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Written by Wm. M. E. Ward (Bill)
- Driving Skills Specialist

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Left: 96-year-old Kenora resident Len Kropioski of Kenora, ON doesn't miss a Winnipeg Jets home game. See *The BUZZ* inside.



2015 World of Wheels: Above - Shelley Ostrove (centre) with the *Counting Cars* guys from the History Channel. See *DRIVEN!* supplement inside.

Above: Ken McGhie tries the new extreme motor sport DTV Shredder out for size at the World of Wheels event.



You've Come a Long Way Baby .. even when it comes to heart trouble

By Roger Currie

Over the past 30 years, Winnipeg has quietly become a significant centre of excellence in North America when it comes to heart health. Women's heart issues will move to the forefront once again this year when the 6th annual *Harold Buckwald Heart Health Luncheon* takes place on May 4th at the RBC Convention Centre.

The speaker will be Dr. C. Noel Bairey Merz who is a major leader in the field, and a woman whose association with Barbra Streisand has enabled a much brighter spotlight to be focused on such issues. Her topic will be "New Approaches to Personal Heart Health". Dr. Bairey Merz is director of the Barbra Streisand Women's Heart Center in Los Angeles,

as well as the Preventive Cardiac Center at the Cedars-Sinai Heart Institute. She is widely recognized as an authority on heart disease and stress, and she has been a leader in drawing attention to the differences between women and men in this vital area.

It has been called *The Yentyl Effect* by some in the field, a reference to a short story by Isaac Bashevis Singer that became a movie in 1983, directed by and starring Barbra Streisand. Set in 19th century Poland, it told the story of a young Jewish girl who cuts her hair and disguises herself as a man, so that that she could get an education that was not available to women at that time. The theme has since been

applied by Streisand and others to the practice of medicine.

Dr. Bairey Merz has written and lectured extensively about how women have historically been misdiagnosed when it comes to heart problems because the 'markers' that are used by

Continued on page 2

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Women's Heart health... cont'd from front page

cardiologists are different for women than they are for men. Most often, patients who experience chest pains or other symptoms of heart disease are made to undergo a stress test on a treadmill. The test was developed more than 50 years ago by Dr. Robert A. Bruce, a pioneering cardiologist at the University of Washington. It's known as the *Bruce Protocol* test, and it's recognized as the most reliable tool in diagnosing people to determine their risk for a heart attack. Many female patients have difficulty completing the test because women have different muscle structures than men. More recently, female cardiac patients have been more effectively diagnosed using an exercise bike, rather than a treadmill.

The generous philanthropy of Barbra Streisand has helped to advance the efforts of Dr. Bairey Merz and others in a major way. The legendary entertainer, who will turn 73 in April, has personally raised more than \$10 million for women's heart health, and much of that money has been matched by other benefactors.



Barbra Streisand



Dr. Bairey Merz

In Winnipeg, the leadership of cardiologists like Dr. Naranjan Dhalla led to this city becoming the home of the *International Academy of Cardiovascular Sciences* more than a decade ago. The Academy has been the focus of a number of important initiatives, including the Myles Robinson Memorial Heart Fund. More than half a million dollars has been raised for that fund, which is administered by the St. Boniface Hospital Foundation. Women's heart health issues are getting more attention every year in the research grants that are awarded locally.

Major sponsors of the Buckwald Heart Health Luncheon are the Asper Foundation and the Sir Thomas Cropp Foundation.

Tickets are \$60, and they can be purchased from Ivan Berkowitz of the Heart Academy. He can be reached at (204) 228-3193, or ivan@mts.net.

Roger Currie writes regularly for Senior Scope, and he is heard regularly on CJNU, 93.7 FM.

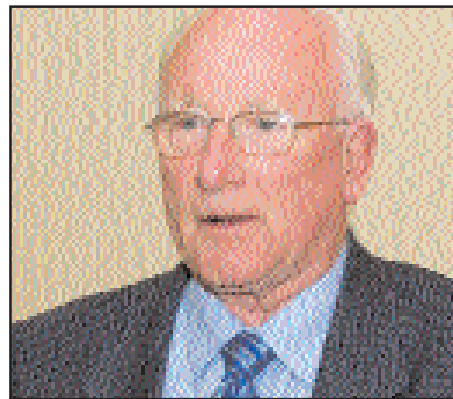
Rod Biggs - making a difference

By Krystal Simpson

There are many words that can be used to describe Rod Biggs; dedicated, steadfast, humble, but the one word he's exemplified for the last nine years is **volunteer**. A Home Service Representative for Victoria Lifeline, Rod devotes two days a week to the not-for-profit medical alarm service. He installs Lifeline for older adults and those living with chronic conditions so they can remain independent and safe in their own homes. After working for the Scotiabank (and its subsidiaries) for 44 years, Rod was looking for something to keep him busy in retirement, and Lifeline turned out to be the perfect fit.

"This volunteer work suits me," Rod explained, "I can pick my own hours. I go in, install the units and it's done." Rod began as a board member at the Victoria General Hospital Foundation, who oversees Lifeline, a position he still holds today. When the president asked him about volunteering for Lifeline back in 2006, Rod readily agreed. Since that day, he has logged almost 6,000 hours of volunteer service. He has installed units for 1,892 clients and completed 2,394 service calls throughout Winnipeg.

Rod even does urgent service calls on the weekend and will take extra shifts if another volunteer is sick.



Rodd Biggs

While so many lives have been touched by his philanthropy, Rod remains modest about his accomplishments. "My only hope is that the client uses the service; that it is there for them when they need it most."

As a Scotiabank retiree, Rod has singlehandedly raised more than \$8,000 for Victoria Lifeline through the Scotiabank Employee Volunteer Program (SEVP). Under the SEVP, both former and current employees can apply for up to \$1,000 in funding per calendar year for their volunteer organization. Thanks to the innovative SEVP program, that

\$8,000 has sponsored several clients who would otherwise not be able to afford the Lifeline service.

Darlene Hildebrand, Director of Victoria Lifeline, said volunteers are essential to the organization, and the dedication of individuals like Rod Biggs is inspiring. "Almost 6,000 hours of service from one individual is an incredible contribution." Darlene also noted that all proceeds from Lifeline go back to the Victoria General Hospital Foundation to enhance patient care.

Rod has donated his valuable time to other organizations as well over the years - volunteering with Rotary Club, Boy Scouts of Canada, Air Cadets, Prairie Public Broadcasting and Manitoba Biathlon. Rod has also recruited other retirees to volunteer with Victoria Lifeline. He is living proof that one person can make a tremendous difference in the lives of others. In keeping with the theme for the 2015 Volunteer Recognition Week in April, *'The Ripple Effect'* of Rod's generosity has stretched very far indeed.

If you know of anyone who is interested in volunteering with Victoria Lifeline, please contact Melissa at 204-956-6773 or email msitter@vgh.mb.ca for more information. ■

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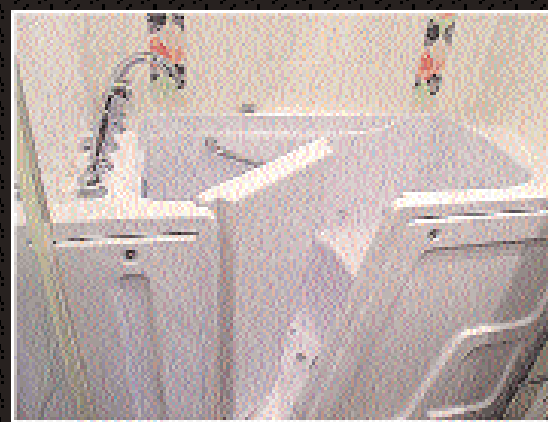
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FINANCIAL INFORMATION:

Financial Fraud SOS: Saving our Seniors

- Article written & prepared by Michael van Lierop for Shirley Hill, CFP

A few months ago, an elderly client called looking for an additional withdrawal from her investment account. For someone who draws a regular amount from her accounts to fund her retirement, it was an unusual request and my staff immediately flagged it – so I followed up. I was concerned. It turns out the client had already been scammed for \$74,000. She had used up all her cash, had maxed out all her credit cards, her Line of Credit, and was prepared to use more. She started calling me for money at which point I started asking more questions and got the police involved. That intervention stopped the hemorrhaging for her.

Shame keeps people quiet. So those who are being scammed often do not want to tell anyone. In this instance, our client-advisor relationship was strong enough to withstand this crisis; I could intervene in a safe and non-judgmental way and get the help of the police department.

As a senior, you are a prime target for financial fraud. Perhaps you have heard of a friend, who was called recently by a grandchild who claimed to be stuck in a big, scary city without any money and needed their help – and promptly wired hundreds if not thousands of dollars to help “Little Johnny” make it home to Mom and Dad. Or perhaps you have heard of a friend who received an email that looked an awful lot like it came from the Canada Revenue Agency, asking them to confirm their identity online with personal financial information, only to discover a few months later their identity had been stolen. Or that friend who found a great buy in an online classified ad, or on an online auction website, and wired money to the seller directly without using an online payment gateway (like PayPal), only to discover the product and seller didn't really exist. And lost their money.

All fraud stories end with that final statement, “and lost their money”. Some people lose thousands of dollars, some lose it all. Seniors are an easy target. Why? Perhaps like you, seniors tend to be trusting and don't understand the risks and threats associated with phone and Internet scams, phenomena that has truly taken off in the past 10-15 years and are nothing like the low-key fraud that might have existed 50 years ago. Some seniors are hard of hearing and give phone callers

the benefit of the doubt – and some are lonely and “need to be needed” and are taken advantage of. Some are disconnected from their families and may be isolated and vulnerable. After all, most people want to help when someone they presumably care about who is in distress and are, as such, susceptible to those pleas for help.

