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**DRIVEN!** The **SENIOR SCOPE** Automotive Review SEE PAGES 11-13



**INSIDE:** Tom Cochrane, far left; Wilma Derkson, top centre - See 'The BUZZ' - Page 16. Dan Sernyk, above, holding a prize catfish. See page 8 for Lockport Tagged Catfish contest. Iron Chef, left, men hone their culinary skills in classes offered by the Transcona Council for Seniors - See page 3.

## What seniors gained on the merry-go-round, they may lose on the swings

By Roger Currie

If Stephen Harper sticks to the 'schedule' that's been set in law, the federal election is now less than 5 months away, and we're finally seeing some of the economic debates emerge as the Conservatives, New Democrats and Liberals crank up the rhetoric and the political advertising. The *50 Plus* generation - *Boomers and Seniors* - could be a key to victory, or at least to numbers that might determine if the result in October is a majority government or a minority. We are the demographic that can be counted on for the highest voter turnout, and the political parties are very much aware of that.

As was the case with issues of race in Winnipeg, *Maclean's* magazine has played a fairly significant role in defining economic issues for seniors. Last

fall, the magazine ignited a conversation that is still going on with a cover story called *Old . Rich . Spoiled .. the most prosperous generation ever ... It's high time they paid up.* The story concluded that unlike earlier times when many seniors struggled to stay in their homes because of things like rising property taxes, many of today's Canadians past the age of 65 have never had it so good. While younger generations struggle in a soft economy with huge debt loads including student loans, seniors who are mortgage free are house rich. Once the nest is empty, they can sell the family home and make a

tax free profit of several hundred thousand dollars as they ease into a condominium. Maclean's argued that there's very little need to give us other perks related to age, like cheaper bus fare and movie tickets.

Lynne Fernandez is an economist who works with the Manitoba office of the Canadian Centre For Policy Alternatives. They are a left-leaning think tank who are particularly critical of the taxation policies of the Harper Conservatives. Rather than the recent move to double the amount that Canadians can shelter away each year in a tax free savings account, the CCPA argues that lowering the overall tax burden on middle income earners would be more equitable. Fernandez recently spoke about these issues at a Conference on Aging in Winnipeg, and she chose her words very carefully when talking about the policies of political parties. The CCPA is one of a

Continued on page 2



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# Senior Scope

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# What seniors gained...

*cont'd from front page*

number of advocacy groups who are being watched closely by the taxman – the Canada Revenue Agency. The not so subtle threat from Ottawa is that such groups could possibly lose their charitable status and their ability to give tax receipts to donors if they are deemed to be too 'political'.

In a telephone interview for this article, Fernandez continued the rebuttals against some of the conclusions in Macleans. "Yes, public pensions like CPP and OAS have gone a long way to alleviating poverty for seniors. But we have also seen a very large percentage of Canadians who have done better economically than earlier generations because of public health care, access to education, employment insurance, and large groups of worker who were represented by labour unions. Until relatively recently, this meant steady employment for many, with good wages and well-defined benefits" she says.

Fernandez says much of that is now coming apart, and there appears to be a growing level of resentment aimed at



**Lynne Fernandez - economist**

seniors from the generations who are coming along behind them. "Those programs are harder to sustain now because governments are receiving billions of dollars less in tax revenue. If we want seniors to continue enjoying a

good standard of living in retirement, we must take a very serious look at what we're doing with our tax system in Canada" she says. Fernandez says the poverty rate among seniors is on the rise, resulting in concerns being expressed by groups like the Conference Board of Canada.

She also argues that unless there is a change in direction, and a return to tax policies that are more equitable, Canada's seniors of the future will have a more difficult time than today's retirees. She says in families with young children, both parents must work these days because of the high cost of child care. It means families are less able to save for retirement, and more individuals will likely end up working past the age of 65 .

*Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, 93.7 FM*

# MANITOBA GOVERNMENT INTRODUCES LEGISLATION THAT WOULD HELP PROTECT VULNERABLE ADULTS, PATIENTS FROM ABUSE BY CARE PROVIDERS

- News Release (May 19, 2015)

New Rules Would Require Employers, Regulatory Bodies to be Notified When Employees Reported to Adult Abuse Registry: Minister Irvin-Ross

The Manitoba government has introduced legislation that would require officials to notify current or former employers, as well as professional licensing and regulatory bodies, when an alleged offender is reported to the Adult Abuse Registry, Family Services Minister Kerri Irvin-Ross announced today.

"Strengthening protections for vulnerable adults and for patients in the health-care system is a high priority," Minister Irvin-Ross said. "For the registry to protect vulnerable Manitobans, employers and regulatory bodies need to be given as much information as possible so they can make informed decisions regarding alleged abusers who provide care services."

The minister said amendments to the Adult Abuse Registry Act would set new reporting requirements for the Adult Abuse Registry Committee when it concludes that an alleged offender abused or neglected a vulnerable adult or patient, and the alleged offender's name should be reported to the Adult Abuse Registry.

"This legislation would ensure employers have access to timely information to ensure the protection of our most vulnerable adults," said John Leggat, chair, Adult Abuse Registry Committee, and president and CEO of St. Amant.

Currently, the confidentiality provisions of the act do not permit the committee, designated officers (or others in

Manitoba Health, Healthy Living and Seniors or Manitoba Family Services), or the registrar, to advise employers or regulatory bodies that an individual has been reported to the registry, unless a request is made by the employer, the minister noted.

"These amendments are in response to requests from stakeholders including family members of vulnerable adults and patients who have experienced abuse while receiving care or service," Minister Irvin-Ross said. "The amendments will take effect immediately upon the legislation receiving royal assent."


Information on the Adult Abuse Registry Act is available at: <http://web2.gov.mb.ca/laws/statutes/ccsm/a004e.php>. ■

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## The Iron Chef Program - for older men only

By Lena Shewchuck



Iron Chef servers with Colleen of the Transcona Council for Seniors.



Iron Chef Michael (back, with apron) with family and friends.

The excitement of learning to cook, practicing and accomplishing with peers has come and gone. Two nutritionists and Colleen, the coordinator, supervised the group of ten senior gentlemen in the kitchen for three hours each Thursday for six weeks. On the sixth Thursday, the "famous ten" donned their blue net-caps and crisp aprons to prepare a delicious luncheon consisting of salad, spaghetti with meat sauce, garlic bread, decorated iced cupcakes and coffee to impress family and friends.

Eighty-five guests attended to support a fine cause. They came, they saw, they ate, they enjoyed, and they congratulated the chefs on the success of their endeavours.

This culinary experience was new to one or two participants who had only limited previous kitchen exposure. Through these classes, their knowledge and skills reached new heights. Their vocabulary expanded. They now know that there are several types of cooking oils, various spices and different kinds of lettuce and other super foods to which the sky is the limit. They each obtained a collection of recipes, as well.

This successful, enjoyable program is beneficial to survival.

Thanks to Colleen from the Transcona Council for Seniors, and also to the Transcona Legion #7 for the use of their premises.

## Music - harmony for the soul

The Gwen Sector Active Living Centre is known for offering programs and services that promote the well-being of older adults in mind and body.

Not long ago, they had offered the ancient martial art - Tai Chi - for both defense training and health benefits. The program was a success.

The Centre is now offering Music Therapy, led by Kelvin Kangas.

His goal is to help restore, improve or maintain the physical, mental, emotional and spiritual well-being in the people that he serves through Music Therapy.

Kangas has been working with those of various ages and abilities for about nine years. He's seen first hand the benefits that music can bring to people, especially to older adults who suffer with varying degrees of illnesses and other afflictions that affect their overall well-being.

It's no secret that music can alleviate anxiety, stress, and feelings of isolation. But it's a fact that it can also increase joy - uncontained, spontaneous and positive emotions - pegged as 'Positive Emotion Psychology.'

Then there are the physical aspects that are improved, such as muscle control, relaxation, alertness, awareness, short and long-term memory and appetite. There is less need for pain killers or sedatives for sleep.

Learning or playing an instrument, or even singing, promotes interest, curiosity, excitement and humour.



Kelvin Kangas - Music Therapist

"If you have those emotions every day, everything about you improves," says Kangas.

Kangas works in a group setting. Participants develop a sense of acceptance and being cared for ridding of the feeling of isolation.

Music encourages improvisation, creativity and non-verbal self expression.

Kangas uses mostly percussion instruments - tambourines, maracas - but he also uses a guitar to encourage singing, as well. He tries to cater to all music styles and preferences, and everyone must be willing to respect others' tastes as well.

Those around the age of 65 prefers the music they listened to in their teens or 20's - 1965-1975.

Kangas enjoys working with the older adults. He finds it very rewarding when he sees the positive improvements in those he works with.

For other programs and services that Gwen Sector offers, call **204-339-1701** or visit their website at **www.gwensector.com**.



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By Peter J. Manastyrsky

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qualifies, the applicant can go back 10 tax years retroactively to the date of impairment and potentially receive substantial dollars in refunded taxes. As you see this tax credit has its advantages and it is available for ALL eligible individuals no matter what age level.

To be eligible for Disability Tax Credit, you must have a severe and prolonged mental or physical impairment, where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months and verified by qualified practitioner. You must be markedly restricted in the basic activities of daily living such as areas as vision, hearing, speaking, walking, bladder or bowel functions, feeding, dressing and performing mental functions necessary of everyday life.

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## Women's Resource Centre's Annual Event – Another FABulous Success!

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FGWRC Board Members, Century 21 Event Sponsors & Chrissy Troy

Fort Garry Women's Resource Centre (FGWRC) held their 6th Annual Fab Fem Fundraiser on a new date and time the evening of April 24th 2015 at the West End Cultural Centre. This is an annual event which celebrates the wonderful artistic contributions women bring to our community and provides a magnificent evening of entertainment. Everyone was welcome!

The evening was a great success, and FGWRC was thrilled to have so many people join them in celebrating! The

night opened with Sisler Most Wanted (Dance Troupe) -- a talented group of dedicated students who are willing to wake up for early morning practices simply because they love to dance! As well as featuring professional storyteller Leigh-Anne Kehler whose one-woman shows have toured nationally and internationally and garnered rave reviews. Followed by their headliner Western Canadian Music Award Winners Sweet Alibi – the Winnipeg based Folk/Pop trio who infuse their Hallmark harmonies



Sweet Alibi.

with influences of everything from folk, to country, to soul, without a hint of shame. Chrissy Troy announcer from 103.1 FM Virgin Radio was also in attendance co emceeing the event!

The festivities also included a fabulous silent auction – including Winnipeg Jets tickets and a Via Rail trip to Toronto, cash bar, good food and great company.

Proceeds of the event will support the important work FGWRC does for women and children in the community.

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# The Base Manitoba Was Built On

- Tyndall Stone - PART III (final)  
By Metro Hnytka

## The EXCHANGE DISTRICT

The Exchange District is a national historic site of Canada in the downtown area of Winnipeg, Manitoba. Just one block north of Portage and Main, the Exchange District comprises of 20 city blocks and about 150 buildings and is known for its intact early 20th century assortment of warehouses, financial institutions and terra cotta clad skyscrapers. The Exchange District name came from the Grain Exchange as well as other exchanges which existed between 1881-1918. Some are still active today. The buildings were built on a stone base which extended up to six feet made of huge blocks of Tyndall Stone. The Grain Exchange and Ashdowns Warehouse are good examples. In the summer there are walking tours that are worth the time. You'll be

amazed with the buildings. Many had extra floors added during the boom years. There is even one building with a house built on top which is inhabited today, and a few have tunnels going through them to give delivery vehicles a safe place to unload their cargos. Winnipeg was one of the fastest growing cities in North America around the turn of the century. World War I and the opening of the Panama Canal slowed Winnipeg's growth as there was a new route for cargo to be transported east and to western Canada rather than go overland. The slowed growth of the Exchange District meant the buildings weren't demolished and are still in great shape today and are enjoyed in a historic sense. Lately many of these buildings have been converted to condos.



Some buildings in Winnipeg's Exchange District still in use.

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By  
Roger Currie

## Currie's Corner

### World Wars - Lest We Forget

The big anniversaries of the world wars in Europe are just about over, and it has provided another opportunity to cherish that amazing bond that exists between Canada and the Netherlands. Once again this past week, and possibly for the last time, Canadian men in their 90's were celebrated in the streets of Appledorn and other communities. As much younger men in Canadian uniforms, they defeated the Germans and accepted their surrender, barely 48 hours before V E Day.

It's a story that somehow got lost in

the bigger story. I never learned it in any classroom when I went to school, but Dutch children certainly do hear the story. Close to 2,000 Canadian men paid the ultimate price for the liberation of Holland, and they are buried on Dutch soil.

Those numbers might have been even higher, were it not for an American General who went on to be the U.S. President. It was Dwight Eisenhower, the supreme Allied commander of the D Day invasion, who intervened with Bernard Montgomery.

The Canadians were getting clobbered in Holland, partly because the British under Monty were not giving them enough air support and other help. Heaven knows Ike had enough to worry about with the Berlin campaign, but he made a point of giving Monty what he asked for, and our boys got better help before it was over.

The love that the Dutch have shown for Canada ever since has to be seen to be believed. My father saw it. He made friends there during the liberation campaign, and they were

friendships he cherished for the rest of his life.

