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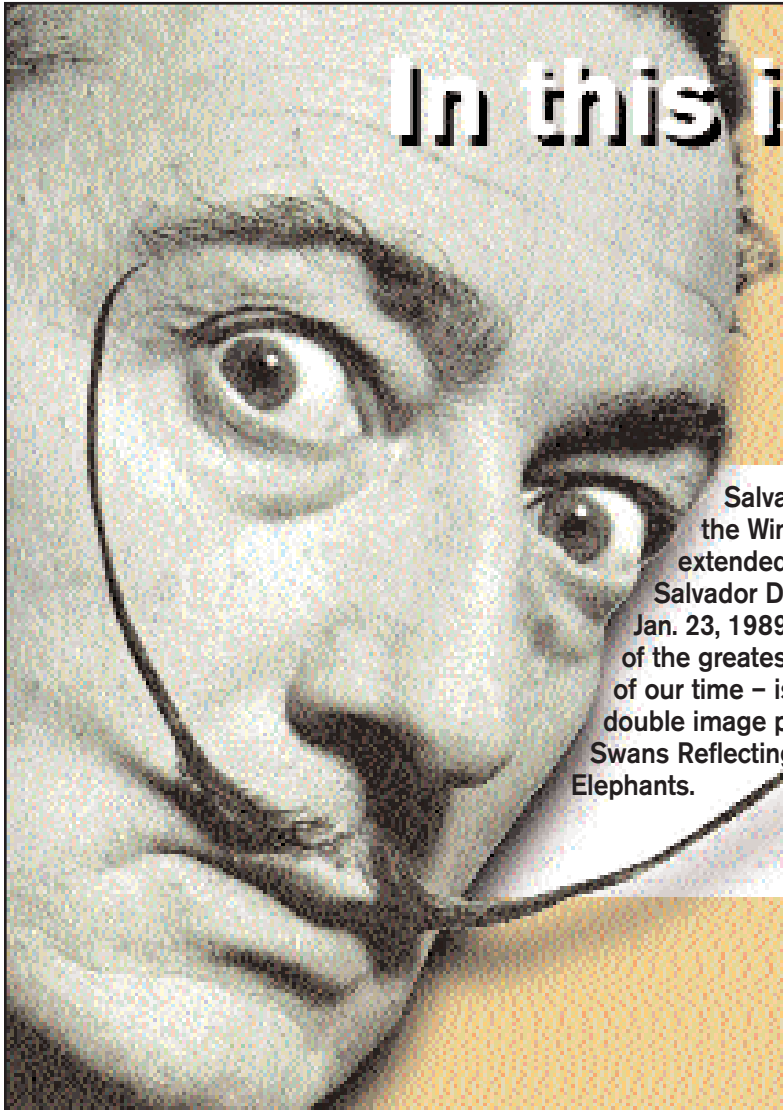
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In this issue...



Salvador Dali show at the Winnipeg Art Gallery extended to Feb. 22nd. Salvador Dali (May 11, 1904-Jan. 23, 1989) of Spain - one of the greatest abstract artists of our time - is known for his double image paintings: i.e.: Swans Reflecting Elephants.




"Master of the Morning," Don Percy retires but will be on fill-in duty at Jewel 101.



Restaurant Lounge & Boutique

Closure announced for Chez Sophie on the bridge.



Peguis Chief Glenn Hudson to try to get construction going on a new hotel and convention centre at the Downs this summer.

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February is Heart Month

Heart and Stroke Foundation Report: Big challenges lie ahead for Canadians' heart health despite decades of research advances that have resulted in more survivors than ever before

Heart disease touches more than one in two Canadians and new obstacles loom on the horizon

Feb. 3, 2015 — The 2015 Heart and Stroke Foundation Report on the Health of Canadians looks back on 60 years of life-saving, ground-breaking research, revealing astonishing improvements in diagnosis, treatments, and outcomes between then and now. However, these gains will be threatened as our population changes and some risk factors for heart disease are set to rise sharply.

"We have made incredible progress in improving the heart health of Canadians since the 1950s and 1960s," says David Sculthorpe, CEO, Heart and Stroke Foundation. "Back then of those who made it to hospital after a heart attack, 30 – 35 per cent did not survive. Today that number is down to five per cent. Or put another way, 95 per cent of Canadians who have a heart attack will now survive – thanks to research."

According to a new Heart and Stroke Foundation poll* Canadians are not aware of the progress that has been made – less than one-quarter realize that survival rates are now so promising. And yet, heart disease has an extensive reach across our country. In fact, according to the poll, more than half of Canadians report that someone close to them has had heart disease.

Decades of progress

The Foundation interviewed 16 of the country's leading cardiovascular experts, who agree the greatest accomplishment regarding heart disease has been in survival rates. In 1952, cardiovascular disease (heart disease and stroke) was responsible for almost half (46 per

cent) of all deaths in Canada. Today it accounts for just over one quarter (27 per cent) of all deaths. Sixty years ago, fewer than 20 per cent of infants born with complex heart defects reached adulthood, but today, more than 90 per cent do.

This success is directly related to research advances in prevention, diagnosis, treatment and care including:

- Identifying, treating and managing **risk factors** such as high blood pressure and cholesterol.
- Cutting **smoking** rates by much more than half to 16 per cent today from about 50 per cent in the 1950s.
- Understanding the **physical causation** of the disease; for example, identifying the role that clots play in acute myocardial infarctions (heart attacks) led to effective clot-busting drugs.
- Developing and continually improving **medications** to manage risk factors and heart disease such as:
 - **Beta blockers**, which protect the heart from subsequent attacks.
 - **ACE inhibitors**, which cause blood vessels to relax, leading to lower blood pressure.
 - **Statins**, which are used to lower cholesterol and are effective at preventing cardiovascular disease as well as treating those who have it.
 - **Anticoagulants** and anti-platelets such as acetylsalicylic acid (ASA, commonly referred to as Aspirin), which can be used to prevent dangerous blood clots from forming.
- Producing **sophisticated imaging equipment**, such as mag-

netic resonance imaging (MRI) scanners and CT (X-ray) scanners, has made diagnosis faster and more precise.

- Discovering and improving **new procedures**; for example, open-heart surgery has more and more been replaced by less invasive procedures such as angioplasty, a non-surgical technique.
- Improving **recovery time** and **quality of life** for the 1.6 million Canadians living with the effects of cardiovascular disease.
- Collecting and analysing **data** to measure practices and improve treatments and outcomes for patients.
- **Translating knowledge** to make the most effective use of evidence collected, by sharing it with the right players, and putting it into action. For example, sharing evidence about the harms of second-hand smoke with policy-makers resulted in smoke-free policies.

Much of the discovery noted above – as well as pacemakers, "blue baby" surgery and clot-busting drugs – are breakthroughs that started with Heart and Stroke Foundation research. Since its inception in 1952, the Foundation has invested more than \$1.4 billion in vital heart and stroke research, making it the largest contributor in Canada after the federal government. Last year we invested almost \$34 million in research across Canada and we have committed to raise \$300 million for research over the next decade.

Continued on page 6

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FINANCIAL INFORMATION:

The Value of Advice

PART TWO

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

The Tax Minimization Process was discussed in part in the January 14/15 issue of *Senior Scope*. The remaining tips are discussed below. To view PART I, visit <http://www.seniourscope.com> and you'll find the Jan. 14/15 issue on the 'Archives' page.

PART TWO

4) **Tax Sheltering** provides special tax benefits offered to investors in areas the government deems necessary of help.

1. The **capital gains exemption on principal residence** for Canadian homeowners. Prior to 1982, couples were able to claim the exemption simultaneously on up to two principal residences, thereby allowing mom and dad the opportunity to shelter gains on their second home or vacation property as well.
2. The \$800,000 **exemption on small business corporations** has many entrepreneurs focused on growing the equity in their business for eventual sale as well as looking to the use of multiple family member shareholders and estate freezes in anticipation of multiplying the value of the exemption among family members.
3. The \$800,000 **exemption on qualified farms** pleases not only the hard-working Canadian farmer regarding the eventual sale or deemed disposition of the farm, but also invites many "farmers" to take up hobby farming and, thereby, participate in the exemption, if properly structured.
4. Specialized tax shelter products such as **Limited Partner-**

- ships, Venture Capital Funds, Flow-Through Shares** and other previous incarnations, have long enticed Canadian investors hungry for tax reduction strategies. However, the high risk of these ventures (as evidenced by the governments' willingness – and need – to subsidize them through special tax provisions), the structural and investment complexity of such products, the high costs embedded within the products and, ultimately, the potential for CRA rejection of the tax benefits, make these products suitable to only a very few extremely knowledgeable Canadian investors.
5. The **deductibility of carrying costs** on investment loans allows Canadian investors and entrepreneurs the opportunity to invest in their own companies, or into a portfolio of shares of companies or units of mutual funds. First, by using other people's money (usually the banks) we have the opportunity to put more money into the market, thereby magnifying the opportunity for growth, although also magnifying the potential for loss. With the ability to deduct the interest charges on the loan, we also reduce the cost and, consequently, the risk associated with the strategy. This strategy is geared more toward the experienced investor.
 6. There are few times we see value in using insurance products and investment products combined, however, the **Leveraged-Life** strategy is one that is certainly worth considering. The basic prem-