Without a doubt, fraud is “the most common type of crime committed against seniors. Though people of all ages can be victims of fraud, older people get targeted more than others. Some of the reasons are that they are often home during the day to answer the door or phone, they can be more trusting and they may not have family or friends close by to ask for a second opinion”.¹

So what is fraud exactly? Fraud is a word used generally to refer to any “wrongful or criminal deception intended to result in financial or personal gain. Fraud generally occurs by misrepresenting or concealing facts”.² Indeed, fraud can be perpetrated by anyone, including business people, professionals, service providers, and obviously strangers. That being said, fraud can also be carried out by friends and immediate and extended family – so it's not always a matter of receiving a suspicious phone call for winning a cruise to the Caribbean. It could also be committed by someone much closer – which is, admittedly, a much more heinous version of fraud.

Scams targeting seniors and financial fraud can take many shapes and forms; common types of fraud would include: identity fraud; debit card fraud; credit card fraud; email and phone fraud; real estate fraud; and online (Internet) fraud. Two of the most common and harmful frauds in Winnipeg specifically, according to the Winnipeg Police Commercial Crimes Unit, are:

Home Repair and Improvement Fraud – whereby the “con artist offers to perform work on your home that they say is badly needed or a great bargain. Unfortunately, it is usually badly overpriced and badly done; and they tend to find more things that need this overpriced, shoddy repair work”.³

Phony Prizewinner Fraud – this is where the “con artist proclaims that you are a winner of a fabulous prize, but you must send them money to cover one or more minor expenses.

They may even send a courier to pick up the money from you ... money that you will never see again! The prize turns out to be nonexistent or very minor in nature and not worth the money that you have just lost forever”.⁴

Scam artists generally succeed by convincing a senior of their authenticity and gaining their trust. The transactional aspect of the fraud tends to be similar from one scam to another, and revolves around wiring money, either electronically or through Wire Transfer services like Western Union. So for you, and any other senior you know, this should be your Big Red Flag. If you find yourself on the verge of sending money to anyone for anything at all, take measures to review. Stop and take a pause. Do nothing hasty – even if it seems to be an emergency from a family member – take the time to verify if it's true. Surely someone else in the family, a close friend, or your financial advisor, who knows you and your family history can verify the authenticity of the emergency before you send money.

Once you have sent that money, it's gone for good. There is no agency, police authority or legal measures capable of recovering the money. The transfer was voluntary, and furthermore, it's often impossible to trace where it has gone. Given the extent of the senior fraud problem, there are also far too many cases to investigate and only the largest, or more prominent cases will likely go anywhere.

According to the WPS Commercial Crimes Unit, some other common techniques used by fraudsters to fleece you of your money are:

Rush Deals – You only have a limited amount of time to take part or you will lose the deal. This is to pressure you into getting involved with their scam before you have time to think it through.

Scare Tactics – You are scared into thinking that the opportunity is golden and will never come again. When in fact they want to bilk you out of your money as fast as they can.

Pressure for Down Payment – They require cash right away or you will lose the opportunity. This is a ploy to get some money out of you as fast as possible

Secrecy – You are one of the select few who has been invited to take part in this special deal. In fact, they want you to keep the proposal a secret because

they are defrauding you and don't want you talking to anyone else about it.

Claims of Credibility – They tell you over and over that their proposal is legitimate, and they are a legitimate company or government agency. This is a ploy to get you to cooperate. Legitimate companies will give you all the time you want to think over a proposal. They will give you references and have no problem if you check with the Better Business Bureau or the Consumers' Bureau.⁵

In a nutshell, be wary and skeptical of any offer, especially those that seem too good to be true. Common sense goes a long way in preventing fraud. So what else can you do? If identity fraud is your greatest worry, go buy a shredder and literally shred every document that enters and leaves your home!

A common thread through all seniors-related financial fraud is a lack of reporting, so there is a good chance the problem is much more prevalent than we might otherwise believe. Most people, senior or not, would be embarrassed by having been “duped” into giving away their own money. It's something anyone would feel bad about, but it's imperative not to let that personal pride, while bruised, become a barrier to reporting fraud. You could help prevent another person from getting hurt in the same way you have. The local police have fraud prevention teams, as does the RCMP at the federal level. This is a serious crime. So as you would never hesitate to report a break-in, or a stolen piece of property, you should never hesitate to report financial fraud.

Like most things in life, knowledge is power. A senior who is empowered to combat financial fraud and scams is one who will not only be on the lookout for such tactics, and see the fraud coming a mile away, but will also be better able to help other seniors.

Learn more about protecting yourself!

Being able to recognize Investment Fraud is the first step in protecting yourself (and those you love) from potentially devastating financial fraud. Scams are one thing – investment fraud can be catastrophic, undermining entire retirement savings. There is a fantastic website that you and your family should visit to learn more in an easy-to-understand way: www.recognizeinvestmentfraud.com.

Continued on page 4

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The Base Manitoba Was Built On - Tyndall Stone - PART I

By Metro Hnytko

MANITOBA LEGISLATIVE BUILDING

The Manitoba Legislative Building is situated on Broadway Avenue between Kennedy Street and Osborne. Construction, began in 1913 with Tyndall stone quarried 20 kms. north-east of Winnipeg and opened July 15th, 1920 - Manitoba's 50th anniversary. The total square footage is 250,000 square feet and a height of 243 feet with the golden boy on top. The construction cost exceeded 8,000,000 dollars in 1920's money. The Manitoba legislature building is open every day of the year (including Saturdays and Sundays for self-guided tours. Guided tours are also available. This is an impressive structure that should be seen inside and out.



THE CANADIAN PACIFIC RAILWAY STATION

The new station at 181 Higgins Avenue, Winnipeg, Manitoba officially opened in May, 1905. The exterior of the station shows few changes over the years. No less impressive was the interior of the station. Through an entrance of carved tyndall (supplied by William Garson of the Tyndall Quarries), passengers had the feeling that they were in a fancy hotel lobby. The floors were white marble, even terrazzo and marble were in the lavatories. Still an impressive site. I can remember when the railway had red caps to assist passengers with their luggage and for many people the train ride was a great experience. After your train ride you could relax at Royal Alexander Hotel which was connected to the railway station. I know I enjoyed it. Aah, the good old days.



UNION STATION

The Union Station is situated near The Forks in downtown Winnipeg and was designated a national historic site of Canada in 1976. Constructed between 1908 and 1911 the station was built as a joint venture between the Canadian Northern Railway, National Transcontinental, Grand Trunk Pacific and the Federal Government. The first train to enter the station did so on August 7th, 1911. Union Station was one of Western Canada's largest railway stations. The building extends for 350 feet along Main Street, Winnipeg, and is still used by Via Rail. It can be entered to view or visit the Railway Museum inside. it's worth the time.



FORT GARRY HOTEL

The Fort Garry Hotel was built in 1913 by the Grand Trunk Railway. It is located one block from the Railway's Union Station and was the tallest structure in the city when it was completed. Initially the new hotel was to be called The Selkirk but was instead named after Upper Fort Garry which once stood at the junction of the Red and the Assiniboine Rivers. The hotel was built on Broadway Avenue between Fort and Garry Streets. It was the first commercial building to be erected on Broadway. It is still a going concern and many people still use it regularly.



Blake Syrenne receives recognition for Caregiving



Blake Syrenne, receives the coveted title of "Caregiver of the Season" awarded by The Senior's Choice®

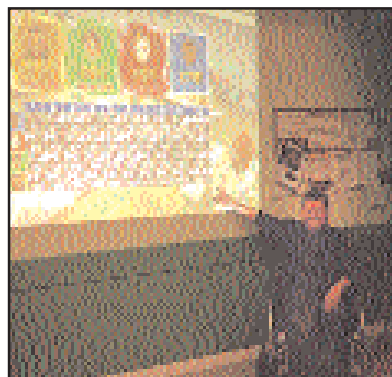
Blake was nominated by Katherine Peters of Comforts of Home for his dedication, compassion and dependability, and the exemplary service he bestows upon the seniors he cares for in his chosen vocation.

Blake is employed with Comforts of Home where he offers companion care to very grateful seniors who look forward to his friendly service.

Congratulations Blake!

Seine River Services for Seniors - Game On

By Juliette Rowan



Gerard Gagnon scores perfect Wii bowling game

One of the activities the seniors have available in the community of Ste-Anne is the Wii Bowling games at the Club Jovial. We would like to congratulate Gerard Gagnon for having bowled a perfect game of 300 points. Job well done!!!

Anyone who would like to join us at the Club Jovial every Monday afternoon at 1:30 p.m. is welcome. The games are just for fun!!! Great time to join even if you have never played. For more information please call Juliette Rowan at 204-424-5285.

Financial Fraud SOS..., cont'd from page 3

For instance, according to the Manitoba Securities Commission⁶, investment fraud is more common than you might think:

- 4.6% of Canadians believe they have been a victim of fraud.
- 27% of Canadians believe they have been approached with a possible investment scam at some point in their life.
- Over half of Canadians (56%) agree they are just as likely to be a victim of investment fraud as anyone else.
- Over half of fraud victims (56%) lost all the money they invested in the scam.
- Just 3-in-10 (29%) of those who believe they have been approached with a fraudulent investment said they reported the most recent occurrence to the authorities. Half reported it to either local police or the RCMP, while 4% reported it to their provincial or territorial securities regulator.

Other great anti-fraud resources that you should really consider visiting on the Internet, safely and in the comfort of your home:

- The Canadian Anti-Fraud Centre (<http://www.antifraudcentre-centreantifraude.ca/english/index.html>)
- The Little Black Book of Scams published by the Competition Bureau of Canada (www.competitionbureau.gc.ca/blackbook)
- Identity Theft and Identity Fraud Victim Assistance Guide (<http://>

¹ Financial Abuse of Seniors: <http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/livingRetirement/Pages/financia-lexploit.aspx>

^{2, 3, 4} Ibid (http://www.winnipeg.ca/police/TakeAction/frauds_scams.stm)

⁵ Winnipeg Police Service, Commercial Crimes Unit (http://www.winnipeg.ca/police/TakeAction/frauds_scams.stm)

www.rcmp-grc.gc.ca/scams-fraudes/victims-guide-victimes-eng.htm

⁶ <http://recognizeinvestmentfraud.com/learn-about-investment-fraud/fraud-facts>



SHIRLEY HILL CFP®
 Executive Financial Consultant

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 Winnipeg, Manitoba R3X 0E7
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This is a general source of information only. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact Shirley Hill.