We are also remembering the words of Lieutenant Colonel John McCrae, the doctor who wrote In Flanders Field on the back of an ambulance in Belgium, one hundred years ago. May all who served on behalf of every nation, rest easy where-ever they may be. ■

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

#### PAID FEATURE

## Simplifying Adaptive Clothing Shopping Experience

Adaptive Clothing Store supported by Reliable Home Care Agency will be celebrating their official first birthday in June of this year. In this time they have expanded twice. What started as a show room for placing orders is now a fully stocked retail space where a smooth shopping experience awaits you.

One of the first things you will be asked upon arrival into Adaptive Clothing Store will be "Whom are you shopping for today?" followed by "Is this the first transition into adaptive clothing for this person?". Answers range from "It's for my dad, nursing home staff made this a requirement for him now and I don't know why" to "Oh, I've been taking care of my mom for a decade now and all of her clothing is adapted to suit her mobility." This is where the educational process begins. There is a lot to be said about adaptive clothing to a person who has never seen it before, or perhaps has never even heard of it before.

Adaptive Clothing is a relatively new term. That's why some people haven't heard of it yet. So what is it? Adaptive Clothing is specifically designed to aid the dressing process

for people with limited mobility. Adaptive Clothing simplifies the process of putting on and taking off clothes for both staff and patients, relieves stress and anxiety levels associated with the process as well as shortens the time of the procedures.

Adaptive clothing store's staff often hears about ways people have made garments work so far. The most common solutions is to cut a garment down the middle of the back and fasten it with Velcro. This is a good temporary solution. What Adaptive Clothing Store can offer you is a long term solution. All garments are designed from scratch. The cut of these garments is different from what can be found at the mall. Everything from the snap closures positioning to the width of the overlap in the back has been thought through. It is designed with the person who will be wearing it in mind, meaning maximum comfort in the seated or laying position.

We invite anyone who would like to learn more about adaptive clothing to stop by at the Adaptive Clothing Store located at 1320 Portage Avenue, in Winnipeg. Spring/Summer 2015

collection is already here and there is no better time to shop than now! One of the staff's main objectives is to educate their clients on the purchase and simplify their shopping experience. Friendly store consultants will educate you and help you select the right option.

One of the newest ventures for the store has been setting up Sale Days in the facilities in and out of Winnipeg. These events greatly benefit residents and staff of personal care homes by allowing a shared shopping experience for families along with their loved ones. Having staff nearby aids the selection process significantly and ensures that the most useful garments are chosen. Adaptive Clothing Store will bring out their newest selection twice a year, to accommodate residents' needs for the Summer and Winter Seasons. These days are best scheduled in advance to allow for enough notice for the families of residents. To book a Sale Day in your facility contact our store over the phone at 204-691-7771 or email [events@adaptiveclothingstore.ca](mailto:events@adaptiveclothingstore.ca) ■

(see ad on front page)



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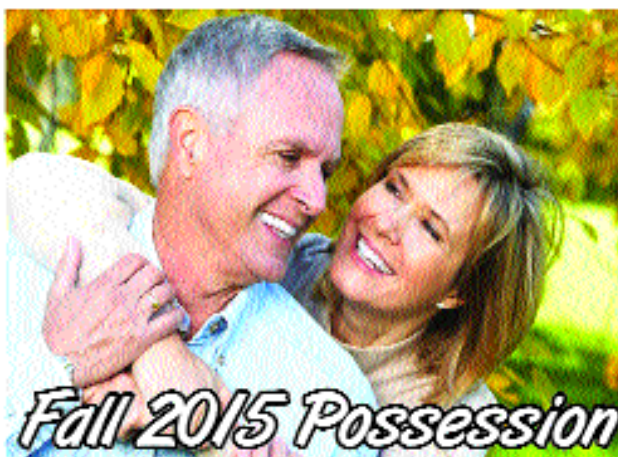


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# Humn Pharmaceuticals makes Lidocaine available as a Topical Pain Relieving Cream

By Haidita Celestine

Many people may be suffering in pain needlessly according to Rowan Hamilton, Research Director of Humn Pharmaceuticals of Winnipeg. "Despite the fact that lidocaine is on the World Health Organization's list of Essential Medicines [a list of the most important medications needed in a basic healthcare system] most people are unaware of how well it relieves a wide range of pain conditions," says Hamilton.

For those who know Hamilton, a herbalist, wholistic dermatologist, student of Traditional Chinese Medicine and a graduate of the School of Herbal Medicine in England, it may come as a bit of a surprise to hear him speaking of the benefits of a synthetic drug. Hamilton notes, however, that while some people almost always prefer 'natural' alternatives, the only naturally occurring Local Anesthetic is cocaine.

In the late 1880s cocaine was in fact the very first local anesthetic used in dentistry and an improvement on the previous approach: copious amounts of alcohol. People liked

it because it acted quickly and didn't last too long; they also noticed the feeling of euphoria that went with cocaine use and many dentists developed a dependence on the substance. In the early 1900s, Procaine / Novocaine was introduced with all the desired benefits of cocaine but without its addictive and heart racing side effects. Lidocaine, however, became the dentist drug of choice when it was made commercially available in the late 1940s.

Lidocaine was first synthesized under the name xylocaine by Swedish chemist Nils Löfgren in 1943. A major difference between lidocaine and earlier local anesthetics was its stability in water. In practical terms this meant that lidocaine, unlike procaine, did not need to be prepared freshly before each injection. Further, lidocaine was the first amino amide-type local anesthetic; until its discovery local anesthetics were all "esters". Amide-type anesthetics have a major patient care advantage Hamilton says. "Ester type anesthetics are much more likely to

cause allergic reaction compared to the amide type local anesthetic."

In the search for ever-improving pain relievers, though, the benefits of lidocaine seem to have been largely forgotten. The medical marketplace for pain treatment since lidocaine's creation has been dominated by pills delivering Non-Steroidal Anti-inflammatories (NSAIDs) and Opiates. Consumers, however, are increasingly concerned and aware of the dangers and limitations of these drugs.

As Hamilton puts it, "All that, is a long way of saying that lidocaine works very well to locally prevent pain signals not only from travelling to the brain, but from being initiated at all. And it does that without addiction, fewer unwanted side effects and much fewer allergic reactions."

Humn Pharmaceuticals believes that new isn't always better when it comes to pain medication. They have chosen to re-introduce lidocaine to the consumer in a topical cream formulation along with

other complementary ingredients including menthol. "TPR stands for Topical Pain Relief," says Hamilton. "As a medicated cream, it goes where it is needed, when it is needed. It is applied on the skin, at the point where pain is felt, that way it doesn't go through the stomach, or the liver or the kidneys, where many drugs leave a trail of damage."

The American Geriatrics Society Panel on the Pharmacological Management of Persistent Pain in Older Persons has also recognized the value of Lidocaine. In their 2009 Clinical Practice Guideline, they strongly recommended that "all patients with localized neuropathic pain are candidates for topical lidocaine."

"I'm very happy to be associated with Humn Pharmaceuticals," says Hamilton. "Humn created TPR20 topical lidocaine cream to ensure people have access to this proven, safe and effective pain reliever. Go Humn!"

It's only human to suffer the pains of age.  
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In tribute to youth gone.  
Then there's that other human reaction.  
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[www.humnpharmaceuticals.com](http://www.humnpharmaceuticals.com)



# Attention All Anglers!

By Dan Sernyk

The Lockport Community Marketing Corporation (LCMC) is now planning to put on the 2015 Lockport Tagged Catfish Contest during the month of June 2015. As Chairman of the Contest I'm very happy to fill you in on some of the main details pertaining to this year's inaugural Contest.

1. The Contest will run from **Saturday, May 30th, until Sunday, June 28th.** That is a 5 weekend long Fishing Contest.
2. The Entry Fee will be \$20.00 and the event is open to all anglers. Youths under 17 and Seniors 65 and over must also pay the \$20.00 entry fee.
3. The cash values of our 10 tagged channel catfish will be as follows:  
5 Tags will be \$500;  
1 Tag will be \$1,000;  
1 Tag will be \$1,500;  
1 Tag will be \$2,000;  
1 Tag will be \$2,500;  
1 Tag will be \$5,000.  
The Total Tag Value will be \$14,500.
4. 5 channel catfish of all sizes will be tagged just prior to the start of the Contest and 5 more catfish will be tagged some day during the second week of June.
5. The Cash Values of each tag will be placed in envelopes and stored in a safe. When an angler turns in a tag with proper picture verification on either a cell phone, iPhone, or digital camera, the envelope with that tag number will be opened and the



Dan Sernyk - Contest Chairman

claimant will learn how much money he or she has won. That winner's name will be announced on the radio, in newspapers, and on well known Fishing Websites such as kickerfish.ca, Facebook, and the Manitoba Fishing Forum.

6. Only 1,500 Entry Tickets will be printed and we hope to have all our tickets sold during May and June. Our Ticket Sales Deadline will be Saturday, June 27th, at 6:00 p.m.

7. Our Ticket Sales Outlets in Lockport, Selkirk, the Interlake, Winnipeg, and other southern Manitoba locations will soon be announced on our Catfish Contest Posters and Information Pamphlets. We are still looking for a few more ticket sales location in Winnipeg.
8. Anglers who are interested in selling our tickets for us will receive a gratuity of \$20 for every book of tickets they sell.
9. Entrants may fish in boats or from the shore. Our 10 channel catfish will be caught, tagged, and released in the Red River in various locations between Lockport and Selkirk. Entrants may fish on the Red River, Netley Creek, Devil's Creek, and Cook's Creek. In the event that some of our tagged catfish swim upstream through of the St. Andrews Locks, entrants may fish for our tagged catfish on the Red River in Winnipeg and also on the Assiniboine River.
10. All tagged catfish must be caught by rod and reel in order for contest entrants to be eligible to win a Cash Prize. Commercial fishing nets, big hand held nets, and fish traps may not be used by entrants.
11. Anglers who derive all or part of their living from catching channel catfish or other game fish, i.e. professional fishing guides, are not eligible to compete in the contest. However, if any of their clients purchase an entry ticket prior to going on their guided fishing trip they are eligible to fish in the contest and win a cash prize if they catch one of our 10 tagged catfish.

12. Anglers registered in the contest must produce a picture of them holding the Tagged Catfish as well as a close up picture of the tag attached to the catfish next to the dorsal fin and their Entry Ticket right next to the tag. Both those pictures must be shown to a contest official at the time the claimant turns in his or her tag at Skinner's Hwy 44.

In order to make this first time Tagged Fishing Contest a big success, the Contest Organizers encourage all catfish anglers to purchase their Entry Ticket well before the Contest Opening Date, Saturday, May 30th. Your support is counted on by the Lockport Community Marketing Corporation (LCMC). All funds raised by the contest will go towards Lockport Community Projects and other Initiatives.

For more information on our upcoming Lockport Tagged Catfish Contest please call Contest Chairman, **Dan Sernyk** at **204-668-5831** Home or 204-612-9379 Cell. Dan will also have many books of Entry Tickets for sale at his home in North Kildonan. ■

Hear Ye, Hear Ye,  
All Channel Catfish Enthusiasts

You are cordially invited to enter the

2015 Lockport Tagged Catfish Contest

Saturday, May 30<sup>th</sup> at 6:00 a.m. through Sunday, June 28<sup>th</sup> at 6:00 p.m.

Anglers can purchase Entry Tickets at any of these Locations:  
Alliance Marine in Winnipeg  
Bait Boyz N Tackle in Warren  
Fas Gas in Portage  
Fas Gas in Selkirk  
Lockport Grocery  
MacDonald's Sporting Goods in Portage  
Pro Am Tackle in Winnipeg  
Skinners on Hwy 44  
Skinners on River Road  
Smoke N Fish in Selkirk  
Wholesale Sports in Winnipeg  
or from Contest Chairman Dan Sernyk

\$14,500 in Prize Money for our 10 Tagged Catfish

1 Tag - \$5000   1 Tag - \$2500   1 Tag - \$2000  
1 Tag - \$1500   1 Tag - \$1000   5 Tags - \$500

Contest Entry Fee  
**\$20.00**

Only 1,500 Entry Tickets Printed - So Get Your Tickets Soon  
Tickets will be sold from May 15<sup>th</sup> through June 27<sup>th</sup>

For more information please contact Dan Sernyk at 1-204-612-9379 Cell.

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Please see the Rules and Regulations of the Contest in our Information Pamphlet

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# Come Dancing

## Vital Seniors in St. Vital kick up their heels

By Lesley Smith



Looking for some fun and light exercise? Come to line dancing classes. For over twenty years, Barbara Hall has been a dance instructor, most recently for **Vital Seniors in St. Vital** and at the Jonathan Toews Community Centre. Husband Warren does setup and music.

Barb and Warren have a passion for dance and started out as 'cloggers'. Class attendance peaks during spring and fall season and dips during winter as some dancers go south. Dancers' ages range from 55 to 75, with some as young as 80. There are 4 men and room for more. One dedicated gal travels from Sturgeon Creek in St. James to attend. Several come early to socialize over coffee. The time and ability it takes to learn the basics depend on the mobility not age.

The Prairie Stars are the line-dancing group that performs demonstrations. Barb informed me that in March the group was busy with 5 demos around town. They just love to kick up their heels and dance.

