deserve today."



MANITOBA PCs FILE LAWSUIT OVER PST

While the federal Tories have ignored pensioners – and most of the country's little guys – the provincial conservatives have come to their defense.

Late last month, the provincial Tories announced the suit directed at reversing the provincial NDP government's decision to raise the PST from seven to eight per cent. The NDP's bill was passed without a referendum which is required by existing law.

Raising the sales tax does nothing to hurt the richest one per cent in the province but is a terrible burden for the poorest Manitobans. ■



Currie's Corner By Roger Currie

So Much For Global Warming

We are less than two weeks away from the official arrival of spring, but does anyone on the prairies expect that it will really happen? It has now been officially proclaimed as the *worst winter in 35 years.*

In Winnipeg, Regina and Saskatoon, hundreds of people have been forced to go without water, the most basic service we have a right to expect when we live in a modern city. It seems the frost has penetrated so deep this winter that they're seriously thinking of renaming this entire region *Tundra.* Every second person you meet says "so much for *global warming.*"

If we go back 35 years, that puts us in the winter of 1978-79. I was in the middle of my first Regina life, and I remember it well. It was bitterly cold for weeks on end. Downtown stores would go days without seeing a customer because no one wanted to be outside. On the radio, we were encouraging folks to go into stores just to get warm.

My Way

Francis Albert Sinatra, the *Chairman of the Board,* singing about drinking. Frank is long gone, but he's still remembered as a two-fisted drinker. Before wife # 5 persuaded him to quit, he was what we now call a *high-functioning alcoholic.*

The folks who make Jack Daniels believe that the Sinatra brand can still help to sell expensive 'hooch'. In the *Winnipeg Free Press* the other day I came across a half page ad for *Sinatra Select,* from Jack Daniels. It sells for \$150 a quart, and they claim that Frank had a bottle of it with him, when they put him in the ground 16 years ago. Hopefully no one will dig him up to find out.

Jack Daniel's is sour mash whiskey that made the state of Tennessee world famous among serious drinkers. It contains 45% alcohol, and oh yes, the company asks you to "please drink responsibly". It's safe to say that even in mod-

There was also a ton of snow, and we got a fabulous quote from a Regina Alderman about why they didn't spend more to clear it away faster. He said "because before you know it, it will be June and we'll have nothing to show for all those dollars."

I don't remember stories about large numbers of homeowners having frozen water pipes. There must have been some, but no one seems to have made a fuss about it.

What else do I remember about the winter of 78-79? We didn't have the internet or cell phones. Regina was the last place on earth to get cable TV.

They were still skiing in early April in both Manitoba and Saskatchewan, and neither the Roughriders or the Blue Bombers made the playoffs in 1979.

But spring did eventually come. It always does. ■

eration, drinking is a past time that causes a lot of problems.

Sinatra could undoubtedly afford such expensive luxury, but drinkers whose only interest is getting *blotto* and staying there, are not likely to shell out \$150 a quart.

A few months ago, I reviewed a memoir by Paul Anka who was close with Sinatra. He wrote *My Way,* one of Frank's bestselling signature songs. The man he described on many of the pages was a very scary and nasty drunk. Why anyone would choose to immortalize him on a whiskey bottle is very strange. ■

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

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Because there's more to life

Winnipeg's King of Horse Racing Passes Away at 91

By Scott Taylor

Winnipeg lost one of the giants of its sporting community last month. James William (Jim) Wright, considered the man who saved the province's horse racing industry in the early 1980s, passed away in Victoria, B.C. at age 91.

A member of the Canadian Horse Racing Hall of Fame, he and his wife, Hazel, ran their horses and actually owned Assiniboia Downs between 1975 and 1993.

"Assiniboia Downs was not only his passion, but the passion of his entire family," said Darren Dunn, the CEO of Assiniboia Downs today. "I had the pleasure of working for the Wrights for more than 10 years. It was a lot of hard work and there was a lot to be learned. He was not afraid to take a chance on young people and let them run with important portfolios. Just the fact that he endorsed my opportunity to announce a live horse race at his facility at the age of seventeen speaks volumes about his ability to gauge potential and then trust his gut. I will never forget him... I owe him a lot."

Jim Wright was born in Kenora on Oct. 31, 1922, but soon after, his parents, Robert and Gertrude moved the family to Winnipeg where Jim and his younger brother, Ray were raised.

During his school years, Jim developed a fascination with racehorses. In fact, he quite often blew off school to head to old Polo Park racetrack and either watch the races or the workouts and do odd jobs for the horse owners.

Still, whip-smart, he did pretty well in school and right after finishing his high school career, he married Hazel Schollar. But a war was coming and Jim was going to do his part. He served in the Canadian Navy during World War II and was stationed in Esquimalt, Comox, and Prince Rupert, BC.

At the end of the war, Jim and Hazel returned to Winnipeg and launched their first business, Wright's Meat Market, the first self-serve market in Winnipeg. However, despite the war, his marriage and the start of a new business, Jim never lost his love for the horses. After Wright's Meat Market began to be a local success, Jim and Hazel decided it was time to make a commitment to their passion. The couple bought their first racehorse, Paul Welsh, and began a lifelong love affair with the Sport of Kings.

In 1954 Jim and Hazel moved the family to Calgary, where they launched Pinecrest Foods. It became one of the largest poultry-raising and poultry-processing operations in Canada, but despite being west for 20 years, Calgary

wasn't home. In 1974 the Wrights heard that Assiniboia Downs was struggling. They certainly had the wherewithal to help, but importantly, Jim and Hazel had an opportunity to fulfill a dream: They had a chance to own a racetrack.

So they returned to Winnipeg and for most of the next 20 years, they owned and operated Assiniboia Downs and their own, Elmingo Stables. There was a brief period of time (1981-82) when colourful Winnipeg entrepreneur, and Winnipeg Jets owner, Michael Gobuty bought the track from the Wrights. However, reeling under the weight of 20 per cent interest rates, the track went into receivership and Wrights took it back in 1983.

The Downs has struggled for the last five decades, however, the Wrights ran the track when there were no VLTs and few other sources of revenue except the racing handle and the selling of food and drink to the patrons.