Manitoba: Time for a Rethink

- Canadian Taxpayers Federation

Back in late December a supporter of the Canadian Taxpayers Federation (CTF) described a thought-provoking story about the future of Manitoba.

He described riding in an elevator at a large office tower at Portage and Main and overhearing a high-ranking business executive describe his Christmas plans to a colleague. The executive was particularly excited that a daughter in the United States and a son in Britain would be coming home for the holidays.

What was particularly interesting about the anecdote was our friend's comment, "What happens when the guy in the elevator and his spouse pass away? His two kids are likely going to receive the inheritance, spend the money somewhere else and probably won't come back to Winnipeg – certainly not nearly as often."

The person retelling the story was making a good economic point. For too long, Manitoba has lost thousands of citizens to other provinces while policy makers have shrugged their shoulders. Thousands have fled to Alberta, British Columbia, Ontario and in recent years, Saskatchewan.

According to Statistics Canada, between 2003-04 and 2013-14, Manitoba lost 49,961 more people to other provinces than the number of people that moved to Manitoba from other provinces.

Some have tried to excuse the problem by noting the provinces that are poaching Manitobans have a higher cost of living. In many cases that's true, but incomes are higher outside of Manitoba and taxes are lower. Private sector job opportunities are also often more abundant; entrepreneurs in other provinces pay less in taxes so they have more money to expand their businesses.

Manitoba used to be able to boast about its low cost of living and affordability of cottage country. The latter was a great selling feature: "move to Manitoba and you don't have to be rich to own a nice cottage an hour away from Winnipeg." However, the "low cost of living" and "affordable cottages" selling points have lost their shine.

The government has been busy raising taxes and making it harder for families to get by; sales taxes, income taxes (secretive tax increases known as "bracket creep"), alcohol taxes and fuel taxes have all gone up. Not only have housing prices jumped substantially, so too have costly land transfer tax bills.

Rising property and school taxes have led to middle income cottage owners telling the CTF that they can no longer afford to keep cottages that have been in their family for generations.

Fortunately, some data from the Frontier Centre for Public Policy sheds a light on one way the province can turn things around. The Frontier Centre used Statistics Canada data to show that if Manitoba could merely get its bloated municipal and provincial government employment levels down to the national average, over \$2 billion could be saved annually.

That's enough to drop the PST down 7%, eliminate school taxes, reduce income taxes and pay down some debt.

Fortunately, the government could downsize in a pain free way; as thousands of government employees retire in the years ahead, only replace the truly necessary positions.

If the government addresses such problems, taxes subsequently go down and entrepreneurs are able to create more opportunities, perhaps the guy in the elevator will have something more positive to talk about.

To learn more about the Canadian Taxpayers Federation, please visit www.Taxpayer.com

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Advertising Feature

There's No Place Like "Care At Home"

Unique Pharmacy Services

Care At Home Pharmacy recognizes that many members of the community are on multiple medications and managing these medications can become overwhelming. Clients and caregivers often find it difficult and time-consuming to place medications in dosettes; as well, they may not have enough information about drug interactions which can lead to incorrect usage of the medications. As a result, this pharmacy was founded to provide services specifically targeted to the changing needs of the community.

Care At Home provides free deliveries of medications to the client's home by a pharmacist who will also conduct at-home consultations on a regular basis. The frequency of these visits are decided upon collaboratively by the pharmacist and the client. The goal is to provide clients with quality care and education so they have a full understanding of their medications and the proper usage of the medications. Research has shown that this will reduce hospital visits and allow people to remain in their own homes for a longer period of time.

Medications are placed in bubble packaging or dosettes including all over the counter products, such as vitamins and 81 mg aspirin. The over the counter products are provided at no cost to the client when included in the bubble packaging or dosettes. Of course, Care At Home Pharmacy does fill prescriptions in vials, bottles and jars.

Pre-filled insulin syringes and vaccinations are also offered to clients in their homes – as well, the pharmacists will help fill out any necessary forms for Pharmacare, Blue Cross, DVA and other third party plans. The pharmacy system also lets the pharmacy team know, well in advance, when a client needs their next bubble pack – this eliminates the need for the client to call the pharmacy for refills. The transferring of clients' prescriptions to Care At Home Pharmacy is completely looked after by one of the visiting pharmacists.

With the high costs of prescription medications, affordability sometimes becomes an issue; Care At Home will customize a payment program that will suit your needs.

Care At Home works not only with the clients, but also develops strong

working relationships with families, caregivers, home care, nurse practitioners and physicians to "close the loop" and provide the best possible care to clients. The owners and staff of the pharmacy recognize the need for partnerships that result in complete and cohesive health care teams and are always willing to look at new opportunities to contribute to the health and well-being of the clients and community. Should you or someone you know require special pharmaceutical needs, speak to Care At Home – they might be able to help.

Care At Home arranges at-home consultations with all potential new clients and are pleased to provide services to the entire city of Winnipeg. Call them at 204-691-6980 to arrange a no-cost Medication Review in the privacy of your own home. ■

Care At Home Pharmacy

Personal Pharmacist Visits in the Comfort of Your Home



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- Free Bubble Packaging
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- Vaccinations
- Pharmacare/Third Party Forms Filled Out
- Servicing All Of Winnipeg

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There's No Place Like "Care At Home"
www.careathomepharmacy.ca

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Currie's Corner

By Roger Currie

Beware of those phone calls

Over the past 7 years, how many of us have picked up the phone and heard a ship's whistle, followed by a booming voice saying "This is your captain speaking". It was a robocall scam that offered a free cruise to the Bahamas, just for filling out a survey of some sort. Despite following all the recommended steps to be removed from the list, the calls kept on coming, at least once a month.

Consolidated Travel Holdings Group Inc. has now been fined \$200,000 by the CRTC, and they have promised that the calls are history. In addition to regulating broadcasting and telecommunications, the CRTC is responsible for the Do Not Call List, the registry that Ottawa created in 2008. There has been some relief, but in many cases all the list did was confirm that the 12 million Canadians who registered did indeed have a working phone. Once that was established, it was more accurate to call it the Do Not Hesitate to Call List.

To be fair, quite a few people actually responded to the robocalls, and some did take a cruise from Florida to

Nassau. But it was anything but free. The financial return must have been good, otherwise Consolidated Travel Holdings would have stopped doing it long ago, without the intervention of the CRTC. Chances are they already have a new name, and are making a new round of calls, pitching some other offer that is simply too good to be true.

Far worse than the free cruise routine is the ongoing Microsoft scam. A strange voice with a foreign accent offers to fix your computer, if you'll only give him your password and let him in. If you resist, the caller gets very hostile.

It was 139 years ago that the telephone was invented by a great Scottish Canadian named Alexander Graham Bell. If he could have somehow foreseen robocalls and other scam activity, the good doctor might well have had second thoughts about going for that patent. ■

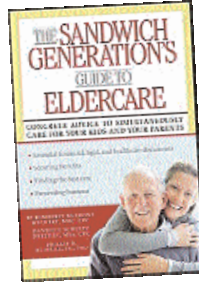
Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

The Reading Room

@ J.W. Crane Memorial Library, Deer Lodge Centre

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

In 2012, Statistics Canada released a report on caregiving in Canada. Nationally, 28% of Canadians over 15 years of age provided care to a family member or friend who needed help because of age, injury, medical condition or long-term disability. In Manitoba, that number was even higher, with 33% of our population providing care. Care can include everything from providing transportation and helping with housekeeping, to bathing and assisting with medical treatments. Although the experience of providing care may be very rewarding, it can also cause physical, emotional or financial stress. Here are two books that can help you manage.



In Canada, more than one-quarter of caregivers, most of them women, could be considered "sandwiched", that is caregiving for their parents or parents-in-law, while also having at least one child living at home. **The Sandwich Generation's Guide to Eldercare: Concrete Advice to Simultaneously Care for Your Kids and Your Parents** by Kimberly McCrone Wickert, Danielle Schultz Dresden and Phillip D. Rumrill provides guidance on how to plan for your child's future while caring for an elderly loved one. The authors discuss legal, financial and health concerns and provide instructions for developing a care plan that can be modified as needs change. They also offer advice on dealing with stress, burnout and family dynamics. This practical book includes useful checklists and worksheets. ■



At nearly 700 pages, **How to Care for Aging Parents: A One-Stop Resource for All Your Medical, Financial, Housing, and Emotional Issues** by Virginia Morris seems a bit daunting. But this comprehensive guide is well organized and includes a detailed table of contents and index, so it is easy to find the information you need. Morris fills in some of the topics missing for other resources, such as the importance of diet and exercise for frail elders, how to ward off scam artists who prey on the elderly, how to handle moving day, and my favorite chapter, how to prepare for your own old age. She also includes many checklists and worksheets. Particularly helpful for those hiring home care workers are the employment contract, family caregiver contract and daily log. Written with compassion and understanding, this is an invaluable resource for all of us facing the challenge of parenting our parents. ■

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

The Library is open Monday to Friday 8:30-4:30.

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

Yesteryear Once More

Music from the past 80 years, encore performances of programs from radio's 'Golden Era', plus new feature programs such as 'Boomer Town' with radio veterans Roger Currie and Barry Bowman are all heard on 93.7 CJNU Nostalgia Radio.

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Community Service
Radio

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DRIVEN!

APRIL 1 2015 **Overview:**

- Car Care Month
- The Ideal Vehicle
- Driving Skills
- New Technology
- News from MPIC
- Driving Safety Courses

The **SENIOR SCOPE** Automotive Review
2nd Edition

OUR SENIOR COLUMNIST: Wm. M. E. Ward (Bill)



Spring is the time when we all want to get out and do things and for many of us it's time to clean up our vehicle and get ready to cruise the Highways and Byways in search of adventure. I for one look forward to Car

Clubbing it and seeing new and old sites and people that keep me young.

