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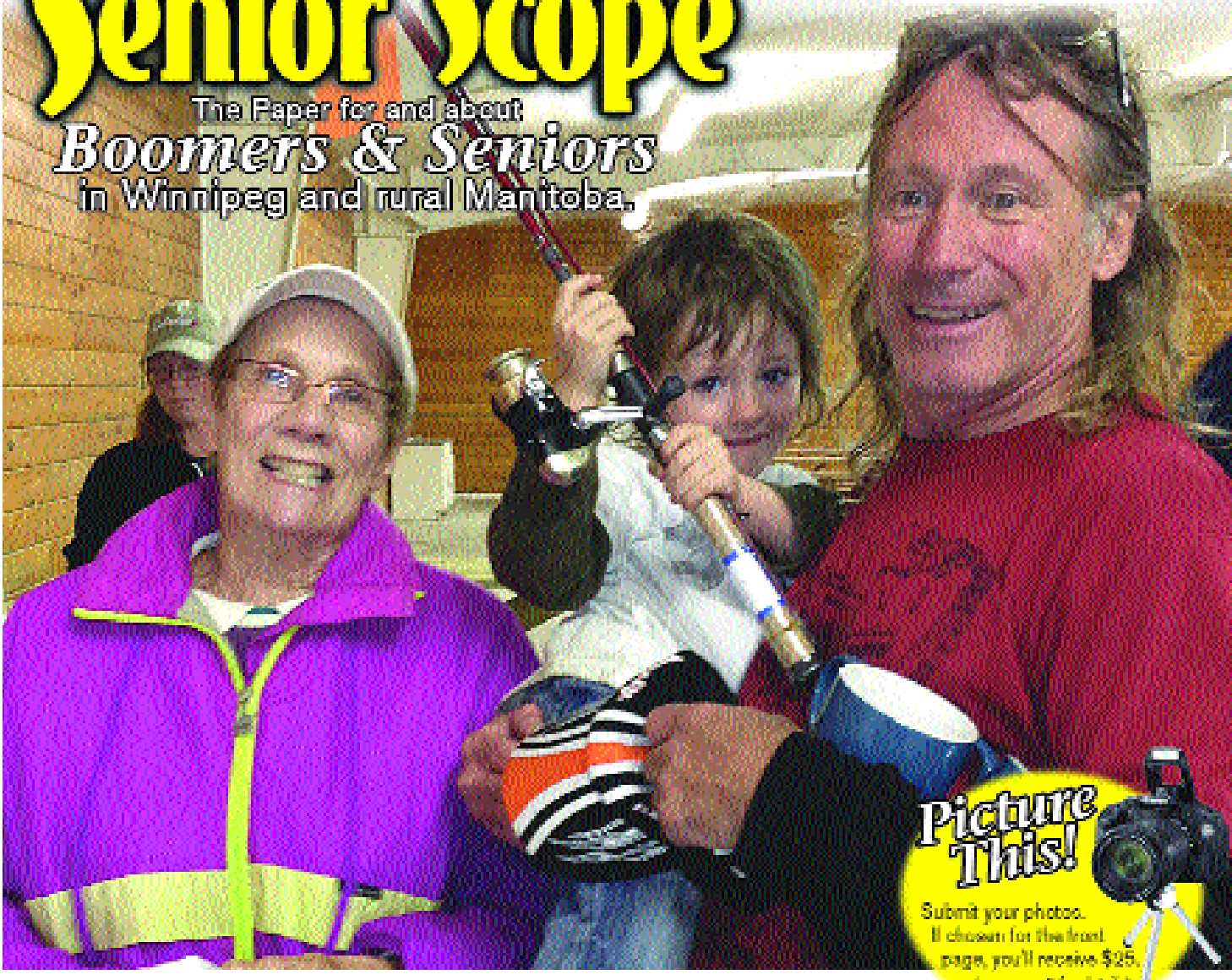
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Senior Scope

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Boomers & Seniors
in Winnipeg and rural Manitoba.

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Betty Churko (left) received the prize for the biggest fish won by a senior. Betty caught 22 fish in total from the shorebank - 1 walleye, 1 goldeye and 20 saugers. She caught the most saugers out of all the fishers combined. Sharing in her excitement and prizes are her son, Marty Churko and grandson, Liam.

Attention All Anglers!

The **2014 Selkirk Wild Walleye Derby** held on Saturday, Sept. 20th, out of Selkirk Park, turned out to be a soggy one for the 97 anglers fishing in 36 boats and the 9 anglers fishing off the shore. After a sunny and windless morning of fishing, at about 12:00 noon huge dark clouds rolled in and the anglers had to put up with 3 straight hours of heavy rain.

At around 2:15 p.m. **Joe and Michelle Kennedy** of Winnipeg pulled their big boat up to one of the docks and Joe gently placed a huge greenback walleye into our half filled cooler of water. He and one of the derby officials then raced up to the weigh-in kiosk to have the huge fish weighed. Michelle was the one who had caught the Master Angler Walleye and when she got to the scale she was totally soaked and shivering unstoppably. To say she was excited about her catch is an understatement. Her big **walleye tipped the scale at 4.25 Kg (9.35 lbs) and was 29.5" long**. It was by far the biggest walleye weighed in on Derby Day.

At the Prize Presentation Michelle of Winnipeg won the 1st Place Prize of an Alumacraft Jon Boat from **Luke's Town Service** in Elie, 12% of the Entry Pot, and a Plaque.

The 2nd Place Prize went to **John Klassen** of Oak Bluff for his 2.614 Kg walleye. John won a Guided Fishing Trip with City Cats Guide Service, 10% of the Entry Pot, and a Plaque.

Third Place Prize went to **Kyle Klassen** also from Oak Bluff for his 2.365 Kg walleye. Kyle's Prize was a Danny's Whole Hog BBQ Party Package for 60 People + 8% of the Entry Pot. A really great prize.

Great merchandise and gift voucher prizes were awarded up to 27th Place and a Raffle Draw was held at the end of the Presentation to give out a lot of our sponsors' and prize donors' Freebees.

Three Bonus Prizes were also presented. The Prize for the Biggest Sauger (0.422 Kg) went to **Rogelie Custodia** of Winnipeg, the Prize for the Biggest Fish (0.268 Kg) caught by a Youth went to Ms. **Jadin Unik** of

Winnipeg, and the Prize for the Biggest Fish (0.394 Kg) caught by a Senior went to **Betty Churko** of Winnipeg.

Derby Organizer **Dan Sernyk** said, "Due to the very warm (60F) and silty river water the walleye and sauger bite was very slow to say the least and only 7 walleye and 20 sauger were weighed-in all day." Sernyk added, "At least Michelle Kennedy's big greenback walleye saved the day for everyone!"

Sernyk mentioned that if he puts on the 2nd Annual Selkirk Wild Walleye Derby next fall it will have to be at least a week later and possibly even on the Saturday of Thanksgiving Weekend in October. Cooler water will entice the greenbacks to make their run which in turn will result in many more anglers entering next year's event. This will also make Sernyk's donation to the Alzheimer Society of Manitoba a much larger one than this year.

Sernyk said, "I am very happy with the support and great prizes I received from my 6 Major Sponsors, namely

Continued on page 6


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Senior Scope and Boomer Buzz is FREE at over 650 locations and by email subscription. Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr. Mail cheque or money order payable to: **Senior Scope, Box 1806 Stonewall, MB R0C 2Z0**

For news ideas, submissions or letters for **Senior Scope**, call **204-467-9000** or email: **kelly_goodman@shaw.ca**

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The Oracle Project in the Age of Ageism

By Butch Robson

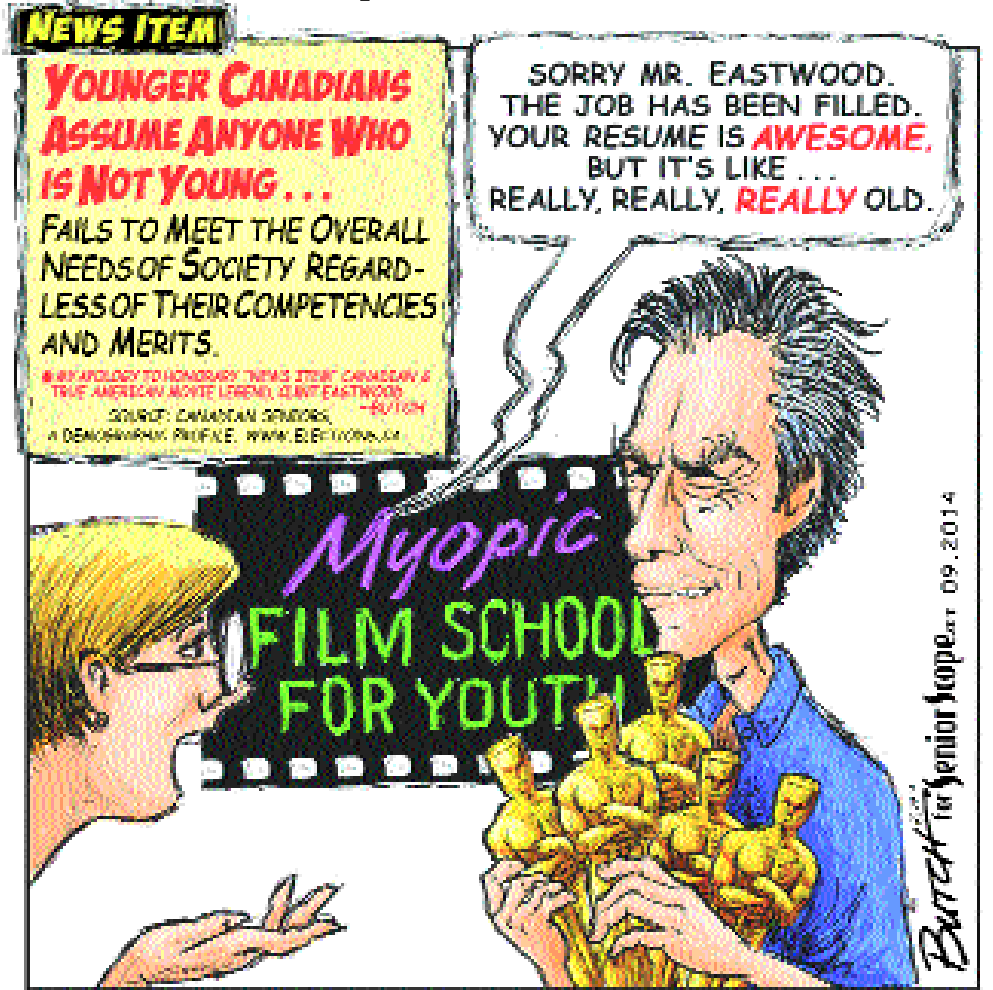
Behold the oracle, that ancient elder whose prime directive was to pass on the sum total a community's knowledge and wisdom to the future generation. There were cave walls, but space was very limited, so age-worn elders held it all in their heads. Guarded and regarded by the younger members of the tribe, these elders were seen as irreplaceable libraries made of flesh, blood and bone. As their earthly years unfurled these magnificent seniors would download all their acquired wisdom to the next anointed oracles through song, storytelling and apprenticeship. They were the ones who preserved humanity's accumulated knowledge and wisdom since Eden.

Fast forward a few millennia to the twenty-first century where the ancient view of elders being wise, knowing and caring has given way to the disingenuous view that seniors are obsolete, even dispensable. We are living in the age of insidious ageism, the discrimination against people simply because they are old.

As research analyst, Rohan Kembhavi, puts it, "...younger Canadians over-

“...younger Canadians overwhelmingly assume that most seniors reside in an institution, suffer from dementia and are responsible for a large proportion of traffic accidents.”

whelmingly assume that most seniors reside in an institution, suffer from dementia and are responsible for a large proportion of traffic accidents. Ageism can have implications for individuals whose competencies and merits are not acknowledged, and for society as a whole, which, operating under the assumption that everyone is young,



fails to meet the varied needs of all of its citizens.”¹

How did the old benevolent view of elders morph into the negative mindset of today? One hypothesis from this former history teacher is *technology happened*. First it was the invention of writing, then the printing press followed by the personal computer and the internet. These ongoing advancements proved to be so efficient at passing forward knowledge that oracles, the all-knowing and wisest of elders, became outmoded. Paradoxically the younger generation loves to elevate elders after their insights are put into print. I suspect the book's dust jacket presents a more acceptable unwrinkled outer skin. To paraphrase

Kembhavi's words, just as prejudice against skin colour and gender is expressed by racism and sexism, so bigotry against seniors and elders is expressed by ageism.

Before we all fall into a morass of woe, self-pity and doubt, let's step back for a moment and take a rational look at this. Those who have a misguided view of the elderly, those who refuse to hear the oracles speak, are unwittingly slamming the door on enlightenment and edification. If you have been shut down by an *ageist* I say, step around him and speak up, for you are your family's oracle.