Still, the Wrights not only kept racing alive, they had some triumphs. The Wrights introduced, the first triactor wager - picking the top three finishers in order - in Canada; in 1977, the Downs set a wagering record of \$777,000; they put local horse racing on Cable TV and introduced telephone account wagering and teletheatres; and added fall/winter harness racing became a regular feature.

"Jim Wright was a true visionary," said Dunn. "Among many innovations, he was the first to bring telephone account wagering to horse racing in Canada. He developed a broadcast signal to send horse racing directly to homes in Winnipeg. He even developed dedicated jockey silk colours to help newcomers to the sport identify their horses in a race with greater ease. He was a smart racing man with both heart and passion."

Jim and Hazel brought legendary riders Julie Krone and Willie Shoemaker to Winnipeg. He started the extremely popular handicapping contests and not only made them a staple at the Downs, but he also sent the winners to big contests on the road.

And while the Wrights operated the track, raced their own horses and promoted the sport at every turn, their passion and commitment also improved the racing industry in Manitoba. Two Manitoba-breds won the Manitoba Derby during his tenure: Merry's Jay in 1976 and Royal Frolic in 1993. Ironically, Royal Frolic's win in the '93 Derby was the track's last major race before the Wrights turned Assiniboia Downs over to the non-profit, volunteer



Jim Wright receives Jockey Club Man of the Year in 1990

Manitoba Jockey Club.

"Jim's temper eruptions from time to time were legendary and I can personally attest to that," said longtime horseman Gary Danelson. "But Jim and Hazel were hard workers who ran the track well."

In Jim's obituary, his family wrote: "When most people think of retirement, Jim and Hazel worked every day to promote horse racing and pass along their love of the sport. Although it is called The Sport of Kings, they treated every-

“When most people think of retirement, Jim and Hazel worked every day to promote horse racing and pass along their love of the sport. Although it is called The Sport of Kings, they treated everyone from stable hands to company presidents with equal respect.” - Obituary

one from stable hands to company presidents with equal respect. Jim was never afraid of hard work and his work ethic has left an enduring mark on us all."

Wright always believed he should give back to the community so he served as President of both the Winnipeg Chamber of Commerce and the Rotary Club and sat on many non-profit boards.

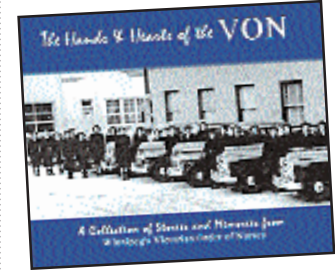
Upon their retirement, Jim and Hazel traveled back and forth between Winnipeg and Phoenix until eventually residing in Calgary. After Hazel passed away, Jim remained single for three years before marrying his second wife, Marge. They married in Gimli in 2002, settled in Phoenix and remained married for the final 12 years of Jim's life. For the past two years, Jim and Marge made their home in Victoria.

Wright was inducted into the Canadian Horse Racing Hall of Fame in 1983. In 1990, he was awarded the Sovereign Award as Man of the Year by the Jockey Club of Canada.

At the time it was written that, "few individuals in Canada have had such a successful career in the horse racing industry." The fact of the matter is, he saved thoroughbred racing in Manitoba at a time when every economic indicator suggested it could not be saved. He was a giant. ■

'The Hands and Hearts of the VON'

- Book Published - a compilation of short stories by Nurses of VON



A collection of interesting, poignant and funny nursing stories by over 70 nurses.

'The Hands and Hearts of the VON', was released on December 12th, 2013 at a 'Lunch and Launch' held at Rae and Jerry's Restaurant. This book was originally the idea of the former and long-time VON Director, Margaret Mackling. It was released on the anniversary of her passing and includes a section dedicated to her. It also contains a history of the VON years in Winnipeg, articles describing the special medical service programs initiated and carried out by the VON, and several chapters with stories and memoirs from sixty-five contributors and former staff of this almost century-long home nursing service in Winnipeg.



Book creators: Back row L to R: Sonja Lundstrom, Eleanor Suderman, Janie Gardner. Front row L to R: Joanne Scarth, Diane Carruthers, Linda Dando

The book was created by 'The Committee pictured here.

Responsible for Outreach, Publicity, Research, and Story-gathering were Sonja Lundstrom, Linda Dando, Janie Gardner, and Diane Carruthers; for Narrating and Editing, Joanne Scarth; for Design and Assembly, Eleanor Suderman.

The book is available for ordering through Blurb Publishing, www.Blurb.ca

For further information contact The Editor at sapphire51941@yahoo.ca.

An excerpt:

A grateful client offered a large bottle of homemade wine to a nurse who had a walking district in central Winnipeg, after a visit...

"How do you say 'no' to an appreciative Italian family? I was on foot and still had one more visit to make that day. So picture this... Miss VON Nurse walking down Balmoral St. trying to maintain my professional appearance, while carrying my horking big jug of wine and trying to keep it hidden in its brown paper bag. My last client immediately told me that she 'knew what I had in my bag,' which I hoped was an effective camouflage.

I still had to travel home by bus, all the while hoping I wouldn't get jumped for my booze."





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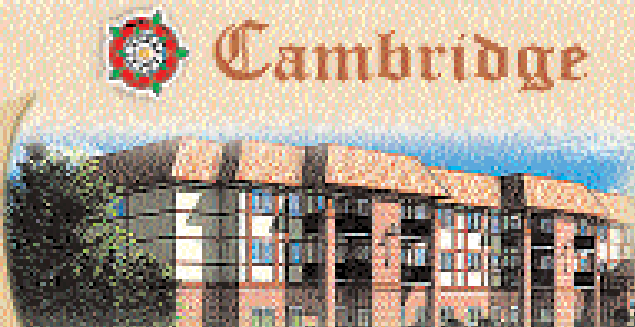
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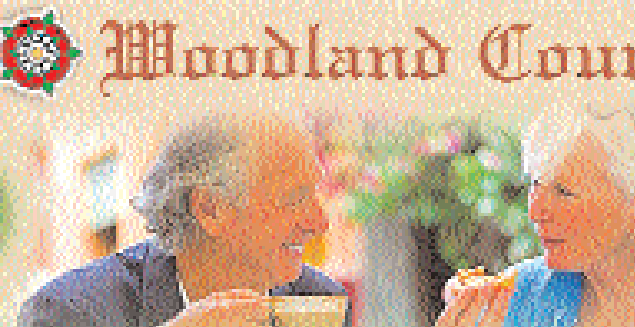
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Using your medications safely: how your pharmacist can help

Written by Curtis Hughes

Medications are one of the most powerful tools we have in helping manage and cure disease, but great care must be taken to ensure that we are getting the most from these drugs while minimizing the risk for side effects. It's an unfortunate fact that seniors are at a high risk of experiencing adverse events such as side effects or drug interactions. There are a number of steps you can take to make sure you are benefitting from your drug therapy. In their role as medication expert, pharmacists can help you achieve this goal. Here are some simple tips that can improve your care.