- ise is to borrow against an appropriately funded universal life policy to provide tax-free income during retirement. The lending institution agrees to annualize the carrying costs of the loan, making the costs only repayable on death of the insured. The loan provides tax-free assets to the insurance owner during retirement and the bank is repaid from the insurance proceeds on the death of the investor.
7. If one's goal is to donate a sizeable chunk of one's assets to a registered charity, the ability to **donate listed shares** without triggering capital gains taxes provides Canadians with the opportunity to divest oneself of the capital gains tax, plus capitalize on the charitable tax credit thereby reducing taxes paid! This bit of tax-preferred charitable altruism has been available since 2006.
 8. In 2009 Canadians made their first deposits into the **Tax-Free Savings Account (TFSA)**. The initial maximum deposit was \$5,000 per individual – which increased to \$5,500 in 2013. The flexibility in the product, and the fact that all growth within the plans are absolutely tax-free, we see this as being the most useful of government sanctioned savings programs since the introduction of the RRSP over 50 years ago. For some Canadians, the TFSA will be a more useful long-term savings tool than is the RRSP.
- 5) **Tax Credit Maximization** pertains to ensuring all possible credits available are utilized now and into the future. Often, many of

- these credits have been created for specific economic stimulus – such as the Home Renovation Tax Credit, created during the debt crisis and market meltdown of the last decade.
1. Every Canadian resident is open to claiming the **Personal Tax Credit**, effectively making their first \$11,000-plus of income tax-free. This is a credit that we sorely want to utilize for every family member.
 2. **Tuition and Education credits** are available to post-secondary students and are potentially transferrable to supporting family members.
 3. The **Medical Expense Credit**, because of its unique 12 month rolling qualifying period, it provides an opportunity to maximize the tax effectiveness of such a credit.
 4. The **Age Credit**, available to those over the age of 65, is a credit that needs to be contemplated and planned towards for all Canadians.
 5. The **Pension Income Credit** allows everyone with a RPP, RRSP (turned into a RRIF or annuity), or a spouse with a pension, to receive this credit at age 65. This needs to be planned in advance to ensure its use.
 6. The **Charitable Donations credit** is unique in credit value in that it equates to the top marginal tax rate with donation amounts over \$200 as well as the fact that spouses can combine their contributions to maximize the credit.
 7. The **Dividend Tax Credit** provides value to most investors in regard to tax-efficient investment income. However, the
- Continued on page 4*

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The Value of Advice - PART TWO, cont'd from page 3

artificial gross-up of dividend income on individual's tax returns can push those over the age of 65 into means-tested income levels that might create clawbacks of their G.I.S., Age Credit and OAS.

8. The **Infirm Dependent Credit** and the **Caregiver Tax Credit** give some tax relief to individuals and families who are infirm or who are caring for an infirm family member. As individuals see increased longevity even with significant physical challenges, and families become more involved in their care – think **Sandwich Generation** – such tax relief is a welcome reprieve . . . as long as the individuals are aware of the tax breaks.

The list of credits is far too expansive to fully catalog here but, suffice it to say, it's a list that an individual should become fully acquainted with and have the knowledge to maximize the potential. The focus on these credits is not just on their present availability of credits; we should always be looking to the future to ensure that credits that might be available down the road are being contemplated today – the age tax credit and the pension credit being two of the more obvious opportunities.

4) Match Tax-Efficient Strategies to Goals

Given that we have dozens of tax-efficient strategies that we can work with, there has to be a realization that there are only so many of those strategies that we will be able to utilize. Putting together the puzzle of a financial plan demands that we will have to do considerable modeling to come to the final decisions on which strategies fit best in the achievement of one's goals. For each goal, we will usually have any number of strategies that we would be able to implement.

“ The focus on these credits is not just on their present availability of credits; we should always be looking to the future to ensure that credits that might be available down the road are being contemplated today – the age tax credit and the pension credit being two of the more obvious opportunities. ”

One only has to look at the requirements of planning-out someone's retirement to get a good picture of the complexities of such planning. Certified Financial Planner professionals have the educational backgrounds to begin to create a retirement plan. In conjunction

with your accountant and lawyer a number of strategic products can be used in building long-term wealth for future retirement: pension plans, RRSPs, TFSA's, investment loans to fund purchases of rental properties or investment portfolios, or non-registered investments. Understanding that each one of these strategies has its own unique tax efficiency that we could benefit from, is only the beginning.

Understanding how each strategy actually impacts our personal financial and tax situation, now, and in the future, is a start. Understanding how each strategy interacts with the other strategies and how each could possibly be used in concert with the others to the achievement of our retirement goal is moving forward. Layering all of this on top of our other goals (educate the kids, pay off the mortgage), and the various strategies required for them, and we're suddenly reminded of that 3-D chess game that we all play so elaborately in planning for our futures.

Understanding the **science** of our complex tax system, as well as the products supported by the system, is entry-level to **good tax minimization planning**. To bring all of it together to optimize your personal situation and the **art** of financial planning, call me for a plan or a review. ■



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INTERLAKE REGION:

Project New Hope brings new hope to military families in need

By Don Adamko

On Sunday January 18, 2015 **Project New Hope** President Laurence Rutt presented a Certificate of Appreciation to Balmoral United Church for the generous donation their congregation had made to the group. Every year, during the Advent period leading up to Christmas, the Balmoral Congregation collects spare change in special coin boxes given to each family and then donates the money collected to a worthy cause. This year's cause was Project New Hope whose mission is to provide support to military members, veterans and their families in need.

In presenting the certificate, Laurence Rutt told the Congregation that their donation had already been put to valuable use helping two military families. The first was towards a Winnipeg based family

under financial stress just prior to Christmas. The town of Gunton had chosen to put together a Christmas Cheer package of goods and gifts for this family. Project New Hope used a portion of the Balmoral donation to augment the gifts in this package.

The second use was towards a military family in Red Deer, Alberta who were involved in a serious car accident just before Christmas which took the life of two children and hospitalized both parents and one other child. Project New Hope used the rest of the Balmoral donation plus funds from other sources to make a Trust Fund contribution for the well being of this family.

For more info see
www.projectnewhopecanada.com



Laurence Rutt President Project New Hope (Right) presenting Certificate of Appreciation to Rev Taeil Yang Minister of Balmoral United Church

Tai Chi beneficial for older adults



Brenda Moberg, left, fitness instructor for Tai Chi and Drums Alive at the Gwen Sector Creative Living Centre - one of few who teaches Tai Chi for those suffering with arthritis.

What is Tai Chi?

Tai Chi is a martial art technique practiced for both defense training and health benefits but you don't have to be an athlete to participate. Today, many practice it for exercise and stress management.

Have you ever wondered if Tai Chi can benefit you? The answer likely is 'yes.' You don't need any special equipment, just comfortable clothing for this slow movement exercise, and you can do it anywhere, anytime, alone or in a group.

It is for all ages and most with varying abilities and illnesses. It's especially beneficial for older adults who have ailments. Not only is it relaxing and stress-reducing, but studies have shown that early exercise can bring a wide range of health benefits to your skeletal, muscular and circulatory systems. Whereas advanced Tai Chi exercises the mind, emotions and internal organs. It can even help those recovering from illness and injury.

Benefits include improvements in concentration, balance, composure, self confidence and self control - overall mental well-being. In general it reduces hypertension, relieves chronic headaches, dizziness and insomnia, and benefits those suffering with arthritis and rheumatism.

The **Gwen Sector Creative Living Centre** at 1588 Main Street in Winnipeg is offering a free demonstration class on Thursday, March 12, at 12:30-1:30.

There are 108 movements, but the program will focus only on six Sunstyle Tai Chi movements.

Brenda Moberg is the fitness instructor who will lead the class. Brenda also teaches Drums Alive at Gwen Sector.

Gwen Sector's mission is to promote the well-being of older adults in mind and body.

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



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By Roger Currie

Currie's Corner

More Cash to Stash

Hey, we survived the month of January without much frostbite, and many of us older Canadians suddenly have more money in our jeans than we did a year ago.

Around New Year's Day, the beancounters in Ottawa calculate a *cost of living* adjustment for the *Old Age Security* payments that go out every month. Last year in January, the monthly increase was \$7.77. I got into a bit of trouble by suggesting with tongue in cheek that it might buy a seniors ticket at the movies on 'cheap Tuesday'. Some listeners and readers said every little bit helps, and I shouldn't make fun of the increase.

This year, the upward adjustment is \$15.68! Might it have something to do with the election that's coming no later than the fall? We are also paying a lot less for gasoline and some forms of home heating than we were 12 months ago. And those of us who still have mortgages and car loans

to worry about are suddenly paying a bit less because interest rates are dropping slightly.

When you add it all up, there's suddenly a nice bit of extra cash burning a hole in our pockets. The news about the Canadian economy continues to be very mixed. There may be growing support for the notion that *seniors* no longer need the special consideration that they've been receiving for decades.

The falling price of oil is undoubtedly hurting Saskatchewan and Alberta big time. Albertans may soon be joining the rest of us in the 'real world' by paying a provincial sales tax when they go to the checkout.

