

Senior Scope

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



Ray St. Germain plays to a full house at the Seniors' and Elders' Day Celebration on September 30, 2014 at the RBC Convention Centre Winnipeg.

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(See pages 10, 11 & 21)



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New this year, Butch the Caricature Artist draws a crowd - literally. The line-up just keeps getting bigger and everyone leaves with a 'portrait' they are proud of. Butch is also the editorial cartoon artist in Senior Scope. Also see his ad on page 22.

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Canada fourth best place to grow old in

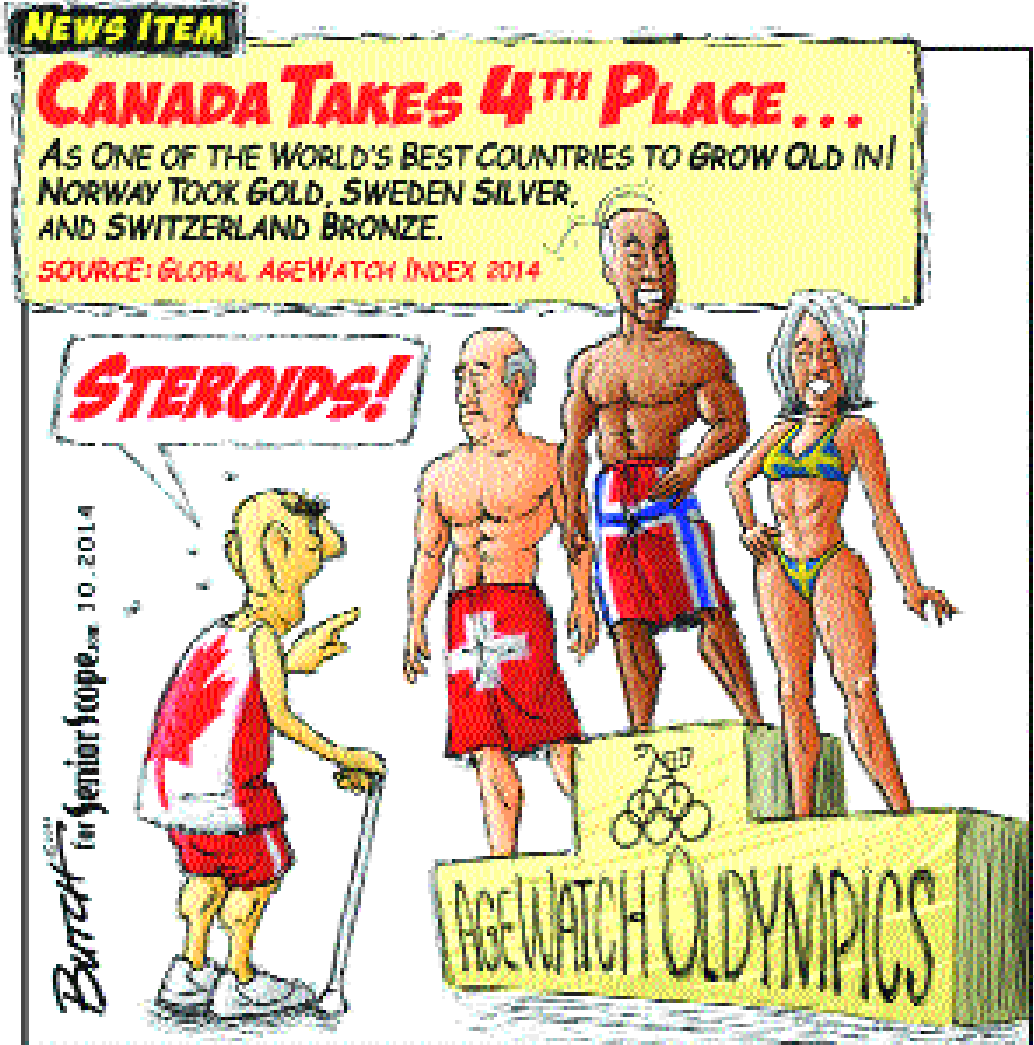
By Butch Robson

Canada ranked fourth out of 96 countries as one of the best countries in the world to grow old in, beat out by first place Norway, second place Sweden, and third place Switzerland. Due to a lack of data, some countries were not ranked, like Iran, but the report represents about 91% of the world's senior population.

These stats are from the Global AgeWatch Index 2014*, a measurement of the quality of life and well-being of older people worldwide. The index included four main categories called key domains which are *income security, health status, capability, and enabling environment*. Don't get too smug about Canada's fourth place standing until we understand the meaning behind each key domain and where Canada actually ranked in each one.

Income security is an older person's access to money so to meet basic needs. Lack of cash flow can lead to deprivation, discrimination, humiliation, and rejection, especially for older persons living alone. This involves access to resources which, combined with other factors, can create inequalities. Canada standing within this domain was seventh out flanked by Norway (1), France (2), Iceland (3), Luxembourg (4), Netherlands (5), and Austria (6).

Health status has to do with life expectancy and the level of quality of life well into old age. Advancing age brings on physical frailty which leads to ill-health and disability. Health status is an older person's ability to achieve physical and psychological well-being through access to affordable medical attention. Canada fared better here in fourth place, but we were out-done by Japan (1), Switzerland (2), and Spain (3).



Capability (Employment and Education in the 2013 report) is an older person's personal wherewithal to work in the labour market for financial gain, social contact, self-worth or any combination of these aspirations. Capability also involves an older person's level of education which affects the ability to pursue opportunities. This has much to do with access to work-related support networks. Canada was eighth. We bottomed out under Norway (1), Australia (2), Sweden (3), United States (4), Germany (5), New Zealand (6), and Estonia (7).

Enabling environment is an older person's freedom of choice to live independent, self-reliant lives. This involves how safe seniors feel in their neighbourhoods, and availability to good public transportation which enables access to healthcare, shopping, friends and family. At core is an older person's perception of relatives or friends, supportive or otherwise. This domain has much to do with civic freedom and a society's view of social cohesion and inclusion of older people. Sit down for this. Canada came in ninth. Switzerland got the gold followed by

Austria (2), United Kingdom (3), Norway (4), Netherlands (5), Sweden (6), Slovenia (7), and Indonesia in eighth position.

Released October 1st to coincide with the *United Nations International Day of Older Persons*, the index was compiled and analyzed by researchers from HelpAge International, a London based not-for-profit organization (with affiliates in 65 countries) and Southampton University, United Kingdom. The HelpAge mission is to help older people lead more secure and active lives in a world of ageism and over-whelming poverty.

Researchers predict that the global population of senior citizens will increase from 12 percent to well over 20 percent by 2050 while in most eastern European countries the over-60 head count will be more than 30 per cent of their total population. The report emphasized that supporting the future aging population is one of our world's top priorities.

Researchers also discovered that, although only 50 per cent of the world's population receive only a basic pension, 97.7 per cent of Canadians over the age of 65 do. Unfortunately 7.2 per cent of senior

Continued on next page

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The Alzheimer Society Provides Care for Caregivers

- The Alzheimer Society of Manitoba

The Alzheimer Society of Manitoba presents the fourth annual **Care4u** family conference – a day of learning for family and friends caring for a person with Alzheimer’s disease or another dementia – on **Saturday, November 1** from 9 am to 3:30 pm at Canadian Mennonite University, 500 Shaftesbury Blvd, Winnipeg, Manitoba.

Care4u empowers caregivers by reminding them to pay attention to their own well-being through informative seminars presented by dementia experts.

“It’s really important for someone who is caring for a person with dementia to also take care of themselves,” says Wendy Schettler, CEO, Alzheimer Society of Manitoba. “As much as people don’t want to admit, the reality is that caregiving can be physically and emotionally draining. By taking time for themselves, caregivers can renew their energy so they can have balance in their lives.”

Currently, one in three Manitobans has a family member or close personal friend with Alzheimer’s disease or another dementia, and caregivers spend over 9 million hours of informal unpaid care. By the year 2038, the hours of informal unpaid care are expected to exceed 22 million.

“Those people in a caregiving situation should not be afraid to reach out and ask for help,” says Schettler. “That is what the Alzheimer Society is here for: we are prepared to offer support and education to assist people in their caregiving journey.”

Care4u provides caregivers with an opportunity to learn about the latest care techniques, available resources and progress in current research initiatives from local and national dementia care professionals.

Please visit www.alzheimer.mb.ca for more information about the

Care4u conference.

Laugh Your Way from Stress: Care4u Keynote Speaker Will Show You How

Christine van der Hoek thrives on getting people’s laugh muscles working, and that’s no joke.

A keynote speaker at the Alzheimer Society’s Care4u Family Conference on Saturday, November 1, Christine plans to get serious about having fun. She believes that everybody has a little “goofball” in them, and she intends to draw it out. So beware: participants in her session might find themselves on stage playing games, but there’s no doubt they’ll have fun in the process.

There is a serious angle to Christine’s entertaining antics: she wants to help ease the stress levels of people who are caring for someone with dementia. “Caregivers are often people who have many other responsibilities in their lives, like jobs and kids and aging parents,” she says. “They work overtime, and then have to hurry up to get to their kid’s ball game after they’ve run over to check on a parent. They feel like they’re rushing all the time.”

To add to the pressure, many caregivers wonder if they’re really making a difference in the life of the person with dementia. The first reality is that people with dementia don’t get better, as the disease process can’t be changed. The second reality is that caregivers, who may be running themselves ragged trying to take care of everything, need to learn to take care of themselves.

Owner of The Training Zone and manager of Adult Fitness at the Wellness Institute in Winnipeg, Christine strongly believes that there are things caregivers can do

to make their lives more manageable. With a background in fitness instruction and personal training, she has lots of tips to share during her presentation at Care4u – simple things, such as eating properly and exercising on a regular basis.

She stresses that you do NOT have to be a marathon runner to get relief from stress – on the contrary. For example, taking five minutes a day to do something that challenges your coordination (think rubbing your tummy and patting your head) can do wonders for the body and brain.

“There is great misunderstanding about what you have to do to be healthy. All you really need is a few minutes a day. That is the message I want to get across: it’s the little things we do in a day that make the difference.”

Christine knows of what she speaks. Her past personal life experience includes caring for a parent with dementia and surviving a family tragedy. She says the stress she endured changed her from being a cheery, positive person to one who had lost control.

Today, she has reclaimed that control and is eager to share her thoughts with people who may be feeling overwhelmed or helpless in their situations. She has combined her personal experience with her professional education to design a fun-filled session that will leave people feeling positive and empowered.

Join Christine from 2:30 to 3:15 pm at the Care4u Family Conference on November 1 at the Canadian Mennonite University in Winnipeg. You’ll learn some tips to help get you through your day, and your laugh muscles might get a little workout in the process. ■

2014 **care4u**

A conference for family and friends caring for a person with dementia

Saturday, November 1
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Canada fourth best, cont'd from page 2

Canadians have an income less than \$13,800, which is half the national medium.

The report gave special attention to the concern over pensions which assist senior citizens at remaining active and self-sufficient.

Latin American countries, most notably Mexico (30), Peru (42), and Bolivia (51) were applauded for providing pension coverage to seniors who had not contributed to a plan in their younger years. Peru implemented a pension program in 2011 that provides 250 nuevo soles (\$89 US) every two months.

It was 1991 when the General Assembly of the United Nations adopted *Principles for Older Persons*. In 2002 they followed through with the *Second World Assembly on Ageing by adopting the Madrid International Plan of Action on Ageing* in responds to the challenges facing senior citizens in the 21st century.