Classes are held at St. Mary Magdalene Church, 3 St. Vital Road Mondays and Fridays. On Mondays, Beginners 11:30 am-12:45 pm and Prairie Stars 1:15-2:45 pm; Fridays, Beginners Plus 10-11:30 am. With a Vital Seniors yearly membership of \$7, the cost per class is \$3.50 for Beginners, and \$4 for intermediates. Call Barb and Warren Hall at **204-334-3559** for more information. Hope to see you dancing? ■

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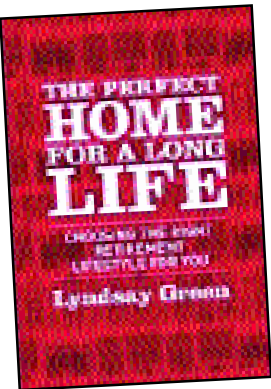
**For information contact: Cyndy Erickson, 204-791-7151**  
E 730 St. Annes Road, Winnipeg, MB.



The Reading Room

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

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



Green, Lyndsay.  
**Perfect home for a long life: Choosing the right retirement lifestyle for you.**  
Toronto: Thomas Allen Publishers, 2013.

“... if we don’t take steps now to house ourselves for the future, others may end up making those decisions for us”.  
As retirement approaches housing takes on a new meaning. Making living arrangements to suit our present and future needs is one of the key investments in independent living. The book looks at downsizing, modifying your home, retirement communities and other creative housing/living solutions.  
Combining practical lived experiences with research, tips and resources, The Perfect Home for a Long Life is an essential guide for anyone experiencing retirement or planning for the future. ■



Schwarz, Shelley Peterman.  
**Home accessibility: 300 tips for making life easier.**  
New York, Demos Health, 2012.

For those that are in the market to purchase assistive devices for personal use or for a family member, this book is a wonderful resource with helpful tips for every room in the house. The author discusses the pros and cons of costly assistive devices to help people decide whether they are necessary for their particular situation. There are many resource and product lists for those who want specific recommendations.  
“Anyone can benefit by reading this book to modify, remodel, or build a home that will provide more convenience, safety, independence, and accessibility for all who live in the home”. ■

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.

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2015 Lockport Tagged Catfish Contest

From Saturday, May 30, until Sunday, June 28 - 5-weekends

Entry Fee: \$20.00 - all ages. Open to ALL anglers.

The cash values of our 10 tagged channel catfish:

5 Tags will be \$500;

1 Tag will be \$1,000;

1 Tag will be \$1,500;

1 Tag will be \$2,000;

1 Tag will be \$2,500;

1 Tag will be \$5,000.

The Total Tag Value will be \$14,500.

For more info, call:

204-668-5831 (Home)

204-612-9379 (Mobile)

Or email:

[anglerdan@mymts.net](mailto:anglerdan@mymts.net)

Only 1,500 Entry Tickets will be printed.

Deadline is Saturday, June 27th, 6:00 pm.

Ticket outlets TBA.

Fish in boats or from shore on the Red River, Netley Creek, Devil's Creek, and Cook's Creek.

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## 4th Edition



Over the past 4 weeks I have traveled ON THE ROAD checking out the task of delivering cars and trucks from dealers to sales lots and from people going and or coming from vacation who did not want to drive big distances. It's a retired persons job with flexibility.

So you have dreamed about being a long haul trucker and wish to experience the romance of driving North America's Roads without the big truck costs and commitment. Become a Shuttle Driver for one of the companies such as Canadian Fleet Services. This occupation allows you to move vehicles all over the country on a part or full times bases and to have fun doing it.

Over the last four weeks I have flown to Toronto to bring a Cube Van to Saskatoon and to pick up a classic Chevrolet Corvair for a collector and deliver a VW to its owner from Winnipeg to Edmonton. Wow what a task. It is challenging, fun unique and most of all lets the drivers do long haul with out the long commitment to the task. Class 5 license is all you need but a getting a air brake endorsement and a Class 2 SB is great.

I have spoken to drivers who have picked up and delivered vehicles to Mexico, Central America and South America and all points between.

Discovered scenery that is awe inspiring, a sub culture of drivers and had the opportunity to check out Highway Food.

Highway Food is unique and one of the gems I have discovered is in Wawa Ontario. It is the **Kinniwabi Pines Restaurant**. This gem of culinary cuisine is run by two brothers who have a touching story of how they came to Wawa and how they provide their fabulous fair and service to the community and travelers



I will cover more of my stops and the great views next month. Drive to Enjoy.

## ***Focus On Safety – Cool Tips for a Safe Summer Trip***

There are many great things about summer but few can match the fun of a family vacation road trip. Families, friends, colleagues – we all start talking about where to go this summer. Families make plans to spend time together – that trip to the shore, the cabin in the mountains, camping at the lake. Friends start lining up their days off to take that long-talked about fishing trip or head to that rented beach house. Whatever getaway you plan,

before you hook up that new boat or camper, or before you put your family or friends into your car, SUV, pickup, or RV, take the time to review some summer road travel safety tips. Prevention and planning are much easier than dealing with the consequences of a breakdown, or worse yet, a highway crash. Before You Go Regular maintenance such as tune-ups, oil changes, battery checks, and tire rotations go a long way toward preventing breakdowns before they happen. If your vehicle has been serviced according to the manufacturer's recommendations, it should be in good shape and ready to travel. If not – or you don't know the service history of the vehicle you plan to drive – schedule a preventive maintenance check-up with your mechanic now. Providing your vehicle is well maintained, getting it ready for a road trip is relatively quick and easy. However, it's important to perform the following basic safety checks before you go:

## Vehicle Safety Checklist

**Tires – Air pressure, tread wear, spare**

The best way to avoid a flat tire, or an even more frightening experience, a blowout, is to check your vehicle's tire pressure at least once a month—and don't forget to check your spare. A tire doesn't have to be punctured to lose air. All tires naturally lose some air over time. In fact, under-inflation is the leading cause of tire failure. If your vehicle is a truck, van, or SUV, monitoring your tire pressure is critical to your safety. These vehicles have higher centers of gravity and are more prone to rollover than cars when their tires fail. If your vehicle and/or its tires are older, you need to exercise special care with regard to tire inflation and tire condition (including worn out treads or obvious damage), particularly in warm weather. When towing a trailer, it is important to know that some of the weight of the

loaded trailer is transferred to the towing vehicle. If you are towing, make sure you inflate your tires to the recommended pressure. You can check the tire information placard or your owner's manual for the maximum recommended load for the vehicle, and the correct tire pressure. Check the air pressure in all your tires, including the spare. **To get an accurate reading, check pressure when tires are cold**, meaning they haven't been driven on for at least three hours. It's a good idea to keep a tire pressure gauge on hand in your vehicle for this purpose. **You can find the correct pressure for your tires listed on a label inside the driver's doorframe or in the vehicle owner's manual – the correct pressure is NOT the number listed on the tire itself.** Also, take five minutes to inspect your tires for signs of excessive or irregular wear. If the tread is worn down to 1/16 of an inch, it's time to replace your tires. Use the Lincoln's head penny test, or look for the built-in wear bar indicators to determine when it's time to replace your tires. Place a penny in the tread with Queen's head upside down and facing you. If you can see the top of Lincoln's head, you are ready for new tires. If you find irregular tread wear patterns, it means your tires need rotation and/or your wheels need to be realigned before you leave. For more information on tire safety and pressure, visit the Tires section of **[www.SaferCar.gov](http://www.SaferCar.gov)**, a vehicle safety resource of the National Highway Traffic Safety Administration.

### ***Belts and Hoses – Condition and fittings***

Look under the hood and inspect all belts and hoses to make sure they are in good shape with no signs of blisters, cracks, or cuts in the rubber. For Summer it's best to replace them now if they show signs of obvious wear. While you're at it, check all hose connections to make sure they're secure.

*Continued on page 12*

*Lite & Refreshing*

*Join Dan and Leslie on*

## *Married in the Morning*

***Weekdays 6 – 10am***





DRIVEN!

The SENIOR SCOPE Automotive Review

SUMMER DRIVING AND THE WEATHER, cont'd from page 11



**Wiper Blades –**  
Wear and tear on both sides After the heavy toll imposed by winter storms and spring rains, windshield wipers are likely to be ragged from use and ready to be replaced. Like rubber belts and hoses, wiper blades are susceptible to the summer heat. Examine your blades for signs of wear and tear. If they aren't in tip-top condition, invest in new ones before you go. **Cooling System –** Coolant levels and servicing Carefully check your coolant level to make sure it's adequate. In addition, if it's time to have your cooling system flushed and refilled (or even nearly time), have it done now. On a long road trip in summer heat, you'll want your cooling system functioning at peak performance to avoid the possibility of your engine overheating. **Fluid Levels –** Oil, brake, transmission, power steering, coolant, and windshield washer fluids. Periodically you'll want to check your vehicle's oil level. And as with coolant, if it's time or even nearly time to have the oil changed, now would be a good time to do it. In addition, check the following fluid levels: brake, automatic transmission, power steering, 3 windshield washer, and coolant. Make sure each reservoir is full and if you see windshield washer, and coolant. Make sure each reservoir is full and if you see any sign of fluid leakage, take your vehicle in to be serviced.

**Lights – Headlights, brake lights, turn signals, emergency flashers, interior lights, and trailer lights.**  
See and be seen! Make sure all the lights on your vehicle are in working order. Check your headlights, brake lights, turn signals, emergency flashers, and interior lights. Towing a trailer? Be sure to check your trailer lights including brake lights and turn signals too. Failure of trailer light connections is a common problem and a serious safety hazard.

**Air Conditioning – AC Check.**  
Make sure your AC Works, people who may be in poor health or are sensitive to heat, such as children and seniors. If the air is not blowing cold, have the system repaired before you go because emergency on-the-road repairs can be more costly than those you plan in advance.

**Protect the Children**  
If you're traveling with children, find out how to best keep them safe. Make sure car seats and booster seats are properly installed and that any children riding with you are in the car seat or booster

seat best suited to protect them. All children 13 and younger should ride in the back seat. And remember, all passengers in your vehicle should be buckled up! Click on NHTSA's child passenger safety recommendations to find out how to select the right car seat for your child. To learn more and find a free inspection site near you, please visit <http://www.nhtsa.gov/cps/cpsfitting/index.cfm> to locate a certified technician to assist you.

**Summer Safety Alert!**  
There are other dangers to children in and around cars that you should know. One of those dangers is hyperthermia, or heat stroke, from being left unattended in a parked vehicle. Never leave children alone in the car—not even at the convenience store with the engine running. Vehicles heat up quickly – even with a window rolled down two inches, if the outside temperature is in the low 80s°, the temperature inside the vehicle can reach deadly levels in only 10 minutes. Vehicles can be a danger to children even if they are not in the vehicle. Make sure you walk around your vehicle before you get in it and back out of a driveway or parking spot. At that summer campground, park, near the beach, children can be running and playing—totally oblivious to a vehicle. As a driver, know that every vehicle has a blind zone. As the size and height of a vehicle increases, so does the blind zone area. Large vehicles, trucks, SUVs, RVs, and vans, are more likely to be involved in back-overs than cars because they have the largest blind zones. Make sure to lock vehicle doors at all times when not in use. Children may enter vehicles on their own because the vehicle was unlocked or the keys were left out and accessible. Many incidents can happen as a result of an unlocked vehicle. Visit <http://www.safercar.gov/parents> to find out more about how to keep children safe from non traffic hazards, including heat stroke, backover, power windows, vehicle rollaway, seat belt entanglement, and trunk entrapment. Remember that long trips can be especially tough on children. Stopping along the way makes the trip easier and less tiring for them as well – and more of an adventure, too. Bring along a few favorite books or soft toys to keep the little ones content and occupied. The trip will seem to go faster for them, perhaps lessen the number of times they ask, “Are we there yet?” and let you keep your attention on driving better.

**On The Road**  
The best way to stay focused while driving is to avoid fatigue. Schedule your trip to allow for frequent breaks. Stopping for food or beverages, taking time to pull over at a rest stop just to stretch your legs, staying overnight at a motel or local bed-and breakfast, and sharing the driving are all good strategies for avoiding fatigue and staying alert behind the wheel.

**Share The Road**  
Warmer weather attracts different types of roadway users, including motorcyclists, bicyclists, and pedestrians. Motorcyclists, bicyclists and pedestrians are vulnerable road users; they do not have the protection of a car or truck, and collisions almost always result in injury. If you expect to see motorcycles, you are more likely to detect them. Often we filter out things we don't expect to see. Look for motorcycles - especially at intersections. Motorcycles are much lighter than other vehicles and can stop in much shorter distances. This means that when you are following a motorcycle, you should leave more distance. If the rider has to make an emergency stop, the bike will stop in a much shorter distance than your vehicle. When you see a motorcycle approaching, realize that it's easy to misjudge the speed because the size of the motorcycle and the fact that it is coming towards you makes it difficult to estimate speed. Pedestrians are just as vulnerable as motorcyclists and bicyclists.