Will slightly richer pensioners feel sorry for their relatives in Calgary or Edmonton? Probably no more than hockey fans in the west who will be smiling as they gaze to the east and see the Leafs missing the playoffs once more. Go get 'em Jets! ■

Canadian Flag Celebrates 50th

The day after Valentine's Day will be the 50th birthday for a most important Canada symbol, the *Maple Leaf* flag. It was a bitterly cold Ottawa day on February 15, 1965 when Lester Pearson and John Diefenbaker were among those on Parliament Hill as the flag was first raised to the top of the peace tower.

Until the day he died almost eight years later, Mike Pearson regarded the Maple Leaf flag as his greatest achievement as our 14th Prime Minister, and half a century later, he may have been right all along. The only Canadian to ever win the Nobel Peace Prize was never what you would call a *savvy* politician. He began the flag debate at a gathering of the Royal Canadian Legion in Winnipeg, and it went downhill from there.

Diefenbaker was allied with the veterans and others who favoured making the red ensign our official flag, but Pearson knew that Quebec would never agree. The debate in the House of Commons seemed to be endless, and frequently pointless. Eventually Pearson's government managed

to find a consensus, and we have lived under the red Maple Leaf ever since.

Our school children pay tribute to the flag every morning. More than 160 Canadians came home from Afghanistan in caskets that were draped with the Maple Leaf. Ottawa is spending \$50,000 to commemorate the flag's 50th anniversary. They spent more than \$5 million to commemorate the *War of 1812*, and more than \$4 million to mark the 200th anniversary of the birth of Sir John A. Macdonald.

Those commemorations are not celebrated by all Canadians by any means, but our history is important. We proudly boast that our country is the envy of the world. Many would say that you'll have trouble figuring out where you are going, if you don't know where you came from. ■

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

February is Heart Month, cont'd from page 2

New challenges threaten advances

Despite the amazing accomplishments, we are in danger of losing the gains we have worked so hard for.

"We cannot underestimate the progress we have made, but we still have an enormous task in front of us," says Sculthorpe. "Heart disease and stroke continue to be the second leading cause of death in Canada and a leading cause of disability, responsible for 66,000 deaths each year. And we know we are facing a new set of challenges that will require more research and new solutions."

While we have made improvements in managing some risk factors, we have also lost incredible ground in other areas:

- Diabetes rates in heart attack patients have skyrocketed to 31 per cent from 17 per cent in a matter of decades.
- Sixty per cent of adult Canadians are overweight or obese and obesity rates in children have tripled over 30 years.
- The population is aging and as people get older, their chances of developing cardiovascular disease increases.
- Poor diets and lack of physical activity are leading risk factors.
- Nine out of 10 Canadians have at least one risk factor for cardiovascular disease, but according to the poll only 12 per cent of Canadians are aware of this fact.

Smoking rates have decreased but 16 per cent of adult Canadians still engage in this behaviour that is the leading cause of preventable disease, disability and death, and the proliferation of e-cigarettes poses new challenges.

The changing face of heart disease

The portrait of the typical heart patient has changed dramatically. Dr. Eldon Smith began practicing cardiology in the 1960s and has seen a shift in the typical heart patient over his long career.

"Back then, 75 per cent of my patients were male. The average age was 55; they were married, employed, smokers, overweight and sedentary. They usually had other risk factors such as high cholesterol and high blood pressure, which may have been diagnosed but were likely not being managed – the drugs were so awful they would not take them," says Dr. Smith.

This contrasts with what is seen today. Dr. Smith notes the average patient is substantially older, and still likely to be male – although the numbers of women with heart disease has risen. Patients still tend to be overweight, and while many have high blood pressure and elevated cholesterol, these are most likely diagnosed and well managed. Fewer are smokers, but if anything heart disease patients are even more sedentary than in the past.

Restoring function to damaged hearts.

Heart failure is on the rise as more people survive heart attacks and other acute heart conditions. As people with damaged hearts are living longer, they become more susceptible to heart failure. Work continues into finding new ways to repair damaged hearts by repairing muscle using stem cells, and other therapies to stop cells from dying or to regenerate new cells.

Quick stats – Canada

- Every seven minutes in Canada, someone dies from heart disease or stroke.
- 1.6 million Canadians live with the effects of cardiovascular disease.
- Heart disease and stroke are two of the leading causes of death in Canada.
- Heart disease and stroke cost the Canadian economy \$20.9 billion every year, and are the biggest driver of prescription drug use.
- 500,000 Canadians live with heart failure.
- One in 100 babies is born with a congenital heart defect.
- More women are dying from cardiovascular disease than men.

Read the full report here www.heartandstroke.ca/heartreport.

*The poll was conducted by Environics Research Group by telephone with 2,006 Canadians in November 2014

The Heart and Stroke Foundation's mission is to prevent disease, save lives and promote recovery. A volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. Healthy lives free of heart disease and stroke. Together we will make it happen. heartandstroke.ca

Laugh a Little

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NEWS BITS

January 14, 2015

MANITOBA GOVERNMENT ADDING 94 NEW MEDICATIONS TO PHARMACARE PROGRAM

New Drugs to Support Patients Living with Diabetes: Minister Blady

An additional 94 new drugs, including two to support patients living with diabetes, will be covered under Manitoba's pharmacare program starting next week, Health Minister Sharon Blady announced.

"When people are living with a chronic condition like diabetes, it can be a challenge to cover medication costs," said Minister Blady. "Adding these new drugs to the formulary will help Manitoba families address those costs and let them focus on other priorities as they receive the care they need."

Two of the new drugs being added to the formulary are Komboglyze and Levemir, which are used for the treatment of diabetes.

"The costs of some long-acting insulins make it hard for people to manage their diabetes and sometimes the consequences can be serious," said Deanna Ratt, a Winnipegger living with Type 2 diabetes who volunteers with the Canadian Diabetes Association. "This coverage will make a real difference for many people in Manitoba, reducing the effects of diabetes while helping them stay healthier longer."

"We commend the Manitoba government for its decision to expand the medications covered by the pharmacare program. This is great news for people living with diabetes in Manitoba," said Andrea Kwasnicki, Manitoba regional director, Canadian Diabetes Association. "By expanding pharmacare, people living with diabetes and their health-care providers will now

have additional choices to help better manage their diabetes."

Some of the other new drugs added to the formulary include:

- Aubagio, for the treatment of multiple sclerosis;
- Esbriet, for the treatment of idiopathic pulmonary fibrosis;
- Galexos, for the treatment of Hepatitis C;
- Invega Sustenna, for the treatment of schizophrenia;
- Stivarga, for the treatment of gastrointestinal stromal tumors;
- TOBI Podhaler, for the treatment of cystic fibrosis;
- Actemra, for the treatment of polyarticular juvenile rheumatoid arthritis; and
- a new strength of Xeomin, for the treatment of uncontrolled twitching of the neck and eye muscles.

Of the 94 drugs added, 80 are generic medications. The minister noted these additions are expected to save Manitoba families \$3.9 million a year and coverage for the new drugs will begin on Jan. 19.

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.

Over the last 12 years, approximately 4,000 new drugs, including those that treat cystic fibrosis, lung cancer, pulmonary embolism and schizophrenia, have been added to Manitoba's world-class pharmacare program, Minister Blady said.

For more information on pharmacare, visit www.gov.mb.ca/health/pharmacare/.

February 4, 2015

MANITOBA GOVERNMENT PROCLAIMS FEBRUARY I LOVE TO READ MONTH

Education and Advanced Learning Minister Peter Bjornson helped kick off I Love to Read month for students, teachers and parents by highlighting this year's theme, Literacy is a Human Right.

"When you consider the profound effect reading and writing have on our everyday lives, it's clear that access to quality education is a basic human right that every child deserves," said Minister Bjornson. "Literacy empowers individuals, and enriches families and communities."

I Love to Read month is celebrated every February to encourage reading, writing and sharing in the joy of literacy. This year's theme is in recognition of the opening of the Canadian Museum for Human Rights in Winnipeg, the minister noted.

"The recent announcement of new targeted literacy supports will ensure that all children get a good foundation on their reading, writing and critical thinking skills so they have the tools they need to engage the world as active citizens," the minister said. "By continuing to invest in public education, providing targeted supports to newcomer students and making important changes to the language arts curriculum, we're providing high-quality education to our students so that parents see results."

"The first duty of a public education system is to help create citizens," said Paul Olson, president, Manitoba Teachers' Society. "Literate citizens ask hard questions, demand good government and create a society that values human rights. Literacy is essential to the great futures we want for our children and our province."

Minister Bjornson noted parents and family members play a major role in helping young children learn to enjoy reading.

"Parents are their children's first teacher and set their children on the path to be lifelong readers and learners," the minister said. "Reading is a positive activity that families can do together and I encourage parents to take the time to read with their kids as part of I Love to Read Month and throughout the year."

MADE-IN-MANITOBA BOOK: YOU MIGHT BE FROM MANITOBA IF . . .
by Dale Cummings
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What is it? YOU MIGHT BE FROM MANITOBA IF . . . is a delightful, illustrated romp through the land of 100,000 lakes. Dale Cummings delivers his unique take on his home province, tickling the funny bone on every page. As Cummings proves, this is a province that is proud of who it is and likes nothing better than a good laugh.