I recommend that you select one pharmacy and then get all of your prescriptions and over the counter items from that location. It's very common to see several different doctors, for example your family physician and several specialists for various diseases. Physicians generally do a good job of communicating with each other, but it's always possible a message may be missed. Bringing all your prescriptions to the same pharmacy allows the pharmacist to be a final check to make sure no oversights or miscommunications have taken place.

I strongly recommend that you always check with a pharmacist or doctor before starting any new medication, including over the counter medicines or natural products and supplements. While it might seem that these products must be safe for use because they are available without a prescription, this is not always the case. Some over the counter drugs and supplements can actually be very harmful to a person depending on what other prescription medications they are taking or what other health conditions they have. Your pharmacist can help you decide which product is right for you, and having records of all your medications in one place can make that decision easier.

Keep your medications organized. Leave them in their original bottles. If you no longer need a medication, bring it to the pharmacy so they can dispose of it for you.

Keep an up to date list of all your current medications and keep it handy for any healthcare providers you see. You can make one yourself, but I recommend the **E.R.I.K. card** that is available at many pharmacies or online at www.safetoask.ca. Be sure to include both your prescriptions and any over the counter products, including supplements.

Your pharmacist is an excellent resource who is easily accessible and happy to answer any of your questions that relate to medications. Your pharmacist's job is to help you manage your

health and your medications. We have a wealth of knowledge that we are happy to share to help you make decisions about over the counter items and

teach you about your prescriptions. We are a valuable and easily accessible resource for you, so hopefully you'll come see us and let us do our job! ■

Curtis is a Certified Geriatric Pharmacist who practices in Steinbach, Manitoba

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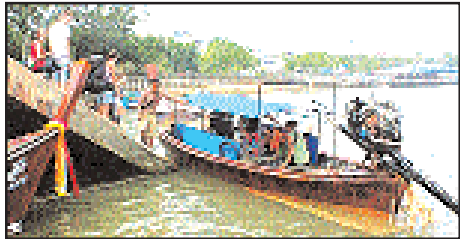
Kayaking in the Andaman Sea

Today we went ocean kayaking off of Railey Beach. We had seen people paddling along the cliffs when we were traveling back and forth from Ao Nang to Phra Nang Beach. It looked fun and relaxing. What could be nicer than bobbing along in the shadow of these spectacular cliffs towering out of the sea?

So we rented a kayak. I'm an old time canoe type so there was absolutely nothing to worry about. Bea was dubious.

It was windy that afternoon. Away from the cliffs the wind would try and blow you out to sea. Close to the cliffs the wind would curl around and try and drive you into the rocks. Lots of longtails were going in and out. Time is money for these guys so they kind of hog the right-of-way and don't overly concern themselves with the size of wake they leave behind.

Canoeing on a quiet river is nothing at all like kayaking on the open ocean in a howling wind with nonstop boat traffic throwing up meter high waves. So it wasn't going to be relaxing. It was going to be exciting and challenging. We could do it! Bea was dubious.



Longtail boats are water taxi's for tourists.



Chicken Island, Thailand.

What they gave us wasn't so much a kayak as a sort of flat plastic ironing board with the legs sawed off. It had a couple of pretend seats in it without back support and it had holes drilled in it to let the water out. This and the drybags they gave us could have been construed as clues as to what was in store. Somehow they got past me.

What you do is you stick your butt on the pretend seat, stick your legs out wherever you can find room and dip one end of the double bladed paddle in the water. As soon as you do this the ironing board will try and buck you off. So you dip the other side in the water. So does your partner. This is called overcompensation. So you try and recompensate by sticking the other end of the oar or whatever the heck it is called in the water while throwing a little body english into it as well. So does your partner. You should be starting to see a pattern evolving here. This technique is called, "Rocking The Boat" and it should get you out to where the wind can try and drive you into the rocks while the longtails roar around you full of laughing and pointing tourists.

So there we were, riding that skillet in a hurricane, bucking meter high waves,

and waving those oars around like we were trying to beat off bees with sticks.

Bea was offering advice and commentary as we went.

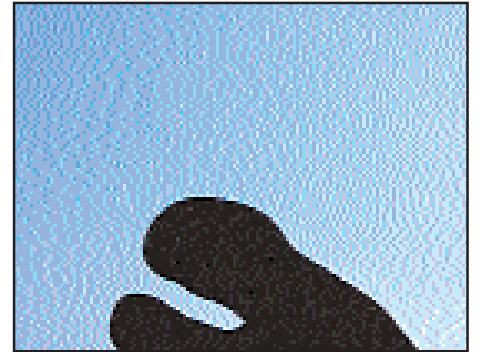
"AAAHH, look out for the rocks! Paddle! PADDLE! This is supposed to be fun. I'm not having any @#@#@ fun! You said this was going to be fun. I'm NOT having any fun."

We had eaten western food the night before and it had given me the wind something terrible. You know how it is when you try and sneak a fart by surreptitiously lifting one cheek? (I'm sure you don't need me to tell you that this works better on a nice soft sofa than it does on a hardwood chair.) Anyway, don't even try and pretend that you don't know what I'm talking about.

Well I'm here to tell you that if you ever find yourself on a heaving plastic skillet in the middle of a hurricane, with boats pounding past you in every direction, even thinking you can get away with lifting any cheek at all is a grave error in judgement. After the shipwreck we bobbed to the surface. Bea, looking surprised to still be alive asked, "What happened?"

"Out of gas," I replied. "Out of gas." ■

Cliff Diving in Thailand



Today I went cliff diving. Oh, nothing as irresponsible as doing it on purpose. There's a viewpoint on Railey that gives you a spectacular view of the beach and ocean. It's a steep climb, you have to pull yourself up on a rope on the worst parts. There's also a narrow ledge you have to traverse.

