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Vol. 13 No. 11  
Apr 28 - May 19/15



## Beausejour gearing up for the Games! The 2015 Manitoba Liquor & Lotteries 55 Plus Games will be held in beautiful Beausejour, MB, June 16-18th!

- ALCOA-MB

### Get in the Fun and Games!

Since 1983, the Manitoba Society of Seniors (MSOS) had proudly hosted the annual 55 Plus Games in a different community in Manitoba each year. In 2011, the torch and spirit of the Games was placed in the capable hands of the Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) and next year will commemorate the 33rd year of the 55 Plus Games! The 2015 55 Plus Games will be hosted in Beausejour MB June 16-18th. Over 20 events will attract more than 1000 athletes, 300 volunteers and many more spectators to 3 days of fun. If you have never been this is one celebration you will not want to miss!

The Games are the largest annual multi-sport event in Manitoba, break-

ing the common stereotype that seniors don't stay active into their 60s, 70s and 80s. In fact, the oldest male and female athletes are both well over 90 years old. Many other participants have been bit by the "Games bug" and continue to visit the Games every year no matter where the event is held.

Events range from card games to scrabble, snooker, floor curling/shuffleboard, track, swimming and slo-pitch. The 3 days of activities makes from some fun and enjoyable competition for participants and spectators alike!

The Games, while emphasizing active, recreational activities, are also about providing a social and cultural atmosphere through entertainment and social events. A Variety Concert is held on the Tuesday night and an Athletes' Banquet allows the participants a

chance to mingle on Wednesday night. The banquet includes a dinner, live music and speeches by local dignitaries.

ALCOA-MB has a comprehensive 55 Plus Games website ([www.alcoamb.org](http://www.alcoamb.org), click on 55+ Games) with all current and updated information pertaining to the Games. This is very useful in planning a memorable

Continued on page 2

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## 8th Annual 55+ Housing & Active Lifestyles Expo

**Tuesday • May 26/15**  
**10 am - 3 pm**  
**Victoria Inn**  
**1808 Wellington Ave.**  
**Winnipeg • MB**

The event will include exhibitors representing housing facilities, housing support services, care facilities, financial services, moving and storage options, realtors, home safety and security and various public and non-profit agencies that provide services or assistance to older adults.

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# 55+ Housing and Active Lifestyles Expo

- Age & Opportunity

A & O: Support Services for Older Adults welcomes all ages to the 8th annual Housing & Active Lifestyles Expo. This premiere event will take place on Tuesday, May 26th, 2015 and will run from 10 AM to 3 PM. As a result of the success of last year's show, we are once again offering **FREE ADMISSION**. The event will be held at the Victoria Inn, located at 1808 Wellington Ave. There is **FREE PARKING** as well as a Winnipeg Transit bus stop nearby. There will be food available for purchase on site and plenty of room to sit and read material gathered from the various exhibitor booths. If you have questions about housing options and services available to older Manitobans, the answers can be found here. Copies of the Winnipeg Housing Directory for Older Adults will be available for sale.

This event is a unique combination of informative, interactive booths and informal presentations that run throughout the day. Visitors will learn about lighting issues specific to older adults from Robinson Lighting's lighting specialist. Other presentations and interactive opportunities include legal discussion groups, hearing assessments, and blood pressure and blood sugar testing on site!

Some of the exhibitor categories include: real estate, security, self-storage options, hearing, home support medical equipment, life leases, downsizing, and information on assisted living options. There will also be information on support services that help keep older adults independent for as long as possible including: caregiver services, transportation, subsidized housing and more.

### Comments from last year's Housing Expo attendees:

*"My husband and I attended the Expo at the lovely Victoria Inn. We found it very informative with excellent staff and nice gifts and excellent pamphlets. We learned a lot!"*

*"Good learning - didn't know about existing programs until now."*

*"Well done! A wealth of info - always worthwhile!"*

*"Good - got a lot of useful info for my big move."*



Age & Opportunity's SafetyAid booth.

There will also be information available for individuals interested in the process of downsizing and for those looking to transition from home to condo or seniors residence.

This special event has been made possible through the following support:

- **Marquee Sponsor** - RONA Home & Garden
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- **Silver Sponsors** - Robinson Lighting Ltd., Kemp Hearing Centres, Oakley Optical, Kings Transfer Van Lines, Lifestyles Real Estate Ltd., Green Crest Pharmacy, Progressive Conservative Caucus of Manitoba
- **Bronze Sponsor** - Taylor McCaffrey LLP, VIP Home Care Inc., Nerium International, Mr. Garbage Corp.

We would also like to acknowledge the support from CJNU the Nostalgia radio station who have consistently promoted the Expo. A special thank you to Kelly Goodman from **Senior Scope** who provides Housing Expo coverage.

Expo attendees will have the opportunity to enter a silent auction and a number of free exhibitor draws.

For further information, visit **www.aosupportservices.ca** or call **A & O** at **204-956-6440**.

We look forward to seeing you! ■

### Once in a Lifetime Agave Blooms at International Peace Garden

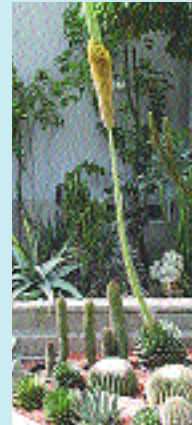
Queen Victoria's Agave at the International Peace Garden Conservatory began flowering in January this year and will continue to flower until the end of May. Then it will be exhausted and will die.

Queen Victoria's Agave (*Agave victoriae-reginae*) is one of the slowest growing of all agaves and can take from 15-30 years to flower. This one is 30 years old. Like all 'century-plants' this agave is monocarpic, which means that it will only flower once in its life and then die.

The impressive inflorescence towers 8 ft high above the mere 2 ft high plant.

Visit the International Peace Garden to see this amazing cactus, as well as the 6,000 other cacti and succulents on display at the Garden's Conservatory.

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### 55 Plus Games... cont'd from front page

Games experience. Valuable information includes schedules, sports info, accommodation listings, registration news and entertainment updates.

The Games are open to any Manitoban over the age of 55. The registration process depends on what event you want to participate in. Card events most often require qualifying playoffs in different regions of the province, while other events such as swimming, track or pickleball do not require any playoffs.

If you are interested in learning more about this exciting multi-sport event in 2015 please check out the games website at **www.alcoamb.org**. Participants, volunteers, spectators and sponsors are all needed to make the Games a success. We look forward to seeing you there!

**Contact the Games Office:**  
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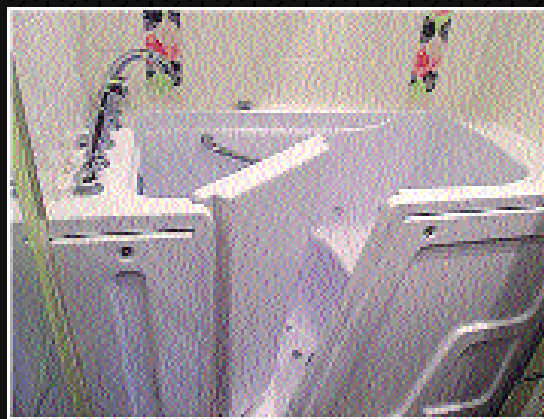


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**FINANCIAL INFORMATION:**

# SOS: Save our seniors from Financial Elder Abuse

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

In a previous column, I discussed the issues surrounding scams and financial fraud which are targeted specifically at seniors. As a stark reminder of the various ways seniors can be taken advantage of, it proved how prolific these scams are, and how easily one can be lured into succumbing to the fraudulent tactics. That being said, one of the more heinous versions of abuse would be those perpetrated against seniors for financial reasons. This is called “financial elder abuse” and while it takes many forms, financial abuse of seniors is far more prevalent than most would like to admit. Unfortunately, it often involves family. In other words, those we should all be able to rely on and trust implicitly can be the abusers which can have enduring, detrimental impacts.

What is financial elder abuse? The financial abuse of a senior involves the misuse of senior’s money or their belongings by a person they trust. Financial Abuse is defined generally, as an action that occurs as part of an ongoing relationship. Financial abuse of seniors often happens in connection with other types of abuse.

Indeed, financial abuse is one of the most common types of seniors’ abuse. Who is at risk and why? There are a variety of factors and conditions that can certain increase the chances of a senior being victimized by financial abuse, notably: isolation; loneliness; recent losses of loved ones; physical or mental disabilities; lack of knowledge or comfort with financial issues; having family members who are unemployed and/or have substance abuse problems.

The reasons why elderly people tend to be attractive targets are numerous, and important to acknowledge in understanding how to mitigate the problem. Here is a brief listing of some of those compelling reasons<sup>1</sup>:

- Persons over the age of 50 control over 70% of the nation’s wealth
- Many seniors do not realize the value of their assets (particularly homes that have appreciated markedly)
- The elderly are likely to have disabilities that make them dependent on others for help. These “helpers” may have access to homes and assets, and may exercise significant influence over the older person
- They may have predictable patterns (e.g. because older people are likely to receive monthly checks, abusers can predict when an older person will have money on hand or need to go to the bank)
- Severely impaired individuals are

also less likely to take action against their abusers as a result of illness or embarrassment

- Abusers may assume that frail victims will not survive long enough to follow through on legal interventions, or that they will not make convincing witnesses
- Some older people are unsophisticated about financial matters
- Advances in technology have made managing finances more complicated

Certain tools commonly used in many financial situations relating to seniors are, Powers of Attorney (PoAs) and joint bank accounts. These tools are intended to assist seniors and others in managing their financial affairs. They are predominately used when seniors reach an age or health circumstances such that there is difficulty in making their own sound financial decisions.