As the family oracle remember this: having lived a full life you have acquired a good measure of wisdom and a treasure trove of family history

that should be shared with your children and grandchildren. It's an absolute blessing when their ears are open to your words and heartbreaking when they turn a deaf ear. Either way you must take the time to write down what must be passed forward.

This is my challenge to you: start a personal *Oracle Project*. Devote a few hours each week at compiling your many years of accumulated memories, knowledge and wisdom. It doesn't have to be publishable, just something which will be a valuable resource to your children after you are gone.

Your Oracle Project can take many forms: a candid handwritten memoir; voice recorded family stories and songs; a polished digital scrapbook of photos, letters and news clippings; a series of Youtube® like video recordings of whatever.

Regardless of the form your Oracle Project takes it will be profoundly appreciated by those who follow in your footsteps.

Like the oracles of olde, you can speak into our children's futures and be heard. ■

¹ Canadian Seniors: A Demographic Profile by Rohan Kembhavi, research analyst at **elections.ca**

Butch Robson is a Winnipeg-based writer and editorial cartoonist.

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A Disability Tax Credit You Should Know About

By Peter J. Manastyrsky



By Peter J. Manastyrsky

In June of this year my article appeared in the *Senior Scope* entitled "A Tax Credit Overlooked by Many Canadians" identifying the fact that a non-refundable tax credit or sometimes called Health Tax Credit reduces your tax payable for those who qualify under the Canada Revenue Agency program.

Unfortunately there are many Manitobans with disabilities do not realize that they may be eligible for a tax refund. It is possible that you may not be taking advantage of a credit that would give you money back. If you have paid income tax, this Disability Tax Credit reduces the amount of income tax for a person with a disability or their supporting person, therefore you might save money.

A STEP BEYOND & ASSOCIATES CAN HELP INDIVIDUALS OR FAMILIES TO OBTAIN A DISABILITY TAX CREDIT.

What is Disability Tax Credit? Well, it is a non-refundable tax credit used to reduce the amount of tax payable on your income. It is available to Manitobans who have a qualifying severe and prolonged impairment that impacts their activities of daily living; where the ailments are not likely to get better and in place for a period of at least one year.

Please make note the types of impairments (a) physical: walking, dressing, speaking, hearing, feeding, legal blindness, elimination (bowel or bladder) and other associated disabilities. Also individuals who receive therapy that sustain life such as kidney dialysis or chest physiotherapy. (b) mental functions: mood disorders, schizophrenia, bipolar disorder, learning disability, mental health and functions like depression and stress.

Disability Tax Credit is probably one of the most commonly missed and valuable tax credits available to taxpayers and can be transferred to a supporting person or related caregiver (a person who provides help and support), this credit may be transferred to that person. The Disability Tax Credit claim can apply as far back as 10 years.

THOUSANDS OF DOLLARS IN RETROACTIVE REFUNDS HAVE BEEN PAID OUT BY CANADA REVENUE AGENCY TO INDIVIDUALS OR FAMILIES WHO'S APPLICATION HAS BEEN APPROVED. WE (A Step Beyond & Associates) CAN HELP YOU EVERY "step" AND "beyond".

A Step Beyond & Associates **INTERPRETS** and **STREAMLINES** the information that you provide so that accuracy is implemented when applying for Disability Tax Credit; we handle all the **CORRESPONDENCE**.

We advocate on behalf of clients who have a severe and prolonged impairment being physical or mental function or both. Many Disability Tax Credit claims are denied due to technical errors or lack of pertinent information. A Step Beyond & Associates will complete the forms for you. An improperly completed application limits the chances of approval.

A STEP BEYOND & ASSOCIATES IS A MEMBER OF THE "Better Business Bureau" OF WINNIPEG AND MANITOBA.

A Step Beyond & Associates will file a formal objection to **APPEAL** the decision on your behalf, asking to review your Disability Tax Credit Certificate if identified as not eligible. Your file will be reviewed by the **APPEALS BOARD** and an eligibility determination will be made available in due time.

Over the years **A STEP BEYOND & ASSOCIATES** have accumulated a large number of **TESTIMONIAL** comments about our service and professionalism. Here are a few:

- "I was really impressed on how knowledgeable Peter is about disability tax credit. He made the process very easy and I felt very comfortable. I would recommend him to anybody I know. Thanks again for everything." ~ G.R

- "A Step Beyond & Associates provided an excellent service with filling out the correct documentation when applying for the Disability Tax Credit. Peter is very knowledgeable as to eligibility and what is required to put together a successful application. Thank you Peter." ~ M.L

- "I dealt with Peter from A Step Beyond & Associates and I would highly recommend anyone who thinks they may qualify for a disability tax credit, give him a try. He is very professional and knowledgeable in regards to what has to be done and what papers need to be filled out. I was pleasantly surprised when I received by cheque. Thanks Peter for your services." ~ S.E

- "I would like to convey my gratitude and appreciation to Peter Manastyrsky for his expertise and professionalism in assisting with filing for Disability Tax Credit. Filing taxes are quite a task and sometimes quite complicated, not to mention items for which one may be eligible and not be aware of. He made the process painless. It was a matter of waiting for Revenue Canada to process and confirm my application and receive the funds. Peter's expertise eliminated errors and unnecessary delays. I highly recommend A Step Beyond & Associates." ~ R.M

- "I found out about Disability Tax Credit from an ad in a local senior paper "Senior Scope" and contacted Peter. He filled out the claim forms and submitted them to Canada Revenue Agency. I received my cheque for the past 5 years, within 3 months. I highly recommend his service." ~ R.D

- "I found that working with Peter a thoroughly enjoyable experience...he is competent trustworthy. With his direction I was able to complete all paperwork. His positive and direct approach made the application very worthwhile. I "highly" recommend him to anyone qualifying for this tax credit." ~ E.J

- "Peter was fantastic! He walked me through the paperwork, explaining how the system works. It became very easy to fill out the forms. Three months later I received a check. Best value for my money I ever had. I recommend him highly." ~ J.S

- "My experience with A Step Beyond & Associates was more than ever expected. Contact with and immediate response to my queries was much appreciated. After APPEALING efforts, I would highly recommend this service to anyone contemplating possible recovery of tax credits." ~ R.B

- "Peter was very helpful and it was nice that he agreed to talk to a family member to help us understand what was happening." ~ E.B

- "A Step Beyond & Associates provided a professional service with filing an APPEAL for Disability Tax Credit. Peter's knowledge as to eligibility and requirements in submitting a successful APPEAL is superb. I highly recommend his service. Thank you Peter." ~ D.T

A STEP BEYOND & ASSOCIATES help individuals, parents and families to complete and streamline all the necessary forms for Disability Tax Credit. Our service is to look after you.

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In most Canadian provinces, there is no legislated standard in place for those who offer financial planning services. With the exception of Quebec, people who call themselves financial planners are not required to obtain any credentials whatsoever.

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Information obtained for this article has been received from the Financial Planning Standards Council literature

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Movie Knight - a great success

Story and Photos by Howard Kazuska

Despite Friday's severe weather moving our outdoor event to Saturday, Sept. 6th, Norberry-Glenlee Community Centre's first-ever Free Family Movie Knight was still a great success.

Over 120 area kids and their parents and grandparents enjoyed a fun-filled evening that featured a special visit from Spider-Man, Lionel the Mascot for Boston Pizza, the musical children entertainers The Fun-Key

Ducks and of course, the two recently-released movies - Oscar-winner, Frozen and The Lego Movie.

The Family Movie Knight event was made possible with the support of Coun. Brian Mayes (St. Vital), Saint Boniface MP Shelly Glover, MLA for St. Vital Nancy Allan and MLA for Seine River Theresa Oswald, as well as Boston Pizza and Manitoba Hydro Power Smart. ■



Right: Spider Man made an appearance.

Bottom left: The Fun-Key Ducks

Bottom right: Movie time!



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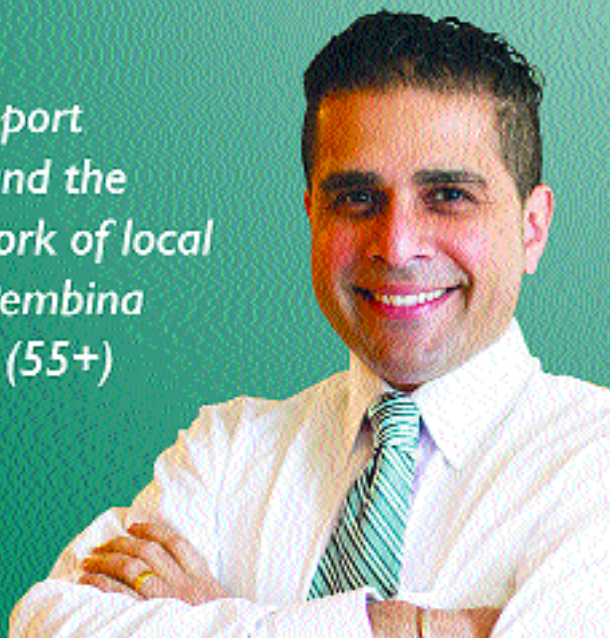
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Attention All Anglers!



1st Prize for biggest walleye

cont'd from front page

Alumacraft Boats, Luke's Town Service, Danny's Whole Hog BBQ, Senior Scope Newspaper, City Cats Guide Service, and Faloma Beach Marina. I'd also like to thank my 25 other supporters who donated great cash and merchandise prizes".

"I'd also like to thank volunteer **Sabrina Kendall**, a Grade 12 Student at the Lord Selkirk Regional Comprehensive Secondary School who worked tirelessly directing traffic, recording fish weights, helping to set out the prize packages, and tallying up the winning weights for all the fish weighed-in. I'd also like to thank **my lovely Wife Pat** who spent countless hours the last few days before the derby organizing the prize packages and putting the many Team Grab Bags together the night before the derby. **Jackie Dokken**, the **Interlake Eastern Region Coordinator of the Alzheimer Society**, helped out all day long and her hubby Todd, their son

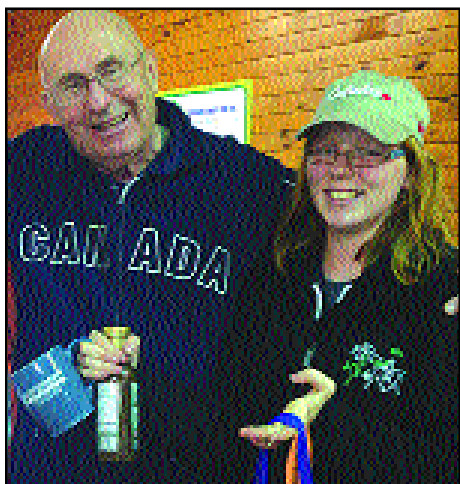


Michelle Kennedy, pictured with her husband Joe, reeled in the largest walleye of the derby winning the 1st Place Prize. Her big fish weighed 4.25 kg (9.35 lbs) and measured 29.5" in length.

Chase and his friend, and her Dad Bob Taras did a great job as our on the water officials. **Gary Thorarinson** from Luke's Town Service also worked tirelessly all day long helping the derby run as smoothly as possible."

Sernyk was happy to announce that Alumacraft and Luke's Town Service donated \$300 to the Derby, and Michelle Kennedy, the Derby Winner, tore up her winner's cheque and said she wanted to make a donation of \$400 to the derby since both her grandmother and great grandmother had passed away from Alzheimer's Disease many years ago. Sernyk wrapped things up saying, "It will be a great pleasure donating \$1,000 to the **Alzheimer Society of Manitoba** thereby helping me achieve my first year goal."

Angler Dan concluded by saying, "Have a great fall season, guys, catching those big walleye on the Red and up at Pine Falls!" ■



Dan Sernyk was very grateful to have such a fantastic volunteer - Sabrina Kendall, a student at the Lord Selkirk Regional Comprehensive Secondary School.



Jadin Unik (centre) won the bonus prize for the biggest fish caught by a youth. Gladys Bellamy (left), wife of the late Don Bellamy who passed away from Alzheimers, and whom this derby was dedicated to. Derby organizer Dan Sernyk presented the awards.



Dan Sernyk and Sabrina Kendall tally the numbers to determine the winners while Jackie Dokken (centre), Coordinator for the Alzheimer Society - Interlake Eastern Region, anticipates the outcome.



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The Alzheimer Society offers Help for Today and Hope for Tomorrow...[®]

Submitted by Alzheimer Society of Manitoba

The number of people being diagnosed with Alzheimer's disease or another dementia is rapidly increasing. Last year alone, over 4,500 people in Manitoba developed dementia bringing the total to more than 20,000 Manitobans living with the disease.

