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Senior Scope

Vol. 14 No. 1
 Aug 4 - Aug 26/15

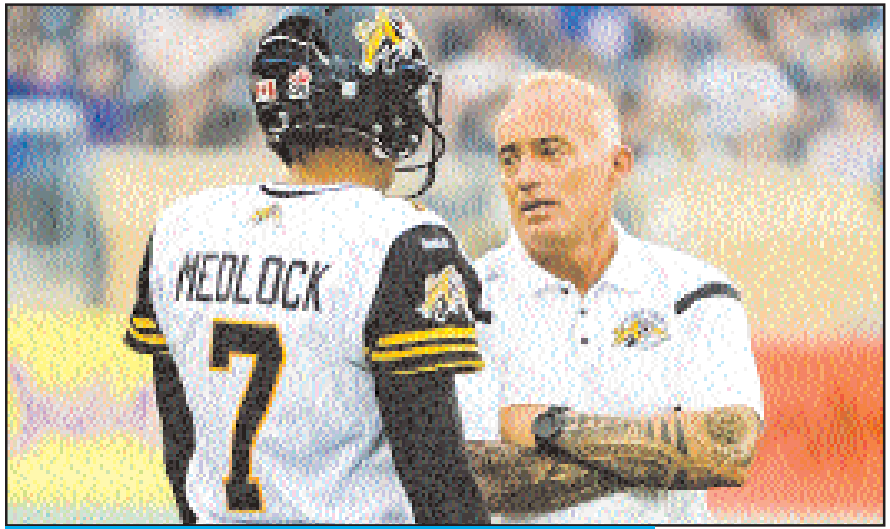
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DRIVEN! The *SENIOR SCOPE* Automotive Review SEE PAGES 7-9

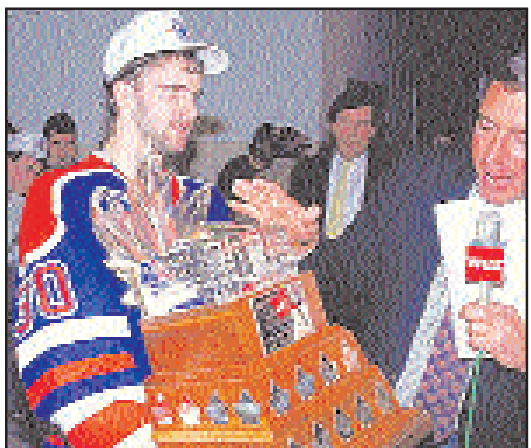
Jeff Reinebold, former Blue Bomber coach - the lessons he learned in Winnipeg and where he is today

See Scott Taylor's *The BUZZ* on Pages 10-11



Jeff Reinebold, former Winnipeg Blue Bomber coach

A hockey career almost cut short at 15, Bill Ranford persevered and made it to top See Pages 10-11



Bill Ranford winning the Conn Smythe Trophy in 1990



Bill Ranford today

Long-time Local Reporter, Author and Friend - Marianne (Marion) Clemens passes leaving a legacy of wisdom



February 12, 1927 - July 25, 2015

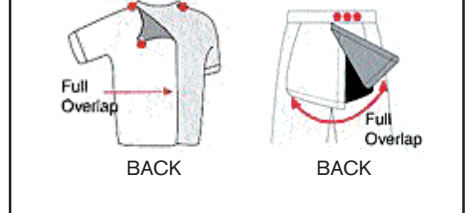
It was a sad day when it was announced that Marion Clemens, as we knew her best from her *Coffee Break* columns in *Senior Scope*, had passed on. Marion was featured in the 'Spotlight' section of the February 10, 2010 edition of *Senior Scope*. She had just authored her first autobiography. It wasn't long after that that she began reporting on events in her community and submitting them to *Senior Scope*. Marion chronicled her life in several books. They were personal accounts of growing up under Nazi rule in Germany as a child and eventually making a new life in Canada, arriving in 1957. She eventually settled in the Oak Bank/Springfield area with her long-time partner and friend Louise. She then became a writer/reporter/journalist for local newspapers, and publications in the early to mid 1970s. Her 'Coffee Break' column was popular. In fact, Marion sent her last column to us just prior to her passing and we'll share some of it with you inside this issue. Marion's legacy is her gift of writing, showing us the good and bad in this world as she saw it. It was a real honour to publish Marion's columns and to be her friend. She will be truly missed.

Read more on Page 5.

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Send your

LETTERS...

to the editor or story submissions

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Box 1806, Stonewall, MB R0C 2Z0



By Roger Currie

CURRIE'S CORNER:

Paul Bernardo can vote but Donald Sutherland cannot

I well remember the first time I saw Donald Sutherland on a movie screen. It was the summer of 1967, and he was playing one of Lee Marvin's crew of desperate men in *The Dirty Dozen*. I had no idea that he was even a Canadian, and the son-in-law of Tommy Douglas, the man who would one day be voted the *greatest Canadian*.

Donald is now 80 and still going strong in movies like *The Hunger Games*. He's also quite angry that when other Canadians get to vote in a federal election in October, he won't be allowed to take part. He was born and raised in New Brunswick and still has a home in this country, but his principal residence has been outside Canada for many years. Such people are *ex-patriates*, and more than a million of them have been declared ineligible to vote in October by the Ontario Court of Appeal.

It's a complex legal issue going back more than 20 years, but two of the three Justices who heard the case agreed with Stephen Harper and company that *ex-pats*, like Donald Sutherland, should not get a ballot because they really don't have any 'skin in the game'. They won't be affected by the actions of the government that gets elected.

The Justice who dissented was John Laskin. His father was the late Bora Laskin who was Chief Justice of Canada, appointed by Pierre Trudeau in the 1970's. In his dissenting opinion, Justice Laskin said to rule otherwise makes second class citizens out of Canadians who may live elsewhere for a variety of reasons that have very little to do with their love of the country, and their ongoing desire to be part of the political process.

