

Senior Scope

Vol.13 No.1 Aug 5 - Aug 27/14

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The Paper for and about
Boomers & Seniors
in Winnipeg and rural Manitoba.



Live chess game at the Medieval Festival at the Historic Immaculate Conception Church & Grotto on July 26, 2014. Read more about it on page 6.

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Off to Folklorama!



The Friendly Settlers Senior Citizens Club - off to Folklorama to enjoy some of the Pavilions. In attendance were Jo Lopuck, our Friendly Settlers President; Simone Gushulak; Olga Biegun; Anne Henderson & Doug Thompson; Marcia Bell; Nellie Oberton; Ann Hingey; Joan Dilk; Liz & Gene Happychuk; Mary Onishuk; Anne Zaharia; Brigitte Worm; Linda Deutscher; Jerry & Evelyn Upshaw; Jean Kess; Lorraine & Daryl Germaine; Joyce Grace; Jean & John Delorme. The Club meets regularly for various activities and arranges special outings such as this one. For more information, see their listing on page 13 (Things To Do page).

See more Folklorama pics on page 2.



Photos by Jean Delorme

The Honourable Philip S. Lee, Lieutenant Governor of Manitoba, made a surprise visit to the Ukrainian (Kyiv) Pavilion: Dessert and show... a great dance group came from Thunder Bay.

See more Folklorama pics on page 2.

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Friendly Settlers Club visits Folklorama - Sunday August 3



Photos by Jean Delorme



Casa do Portuguese Pavilion: Dinner and very nice show, great music and dance.

Japanese Pavilion: nice show, some traditional, some very loud drumming, but everyone enjoyed.

Coffee Break in Rural Manitoba

Springfield News... with Marion Clemens of Oak Bank, MB



By Marion Clemens

Today I'm starting with the ONE topic that was (and actually still is) on most people's mind - the totally unpredictable weather pattern during springtime. Starting with the late snow we had to cope with, followed by a marathon of rain downpours, flooding farmers' fields, killing even the slightest hope of being able to get into water locked fields to sow in time for any fall harvesting.

I am always full of respect for farmers, never giving up, always totally depending on the weather and once they succeed in producing a crop, getting paid so little for it, while we as customers have to pay so much more in the stores.

Hopefully one of these years will be bumper crops to make up for this year's losses.

July is best known of course for Canada's birthday, celebrated annually on July 1st.

In Springfield we have just one place where to celebrate this day - and that's at the Dugald Community Club grounds. The two King sisters, Sandie and Cathy, have always been the main organizers for the July 1st activities. More people came out than they had expected.

Another positive news item is the announcement that 100 more PCH beds will soon be available in Transcona giving a chance for many people to stay close to the neighbourhood where they grew up and close to their families. This latest addition will

be built at the corner of Kildare Ave East and Redonda Street. Construction will begin in 2015. The new facility will be developed by Park Manor Personal Care Homes in partnership with the Winnipeg Regional Health Authority and the province.

But it's not only attention paid to seniors in the near future. The 92-unit Paul E. Martin Estates development on Ravelstone Avenue targets one part for seniors and the other one for families.

The Recreation director Lisa Bater together with Erika and Marleen are always coming up with new stimulating ideas. On Monday July 21 they held a Dog Show, where dogs will be judged in regards to their behavior, doing tricks, looks and "best dressed" ones!

Now we are looking forward to a summer filled with camping, traveling, watersports like swimming and boating.

*Wishing you lots of fun.
Take care.... playing it always safe.*

Our apologies...

Norm Grywinski has two 'i's' not three. In our last issue we spelled his name incorrectly. Norm was one of the photographers from the Creative Retirement Photography Program who graciously took photos during the 55 Plus Games held in Neepawa in June.

Also, 4 grams of sugar is equivalent to 1 teaspoon, not 4, as *Senior Scope* stated in the last issue. There will be more on sugar and its effect on our health in an upcoming issue of *Senior Scope*.

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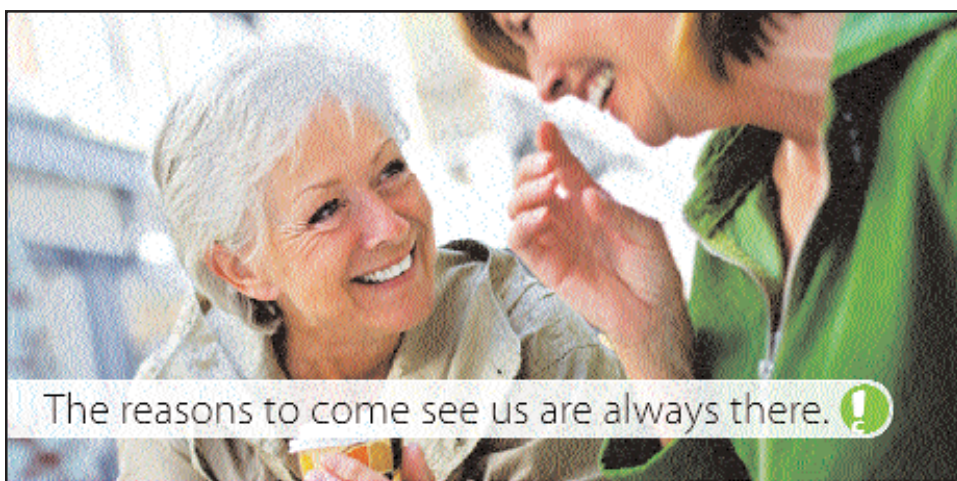
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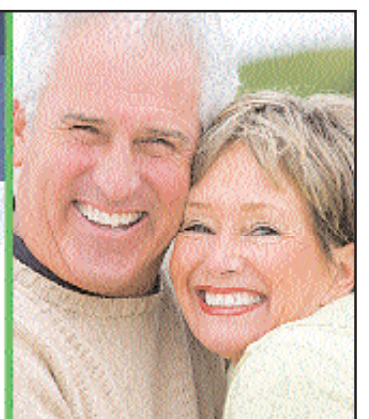
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Seniors Shine at FemFest 2014

By Molly Karp

Is it possible to find love at any age? What's it like beginning a career as a playwright when you're reaching the age of retirement? And is there a proper way to deal with the loss of a loved one? These are just some of the questions explored at **FemFest 2014: She's Got The Power** which takes place **September 13th to 20th** at the U of W Asper Centre for Theatre and Film.

In its 12th year, this national festival of plays by women for everyone will include the voices of Winnipeg seniors — both behind the scenes and on centre stage.

Rebecca Gibson is a playwright in this year's FemFest. Her production, *The Naked Woman*, tells the story of an 84 year-old widow's atypical reaction to her wealthy husband's passing. Gibson says that writing *The Naked Woman* has developed her understanding of human relationships and what it means to grow older.

"This character has taught me about ageism, and sexuality, and about how crippling it can be to have the truth hidden from you, and how cruel it is to hide the truth from yourself."

Gibson hopes that her play encourages FemFest audiences to take on new challenges at all stages of life. She herself plans on writing, acting, and directing when she reaches a senior age.

"I hope to find new ways to learn and grow and challenge myself as long as I live," says Gibson.

Fifty Five year-old, **Tyler White** already knows what the challenges of taking on new interests at an older



Rebecca Gibson

age entail. Her FemFest production, *Launched*, is the product of her first attempt at writing for theatre.

"I'm dyslexic and so for most of my life I've struggled with reading," says White. "This experience helped create a belief that I couldn't write."

White took a writing course just before her fifty birthdays that gave her the confidence to pursue writing. "Now I think I'll probably always be a writer, I just didn't know it until now," says White.



Tyler White

Similar to Gibson, White hopes that FemFest audiences are inspired by her production to move beyond their comfort zones. "The premise of my play is that it's never too late to follow our dreams. That we must discover what excites us, and be willing to try new things and go after our dreams no matter what age we are," says White.

And the opportunity to try new things exists within all aspects of the Winnipeg theatre scene. As Gibson explains, there is a need for senior actors in this city. "In my experience as a casting director for film and television, I noticed that there were often

roles for senior actors, and few senior actors to play these roles," says Gibson.

White hopes that her own interest in theatre will inspire other senior citizens to get involved with the arts. "[People who have seen my play] regularly ask me how my writing is going which inspires me to write more. Being viewed as a playwright by those close to me has helped me feel like I'm a playwright. It's a good feeling."

If you're interested in getting involved in this year's FemFest or learning more about *Launched* and *The Naked Woman*, visit www.femfest.ca.

Winners of Senior Scope 2014 Survey/Contest.