Daily living actions like paying utility bills, signing leases on assisted living residences, and making other financial commitments become challenging in the absence of an able individual. While tools like PoA’s and joint bank accounts can be very useful, the most common scenarios associated with the financial abuse of seniors are related to the misuse of PoAs and joint bank accounts. Consequently, these two mechanisms must be done with caution and, generally, close oversight.

According to the Financial Consumer Agency of Canada<sup>2</sup>, some common examples of financial abuse of seniors include:

- misuse or theft of a senior’s assets, property or money (often from joint bank accounts or through improper use of PoAs)
- taking a senior’s money or cashing their cheques without their permission
- forging a senior’s signature or altering documents to get permission to access or dispose of assets
- monetary gifts that are involuntary—e.g., gifts made under coercion, undue influence or threats
- unduly pressuring, forcing or tricking a senior to make or change a will, to sign legal documents giving away property or obligating the senior to something for which they will not benefit from, as well as:
  - pressuring a senior to obtain a mortgage they don’t need, where the proceeds are used by a relative or
  - having the senior sign a guarantee or pledge their property as security for someone else’s loan
- pressuring a senior to give money or write cheques for family members or

to someone else that that family members direct them to

- sharing a senior’s home without paying a fair share of the expenses when requested
- failing to repay loans provided by a senior
- Predatory marriage, where a person deliberately pressures an older person of limited capacity into marriage solely for financial profit.

Without a doubt, one of the crucial components of addressing financial abuse of seniors is to be able to identify what this abuse looks like, and what those tell-tale signs are. Ask yourself (or ask a loved one, or friend, who you are concerned about) if you have encountered any of these situations or felt something was wrong but were not entirely sure why. Here is a list of some possible signs of financial abuse and key questions to ask yourself<sup>3</sup>:

- Have I felt, recently or in the past, pressured into giving away money or purchasing things that I do not want or need?
- Has someone taken my money or cashed my cheques without my permission?
- Has someone come to borrow money from me on a regular basis and doesn’t seem to ever repay it?
- Have I noticed withdrawals from my bank account or charges to my credit card that I cannot explain?
- Have I received strange overdue bills that I thought were paid already?
- Has someone prevented me from making my own financial decisions or accessing my own money?
- Has someone not managed my finances as we originally agreed?
- Have I felt forced into changing my will or signing legal documents that I don’t fully understand?
- Have I felt pressured into sharing my home or car without fair compensation?

There are a variety of things you can do that should help you or a senior you know avoid becoming a victim of financial abuse. While some of these suggestions indicate fraudulent activity, other are scams as we have discussed previously. Here are some tips, courtesy of the Financial Consumer Agency of Canada<sup>4</sup>:

- Be wary of phone or email requests asking for banking or other personal information—your financial institution will not call you to ask for this information.
- Keep your passwords and personal identification number (PIN) to yourself—avoid writing them down or sharing them with friends or relatives. Once you’ve shared your PIN (for your debit or credit card) with another person, you risk giving up your liability protection, and could be held financially responsible for any unauthorized transactions undertaken with your cards.
- Keep your financial and personal information in a safe place.
- Ask a lawyer or someone you trust to look over contracts and other papers before you sign them.
- For major decisions involving your home or other property, get your own legal advice before signing documents.
- Before you sign a Power of Attorney (PoA) for your property, consider consulting a lawyer to ensure you are aware of all of the implications. A PoA is a powerful document that grants a person (or persons) power to act on your behalf for property or personal care decisions. The person you appoint with a property PoA may have complete access to your finances. Assigning a PoA to someone is not a decision to be taken lightly. For more information, visit FCAC’s page on Powers of Attorney: Your rights and responsibilities or the publication: See

Continued on page 4

<sup>1</sup> National Committee for the Prevention of Elder Abuse ([http://www.preventelderabuse.org/elderabuse/fin\\_abuse.html](http://www.preventelderabuse.org/elderabuse/fin_abuse.html))  
<sup>2</sup> Financial Consumer Agency of Canada (<http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/livingRetirement/Pages/financialexploit.aspx>)  
<sup>3</sup> Facts on financial abuse of seniors (<http://www.seniors.gc.ca/eng/pie/ea/financial.shtml>)  
<sup>4</sup> Financial Consumer Agency of Canada (<http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/livingRetirement/Pages/financialexploit.aspx>)

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**YEAR ROUND STORAGE**

# One of Winnipeg's most remarkable women

By Roger Currie

I recently came across a newsletter from *Deer Lodge Centre* which reminded me once more of one of Winnipeg's most remarkable women of any age. The fact that **Agnes Comack** is 94 only makes us 'kids' of 67 marvel at her even more.

I've written about Agnes before in these pages. I first met her three years ago when I was moving back to Winnipeg from Regina, and wanted to re-connect with her husband, Brigadier General Hugh Comack, a veteran of the Dieppe campaign with the Queen's Own Cameron Highlanders. Hugh was then a resident of Deer Lodge Centre, and it was where he and Agnes had met at the end of World War 2. Back then, she was a nurse, and Hugh was treated for a foot injury when he returned from his military service.



Agnes Comack sketches Angel of Victory

*T.B. spines. They have to stay flat on their backs in bodycasts for about a year or more.*

*They are all good kids though, and we have to try to keep them cheerful. A few have been here as long as four years. This week they are starting to operate on them - removing ribs. When they're finished, 18 of them will have a permanently collapsed lung.*

*The boys from the battle areas are really a sorry sight. Some that just came back from Italy were shell-shocked. One fellow said they were under siege for days, and they became totally accustomed to the noise of the guns. Suddenly the guns all stopped at once and the sudden quiet was more than they could stand.*

*We also have a German Prisoner of War, and we're getting another one tomorrow. The one we have now is about 48, so I don't think he's much of a Nazi. There are lots of Germans in this hospital because of the prison camp at Sherbrooke. Evidently the younger fellows are the ones who are really nasty because they have been brought up as Nazis.*

Back to the recent Deer Lodge newsletter, we heard from Agnes Comack once again, more than 70 years after that memorable letter to her dad. At 94, she is feeling the loneliness of being a widow after a marriage that lasted 67 years. She is also feeling what many of us who are much

younger have experienced - the sense of being somewhat invisible even though we still have lots to contribute.

"When I was in my seventies I could never, even then, imagine myself being an old woman but here I am knocking ninety four. I've been giving a lot of thought these days to old age and how so few younger people can, like I did, never imagine themselves reaching this stage in life. **Well, this too will happen to you.** There's no escape!

Many of my friends are having problems now, having to push walkers or being confined to wheelchairs. I have had my own problems over the years requiring surgeries and even radiation for cancer. I am forever inspired by the memory of my nephew Neil Bardal who fought cancer with such a positive attitude. It's all a state of mind. Either you wallow in your problems or you fight the good fight.

There are interesting things I've discovered about old age.

People are kind to old ladies, I'm finding. I'm perfectly capable of opening a door myself but I'm amazed at even young people who will jump forward to open a door for me. I make a point of thanking them profusely. It's beautiful to see such kindness.

After years of sending out Christmas cards, I'm pleased to discover many old friends are happy to be remembered. Keeping in touch even once a year at Christmas is important.

However, there is a sad part about old age. I've discovered a loneliness that I'm sure many widows and widowers feel. It's the result of the loss of your best friend, your confidante. The family is attentive and

thoughtful but then comes nightfall and you are alone with your thoughts. I'd never experienced this type of loneliness before. It was so devastating for the first time in my life to wake up Christmas morning being all by myself. No doubt many people experience this but for most of us who have had family members nearby this is a very unusual, melancholy experience.

I'd never before given much thought to what my mother endured after living so long in our big home with so many family members and so much activity, to finally be left all alone in an apartment for the nine long years following my father's passing.

I have found to overcome this change in your lifestyle the trick is to be with people. Keep giving, caring and staying in touch. When I feel down in the dumps I find it a great help to phone someone who is worse off than I am. Then I discover my problems are mediocre in comparison.

So to younger people who may be reading this, work at keeping fit, nurture your friendships and cherish your family members.

I am thankful for a great many things, and for a great many wonderful people that I've been privileged to meet and share some of their stories. I can truthfully say that Agnes Comack has been and continues to be, a most wonderful inspiration in so many ways for all of us.

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

## SOS: Save our seniors..., cont'd from page 3

what every older Canadian should know about: Powers of Attorney (for financial matters and property) and Joint Bank Accounts.

- Use direct deposit for regular deposits such as pension or annuity cheques and preauthorized payments to pay for bills to limit the number of banking transactions that others will need to do for you.
- Be very cautious if you open a joint bank account. A joint bank account means that the other person is also an owner of the funds in the account and could withdraw all of the money without asking. The joint owners' creditors could also seize your money to pay their debts. Your funds could be considered the joint owners' marital assets if they divorce their partner.
- Keep a record of money you give away and note whether it is a loan or a gift.
- Make an effort to keep in touch with a variety of friends and family so you don't become isolated. If living alone is becoming a problem, consider living in a housing arrangement where there are others around you for companionship and security i.e. assisted living.