He also noted, as I did a couple of weeks ago, that even horrid criminals like Paul Bernardo will be allowed to vote in October, while members of the Order of Canada, like Donald Sutherland, will be denied that right which is supposed to be protected under the Charter.

Watch for this story to stick around for more than a couple of news cycles. ■

Digital frustrations for Seniors

Have you noticed that there are absolutely no *comfort levels* in the digital world? A couple of decades ago, a veteran of the old world of telephones said to me "Boy I wish the information highway had an off ramp once in a while". A month later she took early retirement and moved into a cave for all I know.

I still don't use a *smartphone*, but I love the world of *Netflix* and I would be totally lost without my *PVR*. I do a weekly podcast on skype, with a co-host who is more than 2,000 miles away. As a *semi-retired* freelancer I live on the desktop computer in my home office. Fortunately I have a precious son-in-law who helps me over the major speed bumps that appear on the highway.

He helped install *Windows 7* when the mighty Microsoft was pushing #8, and threatening to stop supporting dear old *Windows X-P*. It turned out #8 was about as popular as a lead balloon, and now they're rolling out *Windows 10*! Was there a #9 and what happened to the supergeeks who designed it? We're not really sure, but chances are they're no longer working at Microsoft.

The company that Bill Gates started, and used to run before he and wife Melinda turned their attention to giving their huge fortune away in an effort to save the world, has not been doing all that well lately. They were very late into the world of mobile devices, and it doesn't appear they will catch up anytime soon.

The classic phrase "If it ain't broke, don't fix it" simply doesn't apply in the digital world. Instead, it's "release new and smarter products, or perish"! It's a totally disposable society when it comes to technology, and it will always be difficult for *Baby Boomers* to make some of the never-ending changes.

Hey, I still miss *Netscape*, and talking on the telephone, rather than dodging robo-calls. ■

LETTERS...

Dear Kathryn Ross

RE: your letter in the June 11, 2015 copy of *Senior Scope* RE: Roger Currie's article in the May20/15 issue: 'Old, rich, spoiled' view of *MacLeans* magazine, hit the nail

right on the head. I don't know where they got their info from, but it certainly wasn't people like us. With articles like *MacLeans*, it's no wonder kids look at people with grey hair and think they're a rich bunch. Quite the contrary.

Thank you for your letter and keep up the good work.

Yours truly
Elmer Arnold, The Pas

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Giving your Grandchildren a Head Start in Life: Critical Illness Insurance – intergenerational Wealth Transfers – Tax Free

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

The last several articles have been very technical in nature which have generated some interesting phone calls and comments. The most common remark has been “I had no idea that there were so many things that I could do. No one at the bank has ever told me this”. Good information and planning is becoming more important than ever. In my practice, I have had the discussion with many of my wealthy clients regarding once wealth has been achieved, then how do we meet the greatest challenge of how to keep it, and then secondary how to pass it on. Most families think that their greatest expense is their mortgage but in reality it's taxes. If you have an income of \$70,000 per year in Manitoba and therefore in a 39.4% marginal tax bracket your tax bill would be \$18,045/year or monthly \$1,503. The cost is equal to or greater than many mortgages yet we pay so little attention to this. We accept it as status quo instead of looking for advice and alternatives.

In the last few weeks, during an appointment with a newer client – after the initial fact finding – I asked the question of “whose money is this?” Initially there was silence and then the question came “what do you mean?” My response was, you are 86 years of age and have considerable wealth – so the probability is you will never spend this money. “So

for whom is this money intended?” Depending on the answer, the planning will reflect the intention. In their second appointment – the first thing they said “No one had ever asked us that question before, and now we have different discussions among us and with our children. It freed us to look at our wealth in a different way”.

What I am finding in my practice is what is being discovered in studies with those who have wealth. Originally, when wealth and those who held wealth were studied – the thought was that this wealth would transfer from parents to children. It is now thought that much of this wealth could if desired be structured to skip a generation or two and transfer to grandchildren and great grandchildren. If that is indeed the desire as early studies are showing – then the question becomes - what strategies need to be examined to accomplish this new approach to wealth and families? If you have followed my recent articles, that has been my focus. To broaden the discussion of what is possible, we should not only discuss preserving wealth but also take a look at family. How money can be used as a tool to not only benefit the primary holder of wealth but also how it can be used in a very beneficial way inter-generationally. The concepts I have written about are only a few examples.

To continue this discussion, I have broadened the concept of how to use Critical Illness Insurance as a tool for intergenerational wealth transfer on a tax free basis.

One of the greatest pleasures for a grandparent is spoiling their grandchildren. Borrowing the children from mom and dad, taking them out to the zoo and for ice cream, then dropping them off at the end of the day – or at the end of a weeklong getaway with nana and grandpa. These are fruits of your labour – raising children so that one day you can spoil theirs. As a review from previous articles, increasingly in Canada, grandparents are finding creative and impactful ways to continue this tradition, finding expression for such love in financial products. Indeed, a great many grandparents contribute to RESPs (Registered Education Savings Plans) for their grandchildren.

The enormous transfer of wealth that will unfold over the next 25 years in Canada, something we have discussed in previous columns, is manifesting itself in innovative ways. Even RESPs have their limitations, not only in terms of usage but also with respect to maximum contribution space and maximum government credits. Consequently, those looking to make a more substantial impact and leave a larger legacy look to things like whole life insurance as

well as critical illness insurance on the grandchildren. Neither of these ideas have much to do with traditional risk management issues (nobody purchases permanent life insurance for their children/grandchildren with the expectation it will ever pay out a claim) but rather with the accumulation of cash values, return of tax-free capital, and protecting long-term insurability. Without a doubt, many children and parents acquire health conditions through their life which may make their offspring uninsurable. Buying insurance while they are still young and everyone in the direct family is healthy is crucial.