As a province-wide organization, the Alzheimer Society of Manitoba offers **Help for Today** through programs and services for people living with dementia and **Hope for Tomorrow...[®]** by funding dementia research and advocating for change within all levels of government.

It is important to financially support the Society so families can have access to the resources available. With the support and assistance given by the Alzheimer Society of Manitoba, people with dementia feel like there is a place to turn.

Your gift also contributes to research funding. The fact remains that there is currently no cure for Alzheimer's disease, but there is hope. Researchers are looking for ways to prevent or slow the progression of the disease, to improve quality of life for people living with dementia and to ultimately find a cure.

There are very few people that are not touched by this disease. In fact, it affects one in every three people in our province including—husbands, wives, grandparents, parents, siblings, aunts, uncles, friends, neighbours, coworkers....perhaps someone in your life?

If you or someone you know is affected by Alzheimer's disease or another dementia, call the **Alzheimer Society** today at **204-943-6622** or visit their website online at **www.alzheimer.mb.ca**. ■

The Alzheimer Society announces new program during World Alzheimer's Month

- Alzheimer Society of Manitoba

Winnipeg, MB – The Alzheimer Society of Manitoba is delighted to announce *Minds in Motion[®]*, a new program that combines physical and mentally stimulating activities for people with early to mid-stage signs of Alzheimer's disease or other dementias, and their care partners.

The *Minds in Motion[®]* program will be offered for eight consecutive weeks at the Wellness Institute at Seven Oaks General Hospital (1075 Leila Avenue) and the YMCA-YWCA of Winnipeg (5 Fermor Avenue) starting in mid-October. "We're excited to be working with the Wellness Institute, which is a leading Canadian medical fitness facility with expertise in supporting exercise and education for people with chronic disease of all types, and the YMCA, which is dedicated to building healthy communities," says Maria Mathews, Manager of Family Education, Alzheimer Society of Manitoba.

The program offers a great environment to establish new friendships with others living similar experiences. The two main components include 45 to 60 minutes of physical exercise led by a trained physical activity program leader, and 45 to 60 minutes of mentally stimulating activities facilitated by the *Minds in Motion[®]* program coordinator and volunteers. Healthy refreshments are offered during the weekly session.

Regular physical activity for people with dementia leads to a significant reduction in depression, an increased sense of independence and an improvement in quality of life. "Bringing together people with dementia and their care partners is the opportunity to normalize the relationship in a way that is not influenced by illness," continues Mathews. "*Minds in Motion[®]* helps care partners to focus on their own health as well, rather than focusing exclusively on the needs of the person they are caring for."

Less than half of Manitoba's older adults get the recommended 150 minutes of moderate-to-vigorous physical activity per week. Yet, in older adults without Alzheimer's disease, those who were very physically active were 40% less likely to develop Alzheimer's disease than those who were inactive.

September is World Alzheimer's Month, an opportunity to remind Manitobans about the importance of your brain health. Evidence shows that a socially involved, physically active and mentally challenging lifestyle can help to reduce the risk of developing dementia, or slow the progression of the disease.

The *Minds in Motion[®]* program is a great way for older adults to take care of their hearts, minds and bodies. It has the potential to decrease the risk of developing Alzheimer's and may slow the disease progression. ■

Celebrating National
SENIORS DAY

On October 1, we pay tribute to the seniors who've helped build our country as they continue to make valuable contributions to Canadian communities.

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No one doubted that Steve Juba was in charge at city hall

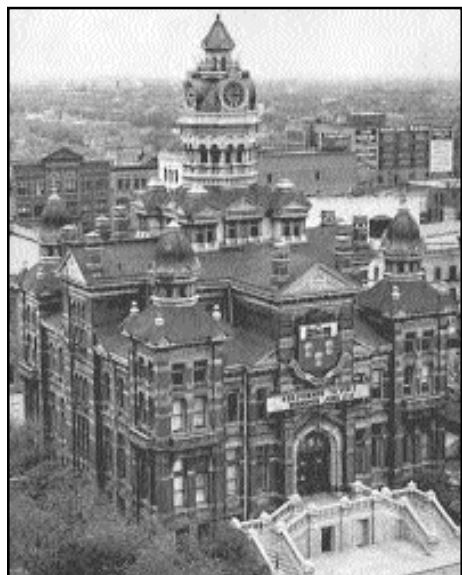
By Roger Currie

As we count down the days to a new era in the Mayor's office at Winnipeg City Hall, I find myself recalling a time when the images in print, and the TV news footage was mostly black and white, and the characters were larger than life. For the first five years of my career as a journalist and broadcaster, from 1970 until 1975, my primary beat for radio station CJOB was city hall.

Back then, the building was only six years old, and folks were still lamenting the loss of its predecessor, the *gingerbread house*. The man who ruled the roost in both places, from 1954 until 1977, was Steve Juba, one of Canada's most legendary mayors. He broke ground in Winnipeg when he was first elected, being the first *ethnic* or *non anglo-saxon* to serve in the office. He



Steve Juba



City Hall (aka the gingerbread house)



Roger Currie as a young journalist and broadcaster

championed a number of issues that almost everyone could relate to. In an era when the only place one could legally buy a drink was a male-only beer parlour, Steve Juba supported reform of Manitoba's liquor laws. He was also in favour of *coloured margarine*. Basically, the dairy interests lobbied successfully over many years to give butter an advantage over margarine by

“The man who ruled the roost from 1954 until 1977 was Steve Juba, one of Canada's most legendary mayors.”

not allowing the yellow dye giving margarine its butter-like appearance. It's hard to imagine that ever being an issue, and yet it remained so in Quebec until much more recent times.

When I arrived on the scene in 1970, Juba was in his 14th year as mayor. Twice in the 1960's he was returned to office by acclamation. Eric Wells who was editor of the Winnipeg Tribune ran against him as a sacrificial lamb in 1968, otherwise he might have been acclaimed three times.

In 1960, Conservative Premier Duff Roblin was all set to merge all of the municipalities in the greater Winnipeg area into one big city, and some predicted it would be the end of Steve Juba because it was thought that areas like St. James and the Kildonans might not want him as the *Super mayor*. Roblin was sufficiently afraid of Juba's popularity that he opted instead for a two tier system. The 13 separate municipalities continued, but major responsibilities like sewer and water and public transit were given to the newly-created Metropolitan Corporation of Greater Winnipeg.

Roblin probably realized he was giving Juba a convenient 'whipping boy' with the creation of *Metro*, especially with the appointment of the unelected Dick Bonnycastle as chairman of the Corporation. By 1970, Roblin was gone, and Ed Schreyer and the NDP were governing the province. In 1971, they introduced the City of Winnipeg Act which did what Roblin had been afraid to do. The two tier system was gone, and Winnipeg was to be ruled by 50 councillors and a mayor who was chosen by

council. Chances are Schreyer knew it would never fly, and within weeks the legislation was amended to provide for the mayor to be elected at large by all eligible voters in Winnipeg.

The first *Unicity* election in 1971 was a lively affair. Steve Juba was challenged by three men, Metro Chairman Jack Willis, Metro Councillor Bill Hutton and neighbourhood organizer Gordon Anderson. Voter turnout was more than 60%, and not surprisingly, Juba won by a landslide. The 50-member council included 37 members of the *ICEC*, the *Independent Citizens Election Committee*. This was an informal coalition of Liberals and Conservatives whose main objective was keeping control away from the NDP. The political battle lines in Winnipeg had changed very little since the General Strike of 1919.

The new dynamic that came with *Unicity* were the representatives of the former suburbs who fought for their turf. We had former Fort Garry mayor Dick Wankling who eventually became Juba's deputy, West Kildonan mayor Abe Yanofsky, Pearl McGonigal from St. James-Assiniboia, and veteran councillors Ed Kotowich and Paul Marion from St. Boniface. From the ranks of the former Metro Council came Transcona's Bernie Wolfe and Lorne Leech from St. Vital.

Some say that with *Unicity*, Ed Schreyer had tried to come up with a plan that would lend itself to party politics, hopefully favouring the NDP variety. It didn't work out that way, and the result was a political vacuum that enabled Steve Juba to prevail more mightily than ever. He won a second landslide victory in 1974, and three years later he left the scene, but not before he succeeded in making sure that Bernie Wolfe did not get a chance to succeed him. I'll save that story and others for another time.

But what was it like covering a 50 member council? The hours were sometimes endless. Thank goodness for 24 hour eateries like Salisbury House, and Steve Juba who could also be counted on for a lively quote when all else failed.

Roger Currie is a writer and broadcaster who joined the digital world in 1995. He writes regularly for *Senior Scope*, and is heard on *CJNU*, 93.7 FM.

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Humn Pharmaceuticals introduces Safe Pain Relief Cream

By Haidita Celestine

Safe pain relief may seem a contradiction to some, but a small Canadian company in Winnipeg is working hard to change that perception. Humn Pharmaceuticals is dedicated to creating safe and effective products blending pharmaceuticals with natural ingredients. TPR20 is the company's first offering: a combination of lidocaine – a pharmaceutical analgesic – and menthol – a natural anti-inflammatory.

Dr. John Kindle, a GP for more than 35 years, first used TPR20 when a strained calf muscle threatened to interfere with a squash game. He played without any significant pain; and now recommends it regularly to his patients. "I like this cream because it is safe. When I prescribe oral anti-inflammatories I

need to be cautious about gastric irritation; I have unfortunately seen the side effects of Non-Steroidal Anti Inflammatories (NSAIDs). That is never a worry for me when patients use TPR20."

Dr. Daniel Vandervoort, a long time Ottawa area Chiropractor recommends TPR20 to his patients at his Rockland & Beacon Hill Chiropractic Clinics. Dr. Vandervoort was surprised at how quickly word has spread as avid local golfers come in regularly to purchase TPR20 to help them enjoy their golf game pain free. Dr. Vandervoort recommends TPR20 because it is effective with most people in a very short time.

At higher concentrations, dentists, dermatologists and

plastic surgeons have used lidocaine as an anesthetic since the 1940s. Topical lidocaine is extremely safe. Formulated as a cream with menthol to help the lidocaine get through the skin, TPR20 is applied right at the point where pain is felt; it doesn't go through the stomach, liver or kidneys before it starts working.

"I have had experience with other topical medications," says Kindle, "most are designed to mask problems (counterirritants), however TPR20 goes to the source of the problem and blocks the pain. I find it works particularly well for serious pain such as post herpetic neuralgia (shingles) and osteoarthritis, especially arthritic knee joints."

Dr. Vandervoort finds that

even patients with chronic arthritis notice a difference in their pain level and mobility within a few days. Of course with chronic problems TPR20 use should continue for an extended period until some healing can take place at a deeper level.

TPR20 has been circulating in Canada and the United States largely through word-of-mouth, receiving strong praise from patients and medical professionals alike. Humn Pharmaceuticals is pleased with how quickly patients have spread the word about TPR20 and is planning clinical trials to prove a number of the claims reported by patients, while formulating a broader line of safe and effective pain relief products.

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Seniors, Elders, Boomers set to celebrate on September 30 at the kick-off celebration to Seniors' and Elders' Month - October Celebrate! Participate!



Ray St. Germain at 2012 Seniors Day event.

The annual Seniors' and Elders' Day Celebration will take place on Tuesday, September 30, 2014, 10 am - 2 pm, RBC Convention Centre Winnipeg, 375 York Ave.

We'll be celebrating the energy and vitality of seniors in our community!

Festivities are free, including information booths, entertainment, and refreshments.

The free day-long entertainment includes the great singer/musician Ray St. Germain; "Les Snowbirds", a singing duo - karaoke style; Drums Alive® drumming group; the Metis



"Les Snowbirds"

High Steppers dance group; Steppin' Up with Confidence exercise demonstration facilitated by the Active Living Coalition for Older Adults (ALCOA); Zumba Gold fitness session, and Butch the Caricature Artist.

Ray St. Germain

Ray St. Germain is back by popular demand. He last performed at the Seniors and Elders' day celebration in 2012. For bookings, email: rstgermain7@yahoo.ca.

"Les Snowbirds"

Terry & Michel Alarie call themselves "Les Snowbirds" as they belong to two different choirs - in Winnipeg and Florida.

They are a singing duo and their music is karaoke style.



Brenda Moberg, Drums Alive instructor.

They started their dream project two years ago, bringing joy to senior homes with "retro songs" from the 30's to the 90's.

They are animated when they entertain, bringing liveliness and vitality in their songs.

To contact Terry and Michel, call **204-233-9184** or email alalang1945@gmail.com.

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Steppin' Up with Confidence

The Steppin' Up with Confidence program was made possible by a partnership between ALCOA in Manitoba, Winnipeg in Motion and the Manitoba Fitness Council.