Thank you to everyone who entered and provide valuable feedback.

We have another winner for the Senior Scope Survey/Contest!

Congratulations to Diana Baran of Winnipeg, MB.

Diana wins one \$50 Gift Certificate to the **Terrace Dining Room** at **Assiniboia Downs**, Four tickets to **Rainbow Stage's 'The Little Mermaid'** Show - Aug. 13-29/14, two tickets to the **MTYP - Manitoba Theatre for Young People 'Peter Pan'** production - Nov. 27-Dec. 24/14 - starring Fred

Penner, and 4 tickets to see **ENNIS** Oct. 5/14 - at the William Glesby Centre in Portage la Prairie, MB. (see ad on page 12). (Total approx. value \$390)

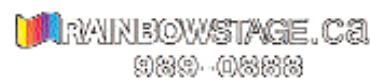
Congratulations to Charlotte Peach of Balmoral, MB.

Charlotte wins one \$50 Gift Certificate to the **Terrace Dining Room** at **Assiniboia Downs**, Two tickets to **Rainbow Stage's 'The Producers'** Show - July 4-19/14, two tickets to the **MTYP - Manitoba Theatre for Young People 'Peter Pan'** production - Nov. 27-Dec. 24/14 - starring Fred

Penner, and 4 passes to the **Medieval Festival** - July 26/14 - at the Immaculate Conception Church & Grotto in Cooks Creek, MB, plus the **'Short Conversations'** book by Antonia Paulencu Nelson. (Total approx. value \$240)

Note that prizes accumulated over the course of the contest hence the different value amounts.

Thank you to everyone who participated in this Contest by offering fabulous prizes!



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Enjoy your 'hot spot' days, but be sure to return home in time

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

Every year, thousands of Canadians flee the snow and head to hot spots in the United States. Currently, you may spend up to 183 days per year in the United States without a visa. With some provinces seeing their first snowflake in October and the last one in May, some Canadians are itching to stay away for even longer. However, there are a number of financial, tax and health care reasons why you do not want to go over that limit.

Income tax

Just because you are welcome to stay in the U.S. for most of the winter, doesn't mean you're free from tax implications. While 183 days is the duration Canadians are allowed to stay annually, the amount of time you can stay without being subject to U.S. taxes is more complicated.

Get your calculator:

- Take the number of days you were in the U.S. this year
- Add one-third of the days from last year
- Add one-sixth of the days from the year before that

If the number works out to at least 180 days over the three years, you are considered a resident and may be taxed on your worldwide income. Also, if in any given year, your total days in the U.S. reach that magic 183 number, you will be considered a resident too. But you can file a form to avoid the

U.S. tax filings. Keep the following deadlines in mind when you are planning your escape. Staying away for too long could have some unexpected repercussions.

Health care coverage

If you're out of province longer than six months (seven months for Ontario, B.C. and Manitoba), you may no longer qualify for your provincial health care coverage until you establish Canadian residence again.

Departure tax

If Canada determines you've spent too many days away, you could have the unwelcome surprise of no longer being considered a resident - deeming you to have sold all of your assets and requiring you to pay taxes on your capital gains (the same treatment as a death).

Estate tax

Canadians who spend more than the allotted days in the U.S. may be considered "domicile" which means, on death, the IRS would not tax you on capital gains (like in Canada), but rather on the total value of assets worldwide like all U.S. residents.

Playing by the rules

Considering joining the snowbird flock? It's best to know and play by the rules. Border officials on both sides are tracking not only your entry but now your exit too. If you don't know how many days you were away, they do. It's

up to you on how you enjoy your days in the sun. Call us and we'll worry about the current rules to follow. ■



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Dispute Resolution

By Donald Sutherland

All of us will have experienced or witnessed very disturbing situations among family members, neighbours, or co-workers who cling stubbornly to the same "positions" year after year, sometimes for a lifetime. As a boy growing up on a farm in Saskatchewan, I knew two brothers who farmed side by side. Both played baseball on the local team, attended family weddings, their mother's funeral, and community events without uttering a word to each other. Neighbours were told that their father had written a detailed will but had forgotten to designate which son would inherit his shop welder. Their stubborn

uncompromising behaviour was like a stone dropped in a pond. Negative vibrations rippled through their families, extended families and, eventually, their whole community. Farm welders are not common sources of family friction these days, but estate settlement remains high on the potentially contentious list, with elder care rapidly catching up.

Much smaller families are now the norm. At the same time, the proportion of elderly in our population has continued to grow, putting increasing pressure on families who face elder care. Balanced solutions are possible using

processes such as talking circles, ramped up listening skills, enhanced self understanding, and values clarification. The talking circle is a very effective process providing everyone with a voice, reducing hierarchy, and encouraging creativity. Relationships are placed on a new footing of respect and understanding.

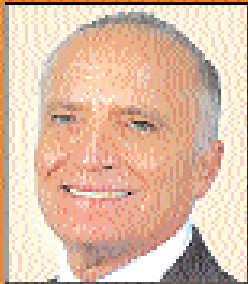
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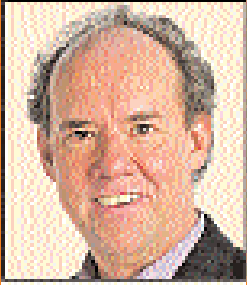
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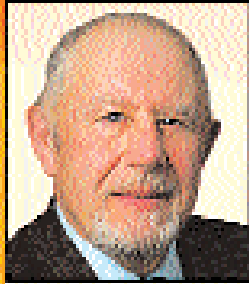
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Medieval Festival, cont'd from front page



A panoramic view from the top of the Grotto, facing west.

If you have never been to a Medieval Festival, be sure to attend the 7th event in 2016. It is quite a spectacle! It is held every other year and this year was the 6th since 2004.

This event was developed as a creative way to fundraise for the upkeep of the Immaculate Conception Church and Grotto in Cook's Creek, Manitoba. (Travel east on Hwy 44, from Hwy 9, and then right on Hwy 212.)

Gary Senft was the founding force behind the Medieval Festival, however, 127 community volunteers helped make the event happen. Quite an inspiration for a Church that has

about 150 families. The castle-like grotto was the initial inspiration.

"Scotty Chabluk is the main co event organizer for the year and Gerry Pailidwor, the President of the Church, helps to organize this and many of our Church events. Elaine Rohoway is the President of the Church Ladies Society and she and her crew put us on the map for the feast, along with our honorary Grande Chef for the event, Art Agnew. Elaine oversees the Foul Supper and Church Spring Tea which are generally an early sell out. It is quite a crew of committed folks that have a strong bond with the Church and the

community as a whole," states Senft.

The activities include full contact jousting, men's and women's traditional dance, fire dancers, live chess tournament, early music in the cathedral, Garden of Ale, Viking demonstrations, Scottish Highland Games, Belly dancers, various merchant and info booths, and a Medieval Feast in the evening which was sold out, and so much more for all ages.

Jousters came from Australia, Denmark, British Columbia and Ontario. Three of them were women including Radar Goddard who also is the founder of the Society of Tilt and

Lance Cavalry in Calgary, AB. She is a long time fire fighter with an archaeology degree, as well. She collects rescue horses in her spare time, most of which compete in the game of joust. All the horses for this year's event came from Calgary as well.

This year there was in excess of 3000 visitors, 1000 more from the last event in 2012, so you can see it is a growing concern.

Don't miss the next Medieval Festival. Check the website for all events year-round: www.immaculate.ca.

When you come next time, don't forget to dress the part! ■



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Currie's Corner

By Roger Currie

The Great Canadian War Project

I got a strange feeling of déjà vu a few years ago when I went to a website called the *Great Canadian War Project*, and found my grandfather. He was a dentist who served in World War One. There was his enlistment paper, complete with his signature. Grandpa helped soldiers deal with delightful problems like *trench mouth* which was very common in the muck and mire in the fields of France.

The end of July/beginning of August marks the 100th anniversary of the start of the fighting. It followed

a frantic month of diplomatic efforts involving the great powers of Europe. The Kings and their stuffed shirts failed, and 16 million people died over the next four and a half years. 60,000 Canadians died in World War One that's an average of more than 40 each day.

A study of history makes it all too obvious that wars resolve almost nothing, and the waste of an entire generation goes way beyond tragic. A hundred years ago, Canadians weren't able to follow the war on their TV screens or

smartphones. The only information came in heavily censored newspaper stories from the front.