How does critical illness insurance for children work? Unsurprisingly, it starts with the coverage itself. A critical illness insurance (henceforth referred to as “CI”) plan can provide coverage normally from \$25,000 all the way up to \$250,000, which upon claim would be paid out to the parent tax-free. Remember, the purpose is not to benefit from a potential claim, though there's little doubt that there are massive financial repercussions to having a child in some form of care, travelling to and from a hospital for weeks on end, or taking a full-blown leave of absence from work for one or both parents. This could really save the financial vitality of a family with a tax-free injection of capital

Continued on page 4

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Giving your Grandchildren a Head Start..., cont'd from page 3

when a covered illness occurs. Some insurance carriers offer coverage that ends at age 25 and can be converted, without proof of insurability, to a permanent, "adult" plan; other carriers offer permanent, lifetime protection to children for a guaranteed, locked-in premium for life.

Most CI plans for kids tend to cover the 24-odd adult-focused illnesses identified in most CI plans, such as cancer, heart attack, stroke, and more. Many of these illnesses may seem irrelevant as a child, but will be very important should they carry their insurance coverage into adulthood. Furthermore, most child CI plans provide additional coverage for critical illnesses that are unique to childhood, amplifying their value and utility to the younger insured, such as: cerebral palsy, congenital heart disease, cystic fibrosis, muscular dystrophy, and type 1 Diabetes. These are things that do happen to young children and the impact, both emotionally and financially, on the parents should not be underestimated.

Other financial considerations may come to bear should a child or grandchild be diagnosed with such an illness: Would the parents be able to afford time away from work to care for their child? Would they be able to pay for the ideal type of treatment? Would they be able to

cover costs related to health care that are not covered under current government plans? And would they be able to continue to contribute during this difficult time to their child's education plan - the future they want them to have?

Grandparents can purchase these plans, own the plan, and leave mom and dad as the beneficiaries. Furthermore, most plans come with a reimbursement of premium that essentially guarantees that all the monies contributed to the plan are returned, or refunded, should no claim ever be made. This money-back guarantee, in essence, ensures that the investment made is not lost and the return of premium can make a consequential difference in the early adulthood of the child. For instance, some insurers offer plans with a full reimbursement at age 25; when the insurance is cancelled, all contributed premiums are refunded tax-free. Other carriers offer lifetime plans that provide a partial reimbursement at age 25, but that continue coverage indefinitely.

Interested in some real numbers? Here's a scenario for you to consider: you have a 5 year old grandson named Logan. You obtain a \$100,000 CI policy with the "return of premium" feature with Logan as the insured. The premium is \$64 per month. By age 25, 75% of premiums

are refunded totalling \$11,502 of tax-free money. Logan could use this money to reimburse his student loans, pay for a small car, or pay for his honeymoon. The policy would continue, probably now under Logan's ownership, and coverage would remain well into his adulthood, all at the original child pricing of \$64 per month. While available earlier, the return of premium option would not normally be exercised after age 25 until retirement age (critical illness coverage for adults is extremely important to protect lifestyle and assets) and in such a case, the policy could be ended when Logan turns 65 and over \$34,506 would be returned to him tax-free!*

Clearly, the impact of you, as a grandparent, purchasing a CI policy on your grandchild will be felt for a very long time, potentially helping the family to remain financially whole during a very difficult time, and most certainly helping the child to grow up safely and with financial resources that will serve him time and time again.

Should you wish further information you can contact Shirley Hill & Associates, Private Wealth Management at **204-257-9100** or email **shirley.hill@igprivatewealth.com**

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Members come out for the 'friendship', 'challenge', and the 'cookies'. Richard says 'winning is not that important but I like it'. Bill likes 'to get the ball in the bull's eye'. Pam likes the 'friendly rivalry'. There are two couples who come out to engage in an activity with their spouse. Bowlers' ages range from 55 to 85.

There are 3 men and room for more. Some members come early to setup the coffee and the carpet. The time and ability it takes to learn the basics depend on the individual and mobility, not age.

This June, a team lead by Captain Richard Smith, co-captain Rose Petry, and team members, Robin and Margaret Morrison pitted their skill against Team Gimli at the 55 Plus Games in Beausejour. There was lots of fun, food, rivalry, and excitement. The group spent the afternoon site-seeing and attended the Athletes' Banquet in the evening. Newest member, Margaret, said it was 'definitely worth the trip'.

Carpet Bowling is played at St. Mary Magdalene Church, 3 St. Vital Road, Tuesdays, from 1 - 3 p.m.,

By Lesley Smith - lesleykrsmith@gmail.com



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Marion Clemens, cont'd from front page

Marion's writing is her legacy. It's not the words themselves that hold the true value - it's the messages within those words that she hopes will make a difference.

Below was her last contribution to Senior Scope. But I believe it was her last attempt to say her peace and hope for a better world for everyone.

Rest in Peace Marion. Your wisdom and your kind soul will be missed.

Coffee Break in Rural Manitoba

Oak Bank, MB, including Springfield News...



By Marion Clemens

Hello everybody and welcome to another *Coffee Break*, telling you a bit of the goings-on in the RM of Springfield.

For the last several weeks here in Oakbank one got the impression that suddenly several organizations decided to change things for the better. This idea could be turned into reality due to grants available for them.

Besides the Kinplace Building on Main Street in Oakbank which is renting apartments to seniors who are looking for independent living quarters, there is also the Dugald Estates housing, which is very different from the Kinsmen Building in Oakbank.

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Turning for a while to broader circumstances in our lives right now:

Why can we not all learn to "live and let live"?

Whenever one listens to the news there seem to be only bad news reports. Like the shootings in shopping malls and now our world is fearing a much bigger problem coming from the far East. FBI is publishing warnings for possible attacks. So, what do those warnings do for the people? Are they supposed to hide somewhere in a cellar or are they all supposed to spend that day in a faraway country? It's all so senseless - those are the facts we have to live with in the present time and there is really nothing we can do. Yes we can do one thing - and that is believing in God's almighty powers.

But not everybody believes in Him - especially authorities - like governments and schools with some even banning any mentioning at all of God or Christianity.

One positive announcement came from President Obama the other day, when he announced that same sex marriages will be accepted as legal in the USA. But that does not mean that the rest of the world will accept his decision too - as we could see in a news report showing reactions of people in Turkey - attacking a Pride parade.