It is a volunteer peer led exercise



Gwen Seter Drums Hawaiian group.

program that encourages older adults to improve their overall health and well-being by becoming more physically active. The program reduces barriers often experienced by older adults (such as cost and accessibility) to participate in an exercise program. It is offered free of charge and is held in a location that is close to home. By reducing these barriers Steppin' Up with Confidence strives to ensure that all older adults have access to programs which promote active, healthy, independent living.

The Steppin' Up with Confidence Program is for independent older adults who are living in the community looking for an exercise program. We offer training to peer leaders and support them with their classes.

Anyone who might be interested in information about becoming a leader or starting a program in their community should contact:

Arlen Jones (program facilitator) at **204-663-5572** email: sebring3@mts.net or the ALCOA office (Jim Evanchuck) at **204-632-3947** email jevanchuck@sogh.mb.ca

Information about ALCOA and it's programs can be found at www.alcoamb.org

Zumba Gold Fitness:

Claudia Chernitsky moved from Buenos Aires to Winnipeg nine winters ago. She likes to joke about our weather. She is a fitness instructor, something she did for more than 20 years in

Continued on next page

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Seniors Day Celebration, cont'd from page 10

her homeland of Argentina. Claudia loves teaching Zumba Fitness and pilates to seniors and mature adults. She feels blessed to be able to give back all the love and hugs she receives from her participants. She is a married mother of four loving children.

Butch the Caricature Artist

Butch has been drawing Winnipeg crowds since 2002. He's a quick draw with exacting aim. Butch is also the contributing editorial cartoonist and writer to *Senior Scope*.

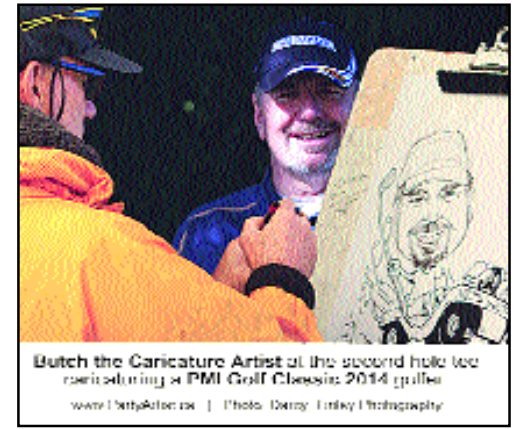
If you miss the event, we will have followup coverage in the next issue of *Senior Scope*.



Claudia Chernitsky is a Zumba Fitness and Pilates instructor.



Butch the Caricature Artist
www.PartyArtist.ca



Butch the Caricature Artist at the second hole tee participating a PMI Golf Classic 2014 golfer
www.PartyArtist.ca | Photo: Barry Linky Photography

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"Team Manitoba" Goes for Gold at 2014 Canada 55+ Games in Alberta

By Lois Dudgeon



Dave Korotash (73) from Morden was chosen to lead Team Manitoba as flag bearer in the Athletes parade and into the Opening Ceremonies. Father and daughter, John Houlden & Grace Atkins carried the MB banner at their 1st Canada Games together.

"Team Manitoba 2014" returned August 31 from the 2014 Canada 55+ Games in Strathcona County, Alberta. The team of 138 participants ranging in age from 56 - 93 experienced the fun and friendly competition of the national Games in Strathcona County August 27-30. Dave Korotash (73) from Morden was chosen to lead Team Manitoba as flag bearer in the Athletes parade and into the Opening Ceremonies. Father and daughter, John Houlden & Grace Atkins carried the MB banner at their 1st Canada Games together. Approx. 2000 athletes from all across Canada participated in this year's parade and Games.

Team Manitoba brought home an impressive total of 56 medals: 17 Gold, 23 Silver & 16 Bronze

- there was a medal sweep in mens Callaway golf : Gold - John Erickson, Silver - Terry Edkins & Bronze - Dave Korotash while Jack Widdicombe (93) took silver in Gross golf .
- Charlie McCullough's 65+ mixed curling team reclaimed their gold medal again this year.
- the Track & Field athletes contributed 32/56 of the medal count including John Houldens' (90) 4 Golds while the bowlers added 11 more.

Manitoba athletes participated in 16/22 events including 18-hole golf, 5-pin bowling, contract & duplicate bridge, cribbage, curling, slo-pitch and track to name a few. There was also our first pickleball players and first ever MB hockey team.

Special events included the Opening ceremonies/Athletes parade on Wednesday, evening entertainment and Closing dinner & dance on Saturday. The theme of the Games was "Happiness is Health".

The Canada 55+ Games president also announced the Host Community for the **2016 Canada 55+ Games would be Brampton, Ontario.** The Games were last held in western Canada in 2006 in Portage la Prairie.

Thanks again to Homestead Manitoba, out of Winnipeg for their generous donation of this years' team shirts.

All Team Manitoba participants need to be congratulated for qualifying for and participating in the 2014 Canada 55+ Games. They're all WINNERS....for proving you're never too old for FUN & Games! ■

"TEAM MANITOBA 2014" - Medalists

Willie Anseeuw Grace Atkins	Oak Bluff Winnipeg	Track Track	Silver /Bronze Gold Silver - 4
Pieter & Ina Bassa Mike Baziuk, George & Esther Wiebe Peter & Nettie Klippenstein	La Broquerie Ste. Anne	Floor Shuffle 5-Pin Bowling	Silver Silver
Vicky & Ernie Beyko, Joe & Margaret Dzik, Nestor Kalinowich	Dauphin	5-Pin Bowling	Silver
Ernie Beyko Dieter Bonas Linda Buchanan	Dauphin Winnipeg The Pas	5-Pin Singles 8-Ball Pool Swimming	Silver Gold Silver - 2 Bronze
Jean Campbell & Isla Hagborg Nina Constable & Dianne Dunsford Terry Edkins John Erickson Monique Everton John Houlden (90) Juliette Jacobson	Teulon/Warren Winnipeg Clearwater The Pas Winnipeg Winnipeg Winnipeg	Floor Shuffle Pickleball 18-Hole Golf 18-Hole Golf Track Track Track	Silver Bronze Silver Gold Bronze - 4 Gold - 4 Gold - 2 Silver - 2 Gold - 2 Silver - 2
Achim Kemmisies	The Pas	Track	Gold - 2 Silver - 2
Lilli Kemmisies Dave Korotash Claire Lamoureux Carole Masson	The Pas Morden Winnipeg Winnipeg	Track 18-Hole Golf 8-Ball Pool Track	Bronze Bronze Silver Silver Bronze - 3 Gold
Charlie McCullough, Karen Wayne Johnson, Joan Johnson Karol Onyschak	Carman McCreary	Curling Track & Field	Gold - 3 Silver Bronze
Vivian & Melvin Oswald, Eleanor Scott Frank & Muriel Porada Vivian Oswald Eleanor Scott Frank Porada Dave Smith Pearl Sollner, Wayne & Gladys Gork Ted Mauthe, Dorothy Moller Wayne Gork Ted Mauthe Jack Widdicombe (93)	Neepawa / Gladstone Neepawa Neepawa Gladstone Gimli Plumas / Birnie Plumas Plumas Russell	5-Pin Bowling 5-Pin Singes 5-Pin Singes 5-Pin Singles Scrabble 5-Pin Bowling 5-Pin Singles 5-Pin Singles 18-Hole Golf	Gold Bronze Bronze Gold Gold Bronze Silver Silver Silver

TOTAL: 56 Gold - 17 Silver - 23 Bronze - 16

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Canada 55+ Games, cont'd from page 12



There was a medal sweep in mens Callaway golf -
Gold: John Erickson (centre), Silver: Terry Edkins (right), Bronze: Dave Korotash (left).



The oldest (male) athlete was Manitoba's Jack Widdicombe (93) and was the oldest male athlete at the Canada Games this year.



The oldest (female) athlete was Florence Storch (101) of Alberta.

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■ ■ ■
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“THE BUZZ”

Classics Rep the Province at 60-Plus Softball Nationals; Hindle feeling better; Nominations Open for Manitoba Hockey Hall of Fame; Ritchie, Norman and Heighton Into Bombers Hall; Niakwa, Minnewasta Win Sr. Team Golf Titles; Danelson Honored by the Downs; My Favorite Story of the Month...



By Scott Taylor

There are some who would call them the Old Boys of Summer. Others believe they should be named the Winnipeg “Oldeyes.” Regardless, the Manitoba Classics represented this province with distinction at the at the Slo-Pitch National (SPN) Championship in Red Deer last month.

Playing in the Men's 60-plus Open category against teams from Newfoundland, Saskatchewan, and Alberta (there teams), the Classics finished third in the round-robin.

According to spokesman **Adam Mordarski**, “In the playoffs, we lost our first game and dropped to the B side, but won our next game to stay alive. However, in Game 3 of the playoffs, we lost again and were eliminated from further play.”

In the end, the Classics finished fourth overall as the Prairie Combines from Edmonton defeated the Saskatoon Legends for the national Over-60 title.



HINDLE BACK AT THE BALLPARK

Former Winnipeg Goldeyes general manager **John Hindle** got back to Shaw Park for the opening playoff game between the Goldeyes and Lincoln Saltdogs.

It was good to see the 61-year-old member of the Manitoba Baseball Hall of Fame out and about after suffering a serious heart attack in early August.

“It’s amazing what they do,” he said of his doctors. “They went through my right wrist and put the stent in my heart. It’s kind of incredible and right now I feel pretty good, although this is my first time out since the heart attack.”

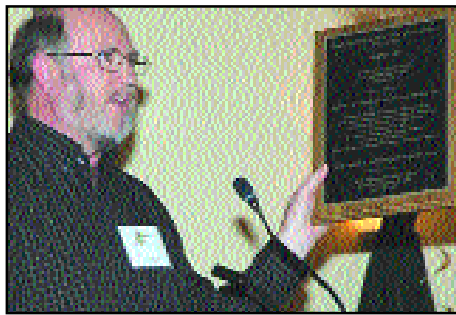
Always active, Hindle is now a professional speaker and coach. He has achieved considerable success in business. He started a sporting goods business in the garage of his home selling high-quality baseballs and pitching machines. The company prospered and evolved into Home Run Sports – now one of the largest independent sporting goods stores in the country.

Hindle will admit his normally active lifestyle got him into a bit of trouble with his nurses.

“I said to them as I was leaving the hospital, ‘Would be OK if I played a little golf?’ and they just glared at me,” he said. “They said to me, ‘Do you realize, you’ve just had major surgery?’ and so I asked them when I could play tennis again. They just glared at me.”



Back L-R: Brian Gadsby-67, Dave Shyjak-71, Ken Porter (Manager)-63, John Weaver-63, Dave Sayer-61, Crocket Courchaine-63. Front L-R: Bob Johnston-64, Mel Johnston-68, Adam Mordarski-66, Lloyd Penner-69, Erwin Warkentin-68



John Hindle

In 1994, Hindle became the first general manager of the Goldeyes and during his eight-year tenure, the team made the playoffs all eight years. Hindle was twice named Northern League General Manager of the Year.

It’s great to see him back at the park and healthy again.

“If there is one good thing, it’s that I’m nearly back to my playing weight,” he said. “When you get a scare like this, you can just see your lifestyle change and the pounds come off.”



NIAKWA, MINNEWASTA WIN SR. INTERCLUB GOLF TITLES

There aren’t many guys – especially senior golfers – who can hit the ball as far as **Doug Lavallee**. Seems Lavallee’s long ball heroics have paid off in a Manitoba Golf Association title.

Lavallee led the team from Niakwa Golf and Country Club, a team that included **Ken Warwick** and **Barry**



Doug Lavallee (photo Handout courtesy Labatt’s)

Minish, the City Division Championship at Golf Manitoba’s Men’s Senior Interclub Championship at the Winkler Golf Club.

Niakwa held off the Transcona Golf Club team of **Mike Berney**, **Steve Wallace**, **Randy Delavau** and **Lorne Gardiner** by three shots. The team from Elmhurst Golf and Country Club – **Alan Brownridge**, **Doug Sexsmith**, **Ernie Ewasko** and **Paul Thorimbert** – finished third.

In the Rural Division championship, it was a thriller. The team from Minnewasta Golf and Country Club in Morden, Man., – **Ron Lyman**, **Sheldon Leblanc**, **John Dell** and **Gary Loewen** – defeated the team from the Selkirk Golf Club – **Don Schedwitz**, **Bill Christiansen**, **Don Drew** and **Len Heft** by just one shot – 242-243.

The team from Grand Pines Golf Club, a team made up of **Glen Torgerson**, **Chris Jensen**, **Ted Lebaron** and **Randy Palmquist**, finished third at 247.



COACH RITCHIE NAMED TO BLUE BOMBERS HALL OF FAME

Former head coach **Dave Ritchie** will lead the 2014 class of inductees into the Winnipeg Blue Bombers Hall of Fame.