The 2014 theme is *Leaving No One Behind: Promoting a Society for All*. Living up to this principle requires a deep understanding of how demographic factors shape the emerging age related challenges of the 21st century. If young Canadians

want to build the future they want, they must address the pressing issues concerning their own senior citizens, today. ■

* Download your AgeWatch 2014 Insight Report and Executive Summary at: <http://www.helpage.org/global-agewatch/reports/global-agewatch-index-2014-insight-reportssummary-and-methodology/>

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

Canadian Snowbirds Beware! Cross Border Rules for 2014 Are Changing

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

It's that time of year again. Winter is coming and we have migration not only of our fine feathered friends but also of our human friends who travel south looking for warmth for the winter months. This year more than ever it is important to know the rules.

Canada – US Entry/Exit Initiative; Changes every Canadian Snowbird needs to know

In 2011 Canada and the US started a large cooperative effort called **Beyond the Border: A shared Vision for Perimeter Security and Economic Competitiveness**. Prior to this initiative, each country counted individual day presence only when an entry to the country was made. This information was rarely shared between the two countries, therefore neither country knew how long someone had been present within its border. This is now changed. Now the collected data includes first name, middle name, surname, birthday, nationality, gender, document type, number and country of insurance. The date, time and port of entry is also being shared.

Implications: Depending on the length of stay in the US – you may be classified as a US resident for income tax purposes and be required to complete certain tax filings

Are you a US tax resident?
Three Categories.

1) Present in the US for 183 days or more in the current tax year

If you are in the US for 183 days or more in a year you automatically fall under the category of a US resident and will be required to file a US tax return. However, if you are a resident of both Canada and the US, you may be able to rely on the tie breaker rules under the Canada-US tax treaty to avoid taxation of your worldwide income in both countries. Generally speaking, Canadian residents should avoid spending more than 182 days in the US.

2) Substantial Presence Test

Where in the current year you are in the US for greater than 31 days but less than 183 days, the following formula is used to determine whether you have a "substantial presence" in the US:

- All days in the current calendar month, **Plus**
- One third of the days in the preceding calendar year, **Plus**
- One sixth of the days in the second preceding calendar year
- This comes out to approx. four months or a consistent average of 121 days

If on average you spend more than 121 days per year in the US, you will have a substantial presence in the US. Once you have a substantial presence, you are obligated to file a US tax return unless you file IRS Form 8840 "Closer Connection Exception Statement for Aliens", claiming a closer connection to Canada than the US. The closer connection statement must be filed by June 15th of the following taxation year.

3) Present in US for less than 31 days or do not meet the Substantial Presence Test

If this is you – than you will be categorized as a non-resident alien and are under no obligation to file a US tax return unless you have certain US source income for which adequate withholdings have not been made or you are engaged in a US trade or business.

Conclusion:

Beyond privacy and tax concerns, the entry/exit initiative could expose snowbirds to the "unlawful presence" rules under US immigration laws. A three year travel ban is imposed on someone who exceeds 180 days of unlawful presence or a 10 year ban if the offending time exceeds one year. This is not limited

“Beyond privacy and tax concerns, the entry/exit initiative could expose snowbirds to the “unlawful presence” rules under US immigration laws. A three year travel ban is imposed on someone who exceeds 180 days of unlawful presence or a 10 year ban if the offending time exceeds one year.”

to calendar years and multiple periods of unlawful presence could be added together. If you fall under any of these categories it is highly advisable that you obtain professional

advice to determine the extent of your tax filing and tax payment obligations and that all required forms be filed by **June 15th** the year following the taxation year. ■



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Information obtained from

- a) Forum Oct 2014 issue – Doug Carroll Vice President Tax and Estate Planning at Invesco
- b) Moodys – Gartner Tax Law Nov 2013 – Roy Berg JD, LL.M

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Humn Pharmaceuticals makes Lidocaine available as a Topical Pain Relieving Cream

By Haidita Celestine

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

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

In the late 1800s cocaine was in fact the very first local anesthetic used in dentistry and an improvement on the previous approach: copious amounts of alcohol. People liked

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

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

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

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

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

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

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

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

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

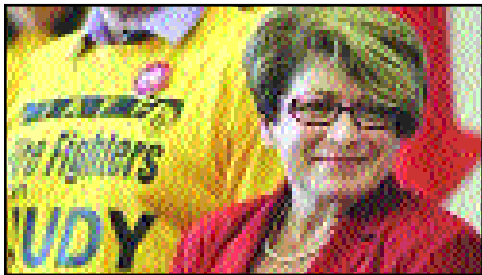
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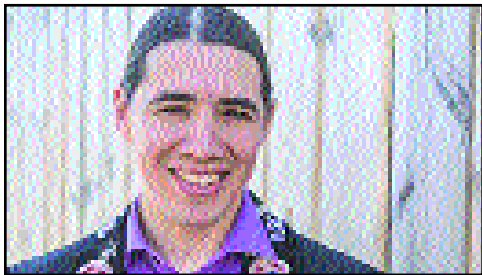
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Will the next 4 years bring something fresh and clean at City Hall?

By Roger Currie



Judy Wasylycia-Leis



Robert-Falcon Ouellette



David Sanders

On Wednesday October 22nd those of us who live in Winnipeg will get to play *democracy*. We're being asked to elect a new mayor and council, plus school trustees, and with no incumbent in the race for mayor, we might even see a turnout of more than 50%.

First a few words about the man who has been the city's mayor since 2004, Sam Katz. Like any report card on a politician who has held such a job for a decade, the scorecard on Sam is one of pluses and minuses.

As he leaves office though, the negatives seem to outweigh the positives as a new person will soon put their stamp on the job. In 2004, Katz was very much the favourite of business leaders, but as he departs it's questions of integrity that spring most quickly to mind.

Katz's successor faces a major challenge in restoring public trust.

There will be seven names on the ballot for mayor, but public opinion polls suggest that the winner is almost certain to be Judy Wasylycia-Leis, the former provincial and federal politician who was runner-up to Sam Katz in the last election 4 years ago. Judy has a strong organization, as well as pledges of support from unions and others on the left, but she has failed to dazzle very many

people with either her speaking style, or her *vision* of Winnipeg's future. Neither have any of the other candidates, with the possible exception of Robert-Falcon Ouellette. He's a very articulate aboriginal man who works as an administrator at the University of Manitoba. With recent high profile tragedies in child welfare in Winnipeg, the sad divide between aboriginal people and the rest of the city has become more pronounced than ever, and when push comes to shove in that voting box, Mr. Ouellette may come to be seen as a chance for a better more 'inclusive' future.

David Sanders, a former deputy minister of Urban Affairs, has become the 'conscience of Winnipeg City Council' in recent years. A former councillor suggested to me the other day that if Judy Wasylycia-Leis is the winner on October 22nd, as is widely expected, she could do well to persuade council to appoint David Sanders to Phil Sheegl's old job. Phil Sheegl was one of Sam's pals who got to be the city's top administrator, and then resigned with an overly generous severance just before the manure hit the fan regarding the conversion of the old post office to police headquarters, the fire hall deal in which the Fire Chief ended up taking the fall, and

the rerouting of bus rapid transit in a way that seemed to benefit *Shindico* more than anyone else.

Hopefully Winnipeg's future will be about more than concrete and asphalt. If you drive through any neighbourhood in the community, you become all too aware of the *infrastructure deficit* which afflicts all major cities in Canada and elsewhere. The primary source of revenue is the property tax, and candidates for mayor and council have been reluctant to raise it in recent years, fearing a taxpayer revolt of some kind. As a result the problem has gotten so bad that the old joke about Winnipeg's two seasons – '*winter and construction*' – is truer than ever. Judy the frontrunner and all the other candidates have been forced to make *fixing the roads* the number one issue.

It's an issue which is undoubtedly important, but it can't be addressed without a meaningful partnership with the province and Ottawa. The senior governments can 'cherry pick' the high profile projects they're prepared to support, and you can be sure that it won't be residential streets, back lanes and sidewalks, no matter how great the need. The never-ending focus on infrastructure makes it difficult to have meaningful debate about the *Winnipeg of the Future*, and that's unfortunate.

Roger Currie is a writer and broadcaster who covered city hall back in the 1970's. He writes regularly for Senior Scope, and he heard on CJNU, 93.7 FM.

WinnipegElection.ca Prepares for Voter Engagement

Winnipeg, Manitoba - The Open Democracy Manitoba (ODM) team is at it again for the 2014 Winnipeg Civic Election. This group of four friends operates **WinnipegElection.ca** and **ManitobaElection.ca**, election resources where voters can read up on and compare candidates while appreciating a better understanding of the electoral process.

The WinnipegElection.ca website was a popular resource during the 2010 election with over 45 thousand voters checking in with the site. "We're hoping to get more people learning about their candidates this election", says co-founder Jody Gillis. "I'm hearing that a lot of people don't vote because they don't know much about their candidates or what they're voting for. I'm hoping this is something we can help them with."

ODM's successful model hasn't only been recognized by voters. The group was thrilled to accept a twenty-five thousand dollar grant from the Canadian Internet Registration Authority's Community Investment Program. The Canadian Internet Registration Authority manages the .CA top-level domain, Canada's online identifier, on behalf of all Canadians. A Member-driven organization, CIRA also facilitates the development of a better Internet for all Canadians, and represents the .CA registry internationally.

With this grant money, ODM is building a general purpose election toolkit for future civic and provincial elections. This project will be open-sourced with the intention of allowing other citizen groups throughout Canada and the rest of the world to make their own election portal websites. ODM has already inspired and helped citizen's groups in Kingston, Ontario and Nanaimo, BC to build their own municipal election portals.

"Open Democracy and Open Government movements are

Continued on page 8

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E:info@brianpallister.com



Heather Stefanson
MLA for Tuxedo
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E:stefansonh@myns.net



Myrna Driedger
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(204) 885-0594
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Doyle Pivniuk
MLA for Arthur-Vinden
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E:doylepivniuk@leg.gov.mb.ca



Community views...

Mensheds, Woodhaven Shed

By Doug Mackie, Chairman of Mensheds

This past summer our shed was approached to scrape and paint the “Snack Shack” at the terminal point of the **Prairie Dog Central** located on the station grounds at Grosse Isle. The Snack Shack is parts of two former cabooses joined together and is used to sell drinks and chips to the passengers of the Prairie Dog Central when they arrive.

Yes, the building needed some tender loving care. Our members were up for the challenge of sprucing up this building.

After many hours of scraping and several days of painting, with rain interruptions, the “Snack Shack” has a renewed look. While completing this volunteer project, we also watched the work crew for the Pinkerton’s TV series, convert the area beside us into a western movie set. Interesting to watch this transformation.

What is a Men’s Shed? Men’s Sheds is a growing movement that originated in Australia, where there is a national health policy for men, and has expanded to New Zealand, the UK, and Ireland. The first successful Canadian Shed, Men’s Shed Manitoba, Woodhaven Shed, was started here in Winnipeg. Men’s Shed central concept is to provide a space or location for men, mostly retired men, to come together to participate in meaningful activities or projects. Men’s Shed takes a grassroots approach, with each shed reflecting its members’ unique interests and qualities.

What are the benefits of a men’s shed? Well to start off the camaraderie and socializing of a group of men creates a mental health benefit. Someone to talk to, another man to ask his advice, an opportunity to do various hands on tasks, should



Mensheds sharing the activities and membership benefits for men with visitors at the Seniors’ and Elders’ Day Celebration.

der to shoulder. A sense of purpose and belonging, a place to go on a regular weekly basis where there is a group of men having a coffee.