"Come on," I said, "It will be fun!"

Bea was dubious.

But she followed along behind me. It was a hot, sweaty, difficult climb. We were nearly at the top when I maybe got a little overconfident and started getting the camera ready. Looking back, it might have been wiser to pay attention to the climb because all of a sudden I was falling.

"Bea swore I slipped.

"Honest to God!" she said.

People keep asking me, "Was it scary? Was it high?"

Well... I wet myself on the way down. Twice. But had time to dry off before I hit the water.

Up north where we live, people laugh if something happens that doesn't kill you outright. Later, Bea said, "BwaaaHaaa, you sounded just like a little girl when I p..., I mean when you fell off that mountain." ■

Eternal Grace Funerals - A Lot to Celebrate

By Susan Vincent

With spring comes the time of rebirth and renewal and a cause for celebration! Nick Knysh, funeral director at Eternal Grace Funerals, 10-1111 Logan Avenue, is pleased to announce our "one year anniversary" celebration.

At Eternal Grace, our goal from day one has been to offer our friends a caring environment for those dealing with a difficult task. Also, in serving new customers, we truly believe that a stranger is just a friend we haven't met yet, so once you walk thru our doors, you become part of our Eternal Grace family. Therefore, we invite our family, friends and colleagues to join us in celebration on Wednesday March 19, 2014 from 10 a.m. till noon for a time of celebration and refreshments, and to see our facility. NickKnysh invites all past families from his 30 years in the industry to stop in. Our pre arrangement special-

ist, Paul Nagle (Purple Shield) will be present to provide information and help with any pre planning needs.

What does an anniversary mean to us? It means that we have accomplished our goal in renovating a building which formerly housed a bar and nightclub into a new meeting place for our community. Our vision was to have a tranquil and inviting meeting area where fellowship could be enjoyed together. Our facility is over 5,000 square feet and offers a chapel as well as reception room. This meeting space has been used for a multitude of family functions, not just for funerals, and the feedback has been very positive. Part of our community service is giving people options in having their services in wherever that may be. Another important part of our service is ongoing support. Sometimes the most difficult part is after the

funeral. Many questions can arise and most often, we find that it's at a time when our friends and family have resumed their daily life and no one is left for support. We offer service in many languages to meet the needs of our diverse community. Our office has an open door policy and we invite our friends to come and see us if they have question, or call us at any time. After all, it's a family run business and we believe in family supporting family—that's why we're here for you. Eternal Grace offers service to all cultures and religious beliefs both in Winnipeg and rural Manitoba.

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). ■



ETERNAL GRACE
FUNERALS



Nick Knysh
Funeral Director

204-505-4559
10-1111 Logan Ave • Wpg
at McPhillips
In our Brand New Facility
Stonewall - 204-461-2961
www.eternalgrace.ca

When Only the Best Will Do

Thailand,
cont'd from page 10

Shipwrecked

Lost my wallet in the Andaman Sea today. It was in my shorts. Eight passengers and a crew of one on a longtail boat out of Krabi, Thailand bound for Railey Beach. The crew was drunk on Hong Tung whiskey. We had just cleared the mouth of the Maenam River when we collided with an oncoming longtail.

The bow disintegrated, the boat disappeared from under us and I was in the water just that fast. No lifejacket, nothing floating, panic set in. I'd go down then struggle to the surface, and then go down again. I managed to get the odd breath of air while fighting out of my clothes. It helped but things looked bad, definitely the end.

People were screaming. I could hear Bea and suddenly a feeling of peace and serenity overcame me.

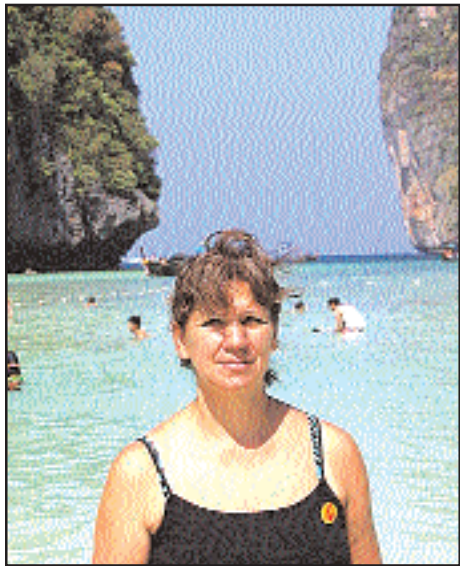
"Well," I thought, "If hers is the last voice I hear this side of the great unknown I might as well listen to what she has to say."

"Stand up!" she was shrieking "Stand up you fat fricking moron before you drown!"

So I did. Wet to the knees. Those longtails will float on a heavy dew.

You would not believe how self-conscious a person feels when he is the only naked person in the group wading to shore after a shipwreck. Self-conscious and sunburned.

This is not a true story but I like to tell it anyway. ■



Beatrice at Maya Bay, Thailand, where the movie, *The Beach*, was shot.

2014 BUDGET - A FOCUSED PLAN TO CREATE GOOD JOBS, GROW THE ECONOMY, PROTECT FRONT-LINE SERVICES FOR FAMILIES

More opportunities for young people

A good start in school and new opportunities mean young people can build a good life here at home. New investments in the province's schools and skills training opportunities will start more young Manitobans on the path to a good job and a brighter future. Highlights include:

- new investments in smaller classes, to ensure students have more one-on-one attention in their critical early years;
- new support for students to begin skills training and start planning their careers by earning post-secondary and first-year apprenticeship credits while still in high school;
- an improved tax credit of up to \$5,000 to encourage employers to take on more apprentices and a new bonus for employers who take on apprentices for the first time;
- more job opportunities for students to gain valuable work experience, and;
- a new initiative led by Premier Greg Selinger, which will bring together community leaders to help more Manitoba First Nations students graduate from high school.