As you can see, this is an issue that is both worrisome and potentially very damaging to the lives of some of our most vulnerable seniors. That being said, the problem of financial abuse of seniors is by no means a new phenomenon. It has taken many shapes and forms over the years, and has become a major socio-economic concern given the demographics of our country. The social implications are massive as huge swathes of the Canadian population

move deep into retirement and live longer lives than ever before. Changes in technology, in the ways we manage finances, in the very financial products that exist today (that perhaps did not when today's seniors were much, much younger) means the wealth of our eldest generation is a prime target for abuse. Keep a keen eye on this and protect yourself, your money, and help your fellow senior by sharing this article with them today. ■



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# The Base Manitoba Was Built On

## - Tyndall Stone - PART II

By Metro Hnytka

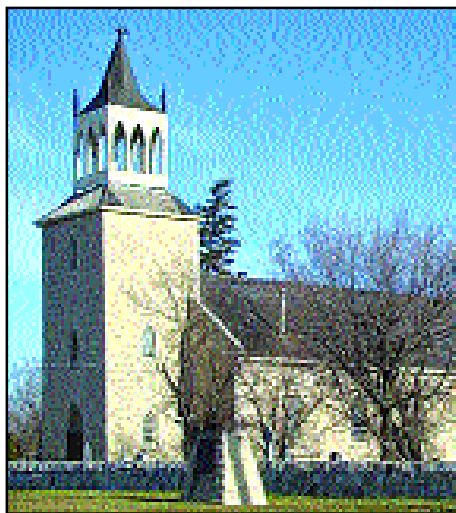
### LOWER FORT GARRY

20 miles north of Winnipeg (built by the Hudson Bay Co.) on the banks of the Red River sits LOWER FORT GARRY. An easy-to-get-to destination - take Main Street north from Winnipeg on Hwy. #9, approximately 20 miles. Built in 1831, it was the fur loft containing the company's stores to supply the area's needs. Although Lower Fort Garry did trade a small amount of furs, the main purpose was to supply the Red River Settlement, Metis and European (mostly Scot and Orkney) populations. The exterior part of the Fort was built in 1840's. This is a great tourist attraction and is opened during the summer complete with guides and residents dressed in 1840 era fashion. There is a fee for entrance but it is very reasonable. ENJOY.

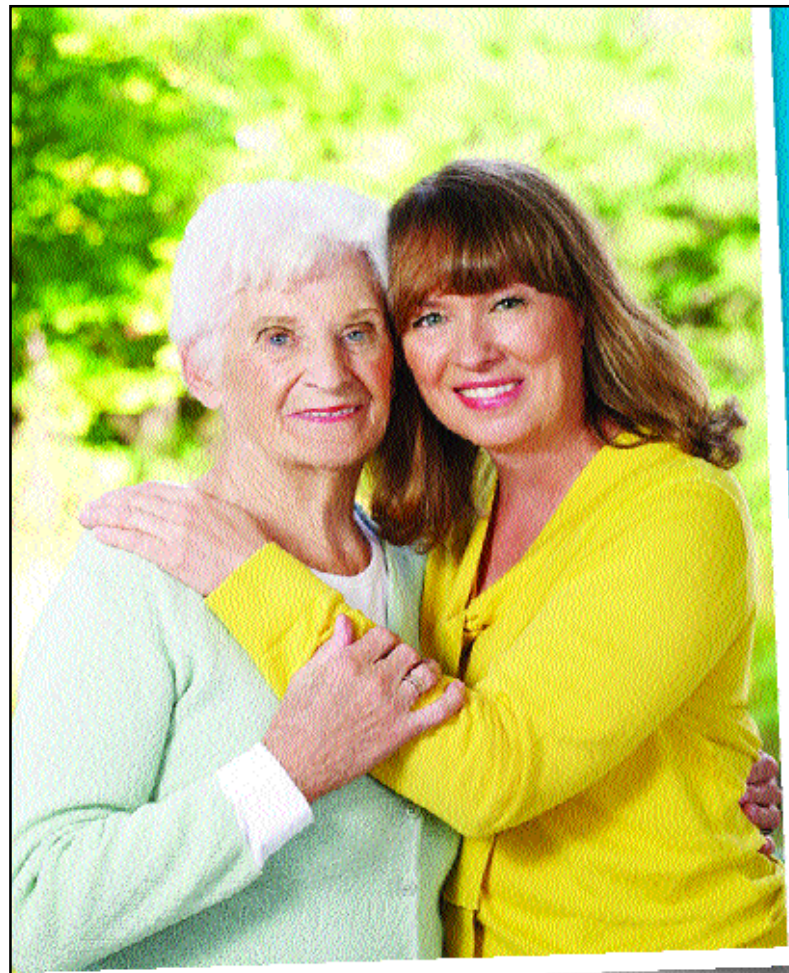


### ST. ANDREWS CHURCH ON THE RED

The church was opened in 1849, replacing a wooden church built in 1831. It was built out of limestone from a quarry several miles north. The wood for shingles, trusses and flooring came from Birds Hill. It has had some minor changes since 1849 but it is a treasure to be enjoyed for a long time. This beautiful church, located at 3 St. Andrews Road, St. Andrews, MB, is still in use today. Make time to visit it, read the tombstones and maybe take in a Sunday service. For more info please call 204-334-5700 (voice mail).



CORRECTION: In the last issue we stated that the Royal Alexander Hotel was located beside the CPR Station. The correct name is the Royal Alexandra Hotel. Our apologies.



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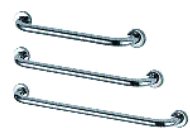
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.....  
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**LETTERS...**  
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Box 1806, Stonewall, MB R0C 2Z0

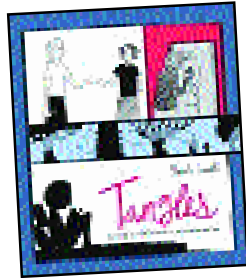
# The Reading Room

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

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

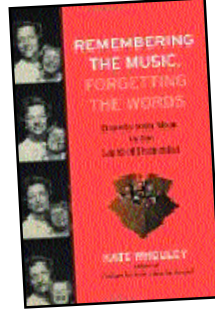
*Mother's Day; a celebration of appreciation for the woman who nurtured, guided and launched us into the world to become our own special self.*

*The following titles speak to the relationship between mothers and daughters, family and the journey that is called "Alzheimer's Disease".*



**Leavitt, Sarah.**  
**Tangles:**  
**A story about Alzheimer's, my mother, and me.**  
Calgary, AB:  
Freehand Books, 2010

Tangles is a graphic memoir of her mother's journey with Alzheimer's disease. "I created this book to remember her as she was before she got sick, but also to remember her as she was during her illness, the ways in which she was transformed and the ways in which part of her endured". ■



**Whouley, Kate.**  
**Remembering the music, forgetting the words: Travels with mom in the land of dementia.**  
Boston: Beacon Press, 2011

A straight forward and at times humorous memoir of her mother's decline into Alzheimer's Disease, Kate Whouley takes us on a journey of coping with the everyday tasks of taking care of her bills, her housework and the reality of her mother's progression with the disease. The book is an expression of the relationship she had with her mother, her grief, her loss, and ultimately healing. ■



**Parker, Charlotte.**  
**Return to joy: A family's initiation into the mysteries of dementia.**  
Dallas, Texas: Dancing Horse Publishing, 2010.

"Part family memoir and part "how-to," this book reveals how the mysteries, challenges, grief and even humor of dementia transformed the lives of two sisters and their family as they consciously chose to step into their demented mother's reality, as opposed to forcing her to live in a world in which she no longer belonged". - cf. Authors' website. ■

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](mailto:dclibrary@umanitoba.ca) / <http://libguides.lib.umanitoba.ca/deerlodge>

## 100 acts of kindness - Kindergarten & Nursery Students create cheer for seniors

By Maureen Mackay

To bring cheer to seniors was one of the 100 acts of kindness done by the nursery and kindergarten students of Ecole Lansdowne School in Winnipeg. As a way to share their flair for art, they created a series of heart themed canvases for the seniors at Fred Douglas Lodge, using a recycled cardboard stamping technique, they imprinted painted hearts hoping to spread their warm hearted feelings to others. Much to the delight of the residents at the Fred Douglas Lodge, their teacher, Mme Kusyk delivered the thoughtful creations, which were graciously accepted and displayed.



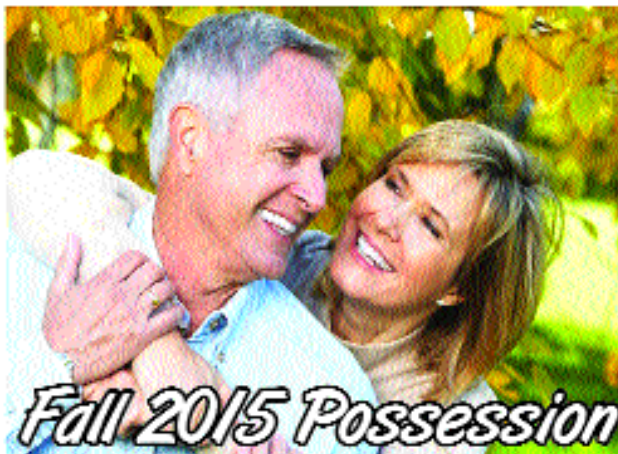
Left: nursery and kindergarten students of Ecole Lansdowne School in Winnipeg. Right: Teacher Shona Kusyk (left) with Fred Douglas Lodge staff member.