Our Woodhaven Shed meets Tuesday and Wednesday afternoons at the Woodhaven Community Club, 200 Glendale Blvd, in Winnipeg. Some of our activities include cribbage playing, crafts such as wood or bark carving, stained glass, wood burning, Diamond Willow cane or walking stick making. About once a month, Men’s Shed Café is where men gather to produce a meal from scratch, and other members and their spouses come for a congregate meal. A group meets for breakfast each Wednesday morning.

The results of these activities are new friendships, getting out from under at home, learning new skills or mentoring others to learn new skills. Giving a weekly purpose to many retired men to “get out and do something” in the fellowship of other men.

Groups of retired men are gathering together all across Canada to form such groups.

For more information, contact Mensheds at **204-804-5165**. Or go online to **info@menshedsmanitoba.ca**. See us on Facebook. ■

Filming of the Television Series, ‘The Pinkertons’ in Grosse Isle, MB



The set for the TV Series, The Pinkertons in Grosse Isle, Manitoba.

If you are driving through Grosse Isle, Manitoba, a short drive north on No. 6 Hwy and a right turn off the highway a bit, you will come across the site of the Prairie Dog Central train station, which is doubling as the set for the production of the television series, “The Pinkertons” until March, 2015.

We featured a writeup of the show in the last issue of *Senior Scope*. It is set in the wild west, 1860’s, and many scenes take place in Kansas City, Missouri. Based on real cases of the Pinkerton Detective Agency, it is presented as an ‘original action-adventure crime procedural series.’

The show has already premiered on Shaw and MTS on October 5th, but filming will continue until March, 2015 once 22 episodes are complete.

It’s a fascinating and tedious endeavour - movie making - but the end product shows seamless scene changes and production challenges that you would never otherwise know about, unless you had a behind-the-scenes peak at the set.

The design crew was kind enough to let us look around and get a sneak peak of some of the buildings that were constructed for the set.

Although some of the buildings are real, the Dubois Hotel and Saloon is only a facade.

Behind the Hotel/Saloon facade

are just a couple of semi trailers (containers) and brace-work to stabilize the structure. For any scenes on the upper balcony, actors didn’t have a fancy staircase to climb as you would imagine if the building was real. They had ladders. And inside scenes were filmed in the nearby Rec Centre.

Even the shack in the bush is just a facade with only three walls - no back.

The construction crew, we’re told, can do anything. Paint marble-like features, or any style of buildings, etc.

The show airs Sundays at noon.

●●●

According to Wikipedia, the free online encyclopedia, “Pinkerton, founded as the Pinkerton National Detective Agency, is a private security guard and detective agency established in the United States by Allan Pinkerton in 1850. It currently operates as “Pinkerton Consulting & Investigations, Inc., d.b.a. Pinkerton Corporate Risk Management”, a division of the Swedish security company Securitas AB.

Pinkerton became famous when he claimed to have foiled a plot to assassinate president-elect Abraham Lincoln, who later hired Pinkerton agents for his personal security during the Civil War. By the early 1890s, the Pinkerton National Detective Agency employed more

Continued on next page

Don't throw it out

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

**MEDICATIONS RETURN PROGRAM**

WinnipegElection.ca, cont'd from page 6

spreading across Canada”, says co-founder Kyle Geske. “On August 11th we hosted Richard Pietro on his cross-Canada Open Government Motorcycle Tour. The room was full of engaged citizens eager to learn about open government, to learn of the transparency and citizen engagement that releasing government data can bring.”

“We were happy with the turnout, which included a number of city journalists and election candidates including three mayoral candidates: Brian Bowman,

Robert-Falcon Oullette and Judy Wasylycia-Leis” says Geske.

Open Government is a political philosophy which holds that the data, documents and proceedings of government belong to the people being governed, in order to further the goals of transparency and accountability. In recent months transparency and accountability have been subjects of significant importance at City Hall. A more ‘open government’ isn’t just about public oversight, but is something that gives the citizens and the

press the power to better understand and take part in public affairs.

With just days until the election, the site is buzzing. Winnipeggers will go to the polls to vote for Mayor, City Council and School Trustees, on Wednesday, October 22, 2014. The information available on **WinnipegElection.ca**, which includes questionnaire responses from over 85 candidates, will help citizens make an informed choice at the voting box. ■

Coin Club News

The **Manitoba Coin Club**, winner of the Royal Canadian Numismatic Association's 2013 Club of the Year Award, is celebrating its 60th Anniversary Diamond Jubilee at its Fall Coin, Stamp & Collectibles Show in fine style at the historic (opened in 1914) Marlborough Hotel 331 Smith Street, Winnipeg, Manitoba.

There will be many coins and stamps for purchase, or if you want to sell, there will be buyers available at this two-day event on Saturday, November 1st, 10 am - 5 pm, and Sunday, November 2, 10 am - 4 pm.

Come one, come all to an intriguing combination of bourse and exhibits brought together by the friendly hospitality of the Manitoba Coin Club in the Marlborough's Eton Hall.

The first 50 guests on Saturday will receive one free copy of a recent issue of the Canadian Coin News, "Canada's premier source of infor-

mation about coins, notes and medals." (a \$3.50 value)

The first 50 guests on Sunday will receive one free copy of a recent issue of the Canadian Stamp News,



"Canada's premier source of information about stamp collecting and related fields." (a \$3.50 value)

There will also be door prizes each day! Admission is only \$2.00 per day. Happy Hunting.

For more information, contact Howard R. Engel at **204-253-0419**, email: **hrenal@mymts.net**.

The Pinkertons, cont'd from page 8



Even the shack in the bush has no back wall - it's only for show from the front and sides.

agents than there were members of the standing army of the United States of America."

The Pinkertons were referred to as 'Pinks' by their enemies.

Note, there are instructions online at www.ehow.com/how_8300027_build-southwestern-cowboy-movie-set.html#page=0 that shows you how to build your own Southwestern Cowboy Movie Set or a Ghost Town set, if you're so inclined.



The Dubois Hotel and Saloon in the background of the photo on the previous page, is only a facade. Inside scenes are filmed at the nearby Rec. Centre.

Happy 103rd Birthday Mary Sparvath!

September 22, 2014



Mary (Sparwood) Sparvath

Mary Sparvath has 103 reasons to celebrate! Not that many people get to see 100 birthdays, let alone surpass that great age.

Mary was born to Andrew and Adeline ('Alice' nee Mann) McFee in 1911 and had eight brothers and one sister. Mary was one twin of two sets of twins. Her twin, Sammy, died at a young age in WWII and is buried in Agira Cemetery in Sicily.

Mary lived in Gunton, Manitoba most of her life where she was married to Jens Sparwood, whose original family name is Sparvath -

changed due to immigration. There they raised their daughter Rosemary. Mary lived in Teulon for the past 25 years, just moving to Selkirk's Red River Place in spring of 2014.

Rosemary and her husband Lyle Hodge, now living in Alberta, their daughter Alison and her husband Dean Peterson of Selkirk, MB, along with their daughter and her boyfriend were there to celebrate Mary's birthday.

Also Mary's sister-in-law, Elizabeth McFee, also a resident at Red River Place, and her son Brian and his wife of Warren, MB were there, along with Mary's niece, Patricia Goodman (nee McFee) and her daughter Kelly.

Mary celebrated her 100th in Teulon in 2011, receiving a royal birthday greeting from the queen visits from many community members and local members of the legislature, as well.

Happy Birthday, Mary! Wishing you health and happiness. ■

Watch out for deer ticks

Lyme disease is caused by a bacterial infection that people can get from the bite of an infected blacklegged (deer) tick.

Manitobans can reduce contact with deer ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about Lyme disease, its symptoms and how to prevent it, visit our website at www.manitoba.ca/health/lyme/

You can help

You can help in the study of Lyme disease in Manitoba by collecting and submitting deer ticks for research purposes:

- Deer ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a deer tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a deer tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS - FRAGILE - HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (e.g. a dog, a person) the tick was found. Deliver or mail to:

Dr. Kataryn Rochon, Department of Entomology
Animal Science/ Entomology Building, Room 214
Fort Garry Campus, University of Manitoba
Winnipeg MB R3T 2N2

(Office hours: 8:30 am - 4:30 pm, Monday to Friday)



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The annual seasonal flu vaccine is available to all Manitobans at no charge. It will offer protection against three seasonal flu strains.

An annual flu vaccine is especially important for those at increased risk of serious illness from the flu, their caregivers and close contacts.

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To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links - Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

manitoba.ca

Manitoba

Seniors and Elders Celebrate the International Day of Older Persons.

Thank You to all the volunteers and everyone who helped make this day a big success!



Seniors' and Elders' Day Celebration, Sept. 30 at the RBC Convention Centre Winnipeg - a free event which included free morning coffee and muffins plus a light lunch.



Shirley Murray - Chair of the Seniors' and Elders' Day committee



Brenda Moberg, Drums Alive instructor, leads the group.



"Les Snowbirds" (Michel & Terry Alarie)

Seniors & Elders Day is in its 24th year of celebrating the energy and vitality of seniors in our community! Seniors' and Elders' Day celebrations in Manitoba have been held annually since 1989 as a kick-off event to Seniors' and Elders' Month in October. In 1991, the United Nations declared October 1 as International Day of Older Persons to honour the contributions of older adults to society. This year's event, held Sept. 30th at the RBC Convention Centre

Winnipeg was exceptional in regards to the entertainment, exhibitors, volunteers and organizers and of course the the guests who came from Winnipeg and rural Manitoba. One person who deserves a big applause for her longstanding dedication and hard work for this event is Shirley Murray. Shirley has been co-chairing and chairing the planning committee for the past few years, but her time on the committee goes back to this celebration's meagre beginnings.

This year, Shirley went far above her call of duty as chairperson. Thank you Shirley, on behalf of the planning committee and all who enjoy coming to this event. On behalf of the planning committee, a big thank you also goes to the Emcees - Hélène Bulger and Ron O'Donovan, the Anavets 303 Pipes & Drums members and all the performers who volunteered their time to join us. All of the volunteers should also be commended for a job well done.

Vanessa McLean, of Good Neighbours Active Living Centre, organized the volunteers for the day of the event. Volunteers this year were: **Franco Manitoban volunteers** - Marielle Remillard, Bertille Croteau, Diane Fontaine, Jules Hebert, Claudette Hiebert, Paulette Hebert, Rolande Melnic, Florence Croteau, Irene Gagne, Janine Kushnowski, Luce Malo, Agnes Remillard.

Continued on next page

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NOSTALGIA RADIO

Seniors Day Celebration, cont'd from page 10

Continued on page 21



Ray St. Germain takes the stage. He is the host on NCI's Métis Hour X2, Sat. mornings with co-host Naomi Clark. For bookings, email: rstgermain7@yahoo.ca



Ray's wife Glory.



L-R: Lee Major, Heather Crew-Gee and Sheryl Wyatt.



Drawing of Dominica, a guest, by Butch the Caricature Artist.



Claudia Chernitsky leading the Zumba Gold group at the Rady Jewish Community Centre where she is the Active Living For Older Adults Coordinator. 204-477-7459.

Good Neighbours (GNALC) volunteers -
Megan Wallace, Rachel Elias, Leona Barkman, Madeline Field, Margaret Birk, Jeanette Golletz, Cliff and Rosemary Wood.

Aboriginal Senior Centre:
Linda Brazeau, Rose, Beryl Bouvette, Tannis Belfour

Members in the community
Samantha (student from Broadway Seniors Resource Council), Mohamed Alli, Sheila Levine, Yoon and Won Kim.