I hope to see many of DRIVEN'S Readers in my travels around Manitoba and North West Ontario. In this issue I have gathered the information you need to have, to do Spring Car Care and to get ready for Summer Driving. In addition there is the Nostalgia Edition of the *Ideal Vehicle Column* that features the

upcoming RODARAMA put on by the Manitoba Street Rod Association, *THE STEERING WHEEL* which talks about the correct method of ABS Threshold Braking, and Driver Safety Courses from Creative Retirement Manitoba. News from MPIC shows that Manitobans like a safe deal and over 30,000 bought Winter Tires, and now is a good time to order yours for next fall as there were

many disappointed drivers who could not get tires as they were not available in the sizes for their vehicles. If you are a Snow Bird or just travel out of country, get an International Drivers Permit from the CAA and ensure you are fully documented to rent a vehicle or drive in any country.

Bill



It's April and Car Care Month so let's take care of your ride and extend its life with some Tender Loving Care. Your vehicle is the second biggest financial investment most people make and this investment needs spring and fall care to ensure a full life for the vehicle. Today's cars, trucks and SUV's should last a maximum of the years with the correct maintenance.

Many readers drive less kilometers after 55 years of age and shorter distances which necessitates the need for more maintenance as the shorter trips do not allow the engine, transmission or other systems to reach full operating temperature and cause more wear over a shorter time.

Car Wash/Detail

A full car wash is a weekly event and when combined with a Spring Detail including engine, transmission, suspension wash, interior shampoo and a great power polish will maintain the finish of your vehicle and add years to its life expectancy. Check out a full detail package at your local detailer or professional car wash in your area.

Lube Oil and Filters

A lube oil and filter requires the vehicle to be on a hoist so that all suspension areas are available to be greased as required and a full inspection of the suspension and brakes takes place.

Synthetic Oil

Synthetic Oil provides better lubrication as well as longer life. Oil no matter what kind has a life expectancy of about 8,000 Km. and this is where the chemistry starts to break down. Synthetic improves the resistance to wear and it allows for improved fuel economy.

Air Filter

The engine air filter should be vacuumed each month as this will assist in preventing dirt from entering the oil and fuel system. The process is to vacuum from the outside of the filter and take all the dirt away so that the engine breathes better which will result in better fuel economy. I use a K&N Filter in all the vehicles I operate for maximum filtration and fuel economy.

Cabin Filter

The cabin air filter cleans the air entering your passenger compartment and

prevents dust, allergens and smells from contaminating the air in the car. Vehicles with smokers and or pets should check this 4 times a year.

Brake Check

ABS Brakes can cause rapid wear to the brake pads and rotors of the brake system, Each Spring and Fall you should check for wear, as well as have the brake fluid flushed and filled with high quality brake fluid each spring so that the moisture contamination of the cold winter can be eliminated.

Suspension Check

Manitoba's roads are poorly maintained and the ruts of winter and the pot holes of spring cause a great deal of damage to the springs, shocks, struts, and all the joints in the suspension system. They should be checked each spring and fall for damage and misalignment so that you are safe and reduce your cost of travel and tire wear.

Differential Fluid Check

All vehicles should have a differential fluid check and if needed flush and fill to maintain the drive axle effectiveness and to reduce the potential of abnormal wear.

Summer Tires

Now is the time to take the winter tires and rims off your vehicle and have them cleaned, all rocks and other debris removed and the tires stored so they are ready for next winter. Remember if the tread is at or below 4/32 of an inch replace the tires now. Summer Tires can provide great rain traction but SHOULD NEVER BE USED below 7 degrees C. High Performance Summer Tires are required so that your vehicle's ABS, Traction Control and Stability Control work correctly. Summer Tires provide better grip than All Season Tires which do not function correctly in Manitoba due to our temperature ranges.

Tire Rotation

Rotate your radial tires from the front to the rear about every 8,000 KM and they will last much longer. Radial Tires are best rotated left front to left rear and right front to right rear as they have memory and cross rotating can lead to vibration. Balance should be checked and nitrogen top up performed at this time.

If you are driving on Summer Tires in the Summer and have Winter Tires for the Winter, your tires will last up to 6 years with rotation and this is the Maximum Life of any tire.

Hub Service

When the tires are rotated have your service specialist check the hubs for corrosion (rust) where your aluminum or alloy wheels touch the brake hub and have them clean and rustproof the area.

Engine and Transmission Wash

A clean engine runs better and it has been proven to reduce the potential of overheating in Summer and in winter it reduces the frost build up and assists the engine in warming up quicker. So it helps in both Seasons. It is a great idea when you have finished cleaning the engine and transmission area to use spray off to ensure that dirt does not adhere to engine and other parts.

Undercarriage Wash

Wash the suspension and brake area prior to have the grease job and make sure that all of the salt residue is removed to help prevent rust from starting. I wax the undercarriage at the wand wash and wax it with the spray wax to reduce the dirt from sticking on the chassis.

Tune Up

Have a Computer Diagnostic Check Performed and then replace the required parts and this is a modern computer controlled engine tune-up.

Transmission

Flush and Fill with Synthetic Fluid and have it done at a Professional Transmission Shop. I take my vehicles to **Seven Oaks Transmission** on McPhillips in the Garden City area of Winnipeg because Bob and Tom have provided me with the best service possible over 25 years. No matter where you go insist on a pre-service check ride and a post service evaluation.

Power Steering

Flush and Fill with synthetic fluid when required by condition of the fluid and or manufacturer's mileage requirement and this will provide better safer steering as well as provide you with knowledge of its condition.

Cooling System

Check hoses, Flush and Fill with Engine coolant and check the thermostat and replace if required. Cooling Systems provide you with the correct operating temperature for efficient engine operation as well as temperature/environmental control of your passenger area in summer and winter. This is mileage and age based so read your owner's manual to find out your vehicle's needs.

The Ideal Vehicle

Sports Car or SUV and everything in-between we review them for you in The Manitoba Environment

Nostalgia Edition

We are into nostalgia this month and DRIVEN! is pleased to present a list of car shows and events each month that make for a great day's low cost entertainment. Come on Out and Enjoy.

Here are the April Car Shows from Manitoba Association of Automobile Clubs - www.maac.cc

When we were young these were the cars and trucks we wanted.

April 24, 25 & 26

16th Annual Rodarama

Rondex Ltd. presents the Manitoba Street Rod Association's 16th Annual Rodarama Car Show East End Arena 517 Pandora Ave. E. Visit www.msra.mb.ca for details and applications.

Continued on page 8

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DRIVEN! The SENIOR SCOPE Automotive Review

Continued from page 7

April 24, 25 & 26, 2015
Show times: Fri. 6-10 PM,
Sat. 10 AM-10 PM,
Sun. 10 AM-5 PM.

Exhibitor entry \$40 per vehicle
(\$30 before April 1st)

Spectator entry \$10.

Kids 12 and under admitted free with
an adult.

See website for Take a Kid to a Car
Show - promotion.

Lots of hot rods, cool customs and
many auto related vendors. MSRA
supports children's charities.

For more info contact:
Brian Jackson 204-775-9224
rodarama@msra.mb.ca,
www.msra.mb.ca.

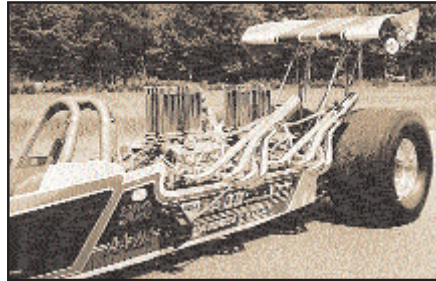
Presented by: Manitoba Street Rod
Association.

Here are some of the MSRA members'
cars you may see.

And when you attend the show you can
win this unique classic fuel pump.



Drop by the many booths and check
them out. One of my favourites is Richard
Wood Automotive Photography who is
on display at the show and here is one of
my favourite nostalgia shots he has done.



Joe Sandy - 1947 Mercury Coupe



Dana Cavanagh - 1962 Chevy II



Doris Brunotte

Saturday, May 2 2nd Annual Road Rebels Spring Swap Meet

Indoor spring automotive & antique
swap meet. 10 AM-2 PM

At The Accessory Shop -
former Murray Chev/Olds building,
1550 Richmond Ave., Brandon, MB
Proceeds go to the Elspeth Reid
Family Resource Centre.
Reserve your spot for only \$15
Tables not supplied.

For more info contact:
Dave Burba: 204-729-5808
roadrebels@mts.net
www.facebook.com/roadrebelscarclub
Presented by: Road Rebels



Gary Farkas - 1955 GMC truck

THE STEERING WHEEL

DRIVING SKILLS AND NEW TECHNOLOGY THAT AFFECT THE DRIVER.



The modern ABS equipped vehicle
requires specific skills to stop safely
and this is the correct method to slow
and or stop your vehicle.

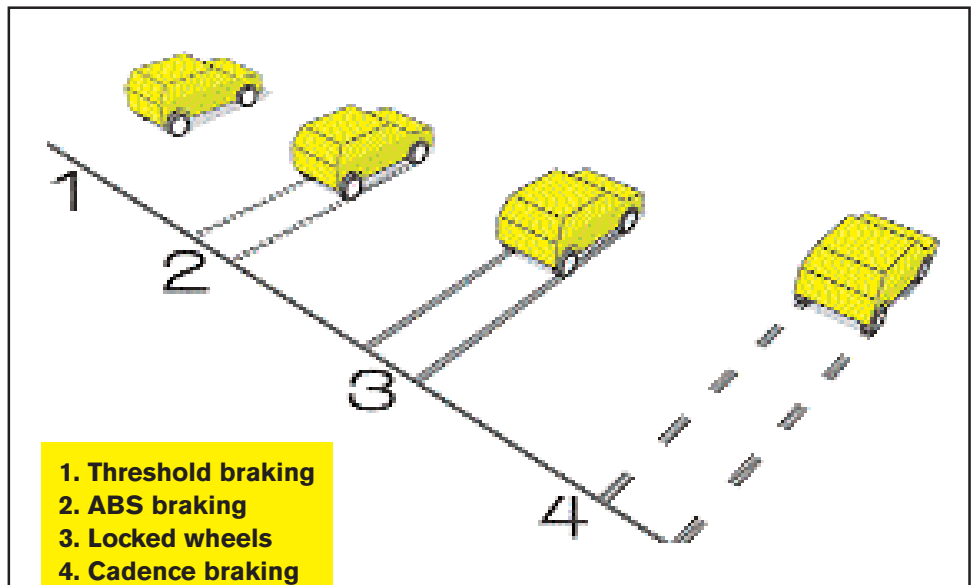
If your ABS unit is operating you have
braked too late or too hard and the sys-
tem is trying to keep all tires rotating for
the best traction as a rotating tire has
50% more traction than a sliding one.