The most dreaded sight on the streets of Regina and Winnipeg, and towns all across the country, was the boy who delivered the telegrams, bringing news that a beloved son or husband would never come home again. The *home front* was a pretty grim place. After the initial flood of volunteers, the armies of Canada and other countries became desperately short of warm bodies to replace the dead.



Able bodied men who were not in uniform were pressured in a number of ways, including the infamous *white feather* treatment. A

very good account of what it was like on the prairies can be found in *For All We Have and Are*, by Regina historian James Pitsula.

After re-reading it recently, I turned on the TV for the latest on Ukraine and the Middle East. ■

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Johnson Inc. ("Johnson") is a licensed insurance intermediary. Johnson administers the EHC Plan and the options for Prestige Travel and Dental Care ("Options"). Eligibility requirements, limitations and exclusions may apply and/or may vary by province or territory. The EHC Plan and Options are underwritten by Desjardins Financial Security ("DFS"). Travel assistance is provided by Sigma AssisteL. Sigma AssisteL is a trademark of DFS. Eligible expenses related to a pre-existing condition are reimbursed at 100%, as long as the Emergency is deemed sudden and unforeseen in light of the insured's medical history as determined by the Insurer and/or the Travel Assistance Provider. Coverage under the EHC Plan is subject to proof of enrolment in applicable Provincial Pharmacare program. Other restrictions may apply. Policy wordings prevail. *From 9:00am (MDT) on August 1, 2014 to 5:00pm (MDT) on October 3, 2014 any new or current member in good standing with MARGE may apply for EHC Plan without providing medical evidence of insurability. After this open enrollment period, only those MARGE members who apply for the EHC Plan within 60 days of losing employer group insurance coverage are eligible for coverage without medical evidence. Those who apply for the EHC Plan after 60 days must produce medical evidence of insurability and may be declined coverage. **Contest open to all MARGE members and persons eligible to join MARGE at the time of entry, who are residents of Canada (excluding QC and NU). From 9:00am (MDT) August 1, 2014 to 5:00pm (MDT) October 3, 2014, eligible persons who are current EHC Plan policyholders are automatically entered, and an eligible person may enter Contest by calling Johnson Inc. at 1-877-989-2600 and requesting a quote on EHC Plan. No purchase necessary. One entry per household. Chances of winning depend on the number of entries received. Winner must correctly answer a skill-testing question. Conditions apply and contest rules and regulations prevail. For more information refer to www.johnson.ca/marge. CAT.07.2014

TREADING WATER: PLIGHT OF THE MANITOBA FIRST NATION FLOOD EVACUEES - Documentary reveals intimate, untold story behind the headlines

As Manitoba battles another year of intense flooding, current news coverage affirms that a long-awaited settlement is finally coming for Lake St. Martin residents displaced from their homes.

Meanwhile, the real-life story behind the headlines has been an ongoing saga for more than three years, as revealed in a documentary set to premiere on CBC Television next month.

Treading Water: Plight of the Manitoba First Nation Flood Evacuees

Produced by Wookey Films & Nüman Films

Premiering on CBC Television Saturday, August 23, 2014 7:00pm CST

ABOUT THE DOCUMENTARY

In April 2011, Manitoba experienced a 1-in-350-year flood. In an effort to save the City of Winnipeg and other urban centres, unprecedented water



Photo by Jérémie Wookey

Clint Beardy looks over a piece of land that was fully submerged in water during the flood of 2011

levels were intentionally diverted through the Fairford Dam to Lake St. Martin. As a result, First Nation communities in the area were swamped, and 2100 people forced from their homes for what they thought would be just a few weeks. But weeks turned into months. And months stretched into years...

Jump ahead to current day. Evacuees remain stranded, drowning in despair, and stuck at a standstill, scattered in hotels and temporary housing throughout Winnipeg and Manitoba. They have no home to go back to, and the displacement has triggered family breakdown, compromised education, stress and depression, and ultimately, increased substance abuse and suicide rates. Through it all, they've become pawns in a political

firestorm and blame-game between the First Nation bands, the Manitoba Association of Native Firefighters, hotel owners, and the federal and provincial governments.

Treading Water is a deeply intimate and moving look at the unexpected, untold story of the real-life citizens, community and controversy behind the headlines. It is written and directed by brother-sister filmmaking team Janelle and Jérémie Wookey, who felt compelled to tell the story.

"Having the opportunity to give evacuees a voice and a chance to share their side of the story, which we felt was often forgotten, was very important to us," says Janelle Wookey. "Because their story wasn't being told, they often ended up being blamed by the public for the whole mess, which was deeply unfair. So that also motivated us, and made their story even more important to tell."

The people interviewed in the documentary are as frustrated as they are devastated, as they struggle with feelings of isolation, loneliness and dejection. Here are some of their words, taken right from *Treading Water*:

"We've lost more than just houses. Our family structures are being broken down, our community structure is broken down. When you take somebody's home, you bring devastation to their lives. You take their roots. You take their grounding."

"They sent a constable here with a piece of paper, telling me I had to go... They cut off water, they cut off septic. We were never given a choice to stay, or a choice to stand and fight. It's like 'you gotta go, and you gotta go now.'"

"People think we get everything for nothing. If only they could see."

ABOUT THE PRODUCTION

Franco-Métis brother-sister filmmakers Jérémie Wookey and Janelle Wookey are the director/writer team behind *Treading Water*. Born and raised on the Canadian prairies, they've been creating films together since the ages of seven and nine. Their first documentary, *Mémère Métisse*, premiered on opening night of the 2008 ImagineNATIVE Film Festival, and aired on CBC, Radio-Canada and APTN. After seven years of combined professional experience working in news and production at CBC/Radio-Canada, they launched Wookey Films Inc. *Treading Water* is their first official broadcast co-production. ■



Photo by Jérémie Wookey

Three years after evacuation, Edee O'Meara and her children Josh and Lana-Moon are still waiting to be able to go home. They are pictured here in a rented home in Winnipeg's North End.

During Stonewall Quarry Days on Saturday, August 16, the 53rd Annual South Interlake Garden Club Flower, Fruit and Vegetable Show takes place at Oddfellows Hall 374 1st St. W. Stonewall, MB.

Show and Tea from 1:30-4 pm. All entries accepted Friday, August 15, 7-9 pm. (non members - nominal fee)

For membership or info, please email info@sigc.ca



Stonewall - Quarry Days - August 15-16-17, 2014 - Long time Volunteer Recognized

There will be lots to see and do at this year's Stonewall Quarry Days. For 30 years, Stonewall was host to a three-day event that catered to all ages! And not everything has to cost money to have a great time such as the Family Outdoor Movie Time on Friday, Aug. 15 followed by fireworks. The parade takes place on Saturday morning at 11 am and the petting zoo is all day Saturday and Sunday. The FREE entertainment stage features Keith and Renee and the Dust Rhinos on Friday, and High Ridge Road (country rock band), Cold Hard Cash (Johnny Cash tribute band), plus much more on Saturday.

While taking in the festivities, if you happen to see Mel Sampson, shake his hand. He is a long-time volunteer driver

in this community. He was recently awarded a "Driving Angel" pin and a Certificate from the Seniors Resource and MPI for his dedicated 25 Year Service. He's cut back and doesn't drive to Winnipeg anymore, but from January to June, 2014, he still made 65 trips in and around Stonewall. Mel recently celebrated his 86th birthday. His wife, Ruth, and friends, Marlene, Joyce and Dorothy, helped him celebrate at the Hitch 'n Post on Hwy #6 on July 30. And if you weren't there early, you may have missed out on their fabulous Pork Ribs, as they had a record attendance of about 350 people - 150 more than they expected! Luckily, there were plenty of chicken breasts, rice and vegetables. And those who missed out were com-

pensated accordingly. Can't wait to see what's on the menu next Wednesday! (see page 12 for details).

'Senior Mel Sampson' proudly wears a Driving Angel from the Stonewall Seniors Resource and MPI, and shows his 25 Year certificate of service.



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August 15, 16, 17

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Keith & Renee Friday at 9:15 PM

Dust Rhinos Friday at 9:00 PM

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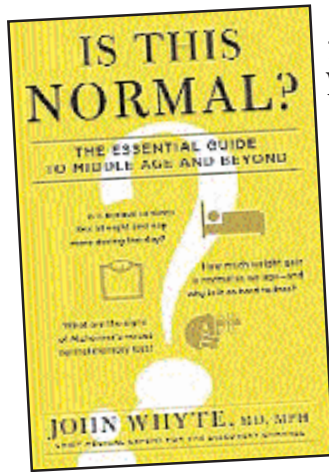
Consumer health books, videos, and magazines for seniors, their families and friends.