Every year a group of dedicated, hard-working volunteers from senior-serving organizations and several retired citizens from the community, meet monthly to plan the next big celebration.

Here are some visitor comments taken from evaluation forms handed out at the event.

- "Everything was perfect-exhibitors, entertainment, refreshments!"
- "(I am) Deeply appreciative of the efforts made in organizing this event."
- "Great day! Enjoyed it immensely."
- "Very well done."
- "Thanks!"
- "I enjoyed the music!"
- "Well organized."
- "Nice to meet people from different communities."
- "The program was excellent!"
- "Ray St. Germain was great!"

ANNOUNCEMENT

This year, one of our long-time committee members and friend, **Angelita Maduro**, was sadly missed. Her passing on August 11, 2014, was a shock to everyone. At 75, she had an abundance of energy and compassion. She was also active with the Catholic Women's League. In fact, she was attending their Annual National Convention in Fredericton, New Brunswick at the time of her passing. You can view her obituary online on the Winnipeg Free Press Passages site.



Angelita Maduro

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“THE BUZZ”

Walker’s Dragon Boaters Raise \$350,000; Kubicek Looking to Revive; Percy Takes on More Work; Four Into Golf Hall; Baldwin Praises Gobuty; Grant Park Inducts 16 into Hall



By Scott Taylor

This week, Cancer Care Manitoba Foundation thanked the province’s Dragon Boaters for raising \$350,000 for Manitoba Kids with Cancer.

Back on the week-end of Sept. 12, 13 and 14, 103 teams gathered at The Forks and provided Cancer Care Manitoba Foundation with 1,320 minutes of “pure strength and determination to cross the finish line.”

“On behalf of the CancerCare Manitoba Foundation, the Children’s Hospital Foundation of Manitoba, and our young patients, we thank you,” wrote CancerCare Manitoba Foundation to all the Dragon Boaters who did so much this season.

“There were 69 heats of boats racing down the Red River and 50,700 powerful strokes. The sky was grey, the wind was strong and your outer leg was soaked from the paddler in front of you, but your efforts were priceless. A record breaking \$350,000 Net for Manitoba Kids with Cancer.”

Scott Walker, 64, the president of Facility Marketing Group and the hard-working, hands-on organizer of Winnipeg’s annual Dragon Boat Races, was thrilled with this year’s incredible effort.

“Over 3,500 dragon boaters from Manitoba, truly are our hidden amateur athletes,” said Scott Walker, “There were moms, dads, sisters, brothers and co-workers representing 103 corporate and community teams. This event has been sold out for 13 years and is already 60 per cent sold out for next September, 2015. We’re proud of each and every one of the participants.”

This year, FMG’s Manitoba Dragon Boat Festival celebrated its 21st season. It has now raised more than \$5 million for Manitoba charities.



Scott Walker - FMG Dragon Boat

Privately owned by FMG Dragon Boat an FMG Events Company, the organizers are headquartered in Winnipeg but are involved all over the world. FMG also owns FMG’s Saskatoon Dragon Boat Festival and FMG’s Tactical Challenge and the Winnipeg-based firm also consults to many Dragon Boat events in both Canada and the USA.

More than 600,000 Manitobans have participated in the Dragon Boat races over the last 21 years. It is Manitoba’s largest corporate event and the largest single user of the Red River System and the largest amateur sporting event in the province.

Stan Kubicek, one of the greatest broadcasters in Manitoba history, just turned 59, and is loving his life as a salesman at Hi Tech Energy Windows. Stan, who produced Headline Sports on CKY TV during the 1990s has talked about revising the show on radio, but he’s not quite sure that it would be successful. “I tried to get back into radio at The Jewel,” he said. “But I just



Don Percy



Stan Kubicek



Harry Brotchie



Jack Cuthbert

couldn’t do it. It’s a different business these days.” Yeah, it’s different. It barely pays the rent anymore... **Don Percy**, the 76-year-old “Master of the Morning” on Winnipeg radio station Jewel 101, is no longer Master of the Morning. He’s “Master of the Entire Day.” Don moved from the morning show at Jewel to mid-mornings and also picked up hosting duties for the evening show, “The Lounge.” It’s hard to listen to the Jewel and NOT hear the Canadian Broadcasting Hall of Famer...

● ● ●

FOUR INDUCTED INTO MANITOBA GOLF HALL OF FAME

Back on Sept. 29, Jack Cuthbert and Dean North were inducted as Honoured Members in the athlete category while Harry Brotchie was inducted in the athlete and builder categories and the tireless Lorraine MacLeod was inducted in the builder category as the Manitoba Golf Hall of Fame and Museum Inc. held its 12th annual induction ceremony, at the McPhillips Station Casino.

The Manitoba Golf Hall of Fame and Museum Inc. was formed to acknowledge the contributions and accomplishments made by Manitobans as competitors, both amateur and professional, builders and course superintendents to the game of golf.

HARRY BROTCHE

As a young amateur player, Brotchie was a three-time winner of the John Blumberg municipal course championship in 1972-74 and two-time winner of the City of Winnipeg municipal championship in 1973-74. As a professional he won the Manitoba PGA Assistants championship in 1975 and 1977 and placed fifth in the Canadian Assistants championship in 1975. He won the Manitoba PGA title in 1975 and was winner of more than 15 other Manitoba pro events.

Provincially, he developed and conducted junior golf camps and rural clinics for the Manitoba Golf Association and Manitoba Ladies Golf Association. He was president of the Manitoba PGA Assistants and later served as president of the Manitoba PGA in 1985-86. He was president of the Prairie Chapter of the National Golf Course Owners Association in 2013-14.

On the national scene, he was on the CPGA Board of Directors for 10 years and was a member of the executive committee for seven years. He is recognized as a CPGA Master Professional and is a director of the National Golf Course Owners Association. Internationally, he was non-playing captain of three Canadian World Cup teams, was honorary vice-president of the PGA of America in 1993-94 and was elected to membership in the British PGA.

As president of Lakeland Golf Management, Brotchie is in charge of the operation of nine public and resort golf courses in Manitoba and Saskatchewan.

JACK CUTHBERT

Cuthbert was born in Scotland and came to Winnipeg in 1911. He worked with the Bank of Commerce until the late 1920s, when he moved west.

He was the first winner of the Manitoba Amateur golf championship in 1919 and went on to become a dominant figure on the provincial golf scene through the early 1920s.

He followed that 1919 victory with three more Manitoba Amateur titles in 1921, 1923 and 1925 and added the Manitoba Open championship in 1924. He was a member of Manitoba’s first Willingdon Cup team in 1927.

Along with his list of championship performances, Cuthbert had the honour of playing in exhibition matches with such noted golfers as Harry Vardon, Ted Ray, Gene Sarazen and Walter Hagen. He

Continued on next page

DUGALD ESTATES

UNDER CONSTRUCTION

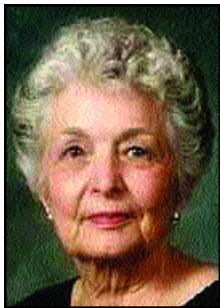
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Fall 2015 Possession

The BUZZ, cont'd from page 12



Lorraine McLeod



Michael Gobuty
back in the day.

became the golf professional at the Calgary Country Club in the 1930s and held that post for 33 years.

LORRAINE McLEOD

Years of dedicated service to golf in and out of the province have earned the right for Mabel Lorraine McLeod to be recognized as a true builder of the sport in Manitoba.

It all started at the Winnipeg Canoe Club, where she served in executive positions (including a term as president) from 1978 to 1982.

She served on the MLGA executive from 1982, chairing several committees and becoming provincial president in 1987-88. She was instrumental in the development of junior clinics, target fitness, sport psychology and a winter golf school with members of the Manitoba PGA.

She was on the board of directors of the Manitoba Golf Hall of Fame and Museum from 2001 to 2008 and was on the selection committee from 2001 to 2003.

McLeod was involved with the operation of several Canadian Ladies Golf Association championships from 1981 to 2001 and received a CLGA Distinguished Service Award for outstanding contributions in 2000.

DEAN NORTH

From the time he left the amateur ranks in 1994, Dean North has been an outstanding figure on the Manitoba professional golf scene.

As an amateur, he was as a member of the winning Manitoba team



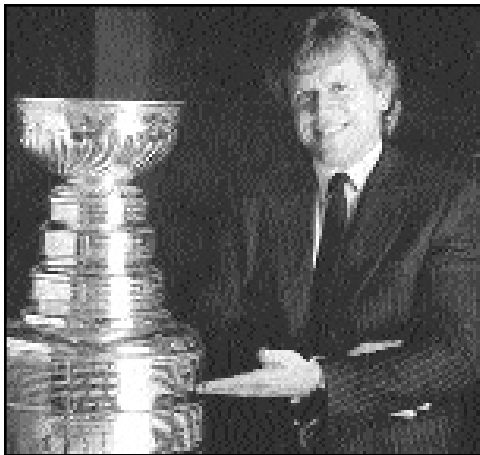
Dean North

at the Canadian junior inter-provincial championship in 1991.

He started his pro career as an assistant at St. Charles Country Club in 1994 and stayed there until 2005. From 2006 to 2009 he served as head professional at Selkirk Golf and Country Club, then returned to his home town of Carman in 2010 where he now serves as general manager of the Carman Golf and Curling Club.

He won the qualifying tournament for the Canadian Tour in 2000 and played as a member of the Tour in 1998, 2001, '03 and '04. On the local pro scene, North won the Manitoba PGA Player of the year honours eight times between 1997 and 2011; won the MPGA Championship four times between 2000 and 2011; and won the Fall Classic championship between 1995 and 2011.

In 2004, North won the North Dakota State Open at the Fargo Country Club with a record 18-under-par total 198 over three rounds, including the current course record of 10-under 62. He also is the holder of course records of 59 at Carman and 61 at Selkirk.



Howard Baldwin in 1979 after the
WHA joined the NHL.

BALDWIN COMES TO
WINNIPEG, PRAISES
JETS' GOBUTY

One of the people most responsible for getting Winnipeg into the National Hockey League the first time, returned to the 'Peg in October.

Howard Baldwin, 71, who had one of the most successful careers in the history of NHL ownership and got together with the likes of Winnipeg's Michael Gobuty and Edmonton's Nelson Skalbania to usher in expansion between the NHL and the old World Hockey Association, was in Winnipeg to sign copies of his new book, *Slim and None: My Wild Ride from the WHA to the NHL and All the Way to Hollywood*.

Baldwin has moved from hockey ownership to the movie industry and has produced a number of outstanding films including the Academy-Award winning *Ray*. However, when he came to Winnipeg, he talked hockey.

"I guess my greatest triumph was creating a hockey franchise out of nothing in a small market and getting it into the NHL," said Baldwin, who started his hockey career in the old Eastern League and then created the WHA's Hartford Whalers.

As President of the WHA, Baldwin led the merger with the NHL bringing the Whalers (now the Carolina

Hurricanes), the Winnipeg Jets, the Edmonton Oilers and the Quebec Nordiques (now the Colorado Avalanche) into the National Hockey League.

Baldwin fondly remembered, the work of Winnipeg's Gobuty during the often-difficult days when some NHL owners wanted no part of the WHA.

"Michael was very involved and he did a wonderful job," Baldwin said. "He went on a number of visits around the NHL to convince teams and owners that a merger was the best thing for the game. He was a great asset for the Jets franchise and a great asset to our league, especially when it came down to splitting up the players."