Here is what Gord Sinclair (himself required reading) says about YOU MIGHT BE FROM MANITOBA IF . . . :

"Dale Cummings is one of those rare observers who can prick pomposity, expose duplicity, advance wisdom and provoke a belly laugh, all with a boyish grin on his happy face."

~ Gordon Sinclair, Jr., award winning author of *Cowboys and Indians: The Shooting of J. J. Harper*, and senior columnist with the *Winnipeg Free Press*

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“THE BUZZ”

Percy Retires; Downs Set for 50-day Meet; Toller Cranston passes; Goldeyes Season Getting Closer; Red Sangster Passes Away; Fergie Back at the Ballpark; Rights to Leach Book; ‘Youngsters’ Start New Business; Chez Sophie Shuts the Door; Dali Stays Until February 22.



By Scott Taylor

The station manager at Jewel 101 had this to say about the legendary radio voice and “Master of the Morning,” **Don Percy**.

“Don is definitely the best of the best to ever grace the airwaves not only in the ‘Peg but anywhere,” said his longtime friend, Mike Fabian. “I have had the privilege of working together with Don three times in my career and can only hope that he takes me fishing one day in the Caribbean. Love ya Don and the station will miss you. But remember your still on fill-in duty for vacations and illness days.”

In mid-January, Percy finished (sort of) his career in Canadian radio. A 77-year-old honored member of the Canadian Broadcasting Hall of Fame Percy officially retired from Jewel 101 after 58 years on the Canadian airwaves.

He left sounding just about as good as he did the day he started in radio in Chatham, Ont., in 1956.

“I read a newspaper ad looking for a ‘junior announcer’ at CFCO radio in Chatham,” Percy recalled in an interview with *Senior Scope*. “I applied and got the job. My parents drove me to the front door of the station, watched me walk up the stairs, gave each other the 1956 equivalent of a high five and left me there. I was 19, I was out of the house and they had their lives back.”

It was quite an inauspicious debut in an industry that would “put up with me,” for the next 54 years.

The industry not only put up with him for 54 years, it will continue to put up with him. According to Fabian, “Don’t worry, Don will still be on the air doing fill-ins and weekends. Don’s not really retiring full-time.”

And that’s great news.

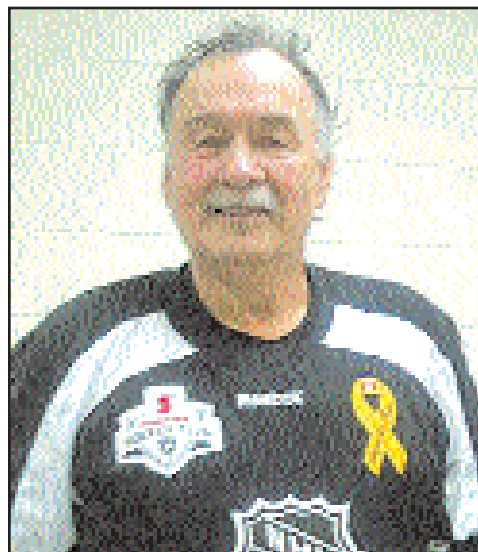


Don Percy

A favorite in Winnipeg figure skating circles, **Toller Cranston**, passed away from an apparent heart attack at his home in Mexico in late January. He was 65. Cranston was a bronze medalist at the 1974 world championships and 1976 Olympics. A six-time Canadian senior men’s champion, he was known for his dramatic showmanship on the ice. While he never won an Olympic or world title, his unique artistic vision changed the sport... Congratulations to one of the Kings of Manitoba horse racing, Manitoba Jockey Club board member **Dr. Norm Elder**, 72, who will soon marry his love, Lorena. Dr. Elder is one of the finest equine veterinarians in the country. The founder and partner in Elder’s Equine Veterinary Service and the developer of Elders Performance Equine Mineral Supplement... Winnipeg Goldeyes’ head groundskeeper, **Don Ferguson**, 62, had one of those little operations that many of us get as we get older – that little hernia thing. But Don is back at the ballpark, 100 per cent, getting ready for the 2015 season... Publisher **Ray Blumenfeld** of WE Communications, the man behind a number of outstanding local reads, turned 60 this month. Blumenfeld is the former president of the old Canadian Soccer League (remember the Winnipeg Fury) and today is the publisher of *Canadian Meat Industry Magazine*... Greystone Books has acquired the worldwide



Toller Cranston



Reggie Leach

rights to the memoir of the Riverton Rifle, Philadelphia Flyers hockey star, **Reggie Leach**. The expected publication date hasn’t been determined but it’s likely to be in the fall of 2015. Leach, 64, grew up in Riverton, Man., and now lives on Manitoulin Island in Ontario. He and his son Jamie operate Shoot-to-Score Hockey Camps and Reggie still goes on the ice with the kids...



GOLDEYES BASEBALL CLOSER THAN WE THINK

Winnipeg Goldeyes baseball is right around the corner. Season tickets and inexpensive mini-packs are available now just by calling 204-982-2273.

One of the most popular meeting places for seniors every summer, Shaw Park, is a great place to spend a perfect night outdoors. This season, the Winnipeg Goldeyes will welcome an expansion franchise to Shaw Park – the Joplin Blasters. As the American Association grows, so too does the excitement at Shaw Park in downtown Winnipeg.

You can attend a ball game at Shaw Park for less than you’d pay



to go to a movie and the action never stops. The food is pretty great, too.

Last season, the Goldeyes lost the American Association semifinal, but the 2012 champions will be better than ever this season. Some of the top players from last season – pitchers **Nick Hernandez** and **Kyle Anderson** and catcher **Luis Alen** – are already set to return in 2015.

So drop by the ballpark any day and we’ll talk baseball. The season starts on the road in May and opens at Shaw Park on Tuesday, June 2 as the Goldeyes welcome the Sioux Falls Canaries to Winnipeg.



THOMPSON SPORTS ICON RED SANGSTER PASSES AWAY

Alexander (Red) Sangster passed away back on Jan. 20. The Thompson sports and recreation icon was 90.

Red was born Oct. 15, 1924, on a farm near Walkerburn, Man. He first came to northern Manitoba by way of Snow Lake and later Thompson in 1960 as an employee of **Paddy Harrison**, working as a

Continued on next page

In with the New

2015

Remembering the Old

Playing Music You’ll Never Forget

93.7 CJNU NOSTALGIA RADIO

Nostalgia Broadcasting Cooperative Not-for-profit Community Service Radio

The BUZZ, cont'd from page 8



Exciting Goldeyes baseball



Chez Sophie on the bridge.

owners also spent an estimated \$200,000 on upgrades that was formerly operated by Salisbury House. Obviously the cost to operate on a bridge makes it almost impossible to turn a profit in an industry that already has tiny margins... If you haven't seen the **Salvador Dali** show at the Winnipeg Art Gallery, you must. It's a can't-miss event and it's been extended until Feb. 22.



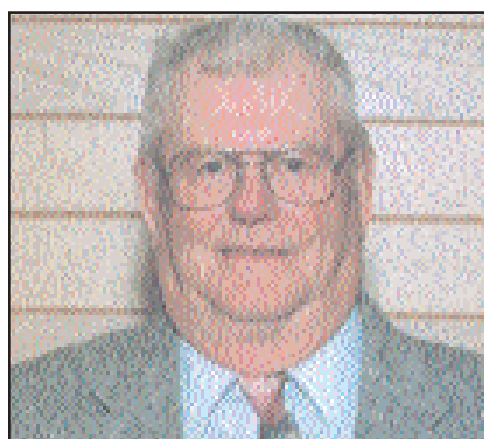
NEVER TOO OLD TO START A NEW COMPANY

You're never too old to change careers and you're never too old to start a new business venture. Just ask **Lyle Bauer, 56, Tom Scott, 55, and Robert Young, 56.**

Late last month, CS3 Partners – Bauer, Scott and Young – announced the launch of a new fully-integrated consulting service in Winnipeg specializing in philanthropic advancement. CS3 Partners offers a wide range of consulting services to non-profit and charitable organizations, corporate and business clients looking to increase strategic direction and maximize reach and organizational capacity.

"Philanthropy is undergoing significant change in a number of areas" said Tom Scott, 60, founding partner of CS3 Partners. "More than ever, corporate giving is tied to fiscal performance which can be subject to global economics. Companies also want programs

Continued on page 11



Alexander 'Red' Sangster

mechanic underground at Moak Lake. He brought with him his passion for baseball and hockey and is credited with being the driving force behind the development of the recreation facilities and sports leagues in Thompson.

Over the course of his life, Red received several accolades for his dedication to sports and recreation. Starting in 1968, he was named Minor Hockey Volunteer of the Year, followed by receiving the Manitoba Historical Society Centennial Medal in 1970. In 1992, a baseball field was named after him and five years later in 1997, Red was inducted into the Manitoba Baseball Hall of Fame. Most recently, he received the Order of Thompson in 2012 and the Key to the City last October on his 90th birthday.