**Things to remember as a driver:**  
You can encounter pedestrians anytime and anywhere - even in places where they are not supposed to be found. Pedestrians can be very hard to see - especially in bad weather or at night. You must keep a lookout and slow down if you can't see clearly. Stop for pedestrians who are in a crosswalk, even if it is not marked. When you stop for a pedestrian in a crosswalk, stop well back so that drivers in the other lanes can also see the pedestrian in time to stop. Cars stopped in the street may be stopped to allow a pedestrian to cross. Do not pass if there is any doubt. Don't assume that pedestrians see you or that they will act predictably. They may be physically or mentally impaired - or intoxicated. When you are turning, you often will have to wait for a "gap" in traffic. Beware that while you are watching for that "gap," pedestrians may have moved into your intended path. Be especially attentive around schools and in neighborhoods where children are active. Drive there like you would like people to drive in front of your own home.

**Avoid Bad Driver Behaviors - Distracted Driving**  
The focus of any driver, at all times, should be driving. Nearly 80 percent of crashes and 65 percent of near-crashes involve some form of driver distraction. Distracted driving can be anything that pulls your attention away from driving. The most obvious forms of distraction are cell phone use, texting while driving, eating, drinking, talking with passengers, and using in-vehicle technologies and portable electronic devices. Set down some safety rules with your co-drivers before you hit the road. These rules should include refraining from activities that take your eyes and attention off the road. Insist that your co-drivers agree to make every effort to move to a safe place off of the road before using a cell phone—even in an emergency.

**Buckle Up America. Every Trip. Every Time.**  
Everybody aboard must agree to wear their seat belts every time they are riding or driving in your vehicle. If you're not buckled up, you could be thrown through a window or into other passengers, sent skidding along the pavement, or be crushed under a vehicle in a crash. Wearing a seat belt is also the best defense against a drunk-driving related crash.

**Drunk Driving**  
Every 51 minutes and 32 times a day, someone in the United States dies in an alcohol impaired-driving crash. Be responsible and don't drink and drive. If you plan to drink, choose a designated driver before going out.

**Emergency Roadside Kit**  
Even a well-maintained vehicle can break down, so it's advisable to put together an emergency roadside kit to carry with you. A cell phone tops the list of suggested emergency kit contents since it allows you to call for help when and where you need it.

**Suggested emergency roadside kit contents:**  
Cell phone, First aid kit, Flashlight, Flares and a white flag, Jumper cables, Jack (and ground mat) for changing a tire, Work gloves and a change of clothes, Basic repair tools and some duct tape (for temporarily repairing a hose leak!), A jug of water and paper towels for cleaning up, Non-perishable food, drinking water and medicines, Extra windshield washer fluid. Take Maps and of course make sure the GPS Map System such as Garmin are with you and up to date.

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DRIVEN!

The SENIOR SCOPE Automotive Review


Here are 3 Safety Tips that will make your summer drive better for you and your passengers.

1 BRAKING DISTANCE


Things to consider




"Your reaction time, fatigue, and alcohol have been tested before they can become this, such as fatigue. Be well rested before hitting the road and pay attention!"



"The condition your vehicle is in contributes to your braking distance. Consider tire age, tread depth and regular maintenance are a must!"



"Braking distance changes depending on road conditions and greatly increases on wet roads."



Speed

As the speed of your vehicle increases, your braking distance at the speed of your vehicle.

Speed (km/h)	Braking Distance (m)
200	124 m
100	75 m
50	19 m
25	5 m

At 50 km/h, you need two times less distance to stop than if you were driving at 100 km/h.

2 SAFETY DISTANCE

A simple tip

When driving in a straight line, choose a fixed point on the road (bridge, sign, intersection...).

Your distance to that point is your point of reference: no less than two seconds after the car ahead of you.


THE 2 SECOND RULE

Increase this duration when driving in difficult conditions (rain, reduced visibility, heavy traffic...).


3 HYDROPLANING

In heavy rain conditions,


THE GROOVES OF YOUR TIRES CAN FAIL TO DISPERSE ALL THE WATER BENEATH THEM. AT WHICH POINT, THE RUBBER, LOSING A LOSS OF TRACTION BETWEEN YOUR TIRES AND THE ROAD.



Identify the risks



Reduce the risks



What to do?

When the vehicle in front of you leaves no traces in the water.

When the vehicle in front of you has a large amount of water coming out from its wheels.

Before leaving, check your tires: tires that are well inflated have better traction on the road.

When driving, reduce your speed to give your tires more time to disperse water.

Don't stop abruptly: let your vehicle slow down on its own.

Don't steer sharply: decide where you want to go and steer your wheels in that direction.

THE STEERING WHEEL

HOURS OF SERVICE AND DRIVING TIME

I have been concerned about the time Big Rig Drivers are on the road and evidence clearly shows that driving more than 8 hours at a time is not only dangerous but creates health issues for the driver in a very short time frame.

Persons without a Commercial Driver's License (14 HOURS are legally possible in any 24 hour cycle for Commercial Drivers), can drive for as many hours as they choose and this leads to scary conditions on the road. Sleepy drivers are more dangerous than distracted drivers

as they are unaware of events and danger around them and can not wake up quickly.

In fact it is time for Manitoba to legislate maximum driving times within the province to 10 hours in a 24 hour period for all persons. Trucks, Buses, Cars, and any other road user.

During my recent travels it has become apparent that sleepy drivers are a significant hazard.

It is time to DRIVE AWAKE AND AWARE.

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# “THE BUZZ”

*Order of Manitoba Recipients; Chartrand Called to the bar at 71; New Boxing Act; Struthers Calls it Quits; Lauder Still Seen on the Sidelines; United Way’s 50 Years in Winnipeg; Grandma Theresa Bubb’s Talented Family; Sam Ready for the Season; Happy Birthday, Yogi.*



By Scott Taylor

From Chad Allan to Mitch Podolak to my old friend Dan Johnson, the Order of Manitoba will induct 12 provincial heroes in 2015.

The honour recognizes those who have demonstrated excellence and achievement in any field of endeavour, benefiting the social, cultural or economic well-being of Manitoba and its residents.

“While the individual accomplishments of the 12 women and men recommended this year for investiture are wide ranging, they share the giving spirit and commitment to community for which Manitobans are known,” said **Lt.-Gov. Philip S. Lee**, chancellor of the order.

“Whether their impact is felt at the local or international levels, they are each a credit to our province and our country.”

**This year’s inductees are:**

**Rachel Alao**, founding executive director and program director of Winnipeg’s Helping Hands Resource Centre for Immigrants Inc., for helping countless newcomers to Canada maximize their potential in a new country.

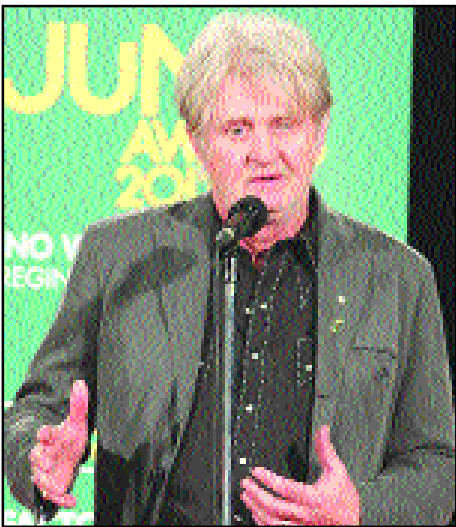
**Chad Allan**, a rock music icon, for his contributions to the Canadian music industry including the pivotal role he played in the creation of two legendary Winnipeg rock bands: The Guess Who and Bachman-Turner Overdrive.

**Karen Beaudin**, a community resource co-ordinator and proud Manitoba Métis, for increasing support, understanding and respect for Indigenous people in the workforce and her ongoing service to the community.

**Tom Cochrane**, a multi Juno Award-winning musician, for his celebrated accomplishments as a member of Red



Chad Allan playing at seniors’ residence.



Tom Cochrane

Ryder and as a solo performer, and his far-reaching humanitarian efforts.

**Dian Cohen**, economist, broadcaster and author, for her economic acumen, broadcast excellence and the important role she has played in shaping community strategies and government policies.

**Wilma L. Derksen**, artist, author and internationally respected expert on the unique needs of victims of serious crime, for her long-standing support and advocacy following the abduction and murder of her daughter Candace in 1984.



Dian Cohen



Wilma Derksen

**Dan Johnson**, the founding executive director of the Manitoba Special Olympics, for championing special needs athletes and helping Manitoba Special Olympics become a model for Canada.

**Sheldon Kennedy**, well known for his NHL career, but better known for turning the tragedy of a history of sexual abuse into awareness, hope and help for other victims around the world.

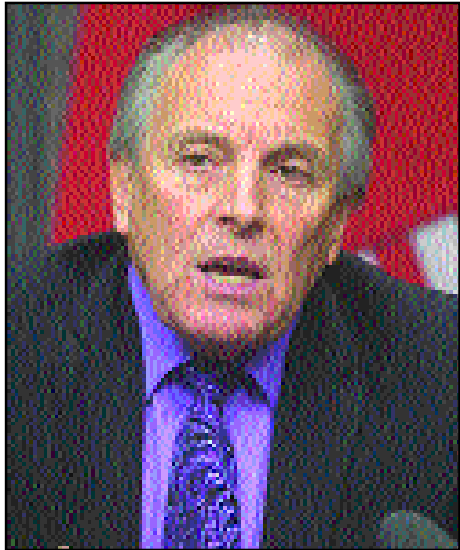
**Donald R. J. Mackey**, much-honoured Métis veteran, for ensuring the sacrifices of First Nations and Métis veterans are never forgotten and encouraging inner-city youth through the establishment of the Sgt. Tommy Prince, MM, Royal Canadian Army Cadet Corps.

**Mitch Podolak**, founding artistic director of the Winnipeg Folk Festival, for his contributions to the folk music community, and establishing and promoting music festivals and artistic venues in Manitoba and throughout North America.

**Khhem Kamarie (Monica) Singh**, a member of the Manitoba Ethnocultural Advocacy and Advisory Council, for actively supporting recent immigrants



Mitch Podolak



Sports Minister Ron Lemieux

to Manitoba, especially in areas that help to improve the quality of life of women, their families and communities.

**Jonathan Toews**, Chicago Blackhawks captain, two-time Stanley Cup winner, and two-time Olympic gold-medalist, for his tremendous contributions to sport and the community while serving as an exemplary model for Canadian youth.

This year’s ceremony will take place July 9, at the Manitoba Legislative Building.

...

## LEMIEUX WILL CHANGE BOXING ACT

Manitoba’s 64-year-old Tourism, Culture, Heritage, Sport and Consumer Protection Minister **Ron Lemieux** says

Continued on page 16

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# The BUZZ, cont'd from page 14



Paul Chartrand called to the Manitoba bar.



United Way Ceremony in 1965



Hartley Richard makes the United Way announcement.

he is about to change Manitoba's Boxing Act.

Lemieux says the Manitoba government will "modernize the province's Boxing Act to update it to reflect prize fighting in the country."

Among the proposed amendments, the Manitoba Combative Sports Commission would regulate all professional combative sport matches in the province including mixed martial arts. Currently all professional combative sports are defined as a form of boxing. "These changes would support Manitoba's efforts to tap into the ever-growing popularity of these sports and bring more professional events to the province," said Lemieux.

Another change would include renaming the Boxing Act, "The Combative Sports Act," which we're told would reflect similar changes made to section 83 of the Criminal Code which seeks not to prohibit legitimate amateur combative sports.

The act needed to be changed 30 years ago. Better late than never.

●●●

## CHARTRAND CALLED TO THE BAR – AT 71

**Paul Chartrand**, my old friend and former baseball teammate – with both the Winnipeg Oldeyes and the Giroux A's – has been called to the Manitoba bar. At age 71.

Chartrand, a retired law professor, published author, and internationally recognized expert on indigenous law and policy, was finally called to the Manitoba bar on April 27 and is now a member of Boudreau Law, a firm established by Norman Boudreau in 2013, principally to serve the Aboriginal community.

Chartrand is from the Manitoba Metis community of St. Laurent on the eastern shore of Lake Manitoba and still makes his home there. After growing up in the community, he left in the mid-1960s to see the world. His travels took him to Queensland in Australia where he first became a teacher and later entered law school.

He spent 10 years in Queensland before returning to Canada (although, he returned to Australia several times over the years to teach for short periods of time). He earned a second Law degree at the University of Saskatchewan and was a long-time professor at the university specializing in domestic, international, and comparative indigenous law and policy. He also had a terrific fastball and as he got older, he developed a killer change and slider.

Between baseball and teaching, he has written 60 publications and is currently working on three books on indigenous legal issues.

From 1988 to 1991, Chartrand was a member of Manitoba's Aboriginal Justice Inquiry and the follow-up Aboriginal Justice Implementation Commission. Great guy, great ball player, great teammate and just about the smartest dude I know.

●●●

## WINNIPEG GRANDMOTHER AND HER TALENTED FAMILY

It would appear that Theresa Bubb's beautiful Metis family gets more talented every day.

With 22-year-old daughter Siera Bubb already on a basketball scholarship at NCAA Division 2 Clark Atlanta University in Atlanta, Ga., Theresa's 18-year-old younger daughter Sentilla

Bubb, has dwindled her choice of post-secondary scholarship offers to Capilano University in North Vancouver or St. Lawrence College in Kingston, Ontario.

"Sentilla just turned 18 in March and will be graduating from Sisler in June," said her mom. "She's played basketball since she was 5 with the WMBA. She went on to play on several club teams. Mayhem, Wolves & then Magic. She still plays Magic because her coach for Magic, is also her coach at Sisler, Michael Tan.