"Merging with the NHL cost all of the WHA teams their top players and this idea of giving up our best to the NHL really upset some of the owners. But it was Michael who said, 'players will come and go, but we'll only get one chance to get into the NHL.'"

GRANT PARK HIGH
INDUCTS 16 TO FOOT-
BALL HALL OF FAME

Jay Middaugh told this year's Grant Park Pirates to have fun. Dennis Hrycaiko just gave it one loud, "Go Pirates!" and Mike Kennedy wanted to thank everybody who had made Grant Park football so exciting and rewarding over the past 50 years.

On Tuesday night at the Fort Garry Hotel, the first 16 members of the Grant Park High School Football Hall of Fame were inducted.

The list was impressive:

- Todd Taylor, 1982-83, Harry Hood Trophy winner.
- Sam Gabor, 1997-2003, Player and Coach
- Scott Norris, 1981-83
- Marv Preyma, 1976-1996, Team Manager
- Neil Armer, 1987-1993, Quarterback; 2011-12, Coach
- Ron Gustafson, Head Coach 1983-98

Continued on page 14

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AL KINLEY FOR HALL OF FAME

Kinley Has Given His Life To Sport

By Scott Taylor

It's probably worthy of a place in the Manitoba Sports Hall of Fame when a man or woman is the founder of one major sports organization.

Al Kinley is responsible for three. Already a successful minor baseball coach, in 1977 he became a founding board member of the junior Elmwood Giants.

Already a coach with the WHSFL's St. John's Tigers, he and his friends created the East Side Eagles Football Club on his kitchen table and he immediately became the bantam coach. Within three seasons, the Eagles won back-to-back provincial titles.

And already a Phys. Ed. Administrator, he got his hands on 140 sets of football equipment – for the grand total of \$1 – and used it to create the Maples Collegiate Marauders, the first suburban team in the Winnipeg High School Football League.

Allan Kinley was born in Winnipeg on December 12, 1945. On Nov. 8, just shy of his 69th birthday, Kinley will be inducted into the Manitoba Sports Hall of Fame. No one is more deserving of the honour.

A tremendous athlete, Kinley played on the University of Manitoba's back-to-back Vanier Cup football championships teams in 1969 and 1970 and was a Canada West all-star in '68 and '69. However, it was years as a coach



Al Kinley

and an organizer that has earned him an honoured member's position in the Hall as a builder.

As a baseball coach, Kinley coached the Bantam and Midget teams at Chalmers Community Centre. He also coached the provincial champion Charleswood Bison team in 1976 and won the provincial Midget championship with Chalmers in 1974.

In fact, Kinley has coached so many championship teams in so many sports – football, baseball, volleyball, even gymnastics – that

there isn't enough room on all the plaques in all the Manitoba Halls of Fame to record all of his victories.

And through it all, he was probably the least emotional sportsman in the entire province. When he got the call from Rick Brownlee, telling him he was being inducted this fall, he admitted that he showed very little emotion.

"Yeah, maybe that's true on the outside, I don't show my emotions at all," Kinley said, without emotion. "I think maybe Rick, when he called me, thought I was kind of dead. I sort of said, 'Wow.' It didn't sound like it, but I really meant it. Wow! This is very exciting. It's something I never thought about until it happened and when I said, 'Wow,' I might not have sounded excited, but I was thrilled."

You can probably forgive Kinley his lack of emotion. He's spent so much of his adult life keeping his cool that showing emotion doesn't suit him. After all, this is a guy who has coached football at every level from five-year-olds to Seniors. This is a guy with two national football championships and a guy who has done everything on a baseball field from play to umpire to coach and to organize. In Manitoba sports, Al Kinley is a tall timber.

"I was really thrilled because the

people who nominated me started the process a number of years ago," he said. "People worked very hard to get me in the Hall and I am very grateful. That's a great thing to do for a guy."

Al Kinley is a guy who spent 10 years (1979-89) as an assistant football coach at the University of Manitoba, was the convenor and umpire-in-chief for the Red River Valley Sports League and won the 1972 Winnipeg High School Football League championship as a coach with the St. John's Tigers in 1972.

But through this distinguished career, what was his greatest memory? Which championship or all-star award gave him the greatest satisfaction? Well, none of them, actually.

"My greatest memory is my first experience at coaching," he said. "I was 17 or 18 and my younger brothers were hanging out at Chalmers Community Centre when Bobby, he was 8, called me, crying, and he said, 'the man here says we can't have a ball team if we don't get a coach.' So I went down to the community centre and well... You know, I'd like to tell this story at the induction dinner."

Al, if you're telling a story, I can't wait to hear it. ■

The BUZZ, cont'd from page 13

- Dr. William Turk**, 2001-04, Harry Hood Trophy winner
- Steve Silver**, 1995-2000
- Dave Knechtel**, Coach, 1998-2011
Gregg Barker, 1988
- Dr. Dennis Hrycaiko**, 1963-64
- Mark Baillie**, 1986-89, Harry Hood Trophy winner
- Craig Ferens**, 2001-06
- Jay Middaugh**, 1981-84, Harry Hood Trophy winner
- Jim Smyrl**, 1986-85, Played in the CFL
- Mike Kennedy**, 1987-89 Player; 1996-2014, Coach.

The evening, part of Grant Park's 50th Anniversary of Pirates Football, was a trip back into the past. Coach **Dave Knechtel**, a former member of the Winnipeg Blue Bombers, talked about the importance of teamwork and camaraderie; **Jim Smyrl**, now a bank executive in Edmonton, said that "everything I've accomplished in my life started with football," and **Dr. William Turk** talked about the importance of Grant Park football and the fact that all alumni should be prepared to give back to the program.

The evening, hosted by current head football coach Doug Kovacs, Grant Park High School principal Susan Anderson, the selection committee and the players on the 21014 Pirates football roster, drew more than 250 former players, coaches and their supporters to the Provencher Room at the Fort Garry Hotel.

The selection committee included, **Mike Kennedy**, **Bob Kolt**, **Al Greenburg**, **Liam Bernier**, **Rick Morris**, **Derek Matwyczuk**, **Doug Kovacs**, **Noel Bernier** and **Ron Gustafson**. ■



The induction of Dr. Dennis Hrycaiko, who played at Grant Park 50 years ago.



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The induction of Grant Park's long-time player and coach Mike Kennedy.

Manitoba Seniors Music Festival showcases local talent for all ages

More than eight decades ago, 11-year-old **Nestor Mudry's** school band teacher suggested he switch to playing the trumpet because "the orchestra already had too many violins." That advice paid off, and kicked off a love affair with music that still holds the 93-year-old trumpeter's heart today.

"I love the instrument, I love the music and I love the nostalgia," says Mudry, who will perform along with hundreds of other local musicians of various ages – many of them seniors, but also younger performers including some very talented teens – as part of the **Manitoba Seniors Music Festival, running from October 14 to 30, 2014.**

"You can see the joy on people's faces when they hear music performed that they haven't heard in a while. It takes them back," says Mudry, who will perform with the Murray Riddell Big Band as part of the Festival.

"The Festival gives people a great opportunity to do something we really enjoy. It's what life is all about – instead of watching TV, it's wonderful to have a hobby like music," adds Mudry.

But don't let the name fool you – the province's only music festival to feature the talents of seniors from Winnipeg and beyond offers people



Murray Riddell Big Band. Nestor Mudry is 2nd from the right in the back row.



Ray St. Germain.

of all ages a unique opportunity to enjoy great live music in a variety of styles, including big band, jazz, orchestras, concert bands, choirs and even barbershop singers.

Each of the nine evening concerts will present three unique groups, showcasing a total of 25 different musical acts and hundreds of performers.

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.

"Seniors are very capable of per-

forming music and performing it well, which the musicians in these bands definitely prove," says Mar. "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."

The **affordable ticket price of \$12** makes the festival a great outing for families. Tickets are available from the **WSO Box Office (204-949-3999), McNally Robinson Booksellers (204-475-0483)** or at the door. All concerts are at 7 p.m.

at the Lutheran Church of the Cross at 560 Arlington St.

While seniors make up the majority of the seasoned performers, festival organizers stress that the festival is indeed for people of all ages.

"Seniors really enjoy and understand the entertainment, and they let you know – when I perform at this festival I really feel like I'm in their living room entertaining, and feeling very welcome," says local musician/entertainer **Ray St. Germain**, 74, who is performing at the Festival. "It's also a chance for younger people to see the kind of live music they probably wouldn't get a chance to see on their own."

The experience of seeing and hearing live music is special for any age, says musician Ron Paley, also performing during the Festival.

"As much as I love to listen to recorded music, there is nothing quite like hearing live music. The energy is in the room and in the air," says Paley.

The festival is able to operate this year with help from the Winnipeg Foundation and radio station CJNU. For more information visit the festival's website at **www.manitobaseniorsmusicfestival.ca**

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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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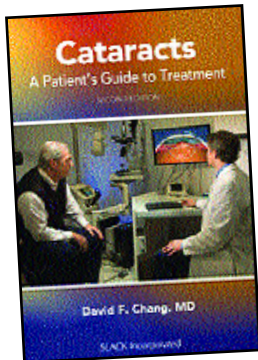
www.manitobaseniorsmusicfestival.ca

The Reading Room

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

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

Welcome to another edition of *The Reading Room*. So nice to see you! And speaking of seeing, did you know that more than 1 million Canadians are blind or partially sighted? Vision problems can be present from birth or may develop as you age. Common causes of vision loss include cataracts, diabetic retinopathy, glaucoma, injury, and macular degeneration. Fortunately,



If you think you may have cataracts or have been recently diagnosed, then **Cataracts: A Patient's Guide to Treatment** is the book for you. Cataract surgery has become increasingly common, but patients still have questions: Why do I have cataracts? How they are diagnosed and treated? How surgery is performed? What happens after surgery? Do other eye conditions cause complications? This book provides a good overview of the range of treatments for cataracts in order to help you make well-informed decisions, and has excellent colour pictures to support the text. One caution is that the author is American. Not all of the content may be relevant in Canada but it is still a valuable resource. The best approach is to read it for background information and then consult with your doctor.

- many of these conditions can be prevented or treated.
- The CNIB provides a Seniors Healthy Vision Checklist on their website. How many of these statements can you say "yes" to?
1. I get an eye exam every year;
 2. I manage my other health conditions;
 3. I know how to spot the signs of vision loss;

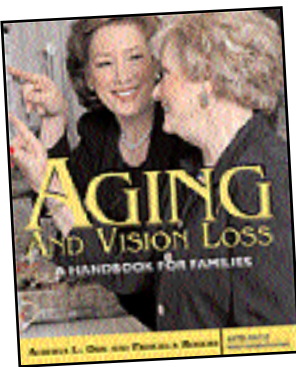
4. I test my sight at home on a regular basis;
5. I protect my eyes from injuries at home;
6. I maintain a healthy lifestyle.

Take the quiz at:

<http://visionhealthmonth.cnib.ca/checklist/> to find out how your

eye-healthy actions stack up, and then visit the Crane Library to find out more about vision health.

Two great books in our Consumer Health collection are: **Cataracts: A Patient's Guide to Treatment** by David F. Chang, and **Aging and Vision Loss: A Handbook for Families** by Alberta L. Orr and Priscilla Rogers.