Strong infrastructure and a growing economy

Investments in core infrastructure keep businesses competitive and growing, and they create good job and training opportunities for families. Manitoba's new \$5.5-billion, five-year plan will build key infrastructure, boost Manitoba's economy by \$6.3 bil-

lion and create more than 58,000 jobs for families. Highlights include:

- historic investments in Manitoba's major trade routes including PTH 75, the Trans-Canada Highway, PTH 10, PTH 12, PTH 6 and the North Perimeter Highway at PTH 59;
- the largest-ever provincial investment of \$250 million to renew and upgrade Winnipeg streets;
- new infrastructure to support CentrePort Canada including a Trans-Canada Highway bypass at Headingley;
- new permanent flood protection for communities along the Assiniboine and Souris rivers, lakes Manitoba and St. Martin; and
- targeted funding of \$75 million for municipal roads and bridges, in addition to a \$700-million investment in bridges and overpasses provincewide.

An even better place to live

Manitoba is a province with a growing population, good services for families and still one of the most affordable places to live in Canada. New initiatives will help make it an even better place to live. Highlights include:

- more doctors and nurse practitioners, opening more QuickCare Clinics and establishing primary care networks to improve access to family doctors;
- new legislation to protect consumers when they contract home repairs and buy or sell a home, and new rules to protect families from misleading cable, Internet and cell-phone promotions;
- a new low-cost loan program

through MPI to make it easier for families to buy winter tires;

- new funding of \$5.5 million to build more child-care spaces for families and provide operating grants for child-care centres to support better wages;
- an increased and simplified rental benefit for Manitobans on social assistance and better support to help make the transition from welfare to work; and
- a new seniors school property tax rebate of up to \$235 on top of the \$1,100 existing tax credit, entirely eliminating school property taxes for 7,200 more seniors.

More efficient government, better services

Delivering government services more efficiently means those savings can be redirected into the front lines of services. Manitoba will build on recent progress in streamlining and modernizing government services. Highlights include:

- a new lean council chaired by Rob Despins of Standard Aero, tasked with providing advice to government on ways to offer better services more efficiently across government departments;
- a freeze or reduction to the budgets of nine government departments;
- an extension of corporate administrative spending caps to all regional health authorities; and
- a limit on government spending growth to two per cent this year, ensuring the cost of government doesn't grow more quickly than the economy.

PROVINCE INVESTS IN MORE SAFE, AFFORDABLE HOMES TO HELP SENIORS LIVE INDEPENDENTLY: MINISTER BJORNSON

The Manitoba government continues to invest in affordable housing for seniors and is seeking partners to build 140 new units in communities across the province, Housing and Community Development.

"Manitoba's population is steadily growing and there are more seniors who require safe, affordable homes," said Minister Bjornson. "We are investing \$9 million and seeking partners to build homes where seniors can lead full lives in their own communities close to families and friends."

The new homes will be for low- to moderate-income renters and co-op

housing members 55 or older. The province has issued a request for proposals (RFP) for construction of these homes. Under this RFP, the province is making available up to \$65,000 per unit in southern Manitoba and \$75,000 per unit in northern Manitoba, to a maximum of 35 per cent of eligible project costs.

"We value partnerships with non-profits, the private sector, housing organizations, service groups and community volunteers who can provide appropriate housing options for seniors that best serve local priorities and build on existing community strengths,"

Minister Bjornson said.

In 2004, the province adopted aging in place as a principle in the planning of all of its long-term care initiatives. Aging in place means people should not have to leave their homes to get support services they need to cope with changing health and life-management needs.

Additional details on the request for proposals can be found at: www.manitoba.ca/housing/sr_housing_rfp.html.

More information on Manitoba housing and community development programs is available at www.gov.mb.ca/housing/index.html. ■

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John McDermott

Looking Back ...

20th Anniversary Tour

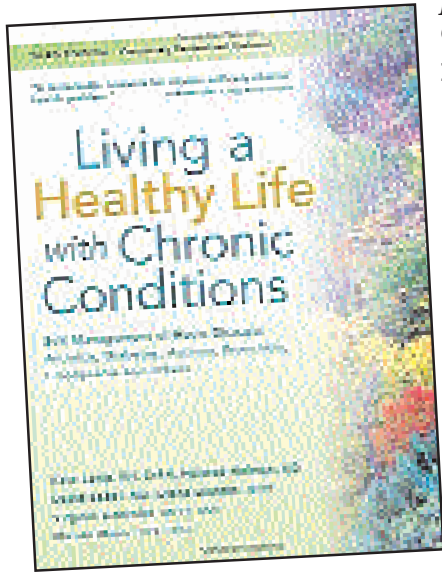
Brandon Westman
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Box Office: 204 728 9510
www.wmca.ca

Winnipeg Burton Cummings Theatre
www.burtoncummings theatre.ca
Friday, April 11 @ 7:30 pm
Ticketmaster: 1 855 985 5000
www.ticketmaster.ca

www.johnmcdermott.com www.shantero.com

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

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



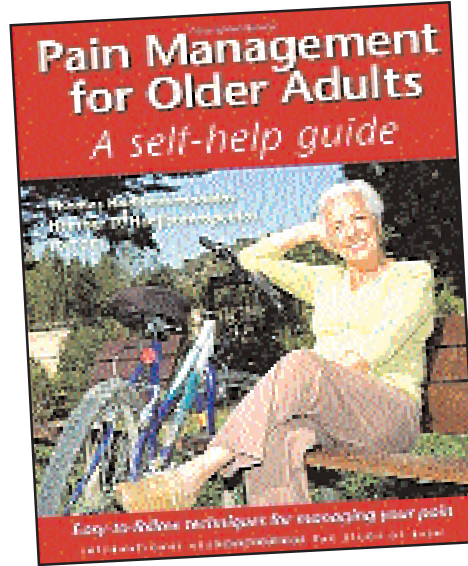
Lorig K, Holman H, Sobel D, Laurent D, Gonzalez V, Minor M.

Living a healthy life with chronic conditions: Self-management of heart disease, arthritis, diabetes, depression, asthma, bronchitis, emphysema and other physical and mental health conditions.

4th ed. Boulder, CO: Bull Publishing; 2013.

This large print, comprehensive and easy-to-read workbook is a wonderful resource for people with chronic conditions. This book guides readers step-by-step through information to help them learn the skills necessary for the self-management of several chronic conditions - the goal being to allow for a healthy, productive and pleasurable life. The book

begins with an overview of self-management and continues on to incorporate practical strategies to become an active self-manager. It goes on to cover the importance of exercise in your daily routine, communicating with friends and family, sex and intimacy in your relationships, healthy eating, weight management, managing your medicines and much more.



Hadjistavropoulos T, Hadjistavropoulos HD.