"We are saddened to hear of Red's passing," commented Mayor **Dennis Fenske**. "He was instrumental in the early development of our recreation facilities and sports leagues, specifically baseball and hockey. He will be greatly missed." *(With files from Mytoba.ca)*



Darren Dunn, the CEO at Assiniboia Downs, says this year's 50-day meet, which begins on Mother's Day and ends on Labour Day, will be as short as a Downs



Downs getting set for 50-day meet.

meet gets. "We were a 60-day meet last year but this 50-day meet will be as short as we'll ever have," Dunn said. "It might be 50 days again next year, but it will never be shorter than 50." Peguis **Chief Glenn Hudson** says he's going to try to get construction going on a new hotel and convention centre at the Downs this summer. That means, meets could very well become longer in future... A French restaurant on Winnipeg's Esplanade Riel that was often frequented by Winnipeg Seniors, announced this past week that it was forced to close. **Chez Sophie** sure le pont had only been operating for about 18 months. On Monday, Feb. 2, the owners announced that the restaurant would close immediately. "After careful and lengthy consideration and consultation with our advisors, it is with great regret that we must announce the closure of Chez Sophie," said **Sophie and Stephane Wild**. "During our two years of operations, it has become rather obvious that the seasonal income was not sufficient to meet

the extraordinary expenses related to a restaurant on the bridge." The

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NEWS BITS

February 5, 2015

MANITOBA GOVERNMENT ANNOUNCES FAMILY DOCTOR FOR ALL STRATEGY ON TRACK

Access to Doctors, Nurse Practitioners Creates More Co-ordinated, Accessible Primary Care System for Manitoba Families: Minister Blady

The Manitoba government is moving forward to ensure that every Manitoban who wants a family doctor or nurse practitioner will have access to one by the end of 2015, Health Minister Sharon Blady announced today.

"Ensuring that Manitobans have access to a family doctor or nurse practitioner who will provide them with ongoing care is a first step in building a more co-ordinated and accessible primary care system for Manitoba families," said Minister Blady. **"The Family Doctor for All** commitment is about providing better care for all Manitobans and we are well on our way to meeting the commitment by the end of 2015. The Family Doctor Finder has already connected nearly 23,000 Manitobans with a primary care practitioner."

The Manitoba government's Family Doctor for All strategy is built on three main pillars:

- training and hiring more doctors and nurse practitioners;
- opening more clinics to offer additional care options; and
- innovating to develop better, more accessible care built around the needs of individuals, families and communities in Manitoba.

Since 1999, the Manitoba government has also seen a net increase of 665 doctors, 131 nurse practitioners and 3,703 nurses due to the creation of additional undergraduate medical education seats,

post-graduate medical residencies, expansion of nurse-practitioner and registered-nurse education seats, and comprehensive recruitment and retention initiatives.

As part of its overall strategy to enhance primary care for Manitobans, the Manitoba government has opened 13 clinics that offer quality services to communities when and where they need it including:

QuickCare clinics located at:

- 363 McGregor St., Winnipeg;
- 17 St. Mary's Rd., Winnipeg;
- 620 Dakota St., Winnipeg;
- Clearspring Mall, Steinbach; and
- Unit 3-1020 Manitoba Ave., Selkirk.

ACCESS centres located at:

- ACCESS Downtown, 640 Main St., Winnipeg;
- ACCESS Norwest, 785 Keewatin St., Winnipeg;
- ACCESS River East, 975 Henderson Hwy., Winnipeg;
- ACCESS Transcona, 845 Regent Ave. W, Winnipeg;
- ACCESS Winnipeg West, 280 Booth Dr., Winnipeg; and
- ACCESS Brandon, Seventh Street Health Access Centre, Brandon.

Mobile Clinics serving the following regional health authorities:

- Prairie Mountain Health, and
- Southern Health - Santé-Sud.

More than nine additional primary care clinics, including mobile clinics, are scheduled to open in areas across Manitoba over the next year.

In addition to the new clinics, the Manitoba government has added capacity in primary care by launching five of 14 planned **My Health Teams**, which are now serving patient communities in Steinbach, Brandon and the Seven Oaks-Inkster, River Heights-Fort Garry and St. James-Assiniboine South areas of Winnipeg.

Although not necessarily located in one physical space, My Health Teams are connected through stronger partnerships between primary care practices, the regional health authority and community organizations, Minister Blady said. She noted each team is a bit different as they are built around the needs of their specific patient communities, but all teams work together with their patients to offer more co-ordinated primary care than ever before. The goal is not only to improve access to care but

to also provide Manitobans with a broader range of services to help them live better with chronic conditions.

The Manitoba government has also offered financial support to existing fee-for-service clinics to

“The Manitoba government has also offered financial support to existing fee-for-service clinics to employ additional health professionals, like nurse practitioners, physician assistants and others, giving each of them the ability to accept up to a thousand more patients.”

employ additional health professionals, like nurse practitioners, physician assistants and others, giving each of them the ability to accept up to a thousand more patients.

As part of the broader Family Doctor for All Strategy, the Family Doctor Finder service was also established to help Manitobans find a primary care provider in a convenient location. Manitobans who need a family doctor can register with the program online at www.gov.mb.ca/health/familydoctorfinder or by phoning **204-786-7111** in Winnipeg or (toll-free) **1-866-690-8260**.

Family Doctor Finder helps support other innovative primary care initiatives, like My Health Teams, by connecting Manitobans who need access to their services, Minister Blady said. The minister noted the program has so far connected nearly 23,000 Manitobans who did not have one, with a family doctor or nurse practitioner since it launched as a provincial pilot in late 2013. The program aims to connect registered Manitobans who don't have a provider with a doctor or nurse practitioner within 30 days or less by the end of the year, she said.

"With the numerous changes made to date and future plans, we are creating a more sustainable health system while ensuring better health outcomes for all Manitobans for years to come," Minister Blady said. ■

●●●

January 20, 2015

MANITOBA GOVERNMENT ISSUES APOLOGY OVER PAST HYDRO DEVELOPMENT

The government of Manitoba formally apologized today to all people and communities affected by past hydroelectric development including all Northern Flood Agreement (NFA) First Nations in a statement issued by Premier Greg Selinger in Cross Lake today.

"Many initiatives have been undertaken to address adverse effects of hydro development, and we recognize that reconciliation is an ongoing process," said Premier Selinger.

"On behalf of the Manitoba government, I was pleased to issue a ministerial statement on Dec. 15, 2000 regarding the Northern Flood Agreement as a modern day treaty," Deputy Premier Eric Robinson, minister of Aboriginal and Northern Affairs and minister responsible for Manitoba Hydro said. "We committed then to working with the First Nations to address outstanding issues, and this apology is the next step in reconciliation."

Today's statement will also be raised with the leadership of the other four Northern Flood Agreement First Nations, Deputy Premier Robinson said.

"We also committed to working with First Nations on future developments. The Wuskwatim project was developed in partnership with Nisichawayasihk Cree Nation," Deputy Premier Robinson said. "Similarly, the Keeyask Project is a collaborative effort among Manitoba Hydro and four Manitoba First Nations; Tataskweyak Cree Nation, York Factory First Nation, Fox Lake Cree Nation and War Lake First Nation."

"We continue to be committed to working with Aboriginal communities affected by our development and operations in a spirit of reconciliation," said Scott Thomson, president and CEO of Manitoba Hydro.

The deputy premier noted that in fulfillment of NFA obligations, a number of projects were undertaken at Cross Lake, including construction of the \$28-million Kichi Sipi bridge, an intensive shoreline cleanup, the domestic fish program and a successful school lunch program. In addition, Hydro rates were equalized across the province and the University College of the North, with regional campuses at Cross Lake and Norway House and several other Northern First Nations, was established to serve the North.

"The apology statement released today builds upon the ministerial statement and a number of other important government actions since then. We acknowledge there is more work to be done with First Nations towards further reconciliation," Deputy Premier Robinson said. ■

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MEDICATION RECALL

- January 21, 2015 -

Health Canada announced a recall on the Alzheimer's drug Aricept (donepezil)

New warnings have been added to the prescribing information for the Alzheimer's drug Aricept (donepezil) advising of the risk of two rare but potentially serious conditions: muscle breakdown (rhabdomyolysis) and a neurological disorder called neuroleptic malignant syndrome (NMS).

If you are taking this medication, talk to your doctor or pharmacist.

You can report any suspected adverse reactions to drugs and other health products to the Canada Vigilance Program by visiting the Reporting Adverse Reactions to Drugs and Other Health Products page

<http://www.hc-sc.gc.ca/dhp-mps/medeff/report-declaration/index-eng.php>

The BUZZ, cont'd from page 9

that align with their corporate values and interests. They are looking for specific programs to support.

"On the other side of the coin, competition has never been greater among charitable organizations appealing for donors. The groups that can cut themselves away from the pack will have the greatest opportunities."

"The philosophy of making a difference because you can, is a growing one in the responsible corporate world. It is important to have alignment with values and vision to ensure the best possible outcome for the donors and recipients" said Bauer.

CS3 Partners is a business with a strong social mission to help change the landscape of philanthropy to make our community a better place to live and do business.