Aging and Vision Loss: A Handbook for Families is exactly what it says it is: a handbook for families. Vision loss does not automatically mean a loss of independence for the caregiver or their loved one. This practical guide offers many adaptive strategies for carrying out everyday tasks, participating in leisure activities and organizing the home for independent living. It also gives an overview of ways families can cope with vision loss; discusses the difference between normal aging and serious eye conditions; addresses stages of vision loss and adjustment; suggests ways for family members to cope emotionally; and offers advice on how to adapt living arrangements in order to make homes safer and easier to navigate. An invaluable resource for caregivers who are trying to understand and deal with vision loss in an older loved one.

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

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Help for Family Caregivers

One third of Manitobans are caring for a family member. "Eight years ago I'd never even heard the term caregiver," says Wendy Sutton. "Many of us don't identify ourselves as caregivers, we simply see ourselves as daughters, sons, husbands, wives, mothers and fathers. "My mother wasn't a burden to me but her dementia, caused by a series of small strokes, became a burden for both of us. We thought we were prepared. Mom's legal and financial affairs were in order. As it turned out we had no idea what we would need to know. " Sutton was stunned by the resistance and barriers she and her mother encountered. "Most of what I learned, I learned from a crisis or by chance and I learned it too late to help my mom."

Hoping to share what she learned with others who are caring for aging parents, Sutton began giving workshops. "I wasn't going to sit on the sidelines and wait for someone else to bring resources to the caregivers. I can make a difference now, so I will."

She also created the [website](#), **Where Next: A Path for Caregivers**, which is a one-stop shop for information and resources that support caregivers of seniors in Manitoba." We have a wealth of resources and supports in this province. The problem is that caregivers often don't know these resources exist or how to access them."

She has 2 seminars planned for October. Register in advance at wherenext@shaw.ca or or by calling 204-477-1387.

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Have a nice visit in long-term care

By Lisa M. Petsche

Many people find visiting a relative or friend in a long-term care residence an uncomfortable experience, at least initially. They don't know what to expect or what to say and do. The following guide can help to ensure a positive visit.

Visiting Tips

Call ahead to the unit where the person resides, to find out the best time of day to visit.

Plan to visit when you aren't rushed for time.

Bring something with you: flowers from your garden, a photo album, a magazine or newspaper, a guest book for visitors to sign, a favourite music CD, a special food treat. Check first with staff whether or not the person has any diet restrictions.

Position yourself at eye level, face to face. Ensure you are close enough and speaking loudly enough that the person can adequately see and hear you.

Actively listen to what the person has to tell you. Express interest in their daily activities, and allow them to vent their feelings about their situation.

Encourage reminiscing ("Remember when...?") This stimulates the mind and evokes pleasant feelings.

Tell some jokes or a funny true story, or bring in a humorous movie to watch together, since it's true that laughter is good medicine.

If conversation is difficult or impossible, share news about family, friends and current events, read aloud or listen to music together. Sit in the lobby and people-watch. Learn to become comfortable with silence.

Check the recreational activities schedule for regular and special events, and accompany the person to one of them.

Telephone between visits if you can't get in as often as you would like.

Visiting the Person with Dementia

Visiting a person who is mentally impaired can be challenging. You may not be able to relate with them in the usual ways because of impaired communication, memory deficits or altered personality. Visits can still be meaningful, however, once you adjust your expectations and learn new ways of interacting. Read on for some guidelines.

Visit alone if possible. It is much easier for the person to deal with one visitor at a time. If you find visits awkward, though, bring along a friend for support.

Come prepared for any possible mood. Or, call ahead and ask what kind of day the person is having. If it's a bad one, postpone your visit.

Approach the person slowly and from the front, giving them time to see you coming. Make eye contact and use touch as appropriate.

Address the person by name and identify yourself. Be prepared that they may not recognize you or may not recall previous visits. (Do not quiz them, as this can cause frustration.) Rest assured that this does not make your presence any less valuable. Your visits not only provide mental stimulation, they validate the person as a unique and worthwhile individual.

Find a quiet place to visit in order to avoid distractions, since over-stimulation leads to agitation.

Speak slowly and clearly. Use familiar words and simple sentences. Avoid clichés. Talk in a calm voice, using a low-pitched tone.

Ask simple questions that require a short answer - preferably yes or no. Avoid posing questions that challenge their memory, such as "What did you do today?"

Use body language - gestures, facial expressions, tone of voice, touch - to help get your message across.

Don't argue when the person has their facts confused. If a conversation appears to be causing frustration, change the subject. If they become restless during an activity, try something else.

Don't take verbal outbursts or other uncharacteristic behaviour personally. Shorten the visit if it's going poorly - if the person is irritable or fatigued, for example.

Following a difficult visit, do something for yourself - such as going for a walk or soaking in a hot bath - to help relieve tension.

If visiting is stressful, consult with a nurse, recreation therapist or social worker regarding visiting tips and coping strategies. ■

Lisa M. Petsche is a registered social worker and a freelance writer specializing in boomer and senior concerns. She has personal and professional experience with elder care.



Active Aging ADVENTURE CONTEST

Let Your Adventure Begin...

The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) is looking for "Mature Beginners" (older Manitobans, who subscribe to the notion "It's never too late to try something new").

ALCOA-MB is opening the "Active Aging Adventure" Contest to all Manitobans, who are 55 years of age or older. The contest officially starts during Active Aging Week September 21 -27, 2014. The "Active Aging Adventure" Contest closing date is October 31, 2014, so get your entry in before the deadline and be eligible for some great active aging prizes (Urban Poles, Pickleball paddles, Custom Cribbage boards, Gift Certificates and more...).

ALCOA-MB wants to collect your active aging adventure stories about your new or renewed experiences during Active Aging Week or throughout Seniors' and Elders' month (entire month of October, 2014).

Take the opportunity to explore and try something you have not tried before or have not done in quite some time. Then tell your story and share your adventure. ALCOA-MB will compile all the stories in an "Active Aging Adventure List" and post them on the ALCOA-MB website starting January, 2015. The "Active Aging Adventure" List will also be made available in print.

No matter where you live and no matter how long you have lived – you have many adventures still ahead! Be adventurous! Allow yourself to be a beginner! Nobody starts off being excellent at anything – so whatever you do, give it a chance for success!

Write about your "Active Aging Adventure"

To help you create your "Active Aging Adventure" Story consider the following questions as a guide: but tell your story in your own words:

- During Active Aging Week/Seniors' & Elders' Month I tried something different! Your personal adventure is about something you don't normally do - something different & perhaps something that presented a challenge for you.

Describe your "Active Aging Adventure" in your own words.

- What did you try? I tried (What)
- Why did you try it? I was inspired by
- How did it make you feel? This adventure made me feel
- Are you going to try it again? Would you encourage others your age and ability to try this experience as well? If yes, what advice would you give them to make it a pleasurable experience? How can other older adults get involved?
- What is the next thing on your Active Aging Adventure List that you are thinking of trying – and why?
- What opportunities for older adults would you like to see more of in your community?

"Active Aging Adventure" Contest Rules

- All entries must be hand written (in legible writing) or typed and sent to the ALCOA-MB office (post-marked) no later than October 31, 2014. You can enter as many adventures as you would like. Winners will be notified by December 1, 2014.
- All participants must be 55 years of age or older by October 31, 2014 with their primary residence being in Manitoba.
- Each "Active Aging Adventure" story is to be a maximum of 1,000 words. All entries will be reviewed by an ALCOA-MB committee comprised of older Manitobans. We will post the prize winning entries on the ALCOA-MB website and will endeavour to include every entry we receive.
- Enter your "Active Aging Adventure" story in the contest and send your entry along with your Name, Age, mailing address, phone number and email address (if any) to:

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ALCOA-MB
1075 Leila Avenue
Winnipeg, Manitoba R2P 2W7
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NEW ADDITIONS TO MANITOBA'S PHARMACARE PROGRAM INCREASE ACCESS TO CYSTIC FIBROSIS, CANCER DRUGS

A drug used to treat cystic fibrosis is one of an additional 127 new medications added to the Manitoba's Pharmacare Program, Health Minister Erin Selby announced today.

"Those living with cystic fibrosis and their families have to face many challenges, but one of those should not be worrying about medication costs," said Minister Selby. "Adding coverage for Kalydeco to the provincial formulary will give those eligible for the drug one less thing to worry about."

Coverage for Kalydeco and the other new medications begins today.

"We applaud the decision to cover Kalydeco for cystic fibrosis patients in Manitoba," said Ken Chan, vice-president of advocacy, research and health care, Cystic Fibrosis Canada. "Patients will benefit from this new drug that fixes the underlying cause of cystic fibrosis, therefore leading to better health."

"Having lived with cystic fibrosis my whole life, this is welcome news to me and my family. While there is no cure for cystic fibrosis, this drug is the closest therapy we have to one," said Nick Ewasiuk, a 26-year old cystic fibrosis patient in Manitoba. "Being on Kalydeco means I'll see an improvement in my health and now I can look forward to spending many more years with my family and friends."

Other drugs added include those to treat illnesses and chronic conditions such as schizophrenia, lung cancer and diabetes including:

- Latuda for the treatment of schizophrenia;
- Methadose for opiate addictions treatment;
- Divigel for estrogen replacement therapy;
- Genotropin for treating growth hormone deficiency;

- Giotrif for the treatment of lung cancer;
- Jentadueto for the treatment of diabetes;
- Kalydeco for the treatment of cystic fibrosis;
- Mekinist and Tafinlar for treatment of advanced melanoma;
- Turdoza Genuair for the treatment of chronic obstructive pulmonary disease (COPD);
- Simponi IV for the treatment of rheumatoid arthritis; and
- Xarelto for the treatment of pulmonary embolism.

In addition, a number of devices used for the treatment of diabetes will be covered including certain types of needles, syringes, lancets and test strips.

Minister Selby said 90 of the new medications are generic drugs used to treat a number of conditions including Parkinson's disease, heart failure, high blood pressure, depression, migraines and acid reflux. These new additions are expected to save Manitoba families \$4.4 million over the next year, the minister noted.

Pharmacare is a universal, comprehensive prescription drug program for any Manitoban with benefits based on family income. It covers 100 per cent of eligible drug costs once the income-based deductible is reached, regardless of medical condition or age.

More than 3,800 medications have been added to the pharmacare program since 1999. Earlier this year, medications that help treat cancer, c. difficile infections, epilepsy and high cholesterol were added.

More information on pharmacare is at: www.gov.mb.ca/health/pharmacare/.



By Roger Currie

Currie's Corner

Halloween



Apologies to my 10 year old grandson, but every year seems to bring more reasons to dread that ancient ritual called *Halloween*. I was an enthusiastic *trick-or-treater* for a few years as a youngster, but it ended for me just about the time that Bud Grant won his last Grey Cup as coach of the Blue Bombers, and Ronny Lancaster was preparing to move his family from Ottawa to Regina.

It was about that time that we first heard stories about the ghosts and goblins coming home to find that someone had given them apples with nasty things like razor blades and pins in them. Just when you thought that tasteless commercialism couldn't sink any lower, this year we have costumes that resemble the hazardous material suits that are worn by people who deal with victims of the Ebola virus. Scratching a little deeper, we find out that one of the bestselling costumes last year was a *Haz-Mat* suit,

complete with oxygen mask, inspired by the hit TV series *Breaking Bad*. The main character in that one was a high school teacher who turned to the manufacture and sale of crystal meth.

There are many other examples of Halloween costumes that seem to be driven more by bad taste rather than creativity, and it's so unfortunate. *Unicef* did well for quite a few years in getting trick-or-treaters to collect on their behalf, but that has largely faded because of collectors being robbed and other problems.