Pain management for older adults: A self-help guide.

Seattle, WA: IASP Press; 2008.

This self-help guide is written by pain experts and provides practical advice on how older adults can manage their chronic pain. The book includes self-assessment checklists, progress charts, photos and illustrations and simple instructions for managing persistent pain. Medications and drug interactions are important factors addressed, as well as the mind-body connection in coping with pain. This book is an excellent resource for older adults with chronic pain, as well as the people who care for them.

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.

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



Join us for the
7th annual Seniors Housing & Lifestyles Expo
Tuesday May 27, 2014
at the Victoria Inn located at 1808 Wellington Ave.

For more information on presenters, exhibitors and sponsorship opportunities, please call **204-956-6440**.

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EVENTS

COTTAGE COUNTRY SHOW
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RED RIVER EXHIBITION PARK WINNIPEG, MB

Ladies of the Khartum Ladies Auxiliary - presenting Sisters of the Holy Rock, Mar. 15, 7 pm, at the Sturgeon Creek United Church. Coffee, Tea and cookies served. hope@rosenbaumandco.ca

The Thistle Band - Jugs Jars & Jollies: Mar. 16, Army Navy Air force Rockwood. Mar. 17, Odd Fellows Lodge, Stonewall. Celtic Fury: Apr. 9, Selkirk High School Auditorium. Jugs Jars & Jollies: Apr. 13, Brokenhead Community Hall. Call John: **204-278-3552** for info.

Archwood 55Plus - bus trip to St Pierre Jolys for the Sugaring Off Festival, Apr 12. Cost includes bus fare, museum and lunch is \$35. **204-416-1067** or www.archwood55plusinc.weebly.com

Fort Garry Legion - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

Empowered Artists - Show and Sale, Mar. 1-31, Tues-Fri, 9:30-5:30 pm & Sat 9-4 pm, at the Frame of Mind Gallery, 3528 Roblin Blvd. Featuring local artists: Connie McLean, Chris Finch, Joan Armstrong, Dorothy Bohonos, Brij Khatter and Gail Karman

Forum Art Centre - Spring Art classes start March 31 with registration ongoing via website and phone until classes start. Visit: www.forumartcentre.com/classes or call: **204-235-1069**

Ukrainian Catholic Women's League of Canada, Metropolitan Cathedral of Sts. Vladimir and Olga Branch - Spring Tea, Sun, Apr 6, 1-3 pm, Church Auditorium, 115 McGregor St. Home baking for sale.

The Elmwood-East Kildonan Active Living Centre - Spring Dinner, Apr. 5, 5 pm. Ham, scalloped potatoes, salad, dessert. Advance tickets only. \$10. Call **204-669-0750** for tickets or pickup.

Harrow United Church - Annual Irish Stew Dinner, Sat. Mar. 15, 955 Mulvey Ave. Tickets available through office. Adults \$20, 12 & under \$5. Take out \$11. Call the church office at **204-284-0079** or Rob LaFlamme at **204-475-7534**

Psychic Tea - Fun Psychic readings \$15, exhibitor tables, with gems, crystals, hand-made jewellery, bake sale, Sat. Apr. 12, 1-5 pm, Spiritualist Fellowship Church, 300 Arlington St. at Portage Ave. **204-333-5364**, email: divine.understanding@yahoo.ca, www.spiritualistfellowshipchurch.info

Fort Garry Women's Resource Centre - Free Wen-Do: Women's Self Defense Classes, Tuesdays, Mar. 18-Apr. 22, 7-9 pm at the University of Manitoba, in the UMSU Council Chambers (Basement of the Helen Glass Building). NOTE: on March 25th the class will be in the GSA Lounge (2nd Floor University Centre). Events are Free : Non Perishable Food Items or Monetary donations towards

Things to do in Winnipeg

FGWRC are gladly accepted. FGWRC is a scent-sensitive environment. Pre registration required - Call **204-477-1123**, www.fgwrc.ca

Spiritualist Fellowship Church - Classes: Learn which foods affect your Mind and Mood - Mar. 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

The Finns of Manitoba Committee - are gathering stories for a website of people with a Finnish heritage from the 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**.

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**

VOLUNTEERING

Victoria Lifeline Home Service Representatives - Outgoing people needed to travel throughout Winnipeg to explain the personal emergency response service & to set up Lifeline equipment in people's homes. Volunteers require a car and will receive mileage reimbursement. Flexible schedules and training provided. Call Susan at **204-956-6777** or email at sdewalt@vgh.mb.ca

The Children's Hospital Book Market - needs more books to restock the shelves. Please drop off any gently used or new books at any Fire Hall in Wpg. All proceeds benefit the Children's Hospital Foundation of Manitoba. Visit goodbear.mb.ca or call the Children's Hospital Book Market Info Line: **204-783-1125**

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

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

SOCIAL PROGRAMS / SERVICES

Springs Senior Drop In - Tues. Mar. 18, Apr. 8 & 22, 1-4 pm, 725 Lagimodiere Blvd. Fun, Fellowship, meet new friends, games, billiards, etc. Check web site at SpringsChurch.com under Church Life.

Dufferin Senior Citizens Inc. - Mon. - Shuffleboard & Bingo, Wed. - soup & perogy lunch, perogies for sale, Every 2nd Sat., 12-4 pm, dance with 4 piece band and lunch. **204-986-2608**

Pembina Active Living 55+ (PAL) - Annual spring fling, "Zing into Spring", Thur., Mar. 20, 1-3 pm at Grace Christian Church, 50 Barnes St. Fun activities, displays, refreshments and demonstrations of some of our spring programs. Register online at www.pal55plus.ca or call **204-930-5290**

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**.

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 - Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Monthly Luncheon, Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Road

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.

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 hmprogram@gnalc.ca or www.gnalc.ca

Seine River Seniors at Southdale C.C. - Bridge, Mondays. Social Brunch Mar. 18 at The Oakwood Cafe. Celebrations Matinee: The British Invasion Mar. 26, \$35.50 pre-paid. Walking, Mondays: **204-261-4055**, Creative Writing, alt. Thursdays: **204-275-1353**, South Beach Casino trip, Mar. 24, \$25: **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**

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 - Visit www.ageopportunity.mb.ca

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.