"Sentilla was on undefeated teams in Grade 9 and 10 and they won both the city & Provincial championships. In Grade 11, Sisler was undefeated but lost in the championship game. In Grade 12, however, Sentilla's Sisler Spartan team not only went undefeated, but won the Provincial Championship."

It was Sisler's first provincial Championship and Sentilla played a major role. Meanwhile, she also played for Team Manitoba at the Western Canada games and brought home the silver medal after Tema Manitoba lost by a single point in the gold medal game.

Not surprisingly, Siera and Sentilla are not the only talented members of the extended Bubb family.

"The girls are the older cousins of Trechelle Bunn (Birdtail Sioux Nation) who just won the bronze medal with Team Manitoba in the women's division of the National Aboriginal Hockey Championships in Halifax," said Theresa. "Also they have a niece (Allaiya) and a nephew (Jesiah) – Theresa's grandchildren – that play hockey in Manitoba.

"Allaiya is 14 and goes to Starbuck Hockey Academy and has played hockey on the AA Assiniboine Park Rangers for the past two years and Jesiah is 11 and also goes to Starbuck Hockey Academy and played for the Phoenix Flames 10 A-1 last winter and the Manitoba Xtreme for spring league.

"We have a number of athletes in our family."

And quite a family it is.

●●●

## UNITED WAY MARKS 50 YEARS IN WINNIPEG

Last week, the United Way of Winnipeg celebrated its 50th anniversary. Last week, this World-wide organization that was formed locally on May, 11, 1965, made a number of announcements at the corner of Portage and Main.

"Fifty years ago today, people in Winnipeg had a vision of a kind and

“Fifty years ago today, people in Winnipeg had a vision of a kind and compassionate city – of neighbour helping neighbour – and created United Way of Winnipeg.”

“Today we can see how that vision has been kept alive and grown, generation after generation, with so many of you contributing your time, ideas and money, united in a common cause that today helps someone in Winnipeg, on average, every two minutes.”

compassionate city – of neighbour helping neighbour – and created United Way of Winnipeg,” said **Herb Peters**, chair of United Way's Board of Trustees. "Today we can see how that vision has been kept alive and grown, generation after generation, with so many of you contributing your time, ideas and money, united in a common cause that today helps someone in Winnipeg, on average, every two minutes."

To honour the anniversary, United Way has created four Winnipeg Wednesdays this June that will be dedicated to celebrating the organization's 50 years in Winnipeg. From the United Way's written statement, here are the four celebratory Wednesdays:

**Wednesday, June 3 is Conscious Kindness:** It's a day to show we're the kindest city in Canada. Pledge your acts of kindness now and be extra kind on June 3!

**Wednesday, June 10 is Red Tables:** We're encouraging Winnipeggers to meet, eat and share ideas about a better Winnipeg.

**Wednesday June 17 is Make it Happen:** Family resource centres are located in neighbourhoods across our city and offer a safe place for coffee and to do laundry, programming like financial counselling, job skills and parenting and much more. They make a big difference for thousands of families each year. These centres need some basic things – like couches, computers, a play structure.

**Wednesday, June 24 we wrap it up with One Night For Winnipeg:** Winnipeggers are invited to a free concert at the Forks featuring some of Winnipeg's hottest performers, all in celebration of a kind, caring Winnipeg.

Continued on next page



Theresa, daughter Siera and Benn Bubb.



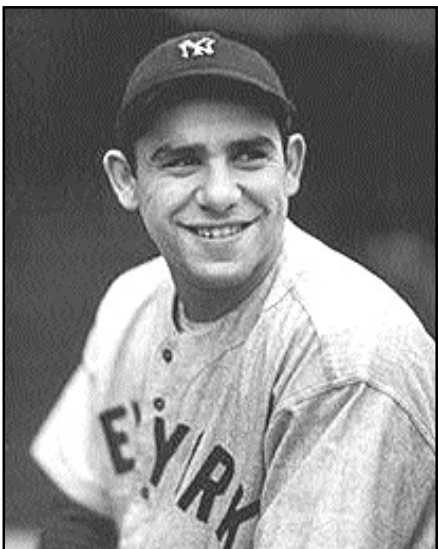
The BUZZ, cont'd from page 16



Yogi Berra today

•••

**THE NOTEBOOK:** Stan Struthers, the 56-year-old former minister in Premier Greg Selinger's cabinet says he will not seek re-election in Dauphin. He had a pretty rough go over the last couple of years. Struthers was finance minister when the NDP increased the provincial sales tax to eight per cent in 2013, a move that did nothing to hurt the wealthy, but hammered the poor. He's also the guy who tried to shut down Assiniboia Downs and boldly told the Manitoba Jockey Club, "I'll be around longer than you." Well, maybe not... James Carey Lauder, the outstanding Winnipeg sports photographer and photography teacher at Tec Voc turns 55 next week. Age means nothing to Carey who will still walk the sidelines at Blue Bomber games this November and has been out in the cold and rain at Goldeyes games this spring... Winnipeg Goldeyes owner Sam Katz, 63, is back to work at the Goldeyes office. The team starts its 2015 season on May 21 in Grand Prairie, Tex. The first home game is June 2,



Yogi Berra 1948

against the Sioux Falls Canaries. Sam spoke to the new team last week and can't wait for the new season to start... Our good friend, 62-year-old dentist, Dr. Kris Row, is getting set to accompany his hockey team, The Heartbreakers, to Europe next season. Dr. Row is still a terrific player. You're never too old...

•••

HAPPY BIRTHDAY

"It ain't over 'till it's over." Hey baseball fans, on May 12, 2015, the great Yogi Berra turned 90. Yep, he's still with us. If you ever get the chance, go see the Yogi Berra Museum at Montclair State University in Little Falls, N.J. It's wonderful. Happy birthday, Yogi. "It's Déjà vu all over again."

# My Love Affair With Paper

By Heather Tiede

As much as I'm a supporter of the three R's of recycling: reduce, reuse and recycle, I have a confession to make. I love paper.

I say this knowing full well that as a society we're supposed to be moving towards a paperless world. Electronic data is supposed to replace hard copy, online calendars replace day planners, and e-mails have now become the standard form of correspondence.

But I'm not ready to give up my love affair with paper just yet.

I can still pick up a pen and enter about five appointments into a paper day planner or calendar faster than it takes to enter one into the Outlook calendar on my phone. I have about a dozen notepads and journals stashed into every single purse I own, because you never know when the need might arise to jot down a note or a reminder to yourself.

Even to-do lists are more satisfying to create, and check off upon completion, if they're on paper. For some reason just pressing the delete button on a computer doesn't have the same satisfaction as making a big blue line through whatever task it is that I've completed.

To be fair, I have embraced some aspects of the digital age. Although I

still enjoy the experience of holding an honest-to-goodness book, I have started reading more books on my e-reader and tablet. I admit that I love the convenience that comes from instantly downloading a much-anticipated novel from an online library at 11pm when the brick-and-mortar library is closed. I also can't recall the last time I wrote someone an actual letter (that is, one sent through snail-mail), but I do still prefer actual handwritten cards to the somewhat impersonal (in my humble opinion) e-card.

And so I promise that I will continue to recycle my empty soup tins, aluminum cans and cardboard boxes. I will faithfully put used newspapers and fliers in the recycling bin. I will look for ways to reuse household items, and offer things that I cannot use to charities or put out on the curb during give-away weekends so that someone else may make use of them.

But please don't ask me to stop using paper. I'm just not ready for that yet. ■

## Barbecue Food Safety

As you head out to the grill, it's important to remember that eating undercooked meat, or foods that have come into contact with raw or undercooked meat, can cause food poisoning (also known as foodborne illness). Symptoms of foodborne illness can include stomach cramps, vomiting, fever and diarrhea. Approximately 1 in 8 people get sick from foodborne illness every year in Canada. Many of these cases could be prevented by following proper food handling and preparation techniques.

You can help lower your risk of foodborne illness by handling and cooking raw meat carefully. Here are some important safety tips to follow: <http://healthcanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2015/53385a-eng.php>

Thank you for helping to keep Canadians safe and healthy!

Health Canada Manitoba and Saskatchewan Region  
[www.healthcanada.gc.ca](http://www.healthcanada.gc.ca)

## Seafood Product RECALL

- January 21, 2015 -

The Canada Food Inspection Agency announced a Food Recall on Vasco Da Gama brand canned seafood products due to a Health Hazard - Dangerous Bacteria

Class: 2  
Reason for Recall: Health Hazard - dangerous bacteria  
Product(s): Vasco Da Gama brand canned seafood products  
Distribution: National

Product details are available at: <http://www.inspection.gc.ca/about-the-cfia/newsroom/food-recall-warnings/complete-listing/2015-05-19/eng/1432089450614/1432089456218>

Causes of Food Poisoning - <http://inspection.gc.ca/food-poisoning>



Various seafood products with this logo have been recalled. Visit the website for all the product recall details.

## Senior living made simple.

Our community offers the affordable, independent retirement lifestyle you've earned. Leave the daily details to us and focus on what you love. At our community, one affordable monthly rent includes:

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- An emergency call system
- A full calendar of enriching activities
- Exclusive travel program
- And so much more

Call us at 204-633-5467 today for a complimentary meal and visit. **Welcome to Atria.**



Atria Retirement Canada

### Amber Meadow

Independent Retirement Living  
320 Pipeline Road, Winnipeg, MB  
204-977-8278 / [ambermeadow.ca](http://ambermeadow.ca)



### The Westhaven

Independent Retirement Living  
3033 Portage Avenue, Winnipeg, MB  
204-831-6742



## SAFETY ALERT

prepared by  
Manitoba Hydro



## Take electrical safety seriously

Each year, electrical shocks and fires cause injuries and even deaths. Reduce the risks by following basic electrical safety rules.

### GFCIs

Ground Fault Circuit Interrupters (GFCIs) can reduce the risk of shock by shutting off faulty electrical circuits and equipment faster than conventional fuses or circuit breakers. GFCIs are inexpensive and can be hard-wired into your home electrical system, built into or plugged into electrical outlets. Check your GFCIs monthly by pushing the test button. GFCIs are commonly used in kitchen, bathroom and outdoor receptacles.

### Electrical outlets

Modern electrical outlets accept three-pronged plugs and polarized

ones, with one prong wider than the other. Make sure plugs match your outlets; never alter the plug by clipping off the round grounding prong and never file down the wide polarized prong. When replacing old ungrounded outlets, have a licensed electrician upgrade your wiring system to accept grounded receptacles. The new outlets are grounded to help prevent shocks.

### Appliances

Look for appliances with labels that indicate testing was completed by an independent lab such as the Canadian Standards Association (CSA). Unplug small appliances – toasters, coffeemakers and kettles when not in use. Do not leave cords plugged into an electrical outlet when they're not attached to an

appliance. Allow adequate space around electronic components – computers, stereo systems, etc – to prevent overheating. Keep space heaters away from curtains, furniture or anything that can burn.

### Be aware

Watch for reoccurring problems such as blown fuses or tripped circuit breakers. Find out why it blew and correct the problem. Beware of any tingles you feel when you touch an electrical appliance. A discoloured wall outlet, and a burning smell or rubbery odour can also indicate a possible electrical problem. Call a licensed electrician for an inspection.

Visit [hydro.mb.ca/safety](http://hydro.mb.ca/safety) for more electrical safety tips.

# TRAVEL & LEISURE

Have an event? Advertise it in this section at a reduced price. Share the space, share the cost. Call 204-467-9000 or email [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) for details.

## Vital Seniors

Bridge - Thursdays:  
204-256-3832

Carpet Bowling - Tuesdays:  
204-452-2230

Line Dancing - Mondays & Fridays:  
204-334-3559

Monthly Luncheon - Tuesday:  
204-256-0414

Scrabble - Mondays:  
204-487-7835

St. Mary Magdalene Church  
3 St. Vital Road • Winnipeg



Where old and new friends meet.

## Music Lessons for Adults & Seniors

Exercise your mind, coordination, concentration and motor skills.

Piano, Organ, Keyboard, Guitar, Violin (fiddle), Accordion, Ukulele, Banjo, Mandolin, Dobro, Bass, Clarinet.

• Lessons starting from noon on in our studio or in your home.

• Serving Winnipeg, Stonewall & Selkirk, MB

We also sell instruments (keyboards, guitars, recorders, etc.), music accessories, printer cartridges, USB flash drives, SD cards, all types of batteries (also for hearing aids), CDR's, DVR's, etc.

Music Lessons and/or Instruments make great Father's Day Gifts.

Music is therapeutic: Learning to play an instrument can increase your self-esteem and overall well-being.

For your next get-together: Karaoke & Instrument Rentals

Call Terry:  
204-955-5428 / 204-467-7388  
[terry@keyboardventures.com](mailto:terry@keyboardventures.com)



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*Please make reservations for parties of 6 or more.*

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**October 28-November 5**

\$1250.00 pp dbl occ

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**Includes:** motorcoach transportation, 8 nights lodging, 7 Top Shows, 4 hot breakfasts, 4 continental breakfasts, 6 suppers, Cheese Factory Visit, Precious Moments Park, Terry Redlin Art Center, Luggage Handling (one per person), 2 casino packages, Tour Director, Snacks & Drinks on bus while travelling, Shopping and memories to last a lifetime!