This means that a sliding tire has much
less ability to stop, than a rotating one
and the other old tale of pumping the
brakes which was from the era when
brakes were very poorly designed
means that as you pump the brake the
vehicle bobs up and down resulting in a

long stop with potential loss of control
and if turning and pump braking a roll
over can result.

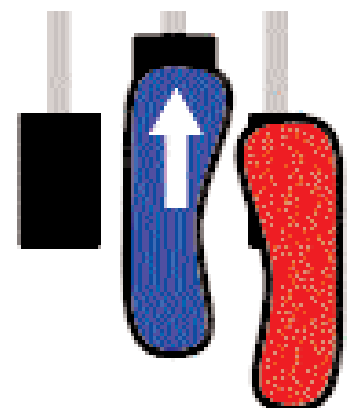
The need to stop on ice, snow, rain or
loose surfaces can result in significantly
longer stopping distances, and in
research I have been part of, the stop
can be between 3 and 7 times farther if
the Brake Pedal is applied all the way
down and not modulated. The Story that
'Brake Hard and Steer is correct' is not
correct. In fact it can result in collisions.
When Stopping Look to Space, Steer
to Space and Brake early so that there
is space between you and any object in
your path.

CONTROLLED THRESHOLD BRAKING / HOW TO PERFORM THE TASK



When Brake related Negative Acceleration
is required, the Driver should perform the
task in the following manner using their
normal foot and leg;

1. Apply the Brake, using the Toes and
Ball of Your Foot on the Brake Pedal
with Your Heel on the Floor, with the
Thigh Muscles applying the majority
of the Pressure and your Toe and Ball
of your foot on the braking system
moderating the pressure by Curling
the Toes if lockup starts to occur.



Continued on next page

DRIVEN! The SENIOR SCOPE Automotive Review

- In an emergency or on icy-snow covered roads, vehicles with automatic transmissions should have their transmissions shifted to Neutral, with a manual transmission de-clutch immediately. This shortens the stopping distance substantially, as you are stopping only the vehicle's mass, not the power-train's reciprocating mass.
 - Press the Brake Pedal in a Swift Smooth manner until there is Maximum Negative Acceleration. If Tire Lock Up occurs, (The clues are a dead feel to the steering wheel and an absence of steering response) and (the hood does not dip in weight transfer), release pressure by curling your toes to modulate the Brake System Line Pressure so that the Tire returns to a Uniform Rotation Deceleration Rate. Remember, a Locked or Skidding Tire has 50% of the Traction of a Rotating Tire.
- ABS equipped vehicles can assist you in finding the Threshold easily.
- When the ABS system starts to vibrate, or pulses it is both an audible event as well as a tactile event as you hear the unit working and you feel the shake and vibration in the system.
- Curling the toes the moment you hear/feel the system working will modulate the brake line pressure quickly and allow you to continue adding brake pedal pressure as the vehicle slows down.
- This is a very quick process and in order to generate the feel and control required it is a great idea to practice in a wet surface or on snow/ice to gain the required feel for the task.
- Remember Pedal and Brake Line Pressure requirements may vary with Road Surface and Ambient Temperature.
 - If there is Rain or Water on the Road Surface, Pedal Pressure may be 30% less than on Dry Pavement.
 - If there is Snow or Wet Ice or (Sand on the Road Surface) Pedal Pressure may only be 20% of the pressure required on Dry Pavement.
- * In circumstances 4 and 5 the Stopping distance may be up to 7 Times longer in distance then on Dry Pavement unless correct Severe Service Snow Tires are installed

lock braking systems, traction control, launch control, vehicle stability control/assist, all-wheel drive, tire pressure sensor monitors, blind spot assist, summer vs all-season tires, why and how they make a huge difference, modern steering wheel grip for control and air bags/seatbelts.

Creative Retirement
270 Sherbrook St.
Winnipeg, MB R3C 2B9.
1-204-949-2565, www.crm.mb
Course fee is \$20.00

NEWS FROM MPIC

Nearly 30,000 vehicle owners take advantage of province's winter tire low-interest financing program

With an eye towards road safety, nearly 30,000 Manitobans have signed up for the province's new winter tire low-interest financing program, Justice Minister James Allum and Manitoba Public Insurance announced today.

"The overwhelming positive response confirms that Manitoba drivers make their road safety a priority," said Minister Allum, minister responsible for Manitoba Public Insurance. "This low-interest winter tire financing program allowed Manitobans to equip their vehicles with snow tires, which offer a number of safety advantages."

The low-interest winter tire program was first introduced by the Government of Manitoba last fall and administrated by Manitoba Public Insurance.

"This was a pilot project which will be reviewed over the next few months to determine whether it will move forward," said MaryAnn Kempe, vice-president, Business Development & Communications and Chief Product Officer, Manitoba Public Insurance.

"From a road safety perspective, winter tires are very effective in reducing braking distances by lessening sliding on ice and snow. This action could prevent a collision."

Quick Facts:

- The average length of a winter tire loan was 2.99 years

- The average purchase was \$1,200
- At temperatures just below freezing on dry pavement winter tires have been shown to reduce stopping distances by as much as 30 per cent compared with all-seasons.
- Winter tires offer significantly better traction on snow-covered or icy road surfaces at temperatures well below -30°C than an all-season tire has at 4°C.

The program provided loans of up to 48 months at prime plus two per cent up to \$2,000 per vehicle. Customers still interested in participating in the program are encouraged to visit

Manitoba Public Insurance's website which outlines who qualifies and other business rules relating to the program - www.mpi.mb.ca.

DO NOT DELAY ORDER YOUR 2015/2016 WINTER TIRES AND RIMS NOW AND DO NOT BE DISAPPOINTED

Many who wanted Winter Tires were unable to get them as the sizes and specifications required for many new vehicles were unavailable so get ready for the Winter of 2015/16 Now and take advantage of this MPIC Safety Initiative.

THE DRIVEN! AUTOMOTIVE PERSONALITY OF THE MONTH



Shelley Ostrove (centre) with Danny "The Count" Koker (left) and Kevin Mack (right) - the Guys from the History Channel's Counting Cars at the 2015 World of Wheels Show.

Next Month I will be interviewing a unique Manitoba personality **Shelley Ostrove** Promoter of World of Wheels - Promotion/Marketing Guru and general great guy. I have known Shelley for over 25 years and have many fond memories of his events.

THANKS FOR READING THIS ISSUE OF DRIVEN! The SENIOR SCOPE Automotive Review.

PLEASE SEND YOUR COMMENTS, QUESTIONS AND IDEAS TO ME - Bill Ward at driven@mymts.net

DRIVING SAFETY COURSES

These two Courses through **Creative Retirement Manitoba** in May are geared to seniors and are very informative.

Summer Driving: THE OPEN ROAD

May 19 2015 at Creative Retirement Manitoba

Learn how heat and sunshine effect your driving and how rain can be just as deadly as ice and snow. The driving skills to combat the effects of summer heat and glare will be discussed. This presentation will deal with the operation of the vehicle, how to prepare the vehicle and you for the vast differences between summer driving vs winter, as well as the driver influences that ensure a safe summer drive. The care and maintenance of the vehicle, its tires and cooling system are discussed.

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“THE BUZZ”

Turnbull Into World Curling Hall; Sports Hall Inductees Announced; Westcott Wins Masters; Old White Men; Candace's Bee Wellness; Merv Pilkey Passes; April Wine Coming to the Burt; Happy Birthday Cheese Free



By Scott Taylor

To those who know him, **Ray Turnbull** was a great curler, a solid broadcaster and is still a really, really good guy.

That's why it brought smiles to people's faces throughout Canada when this Winnipeg curling icon was named to the World Curling Hall of Fame. The induction will take place during the Ford World Men's Curling Championship in Halifax this month.

Turnbull arrived on the Canadian curling scene with the teenaged phenomenon, and another terrific guy, **Terry Braunstein**. Their young team battled Alberta's heavily-favoured Matt Baldwin to a sudden-death final at the 1958 Brier before losing. The Braunstein team's remarkable performance forced the stuffy old Canadian Curling Association to keep teenaged players out of the Brier by creating a national junior championship. Not surprisingly, seven years later, Turnbull and Braunstein returned to the 1965 Brier and won it. Turnbull threw lead rocks.

However, what made Turnbull truly unique was that while he was competing nationally and internationally, he was also working on the correct techniques required to be a champion curler. He eventually reached the point where he was able to formally teach what he'd learned and became one of the first to provide instruction to young players and coaches. On top of all that, he was also a curling official. During the 80s and 90s, there were few people on earth who knew more about the Roaring Game than Ray Turnbull.

At the end of his career, Turnbull left the ice and moved into the broadcast booth. He was TSN's voice of curling from 1985 through the 2010 season and made hundreds of thousands of friends and admirers.

"I've always thought I was extremely lucky to have been able to make a living from this wonderful sport that has given so much pleasure to people around the world," Turnbull told the World Curling Hall of Fame. "There are so many friends, teammates and family members who've helped me to get here, and I'm sharing this honour with all of them."