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### ANAVETS Who, What, Why and Where

**WHO** The Army, Navy & Air Force Veterans Is Canada's oldest (formed in 1840) veterans', ex-service persons' and community service organization

**WHY** To unite fraternally, veterans who have served in Her Majesty's armed forces or any auxiliary force of any nation allied to the British Commonwealth of Nations

**WHAT** To provide these veterans with a place to share their camaraderie and support in their questions affecting the rights of veterans.

To serve the community by assisting with the many ANAVETS programs in support of youth, veterans, seniors, the disabled and others. ANAVETS further supports the country's youth academic development through their bursary and scholarship awards programs

**WHERE** Manitoba & North-West Ontario Units

**Winnipeg** #1 John Osborne, # 60 Fort Gary, #283 Assiniboia, # 303 Rockwood

**Brandon #10, Portage La Prairie #13, Selkirk # 151, Thompson #388, Fort William #257**

For a unit in your specific area consult you local telephone directory

ANAVETS is a veteran's organization however it welcomes anyone who believes in the principal and supports the purpose of the organization

Try it, you may like it and remember, veteran or not, you can be an ANAVET member

Duncan M Anderson Unit #303 Rockwood

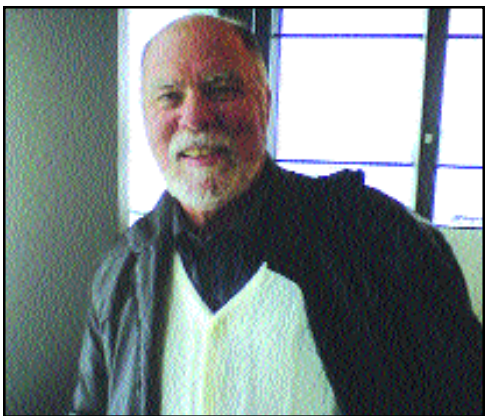
# DRIVEN!

APRIL 28 2015 **Overview:**

- Automotive Motion Art
- Advanced Driving Skills Test
- Feature on Shelley Ostrove - local marketing guru

## The **SENIOR SCOPE** Automotive Review

3rd Edition



**Wm. M. E. Ward**

AUTOMOTIVE AND MOTION ART is alive and well in The Car Culture Scene in Manitoba.

Be it the vehicle, a painting or the sculpture of the engineered piece of material Manitoba's Car Culture Scene and its artistic excellence is truly in season.

I have collected vehicles, paintings, pieces of race cars and jewelry like parts over the years and have these memento's as part of my experience in road racing, stock car racing and drag racing as well as the colours of the Candy Era. My Candy Brandy Wine Cadillac/Allard stands out as my all time nostalgic vehicle both for its look and sound as well as the richness of its body colour. This car was my fathers pride and joy as it came into the family in 1951 and stayed until the late 1970's Power Grace and Open Air Driving at its thunderous best. This photo sadly is not of our car but is very close. I love unique style.

**Here are some examples of Automotive Art at featured at RODARAMA**

**At The Beach** by Rodger Lusty



This is a timeless beach scene with the cars that made us who we have become over the years. The Mercury Wagon was not only a board carrier but was great at drive-in's for couples to lounge in.

**World Famous**



The Dogs are Great and the Bike is Iconic so lets meet at Lockport for a Cruise some evening.

**Spring Tune Up** By Glenn Hayes



This iconic scene brings me to introduce our newest DRIVEN! Specialist Spring Tune Up at **Seven Oaks Transmission**.

I have the pleasure to introduce **Bob Degrave** as our *Driven Vehicle Maintenance Specialist* and contributing columnist. Bob has serviced my vehicles for over 25 years and the experience has been positive and informative as his knowledge and skill is known far and wide. Bob will be contributing on a regular bases to Driven!, so if you have questions for him send them to [driven@mtymts.net](mailto:driven@mtymts.net) and we will answer them directly or in Bob's column.

Owner Bob Degrave and his sons Kyle and Garrett along with Tom Napery His Service Advisor invite you to visit their clean and comfortable Service Facility for your automotive repair needs. They provide repairs and installation services for all types of import and domestic vehicles, as well as RVs. In fact they are the only transmission shop in Winnipeg to offer an RV hoist.

Their specialties are transmission and driveline maintenance and repair.

The shop is a member of Canadian Federation of Independent Business, Automatic Transmission Rebuilders Association, An Approved Specialists Facility with the CAA (Manitoba) and The Better Business Association

Bob's Experience and his love of automobiles has made his shop the go to place for industry as well as the general public and on any day you can see custom cars and street machines having the expert care and engineering that the shop specializes in.

Their advice and work is often based on their understanding of what the customer wants, needs and can afford as they aim to fix the problem or avoid it at the least expense possible.

Their modern facility is equipped with the latest computer diagnostic equipment to ensure that any faults with your car and transmission are quickly and correctly identified – saving you time and money. Whether you're in need of repairs to the family car, a regular schedule of fleet maintenance, or replacement of the transmission in your RV, you can count on the professional

technicians at Seven Oaks Transmissions in Winnipeg to do the job right.

I have had them service my own vehicles for over 20 years and have had solid advice that has saved me money

and time as well as allowed me to be more competitive in my performance vehicles as well as my work vehicles.

Thanks Bob and The Seven Oaks Team for everything. ■

## THE STEERING WHEEL

**We have covered Steering, Braking and related issues now it's time for you to take the Advanced Driving Skills test and see how you do.**

1/

**At what average temperature do you change Summer Tires for Winter Tires and or Winter Tires for Summer Tires ?**

- A. 7 Degrees C
- B. -20 Degrees C
- C. Who Cares

- A. 10-2 Position
- B. 9-3 Position
- C. 8-4 Position

2/

**What Tire Pressure provides the best fuel economy as well as enhanced braking and steering?**

- A. Vehicle Door Plate Pressure
- B. 4 PSI above Vehicle Door Plate Pressure
- C. It does not matter as long as tire has air in it.

5/

**How far away from the Steering Wheel should your body be in an air bag equipped vehicle?**

- A. 12 to 18 Inches
- B. 3 to 5 inches
- C. 18 to 24 Inches

3/

**Do you engage Neutral when in a Skid?**

- A. Always
- B. Never
- C. Only if you want to have less control

6/

**What is the safest speed to travel at on the highway?**

- A. The average speed of the other vehicles
- B. Slower than other vehicles
- C. As Fast as possible

4/

**Where do you hold both hands when driving for best control and safety?**

7/

**What is the Safest Lane to travel in on a multiple lane roadway?**

- A. The Right Lane
- B. The Passing Lane
- C. The Center Lane

Continued on page 8

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# DRIVEN! The SENIOR SCOPE Automotive Review

Continued from page 7

**8/**  
**What is the maximum time you should drive between rest stops.**

- A. 4 hours
- B. 2 hours
- C. When you need fuel

**9/**  
**If you wear Sunglasses during day light hours can you see better at night?**

- A. Yes
- B. No
- C. May Be

**10/**  
**Is Safe Driving easy or difficult to teach?**

- A. Very Difficult
- B. Easy
- C. Impossible



## Answers

**1/**  
**A. 7 Degrees C**

All Season and Summer Tires work from 7 Degrees C up and provide excellent traction. Winter Tires provide the best traction below 7 Degrees C and All Weather Tires are compromises that work ok between 25 Degrees C and -25 Degrees C

**2/**  
**B. 4 PSI above Vehicle Door Plate Pressure**

Tire pressure is best set 4 lbs/sq.in. above the door plate pressure as this provides the best in braking control, steering control and reduction in hydroplaning effect

**3/**  
**B. Never**  
A Vehicle in gear can be controlled by brake, throttle and steering and the neutral is achieved in automatic transmissioned vehicles as the engine slows down if your foot is not on the accelerator.

**4/**  
**C. 8-4 Position**  
The steering wheel is best held at the 8-4 position with the elbows slightly bent for steering feel, ease of input and correction as well as Air Bag Safety

**5/**  
**A. 12 to 18 Inches**

The distance from the air bag to your chest area is ideal at about 15 inches and varies with arm length and body height between 12 to 18 inches. This allows effective deployment and injury protection.

**6/**  
**A. The average speed of the other vehicles**

You should drive at the speed of the majority of vehicles on the road and maintain 4 sec interval in urban streets and 7 sec interval on highways. Driving too slowly causes Collisions as well as driving to fast.

**7/**  
**C. The Center Lane**

The center lane is the safest and provides the most visibility to you and allows you to have more maneuvering room.

**8/**  
**B. 2 hours**

Drive for two hours take a out of vehicle break and do it again. When you have a tank of fuel left take a small meal break, fill up and start over as this maintains your attention span and allows you to move about so that you are not

restricting your blood flow. This is the ideal time to use the washroom and even splash a little water on your face.

**9/**  
**A. Yes**

Sunglasses protect the night purple in your eyes and allow adaption to night vision quicker and better. They provide reduction in glare and if a hat is worn its peak provides over the glasses cantilever protection and improves glare reduction. The best sunglasses are brown toned and have polarized lenses.

**10/**  
**A. Very Difficult**

Safe Efficient driving is very hard to teach as the average person does not reach driving competence with out a minimum of 200 hours of instruction, observation and advanced driving skill training and this has to be repeated every 3 years. Driving a motor vehicle is a compound complex task and is considered to be twice to three times as hard to perform as flying a twin engine aircraft. The Million Mile collision free truck and bus driver is the ultimate pro on the street and the endurance/rally driver the ultimate pro on the track.