Aging. We can't avoid it. One only has to look at recent pictures of Arnold Schwarzenegger to know that no one

can escape. If a super wealthy, former body builder can't dodge the effects of getting older, then there's no way the

rest of us can! But what is considered normal aging and what should we be concerned about? How can we stay

healthy and happy as we grow older? Two books in the Crane Library can help answer these questions.



Dr. John Whyte begins his book *Is This Normal? Your Essential Guide to Middle Age and Beyond* with "A patient once told me, 'Growing old is a bitch!' but it doesn't have to be." Dr. Whyte has written an excellent guidebook that provides practical answers to common age-related health questions. He covers everything from superficial concerns, such as hair loss and wrinkles, to serious medical problems, like Alzheimer's disease, depression and glaucoma.

Most of us are aware of the changes the body goes through as it ages so there are very few surprises in this book. Where it shines, though, is in helping us determine what can be ignored as everyday aches and pains and what should be checked out by a medical professional. Written in an engaging style, Dr. Whyte includes true/false quizzes, case studies, resources for further reading, and a list of medical screening tests by decade and gender. ■



Once you've got the basics covered, it's time to pick up *Eat Well, Age Better: How to Use Diet and Supplements to Guard the Lifelong Health of Your Eyes, Your Heart, Your Brain, and Your Bones* by Aileen Burford-Mason, with Judy Stoffman. In this well-reviewed book, Burford-Mason addresses many of the same issues covered by Whyte: vision and hearing, sleep problems, depression, weight gain and memory loss, but she focuses on the problems associated with nutritional deficiencies. These get worse as we age, but better understanding of diet and supplements can help us prolong both our years and our good health.

The author takes complicated chemical and biological processes and presents them in an easy-to-understand and information-packed guidebook. Burford-Mason assures us that it is never too late to start eating well and she provides the reader with the knowledge to undertake a shift in their diet. The "Ten Rules for Healthy Eating", fruit and vegetable diary, and calcium diary are helpful tools, as is a detailed chapter on supplements. As the cover promises, this book teaches you "how to be your own nutritionist". ■

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

Teaching, Learning



By Joanne Klassen

There are a million things I could teach you if you wanted to learn them.

But you learning them—or something else—is about you, not me teaching what I want to.

How much of what we do depends on knowing the **right** way? And how much is about discovering our own way? The mechanical stuff, maybe yes.

But creative things? Not so much. I really want to learn more about my computer, but learning seems too complex so I just settle for a puny amount while the whole world waits, right at my fingertips.

If I had a patient teacher who understood me—how easily I get frustrated with not grasping steps so natural to others—maybe then that new universe could be mine.

Could I say exactly what I want to know, so you understand my needs and can show me, tell me, let me try it

a few times? Then maybe we'll both be smiling at the end of our lesson time.

Wanting to know, to learn something links powerfully to what is valued in this moment, now. Don't teach me how to change the lock, when I want to know how to turn the key and open the door. Make it easy as 1-2-3.

It's when there's too much I don't want to know that I get bored, lost. Like in classes or books telling all about cooking when I just want to make a nice omelet for breakfast today.

When I fail to perform with ease, like you do, go lightly on criticism, please. What did I do just right? Hurray! Now, how, can I do even better next time, till I shine?

There are a million things I could teach, if you wanted me to. But what you want to learn matters most. So ask, I'll listen. Then, will you teach me something new you know about too? ■

© Joanne Klassen - July 21, 2014, Winnipeg, MB - jklassen@write-away.net

NOTICE: If you belong to a writing group and would like to be published in Senior Scope, call 204-467-9000 or email kelly_goodman@shaw.ca.

Basic guideline:

- Story length: 500-700 words
- Story to be emailed to: kelly_goodman@shaw.ca, either pasted directly in an email window to me, or in a Word or Text document (Mac or PC) attached to email.
- A photo of the author, if desired.
- Any supporting photos of the story, if desired.

- Info on the Life Writing group (ie.: what 55+ group you're from, or any contact info should someone be interested in joining or finding out more information on the group.)
- Contact information of author (phone and mailing address) in case of questions and so copies of Senior Scope can be mailed to author.
- Stories will be published depending on space availability.

Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of Tools of Transformation and many other books. Heartspace classes are popular in Canada and Europe. The Manitoba Association of Seniors Centres (MASC) works with Heartspace to train facilitators to bring *Discover Yourself Through Life Writing* classes to seniors centres across Manitoba. Contact **Connie Newman (MASC)** at 204-792-5838 or your nearest Senior Centre to request more information about these classes.

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“THE BUZZ”

Barish Works Tirelessly; Cameron Turns 60; Bombers Honour Matheson and Wells; Ed Sweeney Awards; Anderson Turns 100; Armstrong Wins Men’s Provincial Senior Golf; Orr Repeats as Womens’ Senior Golf Champion.



By Scott Taylor

Earl Barish is 73 and he just can't stop working. He can't stop raising money for B'nai Brith or treating with honour and respect either.

I ran into Earl at the American Association All-Star Game at Shaw Park last week and he looks great. His terrific wife Cheryl beat cancer and he's got Salisbury House running like a thoroughbred. I asked him why he keeps working: "What would I do?" was his answer. Indeed...

On Sunday, Aug. 24, he'll run his annual fundraiser for B'nai Brith at Shaw Park as the Winnipeg Goldeyes take on the Sioux Falls Canaries. He's sold more than 1,525 tickets to the event, but he'll also be on the concourse handing out Sals hotdogs, donuts and ice cream out to the not-so-fortunate folks who get the tickets that Earl buys and sells. It's a win-win-win situation and that's ALL Earl Barish.

In fact, "The Afternoon with the Goldeyes" project was founded and originally organized by Earl, the chair of B'nai Brith Canada's executive board. B'nai Brith offers free Goldeyes ticket packages to organizations that service different needs in the community, including Jewish Child & Family Services, Shalom Residences, Big Brothers and Sisters, CancerCare, Ronald MacDonald House and MacDonald Youth Services.

"He gives everyone a hat and a Goldeyes souvenir with their ticket, as well," said Goldeyes assistant general manager Regan Katz. "Earl Barish is one of the most philanthropic people I know." No doubt about that.



The man often said to be the greatest punter in Blue Bombers history, **Bob Cameron**, turned 60 on July 18. You wouldn't believe it by looking at him... Former Winnipeg Goldeyes general manager **John Hindle** had a heart attack at his cabin late last month. The 60-year-old member of the Manitoba Baseball Hall of Fame was flown back to Winnipeg where he received treatment and is now resting comfortably... Speaking of looking young, 92-CITI's **Howard Mandshein** is now 62. You wouldn't know it... **Mike Fabian**, the 64-year-old general manager of the Evanov Radio Group in Winnipeg was the oldest competitor in the Media



Earl Barish

Skills Competition at the 2014 American Association All-Star Baseball Game. Trouble is, he didn't look or even play like the oldest. Not by a long shot. The local media is, well, let's just say a group that could use a gym... **Les Anderson**, who lives at Dakota House in Winnipeg, was a member of the Lancaster Bomber Squadron No. 431 (now the Snowbirds) during the Second World War. In June Mr. Anderson turned 100. Anderson was awarded the Distinguished Flying Medal from **King George VI**...



BOMBERS HONOUR MATHESON AND WELLS

Jack Matheson was about as close to the Winnipeg Blue Bombers in the 50s, 60s, 70s and 80s as any journalist could get. **Jack Wells** was just close to everybody, it seemed.

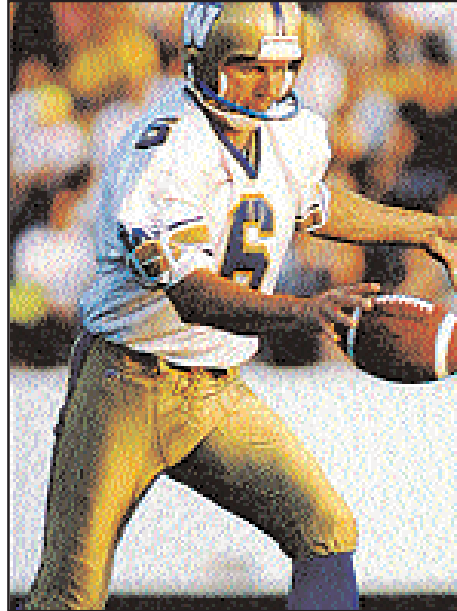
So late last month, the Blue Bombers honoured the late Winnipeg media celebrities by naming the press



John Hampson "Jack" Wells (1911 - 1999)



John "Jack" Matheson (1924 - 2011)



Bob Cameron back in the day.

box at Investors Group Field, the *Two Jacks Press Box*.