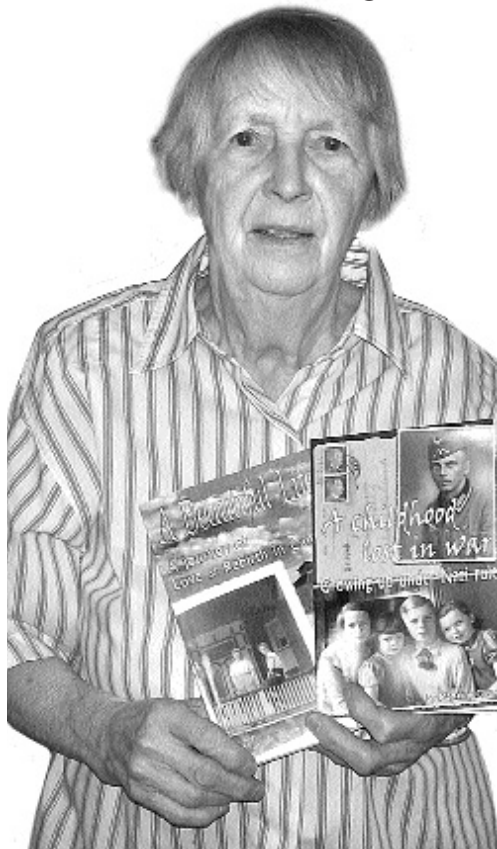
Why can we not all learn to "live and let live"? What's it to others how some people live? As long as they do not hurt others - it's nobody's business. Life is so short. Too many people still waste their precious time judging others.

Okay - let's live one day at a time, just enjoying each one. People who are happy and content, will always be good human beings, because they want others to feel the same way.

Closing with my best wishes for you and your families: May you have a happy, safe summer !!!

~ Marion

We will post Marion's original Senior Scope 'Spotlight' feature on Senior Scope's home page at www.seniorscope.com.



Marion Clemens with her first two self-published autobiographies.

Congratulations to Walter & Margaret Reimer - Celebrating 70 Years of Wedded Bliss



Walter & Margaret Reimer were married on July 26, 1945.

Walter worked at Steinbach Feed Mill for about 50 years and of those he was manager for 40 years.

Margaret sang in the choir and they met at the Church where she

sang. Margaret also plays piano and is still playing today.

The happy couple retired and moved to Fernwood in Steinbach and now enjoy life and friends.

We hope you enjoy many more years together.







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NEWSBITS

July 6, 2015

CLOSE TO 34,000 MANITOBA SENIORS HAVE ALREADY APPLIED FOR SENIORS' SCHOOL TAX REBATE: MINISTER DEWAR

Nearly 34,000 Manitoba seniors have applied for a rebate to reduce their school taxes following the doubling of the Seniors' School Tax Rebate, Finance Minister Greg Dewar announced today.

"In this year's budget, we doubled the Seniors' School Tax Rebate so they could save up to \$1,570 on their property taxes this year, and so far, close to 34,000 seniors have applied," Minister Dewar said. "This rebate saves seniors money and makes it more affordable for older Manitobans to stay in their family homes." Payments will begin being processed after the property tax filing due date, the minister said adding processing of payments will begin after the property tax due date. For properties with a June 30 property tax due date, such as Winnipeg, Brandon, Headingley and Dunnottar, payments will be delivered by direct deposit and cheque starting July 6, he noted.

In March 2015, the Manitoba government doubled the Seniors' School Tax Rebate to \$470 from \$235. The maximum rebate of \$470 is available in 2015, in addition to the basic \$700 Education Property Tax Credit and the income-tested \$400 Senior's Education Property Tax Credit top-up.

Seniors can apply for the rebate when they receive their property tax

“Seniors can apply for the rebate when they receive their property tax statement from their local municipality.”

statement from their local municipality, the minister said. Some municipalities will be sending out property tax statements over the summer into fall. To qualify for the 2015 tax rebate, seniors must:

- own or occupy and live in a home that is their principal residence,
- be liable for the school taxes on that residence,
- be at least 65 years of age by the end of 2015, and
- have school taxes not already fully covered by the basic Education Property Tax Credit.

There are an estimated 80,000 homes owned by seniors in Manitoba. Approximately 17,000 senior homeowners already have their school taxes fully covered by the Manitoba government's basic Education Property Tax Credit and the 2014 Seniors' School Tax Rebate.

The minister noted an additional 6,700 senior households will no longer pay school taxes this year with the expanded 2015 Seniors' School Tax Rebate.

Applications are available online at www.manitoba.ca/seniorsrebate or by calling **204-945-7555** in Winnipeg or at **1-855-893-8266** (toll-free). ■

July 7, 2015

MANITOBANS ASKED FOR INPUT ON PRE-ARRANGED FUNERAL SERVICES REGULATION

Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection invited Manitoba funeral home owners and managers, funeral directors, industry-related support organizations, consumer associations, and citizens to have their say on a draft regulation related to the Prearranged Funeral Services Act. They had until August 1 to respond.

Once in effect, the Prearranged Funeral Services Act regulation would enhance protection for Manitobans who purchase prearranged funeral plans by:

- allowing contract cancellation for up to 10 days without penalty;
- requiring payment be made directly to a trust or insurance company to ensure the money is available when needed;
- making it an offence to exert undue pressure, take advantage of a person's inability to understand a plan, make a sale knowing

- the person is unable to pay or misrepresent a service as a legal requirement or a cemetery rule;
- giving the Funeral Board of Manitoba inspection and disciplinary powers; and
- increasing fines for offences.

In addition, individuals who are licensed to sell prearranged funeral plans would also have to abide by a code of ethics that would be put in place. ■

July 2, 2015

LEGISLATION PASSES TO OUTLAW INACTIVITY FEES ON SHOPPING CENTRE GIFT CARDS: Swan

New rules will create a fairer deal for Manitobans

This week, the Manitoba government passed legislation outlawing inactivity fees on shopping centre gift cards. This closes a loophole that currently allows companies that sell shopping centre gift cards to charge monthly fees if the card

hasn't been used after a certain period of time.