**Well how did you do.**

**10 out of 10 is Pro**

**Between 8 out of 10 to 10 is Good**  
**Between 6 to 8 is OK**

**Below 6 get out the books and start learning and practicing.**

## AUTO EVENTS

### 18th ANNUAL RED RIVER VALLEY SWAP MEET

**May 10 - Sunday**

Rain or Shine at Red River Exhibition Park - 3977 Portage Ave., Winnipeg. Admission \$5.00, 12 & under free when accompanied by an adult. Vendor set up starting at 6:30 am, gates open to public at 8:00 am. Show & Shine open to all vehicles 25 years and older - street rods, modified and special interest vehicles. Vehicle and driver admitted free. Vendor and Car Corral space rentals \$10. Register at gate. Bring a donation to support Winnipeg Harvest.

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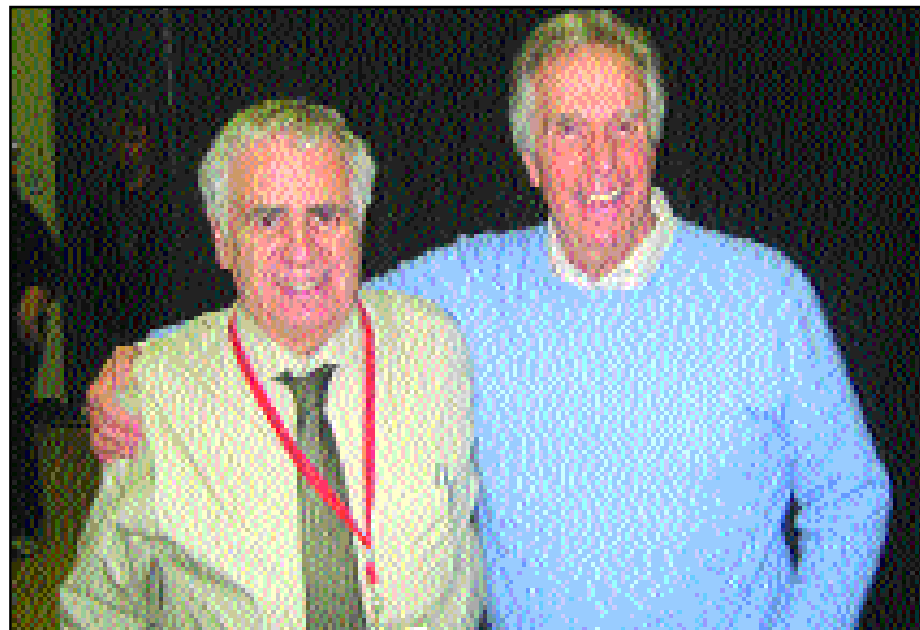




# Shelley Ostrove - Mr. Persistent



Shelley, his wife Resa and their three sons.



Shelley and Henry Winkler.

*"I've always found that age should be irrelevant. Rather, it is the energy and ability of the person."*

~ Shelley Ostrove

I first met Shelley Ostrove when I was the Automotive Specialist for Canadian Publishers and he came to my office to promote the World of Wheels Car Show in 1990 and he called, came by and generally pestered me into doing a major pull out on the Show and its celebrities. I made my mind up then and there that if I needed a Public Relations and Promotions Person I would call Shelley.

Over the past 25 years he has been a constant at arranging marketing and promotion for so many Manitoba and Winnipeg Businesses. Each of his clients have profited by his skill and abilities.

33 years in the Business and still going strong Shelley has some interesting views on the marketplace and how it applies to him and his clients. Shelley's comment about age says it all "I've always found that age should be irrelevant. Rather, it is the energy and ability of the person" this not only applies to him as an individual but how he views the different age group markets of his clients.

Shelley Promotions has been in existence for 33 years. Over the years, He has not only handled the promotions

and advertising needs of specific companies, such as Gorilla Jack, Party Stuff and Six Pines Halloween Haunt, but also has promoted such events as the Comic Con and the World of Wheels Car Show (over 20 years).

He has three sons; Matthew, Zachary and Benjamin.

He and His wife Resa have been married now for 37 years, and she plays a very active role in the business. His three Son's Matthew, Zachary and Benjamin have all at various times had a role in the business and they have the same winning spirit as Shelley and Resa.

"I would have to say that my most memorable moments in my promotional

career are seeing all the successes of the promotions and meeting many celebrities over the years" says Shelley and looking over his vast collection of Celebrities he has met and promoted is a who's who of the best in their fields. I have noted that Shelley is a very down to earth person who quietly supports his family and his friends and associates with a passion that is to be admired.

Shelley and Henry Winkler, One of many who have been promoted by Shelley and the events he represents.

His commitment to family is fundamental to his existence and his support of his community is in no small way the measure of the man.

Shelley says "As long as my health remains intact, I will continue to help various companies succeed in the business world. I would most definitely choose the same business if I had to do it again."

Retirement is often the goal of many but at this point, Shelley has no intention to fully retire. His goal is to have more down times with family so if you need a business or idea promoted now is the time to get Shelley on the file, as he will deliver a positive return on your investment. His future goal is to continue to help the small business to succeed. His daily motivation is to get up early which he has always done, and to head out for the day to do what he know best.

Well Shelley I know that we who have known you over the years will expect nothing else.

His persistent push to succeed for his clients and friends as well as family make him one of my favorite, go to people both in business as well as private life.

- Wm. M. E. Ward

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# THE BUZZ

**Not Quite "Strong" Enough; Hockey Hall of Fame Announces Inductees; Amaro Silva Passes; Dahl Heads to Big Rock in the Sky; Poppin' Fresh Says Good-Bye to his 'Dad'; Still looking for the Rosedales; Manitoba Wins Stick Curling; Bjornson off to Worlds; Basketball Hall of Fame Inductees announced; Rondeau Retires from Politics**



By Scott Taylor

According to Herb John, the President of the National Pensioners Federation, the latest government budget provides some welcome news. However, John isn't jumping up and down in his sensible shoes.

In fact, John did admit that "the announcements will benefit many seniors and are applauded by the National Pensioners Federation."

Those announcements are:

1. Extending the Employment Insurance Compassionate Care Benefits period from the current six weeks to six months
2. Introduction of the Home Accessibility Tax Credit for seniors and persons with disabilities to help with the costs of renovating their homes to ensure they are safe, secure and accessible
3. Up to \$42 million over five years to help establish the Canadian Centre for Aging and Brain Health Innovation
4. Renewing the mandate of the Mental Health Commission of Canada for another 10 years, beginning in 2017-18
5. Providing \$14 million over two years for the Canadian Foundation for Healthcare Improvement to evaluate and disseminate data about best practices with respect to palliative care services
6. Reducing the Minimum Withdrawal Factors for Registered Retirement Income Funds increasing the TFSA annual contribution limit to \$10,000,

effective for the 2015 and subsequent taxation years, will be a benefit to seniors that can afford to put aside that amount of money, but will not help seniors that are struggling.

"NPF believes this strategy must not only include specific solutions for seniors, but that it should be developed with the vision and sustainability that it is a benefit to all Canadians. There are numerous issues to deal with in Health Care, including a Pharmacare plan. Also needed are improvements in the Canada Pension Plan, Old Age Security, the Guaranteed Income Supplement and Pension Protection. We need a National Housing Strategy and the growing inequity of the distribution of wealth must be addressed."

So while NPF was appreciative of some of the movement made by the federal government, it still wasn't overwhelmed.

•••

If you've been a hockey fan in Manitoba for the past 50 years, the names are definitely familiar. **Cam Connor, Sheldon Kennedy, Curt Ridley, Al Hares, Andy Murray, John Paddock, Diane Woods** and **Scott Oake**.

Those are just eight of the 2015 inductees to the Manitoba Hockey Hall of Fame.

"All of these inductees were nominated by fellow players, coaches, administrators, other members of the hockey community and individuals outside of the hockey community," said **Jordy Douglas**, vice-president of the Manitoba Hockey Hall of Fame. "All of them have made contributions to hockey regionally, nationally and internationally. A peer jury made the final selections for inclusion in the Hall of Fame."

The 2015 Nominees for Induction are (thanks to Hall of Fame for the biographies):

**Players:**

- **Cam Connor** played junior in Winnipeg and Flin Flon, in the WHA before being drafted by the Montreal Canadiens. He is best known for scoring the winning goal in second OT for the Canadiens against the Leafs on April 21, 1979.
- **Sheldon Kennedy** of Elkhorn had a spectacular Junior career, winning a World Junior title and a Memorial Cup a year later. He was a WHL all-star before joining the NHL ranks. Sheldon is now better known for his off-ice work as an advocate for victims of abuse.
- **Curt Ridley**, goaltender, born in Minnedosa, joined the Boston Bruins AHL team after a successful Junior career in Manitoba. He played for the Rangers and the Canucks and in the AHL, but is best known as the only goaltender to shut out a touring Soviet Union when the Canucks beat Moscow Spartak.
- **"Cully" Wilson** played in the Icelandic league in Winnipeg before his



Gary Dahl and his Pet Rock.

speed and style got him noticed by the National Hockey Association in 1912. Cully played across North America as the professional game was developed. He was a founding member of the Chicago Blackhawks in 1926.