"The two Jacks were both esteemed journalists, each a master at his craft," said Blue Bombers CEO **Wade Miller**. "But more than that, they were good men who were admired and respected by everyone who knew them. Many of the journalists covering the Bombers today credit the two Jacks as being the inspiration for their own careers."

Well, some of them do. Most of them weren't old enough to remember.

John Hampson "Jack" Wells (1911 - 1999) was better known to the Canadian sports fans as Cactus Jack Wells. He was a Winnipeg-based sports broadcaster who covered the Blue Bombers extensively during his career, a career that began in 1939. Cactus Jack became the play-by-play announcer for Bombers games in 1941 and eventually became the first television voice of Western Division games for the CFL on CBC. Cactus Jack was inducted into the Canadian Association of Broadcasters Hall of Fame in 1988.

John "Jack" Matheson (1924 - 2011) was a Winnipeg-born sports journalist who covered the Bombers for the *Winnipeg Tribune* and *CJOB* radio for nearly five decades. Matheson was inducted into the Canadian Football Hall of Fame in 1986. The Jack Matheson Award is annually presented by the Manitoba Sportswriters and Sportscasters Association to a student with aspirations in sports journalism.

The completion and subsequent naming of the press box at Investors Group Field was made possible through the sponsorship of Amenity Health Care and David, Ruth, Daniel, Rebecca and Maxwell Asper.

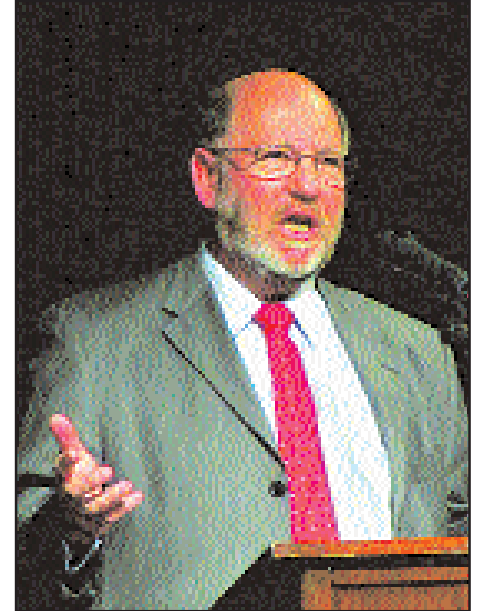


CREATION OF ED SWEENEY AWARDS ANNOUNCED

Ed Sweeney was a friend of mine who was instrumental in the research done on my book: "The Winnipeg Jets: A Celebration of



Ed Sweeney



John Hindle

Professional Hockey in Winnipeg," in 2007.

Ed passed away in 2013 but in his honour, the Manitoba Hockey Hall of Fame has created of a program of awards and grants. This new initiative will be called the "Ed Sweeney Memorial Awards and Grants Program," and is named in honour of Mr. Sweeney, a brilliant chronicler of Manitoba hockey who was inducted into the Manitoba Hockey Hall in 2005.

"It is in recognition of his tireless efforts to discover and publicize the history of hockey in Manitoba and the worldwide hockey achievements of Manitobans," wrote the Hall of Fame board.

"Beginning in 2015, and annually thereafter, a maximum of two Ed Sweeney Memorial Awards, each worth \$500.00, will be presented to individuals or groups who recently have published or produced items that contribute significantly to knowledge of Manitoba's hockey history. The items can be books, articles, films, television programs, radio programs, theatrical productions, internet productions, or public exhibitions."

The deadline for submissions for the first nominations is January 1, 2015. For the first year of these awards, anything published or produced from 2010 through 2014 will be eligible. Nominated items will be judged by a selection committee whose recommendations must be ratified by the Hall's Board of Directors before announcements are made. The first Sweeney Award winners will be announced in May 2015.



ORR WINS PROVINCIAL WOMEN'S SENIOR GOLF CROWN

Last year, **Rhonda Orr** from Southwood Golf Club won the Manitoba Ladies Provincial Senior Golf Championship. This year, she did it again.

Off beat back a challenge from runner-up **Diane Eyford** from St. Charles to win the provincial title again at Larters at St. Andrews Golf and Country Club. **Diane Dolan** of Hylands Golf Club in Quebec was third.

Continued on next page

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Guenette, Laliberte and 1988 Bombers Lead New Inductees into Manitoba Sports Hall of Fame

By Scott Taylor

The 1988 Winnipeg Blue Bombers were an anomaly. The team went a mediocre 9-9 during the season with future broadcaster named Sean Salisbury at quarterback and then, for reasons known only to their brilliant defense, got hot in the playoffs.

They kicked Hamilton and Toronto in the Eastern semifinal and final and then upset heavily-favored B.C., 22-21 in the Grey Cup as Mike Gray picked off a Matt Dunigan pass on the Bombers one-yard line to save the game and the title.

That team, a team that featured the likes of James Murphy, Trevor Kennerd, Bob Cameron, James West, Dave Black, Lyle Bauer and Chris Walby, will lead five athletes, three builders and that one memorable 1988 Bombers team into the Manitoba Sports Hall of Fame.

The official induction Ceremony will take place on Nov. 8, as the following Manitoba greats are inducted:

Ron BROWN	Racquetball	Builder
Wanda GUENETTE	Volleyball	Athlete
Lorie HENDERSON	Artistic Gymnastics	Builder
Al KINLEY	Baseball/Football	Builder
Connie LALIBERTE	Curling	Athlete
Todd MacCULLOCH	Basketball	Athlete

Keith McLENNAN
Lacrosse Athlete
Heather (NEWSHAM) RUBY
Softball Athlete
1988 Winnipeg Blue Bombers
Football Team

"These recipients join an exclusive group of Manitoba's finest in sport," said Susan Nemece, President of the Manitoba Sports Hall of Fame's Board of Directors in a written statement. "These eight individuals and the Bomber team have earned their place in Manitoba's sport history. Combined with those we honoured this past May at our Regional Induction in Selkirk, 2014 is an exceptional slate."

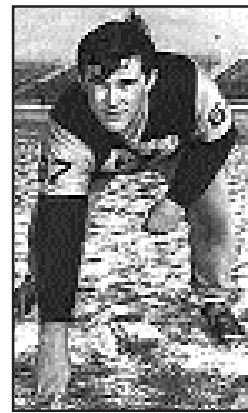
Tickets for the 2014 Annual Induction Ceremony dinner went on sale August 1. Ticket and event information can be found at manitobahalloffame.ca

(With some files Courtesy of the Manitoba Sports Hall of Fame):

Ron BROWN Racquetball/Builder: A Miq-Maq First Nations member, Brown moved from Halifax to Winnipeg at 18 and began his long career as a racquetball player in 1978 and a coach in 1983. He coached world champion and fellow Hall of Famer Sherman Greenfeld, as well as national champions Jennifer Saunders, Kris Odegard, and Corey Osborne. A level five coach with a long association with the national team,



Wanda Guenette with her gold medal from the 2013 World Masters Games



Al Kinley

Brown now works with the Boys and Girls Clubs of Winnipeg.

Wanda GUENETTE Volleyball/Athlete: One of the greatest female athletes in Manitoba history, Guenette could do it all, but she dominated volleyball. She played the indoor version of the game through the 80s and 90s and won a CIAU (now CIS) championship at the University of Winnipeg. She was named an All-Canadian in 1983 and made three consecutive Pan Am Games appearances in the 90s, plus a trip to the Atlanta Olympics in 1996. She transitioned into the outdoor beach game in the 2000s and played on the professional tour. In 2003, she

competed in her fourth consecutive Pan Am Games and also represented Canada at the World Championship.

Lorie HENDERSON Artistic Gymnastics/Builder: Henderson has been involved in her sport for more than five decades. She was a competitor for a decade and then became a coach. She coached at the recreational, regional, provincial, national, and international levels and also judged at both the regional and provincial levels. Henderson has strategically planned programs, and recruited and trained staff at all levels. Through her continued commitment, Henderson has had a profound impact on gymnastics throughout the province at all levels of competition.

Al KINLEY Baseball & Football/Builder: A founding board member and long-time coach for the Elmwood Giants Baseball Club, Kinley served Baseball Manitoba in several capacities. In football he coached at St. John's High School, Maples Collegiate, and the University of Manitoba. He's also known as a key founder of the East Side Eagles. An accomplished athlete in his own right who is in the Manitoba Baseball and Football Halls of Fame, Kinley has spent almost 50 years giving back to sport.