Halloween, and *Devil's Night* which is observed by some the night before, have long been dreaded by police and fire departments in many parts of North America. In a growing number of communities the decision has been made to "just say NO". Halloween is not allowed to happen. That seems a bit extreme, but so are the folks who seem determined to make a buck off the misery of others. ■

Castor Canadensis



Another Hinterland Who's Who for you this week – the Castor Canadensis. We're talking about the North American beaver, a most important creature in our proud history.

It's hard to believe in today's political climate, but there was a long period when beaver and other furry animals were vital to the fashion trade in many parts of the world. Anyone who has studied Canadian history will have read Donald Creighton and Harold Innis on the importance of the fur trade, and the rivalry between the Hudson's Bay Company and the Northwest folks.

Later, when overtrapping threatened the very survival of the sharp-toothed critters, they found a new champion on the prairies in a man named Grey Owl. He was actually an Englishman masquerading as an Indian, but he restored the beaver to a respected status. Reach into your pocket and pull out a nickel and you'll see what I mean.

Just a few weeks ago came what may be the greatest beaver tale of them all. Near Lake Claire in Alberta's Wood Buffalo National

Park, an American named Rob Mark was the first person to explore the world's largest beaver dam. It's 850 metres long, which is more than the height of the CN Tower. It was discovered seven years ago with satellite images provided by Google Earth, and it appears to have taken the creatures almost 40 years to build.

Several times over the years, in northwestern Ontario, the Trans-Canada Highway was washed away by a large beaver dam. When I lived in Regina, I used to cycle along Wascana Creek, and one day the paved trail that runs close to the Saskatchewan legislature was blocked by half a dozen poplar trees that Castor Cananendis had brought down.

All I can say is, they'd better not try to put them in a plastic tank at the zoo, with or without the polar bears. ■

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

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EVENTS

Manitoba Coin Club Annual Show - Sat. Nov. 1, 10-5 & Sun. Nov. 2, 10-4, at the Marlborough Hotel. Coins, Stamps, Bank Notes, Tokens, Gold, Silver & Platinum Bullion. Many dealers, Fun for all – Adm. \$2. Call Barre W. Hall: **204-296-6498**

The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:30 pm (1-1/2 hrs approx.), at the Fort Rouge Community Centre, 625 Osborne. Frequently there is a Coin auction. Visitors, guests and new members welcome. Call Barré Hall: **204-296-6498** for info.

CARP (the Association for 45+) Chapter #47 Winnipeg West - Upcoming meetings, 9:30 am at ANAVETS, 283 - 3584 Portage Ave.: Nov. 5, speaker - Tom Dercola, VP at Nostalgia Radio CJNU; Dec. 3: speaker - Representative from Safety Services Manitoba, Mature Driver Workshop **204-831-1320** or **204-895-1920**

St. James Anglican Church - Fall Supper, Sat. Oct. 25, 195 Collegiate St. Sittings at 4:45 and 6:15 pm. \$25/couple, \$37 for a family, \$15 for individuals. Reserve early: **204-888-3489**.

Delmar Seniors Association - Craft & Bake Sale - Sat. Nov. 15, 9 am-3 pm, 100 Adamar Rd., 2nd floor, recreation hall. Soup, buns, cookies and beverage - \$4, served at 11 am while quantities last.

The Scottish Country Dancers of Winnipeg - Guy Fawkes Ceilidh, Fri. Nov. 7, at Silver Heights United Church, 199 Garrioch Ave. (near Ness and Mt. Royal Rd.). Doors open 7 pm. Dance to Celtic music. Refreshments avail. Simple dances for everyone to enjoy. Tickets \$5 at door. Visit www.rscdswinnipeg.ca or call **204-284-4667** for more info.

Parkinson Society Manitoba - Presents Sisters of the Holy Rock, Nov. 15, 7 pm, Mclvor Ave. MB Church Auditorium, 200 Mclvor. Adults \$18 in advance or \$20 at door. Kids 12 & under \$10 in advance, \$12 at door. Call Doug: **204-667-0589**.

Senior's Dance - Thur. Nov. 6, 12-3 pm, at St. Anne's Church, 35 Marcie St. off Gilmore. Music by Pride & Joy. Admission \$10. Call **204-669-7557** for info.

Post Polio Meeting - Tues. Oct. 28, 1-2:30 pm, at the Katherine Friesen Centre, 940 Notre Dame Ave. Speaker: Brad Sparrow of the Winnipeg Police Department, Community Relations, Crime Prevention. Topic: Scams and Frauds.

Happy Mike's Coffee House - Sat. Nov. 1, 8 pm at 195 Collegiate St. Feature performers 'nStyle, followed by open mic. Family entertainment for all ages. Free admission. <http://happymikes.stjamesanglicanchurch.ca>

The Women's Canadian Club of Wpg. - Luncheon, Wed. Nov. 19, at RBC Convention Centre's Pan Am Room (2nd floor). Doors open at 11 am, lunch at 12. Tickets \$22 members, reserved, or \$24 for members non-reserved, \$25 non-members/guests. Call 204-663-5657, 8 am-10 pm or email: wccwinnipeg@gmail.com.

St. Eustache Young at Heart/Jeunes de coeur - Join us for a meal at the St. Eustache Hall Oct. 24. Supper served 5:30 pm. Join community members and meet new friends. Call Doris: **204-353-4532** or Alice at **204-353-2194**.

Balmoral United Church - 125th Anniversary Celebration, Sun. Nov. 2, 2 pm starting with a worship service in the church sanctuary followed by a High Tea reception at the Community Hall. All welcome. Call Charlotte or John Peach: **467-9070** or email apeach@xplornet.ca

Headingley United Church - Annual Fall Supper, Nov. 2, Seatings: 4 pm, 5 pm & 6 pm. 5353 Portage Ave., Headingley Community Centre. Adults - \$15, 6-12 - \$8, under 6 - Free. For reservations at 4 & 5, call **204-895-9147**, for 6, call **204-888-4865**.

Komarno - Western Dance - Sat. Oct. 25, 7:30 pm, Komarno Hall. Band: Canadian Rhythm Masters. Call for tickets - \$15: **204-886-2994**

Things to do in Winnipeg

Downtown Connection, 55+ Resource Centre - Free exercise & educational sessions. Edmonton Court, Portage Place Shopping Centre: Oct. 20-31, weekdays 10 am. Cindy Klassen Recreation Complex, 999 Sargent Ave: Oct 20-31, weekdays 1 pm & 2 pm. call the Healthy Aging Resource Team: **204-940-8140** for info.

Ukrainian Canadian Veterans Branch # 141 - Hard Card bingo, Fri. afternoons, Paper bingo, Wed, Thur, Fri & Sat. evening. Sat. aft. dance with live band. For info: **204-589-5315** ext 103

Friends of the Winnipeg Public Library - 10th Annual Big Fall Book Sale, Sat. Oct. 25, 10 am-5 pm, Sun. Oct. 26, 11 am-3 pm, Grant Park High School Gym, Grant & Nathaniel. **204-488-3217** or info@friendswpl.ca. A Friends' Fundraiser in support of Winnipeg Public Library projects

Nearly New Shop, 961 Portage Ave. - Fall Clothing, Halloween costumes. Starting Oct. 20, Christmas in October sale. Hours Mon-Sat 10 am-4 pm. All proceeds to The Children's Hospital of Manitoba

VOLUNTEERING

Middlechurch Personal Care Home - Volunteers needed to work 1 day/week in the Village Pump (Pub) and/or the General Store. Volunteers also needed for Sat. afternoons and evenings. Contact Matt Mutcheson: **204-336-4138**.

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

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

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

Rupert's Land Caregiver Services - Volunteers in Wpg. are needed for our "Time-out for Caregivers Program" where a volunteer is matched with a family to provide companionship to the older adult & give their family caregiver some time-out. For volunteer opportunities, call: **204-452-9491** or email: rlcs_vol@mymts.net.

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

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

East St. Paul Curling Club - The Learn to Curl League, each evening, includes an instruction session and mini-game.8-week session starting Oct. 25, Saturdays, 5-7 pm. Visit www.eaststpaulcurlingclub.net or email espcurl@gmail.com for info.

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

Victoria Lifeline Home Service Representatives - Volunteers needed to travel throughout Winnipeg to explain and set up Lifeline equipment in people's homes. Must have a car. Mileage reimbursement, flexible schedules, training provided. **204-956-6770** or email dhildebrand@vgh.mb.ca

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

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

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

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

SOCIAL PROGRAMS / SERVICES

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

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

Springs Seniors Drop In - Fall Luncheon open for seniors only, Tues. Oct. 28, starting at 1 pm, 725 Lagimodiere Blvd. Games and fun to follow. Open to public. Pre-registration only. Tickets \$8 - at church info desk or call **204-233-7003**. www.Springschurch.com (under church life)

Bleak House Senior Centre - New Classes: Arts and Crafts - Tuesdays, 9:30 am-noon; Computer Communications (internet, email, facebook, etc.) - Thursdays, 9:30 am-noon, at 1637 Main St. Info: **204-338-4723**

Archwood 55Plus - Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, line dancing, social activities (monthly luncheons, bowling, card & board games), bus trips & more. **204-416-1067**, archwood55mail@gmail.com or www.archwood55plusinc.weebly.com

Pembina Active Living 55+(PAL) - Registration for winter classes begin in Dec. Classes held at Grace Christian Church (50 Barnes Street) and St. Norbert, Ft. Garry and Linden Woods Community Centres. Drop-in activities offered. info@pal55plus.com or call **204-946-0839**, www.pal55plus.ca

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

Portage La Prairie Farmer's Market - Baking, Crochet, Flavoured Honey, Jewelry, Knitting, Sewing, & Home Based Businesses, to name a few things at our year round market. Sat. 10 am-2 pm. Inside the PCU Centre, 245 Royal Rd. S, Island Park. New vendors encouraged. Contact: Robyn text or call **204-240-7541**, email robyncrafts@mymts.net, Facebook: **PortageFarmersMarket**

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

East St. Paul 55 Plus Activity Center - Accepting memberships from East St. Paul area residents. Various activities and quilt-

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Seine River Seniors Inc. - Southdale CC. activities: bridge, Mon., 9:45-11:30 am; walking/urban poling, Mon., 9:30-10:30; monthly lunches - 2nd Wed. of each month; Sept. 7 - Pansy Fall Supper; Sept 17 - Assiniboine Park Zoo; Oct. 5 - Cooks Creek Fall Supper. Call: **204-253-4599**

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

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

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

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

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

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

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

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

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

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

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

ing open to all members. Call **204-661-2049** or **204-654-3082** (msg).

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

Manitoba Government Launches New Flu Campaign, Announces Greater Access to Immunization for Manitobans



Getting immunized against the flu will be easier for Manitobans this year with access to more health-care professionals able to administer the flu vaccines and additional locations including pharmacies, new ACCESS centres and QuickCare clinics, Health Minister Erin Selby announced.

"With more than 530 pharmacists now certified to administer drugs by injection, five new ACCESS centres and four QuickCare clinics now open for service, Manitobans have more options to get their flu vaccine," said Minister Selby. "Providing increased access to immunization is a priority for our government to ensure that Manitobans can protect themselves against the flu and protect those at increased risk of serious illness from the flu, their caregivers and close contacts."

With this year's new campaign slogan, 'Because it's About Them Too. Get Vaccinated. Don't Spread the Flu.', the Manitoba government hopes to motivate more people to get immunized, the minister said.

"The flu can spread easily from one person to another through coughing, sneezing or by touching objects contaminated with the flu virus and then touching your mouth, eyes or nose," said Dr. Michael Routledge, chief provincial public health officer. "I encourage Manitobans to think about not only their health, but the health of others in their community and get immunized as it is one of the best ways to prevent infection."