Ritchie joins former players **Tony Norman** and **Jim Heighton**, along with ex-board member **Bill Morton**, as this year’s inductees.

Ritchie guided the Bombers from 1999 to 2004, posting a record of 52-44-1 and presiding over one of the most memorable regular seasons in team history, the 14-4 2001 campaign that ended with a crushing loss to 8-10 Calgary in the Grey Cup.

“I’m so happy to be in, it’s unbelievable,” Ritchie said. “I’m speechless.”



Willard Reaves back in the day.



BOMBERS ALUMNI HAVE HEARTS OF BLUE AND GOLD

There are good times with good people and there are great times with great people and late last month at Earls St. Vital, a group of great people got together to help the kids.

The 10th Anniversary of The Hearts of Blue & Gold Dinner is a great cause, at a great venue, with some awesome people. In fact, there were 10 Bomber Alumni members and 13 current Blue Bomber players mingling at the bar with some of Manitoba’s most interesting businessmen and women.

The star of the evening was Donovan Alexander, the Blue Bombers safety, who was once a Variety kid himself. It was Alexander who recruited the other players and I must say, they were sensational – all friendly and very classy individuals.

Let’s meet the Bombers Alumni – all of them looked great and some of them looked ready to play – who did so much last month to help the kids...

Willard Reaves, 55: “The Sherriff of Linden Woods,” is also one of the greatest runningbacks in CFL history. He also played with the NFL’s Miami Dolphins and Washington Redskins, and won a Grey Cup right here in Winnipeg in 1984. He arrived in Winnipeg out of Northern Arizona University and now his son, Ryan, is a star in the National Hockey League.

Rod Hill, 55: One of the greatest defensive backs in the history of the Canadian Football League. He won two Grey Cup championships with the Bombers – in 88 and 90 – and still holds the Blue Bomber records for most career interceptions with 47 and most interceptions in one game with five. He also played in the NFL, From Detroit and out of Kentucky State College, he is now an executive with Superstore here in Winnipeg.

Nick Miller, 83: He played on four Grey Cup championship teams and was a member of the Bombers from 1954-64. In total, he appeared in the Grey Cup six times. He came out of junior football in Winnipeg and played fullback, receiver, linebacker and defensive back.

Jim Heighton, 69: A multi-sport athlete who just happened to be a great football player, he played nine seasons with the Bombers as an offensive lineman from 1970-78 and is still competing in athletics today. This summer, he won four medals in five events at the National Over-60 track and field championships in Regina.

Stan Mikawos, 56: This gentle giant was a defensive lineman for 15 seasons

Continued on next page

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The BUZZ, cont'd from page 14



Ron Latourelle at St. Paul's High School.



Hidekichi Miyazaki

with the Bombers, from 1982 to 1996. He played on three Grey Cup championship teams in 84, 88 and 90 and in the 1984 Grey Cup, he recovered a fumble and sprinted 22 yards for a touchdown.

James Murphy, 54: This Canadian Football Hall of Fame member won three Grey Cups in 84, 88 and 90. A great wide receiver, he was the league's most outstanding player in 1986 and the Grey Cup MVP in 1988.

Ron Latourelle, 80: He still holds a Canadian Football League record he originally set on Dec. 2, 1961: The most punt returns ever in a Grey Cup game - 13. By the time his career was over, he won four Grey Cup championships. A St. Paul's graduate known as "Pepe".

Chris Walby, 58: A Winnipegger, he was a nine-time CFL all-star, he won three Grey Cup championships in 1984, 1988 and 1990 and was the 1983 and 1987 CFL most outstanding offensive lineman. He's in the Canadian Football Hall of Fame and the Manitoba Sports Hall of Fame.



MY FAVORITE STORY THIS MONTH...

Closing in on his 104th birthday, a Japanese sprinter named **Hidekichi Miyazaki**, has thrown down the gauntlet to the world's fastest man Usain Bolt, telling him: "Let's rumble."



Chris Walby

Hidekichi Miyazaki - who holds the 100-metre world record for centenarians at 29.83 seconds and is dubbed "Golden Bolt" after the Jamaican Olympic and World Record holder - plans to wait another five years for his dream race and was happy to reveal his secret weapon: his daughter's tangerine jam.

"I'd love to race Bolt," Miyazaki told AFP in an interview after tottering over the line with a joyful whoop at a recent Japan Masters Athletics competition in Kyoto. "I'm keeping the dream alive. I try to stay in top shape and stay disciplined and healthy. That's important for everyone - even Usain Bolt."

Born in 1910 - the year Japan annexed Korea and when the Titanic was still under construction - Miyazaki offered some dietary tips to Bolt, whose world record is 9.58 seconds.

"My body is small so I take care of what I eat," said Miyazaki, who stands just 5-foot-0, 92 pounds. "When I eat, I chew each mouthful 30 times before swallowing," he added, loosening his Usain Bolt running shoes. "That makes my tummy happy and helps my running. And I eat my tangerine jam every day."

That's probably a good dietary tip for all of us.

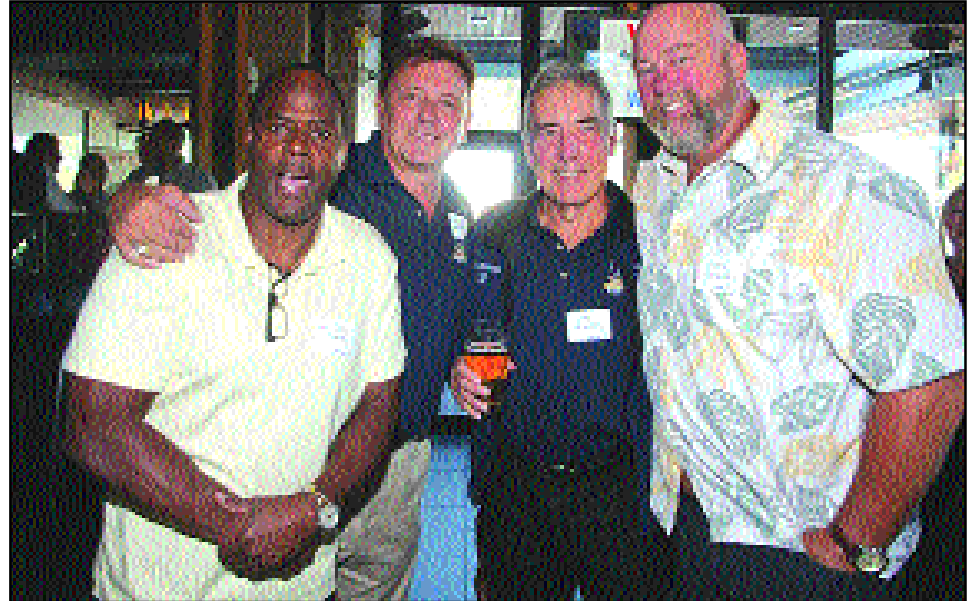


DANELSON HONOURED AT THE DOWNS

The winningest trainer of all time at Assiniboia Downs, 77-year-old **Gary Danelson**, was honoured late last month by his friends and colleagues at the Downs.

Downs historian Bob Gates put together a book of Danelson's life in the racing industry and presented it to the man known throughout his career as the "gentleman trainer from Montana." The presentation was made in the Winners' Circle on August 29, marking Danelson's first victory: On August 29, 1959, exactly 55 years earlier. According to Gates' book, that victory came from a horse named **Coherence**, a horse that would go on to win a total of 24 races. Of course, Danelson has now won 1,157 races - and counting.

Not surprisingly, Danelson still remembers that day: "It was my birthday the day before," he said, "and I was thinking this was my belated gift."



Former Bomber greets Willard Reaves, Stan Mikawos, Jim Heighton and Chris Walby.

(photo John Johnston)

So what has been his most important skill as a trainer? "Turning around the fortunes of horses others have given up on," he said.

The very active Gary Danelson is 11-14-10 in 64 starts at the Downs this season.



CALL FOR NOMINATIONS TO THE MANITOBA HOCKEY HALL

This crossed our desk from **T. Kent Morgan** last week: "The Manitoba Hockey Hall of Fame is advising the public to nominate new candidates for possible induction into the Hall in the fall of 2015. Categories for nomination are player, builder, official, media and team. A nomination form with guidelines for nomination is available for

downloading on the Manitoba Hockey Hall of Fame website: http://www.mbhockeyhalloffame.ca/mhhof_nomination.html."

"A signed and completed nomination form must be received at the Hall of Fame office, 652 Foxgrove Ave., Winnipeg MB R2E 0A7 by the deadline of Dec. 15, 2014. When submitting a nomination, it is important to provide as much documented information as possible. Any forms received after the deadline will not receive consideration for 2015 induction. An independent selection committee will review the nominations and recommend candidates for induction to the board of directors.

"Any questions in regard to the nomination procedure should be directed to independent selection committee chair **Jordy Douglas** at 1-204-661-6777." ■

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Dr. Annette Trimbee the New President

By Scott Taylor

It was the first night of the Winnipeg Goldeyes playoff series against the Lincoln Saltdogs at Shaw Park and a major team trophy was going to be awarded that night.

For years, the University of Winnipeg had sponsored "The Tear the Cover off the Ball Trophy," a beautiful trophy designed by sculptor Kris Row and presented each year to the Goldeyes player who won the team's batting title. Most years, the award had been presented by the school's athletic director or its baseball coach, but in 2014, it was going to be a special evening.

"Our new president, Dr. Trimbee will present the award," said Sharon Leonard, from the university's marketing department. "It will be fun. You'll really like her."

Leonard was right. While I had long known the former president, Dr. Lloyd Axworthy, he was somewhat aloof. He'd had a distinguished career, but it always seemed he had bigger fish to fry. The new president, on the other hand, came off like a woman of the people.

And that first impression came true later in the evening. On the field, she was charming and friendly. After presenting the award, however, she seemed to have one thing on her mind.

"She wanted a Nip from Salisbury House," said associate athletic director Tom Nicholson, who had accompanied Dr. Trimbee to the Salisbury House concession stand at the ballpark. "She's been away from Winnipeg for so long, she said the first thing she wanted at the ballpark was a Nip. It was going to be her first stop before going to her seat. She's really down to earth. She's a real Winnipegger."

Dr. Annette Trimbee, 58, was named the seventh President of the University of Winnipeg, replacing Dr. Axworthy, back on Aug. 1.

Not surprisingly, soon after the University's Board of Regents made the announcement, Dr. Trimbee went right to work. After all, her "dream job" was to be a biology professor at the U of W. This post was just a tad more important.

Dr. Trimbee grew up in the city and graduated from the University of Winnipeg with a Bachelor of Science in Biology in 1977. For her, the cam-



Dr. Trimbee, in her Wesmen sweatshirt, presents the award.



Dr. Annette Trimbee
(photo by Chris Aronec Handout)

raderie and support she got at UWinnipeg, was instrumental in both her career path and her success.

"Without the financial and emotional support I received from the University of Winnipeg, I doubt I would have pursued a post-secondary education," she said in an interview. "I am a leader today because I was inspired by my University of Winnipeg professors to become one."

Annette Coulombe grew up in Transcona, as did her mom and dad, in the 1960s and 70s. She's from a Metis family of six kids and both of her parents were from families with eight kids.

She attended Wayoata, Arthur Day and Central schools in Transcona and graduated from Murdoch MacKay Collegiate. She graduated from the U of W, got her master's degree in Botany at the University of Manitoba, a PhD in Ecology from McMaster and was a Postdoctoral Fellow at the University of Alberta from 1984 to 1986. Her primary research focused on blue-green algae and the nutrient dynamics of lakes, which led her to public service and "the desire to create positive change through effective public policy."

These days, she calls herself a "public policy wonk."

Dr. Trimbee served as a Deputy Minister in the Alberta government in multiple portfolios including Advanced Education and Technology (2008-2011). She also served in the ministries of Environment, Health and Wellness, Treasury Board and Finance and is still currently with Service Alberta. She's known for her strategic thinking, innovative leadership, and relationship-building abilities.

She has received numerous scholarships including two prestigious National Science and Engineering Research Council (NSERC) scholarships. Officially, an aquatic ecologist, she has a passion for healthy lakes.

"When I was in Alberta all those years, the one thing I really missed about Winnipeg and Manitoba was the lakes," she said, as she waited to hand out the trophy at Shaw Park. "I have fond memories of some incredible day trips with my family and relatives to Grand Beach, Birds Hill Park, St. Malo and the Whiteshell."

These days, however, she has a calling. She takes over from a president who grew the university in so many obvious ways. There are now more than 10,000 students and what once looked

like a big, old high school, is now a large, vibrant downtown campus.

"I have a special place in my heart for UWinnipeg," she said during an interview with the University of Winnipeg news centre. "I am a leader because of my experience here. UWinnipeg made it easy for me to decide to attend university. I was under no pressure to go to University, it was not a family tradition and as a middle child from a large family, I was really under no pressure at all for anything. UWinnipeg found me."