WILSON, RAMS, MILLER INTO SPORTS HALL OF FAME

Nick Miller was one of the most versatile players ever to suit up for the Winnipeg Blue Bombers. The late George Wilson played a key role in what has been called Canada's basketball dynasty of the 1920s and 30s, the Winnipeg Toilers. The 1954 Winnipeg Rams were the champions of Canadian intermediate football.

Last month, the Manitoba Sports Hall of Fame announced that Miller, Wilson and the Rams would be inducted into the Hall at Sport Manitoba's Night of Champions on Saturday, April 25, 2015 at the Club Regent Event Centre.

Wilson will be inducted posthumously in the All-Round category for his key role in with the Toilers. Wilson was captain of the Toilers' teams that won national titles in 1926 and 1927 and he was the playing manager of the team that won in 1932. He was inducted into the Manitoba Basketball Hall of Fame in 1983. George's son Claude Wilson, will accept the induction honour on his behalf.

Nick Miller will be inducted as an Athlete and while he will be categorized as a football player, he was a tremendous all-around athlete. Miller came



Nick Miller (24) makes play on Hamilton's Dave Viti on Day Two of the Fog Bowl, the 1962 Grey Cup, won 28-27 by Bombers.



Manitoba Masters Champion - Ron Westcott



Merv Pilkey



April Wine

out of the national champion St. James Rods to play on four Grey Cup championship teams with the Blue Bombers. He played with the Bombers from 1954-64 and went to the Grey Cup six times. Old No. 24 played fullback, receiver, linebacker and defensive back. He also won the Tommy Lumsden Memorial Award in 1963 as the Bombers' Most Outstanding Canadian. He was inducted into the Winnipeg Football Club Hall of Fame in 1996.

The 1954 Winnipeg Rams will be inducted into the Hall in the Team category for winning a Canadian Intermediate football championship. The squad defeated the Peterborough Orfuns at Winnipeg Stadium on Nov. 20, 1954 when a late game interception in the end zone preserved a 16-12 victory for the home team. They were inducted into the Football Manitoba Hall of Fame in 2013.

Tickets for this event may be purchased by the public at a cost of \$40 each. Tickets are available for purchase online through Sport Manitoba's website.



WESTCOTT WINS PROVINCIAL MASTERS CURLING TITLE

Ron Westcott's team won the Manitoba's Credit Unions Master Men's Provincial Championship, held at the Swan River Curling Club last month. Westcott beat Doug Armour from Souris 7-6 in the final.

The Westcott team is currently representing Manitoba and his own Fort Rouge Curling Club at the 2015 Canadian Masters Championships in Whitehorse, Yukon.

Team Westcott consists of Skip **Ron Westcott**, Third **Ken Dusablou**, Second **Bob Boughey**, and Lead **Howard Restall**.



Whether we like it or not, we are a province run by old white men. The next Manitoba election is slated for April 2016, 12 months from today. **Greg Selinger** turns 65 in February, 2016. Conservative Party leader **Brian Pallister** will only be 61 in April, 2016... According to **Ivan Bigg** at Assiniboia Downs, "**Merv Pilkey** was fun to have around the track." Now he's gone. Pilkey passed away last month at 75 after a long, difficult battle with cancer. He was a great horseman and a great hero of Manitoba's Sport of Kings. "He always had something witty to say or a Pilkey's Novelty pen or monthly calendar to give away," said Bigg. "It's nice to know he was quite an athlete in his day - at hockey, baseball and golf - and enjoyed himself camping and going on fishing trips. As hockey legend **Bobby Hull** once told me: 'We're here for a good time, not for a long time,' which means we have to make the most of life - and Mervish (that's what I called him) seemed to do just that. He will be missed." Indeed... **Taylor Heald**, 15, a record holder in Shot Put at the Canadian Legion National Youth Outdoor Track and Field Championships, placed second in the Shot Put and is now ranked second nationally in the youth category. Taylor is a member of Flying M Track Club and is coached by 71-year-old **Bruce Pirnie**. Nobody recognizes talent better than Pirnie and no one can coach these kids up to national standard like Bruce... OK, old timers, it's time to party. Sixties rock icons (and I mean sixties both ways) **April Wine** will play the Burton Cummings Theatre on Thursday, May 7. The band's extensive song library hits include songs like "Roller," "I Like to Rock," and "You Could Have Been a Lady." It's amazing, and borderline insane, but April Wine had been nominated for 11 Juno Awards and never won one. The band is still led by 66-year-old **Myles Goodwin** and 63-year-old **Brian Greenway**. Greenway was a member of one of my all-time favourite bands of the late 60s/early 70s, Mashmakhan...

Continued on page 12



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The BUZZ, cont'd from page 11



SENIOR SAVES CLUB, WINS VOLUNTEER OF THE YEAR

It was one of those things **Harvey Lyons** believed he should do. Lyons' beloved Lorette Curling Club had fallen on hard times. In fact, poor ice conditions – conditions that were getting worse every day – had been driving down membership for years. It had reached the point that the tiny Lorette Club would soon go out of business.

That's when Lyons went to work. Not only did he fix the ice, he worked on a membership drive to save the club. And his efforts did not go unnoticed. Because of what he did to save the rural Manitoba club, Lyons was named 2014 Volunteer of the Year by the Canadian Curling Association.

"For the 2013-14 season, we didn't even have a men's league, because we didn't have good ice," Lyons told the Hall of Fame. "I said, 'If we make the ice better, they will come back.' And they did."

But it would never have happened without Lyons. According to former club president **Betty Ann Orr**, who led the campaign to have Lyons recognized, "Membership had taken a nose-dive two years earlier, when the men's league moved en masse to another club in the next town, an action precipitated by the poor ice conditions in Lorette."

That's when Lyons went to Orr with a plan.

"Harvey was signaling me that he was prepared, as a volunteer, to do

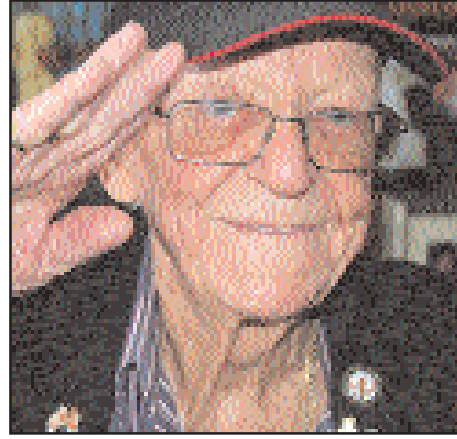


Harvey Lyons

whatever it took to restore confidence in our club's ice conditions and its general management," she told the Hall. "I clearly remember him saying, 'We have to make the ice better if we are going to keep this club viable.' That became our common goal."

According to Orr, "Lyons invited Curl Manitoba's chief ice technician **Greg Ewasko** to do an on-site inspection and assessment, and followed that up with a proposal to act on the recommendations provided. Lyons took courses, led volunteers, and even took over for the club's icemaker when illness kept him away from the ice for three to four weeks during the season.

"There was no job too big or small that Harvey hasn't been willing to do in an effort to meet our goal. He even organized the year-end party for the



Len (Kroppy) Kropioski

volunteers who took the ice out at the end of the season. Our club is very much indebted to Harvey Lyons."

A banquet will be held in Lorette to celebrate Harvey Lyons' Award with guest speaker **Jeff Stoughton**.



Candace Swick Hnatuk, a certified Older Adult Rehab Therapist, operates Bee Wellness, an accredited facility providing specialized programs for the older adult population. Bee Wellness provides programs to clients in Winnipeg and Rural Manitoba. In Candace's words, "This independent site allows me to fulfill my dreams to help the older adult population stay functional within their community." She got heavily into the business when her father suffered a spinal cord injury and she

rehabbed him back to health. Candace provides much-needed programs for those of all needs – high-functioning older adults and those who want to remain in their community and still maintain their independence. She also has some big news. Her daughter Sydney Hnatuk will be off to swim in the 2015 JCC Maccabi Games in Broward County, Fla., in August. Check out www.beewellnessinc.com, if you're looking for rehab and wellness service for the older adult in your life... Just so you know, Goldeyes hands-on owner, 63-year-old **Sam Katz**, reports that Goldeyes Flex Pack Redemption and Season Ticket Pickup for the 2015 Winnipeg season at Shaw Park will take place on May 9. That's also Open House Saturday at the ballpark and the Opening of Goldeyes Training Camp... Happy birthday to retired CP Rail worker **Syd Davy**. The NFL's Greatest Fan (officially) who is actually better known as "100 per cent Cheese Free," turned 57 on March 24. He looks marvelous... Having covered all the Winnipeg Jets home games this season for mytoba.ca and itsgameon.ca, it still warms the heart to see 96-year-old Kenora resident **Len Kropioski** at every game. He's always there, giving a salute during the anthem and wearing his veteran's cap at every game. "I hope I can do that," said Jets owner **Mark Chipman**, 55. "I hope I get to watch hockey games until I'm 95 with that kind of enthusiasm." Don't we all. ■

Love, Compassion & Power – Healing the Hurt & Transforming Lives - a book of struggles and triumphs - Authored by Deborah H. Goodfellow

Love, Compassion & Power – Healing the Hurt & Transforming Lives is an honest book dealing with the vulnerabilities, the hurts and the struggles that we all share – but, dare not talk about – lest, we be judged. Author, Deborah H. Goodfellow, takes on that fear for all of us and provides hope for many who are being dismissed and unable to get the right type of help that can put them on their own proper path of optimum health and well-being: mind, body and spirit.



human being of value is a common thread woven throughout the book.

She chronicles her journey of adrenal dysfunction, misdiagnosed as depression whereby her symptoms were covered up by the prescribing of anti-depressants and ineffective therapy, exacerbating her struggle. The book is about so

much more. It underscores the normal variants of the human experience that we all share whether we are struggling with depression, a hurtful and unprocessed past, repressed emotions,

poor nutrition and health, a weight problem, limiting beliefs that keep us stuck, poor self-image and loathing, feelings of worthlessness, being overworked, over-stressed, devalued, marginalized, trying to balance life to guard our own health and well-being, suffering with normal women's or men's issues – and life, in addition to understanding the workings of our bodies, and how hormones affect our lives – and those of our loved ones. We are all dealing with normal issues – and life – the same as everyone else.