This means that when you give someone \$50, they'll get to spend \$50," said Minto MLA Andrew Swan, the member who brought this legislation forward. "This is another good step to protect Manitoba families, who work hard and expect good value for their money."

This NDP government already banned inactivity fees and expiration dates for single-retailer gift cards. Now that this legislation has passed, work will begin to change the required regulations and bring these new rules into effect.

"We believe in fair deals for all Manitoba families," continued Swan.

"We have introduced legislation to protect the two biggest purchases most families will make: their home, and their car. We now require warranty protection for families buying newly constructed homes, and we've made sure that when it comes to buying a car, the price you see advertised is the price you pay."

He added, "We will continue to grow the economy, create good jobs and keep Manitoba one of the most affordable provinces in the country." ■

Be Fit with Gwen

Gwen Bonneville was the 2012 Road Runner of the Year for Athletics Manitoba and has numerous age group championship wins.

Get fitted for the correct shoe.

I get my running and athletic shoes from Ken at Stride Ahead in Grant Park Mall and he and his staff make the fitting a science so that comfort and performance blend into the perfect shoe for the individual.

The correct shoe will make each step easy and provide you with the support you need.

This month I suggest a combination of Walk/Running and Aquasize for fitness, agility and good health.

Contact YMCA, City of Winnipeg and Wellness Seven Oaks for the best Aqua Fitness programs.



Look for programs that combine movement with strength and cardio fitness and make waves. The more you exert yourself in the water the more you will gain in performance, wellness and physical ability.

Two or Three Aqua Classes combined with your walking, running fitness program can make a world of difference in your health.

Check it out.

- Gwen

A COMMUNITY TRADITION FOR OVER THIRTY YEARS

31st ANNUAL STONEWALL QUARRY DAYS

August 14, 15, 16

Past the Perimeter Beer Gardens Fri, Aug 14th 10:30 pm

FREE ENTERTAINMENT STAGE at VMSC, south end of Main St. Sponsored by 55511 and Four Points Inn, Bedford

The Violet Lilies Friday at 8 PM

Jake Matthews Friday at 6 PM

Amazing FIREWORKS Friday, Aug 14th 10 PM at VMSC South End of Main Street

Excitedly sponsored by Stonewall Limestone Quarries

SOMETHING FOR EVERYONE!

Annual PARADE Sat. Aug 15 11am 3rd Ave S. & Main to 5th St. West

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Petting Zoo • Slo-Pitch Tournament
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Wm. M. E. (Bill) Ward
driven@mymts.net

This month I am featuring a Dealership that is small, friendly and community minded, as well as, driving technology and driving in severe rain during the summer. All this and some editorial comments on Traffic Safety and of course Bob's Service Tips.

A Ride and Drive with you testing vehicles on August 27 at 7 pm and your comments in the September Issue are part of the fall New Car introductions.

I have noticed lately many bicycle operators and the unlicensed gas\ electric bikes riding into oncoming traffic, riding through Pedestrian Cross Walks and riding through Stop Signs and Lights.

All Bikes are required to obey all traffic laws just like a motorcycle or car. They have no exceptions and should not be given any form of permission to disobey the law as written. Report to Police, Complain and call your MLA and City-Town-Regional Council to ensure enforcement of the rules as written. Bikes are great but have no place in traffic on highways-expressways and any road that they cannot keep up with traffic flow.

THE STEERING WHEEL

Driving in the Rain It's all about Preparation



Tread Depth/Aquaplane

If your tread depth is at or below 4/32 on an inch you should consider getting new tires as these tires extend your stopping distance by up to 50% and can start to Aquaplane/hydroplane at very low speeds and cause a total loss of traction.

Aquapelle Windows

Have your windows Aquapelled and they will clear rain, water, dirt, snow and ice off quickly and efficiently.

Windshield Wash Fluid

For this time of year you need bug desolving spray and put some in a squirt bottle to spray on and then clean off the windows every time you fuel up in addition to that which is in your windshield washer bottle.

Windshield Squeegee

Have your own Squeegee and use it to prevent dirty and bug encrusted windows.

Windshield Wipers

New wipers Spring and Fall are essential to safe driving. The best you can afford so that they do not smear

Clean interior of Windows

Clean the Interior Windows so that any substance is cleared off so that you have full vision at all times.

Weather Radio and Warnings

Have your cell phone set up to receive weather warnings and preset your car radio to the weather channel so that warnings come to you and listen to it if the weather looks bad.

Never Stop on Roadway

Stopping on the highway or shoulder is a sure way to be rear-ended. Pull off the road at rest stops, on to side roads and or any other area so that other traffic does not hit you. Use 4-way flashers-headlights and keep moving until you find a safe spot is best.

Plan where to pull off

Look for pull off areas and plan if bad weather comes where to go.

Wait it out

It does not last forever and it is better to arrive late than not at all.

Drive to Arrive Alive

- Bill

Sunglasses and Safety

Polarized Sunglasses provide significantly improved glare reduction and help drivers see more clearly from dawn to dusk. The Lens colour is best as a brown/amber and provides accurate light colour and heightens your vision and the ability to differentiate shadows and bright spots.

These sunglasses can be used for driving and, in fact, can reduce glare from a long, flat surface such as the hood of the car or the road's surface.

Polarized sunglasses also can be worn indoors by light-sensitive people, including post-cataract surgery patients and those continually exposed to bright light through windows.

How Do Polarized Lenses Work?

Light reflected from surfaces such as a flat road or smooth water generally is horizontally polarized. This means that, instead of light being scattered in all directions in more usual ways, reflected light generally travels in a more horizontally oriented direction. This creates an annoying and sometimes dangerous intensity of light that we experience as glare.



Polarized sunglasses cut glare and haze so your eyes are more comfortable and you can see better.