"Students coming to university are not just coming for a credential and skills to go on to graduate school or get a job. They want to be inspired, they want to discover and grow their special talents whether they are a 17-year-old right out of high school or a 50-year-old going back to school."

"The decision to go to university is more than a practical one, it is a decision of the heart, especially for students that come from families where going to university is not yet a tradition and where going to university can distance you, geographically and emotionally. UWinnipeg gets this and creates a community environment. Time spent at UWinnipeg is life changing." ■

PROVINCE ANNOUNCES NEW, IMPROVED PROTECTION NOW IN EFFECT FOR EMERGENCY, ENFORCEMENT PERSONNEL

Amendments Expand, Clarify Precautions Motorists Must Take When Passing Emergency Personnel: Minister Ashton

New amendments to the Highway Traffic Act are now in effect to make Manitoba highways a safer workplace for emergency responders and tow-truck operators by expanding and clarifying the precautions motorists must take when passing emergency personnel, Infrastructure and Transportation Minister Steve Ashton announced.

"We want to bring a higher level of safety for first responders and tow-truck operators trying to do their jobs. The new legislation will help ensure that motorists slow down and proceed with caution before encountering emergency responders," said Minister Ashton.

The Respect for the Safety of Emergency and Enforcement Personnel Act, also referred to as Protecting First Responders Act, requires motorists to

slow down when passing emergency vehicles, enforcement vehicles, tow trucks and roadside assistance vehicles.

Now, drivers travelling on the same side of the road as emergency vehicles that are stopped with their beacons flashing are required to slow down and proceed with caution. Drivers travelling on a multi-lane highway must also pass the emergency vehicle only when safe to do so and, where possible, move to a lane further from emergency vehicles.

Effective today, drivers on either side of an undivided highway who pass emergency vehicles that are stopped with their beacons flashing will be required to slow down to the following maximum speeds:

- 40 km/hr on highways with posted maximum speed limits below 80 km/hr, and

- 60 km/hr on highways with posted maximum speed limits of 80 km/hr or greater.

Drivers not following these safety measures may be subject to a fine of \$299.65.

In May, the province put into effect new rules and speed limits for motorists driving through designated construction zones, regardless of the presence of workers.

"We are sending a message to drivers that slowing down when passing roadside workers saves lives and motorists who fail to slow down will be penalized," said Minister Ashton. ■

Don't throw it out

Take-it back to your nearest pharmacy, or visit www.healthsteward.ca for more information.

MRP MEDICATIONS RETURN PROGRAM

Music festival showcases talent for all ages



Left: The Winnipeg Mandolin Orchestra is the oldest orchestra in Manitoba.

Right: Ray St. Germain



The musical talent of Manitobans knows no boundaries – including age.

That's the premise of the Manitoba Seniors Music Festival, now in its third year of presenting a series of concerts open to everyone, but featuring artists with many years of practice.

The goal of the festival is to give presence to the many seniors in Manitoba who spend a lot of their recreation time involved in performing music at the community level, says festival Chair Howard Mar.

"Some people think of seniors, as we get older, as not as capable of doing things. But there's no doubt that these musicians have been able to prove to themselves and to an appreciative audience that they can perform very well."

The 2014 festival will present nine evening concerts from October 14 to 30, each with three sets showcasing a total of 25 different musical acts and hundreds of performers. Popular Manitoba artists Ray St. Germain, Ron Paley and the Murray Riddell Big Band are among some of the "headliners", with each concert featuring a different style of music such as Dixieland, big band hits, jazz, British brass band, barber-

shop style singing, "oompah" music and even an evening showcasing Canadian Armed Forces bands.

Featuring the Royal Winnipeg Rifles Regimental Band, HMCS Chippawa Band (Naval Reserve) and Royal Canadian Air Force Jetliners Band this year, the armed forces concert is always very popular, says Mar. "The audience reaction is electric – they give them standing ovations. This year we also have another armed forces component, the RCAF Command Brass Quintet."

The festival presents music "by seniors and friends... for families and friends". While seniors make up the majority of the performers, festival organizers stress that the festival is indeed for everyone.

"It's also about intergenerational activity in the community, with people of all ages performing alongside older people. This was the traditional way of making music, with younger people sharing equally in the success of performance," says Mar, adding that the affordable ticket price of \$12 makes the festival a great outing for families.

While many of the musicians are seasoned performers, Mar says what

should matter to the audience is the quality and style of music people want to come to listen to, which is why the festival presents each concert with a theme. For example, the Monday, Oct. 27 concert is called "Tradition of Music" and features the Winnipeg Male Chorus, Winnipeg Mandolin Orchestra and West Side Jazz Band.

"If you like something more historical, more ethnic, the Winnipeg Mandolin Orchestra is really different and great. They are one of only a couple of mandolin orchestras in western Canada."

The intergenerational aspect will be on display at several concerts, including on Monday, Oct. 20 when Ken Peters and Friends, a stringed instrument potpourri will perform: 84-year-old Peters will play the double bass alongside his son and grandson.

Many of the concerts will transport the audience back in time. The festival's Saturday evening concert is no exception, with the Murray Riddell Big Band taking on the roles of hit-makers Harry James, Helen Forrest, Tommy Dorsey and Artie Shaw (played by Blaine Workman, Gari Goodson, Mike Slater and Murray Riddell).

Mar himself will pick up his trumpet for that concert, as well as the Festival Grand Finale on Thursday, Oct. 30, which in addition to presenting popular Winnipeg musicians Ron Paley and Frank Burke, brings together performers from many of the groups to form the Festival Concert Orchestra and the Festival Concert Band. Audience members will be treated to familiar classics including the 1812 Overture, William Tell Overture and Pomp & Circumstance.

The festival has been able to operate over the last two years thanks to grants from the New Horizons program and the Winnipeg Foundation. Organizers – including Mar, treasurer Gil Forrest and secretary George Chapman – are optimistic funding will be forthcoming this year again.

All Manitoba Seniors Music Festival concerts are held at 7 p.m. at the Lutheran Church of the Cross at 560 Arlington Street. Tickets will be available in October from the WSO Box Office (204-949-3999), McNally Robinson Booksellers (204-475-0483) or at the door.

For more information visit the festival's website at www.manitobaseniorsmusicfestival.com ■

manitoba seniors music festival

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Another Opening, Another Show

Tues, Oct. 14 – 7 pm

- **Sound of Copper and Zinc:**
Rupertsland Brass Band
- **Entertainer Emeritus:**
Ray St. Germain, O.M.
- **Way Ahead:**
Eastside Jazz Band

Stimulating Music

Wed, Oct. 15 – 7 pm

- **Tapping:**
Crazy Eights
- **Smiling:** Winnipeg Golden Chordsmen Chorus
- **Well Being:**
Branch 252 Legion Veterans Band

Instrumental Showcase

Mon, Oct. 20 – 7 pm

- **Tunes with Rhythm:**
Dixie Beats Dixieland Band
- **Stringed Vibrations:**
Ken Peters and Friends
- **Versatility of Music:**
Assiniboine Concert Band

Sound of Manitoba Music

Tues, Oct. 21 – 7 pm

- **Traditional Sounds:**
Chamber Orchestra of St. John's College
- **Vocal Sounds:**
Bison Men's Chorus
- **Swinging Sounds:**
Executive Big Band

Canadian Armed Forces Musical Salute

Wed, Oct. 22 – 7 pm

- **Hosti Acie Nominati:**
Royal Winnipeg Rifles
- **Service:**
HMCS Chippawa
- **Per Ardua Ad Astra:**
Royal Canadian Air Force – Jetliners

Big Band Hits with The Murray Riddell Big Band

Sat, Oct. 25 – 7 pm

- **Music of Harry James and Helen Forrest**
with Blaine Workman and Gari Goodson
- **Memories of Tommy Dorsey**
with Mike Slater
- **Artistry of Artie Shaw**
with Murray Riddell

Tradition of Music

Mon, Oct. 27 – 7 pm

- **Family Tradition:**
Winnipeg Male Chorus
- **Old World Tradition:**
Winnipeg Mandolin Orchestra
- **New World Tradition:**
West Side Jazz Band

Winds of the Land

Wed, Oct. 29 – 7 pm

- **Musical Melting Pot:**
Northwinds Community Band
- **Music in the Air:**
RCAF Command Brass Quintet
- **Oktoberfest!**
Blaskappelle German Club Band

Festival Grand Finale

Thurs, Oct. 30 – 7 pm

- **Winnipeg Proms:**
Festival Concert Orchestra
- **Jazz in the Sanctuary:** Ron Paley and Frank Burke
- **Concert in the Park:**
Festival Concert Band

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www.manitobaseniorsmusicfestival.ca



By Roger Currie

Currie's Corner

Pass or Pass Up the Passport

The major American city that is closest to both Manitoba and Saskatchewan is Minneaoplis, and I have enjoyed visiting there a number of times over the years. In the early 1970's, we could drive down to shop or enjoy some Twins' baseball, with not much more than a wave at the Canada-U.S. Border.

What a different world it is since that horrible Tuesday 13 years ago. Last week I was all set to cross the line for the first time in a couple of years, but there was a problem. My Canadian passport had expired in July. A frantic dash to the passport office in downtown Winnipeg was a frustrating waste of time.

Even a simple passport renewal takes a minimum of ten working days, and it's not cheap. A 5 year renewal costs \$120, and for \$40 more you're good for ten years. Being 67 and Scottish, I hesitated for a moment.

Then I decided to throw caution to the wind and go for the ten years.

There were some other 'seniors' in the passport line who walked away when they heard the price. When you're on a fixed income, that's a lot of money if all you're wanting is a casual day of shopping.

Listening to the news on any given day right now, very few Canadians will question the need for tighter security. John Kennedy said of the Canada-U.S. Relationship ..

"Geography has made us neighbors. History has made us friends. Economics has made us partners. And necessity has made us allies. Those whom nature hath so joined together, let no man put asunder."

He spoke those words to our parliament in Ottawa 53 years ago, when the world seemed to be a much kinder and gentler place, and you didn't need a passport to take a one hour drive. ■

Franklin

The great Noel Coward wrote a famous song called "Mad Dogs and Englishmen". In some ways, it celebrated his fellow countrymen who took on seemingly impossible challenges, 'because they were there'.

I believe Coward was writing about tropical parts of the British Empire, but he could just as easily have been thinking about men like Robert Falcon Scott, and Sir John Franklin who both perished in the frozen wilderness of the world's polar icecaps.

Almost 160 years after he left his native England for the last time in search of the Northwest Passage, Franklin is in the headlines once again. After years of work, with millions in financial support from Canadian taxpayers thanks to a history buff named Stephen Harper, the wreckage of one of Franklin's two ships has been found on the floor of the Arctic Ocean near King William Island.

The frigid water has preserved the ship in what appears to be in remarkable condition. The unravelling of this great maritime mystery will be fascinating to watch as it continues. Queen Elizabeth has sent her personal congratulations to those involved.

I learned about Franklin earlier than most. My first school in Winnipeg was Sir John Franklin Elementary. They tore it down more than 20 years ago. How I wish I had managed to swipe the portrait of Sir John that hung on the wall just outside the principal's office.

In the picture, he appeared to be well fed and dressed in lots of fancy lace. As an Arctic explorer, I wondered why he wasn't wearing a parka, or least ear muffs. "What a crazy Englishman" I thought as a 7 year old kid.

Actually life in the frozen north in the 1840's might not have been quite as bad as we imagine. Franklin's two ships, the Erebus and the Terror were partially powered by steam engines. Each had a library with more than a thousand books, and they carried three years worth of canned food.

When will we get to see the movie I wonder? ■

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio www.cjnu.ca/c-corner.shtml

SAFETY ALERT

prepared by Manitoba Hydro



Fire Prevention Week - Are you wired for safety?

National fire prevention week is from Oct. 5-11, 2014. Take time today to check your home for signs of electrical wiring hazards.

- These could include:
- Circuit breakers tripping frequently;
 - Fuses needing constant repair;
 - Flickering or dim lights;
 - Switch plate or receptacle covers that are hot to the touch or discoloured;
 - The smell of hot insulation;
 - Receiving electrical shocks, even something as mild as a tingle;
 - Cut, broken or damaged wire insulation.

If your home shows any of these signs, hire a qualified electrical con-

tractor to inspect and upgrade your home wiring system to help prevent fires. Use electricity safely throughout your home. Follow these simple rules:

- Don't overload outlets with too many plugs. Overloaded circuits are a major cause of electrical fires.
- Ensure all cords are in good working condition and replace damaged cords.
- Make sure the cord is adequate for the job.
- Don't run cords under carpets or other obstructions because they could become damaged or overheated.

For more information about electrical safety, visit hydro.mb.ca.