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+ - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons, St. St-Boniface, Wpg., conseil55@fafm.mb.ca

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Springfield Wellness Fair - Fri. Mar. 14, 1-8 pm at Springfield Collegiate and Sat. Mar. 15, 12-5 pm at Anola Community Club.

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. Call: **467-8348** or **467-8619** for tickets.

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**

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).

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**

Happy St. Patrick's Day - March 17th

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. No faxes please.
 Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.



Overnight Breakfast

Metric	Ingredient	Imperial
500 ml	asparagus or broccoli, chopped	2 cup
1 L	stale bread, cubed	4 cup
500 ml	cheddar cheese, shredded	2 cup
4	eggs	4
500 ml	milk	2 cup
2 ml	dry mustard	1/2 tsp

Cook vegetables until tender-crisp; set aside.
 Place bread crumbs in greased 9 inch (2.5 L) casserole dish. Add cheese and vegetable; gently toss together.
 In a bowl; beat eggs, milk and mustard; pour evenly over bread mixture. Cover and refrigerate overnight or for at least two hours.
 Bake in preheated 350 F (180 C) oven for 50-60 minutes or until golden brown and set in centre. Let stand for 3 to 4 minutes before serving.

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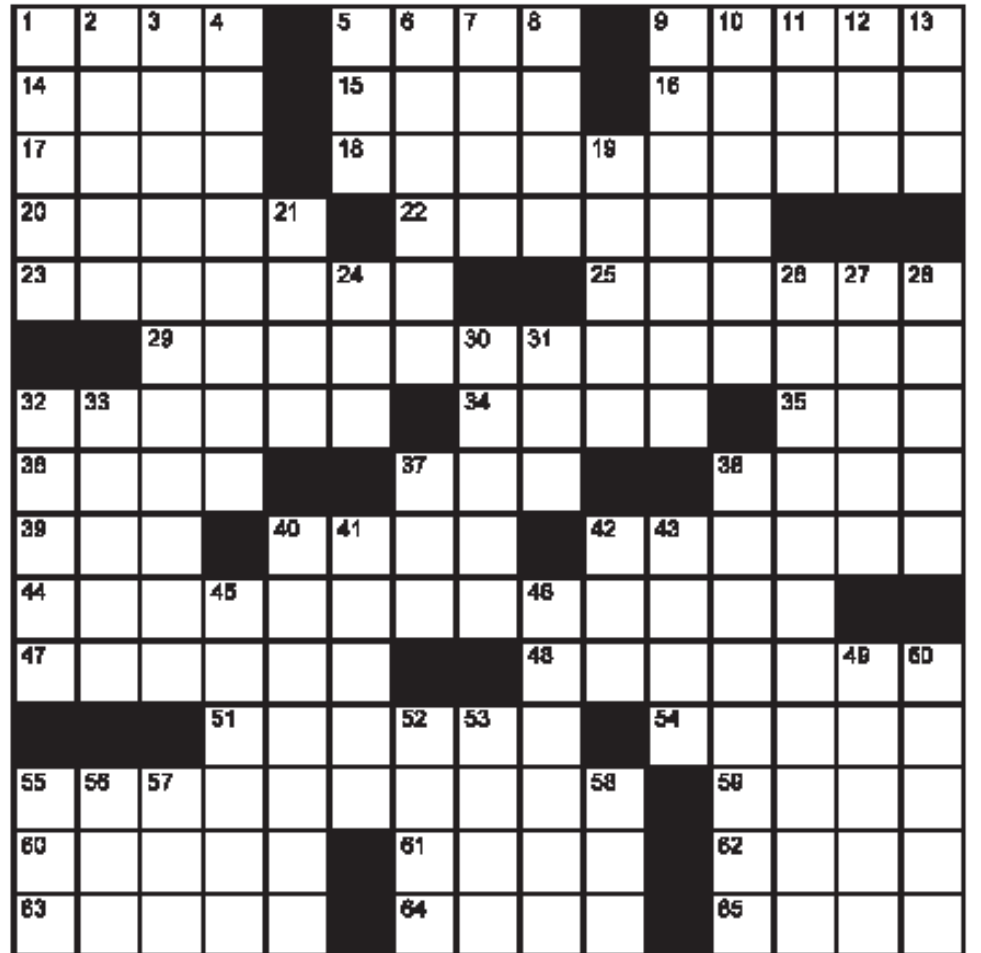
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SOLUTION

ACROSS

- 1 Big hunk of concrete
- 5 Klutzy types
- 9 Chastise
- 14 Follow closely
- 15 Upset mightily
- 16 Like most mammals
- 17 Classical Icelandic work
- 18 1938 Ronald Reagan film
- 20 Put into office
- 22 Hold for questioning
- 23 More irritating
- 25 Get testy with
- 29 1955 Fred Astaire film
- 32 Woofer's locale
- 34 Quaker product
- 35 Tiny, twisted stuff
- 36 Diplomacy
- 37 Sable or ermine
- 38 Copy cat
- 39 Saharan nomad's duds
- 40 "Daniel Boone" star Ed
- 42 Mother Superior
- 44 1981 Faye Dunaway film
- 47 Warhol's genre
- 48 Snapshot, maybe
- 51 Take long steps
- 54 African cattle pen
- 55 1958 Rosalind Russell film
- 59 "Mate" lead-in
- 60 Sheik's ladies
- 61 "Woe is me!"
- 62 Iditarod necessity
- 63 Cognizant
- 64 Washroom door word
- 65 Bronte's "Jane ____"
- 3 Military assistants
- 4 Sorcery
- 5 Celestial sphere
- 6 Hang out on the line
- 7 Labrador Sea hazard
- 8 Rectangular paving stone
- 9 Perceptions
- 10 Naughty kind of knowledge
- 11 The Bruins' #4
- 12 Where cows might browse
- 13 Malathion alternative, once
- 19 "He ____ got a clue."
- 21 Ocean motion
- 24 Tokyo's one-time name
- 26 Without stopping
- 27 Moorehead of movies
- 28 Old Russian royals
- 30 Good-for-nothing slimeball
- 31 Rowlock insert
- 32 Passport mark
- 33 Forbidden
- 37 Served dinner to
- 38 Hard to grasp
- 40 Advertisers buy it
- 41 One big stride, say
- 42 Jackie O's ex
- 43 At one's ____ and call
- 45 Become an expert in
- 46 Neanderthal, to some
- 49 Census Board member
- 50 Slur one's speech
- 52 Mosque officiator
- 53 Roy's cowgirl
- 55 "As I suspected!"
- 56 GM employees' org.
- 57 US "Gun Lobby" org.
- 58 Handy Scrabble letter

DOWN

- 1 Precipitous
- 2 Soup scoop

Medley - A collection of short stories

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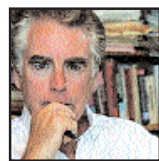
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HUMOUR COLUMN:



By William J. Thomas - Humour Columnist

Finally I Made It. I'm A Curmudgeon.