"The Assembly of Manitoba Chiefs is pleased to have First Nation engagement in this year's provincial flu campaign. We encourage our communities to be healthy and stay healthy. The First Nations population is at a higher risk due to many contributing factors, such as overcrowding and lack of indoor plumbing. With that, I encourage all First Nations to get vaccinated, especially our infants, our elders, and those suffering from chronic diseases, such as diabetes. Protect our circle of life, it is easier to prevent than to cure, immunize today," said Grand Chief Derek Nepinak, Assembly of Manitoba Chiefs.

A key component to having more Manitobans immunized is the recent addition of pharmacists as legislated immunization providers, Minister Selby said. In addition to newly certified, experienced pharmacists, all new graduates of the University of

Manitoba's faculty of pharmacy are now receiving the necessary training to provide future patients with this service.

"Manitoba pharmacists are trained drug therapy experts so expanding their scope of practice to include administering injections is not only a natural extension of pharmacists' current role on the health-care team, but it also increases access to the flu vaccinations in smaller rural communities across the province," says Glenda Marsh, president, College of Pharmacists of Manitoba. "Now many Manitobans can visit their local pharmacy to get the flu shot from the pharmacist that they know and trust."

Those wishing to be immunized by their pharmacist should call in advance to make an appointment. It should be noted that pharmacists can administer vaccines to patients seven years of age and older.

Again this year, the seasonal flu vaccine is available free-of-charge to all Manitobans over six months of age. Although everyone should get the vaccine, those at increased risk of serious illness from the flu, their caregivers and close contacts are especially encouraged to get their immunization against this virus. Those at increased risk include:

- seniors aged 65 or older,
- residents of a personal care home or long-term care facility,
- health-care workers and first responders,
- children under five,
- individuals of Aboriginal ancestry,
- those with chronic illness,
- people who are severely overweight or obese, and
- healthy pregnant women.

This year, Manitoba children and adolescents two to 17 years are eligible to receive publicly funded live attenuated influenza vaccine (FluMist), provided they do not have any contraindications. For more information on FluMist, including a fact sheet, go to Manitoba's Seasonal Influenza Immunization Program website at www.gov.mb.ca/health/flu/index.html.

Coffee Break in Rural Manitoba

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



By Marion Clemens

Hello everybody - how has life been treating you lately?

Weatherwise we experienced several sudden changes from one day to the next. Snow will arrive any day now, for sure before Halloween, since I remember that Oct. 31 we always had snow. Poor parents, who always have to drive their kids around !!

October is Seniors and Elders month and is, as such, always officially opened end of September during an event at the Convention Centre in Winnipeg. This year the Kin Place Bus took us Sept. 30. The event, happening from 10:00 am to 2:30 pm, was as always interesting and entertaining for me - and I know many others too. Highlights were the performance by Ray St. Germain. While he is well known in all of Manitoba, he is loved especially in Springfield. I remember him from the time when he dropped his children off for Tiny Tots and/or Kindergarten in Dugald.

Other very colorful and well prepared performers were the Metis High Steppers dance group.

We even did some exercises - following the performers on the stage.

The exhibited organizations and stores concentrating on seniors' needs were kept busy all afternoon with everybody of course trying to find out the latest developments.

Brown paper bag lunches were offered at noon time - and everybody enjoyed those delicious chicken and/or egg salad sandwiches. A special bouquet to our bus-driver Bernie who succeeded to find a parking spot as close as possible to the entrance door of the RBC Convention Centre.

All in all it was a pleasant outing offering a wide variety of entertainment and advice too.

A couple of months ago something funny happened to me. I was reading the names of programs on the TV. One of them was 'Forensic flies.' 'What on earth are forensic flies?' I was wondering. Are they used to solve crimes? But then I realized that it was "forensic files" - I was just getting used to my new eyeglasses and had problems at

times reading the letters "i" and "l" because they really look very much the same - don't they!

When you read this, the new Museum of Human rights should finally be open. I intend to visit it soon and can assure you that I will be looking it over including even the slightest exhibit, since I have been living and growing up under the Nazi Regime - which was 100% ignoring any human rights while governing Germany from 1933 when Hitler took over the leadership till the end of WWII in 1945.

I hope you all had a pleasant, blessed Thanksgiving dinner with your families and friends. We have so very much to be thankful for!

Here at Kin Place and Kin Place Personal Care Home in Oakbank we were treated to delicious turkey dinners and of course lots of pumpkin pies with ice cream, after the cooks had put lots of extra time and effort into the meals. Thank you Vivian (dining room cook). ■

Wishing you a safe, fun-filled Halloween and right after that in the stores Santas will greet us - dancing or ho-ho-hoing and the Salvation Army will try to raise lots to finance their programs - helping where help is needed most.

So long - Marion



Marion Clemens with Kelly Goodman of Senior Scope at the Seniors' and Elders' Day celebration - Sept. 30/14.

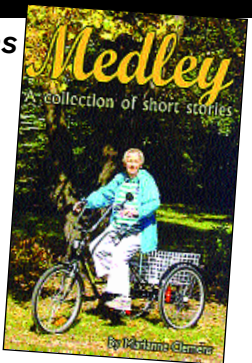
Medley - A collection of short stories

The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life.

Available at:
Winnipeg: McNally Robinson - Grant Park Shopping Centre
Oak Bank: Oakbank Food Fare, Country Town 'N Dollar/Postal outlet, and 689 B Main Street, apartment 111.

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."

Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.



prepared by
Manitoba Hydro



Bookings and info, call
1-204-746-4318
(Morris, MB)



Recipe OF THE DAY

Larry McIntosh

Hearty Minestrone Soup

Metric	Ingredient	Imperial
225 g	sweet italian sausage	1/2 lb
30 ml	olive oil	2 tbsp
1	onion	1
1	garlic clove, minced	1
125 ml	celery, chopped	1/2 cup
125 ml	carrots, chopped	1/2 cup
125 ml	red peppers, chopped	1/2 cup
900 g	stewed tomatoes, chopped	16 oz
10 ml	parsley flakes	2 tsp
2 ml	dried basil	1/2 tsp
-	pinch dried thyme	-
-	bay leaf	1
1 L	chicken stock	4 cup
125 ml	small pasta shells, uncooked	1/2 cup
414 ml	red kidney beans, undrained	14 oz

Remove sausage from casing and lightly brown in frying pan. Drain meat on paper towelling. In 16 cup (4 L) saucepan, saute onion and garlic in oil until softened. Add celery, carrots and red pepper. Cook, stirring frequently, for 3 minutes. Add tomatoes and seasonings. Stir in chicken broth, pasta and sausage meat. Bring to boil and simmer until pasta is cooked, 10 to 15 minutes. Add kidney beans. Simmer 10 minutes until beans are heated through and flavours are blended. Season with salt and pepper, if desired.

Serves 10 www.PeakMarket.com

CROSSWORD -

Screams in the Night! By Adrian Powell

ACROSS

1 Sailing the Mediterranean, perhaps

6 Wave down a cab

10 Where the Pearl Mosque is

14 Navigational aid

15 Last Stuart queen

16 Cialis or Viagra

17 Evil, mischievous spooks

19 Constructed

20 Goofup

21 "Just the facts, ____"

22 Windsor's merry ones

23 Shudder-inducing sound

27 Curling necessity

28 Like poltergeists

29 ____ Khan

32 R2-D2 and C-3PO, for short

35 Before today

38 Cuddly-looking marsupial

40 Do lunch, maybe

41 Chucked

43 Global web giant, e.g.

44 One type of list

47 Yemen's main port

48 Major Tibet centre

50 Feedbag tidbit

52 Reaction to something touching your leg, perhaps

56 Ziggy Stardust's alter ego, David

57 Smear on

58 19th century macabre master

61 Colorado tribe members

62 Something scary heard in the darkness, perhaps

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DOWN

1 Arthritic complaint

2 Powerful Norse god

3 Cavalry weapon

4 A little bit of work

5 Like some bombs

6 Islam's Kosher equivalent

7 Inner self, to Jung

8 "Newhart"

9 "Survivorman" host Stroud

10 Owns up

11 Somewhere not to be on October 31

12 More uncivil

13 Many moons, so to speak

18 Like stored hay

22 Tricky game?

24 Tiny bottle

25 Bond

26 Supreme being

29 Alias preceder

30 Viscous crud

31 This puzzle's theme

33 Brief summary

34 Acorn bearer

36 "Holy smoke!"

37 Rent alternative

39 Denigrate

42 Absolutely detest

45 Habitually take drugs

46 Replenish

49 Lifts up

51 Einstein, e.g.

52 Must, slangily

53 Nitwit

54 End of October accessories, say

55 Barbecue rods

56 Head and shoulders

59 "Don't bet ____!"

60 Narcissists' problems

62 What Horton heard

63 60's school dance

64 Retired Liberal politician Bob

SOLUTION ON NEXT PAGE.



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*EVENT CARICATURES ONLY

WORDSEARCH - Keep it short

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

Gas

Goes

Grease

Guy

Harmony

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- Ice

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Makers

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Men
- Molecule

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- Oral

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Pie

Plug

Porch
- Races

Raft

Rag

Rail

Rear

Red

Reflection

Reign

Reject

Rub

Rug

Saves

Scar

Scheme

Senses

Skirt

Snake

Some

Spy

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Tar

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Tie

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Yard

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Zoos

SUDOKU EASY - By Senior Scope

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7		3	5				8	9

Each 3x3 cell has the digits 1-9. Each vertical and horizontal line also has the digits 1-9. Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE.



By William J. Thomas - Humour Columnist

I was six, standing with my mother and my dog, Penny, on the side porch of the house on Forkes

Growling, Penny ran full-tilt towards the back of the garage and then all at once we heard a thud, a scream, a yelp, and a man yell: "Dammit!" My mother's hands flinched and tightened around my neck and I had to pull at them in

"Clean it!" my father said, smiling as he offered her the turkey. Standing there dripping with blood and grinning, he looked like the world's worst butcher.

He never killed a Thanksgiving turkey again, of course. Like the rest of us, he was dumbfounded that he had managed to do it even once without incurring heavy neighbourhood casualties. ■

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



**Have a Safe &
Happy Halloween!**

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

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

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S	T	E	T			H	O	O	K		R	A	T	I
T	A	N	S			O	P	T	S		T	E	S	T



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For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

A blue and black motorized golf cart is parked on a lawn. The cart has a blue seat, a black steering column with a control lever, and a black storage compartment on the side. It is positioned on a green lawn with some dry leaves scattered around.

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after 2 pm











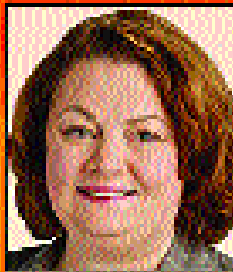

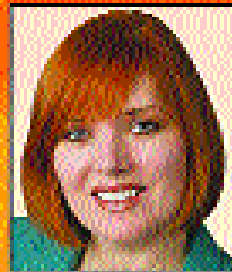





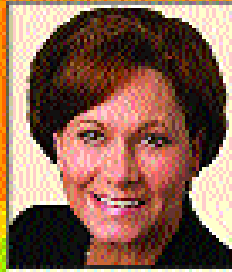


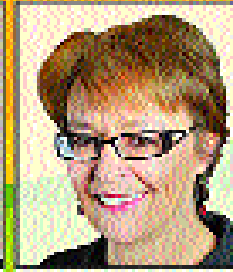

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