Polarized lenses contain a special filter that blocks this type of intense reflected light, reducing glare.

Though polarized sunglasses improve comfort and visibility, you will encounter some instances when these lenses may not be advisable. One example is downhill skiing, where you don't want to block light reflecting off icy patches because this alerts skiers to hazards they are approaching.

More Info

In addition, polarized lenses may reduce the visibility of images produced by liquid crystal displays (LCDs) or light-emitting diode displays (LEDs) found

DRIVEN! Continued on page 8



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DRIVEN! The SENIOR SCOPE Automotive Review

Cont'd from page 7

on the dashboards of some cars or in other places such as the digital screens on automatic teller machines and self-service gas pumps.

With polarized lenses, you also may be unable to see your cell phone or GPS device.

Boaters and pilots also have reported similar problems when viewing LCD displays on instrument panels, which can be a crucial issue when it comes to making split-second decisions based strictly on information displayed on a panel. (Some manufacturers of these devices have changed their products to solve the problem, but many have not yet done so.)

However, for most other sports and activities, polarized sunglasses offer great advantages. And today, many

polarized lenses are available in combination with other features that can enhance outdoor experiences.

Polarized bifocal sunglasses or progressive lenses are examples of options for the presbyope who also likes outdoor sports.

And polarized photochromic lenses, which change from dark outside to light inside, may be right for the light-sensitive person who frequently is in and out of the sun on any given day.

Whether you spend your time water-skiing or boating, in-line skating or mountain biking, driving or jogging, polarized sunglasses may be the right choice to help you enjoy your life outdoors. ■

RED RIVER CO-OP SPEEDWAY



The crowd



The cars and drivers

Drive out and check out the Speedway on Highway 75 just south of the City. This is a great place to go on a Thursday night for exciting action and great Burgers.

Red River Co-op Speedway will be racing every Thursday night beginning on the 21st of May 2015 and ending

on the 26th of September 2015. This year they have added a Friday night show to the Delaine Memorial and our Season Ending Event is scheduled for Friday, September 25th and Saturday, September 26th.

Go to <http://www.victorylane.mb.ca/> for the full story. ■

THE DEALERSHIP

Where you buy your car or truck is often more important than the make and model of vehicle as the dealership is the link to service, repair, warranty and provides the link to the manufacturer.

So what do you want?

The question of what a dealership provides is changing from Bob Barker's (Let's Make a Deal), to the professional who assists you in choosing the correct vehicle correctly equipped in the colour you want with the trim you want.

The best way to buy a vehicle is to RESEARCH IT, PRICE IT, and ORDER IT exactly as you want it and have this custom built vehicle delivered through the dealership that you have chosen to do the service, warranty and after sales service and care.

Taking a vehicle off the lot is great for the dealer who moved a piece of tin that was sitting on the lot and not moving but is it what you want?

I suggest that you check out online the good and bad points that dealer reviews illustrate and talk to individuals who deal at the location you are interested in buying from. I go to the service waiting area and ask customers questions about how they feel they are treated, is the coffee and refreshments in the service waiting area fresh and clean, are the washrooms bright, clean and well maintained, is the service area clean and are the workers showing care in the vehicles they are fixing. Does the dealer ask for a fee to prepare the paper work for the sale? If they do charge you to make the deal, why buy there?

A.) Think about all those vehicles on a lot and why they are there and how desperate is the salesperson to sell them. A great deal can be had simply by choosing the most desperate salesperson and if you take a vehicle off the lot make sure that

it is the very best lowest price you can get as you take the vehicle offered and their finance charges on that one are eliminated.

B.) Dealerships are moving into the 22 Century and are there to assist you in getting exactly what you want, at a price you can afford, so RESEARCH The Purchase, PLAN The Purchase, ORDER it and make sure it is exactly what you want. They want happy customers for life and will work for your business by providing you with no hassle service at all levels.

The Above is Option A if McPhillips Nissan is being stupid

The Below is Option B if McPhillips Nissan is being smart

I have very specific things I look for in a dealership and they are cleanliness, acceptance of my wants, needs and service of my vehicle post purchase. As well, I look for a dealership that knows me, my name and treats me as a friend not just a number. In short I want to be treated as a unique person who, not only during the purchase but in the after service, has been integral to the dealership's progress and my own satisfaction of ownership.

I have known John Medeiros of McPhillips Nissan for over 25 years and his style of management meets my needs as well as his understanding that a vehicle purchase is not a Bob Barker (Let's Make a Deal) event. Far beyond the lowest price is the care taken by a dealership to represent the Manufacturer to their customer as an integral part of the process and to provide you the customer with the service and care needed to keep you coming back due to the trust established in service, warranty, sales and body work.

In conversation with Sales Staff, Service Managers, Parts Manager and

Continued on next page

BOB'S MAINTENANCE TIPS!

Bob Degrave Automotive Specialist

Bob and his shop **Seven Oaks Transmission** are a CAA Approved Auto Repair Services Facility and he is an approved vehicle specialist and the owner/manager of Seven Oaks Transmission. Each Issue we will feature reader's questions and the advice Bob gives in this section.

Please email driven@mymts.net with your questions.

Bob, I have a ratcheting noise from the rear of my vehicle and it does not back up smoothly.

What is wrong?

- Tony

Well Tony;

This sounds like a differential problem and it should be examined at a shop that deals with axles, differential, and gears as a specialty. This sound may be a minor fix and early detection can provide inexpensive correction and peace of mind.

- Bob DeGrove.