Despite this revelation, the author wasted 30 years of her life in a battle that did not need to be fought. It was created by an archaic method of treating "those" people – normal people – who are pigeon-holed to fit a label, requiring a pill. It is a covering up of the symptoms

as opposed to getting to its sources and aiming for a cure. In many cases, a cure is not required as there is no problem, just a lack of understanding.

Is there any wonder that the rates of mental illness, depression and suicides are escalating at alarming rates? The Canadian Mental Health website presented an interesting fact released by the World Health Organization, recently: "Every 40 seconds someone in the world commits suicide". The book is sure to start some new conversations and set us all on a healthier path of understanding.

Goodfellow makes it clear that she has the greatest respect for the medical community, although she sees a gap that needs to be filled – as she fell into it – and no one cared. An excerpt from the back cover of her book says it all: "I was forced to become my own advocate for healing, after exhausting all other avenues in the conventional field of medicine. To make any problem better, you do need to understand its causes. There are answers – and we can all live healthier, happier and more productive lives. It is available to us all. Become your own advocate and start living the life that you were meant to live with no apologies for making you and your health a priority".

She makes the following claim on the front cover of her book: "Today, I am living life – happy, healthy and whole – and so can you." A smiling and confident sixty-one year old woman smiles back at us, lending credibility to her claim. Goodfellow says, "I have written Love, Compassion & Power – Healing the Hurt & Transforming Lives, as it is the book I needed to read 30 years ago". She is currently working on her next book, titled: Putting a New Face on Aging – Redefining the Golden Years.

(Deb Goodfellow is a freelance writer living in Winnipeg, Manitoba. She has a background in business, banking and real estate. Love, Compassion & Power – Healing the Hurt & Transforming Lives was successfully launched at McNally Robinson Booksellers on January 8, 2015. It was the number one bestselling non-fiction softcover book during the week of the launch. It can be acquired at McNally Robinson Booksellers, Chapters - St. Vital, or through dhgoodfellow.com) ■

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1		
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175 ml	prepared salsa	3/4 cup
10	large flour tortillas, warmed	10
300 ml	cheddar cheese, shredded	1 1/4 cup

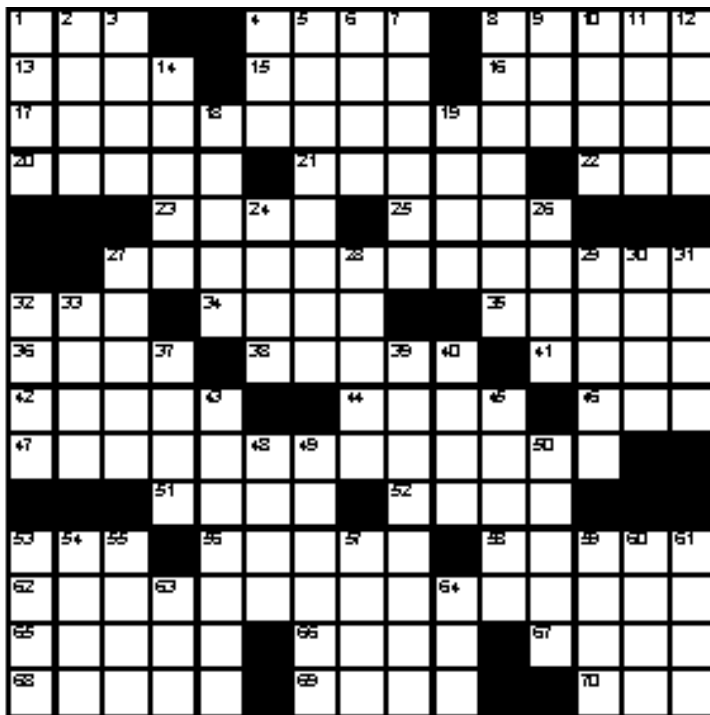
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You Want to Retire and Live Where? By Adrian Powell

- ACROSS
- 1 Failing grade
 - 4 Thesis defence, often
 - 8 Holy chalice
 - 13 Quasimodo's baby
 - 15 Marc Garneau worked here
 - 16 Old weight unit
 - 17 Easter obsession, maybe?
 - 20 Someone to dictate to
 - 21 Checked out the joint
 - 22 Web page pop-ups, mostly
 - 23 Spoon's running mate in rhyme
 - 25 Gets mad
 - 27 Spring event for the grandkids to partake in
 - 32 Boring tool
 - 34 You can spend it in Helsinki
 - 35 Xbox enthusiast
 - 36 Can of worms, maybe
 - 38 Throw water on
 - 41 Wee parasite
 - 42 Bar, legally
 - 44 Min. fractions
 - 45 Pop the question
 - 47 Easter newborn avian who whistles bluegrass?
 - 51 Bills that Canada doesn't pass
 - 52 Like Steve McQueen's "Blob"
 - 53 Noted seashore sea shell seller
 - 56 Not a secret
 - 58 Bolt upright
 - 62 Easter holiday for someone who's having just a passable day?
 - 65 Long arm bones
 - 66 State without doubt



- 67 Speak like Daffy
 - 68 You can grind these if you shift
 - 69 Rip up and start over
 - 70 Big fight ender, at times
- DOWN
- 1 Recedes, as the tide
 - 2 Place for loafers
 - 3 Head for the hills
 - 4 Famous Beatle bride
 - 5 Bolivian cowboy
 - 6 In the middle of the Mediterranean
 - 7 Famous TV collie
 - 8 Decent chap
 - 9 Operate
 - 10 Winnipeg's Paquin
 - 11 Coated cupcakes
 - 12 Gives the OK
 - 14 Supermodel Evangelista
 - 18 Punk rock, to some
 - 19 Hudson Bay spring hazard
 - 24 Old collar fastener
 - 26 Bed cover
 - 27 Top of the line
 - 28 Waken
 - 29 Inuit craft
 - 30 Mosquito protection gear
 - 31 "Enterprise" journey
 - 32 Help commit a crime
 - 33 Scrub dean
 - 37 Chore list heading
 - 39 Supported the motion
 - 40 Eerie cave effect
 - 43 Communist leaning people
 - 45 Ring fitting gizmo
 - 48 Prefix meaning "strange"
 - 49 Line on a weather map
 - 50 Saint of the Russian alphabet
 - 53 Cozy
 - 54 Putter's target
 - 55 Sicilian tourist attraction
 - 57 Waikiki sight
 - 59 Rewrite, in part
 - 60 Hoghead, e.g.
 - 61 Keyboard goof
 - 63 Mariner, slangily
 - 64 Swing to and

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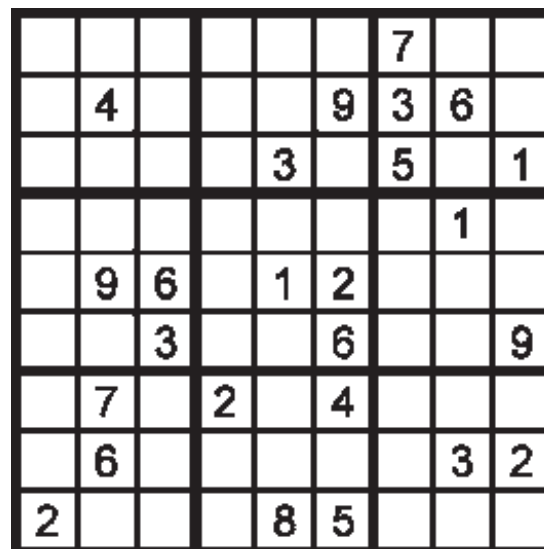
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| Belt | Chaplet | Duster | Headpiece | Mask | Sash | Suit | Veil |
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| Bib | Cloak | Gaiter | Hose | Mitt | Shimmy | Tam | Vizor |
| Bikini | Clog | Garb | Hosiery | Muffler | Shoe | Tiara | |
| Bodice | Coat | Gillie | Kept | Outfit | Shroud | Tights | |
| Bolero | Cowl | Glove | Kilt | Pumps | Slip | Toga | |
| Bra | Crown | Guimpe | Kimono | Raiment | Smock | Togs | |
| Busby | Cutaway | Gum boot | Knee breeches | Robe | Sock | Topee | |
| | Derby | Hat | | Ruff | Step-in | Topper | |

SOLUTION ON NEXT PAGE.

SUDOKU MEDIUM - By Senior Scope



Each 3x3 cell has the digits 1-9.

Each vertical and horizontal line also has the digits 1-9.

Enter each digit

(1-9) only once each in each cell and each line.

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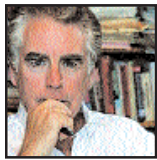
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By William J. Thomas - Humour Columnist

Aging And Modern Technology - A Very Bad Combination

Advanced age and modern technology are like two elevators going in opposite directions in headquarters of human behavior. Sadly, most people over 60 today believe 'sexting' involves identifying the gender of chickens at a 4-H Club competition.

I used to make fun of my 80-year-old mother Margaret and her ongoing battle with the telephone answering machine, a hi-tech apparatus back in 1996. As a woman who once babysat Alexander Graham Bell and grew up using a party line, Margaret was always skeptical of a little black box that could answer the phone for you.

There was a time when Margaret then came to live with me and if she was too slow in getting to the phone, the machine would automatically kick in and the caller would begin leaving a message. My mother would then carry on a conversation with the message. Several times she would try to interrupt the message or ask a question and when the caller ignored her, she would curse mildly and then hang up on 'em. Then she'd pick up the phone again to silence and she believed it was me on the line, saying nothing just to aggravate her. (Okay, maybe I did that a couple of times but mostly it was the machine. Honest!) And then she'd leave a message of her own even though the machine was not recording: "So you think this is funny, smarty

pants! Well, one day you'll call me for something important and I'll just stand here and say nothing like a dope and see how you like it! Good-bye." I could hear her from the other room.