Continued on page 12

The BUZZ, cont'd from page 10

Orr fired a final round 74 at Larters to finish at plus-17, 227 for 54 holes, two shots better than Eyford. Dolan was at 232 while **Tammy Gibson**, the first flight winner from Maplewood Gold Club was fourth at 236.

Bonnie Stephenson of Niakwa was the Super Senior winner (60-plus) by going 83, 83, 81 over 54 holes.

Here are the flight winners for 2014:

- Provincial Champion: Rhonda Orr, Southwood
- 1st Flight Winner - Tammy Gibson, Maplewood
- 1st Flight runner up - Maria Funston, Blumberg Birdie Girls
- 2nd Flight Winner - Karen Foster, Minnewasta (by matching scorecards)
- 2nd Flight runner up - Matty Leung, Blumberg Birdie Girls
- 3rd Flight Winner - Gertie Barron, Blumberg Birdie Girls

3rd Flight runner up - Karen Yamada, Southwood

As a result of their finishes at the provincial championship, Orr, Eyford and Gibson will represent Manitoba on the 2014 Provincial Team at the 2014 Canadian Women's Senior Championship at Milby Golf Club in Sherbrooke, Q.C. August 19-21.

ARMSTRONG WINS PROVINCIAL MEN'S SENIOR GOLF TITLE

It's been a tough couple of weeks for legendary Manitoba amateur golfer **Garth Collings**. First, he missed out on Manitoba's Willingdon Cup team by one shot after finishing 76-76 at the Manitoba Amateur and then, last week, he was beaten by two shots in the 2014 Manitoba Senior Men's Provincial Championship by **Brent Armstrong** from St. Charles.

Collings, who plays out of Breezy Bend, shot a brilliant one-under 69 on the final day of the event, but his score was matched by Armstrong, who held on to win the title. Collings was the 2013 Manitoba Senior champion.

Barry Minish of Niakwa went 68-73-78 to finish fourth in the event while **Tom Wilson** of Niakwa went 79-76-76 to win the Super Senior competition (60-plus).

Here are your provincial senior men's flight winners for 2014:

- Champion - Brent Armstrong, St. Charles
- Super Senior (70+) - Tom Wilson, Niakwa
- 1st Flight Winner - Ken Warwick, Niakwa
- 1st Flight runner Up - Menno Zacharias, The Wildewood Club
- 2nd Flight Winner - Ken Mould, St. Charles

2nd Flight runner Up - Tom Wilson, Niakwa

- 3rd Flight Winner - Ab Guanlao, Golf Manitoba Public Player Club
- 3rd Flight runner Up - Les Forbes, The Wildewood Club
- 4th Flight Winner - Dwight Hildebrand, Sioux Lookout
- 4th Flight runner up - Laird Hickaway, Southwood

On the bright side for Collings, he will join Armstrong and third-place finisher **Mark Olson** of Breezy Bend, one of Collings' best friends and closest golf partners, on the provincial Senior team that will represent the province at the 2014 Canadian Men's Senior Championship at Capilano Golf and Country Club in West Vancouver, BC, August 26-29. ■

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Manitoba Sports Hall of Fame Inductees, cont'd from page 11

Connie LALIBERTE Curling/Athlete: A three-time medalist at the World Curling Championships, Laliberte won Gold in 1984, Silver in 1995, and Bronze in 1992. As a junior curler, she had two Canadian Championship appearances. During her competitive career she represented Manitoba 19 times on a provincial level (Lassies & Scotties) and nine times on a national level at the Canadian Curling Championships. She also competed in two Olympic trials. She has shared her high performance experience as both an employee and volunteer of Curl Manitoba for many years.

Todd MacCULLOCH Basketball/Athlete: After leading his Shaftesbury Titans to consecutive MHSAA provincial titles in 1993 and 1994, MacCulloch enjoyed a successful NCAA career with the University of Washington Huskies from 1995-99. Drafted in the second round by the Philadelphia 76ers, he played four seasons in the NBA with both the



Third from left, Heather (Newsham) Ruby with her sister Sandy (Newsham) Maskiw at the 2000 Olympics.

Sixers and the New Jersey Nets before his career was cut short by a neurological disorder known as Charcot-Marie-Tooth disease. MacCulloch played for Team Canada a total of 93 times. He was often the best player on the floor at the 2000 Olympic Games in Sydney, Australia, but also played sparingly because head coach Jay Triano would rather play his pals from B.C. than a rebounding centre and defensive monster from Winnipeg.

Keith McLENNAN Lacrosse/Athlete: From 1970 through to 1999 McLennan represented Manitoba 23 times at national championships – six times in box lacrosse and 17 in field lacrosse. A hard-shooting scorer with soft hands, McLennan was often selected MVP and All-Star at competitions throughout his career. From the early 1980s right through to his last national appearance in field lacrosse in 1999, he was usually the leading scorer.

Heather (NEWSHAM) RUBY Softball/Athlete: Heather (nee: Newsham) Ruby will join her sister Sandy (Newsham) Maskiw in the Hall of Fame and most softball people wondered what took so long. She was an eight-time Canadian Fast-Pitch Champion with the Smitty's dynasty and was a member of Canada's Senior National Team for five years. She once pitched a 3-0 shutout against the United States. It was the first time Canada had defeated the Americans in 14 years. She also com-

peted at the 2000 Olympic Games in Sydney, Australia.

1988 Winnipeg Blue Bombers Football/Team: It had been four years since the Winnipeg Blue Bombers captured the Grey Cup championship and it didn't look the 1988 was going to go very far in the playoffs but this team was magical in the post-season. After going 9-9 during the regular season, they defeated the Hamilton Tiger-Cats 35-28 in the Eastern semifinal and then beat the heavily favoured Toronto Argonauts (14-4) by a score of 27-11 to win the Eastern final. The 76th Grey Cup was held in Lansdowne Park in Ottawa and the Bombers won their ninth Grey Cup championship, 22-21 over Matt Dunigan and the B.C. Lions.

The Manitoba Sports Hall of Fame and Museum has inducted 384 individual members and 85 teams since it was established in 1980. ■

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Things to do in Winnipeg

EVENTS

Red River College - Client Actor program (CAP). We are looking for individuals of all ages to portray the role of "patient" in order to help enhance nursing education and prepare students for their future profession! Call **204-430-3757** or email ClientActorProgram@rrc.ca, www.rrc.ca/client

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.

Nearly New Shop - Summer On Sale, month of Aug., 961 Portage Ave. Buy 1 piece of clothing and get the 2nd piece of the same value for free. Summer Hours: Closed Mon., Fri., Sat. & Sun. Open Tue-Thur 10 am-2 pm. All proceeds to Children's Hospital Foundation of Manitoba

Forum Art Centre - For Everything Art this Fall - classes start Sept. 8. Open House & Registration, Sat. Aug. 23, 1-4 pm, 120 Eugenie St. Register now to Sept. 7. Classes include: Drawing, Collage, Acrylic, Watercolour, Abstracts, Handbuilt Pottery, Manga, Animation, Children & Teen's Art, Scrapbooking, Mixed Media & more. Day, Evening, Weekends - 30+ artistic options. For info: www.forumartcentre.com or **204-235-1069**

Forum Art Centre - Watercolour Batik Workshop, Friday, Sept. 5, 10-4, 120 Eugenie St. A basic understanding of watercolour techniques required - need a selection of colours & brushes; rice paper for sale at workshop. Register at **204-235-1069** or email register@forumartcentre.com

The Seniors' Choral Society - under the direction of Richard Greig - looking for new members for 2014/15 season. NO AUDITION REQUIRED. Contact Mary: **204-221-2538** or email Windmar2010@yahoo.ca or www.seniorschoralsociety.ca

Springs Forever Young - Car Rally & Scavenger Hunt, **Sat. Sept. 6**, 10-2 pm. Start at 725 Lagimodiere Blvd, followed by a BBQ. Total cost is \$10 per person or BBQ only \$5 per person. Open to all but must register: Lewis @ **204-233-7003** or springschurch.com under church life. **Tues. Sept. 9**, 1-4 pm. join us for follow-up ship, games, pool, horse shoes, ladder golf, darts, shuffle board, etc., no charge. **Tues. Sept. 23** we will be celebrating our first year operation. Refreshments served. Join us for a fun day.