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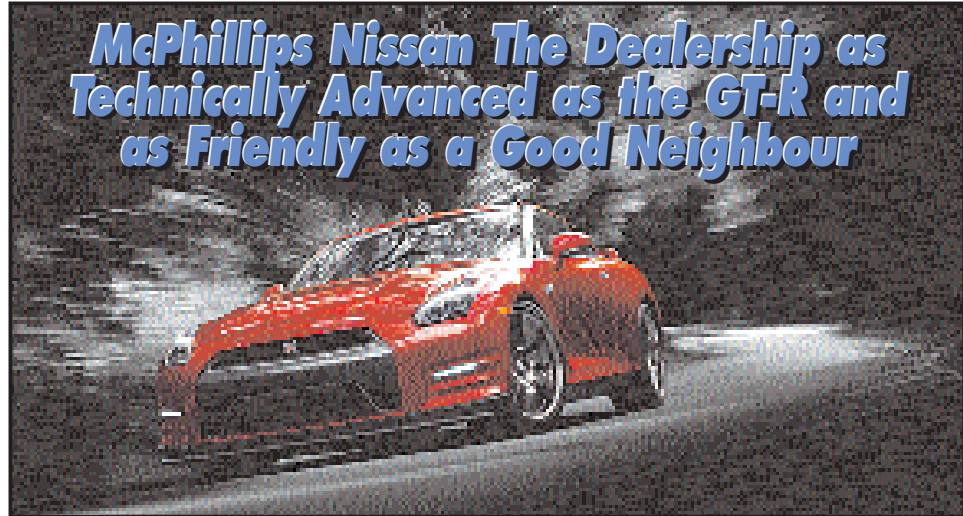
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DRIVEN! The SENIOR SCOPE Automotive Review

THE DEALERSHIP, cont'd from page 8



Individuals in the Service Department from the Friendly Car Detail Team I have gathered the same impressions in the Morning I spent at the dealership.

The only complaint I have is that the Coffee was not as good as it could be and the waiting area needed herbal tea as well.

Call **Valentine Anyanwu: 204-952-7532** or **John Medeiros: 204-294-4294** of **McPhillips Nissan** for your test drive. (See ad below)

Well, that aside, I feel that our first upcoming *DRIVEN! Ride and Drive Senior Scope* event will be great fun, entertaining and informative at McPhillips Nissan.

The sales staff along with service staff will be there along with a selection of Nissan Vehicles for our intrepid testers to evaluate along with you the reader so that we have a cross representation of opinion.

Mark **Thursday, August 27** at 7 pm on your calendar and come to 2150 McPhillips Street, Winnipeg, and enjoy a full vehicle ride and drive along with short seminars on Driving Skills, Safety and Maintenance provided by **DRIVEN!/Senior Scope** along with **McPhillips Nissan**.

Let us know you are coming so that we can prepare for you at driven@mymts.net or by phone at **204-632-7135** and register to attend. ■

- Bill Ward

AUTO EVENTS

STONEWALL QUARRY DAYS SHOW & SHINE

August 16 - Sunday - 9 am - 3 pm

Veterans Memorial Sports Complex parking area. (south end of Main Street). All classic, special interest and antique vehicles are welcome. Registration is \$10 with partial proceeds going to a local charity.

For more info contact:
Derek Bodnarchuk
204-799-2208
derek.absperformanceinc@gmail.com
www.stonewallquarrydays.ca

29th ANNUAL CORN & APPLE SHOW & SHINE

August 23 - Sunday - 12-4 pm

Presented by Border Hills Car Club in Morden Park Bowl. Open to all special interest vehicles. Door prizes, silent auction and live band.

For more info contact:
Malcolm Doney
204-362-0529
204-822-5299
cheryled@sdnet.ca

SHADES OF THE PAST CAR SHOW

August 30 - Sunday

Beausejour, MB - 5 closed blocks (1/4 mile) of Park Avenue. Free to all participants and spectators. Free BBQ picnic for car show participants after show. Show area for motorcycles and any vehicle of interest. Enter on West end of Park Avenue. Bring a tin or donation for local food bank.

For more info contact:
Jon Delannoy
204-268-4467
jontracy@mymts.net
Robert Lidster
204-268-2275

COOKS CREEK HERITAGE DAY

August 30 - Sunday

Presented by Springfield Tractor Club at Cooks Creek Museum - pioneer buildings, blacksmith shop, Static Tractor and Antique vehicles. Entertainment all day and craft show. Home cooking available.

For more info contact:
John Holland
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iamjohn@mts.net

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THE BUZZ

Hall of Fame Inductees; Ranford's Career Nearly Ended at 14; Reinebold Happiest Man on Earth



By Scott Taylor

The latest list of Manitoba Sports Hall of Fame inductees was released last month and it includes a three-time Grey Cup champion place-kicker, a tremendous U of W basketball star (and my old teammate with St.

Andrews in the 90s) a world-champion rower and a Conn Smythe-winning, Stanley Cup-winning goaltender.

Meanwhile, a legend at the Winnipeg Winter Club in all things racquet sports and a pioneer in sport medicine make up the Builder category and a dominant CIAU (now CIS) champion hockey team rounds out the new slate of inductees.

On Nov. 7, 2015, five athletes, two builders and one team will be inducted into the Manitoba Sports Hall of Fame at the 36th Annual Induction Ceremony at the Victoria Inn in Winnipeg.



1964-65 University of MB Bisons Hockey Team

The 2015 inductees are:

- Arjinder (Archie) Chawla, Badminton/Squash/Tennis, Builder
- Dr. Gordon Cumming, Sport Medicine/Speed Skating, Builder
- Trevor Kennerd, Football, Athlete
- Ken Opalko, Basketball, Athlete
- Ken Peters, Athletics, Athlete
- Jeff Powell, Rowing, Athlete
- Bill Ranford, Hockey, Athlete

- 1964-65 University of MB Bisons, Hockey Team

"These eight recipients join an exclusive group of Manitoba's finest in sport," said Susan Nemeč, President of the Hall of Fame's Board of Directors in a written statement. "We strive to preserve, celebrate and showcase the history and heritage of sport excellence and achievement and these seven individuals and two teams have



Honorary Col. Trevor Kennerd

earned their place in Manitoba's sport history. Combined with those we honoured back in April at Sport Manitoba's Night of Champions in our Veteran Induction, 2015 is an exceptional slate.

Tickets for the Induction Dinner go on sale Sept. 1, 2015.