Last fall I had a birthday and I'd like to take a moment to thank those readers who took the time to send me a note or a card, all expressing some very sincere cheap shots. The "I respect you, as I do all my elders" from the retired teacher was not the lowest blow I took, but one of the few that was printable. And "A wise man once said don't count your years, make your years count."

Doesn't anybody buy nice birthday cards anymore? At what point did the publishers of birthday cards decide that they should convey a message sure to make you feel lower than the flat tire on a pick-up truck in a country and western song? It's like somewhere along the line Hallmark was a victim of a hostile takeover by the Don Rickles Corporation. And as insults go, they're very expensive.

I had a lousy birthday, thank you. I received a cake with a glob of smoldering twigs on top, mainly because my buddy John Grant had a birthday only a few weeks before mine, depleting the world supply of wax. (Please when it comes to delivering the cheap shots, leave it to a licensed professional.)

I never thought of myself as old until I was sitting on my breakwall one evening at sunset, having a drink with a friend when she said, innocently enough, "It's going to be chilly tonight." To which I said, enthusiastically, "Yeah, it'll be a good night for sleeping."

Then I quickly jerked my head around to see who the dork was that said that. A good night for sleeping!?! Old people say things like that. My

grandparents Sully and Myrtle whose lives revolve around sweet corn say things like that. These are people who overuse the word my, as in "I gotta have my morning coffee" and "I gotta get my eight hours." It wasn't that long ago that a good night for me was when I got home too late to do any sleeping. Now here I am at sunset, looking forward to eight or nine hours of unconsciousness, like it might be a lot of fun.

I must admit, I kind of redeemed myself a few hours later and pulled myself out of the funk. This actually happened. I had smoked a turkey all day, but when the guests arrived around eight, the butterball still wasn't done. So the cocktail hour stretched to two and I was out by the shed, feeding hickory sticks into the smoker, when one of the women came by and asked, "Do you mind if I take a peek at the bird?"

"Hey c'mon! I hardly know you" I said and I felt so wonderfully young and immature again. Hey, you can find new friends anywhere, even at the bus station. But how often do you get a chance to relive a moment of ill-spent youth?

As you might have guessed, I've reached an attitude plateau in my life, a crossroads of the currents of age. And I'm very frustrated, like a centipede with athlete's foot or a beaver with gingivitis.

I'm definitely too old to be a smart-ass. Taking flying leaps at rolling doughnuts is a job for somebody younger, somebody who doesn't have to ice his lower back every time he

chases a Jehovah Witness down the driveway.

By definition, I'm not sure I've made it to curmudgeon yet. To be a real curmudgeon, you have to impersonate the late Andy Rooney, growling and jowling at anybody under fifty and everything that makes you irregular. Andy deliver-

"...when I was your age kid, I knew the basic theory behind the baseball cap. It was invented as a practical head shield designed with the peak to be worn in the front to keep the sun out of your eyes and the bird droppings off your nose."

ing his whiney rant on 60 Minutes always looked like his shorts were way too tight.

I'm like this close to walking into a room and forgetting why I did so.

There was a time when I believed I'd take my life before I started a sentence with "Why, when I was your age kid ..." But, but I'm there now and I'll tell ya; yeah, when I was your age kid, I knew the basic theory behind the baseball cap. It was invented as a practical head shield designed with the peak to be worn in the front to keep the sun out of your eyes and the bird droppings off your nose. Back then you only wore a ball cap backwards to make a catcher's mask fit.

Why when I was your age kid, I wore my clothes a little loose for comfort. But today you kids wear your clothes so baggy it looks like you're trying to conceal gross and unsightly things, namely other kids. When we mooned people back then, it was intentional not some unfortunate wardrobe malfunction.

And colours? You kids are wearing clothes so bright you're giving your parents acid flashbacks. Sure we wore tie-dyed and psychedelic colours when I was a kid, but we also smoked dope so none of us actually noticed how ridiculous we looked.

Hip? You think you're hip? You don't know hip until you're talking the benefits of titanium versus ceramic.

And kid, do not sass me when I yell "Hey! Get off my lawn!" So what if we're both standing side-by-side buying Slurpees at 7-Eleven. I'm old. Show me some respect.

I wouldn't say my advancing age has suddenly changed my perspective on kids, but I'm not even speaking to my niece and nephew. For years, they came to me with questions on history, which I answered eagerly, assuming their mother had told them I'd majored in the subject. Now I find out they knew the answers all along - they just wanted to hear from an eyewitness.

.....
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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"What do you get when you cross poison ivy with a four-leaf clover?
 A rash of good luck."
 ~ Author unknown

"Never iron a four-leaf clover, because you don't want to press your luck."
 ~ Author unknown

Happy St. Patricks Day - March 17, 2014

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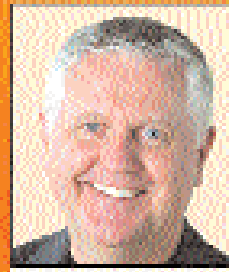
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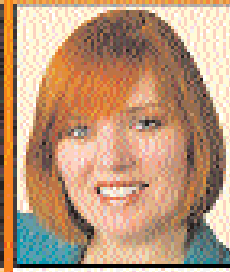
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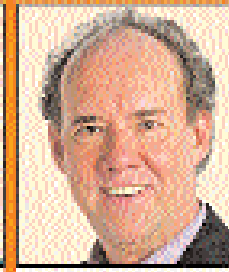
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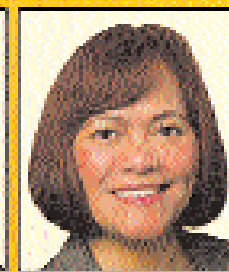
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