Pembina Active Living 55+ (PAL) - Annual picnic and membership drive: Tues. Aug. 26, 1:30-4:30 pm, St Norbert Farmers' Market, 3514 Pembina Hwy. Western theme - square dancers, old time fiddler, line dance and zumba Gold demos, pony rides (children welcome), food vendors, prizes. Admission - tin for Winnipeg Harvest. See what activities are new for fall and then register. Fall activities begin Sept. 8. Info: www.pal55plus.ca, **204-946-0839** or e-mail info@pal55plus.com

Fort Garry Women's Resource Centre - Open Clothing Room: Mon. Aug. 18, 11 am-12 noon. Receive up to 5 free items! Childcare upon request. Heart Health for Women Workshop: Thur. Aug. 21, 1-3 pm. Info on risks, signs & symptoms, exercises, lifestyle changes to prevent and protect, community resources, etc. Space is limited. Childcare upon request, healthy snacks, bus tickets and a free draw will be available. Generously funded by Neighbourhoods Alive! These are women only events. #104-3100 Pembina Hwy. (Outreach Centre - Buzz Code 1003). Pre register: **204-477-1123**. Events are Free: Non-perishable food items or Monetary donations towards FGWRC gladly accepted.

The Osborne Library - Vertical Gardening Workshop, Thur. Aug. 21, 7 pm - You don't need a lot of space to grow nutritious food! Start at Osborne Library with a presentation by Rod Kueneman. Then walk to a vertical garden at Lord Roberts School for hands-on learning. Rain or shine. Call Osborne Library at **204-986-4775** to register. Bring your library card to check out resources (or get free library card at presentation).

Grand Squares Square Dance Club - Open house, Mon. Sept. 8, 7 pm at Norberry- Glenlee Community Centre (26 Molgat Ave). Learn modern square dance. Easy instructions by a professionally trained caller. Individuals or couples, all ages. Free admission. Call Mary: **204-228-9049** or Jane at **204-391-9281**.

On Screen Manitoba, Farpoint Films, and Multimedia Risk - join us for a casual networking event first Fri. of ea. month, 5-7 pm, at Fox & Fiddle (456 Main St.). Appetizers provided. On Screen Manitoba leads the development of a dynamic media production industry that is recognized for its world-class creative and technical talent. For info: **204-927-5899**

Whirlaway Westerners Square Dance Club - Open House, Fri. Sept. 12, 7 pm at Kirkfield- Westwood Community Centre, 165 Sansome Ave. Enjoy Modern Square Dancing! New dancers, singles and couples, welcome. First 3 dances free. Call Carole at **204-831-8954**

Winnipeg South Osborne Legion # 252 at 426 Osborne Street - Various programs and activities including snooker, English Billiards, 8 Ball, Darts & Cribbage, Bingo 6:30 every Sun. & Fri. Live bands Fridays 9 pm. Visit www.rcl252.mb.ca

The Raging Grannies of Winnipeg - Join us as we sing out against injustice - war, poverty, homelessness, women's issues & more. If you are a mature woman, like to sing, and want to make a difference, check us out. You don't need a great voice, just an attitude! Call Leuba: **204-453-1486** or Marilyn: **204-414-4343**.

Bowls Manitoba - Canadian Lawn Bowling Championship, Aug. 17-23, at 100 Ferry Rd. in St. James and 1212 Dakota St. in Dakota/Norwood, Wpg. Volunteers are needed. Call Marilyn: **204-256-6744** or email Cathy: bowls@shawbiz.ca.

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

VOLUNTEERING

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

Rupert's Land Caregiver Services - transportation program needs volunteer drivers to take clients in S.W. Winnipeg to appointments, shopping and social outings. Compensation for gas/parking provided. **204-452-9491** or rlcs_vol@mymts.net

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

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

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

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

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

SOCIAL PROGRAMS / SERVICES

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

Springs Drop In Centre - Join us for fellowship, games, pool, horse shoes, ladder golf, wi. etc. Aug. 19, 1-4 pm at 725 Lagimodiere Blvd

Senior Centre Without Walls through A & O - Support Services for Older Adults offers free educational and recreational group activities over the phone, for socially isolated adults 55+ living in Manitoba. Call toll-free **1-888-333-3121** or we can call participants into the line when unable to do so themselves. Call to register: **204-478-6169** or **204-956-6440 (Wpg)** or email: swsrc@mymts.net or intake@ageopportunity.mb.ca for info.

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

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., 12-4 pm, dance, 4 piece band & lunch. **204-986-2608**

The Friendly Settlers Senior Citizens Club - 200 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events and group trips offered throughout year. Club will be closed until Aug. 11. Jean: **204-222-7504** or email: ganyadel4@mymts.net

Bleak House Senior Centre - 1637 Main St. Mon. 1 pm - Whist; Tue. 10 am - Coffee & Conversation, Noon - lunch; 1 pm - Bingo & Ceramics, Thurs. 1 pm - Cribbage; Fri. - Quilting. Info: **204-334-4723**. New members welcome.

Good Neighbours Active Living Centre - Home Maintenance Program in Winnipeg for people 55+ who are looking for various types of help in their home - call **204-806-1303** or email hmprogram@gnal.ca

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. New members welcome. Call **204-619-8477**

Archwood 55Plus - at Archwood Community Centre - exercise classes, card and board games, line dancing, social activities (monthly luncheons, pickleball, bowling, etc.), bus trips & more. Call **204-416-1967** or visit www.archwood55plusinc.weebly.com

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.

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**

Weston Seniors Club - Programs: computer training, cooking, recreation, chronic health mgmt, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan for most activities. Call Harvey **204-774-3085** for info or to volunteer

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Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

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**

Springfield Seniors Community Events - Canasta/Bingo - Tuesdays, Pickleball -Wednesdays. Call **204-853-7582** for info. Reviving the Past - Cooks Creek Museum - Thursdays (call Liz **204-444-3247**). **Notice**: Info session on Men's Drop In Group, Fri. Sept. 5, 1:30 pm at Springfield Library, Hwy. 206 (just north of Hwy 15). Join us for a coffee and bring your ideas! Call **204-853-7582**

Portage La Prairie Farmer's Market - Baking, Crochet, Flavoured Honey, Jewelry, Knitting, Sewing, & Home Based Businesses just to name a few things that appear at our year round market. Come check what our friendly vendors have to offer. Sat. 10 am-2 pm. Inside the PCU Centre, 245 Royal Rd. S, Island Park, R1N3C5. New vendors encouraged. Contact: Robyn text or call **204-240-7541**, email robynscrafts@mymts.net, Facebook: [PortageFarmersMarket](https://www.facebook.com/PortageFarmersMarket)

Harvest Dance - Sat. Aug. 16, 7:30 pm at Komarno Community Hall. Band: Canadian Rythm Masters. \$15 /person. Lunch included. Advance tickets - Call **204-886-2994**. All proceeds go to Komarno Hall Renovations.

Ritchot Senior Services (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **204-883-2880**

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

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! 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 Beach 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**

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Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.



Spanish Rice

Metric	Ingredient	Imperial
8	bacon slices, diced	8
1	large spanish onion, finely diced	1
1	green pepper, finely diced	1
2	celery stalks	2
500 ml	vegetable or chicken stock	2 cup
250 ml	long grain rice	1 cup
500 ml	tomato, peeled, seeded & chopped	2 cup
10 ml	chili powder	2 tsp
2 ml	salt	1/2 tsp
1 ml	pepper & paprika	1/4 tsp

In a large saucepan; fry bacon. Add vegetables and saute until tender. Add chicken stock, rice, tomatoes and seasonings. Cover; bring to a boil. Reduce to a simmer and cook until liquid is absorbed.

Serves 6 www.PeakMarket.com

Easy Guacamole

Metric	Ingredient	Imperial
-	corn tortilla chips	-
500 ml	frozen peas	2 cup
1	large tomato, coarsely chopped	1
250 ml	avocado, diced	1 cup
125 ml	red onion, finely chopped	1/2 cup
75 ml	fresh cilantro, chopped	1/3 cup
40 ml	lime juice	3 tbsp
3 ml	ground cumin	3/4 tsp
2 ml	salt	1/2 tsp

In a small saucepan of boiling water; cook peas for 30 seconds. Drain well; transfer to a food processor and puree until smooth. Push puree through a fine mesh sieve into large bowl.

Stir in tomato, avocado, onion, cilantro, lime juice, cumin and salt until mixture is well combined but still slightly chunky. Serve with tortilla chips.