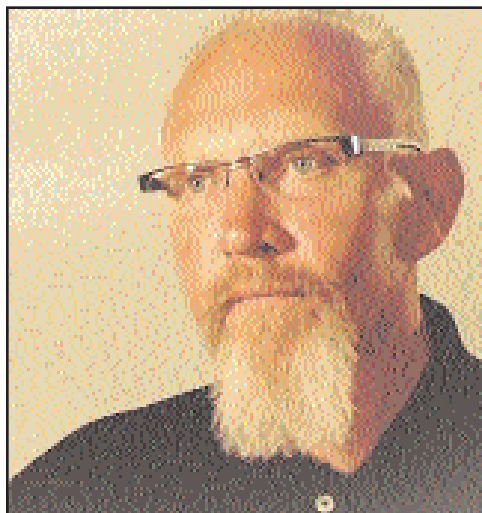
About the partners

• **Lyle Bauer**, 56, is a former Winnipeg Blue Bomber. Following his playing career, Mr. Bauer served as president & CEO of the Winnipeg Blue Bombers and as president & COO of the Calgary Stampeders. He co-founded Never Alone Foundation in 2005 and was recently recognized as one of the 2014 Our Manitoba Heroes. In addition to his involvement in CS3 Partners, Mr. Bauer owns Bauer and Associates, a management consulting firm providing strategic solutions to Manitoba companies and executives.

• **Robert Young**, 56, has an extensive background in marketing, business development and communications. He has been active on several boards and committees in Winnipeg and the U.S. Previously, Mr. Young has been involved in international organizations BluefishTV, Right Now Media and I Am Second.

• **Tom Scott**, 55, has held a number of senior management roles during his career in local media. His most recent management position was general manager of City TV, 92 CITI FM / 102.3 Clear FM. Mr. Scott is an active member of the community and has served on a number of not-for-profit boards and committees.

You know what they say? You are NEVER too old... ■



Lyle Bauer

SAFETY ALERT

prepared by Manitoba Hydro



Be prepared if your power goes out.

Winter storms can disrupt electrical service without warning. A combination of high winds, freezing temperatures, and precipitation can cause ice to form on power lines, which can lead to a power outage. Your power may be off for a few hours or, in extreme cases, a few days. It's important to be prepared in case your power goes out this winter.

One way to be prepared for a power outage is to assemble an emergency kit ahead of time and store it where it will be easy to find in the dark. Keep essential items including candles, matches, a flashlight, extra batteries, a cell phone, and a portable radio in your emergency kit. Stock up on bottled water, sleeping bags, firewood, and food that doesn't require cooking. Camping equipment,

blankets, a manual can opener, and lantern are also useful.

In the event of a power outage, lower your thermostat and make sure to turn off or unplug all electrical appliances, especially the ones you were using before the power went out. Unplug electronic equipment to protect it from a potential voltage surge when power is restored. Keep one light plugged in and turned on, so you will know when the electricity is back on.

If you see a downed power line, report it to Manitoba Hydro immediately. Rest assured that in the event of a power outage, emergency crews are working as quickly as possible to restore your electrical service.

For more tips on how to prepare for a power outage, visit hydro.mb.ca.

Prevent electrical accidents among children.

Electrical accidents and injuries among children can almost always be prevented and avoided.

Here are some tips and guidelines to help you create a safer home environment for your children or grandchildren.

- Cover unused electrical outlets with outlet protectors or safety caps. Safety caps come in a variety of styles, including outlet caps that completely cover unused outlets. Install tamper-resistant electrical outlets, tamper-resistant wall plates, and adaptors.
- Replace all worn, old, or damaged appliance cords immediately. Damaged cords pose a safety hazard to children, especially babies and toddlers who have a tendency to chew and tug.
- Keep electrical cords out of reach of small children to prevent injuries and accidents.
- Teach your children to keep electrical appliances away from

water at all times. Use Ground Fault Circuit Interrupters (GFCIs) for extra protection in areas where there's a risk of water coming into contact with electricity. GFCIs are found in some outlets and service panels, and monitor the flow of electric current to and from appliances. If there is an imbalance in the flow, the GFCI will quickly cut the power to prevent serious shock and injury.

- Conduct an annual home safety audit. Routinely check the condition of your electrical outlets, cords, and plugs. Inspect GFCIs, light bulbs, circuit breakers, fuses, and loose wiring. Have a qualified electrician repair or replace anything that is broken or damaged.

Teach your children about the dangers of electricity to help ensure their safety for life.

Learn more about electrical safety at www.hydro.mb.ca.

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MUSIC SCENE:

The West End Cultural Centre presents:

JP Cormier

Saturday April 4, 2015

Tickets Available Now!

JP Cormier Returns to the WECC Bringing his Brand of Maritime Folk - Saturday April 4, 2015 at the West End Cultural Centre.

Singer, songwriter, multi-instrumentalist, producer, recording artist, teacher, collaborator, innovator and award winner; no matter what you call him, J.P. Cormier's talent is comparable to none.

J.P. Cormier taught himself how to play guitar at the age of 5 and quickly became immersed in the rich musical heritage of his Cape Breton roots. His guitar playing shone with flawless executions of tunes he learned by ear from records of giants like Chet Atkins and Doc Watson.

Fans of the writing traditions of Stan Rogers and Gordon Lightfoot tend to see J.P. Cormier as a songwriter, even before a multi-instrumentalist. As a performer, Cormier is known for his flawless delivery of original story songs, most often basing his lyrics on true events.

Cormier's impressive body of work has earned him a vast and loyal fan base around the world and he has played extensively throughout Canada, Great Britain, Europe, and the USA. His songs have been number 1 hits on American and European radio and he's won 12 East Coast Music Awards, 5 Music Nova Scotia Awards, and a Canadian Folk Music Award. J.P. has released 14



JP Cormier

solo albums since 1995 and won more than 30 awards in 20 years of fiddle, guitar, banjo and song-writing competitions.

"He is one of the most important guitarists of his generation." - Chet Atkins

"Canada is richer from your immense contribution to the Canadian music industry."

- The Right Honourable Adrienne Louise Clarkson



Saturday April 4, 2015
@ The West End Cultural Centre
Doors 7:15 pm | Show 8:00 pm
Tickets: \$17 advance | \$23 door

Tickets available at:
West End Cultural Centre - www.wecc.ca
Ticketmaster - www.ticketmaster.ca
Winnipeg Folk Festival Music Store - www.winnipegfolkfestival.ca
Music Trader - <http://musictrader.wordpress.com>

The Child Within

(About a woman who mourns the loss of her husband, newly stricken with Alzheimer's Disease.)

By J.E. Halldorson

The child within me weeps. I was with you once, a long time ago. We lay on the grass on the side of a hill, heads together and looked up. It was a younger sun shining down on us, both hot and comforting. The youthfulness of the trees swayed hypnotizing us. The wind was new, soft and warm, just for us. It was fresh, wasn't it? It felt good to be a part of your life. Just before dusk we would walk the streets and stop at a children's playground and sit on the swings. It was quiet and we'd kiss and hold hands and be shy of one another. Always caressing the other's face, gently, lovingly, if not physically then emotionally. We'd look up at the night and the twinkling above us, the bright moon transformed into the sun of the evening. It was magical.

Among the millions of stars we picked only two and always found them time and time again. We didn't lose sight of them. Not once! One was to the North the other to the South. Polar opposites, we'd say and laugh and kiss and hold hands and be safe for the moment. Looking up to the warmth of the sun or to the velvety dark of the sky at night, we were safe. The stars, sprinkled around the full moon, showed us the way to our playground, long ago.

Now I am laden with heaviness that is loss. My life, stilled. I weep for memories of the past and I weep for you. We drifted apart and we lost...something. I could not put a name to it then. You left me. You left the child within. I

needed your strong shoulder to cry on but it was too much for you to bear.

I am in a corner making me smaller than I feel. Inside, I sob uncontrollably. The corner is not real. The sobbing is. How did our life evolve? Was it a life? Yes, it was. And yet the child within was too young to know these things. *These things which will not leave me alone.* Sadly, alone is what I now know best. Even that is a mystery to me. In the darkness of my life, the plague that is brightness, evades me. I am no more.

Not all will be as it is hoped for. Not all will be even as it turned out. A world; a life; a body, a soul... *a soul, yes, a soul is what is wanted, what is needed.* But is it really there? Even if you do wail, can you retrieve your loss? Maybe it is what you perceive it to be; what you want it to be. But then you suppurate for what it actually is and cry for pretense, for reality.

I scream inside but no one can tell anymore. Do they care? The child is an adult and yet still weeps. Do we know why a child weeps? I know why I weep. My husband is gone. Not to another, but because he has slipped away from me. Only I am left to cling to our memories. But when I am with him again, we will lie on the grass and feel the sun beating down on us. We will feel the wind touch us and be mesmerized by the trees gently swaying. And we will be together again. Only your mind leaves me, my dear, but we will find our stars again.

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EVENTS

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

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

Winnipeg's Scottish Country Dancers - Valentine's Ceilidh - a Scottish Party with simple Scottish folk and social dancing. Fri. Feb. 13, 7 pm, at Silver Heights United Church, 199 Garrioch Ave. Tickets \$5 at door. For info: **204-284-4667** or **www.rscdswinnipeg.ca**

Friendship Force of Winnipeg - Luncheon meeting, Wed. Feb. 11, noon. Dinner meeting, Mar. 11, 6 pm. Both meetings at Holiday Inn South, 1330 Pembina Hwy. Call Elizabeth @ 204-452-5299 or visit **www.friendshipforcewinnipeg.org**. Friendship Force is a worldwide cultural exchange organization.