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★ Branson Show Boat Belle  
★ Irish Tenors & Celtic Ladies  
Presley's ★ Doug Gabriel ★ Grand Jubilee ★ Puttin' On The Ritz



★★★★★

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Victorian Style Island Paradise where you can relive the days of yesteryear. August 16 - 21

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Including Mount Rushmore, Crazy Horse, Badlands Nat. Park & more. Sept. 27 | 6 Days

### AVALON WATERWAYS RIVER CRUISE

The Upper Rhine to City of Music - Zurich to Vienna  
Hosted by: Rose-Anne Kupiak - Avalon Specialist  
August 19-31, 2015 - Limited Space

Book now and save up to 15%  
on 2016 European River Cruises.

PRESENTATION: JUNE 4, 2:00 & 6:30 PM. R.S.V.P.

### NEWFOUNDLAND & LABRADOR

Discover the breathtaking beauty of our own back yard. **BEST VALUE!** Aug. 17-28 & Sept. 7-18, 2015

### AGAWA CANYON FALL FOLIAGE

The beauty of Northern Ontario painted in colour. September 7-13, 2015

### "FABULOUS WISCONSIN DELLS"

Incredible autumn scenery countryside and scenic delis. September 20-25, 2015

### NASHVILLE / BRANSON / PIGEON FORGE

Musical Extravaganza. Oct. 25 - Nov. 7, 2015  
A special tour for music lovers that journeys through the musical heartland of America.

### BEST OF BRANSON

Join us on a fun filled tour with fabulous shows and unique sightseeing. November 1-9, 2015

### HAWAII CRUISE / STAY

Exploration of the Hawaiian Islands. Experience breathtaking scenery. Feb. 3-13, 2016.  
PRESENTATION: JUNE 25, 2:00 & 6:30 PM. R.S.V.P.

**EMBASSY TOURS - 204-757-9383**  
[www.embassytours.ca](http://www.embassytours.ca) 1-800-723-8051

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**204-470-4749**



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Email: [bingo@kinsmenclub.com](mailto:bingo@kinsmenclub.com)  
Web: [www.kinsmenjackpotbingo.com](http://www.kinsmenjackpotbingo.com)



## 49th MANITOBA HIGHLAND GATHERING

**Gates Open 7:30 AM**

**ANAVET Pancake Breakfast - 8 am**  
**Scottish Foods & Pub - 11 am**

### EARLY BIRD TICKET PRICING AVAILABLE AT:

Sunova - Selkirk  
Sears - Selkirk  
One Insurance - Selkirk  
Gaynor Family Regional Library - Selkirk  
Rennie's Full Service - East Selkirk  
Lockport Grocery - Lockport  
Baron's Meats - Lockport  
Shops of St. Andrews  
Beach Handimart - Wpg Beach

or call Joyce at 204-794-6587

Tickets also available online:

[manitobahighlandgathering.org](http://manitobahighlandgathering.org)

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• SUNOVA WEE FOLK AREA  
• MANITOBA GENEALOGICAL SOCIETY  
• INDOOR/OUTDOOR SCOTTISH MARKET  
• MANITOBA LIVING HISTORY  
• PIPE BAND FINALE & MUCH MORE

**Early bird savings:**  
\$5: on family ticket (2 adults and their children)  
\$3: on adult tickets  
\$2: on seniors & children (5-12); Under 4 - free



EVENTS

**South Winnipeg Seniors Slo-pitch - SENIORS HAVING A BALL**, May-Oct. To join or for more info, call Bob: **204-261-3033** or Metro: **204-256-4074** or Janice: **204-831-5641**, or visit [swssp.coffeecup.com](http://swssp.coffeecup.com)

**Red River Coin & Stamp Shows -** Shows monthly Sept. through June. Free adm. Charterhouse Hotel, second Sun. of the month, 10 am-4 pm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

**The Manitoba Coin Club -** meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré Hall: **204-296-6498**, email: [mbcoin@shaw.ca](mailto:mbcoin@shaw.ca)

**Icelandic Newspaper/Logberg-Heimskringla -** AGM & Open House, Sun. Jun. 7, 2-4 pm, at our new premises, 508-283 Portage Ave. All subscribers are members and are eligible to vote on all matters. Call **1-866-365-4409** or **204-284-5686** or email: [lh@lh-inc.ca](mailto:lh@lh-inc.ca).

**Spiritualist Fellowship Church -** The Healing Connection, Natural and Spiritual Healing, Reiki, Qi Gong, Therapeutic Touch, Reflexology, Quantum laser & more. \$5 Donation. Sat. May 30, 5-10 pm. 525 Beresford Ave. Call **204-333-5364**. <http://www.spiritualistfellowshipchurch.info>

**Ukrainian Catholic Women's League of the St. Michael's Parish -** Baba's Kitchen, in celebration of the Hi-Neighbour Festival, authentic Ukrainian menu, Sat. Jun. 6, noon-3 pm. Adults \$13, 6-12 \$6, under 5 free. Includes beverage & dessert.

**Post Polio Network -** Meeting, May 26, 1-2:30 pm, at the Katherine Friesen Centre, 940 Notre Dame Ave. Guest speaker: Heather Dixon, LLB (lawyer).

**Grands 'n' More Winnipeg -** Art from the Attic fundraiser, Sun. Sept. 20 at Corydon Community Centre (Crescentwood), noon-4:30 pm. Seeking donations of paintings, drawing, photography, posters-original or reproduction, framed or unframed. Betty: **204-489-7137** and Heather: **204-888-0834** will arrange for pickup. In support of grandmothers in Sub Saharan Africa who are raising their orphaned grandchildren due to the AIDS epidemic.

**Springs Senior Drop In -** Jun. 9 & 30, 1-5 pm, 725 Lagimodiere Blvd. Come & enjoy shuffle board, 5 billard tables, darts, cards, and many board games. Free coffee/tea and refreshments. Call **204-233-7003** or visit [www.SpringsChurch.com](http://www.SpringsChurch.com)

**The West End BIZ -** Taking bookings for guided mural tours, June-August, with flexible start and finish times.Experience the unique history and culture that the West End area has to offer. Adults \$5, Children \$2, includes a refreshment. Call to book: **204-954-7900**

**Spiritualist Fellowship Church -** Learn Shaminic principles such as instant healing, working in dreams and the inner you, clearing of old & negative energies etc. No preregistration. Tues. Jun. 2, 9, 16, 23, 30, 7-9 pm. Cost \$15/class, 525 Beresford Ave. Call **204-333-5364**. [www.spiritualistfellowshipchurch.info](http://www.spiritualistfellowshipchurch.info)

**Permit Teachers' Reunion -** you taught on Permit during the 1940's to late 1950's? You are invited to attend a Permit Teachers' Reunion, July 9, 10:30-3:30 pm at the Viscount Gort Hotel. Call **204-697-7985** for info.

**Winnipeg Walk for ALS -** Sat. Jun. 20, Assiniboine Park, Conservatory Tent. Registration is now open, sign up today as an individual walker or put together a team and start fundraising! Visit: [www.Walkforals.ca](http://www.Walkforals.ca)

**George V School Alumni -** 100th Anniversary Celebration, June 5 & 6. Contact school at **204-669-4482** or visit [www.winnipegstd.ca/schools/georg\\_ev](http://www.winnipegstd.ca/schools/georg_ev)

**Sir John Franklin Public School (class of 1954-55) -** 60th Kindergarten Reunion, Sep. 7-8, 2015, Wpg. Contact: Walter Badger: **204-467-5838**, [badgerw@mts.net](mailto:badgerw@mts.net); Derek Legge: **204-837-1290**, [dlegge@mts.net](mailto:dlegge@mts.net); Shar Mitchell: **204-414-2066**, [sharmitchell19@gmail.com](mailto:sharmitchell19@gmail.com)

Things to do in Winnipeg

**Urban Retreats Garden Tour -** Sat. Jun. 20, 10 am-4 pm, rain or shine. Self-guided tour of beautiful Fort Richmond Gardens in support of St Matthew's-Maryland Community Ministry. Tickets \$15, available at McNally Robinson, Jensen Nursery, or by calling the Ministry at **774-3957**. **A Manitoba Tea** also from 11:30-2 pm at Trinity United Church, 933 Summerside Ave. Tickets for the tea and bannock are an additional \$5 and available at the door. Garden tour tickets also available on June 20th at Trinity United Church.

**Seniors (55 Plus) Slo Pitch Baseball -** May-Oct. Mon-Wed, approx 1 pm, at Sinclair Park, Arlington St. and Church Ave. Fun, exercise and socializing. Call John: **204-582-1904** or Terry: **204-582-1904**

**The Morse Place Flashback Senior Baseball Club -** looking for new slo-pitch baseball players which is open to men 55 years of age and over and women 40 years of age and over. Our house league offers a social and non-competitive opportunity to play baseball on Tuesday and Thursday afternoons, May-Oct. at The Morse Place C.C.,700 Munroe. We have several travelling teams for more competitive individuals which play in a senior slo-pitch league and tournaments around Winnipeg and rural Manitoba. Call Paul: **204-668-8574**

**Aboriginal Senior Resource Centre -** Cash Bingo, Thursdays, May 28, Jun 11 & 25 at 45 Robinson St. Doors open 12:00 pm, Bingo starts 1 pm. Proceeds toward ASRC Senior and Elder activities and programs. Everyone welcome.

VOLUNTEERING

**Canadian Cancer Society, Manitoba Division -** Volunteer opportunities: Volunteer driver, Door to Door Campaign, Dragon Boats, presentations/displays, data entry, Gala Ball, Speaker's Bureau, general help, Daffodil sales, Sun Safe Communities, Relay for Life, Science Fair, committee work. Call: **204-786-0613**, email: [SunSense@mb.cancer.ca](mailto:SunSense@mb.cancer.ca) or [Ecummings@mb.cancer.ca](mailto:Ecummings@mb.cancer.ca). Or pick up application form at 193 Sherbrook St.

**Assiniboine Park Conservancy -** Volunteer positions for friendly, outgoing people available in the Park and Zoo as Visitor Service Ambassadors. Join our team! Apply online: [www.assiniboinepark.ca/volunteers](http://www.assiniboinepark.ca/volunteers) or email [volunteer@assiniboinepark.ca](mailto:volunteer@assiniboinepark.ca) for more info.

**Middlechuch Personal Care Home -** Volunteer needed for rehab assistant to help with transporting residents to our rehab dept. Contact Matt Mutcheson: **204-336-4138**.

**Meals on Wheels Inc. -** Volunteers needed for 2 hours a week or more. Please call us to get started. Training and honorarium provided. Call **204-956-7711** or visit [www.mealswinnipeg.com](http://www.mealswinnipeg.com)

**The Big Brothers Mentoring program -** At any given time we have 100 youth waiting to be matched with 80% being boys. They wait 1-3 years for a Big Brother! We need male volunteer mentors to serve as role models and friends. Support provided by experienced case-workers. Contact Kayla Chafe **204-988-8663** or [kayla.chafe@bigbrothersbigsisters.ca](mailto:kayla.chafe@bigbrothersbigsisters.ca)

**Rupert's Land Caregiver Services -** Volunteers in Wpg. are needed for our transportation program in S.W. Wpg. **204-452-9491** or email: [rlcs\\_vol@mts.net](mailto:rlcs_vol@mts.net).

**Victoria Lifeline Home Service Representative -** Volunteers needed to travel throughout Winnipeg to explain and set up the Lifeline equipment in people's homes. Must have a car, mileage reimbursed. Melissa: **204-956-6773** for info or email [msitter@vgh.mb.ca](mailto:msitter@vgh.mb.ca)

**HSC Winnipeg -** Seasonal volunteers welcome in patient and support areas. Free parking or bus tickets. Call **204-787-3533** or email: [volunteer@hsc.mb.ca](mailto:volunteer@hsc.mb.ca)

**Tudor House Personal Care Home, In Selkirk, MB -** Need Volunteers to assist with Recreation Programs, Rose Bistro Tuck Shop, Friendly visiting, etc. Also Nursing Volunteers/companions, Palliative Care, Office, and grounds and gardening. Call Sable Chamberlain: **204-482-6601** Ext:21.

**The High Steppers Seniors club -** Volunteers needed to help with getting seniors to and from our club on Wednesdays and Thursdays, 10-2:30. **204-619-8477**

**Parkview Place, Long Term Care by Revera -** Volunteer Recreation Program Assistant required to assist in running programs for residents and with individual visits, days/evenings, downtown Wpg. Email: [pierre.feng@reveraliving.com](mailto:pierre.feng@reveraliving.com) or call **204-942-5291**

**A & O: Support Services for Older Adults -** Volunteer Visitors are needed in all areas of Wpg. 1 hour every 1-2 weeks. Please call **204-956-6440** or email [proth@ageopportunity.mb.ca](mailto:proth@ageopportunity.mb.ca)

**K.I.N. Resource Council for Seniors -** Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours, once a week. Call **204-774-3085** for details.