**Builders:**

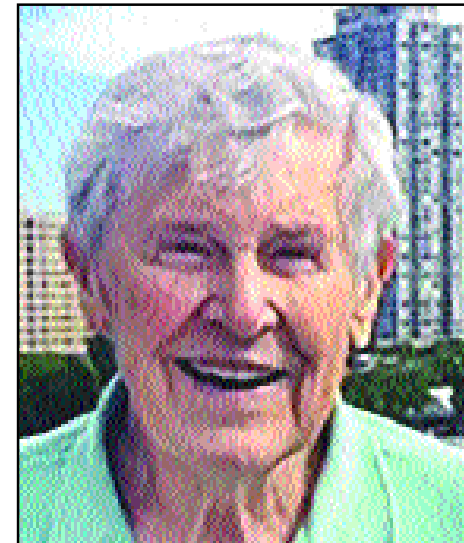
- **Al Hares** coached in Selkirk for over 33 years, including for the Steelers Junior club which he led to three Turnbull Cups and one Anavet Cup. On the side "Mr. Hockey" coached the Junior B Fishermen to seven league titles.
- **Andy Murray** of Gladstone began coaching at 25 and by 30 was head coach at Brandon U. After a stint in the AHL, he was an assistant in the NHL for several teams including the Winnipeg Jets before head coaching the LA Kings and St. Louis Blues. He also won three gold medals as coach for the Canadian National team.
- **John Paddock** was born in Oak River and played Junior with the Wheat Kings before moving up to the NHL where he played with Washington and Philadelphia. He is remembered for scoring the Game 6 tying goal in the Stanley Cup final between the Flyers and Islanders. As a NHL and AHL coach he has taken teams to play-off appearances and championship finals, winning two Calder Cups.
- **Dianne Woods** established and developed the female hockey program in Manitoba. Until her untimely death in 2011, she promoted equal participation for girls and women while Executive Director of Hockey Winnipeg and also supported funding assistance for players to offset the high costs of minor hockey.

**Official:**

- **Gerry Varnes** began officiating in the elementary and junior high leagues before moving up to the Winnipeg B Bantam League and then to the MJHL in 1957 as a referee in the two referee system. He oversaw university leagues, the Headingly jail league and games involving Father Bauer's Canadian National team. Gerry is praised by coaches as respectful, highly skilled and very fair.

**Media:**

- **Scott Oake** arrived in Winnipeg in 1975 to anchor the sports desk at CBC



Rudolph Perz, creator of Poppin' Fresh.

Winnipeg's 24 Hours. He covered all aspects of sport in Winnipeg before joining the Hockey Night in Canada broadcasting team. Full time with HNIC since 1995-96, Scott has been co-host of the late night double header and rinkside host.

**Teams:**

- **1953-54 Dauphin Kings** played in the Big Six Intermediate league founded in 1949. The 1953-54 team built on the success of previous years, winning the league championship on their way to the Western Canadian Championship, which they won in 6 games.
- **1979-80 Transcona Railers** were established in 1976 and quickly became a force in Junior B, winning the league championship in their second year. In 1979-80 the Railers won the league and the provincial titles and went on to win the Keystone Cup. The team was awarded the Manitoba Order of Sport Merit medal for their winning year.
- **1975-76 Deloraine Royals** were more than a hockey team, helping to build a minor hockey system in the southwest Manitoba town after their founding in 1967. Their playing success was inspiring, with 6 league titles, and four provincial Intermediate titles between 1973-1979. The 1975-76 Deloraine Royals won the league title, the provincial championship and the Manitoba-Saskatchewan championship.

The 2015 Player, Builder, Official, Media and Team nominees will become official members of the Manitoba Hockey Hall of Fame at the bi-annual induction dinner later this year on October 3.

•••

**CREATOR OF PET ROCK DIES AT 78**

Ultimately, it would appear that our Boomer Generation wasn't that bright. The inventor of the Pet Rock died last week at the age of 78 and nobody seemed to notice.

However, the *New York Times* rectified this with an obituary of Gary Dahl who, in 1975, while working as an advertising copywriter, created some of North America's original viral content when he packaged and sold pet rocks for just under \$4 a pop.

If you assumed there couldn't possibly be a market for, as the *Times* describes it "a plain, ordinary, egg-shaped rock of the kind one could dig up in almost any backyard," you'd be wrong.

More than three million were sold over the course of several months making Dahl a millionaire and creating pop culture history.

R.I.P Gary Dahl. You proved that indeed, there is a sucker born every minute.

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# The BUZZ, cont'd from page 10

●●●

## CREATOR OF PILLSBURY DOUGHBOY DIES AT 89

"Rudolph R. Perz, a Chicago ad man most famous for creating the Pillsbury Doughboy, has died. He was 89.

Perz, of Glenview, Ill., developed the iconic spokesboy in his early years at iconic Chicago advertising agency Leo Burnett. The Pillsbury Doughboy, otherwise known as "Poppin' Fresh," was created in 1965 and is still used in TV, radio and print advertising today.

A 1977 Chicago Tribune article called it 'a cute little anthropomorphic embodiment of fresh dough.'

●●●

## FORMER CITY COUNCILLOR, AMARO SILVA, PASSEÉ AT 57

Former Winnipeg city councillor Amaro Silva, who represented the Daniel McIntyre ward from 1992 to 1998, passed away last month. He was 57.

"I am sincerely sorry to hear about the passing of Amaro Silva, former City Councillor for Daniel McIntyre," Mayor Brian Bowman said in a written statement.

Silva served on a number of boards and committees, including the board of directors at Victoria General Hospital, the Committee on Planning and Community Services, the West End Winnipeg Business Improvement Zone Board, and the Winter Cities Association.

At first, he didn't think much of a new arena in Winnipeg, but after some study he realized that building a new home for the city's professional hockey team would save the Winnipeg Jets and keep an important part of the city alive. By the time the Jets left town, he had grown to become a great supporter of a new rink and as a result, took a lot of criticism from most of his fellow city councillors.

In recent years, he was executive director of the Better Business Bureau's branch for Manitoba and northwestern Ontario.

●●●

You know who looks great? Former broadcaster, baseball star, curling expert and all-time good guy, **Bob Picken**. Pick, 82, was in the press box for the March 31, Jets game against the New York Rangers and he looked great... Legendary Hall of Fame hockey coach **Scotty Bowman**, 81, is now writing an occasional column for Game On, Manitoba's Hockey Magazine. His first column will appear in The Champions Edition next month, available at MTS Iceplex, Manitoba Insurance Brokers Offices and Tim Horton's Restaurants... The Blue Bombers held their annual Fan Forum in early April. If you're ever looking for a place to meet and talk to plenty of seniors, it's the Bombers annual Fan Forum... Assiniboia MLA **Jim Rondeau** announced this month that he's leaving politics and will not seek re-election next year. Rondeau, 56, was first elected in 1999 and was re-elected in 2003, 2007 and 2011. During his time in government, he served as minister of industry, economic development and mines, and most recently, minister of healthy living before being dropped from cabinet in 2013... One of Manitoba's best "Senior" athletes, **John Bjornson**, will represent Canada at the 2015 World Indoor Lawn Bowls Cup this weekend in Warilla, Australia. The Canadian indoor singles champion, Bjornson trains at both the Gateway Rec Centre and the North Centennial Rec Centre. He is also the groundskeeper at the Norwood Lawn Bowling Club...

●●●

## STILL SEARCHING FOR THE ROSEDALES

Our good friend, **T. Kent Morgan**, checked in this week with word that The Manitoba Baseball Hall of Fame is still looking for The Rosedales.

"The hunt still continues for former Rosedales from 1946 to 1950 who will be inducted into the Manitoba Baseball Hall of Fame in June," Mordan said. **Garth MacRae**, who lives in Etobicoke, Ont., recently sent the attached photo of the 1949 bantam Rosedales. Many of the same players played for the 1950 midget team that won the city championship.

"Most of the players have not been contacted in regard to the induction. I'm hoping that you might run the photo and ask any of the players or their family members to contact me at 204-489-6641 for information."

T. Kent, consider it done.

According to Morgan, "The Rosedales were organized as a Winnipeg Junior team to play out of the city's West End in 1945 and found immediate success in the newly formed Greater Winnipeg Junior Baseball League. Between 1945 and 1950 the Junior Rosedales won the GWJBL four times (1945, '46, '49, '50) and were finalists the other two seasons under Coaches Terry and Jack Hind. A Juvenile team was formed in 1946 and won championships in '46, '48, '50. The Rosedales added a midget team starting in 1947 with championships coming in 1948 and '50. Unfortunately declining attendance and lack of a suitable diamond forced the organization to fold after the 1950 season."



Rosedales 1949 Bantams

Back row l-r: Jack Bogden, Morley Mogul, Gary Bradley, Dick Davis, Al McLean, ?? Bergman, Al Jacques, Dave Pearlman, Dick Little

Front row l-r: Gord Dixon, Bo McGregor, Doug McIntosh, ??, Jim Smith, Garth MacRae, ??, Ab Allen Missing from photo: Bill Price.

Continued on page 12

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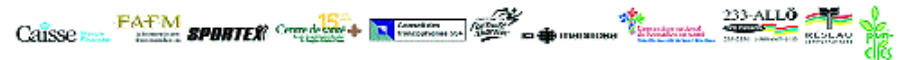
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# The BUZZ, cont'd from page 11

## MANITOBA TEAM WINS NATIONAL STICK CURLING CROWN

A Manitoba team has captured the 2015 Canadian Stick Curling Championship.