Westview Dance Club - Love is in the Air Dance, Sat. Feb. 14, 8-midnight, at Oak Bluff Recreation Centre. \$35/couple. Alcohol free, beverages and light lunch served. For tickets: **204-998-9380** or email: **philncyndibrown@gmail.com**

The Alzheimer Society of Manitoba - offers Telehealth Family Education Seminars via video technology for those experiencing dementia in 33 communities across Manitoba. Upcoming seminar: I Want to Stay Home... In-home solutions to maximize safety and independence on Tues., Feb. 17. Call **204-943-6622** ext. 203 or **1-800-378-6699** to register. Visit **www.alzheimer.mb.ca/we-can-help/education/family/telehealth/**

Mennonite Heritage Centre Gallery - Presents A Place in the Kingdom: and Heritage Stories by Celebrating Farm Animals, Mar. 13-Jun. 20, at 600 Shaftesbury Blvd. (south campus of CMU). Free adm., storytelling, refreshments, 100 free printed story booklets.

Osteoporosis Canada, Manitoba Chapter - Public Forum - Too Fit to Fracture, Wed. Feb. 25, 6:30-7:30 pm, at Riverwood Square, 1778 Pembina Hwy. Free event. Limited seating. Call **772-3498** or email: **manitoba@osteoporosis.ca**

Winter Artisan and Trade Market - Feb. 21, Mar. 7 & 21, 10 am-3 pm, at 28 A St. Andrews Rd., Arena. Free Adm. & Customer Appreciation cards. Children's activities, music, vendors. **204-800-1957**

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

George V School Alumni - 100th Anniversary Celebration, June 5 & 6. Contact school at **204-669-4482** or visit **www.winnipegssd.ca/schools/georg ev**

Things to do in Winnipeg

Village Green English Dance - Weekly, Wed, 7:30-9:30 pm, Jan 7-Apr 29, Harrow United Church, 955 Mulvey Ave. Everyone Welcome. Info, Katherine: **204-475-2097** **villagegreenenglishcountrydancing.org**

VOLUNTEERING

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

Rupert's Land Caregiver Services - Volunteers in Wpg. are needed for our transportation program in S.W. Wpg. **204-452-9491** or email: **rlcs_vol@mts.net**

Middlechuch Personal Care Home - Volunteers needed for friendly visits. Contact Matt Mutcheson: **204-336-4138**

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

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

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

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

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

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

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**

PROGRAMS / SERVICES

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

Pembina Active Living 55+(PAL) - Weekly drop-in activities: men's breakfast (Tues. 9 am), bowling (Wed. 10-noon), bridge/crib (Thurs. 9:30-11:30). Special events: Wellness Series (Feb. 12-disaster readiness), LunchPALS (Feb. 13&27), computer instruction (Feb. 19), movie (Feb. 23), garden club (Feb. 26). **info@pal55plus.com** or **946-0839**

Springs Seniors Drop In - Meet Feb. 24, 1-4 pm. Enjoy billiards, darts, shuffle board, cards, etc. Free coffee/tea and small snack. Call **204-233-7003** or email: **info@springschurch.com**

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

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

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

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.

Bleak House Senior Centre - Tuesdays 9:30 am-noon: Arts & Crafts; NEW - Wednesdays 9:30 am-12:30 pm: Computer Communications.1637 Main St. All Welcome. 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**, **www.archwood55plusinc.weebly.com**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Quarry Toastmasters - Face your fears of public speaking. Meetings at Stonewall Collegiate library, 7:15-8:45 pm. We all work together. You're not alone. Contact Brenda: **204-467-5088**

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**

South Interlake 55 Plus - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Wear comfortable clothing and shoes. Bring water to drink. Admission \$1/class with 55 Plus 1-yr membership (\$20) - can arrange to pay

membership after hours (4 pm) at a Wednesday class. Call Verna, Member of the Quarry Strutters Line Dancers: **204-467-5090** or email: **verrod1@mymts.net**

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

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

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

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 Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or Whitmouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

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

Email ready-to-print electronic PSAs to: **kelly_goodman@shaw.ca**. No faxes please.

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



Rolled Meat Loaf

Metric	Ingredient	Imperial
500 g	lean ground beef	1 lb
125 ml	celery, chopped	1/2 cup
75 ml	onion, chopped	1/3 cup
-	poultry seasoning to taste	-
-	salt & pepper to taste	-
250 ml	fine bread crumbs	1 cup

On wax paper; flatten beef into a rectangle ensuring shortest side fits into loaf pan.

In a frying pan; with a small amount of butter, add celery, onion and seasonings for about 10 minutes. Add mixture to bread crumbs and mix thoroughly. NOTE: If mixture is not moist enough; add a small amount of water.

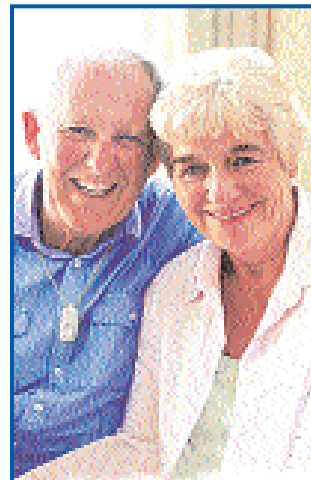
Spread bread crumb mixture onto ground beef and roll up like jelly roll. Transfer to loaf pan; bake in preheated 350 F (180 C) for about an hour.

Serves 6 www.PeakMarket.com

Veggie Valentine

You may not 'carrot' all for me
The way I care for you.
You may 'turnip' your nose
When I plead with you.
But if your heart should 'beet' with mine
Forever 'lettuce' hope
There is no reason in the world
Why we two 'cantaloupe'

- Author unknown



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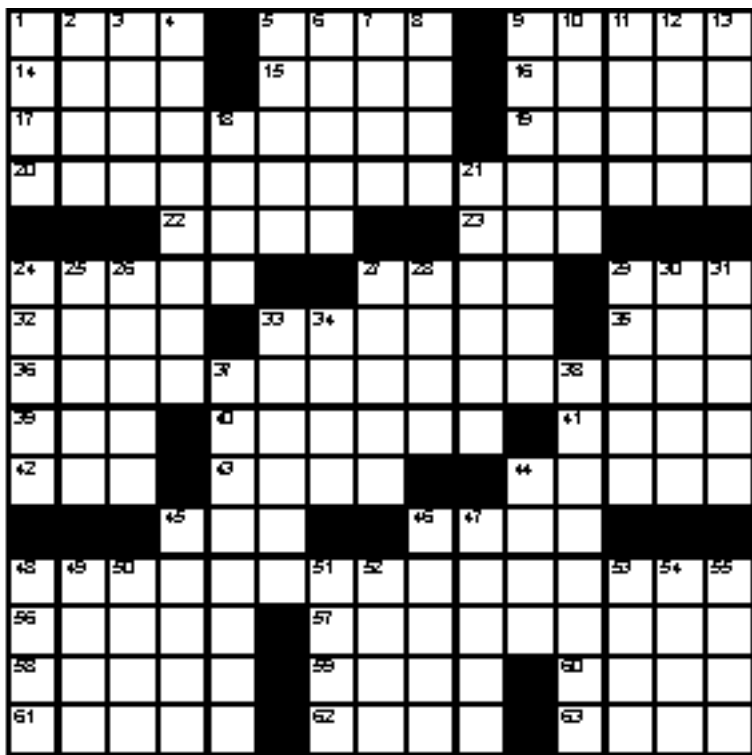
A P E R N O D G I M L E T G T O D D Y
P L B O C K I T O M A T O J U I C E Y
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C P N O T Y N O G F D T O V E E R L U
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T P G R H O B B K V S Z I A H I I B C
G S U N I B L G O O J W Z S R B Q F L
B S S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

- | | | | | | |
|----------|----------|--------|----------|--------------|--------------|
| Alcohol | Cognac | Irish | Nog | Sack | Squash |
| Ale | Coke | Julep | Oolong | Sacramental | Stingo |
| Aperitif | Cola | Kava | Pekoe | wine | Stout |
| Aquavit | Cream | Kir | Permod | Sake | Tea |
| Bass | Cru | Kummel | Port | Saki | Toddy |
| Beer | Espresso | Lager | Poteen | Sangaree | Tomato juice |
| Bock | Fix | Liquor | Punch | Sarsaparilla | Tonic |
| Cava | Fizz | Macon | Red wine | Sauterne | Whisky |
| Cha | Flip | Marc | Rickey | Shandy | |
| Cider | Gimlet | Mead | Rose | Sherry | |
| Clairet | Graves | Milk | Rum | Slivovitz | |
| Cocoa | Hyson | Negus | Rye | Smash | |