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

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

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

PROGRAMS /SERVICES

**Pembina Active Living 55+ (PAL) -** Try out a fitness, yoga, line dance, painting class for 3 weeks (cost \$5-8/class). Drop-in activities (membership required): PAL Putters (golf – Mondays), Men's casual breakfast (Tuesdays), Urban poling (Tuesdays), PAL Pedallers (cycling group - Wednesdays), drop-in bridge & cribbage (Thursdays), lunch PALS (Fridays). Special events: Still Bloomin' Gardening Club (May 28, 1-3 pm), AGM (June 11, 1 pm). Information: [www.pal55plus.ca](http://www.pal55plus.ca), **204-946-0839** or e-mail [info@pal55plus.com](mailto:info@pal55plus.com).

**Good Neighbours Active Living Centre -** Home Maintenance Program in Wpg for 55+ looking for various types of help around the home. Call **204-806-1303** or email [hmprogram@gnalc.ca](mailto:hmprogram@gnalc.ca)

**Vital Seniors -** Bridge, Thursdays: **204-256-3832**, Carpet Bowling, Tuesdays: **204-452-2230**, Line Dancing, Mondays & Fridays: **204-334-3559**, Free Exercise Class, Tuesdays: **204-253-0555** (Judy), Monthly Luncheon, Last Tuesday: **204-256-0414**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Rd.

**Seine River Services for Seniors -** Annual General Meeting, Thur. May 28, 11:30 lunch, meeting after, at Le Centre de l'Amitié, 97 Principale St., La Broquerie, MB. Call to register: Juliette Rowan at **204-424-5285**

**Seine River Seniors Inc. -** Southdale CC. activities: bridge, Mon., 9:45-11:30 am; walking/urban poling, Mon., 9:30-10:30; monthly lunches - 2nd Wed. of each month. Call: **204-253-4599**

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

**Bleak House Senior Centre -1637 Main St. -** Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

**Assiniboia Wood Carvers Association -** Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**A & O: Support Services for Older Adults -** Entry Program for Older Adult Immigrants, engage in fun group activities, group discussions, etc. over the phone. Thursdays, 1-2 pm, Jan.15-Mar. 19/15. Call **204-956-6440** or email [entry@ageopportunity.mb.ca](mailto:entry@ageopportunity.mb.ca)

**McBeth House Centre Inc. -** Offers to 55+: Tues.: Quilting, 9-2 pm; cribbage day or evening; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Looking for more bridge players. Accepting new members. Call **204-334-0432** for info. House is also avail. for rental.

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

**Mensheds Manitoba Inc. -** peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1 pm-4 pm. Call Doug: **832-0629** or **804-5165**

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

**Prendergast Seniors Club -** 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Exercise class Tues. & Fri., 9:15-10:30 am; Mon. luncheons 4th Wed., 1130 am-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

**Lion's Place Adult Day Program -** Social day program for seniors - physical, mental, and recreational programs. Transportation & hot lunch provided. Membership \$8.06/day. Call **784-1229**. Referrals to the program are made through WRHA at **940-2655**, or call your Home Care Case Coordinator.

**Dufferin Senior Citizens Inc. -** 377 Dufferin Ave. Mon. - Shuffleboard & Bingo; Wed. noon - soup & perogy lunch. Perogies for sale. Every 2nd Sat., 12-3:30 pm, dance, 4 piece band & lunch. **204-986-2608**

**The Friendly Settlers Senior Citizens Club -** 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Jean: **204-222-7504** or email: [ganyadel4@mymts.net](mailto:ganyadel4@mymts.net)

**Dakota 55+ Lazars Senior Centre -** various programs: Cribbage, Line dancing, floor curling, Quilting, fitness programs, etc. 1188 Dakota St. **204-254-1010** ext. 206.

**The Salvation Army -** Seniors 55+ Program, Tuesdays, 9:30-11:30 am, at the Barbara Mitchell Family Resource Centre, 51 Morrow Ave. Coffee/tea, crafts, board games & more. Call **204-946-9152**.

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

**A & O: Support Services for Older Adults -** Visit [www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)

**St Vital Streamliners -** meet Tuesdays, 6:45 at General Vanier School, 18 Lomond Blvd. Fun group with focus on weight loss and healthy living. Exercise suitable for all fitness and mobility levels. Modest membership fee. Call Carol at **204-269-4097**.

**Archwood 55Plus -** Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, line dancing, social activities (monthly luncheons, bowling, card & board games), bus trips & more. **204-416-1067**, [www.archwood55plusinc.weebly.com](http://www.archwood55plusinc.weebly.com)

**Weston Seniors Club -** Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan **204-774-3085**

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

**55+ Men's Club -** meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **987-8850**.

**High Steppers Senior's Club -** at Winakwa Community Center. Where seniors can and meet and have fun. Wed. & Thur. 10-2:30 - a fun day of games, cards, friendship, and more. Light lunch, refreshments. Call **204-619-8477**

**Senior Achievers -** meet every 3rd Thursday, 1-3 pm at 406 MacGregor St. Join us for bingo, 50/50, meat draws, door prizes, coffee, and socializing. Call Rose Manulak: 338-3833 for more info.

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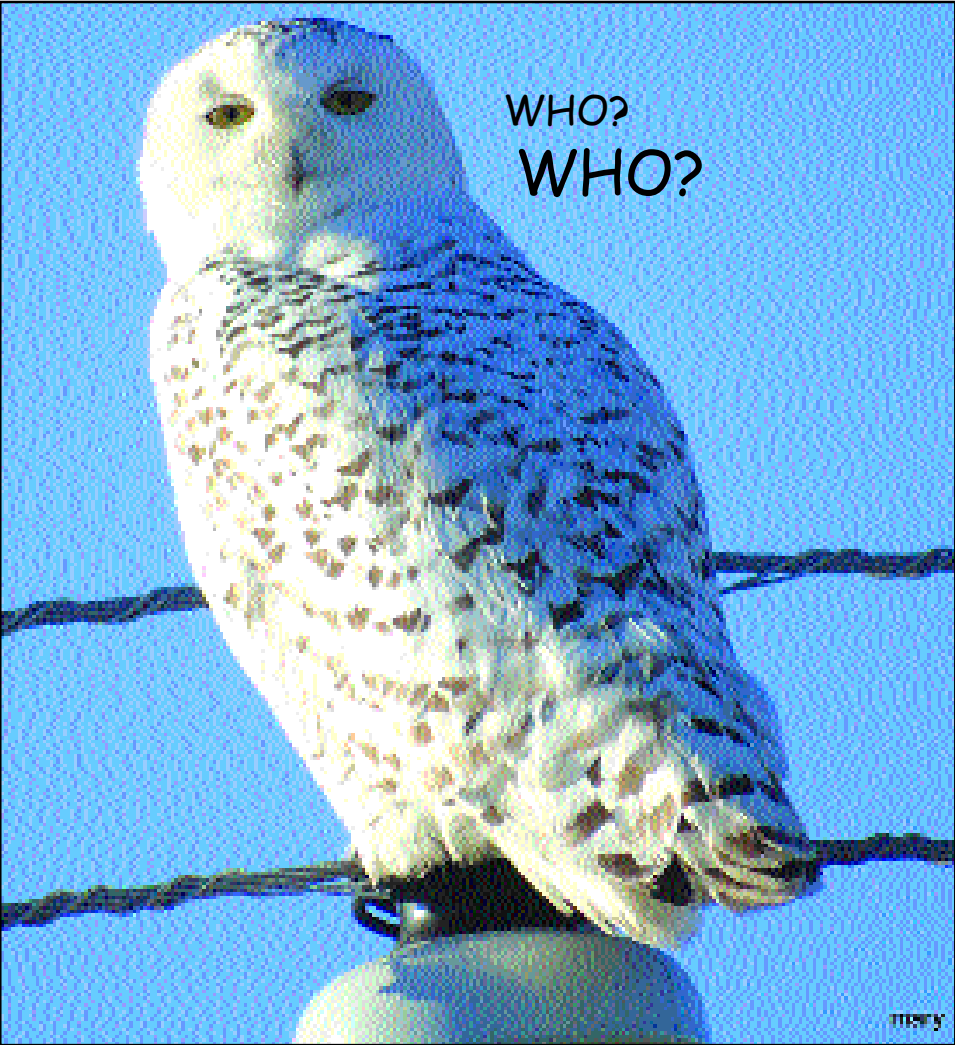


"We're getting up in age, Mama. We better read Senior Scope and figure out our future."

Photo by Irene Shaw



Snowman in a Stonewall park - May 19/15!  
(IT'S JUST WRONG!)



**Snow Owl (Rural Manitoba)**  
Photo by **Mary Harms** Steinbach, Manitoba.



Tulips in the snow - May 19/15!  
(THIS IS JUST WRONG TOO!)

Photo taken in Stonewall at Ted & Rae's house.

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# Things to do in Rural Manitoba

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**South Interlake 55 Plus** - presents Johnny Cash Tribute Concert @Lions Community Centre, #5 Keith Cosens Drive, Stonewall on May 30th, 7 pm. For info and tickets call **204-467-2582**

**Alzheimer Society** - Join us this June for Investors Group Memory Walk events taking place across Manitoba. Find a Walk in your community and join us as we walk united in support of all people affected by dementia. **1-800-378-6699**. Register online at **alzheimers.mb.ca**

**Komarno May Dance** - Sun. May 17, 1-5 pm at Komarno Community Hall. Music: Dennis Nykoliation. Tickets \$15, call Mona: **204-886-2994**

**Selkirk Community Choir** - Spring Concert "Journey from Lost to Found," Sun. May 31, 7 pm at Christ Anglican Church, 227 McLean Ave. Selkirk, MB. Popular pieces such as A Road Not Taken and Wayfaring Stranger as well as Jazz and a piece from the musical Les Miserable. Tickets at door: \$10, under 12 free. Reception fol-

lowing concert. Contact Thea: **204-757-4411** or email **tmhaut@escape.ca** for info.

**South Interlake 55 Plus** - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr membership (\$20) - can arrange to pay membership after hours (4 pm) at a Wednesday class. Call Verna, Member of the Quarry Strutters Line Dancers: **204-467-5090** or email: **verrod1@mymts.net**

**Springfield Seniors Community** - Congregate Meals are available to all community seniors. **Oakbank:** Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. **Dugald:** Mon/Wed/Fri - 5 pm. **Cooks Creek:** Mon/Wed - 11:30. Call **204-444-6000**. **Anola:** Mon-Fri, 11:45 Call **204-866-3622**

**Ritchot Senior Services** (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors,

housekeepers etc. Call Denise: **204-883-2880**

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches** Resource Center (Victoria Beach) **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Gordon Howard Support Services **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District

Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, **Pinawa** 753-2962 or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

**Springfield Seniors Community Events** - Canasta/Bingo - Tuesdays, Pickleball - Wednesdays. Call **204-853-7582**. Reviving the Past - Cooks Creek Museum - Thursdays (call Liz **204-444-3247**).

**East St. Paul 55 Plus Activity Center** - Accepting memberships from East St. Paul area residents. Various activities and quilting open to all members. Call **204-661-2049** or **204-654-3082** (msg).

**Selkirk Community Choir** - Rehearsals Tuesdays, 7 pm at the Lutheran Hall (by Safeway parking lot on Main. St., Selkirk, MB. Small membership fee. No music experience necessary. Call: **204-757-4411** or **204-785-1929**.

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

# Senior Scope

**ANNUAL CONTEST!**  
in celebration of Senior Scope's 13th Birthday!

Prizes will accumulate until draw dates

## Two Draws - Two Prize Packages!

Draw Dates: **July 5 & August 2** 2015  
**ONE ENTRY PER PERSON PLEASE**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

☐ Check here if you'd like to subscribe to **Senior Scope** by email.  
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**Mail entry to Senior Scope**  
**Box 1806, Stonewall, MB R0C 2Z0**  
**Or email to: kelly\_goodman@shaw.ca**

**Prize #1:** A Dromida Ominus UAV QuadCopter ready-to-run, radio controlled, fully assembled, durable drone from **Eliminator RC Hobby Supply store** (Value \$125 - see ad on Page 14)

And one \$20 Gift Certificate - Lunch for two at **Anderson's Hitch 'n Post Ranch** just 5-1/2 miles north off Perimeter on #6 Hwy. (see ad on Page 18)

**Prize #2:** One \$20 Gift Certificate - Lunch for two at **Anderson's Hitch 'n Post Ranch**.

**MORE PRIZES TO BE ANNOUNCED!**

# ENTER TO WIN GREAT PRIZES!

For this year's draw, we just want to know how aging is affecting you. Are you active? If so, what activities, sports, hobbies do you participate in?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Suggest a location where you'd like to see Senior Scope available at:

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Latin Lovers Salad

Metric	Ingredient	Imperial
1	yellow bell peppers	1
500 ml	tomatoes, peeled, seeded & diced	2 cup
750 ml	long grain rice, cooked & chilled	3 cup
40 ml	chives, chopped	3 tbsp
75 ml	olive oil	1/3 cup
30 ml	lime juice	2 tbsp
30 ml	balsamic vinegar	2 tbsp
5 ml	garlic, minced	1 tsp
2 ml	salt	1/2 tsp
2 ml	fresh cracked black pepper	1/2 tsp
2 ml	basil	1/2 tsp
2 ml	thyme	1/2 tsp
4	lettuce leaves	4

Core pepper; remove seeds and finely dice.

In a mixing bowl; blend pepper, tomatoes, rice and chives.