The duo of **Ross MacMillan** and **Jim Rouse**, playing out of the Marquette Curling Club, topped a field of 44 two-person teams in the triple knockout championship held at Winnipeg's Assiniboine Memorial club.

MacMillan and Rouse defeated **Jim Pyper** and **Peter Rey** of St. Vital 4-3 in an extra end final on Sunday, April 5. The defending national champions, **Tim Smith** and **John Campbell** of Armstrong, B.C., had to settle for the third place. They beat **Tom** and **Rae Campbell** of St. Vital 3-1 in the bronze medal playoff.

This major event for stick curling in Canada will be held in Vernon, B.C., in 2016.

## MANITOBA BASKETBALL HALL ANNOUNCES INDUCTEES

There are those who might say, "It's about time." At any rate, **Maureen Orchard** and **Ralph Watts** are finally being enshrined as builders in the Manitoba Basketball Hall of Fame.

The Manitoba Basketball Hall of Fame announced its class of 2015 last week and it includes three players, four builders and two teams.

Both Orchard and Watts (the two people who brought me to Manitoba in 1976 to be the first Executive Director of Basketball Manitoba), finally got their due as builders.

"Dad was already in the Hall as a player and a member of Paulins," said Hall of Famer **Rick Watts**, the late Ralph's son. "He probably should have been in as a builder, but hey. The press conference was really nice. It's always an honor."



Coleen Dufresne

Former Winnipeg Thunder player **Terry Garrow** was one of the players. He played for the University of Manitoba Bisons from 1984-88 before playing professionally. Garrow was named a CIAU All-Canadian in 1988.

Joining Garrow is former Brandon Bobcats star **Earnest Bell**. He was twice an all-Canadian and played professionally in Denmark. Rounding out the list of player inductees is **Erin Soroko-Drazic** who played for the

University of Winnipeg Wesmen from 1996-2001.

University of Manitoba athletic director **Coleen Dufresne** will also head into the Hall in the Builders' category. Dufresne was head coach of the U of M Bisons Women's team from 1984-2001. Her teams won three national championships. As well, former Kelvin Clippers coach **Hymie Fox** will be inducted as a builder, along with Orchard, the President of the International Wheelchair Basketball Association, and Ralph Watts who founded the Winnipeg Jr. Men's league in 1968.

The two teams that will be inducted are from the varsity girls provincial championship teams of 1975, 1976 and 1978 at Lord Selkirk Regional High School along with the LSRHS Royals varsity boys team that captured provincial titles in 1977, 1978, 1979 and 1981.

The official induction ceremony will take place on October 3. ■

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# Recipe OF THE DAY

Larry McLaughlin

## Stuffed Salmon

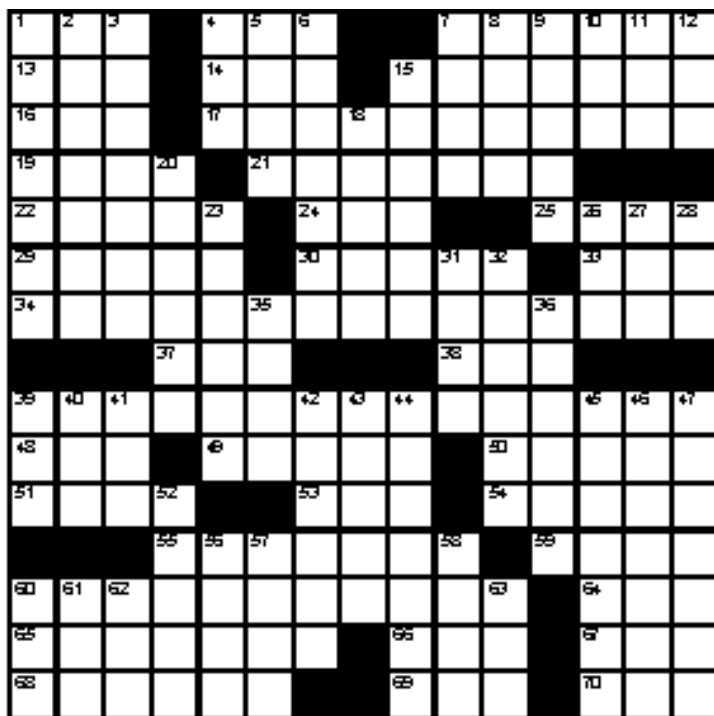
Metric	Ingredient	Imperial
1	small onion, finely chopped	1
2	cloves garlic, minced	2
1	stalk celery, finely chopped	1
15 ml	butter or margarine	1 tbsp
1	can crabmeat, drained (4.5 oz / 128 g)	1
250 ml	cooked rice	1 cup
30 ml	lemon juice	2 tbsp
15 ml	parsley, finely chopped	1 tbsp
5 ml	lemon zest, grated	1 tsp
2 ml	salt	1/2 tsp
1 ml	black pepper	1/4 tsp
2	salmon fillets	2
1/2	lemon, sliced	1/2

In a medium skillet over high heat; cook onion, garlic and celery in butter until softened. Stir in crabmeat, rice, lemon juice, parsley, lemon peel and seasonings. Place stuffing over 1 fish fillet; top with second fillet. Secure with string or toothpicks. Arrange lemon slices on top. Wrap loosely in several thicknesses of aluminum foil. Place on cookie sheet and bake in preheated 450 F (230 C) oven for 10 minutes per inch (2.5 cm) of thickness or until fish flakes easily with fork.

Serves 6 [www.PeakMarket.com](http://www.PeakMarket.com)

## Here's to You, Ma! By Adrian Powell

- ACROSS
- 1 Be victorious
  - 4 K-12 advisory gp.
  - 7 Cleans a chicken
  - 13 Dearth, as a boy
  - 14 Leather worker's hole maker
  - 15 Gourmet sprinkle
  - 16 Pioneering colour TV co.
  - 17 Ancient Egyptian female role model?
  - 19 Not the daintiest of eaters
  - 21 Mosey along
  - 22 Gravity expert Newton
  - 24 "You \_\_\_ My Sunshine"
  - 25 Taverns
  - 29 Ancient Persian water wheel
  - 30 Implied
  - 33 Dine after nine
  - 34 West Indian female role model?
  - 37 Where to start a hole



- 38 Jackie O's ex
- 39 Old artist's female role model?
- 48 Sunflower by-product
- 49 Bra feature
- 50 Three times
- 51 Newfoundland export
- 53 Mrs. McGrath in "The Piano"
- 54 Sting operation
- 55 Vexatious
- 59 Lahore lentil dish
- 60 Bygone British female role model?
- 64 Long, flowery poem
- 65 Falls
- 66 Distinct hunk of history
- 67 Witty remark
- 68 When school kids get a break
- 69 Decompose, basically
- 70 Prior, to a poet
- 10 Internet movie-making gizmo
- 11 Amsterdam lander
- 12 Chester White's pad
- 15 Noted Roman philosopher
- 18 Soft, twilled silk
- 20 Canonized ones
- 23 Police trainees
- 26 JFK's focus, once
- 27 You can sit on this
- 28 Radium Hot Springs, for one
- 31 Mosque officiator
- 32 Fortune teller's decks
- 35 Holdup device?
- 36 Like bishops
- 39 Oriental cooker
- 40 Dash off, to Shakespeare
- 41 Really under the weather
- 42 Wipes clean
- 43 Radioactive home hazard
- 44 Hi-tech buk mailer
- 45 Strike a nerve
- 46 Galapagos owner
- 47 Well-stocked
- 52 Resentful feeling
- 56 Caribbean beverages
- 57 Authors Follett and Kelsey
- 58 You can spend it in Belgium
- 60 Cigarette residue
- 61 Particular shade
- 62 "And so on..."
- 63 Table protector

SOLUTION ON NEXT PAGE.



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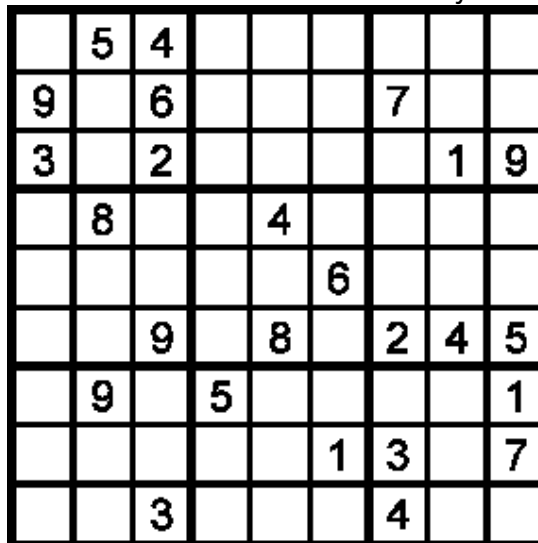


- |          |           |           |           |        |        |          |         |
|----------|-----------|-----------|-----------|--------|--------|----------|---------|
| Akee     | Cobnut    | Elk nut   | Hazelnut  | Lichi  | Ogen   | Pome     | Samara  |
| Allspice | Cox       | Fig-apple | Hep       | Lime   | Olive  | Prune    | Skeg    |
| Ananas   | Crab      | Gage      | Hindberry | Mammee | Orange | Queening | Sloe    |
| Banana   | Cranberry | Gean      | Hip       | Mango  | Papaw  | Raisin   | Ugh     |
| Beechnut | Date      | Groser    | Kaki      | Mast   | Peach  | Rasp     | Uva     |
| Betel    | Egriot    | Grout     | Lemon     | Morel  | Pear   | Rennet   | Whurt   |
| Citron   | Eleot     | Haw       | Lichee    | Nutmeg | Pecan  | Rhubarb  | Wilding |

SOLUTION ON NEXT PAGE.