Prevent a safety scare this Halloween

Glowing ghosts, spooky sounds and flying witches — it must be Halloween. Alongside dressing up in fun costumes, and handing out candy, Halloween gives you an opportunity to decorate your home with all things black and orange. Jack-o-lanterns, hanging skeletons, and illuminated ghosts are all festive decorations to make a fun night even more enjoyable, but remember a lack of electrical safety is the wrong reason for Halloween to be frightening.

Follow these electrical safety rules and ensure your night will be fun, scary, and above all, safe.

- Check for a certified safety seal of approval before you buy any new Halloween decorations that use electricity. The seal means the product has been tested for safety hazards such as fire and electric shock. Follow usage labels carefully to determine whether decorations are intended exclusively for indoor or outdoor use. Electrical

decorations intended for outdoors may give off too much heat for inside your home.

- When creating an outdoor display, be sure to use extension cords sparingly and reject cords with breaks and damaged wires. Make sure the cord is right for the job—never use an indoor cord outdoors. Never leave decorative lights on unattended, turn them off before bedtime and prior to leaving the house.
- Dried flowers, cornstalks and crepe paper are all extremely flammable, so keep these and other decorations away from open flames and heat sources, such as light bulbs, halogen lamps, and heaters.

This is also a good time to check your smoke detectors and fire extinguishers. Be sure everyone in your household knows how to use an extinguisher.

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South Winnipeg Night Owls - Batting for Breast Cancer



South Winnipeg Night Owls is pleased to announce that we raised \$2696 for Batting for Breast Cancer (Canadian Breast Cancer Foundation, - Prairie NWT Region) at a tournament this past July.

As the baseball season draws to a close, be thankful for the time we spent on the field playing our game senior slo pitch baseball. even though the season started late due to cold weather and rains we somehow got started and played baseball and a lot of good mem-

ories were obtained. A lot of good old friends and many new ones made for a great summer of fun.

With winter drawing near some players are planning to go south to play more ball this winter. I some day will join them but not yet. my advice to all players is to have fun, enjoy life cause it's never too late to be a kid again.

~ Metro.

Coffee Break in Rural Manitoba

Springfield News...

with Marion Clemens of Oak Bank, MB



By Marion Clemens

Hello everybody and thank you for reading this column.

For most of us the beginning of 2014 was quite unique, different than other years. Even in regards to the weather.

Again, still making sad headlines in the press

and news reports are the many unsolved disappearances of young women, mainly the ones from native Reserves.

With all the modern security rules and weapons it is still not safe for women to walk on streets in Winnipeg and even also on the streets of rural towns or villages.

This is a bit puzzling for me, especially now when September 19, the Canadian Museum For Human Rights (CMHR) was opened, even though still not all exhibition parts are totally finished. Why the rush - after the deadline for this opening had anyway already passed?

I decided to wait till the first rush is gone and then take my time to really "inspect" the setup. I am very curious what I will find in this building which supposedly shines a light on Human Rights - what they mean, how much they are still trampled into the ground by governments, communities and organizations.

Having lived myself as a teenager and young adult (12 to 18 years) under Nazi rules, I personally experienced the consequences of neglecting Human Rights.

I learned after the end of WWII that millions of Jewish people had been gassed in Aushwitz - one of the worst Concentration camps. I realized then that the rest of the world and the governments that knew what was happening did nothing to stop the Nazis. So, why do we think that NOW, all it takes is a Museum to make sure that Human Rights will be respected during our present and future lives? I was intrigued when I read that the first action of the Museum was to refuse to accept famous Country Western singer Ray St. Germain, a Manitoba resident, to sing at the Museum's opening ceremonies. Guess what the reason for this action was: Ray was not the right age -

a younger person should replace him. How does that look in the light of Human Rights decisions?

In Springfield the Age Friendly Committee is still very involved in making lives of all ages as comfortable as possible.

The new Springfield Place housing is one example. Most of the apartments are filled already.

And then there are the Knitwits - a group whose members are creating daily mittens, scarves, blankets, hats which are distributed to places where they are needed most. Many go to the Kin Place Personal Care Home in Oakbank, like warm, lightweight blankets for wheelchairs. Others go to places up north. The group just enjoyed a pleasant, delicious lunch at the Pineridge Hollow Restaurant in Springfield. Their regular meetings are once a month, like October 15 at the Public Library in Dugald, November 29 at Kin Place, Oakbank, Dec. 17 at the Library, and starting in the new year, January 21 at Kin Place and going on monthly either at the Library or a Kin Place.

The trees are already dressed in those glorious autumn colors - yellow - golden, orange and red.

And the Oct. 12/13 weekend is the day when families gather to say Thanks for all the blessings they receive daily - the year round.

I have to mention two sad facts, the passing away of Henry Doyle, Sept. 13 and Edward Luchka, both lived during their last years at Kin Place Personal Care Home.

I attended Ed's funeral in Oakbank held with a meaningful service at the local Seasons Funeral Chapel, 576 Balsam Crescent, Oakbank. I have known Ed and his family for decades, and I know that he will be missed very much. But he deserved to "go home" where he is now without any pain and worries.

My condolences go out to his family.

In lieu of flowers, donations may be made in Ed's memory to Kin Place Personal Care Home, Oakbank. ■

Wishing you all a truly caring Thanksgiving weekend.

~ Marion

High Steppers Seniors Club Invites applications for Club Manager

Permanent Part-Time Position – 20 hours/week

Overview

High Steppers Seniors Club (HSSC) is a community-based not-for-profit organization which provides a program in Winakwa Community Centre (WCC) on Wednesdays and Thursdays for seniors in the community. Reporting to the volunteer HSSC Committee, which reports to Winakwa Community Centre Board, this Manager is the only paid staff person with this program of WCC and is responsible for the overall management of the Club in accordance with the mission, goals, standards and policies set by the volunteer Committee.

Key Responsibilities

Candidates should possess the skills and abilities required to assume responsibility and accountability for the following management functions:

1. Relations: keep the Committee informed on issues that affect the program and activities; help recruit, provide orientation, assign and work with volunteers in all activities; attend meetings as appropriate; recommend policy changes;
2. Financial Management: with the treasurer, monitor revenue and spending in accordance with the budget; maintain appropriate accounting and financial reporting systems for the Club;
3. Human Resource Management: assign work responsibilities to Club volunteers, supervise and monitor their performances; write and update job descriptions for volunteers as necessary; ensure adequate volunteer resources to carry out the mandate of the Club;
4. Program Planning, Development and Evaluation: oversee the planning, development, implementation and evaluation of programs consistent with the goals of the Club; suggest and implement other activities; develop and maintain linkages with other agencies and organizations providing services in the community;
5. Administration: with HSSC Committee, assist development of proposals for grant funding, contracts and agreements as designated by the Committee; maintain a current policies and procedures manual for the Club; maintain a yearly updated inventory of the physical assets of the Club.

Essential skills are:

- experience with Microsoft Office products and Excel accounting software;
- the ability to maintain basic financial and personnel records;
- demonstrated administrative abilities;
- leadership qualities and a positive approach to managing and working with volunteers;
- ability to multi-task;
- knowledge of the ageing process and issues related to ageing;
- demonstrated communication and interpersonal skills;
- valid driver's licence and access to a vehicle while at work.

Employment and training will commence the week of January 5, 2015.

Please submit your resume by September 30, 2014,
High Steppers Seniors Committee
C/o Winakwa Community Centre
980 Winakwa Road
Winnipeg, MB, R2J 1E7, or by email to emdc@mts.net

We thank all who apply. However, only those selected for an interview will be contacted.

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Tele. No. 204 888 8253 | Email: senaka24@yahoo.com

The Reading Room

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

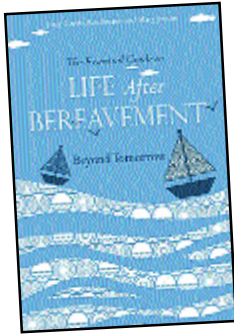
Consumer health books, videos, and magazines for seniors, their families and friends.

One of the best parts of working in a library is when new books arrive. It's like a non-stop, year-round stream of birthday presents. The next best part is sharing these books with fellow

readers. In our library, this can be anyone from medical staff, to patients, to community members. Our goal is to provide resources that help people make informed decisions about their

own and their family's health. Two recent additions to our Consumer Health collection are **The Essential Guide to Life after Bereavement: Beyond Tomorrow** by Judy Carole

Kauffmann and Mary Jordan and **Life Goes On: Losing, Letting Go and Living Again** by Gail Boulanger.



The Essential Guide to Life after Bereavement is a gentle and insightful guide to dealing with death and its aftermath. It acknowledges that the passing of a loved one changes life profoundly. Not only are we trying to cope with our immediate grief and how to go on with our lives, we also have to take care of hundreds of practical details. As it says in the forward, "Bereavement is one of the most common of human experiences. But surprisingly for such a common experience, it is often unnecessarily traumatic."

The authors provide a road map for navigating through the period immediately following a death and, using many real-life examples, address the emotional aspects of grief and guilt, breaking news of the death, arranging the funeral, resolving family conflicts, dealing with wills, and disposing of personal possessions. They give practical advice in a way that is easy to relate to, whether you are the one grieving or are supporting someone who has suffered a loss. ■



On a similar theme, **Life Goes On** is a book about learning to grieve well. Grief and loss are not only responses to death, but to all kinds of challenging circumstances: the loss of health, moving, changing jobs, children leaving the nest, or the end of a relationship. With warmth and wit, the author guides readers through the process of identifying the loss, acknowledging pain, striving for closure and moving on with life.

Boulanger promotes the idea of conscious grieving, that is, giving time and attention to your grief. Using numerous stories of people facing difficult life changes, she offers practical advice and exercises. As Boulanger says, "people who learn to grieve well, learn to live well." ■

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

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



MANITOBA OPERA INVITES FORMER REFUGEES TO APPEAR IN FIDELIO

Manitoba Opera is looking for approximately 100 volunteers who arrived in Winnipeg as refugees, to appear in the season-opening production of Beethoven's *Fidelio* in November at the Centennial Concert Hall.

"*Fidelio* tells the story of Leonore, a young woman who disguises herself as a young man so that she can work in a jail where her husband is a political prisoner," explains Larry Desrochers, General Director & CEO. "In the final scene of the opera, she successfully frees her husband, as well as the other prisoners, and the community gathers to witness their release. The former refugees would appear in this scene as part of the community seeing the prisoners released."

Manitoba Opera has programmed *Fidelio* to celebrate the opening of the Canadian Museum for Human Rights. Volunteers participating in the production will have the unique opportunity to take part in a powerful expression of humanity's right to be free of oppression.

"As we worked on the opera, we began to see how universal the story really is. Though written 200 years ago, it is still, unfortunately, relevant today. So many people have suffered terribly under oppressive regimes, and many of them have sought refuge in our province. It only seemed right to include them somehow. The story of

Fidelio is their story," adds Desrochers.

"Participants from a wide variety of cultural backgrounds and ages who came to Canada as refugees are invited to participate, although children must be 12 years of age or older and accompanied by an adult," explains Livia Dymond, Manitoba Opera Education and Outreach Coordinator.

"We are also very pleased to be working with a number of organizations in the city on this project including Hospitality House Refugee Ministry; Manitoba Interfaith Immigration Council/Welcome Place; Accueil francophone; and Immigrant Centre Manitoba, to name a few."

Volunteers are not required to sing and no previous stage experience is necessary, however, instructions will be provided in English. There will be rehearsals at the Centennial Concert Hall prior to the first performance.

For more information or to volunteer, phone Manitoba Opera at **204-944-8824** or contact Livia Dymond at ldymond@manitobaopera.mb.ca. More information is also online at www.manitobaopera.mb.ca

Fidelio will be presented by Manitoba Opera November 22, 25, and 28 at the Centennial Concert Hall. For tickets, call **204-944-8824** or go to www.manitobaopera.mb.ca. ■

MARTHA MACISAAC & JACOB BLAIR join ANGUS MACFADYEN in THE PINKERTONS



Martha MacIsaac and Jacob Blair have joined the cast of *The Pinkertons*. MacIsaac (1600 Penn, *Superbad*) is playing Kate Warne, American's first female detective. Blair (*The Dependables*, *Underworld: Awakening*) is playing William Pinkerton. The two join Angus Macfadyen (*Turn*, *Braveheart*), who plays Pinkerton Detective Agency founder Allan Pinkerton.

ABOUT THE PINKERTONS
www.pinkertonstheseries.com

Set in the "wild west" of the 1860s, *The Pinkertons* is an original action-adventure crime procedural series that draws from the real cases of Pinkerton Detective Agency. Production of 22 one-hour episodes started August 25 in Canada, on location in Winnipeg and rural Manitoba.