Then we developed a phone call code, almost like Morse Code but more unique... like Margaret Code. I would call home to check in on her and she'd pick up on the fifth ring, the same ring at which the answering machine would activate. I would hear a "click" followed by the crashing of the phone to the floor and then the rattling around of the phone on the hardwood - "Hello? Hello?" - and finally the sound of the receiver being rammed hard into the cradle followed by "Dang phone!" and "Go to blazes!" That was the secret code. That's how I knew she was alright.

As I said, I used to make fun of my mother for murdering modern technology until ... Last Sunday morning I'm in front of the television trying desperately to find an important soccer game between Real Madrid and Barcelona. I've got the standard three remotes - the one that turns the set on, the one that changes the channels and the one that does something I've forgotten about for years.

I've also got my portable phone because I can't find the damn game and I keep calling my buddy Robbie who knows everything about the telecasting of European football matches. Somehow

I hit a button that disengages the ringer so, although Robbie's returning my calls, I don't know that and I keep calling, getting a busy signal and leaving a curt message or hanging up and yeah, I was communicating by Margaret Code.

Frustrated I slammed the phone down which must have re-engaged the ringer because all of a sudden, it rings and I lunge for the phone and I'm talking to Robbie except the phone is still ringing and I realize that I have one of the remotes to my ear. The one that does nothing I know of. By the time I found the phone, I'd missed the call.

Calm, focus, breathe deep - I went to the kitchen for another cup of coffee and returned for one last shot at finding the big game on TV. I started channelling through the 400 series of sports networks when ... and this hardly ever happens ... the TV freezes up on me. I start pushing on the remote harder thinking it was the battery but no, nothing. And then Robbie called back, the phone rang in my hand ... and I realized I'd been trying to change those channels ... with my portable phone.

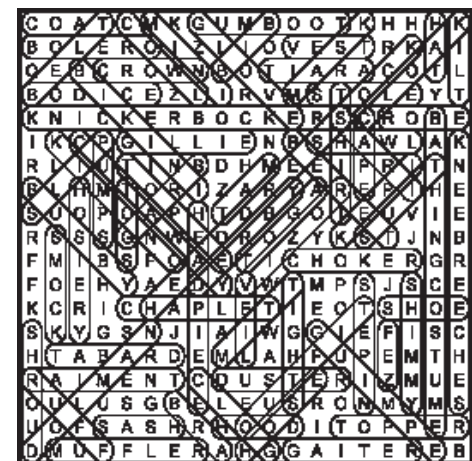
Completely deflated and angry, I started pushing all the numbers and all the buttons on all these gawd forsaken gadgets and ... and I heard a voice. I guess I said "What the hell!?" because the receptionist at Christian Mingle said "You must have the wrong number, sir." And before she hung up

she told me my mother should wash my mouth out with soap! (Something not covered by the code.)

Okay, I made that last part up but the rest is absolutely true which is why I don't make fun of my mother Margaret anymore. When it comes to aging and modern technology, I kinda look up to her these days. ■

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

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

EFF		ORAL		GRAIL
BELL		NASA		OUNCE
BEEIN		ONES		BONNET
STENO		CASED		ADS
		DISH		IRES
		EASTER		EGHUNT
AWL		EURO		GAMER
BAIT		DOUSE		MITE
ESTOP		SECS		ASK
THE		DIXIE		CHICK
		ONES		OOZY
SHE		KNOWN		ERECT
NOTTOO		BAD		FRIDAY
ULNAE		AVER		LISP
GEARS		REDO		TKO

Let No One Be Alone
A WEEK OF AWARENESS
MAY 3-9, 2015

Everyone Knows Someone Living Alone
This week let's take the time to make sure those that are alone know that we care!

Offer to Run an Errand
Pay Attention
Attend an Event
Bake a Goodie Basket
Create a Hand-Made Card
Invite Someone Over for Meal
A PHONE CALL

Go Out for Coffee or a Drive
Be Spontaneous
Be Supportive
Clear their Yard
LISTEN
Positive Conversations
Take them to a Movie

Kindness
SHOW you Care!
Visit
Friend
Visit

"So often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."
Luz Stueggler

Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone

A SIMPLE ACT OF KINDNESS
Can Brighten Someone's Day!

THE CLASSIFIEDS

Personal items / private sales only. Not for commercial use.
All listings must be pre-paid: cash, cheque, money order. No credit cards.
Listings and payment must be received 10 days prior to printing. Call 204-467-9000.

Listings: \$5.25/line (approx. 6-8 words/line). Photos: Additional \$10.00.
For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES

FREE LISTINGS FOR MONTH OF MAY 2015.

Get your spring cleaning underway and sell those unused items!!! Call for details.

Miscellaneous - WANTED

NOTICE TO BUSINESSES:
Looking to share space with existing business to sell NEW & USED items in Winnipeg. Can show examples. Open to selling on consignment. Call Dave 1-204-746-4318 (Morris, MB)

WANTED: Vintage Pedal Toys, Cars, Tractors, Planes, etc. Call 204-461-8169 Email: dmollard1@yahoo.ca

Miscellaneous - FOR SALE

FOR SALE: New electric lawnmower with bagger; includes two new 49 ft cords: \$150 OBO. Leave msg: 204-344-5618.

HOUSE FOR SALE: Parents/Grandparents, are your adult children looking for a great family home? 2-storey solid brick home w/full basement in the Pen Reserve area of Stony Mountain - \$189,900.00. Walking distance to child care centre, school, churches, store, rec centre, post office and cafe! Leave msg: 204-344-5618 to make an appointment.

FOR SALE: Mothers chair. Massage settings, heat settings, reclines and lifts. Fully loaded. Excellent shape. \$500.00. 204-997-7249

FOR SALE: Shop Rider POWER CHAIR, center drive, 350 pound capacity. Contact: Normand Lemoine: 204-801-5456. Email: nl2011@mymts.net

Listings are seen in Winnipeg and over 65 rural Manitoba communities at over 700 locations.
Also online at www.seniorscope.com, Facebook, LinkedIn and Twitter.
Mail listing with payment to:
Box 1806 Stonewall MB R0C 2Z0
NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

MR. ODDS & ENDS

BUYING & SELLING
New & Used Items

Specializing in items people need. Will trade items / Cash for some.

Currently Available:
Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture & More. Snowblowers and Shovels also available.

NOTICE TO BUSINESSES:
Looking to share space with existing business to sell NEW & USED items in Winnipeg. Can show examples. Open to selling on consignment.

Call Dave
1-204-746-4318

Working for Your Family



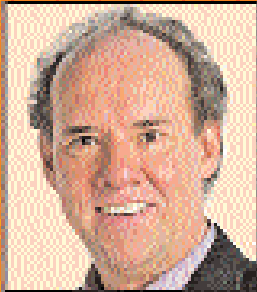
Sharon Blady
MLA for Kirkfield Park
204 332 2310
SharonBlady.ca



Dave Gaudreau
MLA for St. Norbert
204 281 1704
DaveGaudreau.ca



Andrew Swan
MLA for Minto
204 703 0060
AndrewSwan.ca



Greg Dewar
MLA for Selkirk
204 432 7066
1-800-096-1361
GregDewar.ca



Nancy Allan
MLA for St. Vital
204 237 8771
NancyAllan.ca



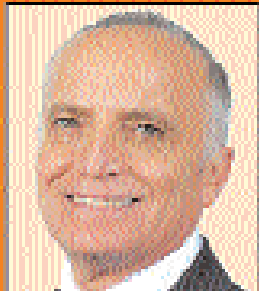
Ron Kostyshyn
MLA for Swan River
204 734 4000
RonKostyshyn.ca



Peter Bjornson
MLA for Gimli
204 642 4977
1-800-263-0266
PeterBjornson.ca



Jennifer Howard
MLA for Fort Rouge
204 948 0272
JenniferHoward.ca



Dave Chomiak
MLA for Kildonan
204 334 5060
DaveChomiak.ca



Kerri Irvin-Ross
MLA for Fort Richmond
204 475 9435
KerriIrvinRoss.ca



Deanne Crothers
MLA for St. James
204 415 0000
DeanneCrothers.ca



Ron Lemieux
MLA for Dawson Trail
204 070 4844
Ron-Lemieux.ca



Clarence Petterson
MLA for Flin Flon
204 637 0367
ClarencePetterson.ca



Gord Mackintosh
MLA for St. Johns
204 502 1550
GordMackintosh.ca



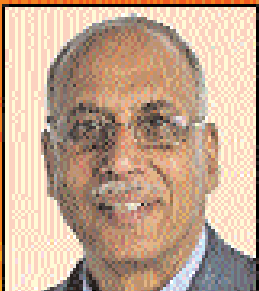
Matt Wiebe
MLA for Concordia
204 854 1057
MattWiebe.ca



Jim Rondeau
MLA for Assiniboia
204 080 7722
JimRondeau.mb.ca



James Allum
MLA for Fort Garry-Whitford
204-175-2270
JamesAllum.ca



Mohinder Saran
MLA for The Maples
204 632 7820
MohinderSaran.ca



Christine Melnick
MLA for Piel
204 253 5162
ChristineMelnick.ca



Stan Struthers
MLA for Dauphin
204 622 7630
StanStruthers.ca



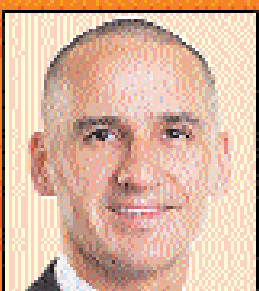
Tom Nevakshonoff
MLA for Interlake
204 884 2000
TomNevakshonoff.ca



Bidhu Jha
MLA for Radisson
204 222 0074
BidhuJha.ca



Melanie Wight
MLA for Burrows
204 421 9414
MelanieWight.ca



Kevin Chief
MLA for Point Douglas
204 421 0126
KevinChief.ca