## Happy Mother's Day - May 10th

### 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.

SOLUTION ON NEXT PAGE.

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# Espresso With Cream And Double Attitude



By William J. Thomas -

Cats have it all," said poet and singer Rod McKuen, "- admiration, and endless sleep, and company only when they want it." Now they have it all in one place - the Café Chat l'heureux in Montreal's Plateau Place, will soon be the

site of North America's first ever North American cat café.

Poets have often pointed to two surefire retreats from the miseries of everyday life - cats and music. You get that and much more at the Café Chat l'heureux - cats, music, muffins, tea, pastries, sandwiches and specialty pet products. I'd love to have the Sticky Lint Roller concession. It's the only place on the planet where your pet can get a tuna juice Chinese tea.

The place will be also known as "The Happy Cat" in English, a good choice but I'm sure somebody in the brain-storm sessions was seriously tempted to call it "The Cat House."

Owner and creator Clément Marty visited similar feline-focused establishments while travelling in Japan and South Korea. Convinced the concept would fly in his hometown of Montreal, Marty put out an online SOS and cat-crazy people provided \$40,000 in start money in no time at all.

The café full of purring for balls is the fun part. The serious messages that underscore the project are raising awareness of the treatment of animals, the calming benefits of "cat therapy" and the facilitation of cat adoptions. Our humane societies and SPCA's are sadly and seriously overpopulated with cats.

Can you imagine a coffee house filled with sprawling cats - on laps and couches, on tables and perches, in the window and off the walls - cats. The owner plans to hire a great big German Shepherd to sit security at the door. Dogs of course will not be allowed except - and you'll want to live stream on the café for this one - except on April Fool's Day.

Having written a couple of books on the subject of cats, I consider myself a bit of an expert. Which is why I believe that after about a week of catering to several hundred cats, the café will have no choice but to add a "complaint department." Oh yeah, I can see it now.

The Tabbies think the stray cats should be kept out in the alley and not be allowed to wear collars.

"The Calico got into the kitchen. How come we can't go in the kitchen?"

"That Ginger Tabby! She's got some temper on her!"

"Oh sure, he says he's a Hemingway but has anybody actually counted his toes?"

And of course, the Ukrainian Levkoy keeps hissing at the Russian Blue for invading her territory.

"And those two Siamese twins? They're just plain crazy."

A "Take A Number Complaint Department" is what they'll need at the cat café.

Kittens will have to sit in high chairs provided and breastfeeding will be restricted to the "Mother's Milk Only" corner. Mostly the cat café will be the site of one very long communal nap. Until the last Saturday of the month ... that's "Live Mice Day." Yeah, then the place will look like a Walmart Superstore at midnight on Black Friday.

And catnip? Lots and lots of catnip. The skunky, pungent odour of weed will be so strong the neighbours will think Marty is operating a downtown grow-op.

They decided against screening movies at the café and instead they're going to show the same film clip over and over again all day long. It's a video of dogs playing "fetch." Most of the cats tip over laughing. None of them ever get tired of watching it.

Years ago, I wrote captions for a book of cat paintings, funny portraits of cats in various domestic predicaments. I finally settled on the title of Cattitude. The attitude of the cat is best described by the subtitle of that book: "If cats

could talk, yours probably wouldn't even be speaking to you right now."

In ancient times cats were worshipped as gods. Today they're trying to return to the good ol' days.

Don't get me wrong. I love the little buggers but they can make Simon Cowell look "unarrogant."

I would like to see a roll call at the United Nations in which the leader of every nation in the world has to give a brief and honest report on how they protect and provide for the country's creatures, helpless animals that put their lives in human hands.

"The greatness of a nation and its moral progress," said Mahatma Gandhi, once the gentlest and most powerful soul on earth, "can be judged by the way its animals are treated."

Whenever somebody comes up with a new way in which to better care for the little critters, it should make us all feel good. Pets - they make us crazy and they make us better people. ■

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

# We Are a Hardy Bunch

By Sari Fields MA

While people watching at the Forks the other day, my thoughts turned to the Red River and our annual spring flooding when that other thought occurred to me. You know the one. The one in which we scratch our head and ask "Why, oh why did our ancestors settle here? Why didn't they just keep on going west or even south?"



The Forks flood monument

In fact, I often wonder how the early settlers survived our crazy climate. We whine and complain about our weather, but really, we live in a privileged society with heated and air conditioned homes, cars, and businesses. We have and expect large machinery to clear away snow from our streets and sidewalks, and others to break up the ice on the rivers. But it is easy to forget it wasn't always this way.

I recently had a project in which I was asked to help prove a relationship between a daughter and her parents. The family had arrived at the Red River Settlement in 1825 and she married shortly afterwards. As luck would have it though, her marriage register was one of many destroyed when the St. Boniface Cathedral burned down in 1860. Without this vital statistic, her death and burial documents were missing the names of her parents, and as luck would have it her birth information from 1790 was and remains lost to time.

Since we could not prove the relationship through these records, I was asked to look at HBC post journals (among other primary sources) hoping she was mentioned in connection with her father. To say I was in research heaven would have been an understatement.

About half way through the project I was reading through the early Fort Garry Post Journals, when I was blinded by the old proverbial light bulb. I realized I had before me a first-hand account of the 1826 flood. This was the first time I had seen it and needless to say, I did not sleep well that night.

Did you know that in 1826 we experienced the worst flood of our recorded history? Well, the winter of 1825-26 was horrendous - similar to last winter, the one which I like to call the year that summer was forgotten.

Snow began falling in late October and by early November the rivers were frozen solid. The early arrival of winter was further complicated by the failure of the annual Buffalo hunt and so by January the "Indians of the neighbourhood" and the "poorest settlers" were facing starvation. As the snow continued to fall throughout the winter it grew deep enough to bury houses in the settlement. As the new year unfolded, cattle and horses were "dying daily for want of fodder," while settlers throughout the area were dying from the cold and starvation.

And then spring arrived. The Red River rose rapidly, quite likely due to ice jams. On May 4th alone it rose five feet over night. When the ice on the river finally broke, there was an "awful rush, carrying away cattle, houses, trees and every thing else that came in its way." The settlers' homes did not stand a chance against the rage of the river and within half an hour "forty seven dwelling houses were thus carried off by the first rush." When the Assiniboine broke up pandemonium again ensued in the

rush to save belongings; many settlers had time only to take refuge on the roof of their dwellings.

Reminiscent of the 1950 and 1997 floods, it was reported that "the whole country assumes the appearance of a large Lake." Many of the settlers did survive by escaping to higher ground near Sturgeon Creek eight long miles away. HBC employees did their best to remain in the Fort which "now stands like a castle of romance in the midst of an ocean of deep contending currents..." But it too was abandoned to the waters.

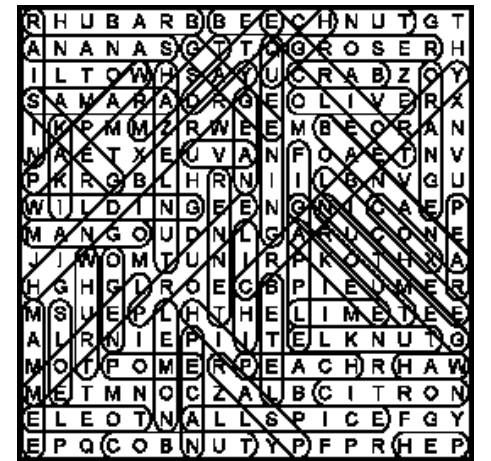
It was not until mid June that the rivers receded enough for the settlers to make their way back to the Fort. As the water receded once came the swarms of mosquitoes. Later, the grub-worm destroyed whatever crops they had managed to plant. And as still happens every year, a few settlers were washed away in the spring run-off.

Then on July 11th a magnificent storm hit the colony. Complete with a "water spout of immense violence" it uprooted the largest trees and destroyed

part of the roof of the Protestant Church. The next day 130 people left the colony (50 men and about 80 women and children).

What if they had all left for higher ground? Where would we be today? ■

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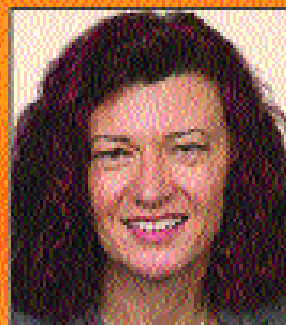
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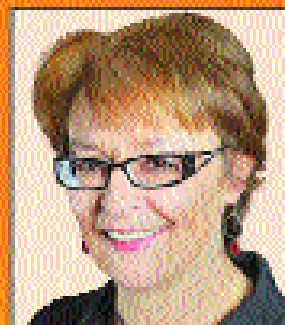
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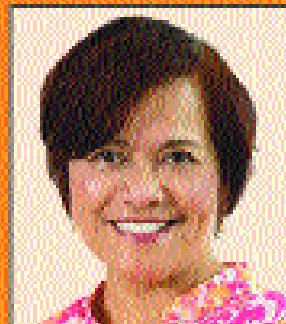
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