Serves 4 www.PeakMarket.com

CROSSWORD -

That's Quite a Trip! By Adrian Powell

ACROSS

1 Mil. runaways
6 Prairie community
10 Rambler auto maker
14 Big Philippine seaport
15 Ko-Ko's dagger
16 S-shaped curve
17 How to get to Shanghai and Kay Kyser hit of 1948
20 Ruler of Asgard
21 "Curses!"
22 Curling stone that barely counts
23 Angling gear
24 Really desperate
25 Somewhat orderly pile
26 Maidenform purchase
27 Unlikely nickname on "Bonanza"
28 20-20, for instance
29 Trip that's out of this world and Sinatra hit of 1964
36 Olive by-product
37 ___ Mae Brown of "Ghost"
38 Where to go if you have just over 11 weeks and Crosby hit of 1957
46 Dine after nine
47 Tyrannosaurus follower
48 Conger, for one
50 Iditarod equipment
53 Lunch leftovers
55 Ottoman pooh-bah
56 Frightening
57 Organic fertilizer material
58 Blunderbuss filler
59 Huge Asian trip and Hope/Crosby route of 1940

DOWN

1 Condense on the surface
2 Salad with apples and walnuts
3 Shaped like Humpty Dumpty
4 Croquet venues
5 Cry your eyes out
6 Boris Godunov supporter, say
7 Sudbury's setting
8 Tops in
9 precipitation
10 Morpheus' ally
11 Like a pitcher's dream game
12 Excitedly, in music
13 Ragwort genus
14 Pay heed, in literature
15 Freakish
16 Long time ABC foe
17 Thou, now
18 Sixty secs.
19 Antiquity, quaintly
20 In what way?
21 Shogun centre of the 1700s
22 Make a blemish
23 Stipulates
24 Eliminate as a possibility
25 Run, like
26 machinery
27 Pertaining to pants
28 Off pickled fish
29 Stretches out
30 Looney Tunes' Foghorn ___
31 Makes a bull less dangerous
32 Up-to-the-minute news
33 "___ thou not hear a noise?": Macbeth
34 Lay out the table
35 Slump in the centre
36 Old CanWest Global name
37 Prospector's quest, maybe
38 Grabbed a bite

SOLUTION ON NEXT PAGE.

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WORDSEARCH -

Medieval Times (Today) By Senior Scope

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

- ALE FEAST
- ARMOUR FESTIVAL
- BATTLE FUN
- BELLS GOWN
- BIBLE GROTTA
- BIRD HORSE
- CASTLE JOUST
- CATHE- JUGGLER
- DRAL KIDS
- CAVALRY KNIGHT
- CHESS LANCE
- CHURCH MEDIEVAL
- CLOWN MUSIC
- COMBAT PAWN
- COOKS QUEEN
- CREEK SING
- DANCE VIKING

SOLUTION ON NEXT PAGE.

SUDOKU

By Senior Scope

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

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.

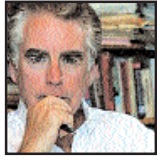
Laugh a Little

If guns kill people, do pencils misspell words? Do cars drive impaired? Do forks make people fat?

I am not Wonder Woman, but I can do things that will make you wonder. Synonym - a word you use instead of the one you can't spell.

Denial... Anger... Bargaining... Depression... Acceptance... the 5 stages of waking in the morning.

HUMOUR COLUMN:



The Funeral Business: Funny To The Last Drop

By William J. Thomas - Humour Columnist

I would like to draw your attention to the healthiest and liveliest industry in North America: the death business. Recently, I spoke to a branch of the Ontario Funeral Service Association and in the audience was the ever-smiling face of a casket salesman, my old friend - wait for it - Bill Sleep. I'm not making this up. The group coordinator (nickname "Digger") asked me if it would be all right if they got the business segment out of the way first before I spoke. I agreed.

I'm not sure if you do any public speaking but usually it's a good idea to keep things light and entertaining and in the case of a humorist like myself, funny, if possible. I'm not accustomed to having somebody warm up the crowd for me, so you can imagine my surprise when four gentlemen stood up and briefed the audience on the latest mock-disaster exercises (they went well), new and innovative coffins (they go down well) and the latest in graveyard hydraulics (you go down well). Essentially, they touched on every aspect of death, destruction and near-annihilation, all of which - if I heard right - are going very, very well. Not a real "feel good" warm-up act.

By the time I addressed the group, my first duties were to get two ladies in the front row to stop crying and physi-

cally remove measuring tapes from two competing morticians who were stalking a waiter with a bad cough.

It was the most interesting situation I've ever encountered as a speaker. So much so that I gave the four gentlemen who preceded me a list of my upcoming engagements in hopes that somehow they could arrange to be in another country on those dates.

Do not for a moment, however, think people in the funeral business do not have a good sense of humour. Far from it. In fact, I did a little research into the subject and was able to relate to them some of the lighter moments of the business of darkness. Like actual epitaphs, carved in stone by their colleagues, both here and south of the border.

From a cemetery in Innisburg Falls, Vermont: "Here lies the body of my daughter Anna, Done to death by a banana. It was not the fruit of the thing laid her low, But the skin of that thing that made her go."

On the headstone of a Canadian atheist: "Gone to see for myself."

One epitaph that many of us might laugh a little too hard at: "View this dreary spot with gravity. A dentist is filling his last cavity."

On the memorial of a man bitter to the end: "Talked to death by friends."

I am assured by Father William Parker Neal, who lives in Gettysburg and has written a book on epitaphs, that there is a tombstone in his own hometown that reads: "Here lies the body of my daughter Charlotte. Born a virgin, died a harlot. For 16 years she kept her virginity, Which is quite a record in this vicinity."

And two warnings by women about their own funeral arrangements:

Said one: "There will be no male pallbearers. Since they wouldn't take me out when I was alive, I don't want them to take me out when I'm dead."

Said the other: "Please don't let them put 'Miss' on my tombstone. I haven't missed as much as they think."

But, it is most definitely not the morticians who reveal the funny side of the funeral industry. It's the people like you - under the great stress of a loved one lost, yet exuberant in the appreciation of those who have helped you through it. The best, albeit unintended, humour in the death business lies in the thank-you notes people send to the managers of funeral homes.

"I wish to thank everyone who kindly assisted in the death of my husband."

"Thank you for providing the pallbearers for Mom. She always loved to have men help her."

"Thank you for helping cremate my Father. It was a pleasure."

"When you returned Mother's clothes, the shoes were not hers, but they fit me. Thanks again."

"Thank you for talking me out of burying my husband at sea. Now I can visit his grave. You see, I can't swim."

"Thank you for Mother's beautiful funeral service. She was a saint and a virgin if there ever was one."

"Thank you for conducting such a lovely service for my Father. The guy who did the flowers was a little too happy, if you know what I mean. But everything worked out okay."

Said one woman to a funeral director: "Boy, I've been trying to settle this estate for nearly a year now. There are some days I wish Harry had never fallen off that ladder!"

You might as well laugh. As Red Skelton has so often said, "Nobody's getting out of this one alive."

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

Dumbells - one time only show at Rainbow Stage

Photo source: Library and Archives Canada - www.collectionscanada.gc.ca

Most people do not know who the Dumbells are but they are a very important part of our Canadian heritage and history. A very talented group of real soldiers that fought during the days of WWI and performed for their fellow soldiers at night keeping morale up. Later they would be ultimately relieved of day to day fighting and the Government would have them tour the battle fields performing full time. Many believe these Canadians laid the ground work for groups such as Second City, SCTV and Saturday Night Live, 100 years ago.

Juno nominated artists Dr. Jason

Wilson and his cast of 6 have brought them back to life in a small theatre show called SOLDIERS OF SONG - (www.soldiersofsong.com)

Basically performing in Ontario, Our guys were the finale of the Royal Canadian Army Ball, have played some theatres here and now we are set for Manitoba, and for a good cause.

Winnipeg was our first choice, because of the Military history. We have been welcomed with open arms and on Sunday September 7th at 3:00 pm we are playing a one time only show at the Rainbow Stage before we hit the road and play in communities such as

Virden, Carman, Beausejour and Fort Frances, ON, all of whom have booked us by their local Legions as fundraisers.

On Sept. 7th we are also giving back to the community. We are donating a portion of the proceeds to all three groups involved in Cadets in Winnipeg. Tickets have been cleverly priced for Veterans/Military Personal and their families at \$19.19 to reflect the year 1919. General admission is \$25. ■



Source: Canada. Dept. of National Defence collection: (W.W.I. - 1914-1918) 'The Dumbells' Concert Party. Formed from 3rd Canadian Division in France. Left: Sheet music for the "Dumbell Rag"



CROSSWORD - Solution

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

WORDSEARCH - Solution

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

SUDOKU - Solution

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

Laugh a Little



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