CROSSWORD -

Valentine Vocals

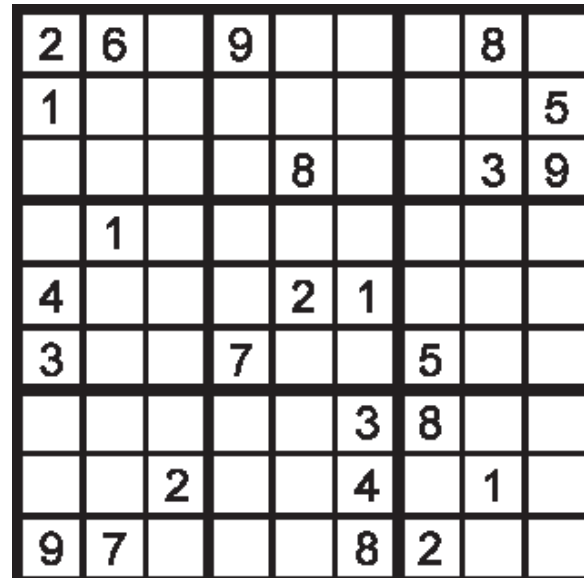
- ACROSS
- Cabbage side dish
 - Uses one leg
 - Parrot's perch
 - Actress Spelling of "Trick"
 - One of Isaac's boys
 - Dentists prefix
 - Accustom to a new environment
 - Nero spoke it
 - The Fleetwoods hit of 1963
 - Like Tonto's masked friend
 - Goddess of the harvest
 - Jell-O flavour
 - Kerfuffle
 - To's opposite
 - Israel's Tel _____
 - Whine pathetically
 - Pierce with a needle
 - Connie Francis recording of 1966
 - _____ out a living
 - Axe handlers
 - Hawkish Greek god
 - Traffic-stopping hue
 - Supper scraps
 - Discombobulate
 - Hack off
 - Like some air fresheners
 - Robert Stanley Weir's 1908 words in a particularly Canadian song
 - What a yogi might speak
 - Versatile kind of sofa
 - Follow, as advice
 - Wild Indonesian



- | | | |
|-----------------------------|-------------------------------|-------------------------------|
| buffalo | 8 Mincemeat need | 33 Everest guide |
| 60 War story tellers, often | 9 Like Humpty Dumpty | 34 Toad's cousin |
| 61 Skimp | 10 Doctoral exams, often | 37 Rare kind of crane |
| 62 Turns into compost | 11 Sgt Snorkel's pet | 38 Lou Rawls hit of 1978 |
| 63 Basic Latin infinitive | 12 Street knife | 44 Definitely not in favour |
| | 13 Beep, e.g. | 45 Strung along |
| | 18 Aware of | 46 Embroidered loop |
| | 21 Internet connection gizmos | 47 Very small bits |
| | 24 Eye surgery tool | 48 The one I'm pointing at |
| | 25 Conjure up | 49 Impersonator Little |
| | 26 Emulated | 50 Toward, biblically |
| | 27 Bridgestones or Michelins | 51 Nicholas II was the last |
| | 28 C.B.'s sign-off | 52 Vegas alternative, perhaps |
| | 29 Steep-sided inlet | 53 Very low scores |
| | 30 "Bolero" composer | 54 Huge tubs |
| | 31 Way overweight | 55 Otherwise |
- DOWN
- Deer sir?
 - Mad as a hatter
 - With the bow, to Ma
 - Bill Callahan album title track of 1995
 - Corner, in a way
 - Inedible orange
 - Walkway

SOLUTION ON NEXT PAGE.

SUDOKU MEDIUM - By Senior Scope



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

SOLUTION ON NEXT PAGE.

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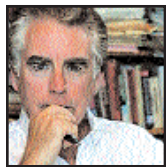
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The Great Comeback Quip - Leave It To The Pros

By William J. Thomas - Humour Columnist

Every time a late night talk show makes the headlines - "Leno Gone! Letterman To Follow!" - the inevitable comparison to the late Johnny Carson crops up. And there is no comparison because Carson was the master of the late night microphone, better than Steve Allen and Jack Parr before him, much better than all the pretenders since.

Whereas the others trip over their tongues and interrupt their guests in the rush to deliver a funny line, Carson was a good listener. When the comic opportunity arose he'd process it and wait before launching the laugh missile. He rarely missed.

Carson's most famous quip came when actor Ed Ames did miss while giving the host a tomahawk-throwing lesson. "This is how you take care of an enemy," boasted Ames as he flung his weapon at the human figure outlined in chalk on a wooden board. Instead of the heart, Ames imbedded the tomahawk in the man's crotch. Embarrassed the actor went to retrieve the small axe from the man's wedding tackle when Carson grabbed him and held him back. And they waited, first to allow the audience to laugh themselves silly and then to settle down. That's when Johnny Carson delivered the line that resulted in one of the largest laughs in television history: "Gee, Ed, I didn't even know you were Jewish." Once that wave of hysterics finally died down, the flustered tomahawk teacher asked the host if he wanted to give it a try. Said Carson a little sadly, "No. I can't hurt him anymore than you did."

Delivering that one great line has become comedy's highlight art form. Quick, ruthless and on the money. Jay Leno asking a chastened Hugh Grant: "What the hell were you thinking?!?"

Jack Parr's greatest line came courtesy of Dick Cavett, an NBC writer dying to join the Tonight Show team. As the story goes, they were in the elevator when Parr mentioned he was stumped as to how to introduce that night's guest, the overwhelmingly voluptuous Jane Mansfield. Cavett said he had a pretty good idea. Jack Parr introduced Jane Mansfield with the now famous five words: "Here they are, Jane Mansfield!" And Dick Cavett got a new job.

Normally drunkenness dulls a sharp mind, landing the comeback line with a thud. Usually, but not always. American humorist Robert Benchley was leaving New York's Algonquin Hotel after a liquid lunch, still carousing with friends and not paying much attention to anything else. Spotting what he thought was the uniformed doorman he said: "My good man, would you please call me a taxi?" Hugely offended, the man shot back: "I am not a doorman. I happen to be a rear admiral in the United States Navy!" To which Benchley immediately replied: "Alright then, get me a battleship."

Fellow member of the Algonquin Round Table, Marc Connelly was as quick as Benchley, Dorothy Parker, Harpo Marx and the other well-known wits. Going for a cheap laugh, a man came up behind Connelly at a dinner party, patted the playwright's bald head and said: "Marc, your head feels as smooth as my wife's ass." When the laughter subsided, Connelly rubbed his own head and said: "So it does. So it does."

The savviest of politicians know how to diffuse a nasty situation with a great line. Ronald Reagan explaining the confusion inside his administration over the Iraq Contra Affair said: "Sometimes the right hand doesn't know what the far right hand is doing." Later when asked if it was taking a personal toll, Reagan famous for napping admitted: "I'm having a lot of sleepless afternoons."

President Calvin Coolidge was nicknamed "Silent Cal" for a very good reason. "I've never been hurt by something I didn't say," he often pointed out. At a White House dinner a woman approached him and whispered: "You must talk to me, Mr. President. I made a bet today that I could get more than two words out of you." Coolly, the president whispered back: "You lose."

Who would of thought of a Pope doing stand-up? The only head of the Catholic Church with a sense of humour, Pope John XXIII was once asked by a reporter: "How many people work at The Vatican?" He thought long and hard like he was mentally adding up his staff and finally replied straight-faced and with miter in place: "About half." Only the Holy See saw that one coming.

You expect politicians to practise the one liner, but a pacifist? In 1931 after he was named *Time* magazine's "Man of the Year," Mahatma Gandhi travelled to London to meet with British officials in order to break their colonial stranglehold on his country of India. Seeing "this little brown man in a robe and sandals" one reporter mockingly yelled: "What do you think of Western Civilization?" With an elfish grin and a heavy Indian accent he replied: "I think it would be a good idea."

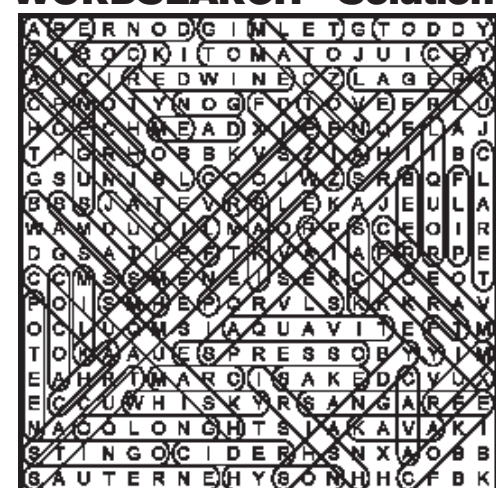
The Hollywood press has always been in the hunt for what the British call a "jolly good slag off." While posing for publicity photos actress Mary Anderson turned to her director and asked: "What's my best side?" Replied Alfred Hitchcock without hesitation: "You're sitting on it."

A friend walked into the hospital room of W.C. Fields on his death bed and was shocked to see what the comedian and well-known agnostic was reading. "What are you doing reading a Bible?" he asked. A professional smartass to the very end, Fields replied: "Looking for loopholes."

So if you ever find yourself insulted by an obnoxious or overbearing cad who baits you with an insult, don't bruise your brain trying to think of a killer comeback line. Just leave that to the professionals. ■

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

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

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NOTICE: Thank You!

Mel and Ruth Sampson - of Stonewall, Manitoba, would like to thank the nurses and staff at the Stonewall hospital for their tremendous care during their stay over the Christmas holidays. Both are continuing recovery at home.

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