The primary production location is the town of Grosse Isle, Manitoba, home to the Prairie Dog Central Railway – one of the oldest vintage operating trains in North America. This spectacular train will be featured in select episodes.

The Pinkertons premieres October 4, 2014 in first-run syndication in the US. It will premiere in Canada on CHCH in early 2015.

The Pinkertons is distributed in the US by Rohrs Media Group, and will be seen on station groups including Tribune, Weigel, Hearst, LIN, Meredith, Cox and the CW PLUS. Zodiak Rights, the international distribution arm of Zodiak Media, will distribute the series internationally.

ABOUT THE PRODUCTION

The Pinkertons is created by Kevin Abrams of Alpine Labs (Los Angeles), and Adam Moore, who teamed up to write the pilot. Abrams and Moore also serve as executive producers and writers, alongside Canadian showrunners and executive producers Larry Lalonde and Phil Bedard.

The series is executive produced by Suzanne Berger of Rosetta Media (Toronto), and Phyllis Laing of Buffalo Gal Pictures (Winnipeg). *The Pinkertons* is produced with the participation of Manitoba Film and Music. ■

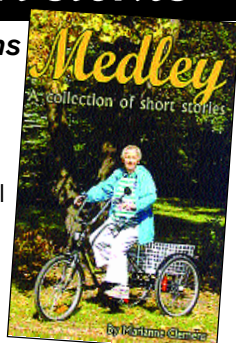
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Author's first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

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Cedar Baked Salmon

Metric	Ingredient	Imperial
750 g	salmon fillets	1 1/2 lb
1	lime, grated zest & juice	1
375 ml	asparagus, diagonally sliced	1 1/2 cup
50 ml	leek, julienned	1/4 cup
4	red onion, thinly sliced	4
50 ml	celery, diagonally sliced	1/4 cup
125 ml	shiitake mushrooms, thickly sliced	1/2 cup
2	medium tomatoes, seeded & cut into wedges	2
8	fresh basil leaves, slivered	8
375 ml	fresh spinach, trimmed	1 1/2 cup
-	salt & pepper to taste	-

Soak two untreated cedar shingles in water overnight or at least two hours.

Place soaked shingles on baking sheet; lightly brush with oil. Remove skin and any bones from salmon; cut into serving size pieces and place on cedar. Sprinkle with lime zest and juice. Bake in preheated 425 F (220 C) oven for 10 to 15 minutes or until fish flakes easily when tested.

Meanwhile; in a steamer basket; combine asparagus, leek, onion and celery; steam until tender crisp. Add mushrooms, tomatoes, basil and spinach; steam until spinach is wilted.

NOTE: This recipe can be adapted very easily to a BBQ.

Serves 6

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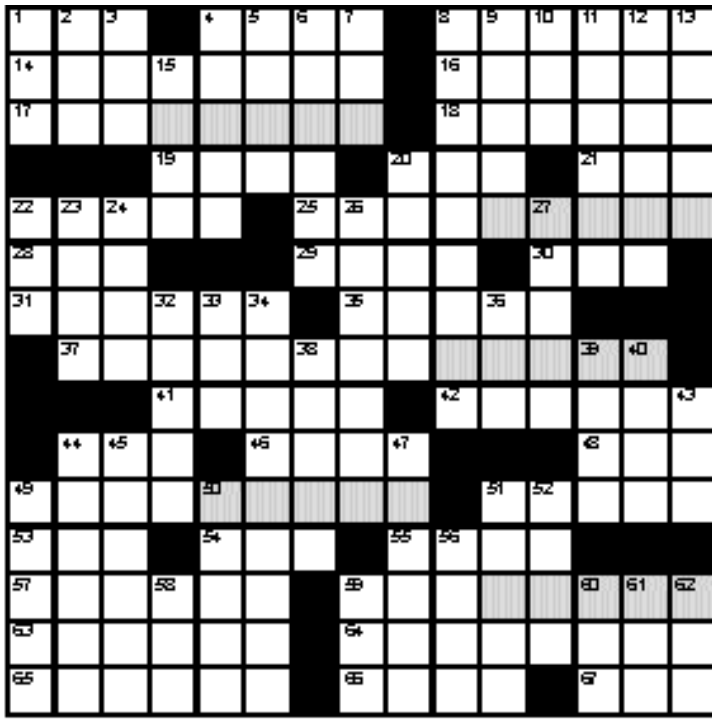
CROSSWORD -

In Celebration of Senior's Day

By Adrian Powell

ACROSS

- 1 Greyhounds asset
- 4 Cease and desist
- 8 Takes it all off
- 14 Kind of correspondence
- 16 Croc's cousin
- 17 Fast growing maple variety
- 18 Muss up
- 19 Swear to be true
- 20 Aphids love it
- 21 Heated period in Paris
- 22 Earthy hue
- 25 Expert in joining metals
- 28 Ginger drink
- 29 Taiwanese dollar
- 30 Bard's "always"
- 31 W.C. or Gracie
- 35 "Ghostbusters" goop
- 37 Early Roman philosopher and naturalist



- 41 Dog family member
- 42 Playful prankster
- 44 "Ewwwwww!"
- 46 Commercial maker's award
- 48 Shakespeare's "Move it!"
- 49 Base figure
- 51 Where to get classes in French
- 53 "And what have we here!?"
- 54 Be a contender
- 55 Game with four-foot mallets
- 57 Sikh headwear
- 59 Canada's 1968 show jumping Olympic gold medalist
- 63 Pinball player's paradise.
- 64 Short, amusing tale
- 65 Cubic metres
- 66 Landlord's revenue
- 67 Dastardly guy
- 10 Outer edge
- 11 Get in the way
- 12 Speak deceitfully
- 13 Snidely Whiplash look
- 15 Sobber's drop
- 20 Weighing device
- 22 Clumsy brute
- 23 Cut out coupons
- 24 Despicable chap
- 26 "The Satanic Verses" author
- 27 West Yorkshire metropolis
- 32 Chinese dessert
- 33 Paternity evidence, some-times
- 34 Downward folds, geologically
- 36 Provincial
- 38 Squiggle in a Spanish text
- 39 Stairwell effect
- 40 VIA speciality
- 43 Geddy of "Rush"
- 44 Not harmed
- 45 Fighter pilots concern
- 47 Jade plant's family
- 49 Mere smidgens
- 50 Duck the issue
- 51 Vote into office
- 52 Really nippy
- 56 Raven, maybe
- 58 Hunk of soap
- 59 Pickle container
- 60 Bespectacled dwarf
- 61 Wpg. airport posting

SOLUTION ON NEXT PAGE.

WORDSEARCH - The Letter O



- | | | | |
|--------------|---------|---------|-------------|
| OAD | OFFHAND | OOZE | OTHER |
| OCCASION | OFTEN | OPERA | OUTFIT |
| OCCUPY | OKAY | OPINION | OUTRUN |
| OCCUR | OMEN | OPT | OUTSIDE |
| OCTOBER | OMIT | ORACLE | OUTSTANDING |
| OCTOGENARIAN | ONLY | ORB | OVEN |
| OCTOPUS | ONTO | ORGAN | OVERTAKE |
| ODD | OODLES | OSTRICH | |

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HUMOUR COLUMN:

Along These Lines... by Nick Thomas

Greetings!

I've never been especially fond of shaking hands. As a child, I rated it on the same level of disdain as being kissed by smothering, elderly aunties with more facial hair than a Shih Tzu.

Today, I'm older and wiser, but more germophobic. So the thought of millions of bacteria and viruses hitching a ride on our skin during this human greeting ritual only makes it more hideous.

And when you really think about it, isn't handshaking a rather odd custom?

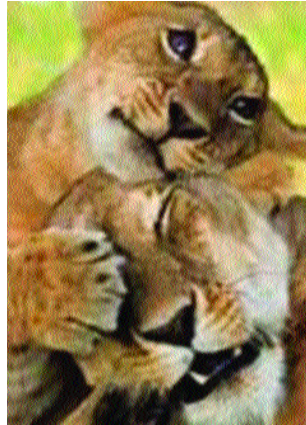
Its origin is somewhat obscure. One plausible theory dates from Roman times, when men carried daggers and similar weaponry for protection as they traveled the long, lonely, roads.

If they came upon a stranger, it was not uncommon to reach for one's dagger and brandish it as a warning to a potential assailant. Not a particularly friendly gesture perhaps, and even today not an entirely unknown practice in some urban areas.

However, once it was established that your new acquaintance was not planning to steal all your hard earned shekels, daggers would usually be re-sheathed. Open hands would be extended to demonstrate your benign intent, then gripped together in confirmation of new, best buddy status.

But it seems there could also be a biological component associated with greeting rituals, because they are not restricted to humans. Other primates, such as chimpanzees, greet each other by touching hands too, although they rarely reach for weapons or antiseptic hand wipes.

It turns out that handshaking is actually a somewhat simplistic form of



greeting compared to the more elaborate behavior displayed by other animals. In fact, methods of expressing greetings in other species are as varied as the species themselves.

For instance, wild dolphins greet their pals using individual whistle signatures. Each has a unique whistle which the dolphins use to recognize one another. Of course, human males once widely mimicked this method to greet (or at least casually acknowledge the existence of) female members of their species.

However, since the 1960s, many female humans have spurned this primitive greeting ritual as being offensive, and regard it as evidence of limited emotional evolution in their male

counterparts.

In the case of large cats, such as lions, they generally greet each other by rubbing their heads and bodies against each other. Again, it would probably be unwise for humans to mimic such contact, at least during an initial meeting, since this gesture could possibly be misinterpreted.

Better to remain a little more aloof like domestic cats. They are far less demonstrative than their larger cousins, and merely put their tails straight up in the air when a friendly fellow feline approaches.

Elephants say "hi" by entwining their trunks; giraffes press their necks together; and horses rub noses. Wolves wave their tails and lick each other's

face, while penguins tap their bills together.

Even rats acknowledge their buddies. They will face each other, stand high on their hind legs, and emit a series of squeaks and squeals. Rats are quite smart, actually. They probably learned this form of greeting from humans who behave in much the same fashion when they themselves unexpectedly come upon a rodent in the pantry.

As uncomfortable as handshaking is for some of us humans, it's certainly preferable to other greeting rituals used in the animal kingdom - canine tailgating obviously comes to mind. In fact, quite a few animal species are clearly in need of etiquette lessons when it comes to salutations.

For instance, lobsters greet by squirting urine on each other. It appears that when two boisterous males meet, their urine carries a record of who's the boss and this helps to avoid fights. I expect conflict would likely escalate should humans adopt this crustacean welcoming gesture.

Along these lines, even mammals can demonstrate less than hygienic greetings. Hippos display aggressive and territorial characteristics by hurling excrement on rivals when they meet in the herd.

If this practice sounds somewhat familiar, it should. That's because it is sometimes also observed in human society, particularly during a ritual known as "political campaigning." ■

Nick Thomas can be contacted through his blog at: <http://getnickt.blogspot.com>

'Dragon' the Red on Sept. 11, 12 & 13 at The Forks (FMG Dragon Boat Festival)

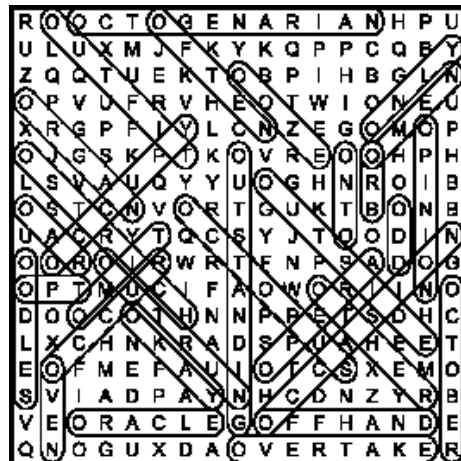


Transplant Manitoba's Dragon Boat mixed team - Giv 2 Liv. We didn't win any prizes or awards but it was a win-win for everybody in the spirit of the sport and in the spirit of helping sick children by raising funds for the Children's Hospital. The publisher of Senior Scope is a member of this team.



That was a close race! But two more are required for an overall time. With 103 teams, we didn't have a chance to place... this year!

WORDSEARCH - Solution



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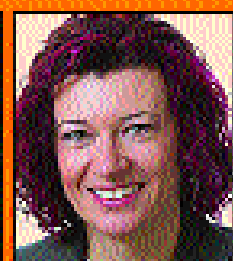
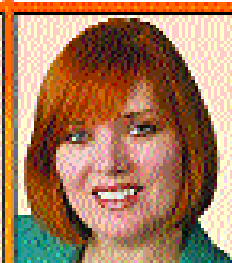
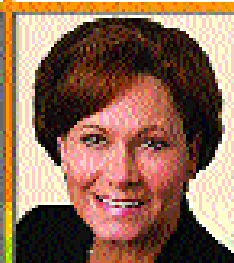

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