Whip oil together with remaining ingredients. Pour over rice. Marinate for 2 hours in refrigerator.

Place washed lettuce leaves on chilled plates. Top with salad.

Serves 6      www.PeakMarket.com

CROSSWORD  
Spring Has Sprung... By Adrian Powell

ACROSS

1 Some bridge players

6 Gang compatriot

9 Seafood delicacy

14 Hawaiian Airlines greeting

15 Big palooka

16 Really weird

17 Exceedingly quiet teenager?

20 Feed one's face

21 Brains of a PC

22 Talk show host once the mayor of Cincinnati

29 US fed. agent, slangily

31 Dime, for one

32 S. Carolina locale

33 Acted like a lunatic

35 Loon's cousin

36 "\_\_\_ My Party"

37 Neighbour of Mis.

38 Many pain killers

40 "T" in Morse

41 Really bad actor

42 Roughs it, in a way

43 Hit hard, biblically

45 Wide-eyed wonder

46 Beech, e.g.

47 Half the binary system

48 Basis of many health spas

53 Beaujolais or Bordeaux

54 Grin's stopping point?

55 Fast food sandwich only eaten in May?

64 Mad as heck

65 Prohibition period, e.g.

66 Pricey hotel room

67 Forum-fitting garments?

68 Abbess' subordinate

DOWN

1 ... once \_\_\_ a girl...

2 "The Misfits" star

3 Pine-\_\_\_ disinfectant

4 Café alternative

5 More rational

6 Pirate's spoils

7 Falkland War gp.

8 Amiss

9 Energetic, lively attitude

10 Any "M\*A\*S\*H" episode, these days

11 "Exodus" hero Ben-Canaan

12 Cross the line first

13 Like one battery term.

18 Old sea dog

19 Many a mediaeval monk

22 Early Indonesian humans, colloquially

23 Wpg.-Lodkport dir.

24 Places for Band-Aids

25 Years and Keats

26 Old soap opera "\_\_\_ Light"

27 Aristocrat's home

28 Poison ivy results

29 Greene of "Dances with Wolves"

30 Mozambique neighbour

34 Schools of thought

35 Beth's follower?

39 Malaysian machete

44 "Dude" from Jamaica?

49 Stage role for Madonna

50 Just a nut

51 "Sis-boom-bah!" relative

52 Like Yeats

55 Use a tuffet

56 No amateur

57 Bootblack's need

58 Boys of the future

59 Superior French vineyard

60 Willie Mosconi used one

61 Blood relatives

62 Ubiquitous abbr.

63 Maiden name intro

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Grant  
Hall  
Head girl
- Holiday task  
Imposition  
Laboratory  
Lecture  
Lesson  
Library  
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Matron  
Mocks
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O-level  
PGCE  
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Scout  
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SOLUTION ON NEXT PAGE.

SUDOKU EASY - By Senior Scope

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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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# Why Newborn Babies Need Lawyers



By William J. Thomas -

In North America the most popular baby names continue to be Sophie and Aiden, Emma and Noah. That's simple and straight forward stuff. And yet with thousands of normal names available to them, parents keep coming up with clunkers like Hippo, Thunder, Espn, Google, Mango, Burger, Shoog and Thinn.

Unlike most other countries, Canada and the United States do not have strict federal regulations on what you can and cannot name your baby. But maybe we should because we still have newborns crawling across carpets with names like Goofisi, FeeBee, Panda, Phone, Rocket, Blip, Cheese, Fairy, Baoboo, Egypt and Jag. Believe it or not, Cheese is quite popular. Can you imagine Cheese meeting Burger, falling in love and raising a family of not-so-Thinn little sliders?!?

Brazil, where Wonarllvyston Garlon Morllon Branddon Bruno Poullynelly Mell Oliveira Pereira lives, does not have naming restrictions. (And the kid doesn't even like Marlon Brando!) Settling on extraordinary and very long names for children is quite common in Brazil. Mike Tyson Schwarzenegger Pradella Errolflyn Paixao Yerkyleydy Keilla Copecci Chorlingtonglavion beecheknavare dos Arjos Mendonca is a 31-year-old plumber who tells people they can just call him "Chacha." His driver's licence is four and a half feet long and by the time he finishes mak-

ing a dinner reservation the kitchen is usually closed.

I'm guessing the parents of Abraao Lynconn Sousa Santana Lindon Johnson Menezes da Luz Junior had an interest in American politics. (Junior?) It wouldn't take Sherlock Holmes da Silva (Honest, you can't make this stuff up) to figure that one out.

In a town near Sao Paulo the parents of seven kids named them Elvis, Elvisnei, Elvismara, Elvislei, Elviscentina, Elvislaine and Elvislene. Not happy about it, each of the children has developed a curled upper lip. In case of a fire, the father yells "Elvis!" and immediately, they all leave the building.

"I have a name which makes me stand out from the crowd," says Creedence Clearwater Coutou, a 34-year-old physed teacher from Ribeirao Preto. Another man named Colapso Cardiaco (Cardiac Arrest) heartily disagrees.

Neighbouring Venezuela also plays the weird name game by frequently saddling their children with, first names like Stalin, Nixon, Hiroshima, Tutankamen and TajMahal. Similarly, parents in Zimbabwe preface their kids' names with Godknows, Lovemore and Learnmore as in Godknows Gomba, Lovemore Banga and Learnmore Dakarai. The prefaced first name Ima has also been used in North America as in Ima Mann, Ima Pigg and yes, Ima Hoare.

A couple in Sweden named their child Brfxx in order to protest the baby-naming laws in that country. In Sweden Alice, Maja, Elsa and Ella are

most popular for girls with Lucas, William, Oscar and Oliver besting the boy's list. Banned are Metallica, Veranda and IKEA. Yet somehow Google is legal.

In Denmark, do not try calling your kid Well, Pluto, Monkey or Anus. Those names never passed the title test. You hear parents frequently address a child as "You little monkey" but in Denmark that would be illegal.

Malaysia bans a lot of proposed baby names and for very good reason. Khiow Khou meaning Hunchback and Ah Chwar meaning Snake are on the black list as is Chow Tow for Smelly Head and Woti for Sexual Intercourse.

In New Zealand a young girl recently went to court to legally change the name she was given at birth and has hated since she was able to talk. In her judicial endeavour, nine-year-old Talula Does The Hula From Hawaii was successful. The judge ordered her name changed. She wants to be known as "K."

How did that happen? Let's say you and the wife are sitting in a cozy little pink bedroom looking at your fat-faced, ten-pound baby girl on her first day home from the hospital and you start talking names.

"What do you think about Ruby?" she says.

"Well I really like Grace," he replies.

"How does Olivia sound?" she says.

"That's okay but Emily sounds a lot better," he replies.

"Okay then let's compromise ... how about Love Potion Number Nine?"

"How about Metta World Peace?"

"It's already taken. How about My Father's Mustache?"

"The Fox & Firkin is my favorite pub."

"How about Talula as in Bankhead?"

"How about The Hula as in Hawaii?"

Both at the same time, "We got it! Talula Does The Hula From Hawaii Bankhead!"

"Somehow Bankhead doesn't sound right," the saner of the two replies.

The judge in the "Talula Does The Hula From Hawaii" case also voiced concerns about other names assigned to children at birth, names that could cause them a social handicap, names like Violence, Midnight Chardonnay, Number 16 Bus Shelter and of course Social Handicap. (Okay, I made that last one up but sadly, the others are all true.) Whatever happened to the good ol' names like when Johnny Cash had A Boy Named Sue? ■

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)

# A Tale of the Country Critter and the City Folks

By Margaret Haddad (May/15)

You have probably heard many stories about the "city mouse and the country mouse". Well, this is a story about what happens when folks retire to the country life....ill-prepared for the wildlife whose territory they have just invaded. And you would think these folks would be smarter....than the critters, at least.

In April, with snow still on the ground, we are waiting anxious to sit, with our morning coffee, basking in the warmth of the morning sun that beats down through the windows in our back sunroom; where the thermometer soars to summer-like temperatures. And the smell of..... what the heck is that smell? Something is living under the sunroom. And it doesn't pay rent. But it leaves a deposit, nonetheless.

Equipped with advice from friends (also newly relocated retired folks), we started with a mouse trap and some peanut butter. The trap was upset, the peanut butter mostly gone, and the smell remained.

We went to the hardware store and purchased a "live trap". We tried again. More peanut butter, bigger dish. Somehow, the trap was not set off but the dish was outside of it, virtually cleaned out. And the smell remained...skunk!

It was now time to consult the experts....the Internet. Change the bait. We sacrificed our lunch (a chicken leg left over from the previous night). Surely the unwanted inhabitant would want this enticing piece of meat and get right in that little ol' trap. Well, we were right about the first part. The leg was gone, the trap on its side...empty. And the smell remained...but worse, because it had rained. We now decided we had to know just how big



this critter was. Clever as we are, we used fireplace ashes scattered in front of the hole to see the size of the footprints. Detective work at its finest. Only it rained and the evidence got pretty messed up.

Now, we really are transplanted city folk. We don't own a gun, aren't keen on backing the car up and extending the exhaust pipe, or flooding the under pinning of our sunporch. And this also raised another problem we were not too sure about. We really did not know what to do with the animal when we finally trapped it. We had one more trick up our sleeve. Play a radio really loud, put a night light down the hole, and sprinkle moth balls at the entrance. That for sure will do the job! Our friends had done it with success, or so they said. So, risking alienating our next door neighbours, we serenaded them with hip hop music all night, stunk up the place with moth balls, but held off on the light idea. It was wet down there and we didn't want an electrocution of anybody, man or beast. And guess what! It still stinks.

As you will see from the photo, our last ditch effort before we call the army, is this. Get a larger trap, put last Sunday's leftover roast inside,

weight it down with whatever was handy, which happened to be a wash pail commandeered from washing windows, and a very sophisticated camouflage of rotten firewood. And we wait. And we wait some more. We are clearly getting desperate.

As we watch from the sanctity of our living room, we see two feral cats playing freely in the front yard; two rather large rabbits darting through the trees past the trap, our friendly, neighbourhood basset hound who totally ignores anything that isn't dog cookies apparently, and a couple of deer. This is starting to feel like a game of Clue....the country version. Who stole the food?

We still have a smell that would lead us to think it is a skunk....or even a skunk family by now, especially with all the serenading. We will continue on to reclaim what is rightfully ours.

PS. For mother's day my son brought us an eco-friendly Energ+

solar Pest Repeller. Problem solved. It emits a combination sound and pulse that the animals find annoying and they just leave! I hope our neighbours don't get wind of that. ■

## WORDSEARCH - Solution

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## SUDOKU - Solution

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

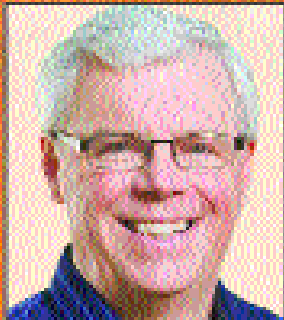
## CROSSWORD - Solution

W	E	S	T	S		B	R	O		P	R	A	W	N			
A	L	O	H	A		O	A	F		E	E	R	I	E			
S	I	L	E	N	T	O	F	F		S	P	R	I	N	G		
					E	A	T			C	P	U					
		J	E	R	R	Y	S	P	R	I	N	G	E	R			
G	M	A	N					C	O	I	N		U	S	A		
R	A	V	E	D			G	R	E	B	E		I	T	S		
A	L	A				O	P	I	A	T	E	S		D	A	H	
H	A	M				C	A	M	P	S			S	M	I	T	E
A	W	E				T	R	E	E					O	N	E	S
M	I	N	E	R	A	L	S			S	P	R	I	N	G		
			V	I	N			E	A	R							
S	P	R	I	N	G	M	C			C	H	I	C	K	E	N	
I	R	A	T	E			E	R	A			S	U	I	T	E	
T	O	G	A	S			N	U	N			H	E	N	C	E	





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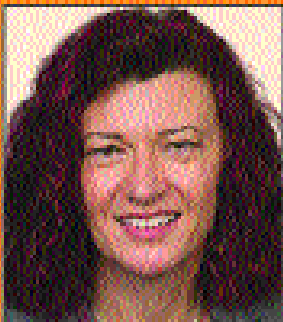
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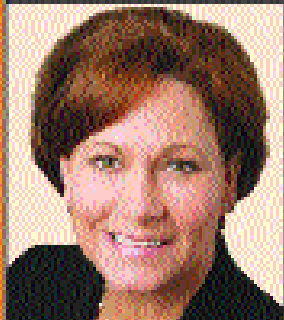
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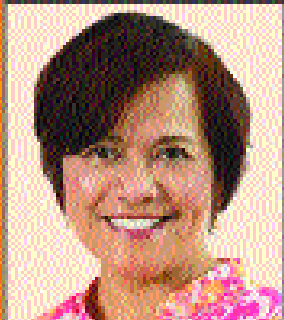
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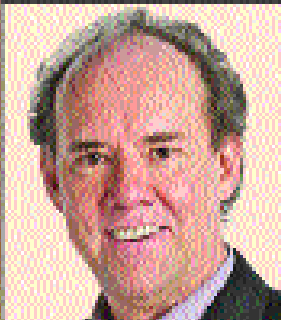
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