Continued on next page

Senior Scope ANNUAL CONTEST! in celebration of Senior Scope's 13th Birthday - July 1, 2015!

CONGRATULATIONS to the 2nd winner of the Senior Scope contest!

Prize #2 goes to

Dawn Reynoldson of Winnipeg, MB

Prize #2: Red-White & Blue Get-A-Ways:

3 day/2 night Motorcoach trip to Moose Jaw Mineral Spa provided. Lodging at Temple Gardens Mineral Spa Resort for 2 nights. Includes: unlimited use of mineral pools, \$60 casino package from Casino Moose Jaw. Motorcoach departs from Winnipeg, Portage or Brandon. **Total Trip value \$494.00** (see ad on Page 12)

Wild Birds Unlimited: prize of One \$25 gift card and One 5 lb bag (\$14.99 ea.) No Mess Seed Blend. (approx. \$40 Value) (see ad on Page 12)

Anderson's Hitch 'n Post Ranch: One \$20 Gift Certificate - Lunch for two (see ad on Page 12)

Assiniboia Downs: One \$50 Gift Certificate - Terrace Dining Room or Club West Restaurant

TOTAL PRIZE VALUE: \$604.00 (approx.)

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Wpg. 204-667-2161



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Red - White & Blue Get-A-Ways

1-866-846-3795
www.rwbgetaways.com

Thank you to all the entrants and participants of this contest for helping Senior Scope celebrate 13 Great Years!

Moose Jaw - More than just a Mineral Spa

By Alison McDonald - owner, Red-White & Blue Get-A-Ways

Moose Jaw, Saskatchewan has quickly become a popular tourist destination and for good reason. Join us in our 12th year this fall on a motorcoach tour to find out first hand!

Our tours depart Winnipeg with pick ups long the #1 highway. Sit back and relax while we do the driving. While enroute you will meet new friends, play bingo and watch a movie. We stop for lunch in Moosomin, SK at the Red Barn Restaurant. After lunch our ride is another 3 hours. Upon arrival in Moose Jaw our accommodations are located downtown Moose Jaw at the 4-star Temple Gardens Mineral Spa Resort Hotel where geo-thermal mineral waters are drawn from ancient sea beds. Relax in the healing waters of either the inside or outside section of the pool without even having to leave the water. The rejuvenating mineral rich geo-thermal waters are drawn from porous rock formation more than 1350 meters below the earth's surface. The outside portion of the pool on the 4th floor overlooks Crescent Park. Twenty eight acres of winding pathways, gorgeous flowers and green space. Also located on the 4th floor adjacent to the pool is the Sun Tree Spa where guests can revel in rejuvenating spa services provided by highly trained and certified therapists. Upon completion of your treatment further your relaxation by sliding back into the mineral waters. Pool side you will find a snack bar where you can purchase beverages and a light snack while lounging by the pool in a reclining chair while the sunlight filters through the floor to ceiling windows. All the conveniences are located on the 4th floor where one could spend the entire day unwinding. Finish your spa experience in the steam room where essential oils are released with the steam. When you are ready to leave, wrap up in the complimentary robes provided in your room for resort guests. Beyond the 4th floor mineral spa experience the downtown area has

endless entertainment options to explore! Attached to the Temple Gardens Mineral Spa Resort by skywalk is a 1920's themed boutique casino featuring over 200 slot machines, a variety of table games and a quaint lounge. One of the many perks of arriving on a motorcoach tour is the casino package offered to each passenger consisting of \$15.00 in slot play credit for each day plus \$5.00 off food for each day in the casino lounge.

Located 3 blocks from the Temple Gardens Mineral Spa Resort is Tunnels of Moose Jaw, a year-round tourist attraction that entertains guests with unique productions of Canadian history. Head beneath the streets of downtown Moose Jaw and undergo two guided theatrical tours. Relive Al Capone's bootlegging days in the Chicago Connection tour and experience first-hand the hardships of early Chinese immigrants in the Passage to Fortune tour. Also located within the 3 blocks of the Temple Gardens Mineral Spa Resort is Yvette Moore Art Gallery, Fifth Avenue Collection Beautiful Jewellery, Mosaic Place, Cranberry Rose Ladies Boutique, Hopkins Dining Parlour plus so many other one-of-a-kind boutiques. 45 minute self-guided walking tours take a look at buildings primarily constructed during what were considered Moose Jaw's boom year's, 1909 to 1928. Moose Jaw's dream for the future are evident in the grand architectural style of many of these buildings. Walk back in time and experience the story of Moose Jaw's built heritage. The options in downtown Moose Jaw are endless.

There simply isn't enough time on our 3 or 4 day tours to Moose Jaw to fit everything in on your list. Treat yourself with a trip to Moose Jaw this fall or winter to soak in the healing geo-thermal mineral waters where all your worries melt away.

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The BUZZ, cont'd from page 10

A Great Career Nearly Ended at 14

Bill Ranford will never ask for sympathy. His life was never that hard. He had great family support, his dad was the most influential person in his life and he had the will and desire to become a great hockey player.

Trouble was, his dad was also in the Canadian Forces. That's a good thing for Canadians, but not such a good thing for a teenaged kid trying to make his way through minor hockey.

"I was born in Brandon, but I didn't start playing hockey until I was living in Cold Lake, Alta.," said Ranford, 59, as he began to tell of young man's journey with a Canadian forces family.

"I played in Cold Lake, then in Germany, then in Portage la Prairie, then in Summerside, PEI, and finally in Red Deer. In Summerside, when I was 14, it almost ended. I went out for the midget team and was cut. I ended up playing forward in House League when one of the goalies decided to play high school hockey and the coach called me back. My career as a goaltender almost ended right there. If I hadn't got the call, I'd probably have just gone on and been a house league forward."

Instead, he went back, earned the league's rookie of the year award and started making a name for himself as a great young goalie.

"The next year, I went to Red Deer and it was an eye-opener," he said. "There were 22 goalies in camp for a midget team. The coach was Dave Manning, a guy who taught me so much and brought me to the next level of the game. The next year I was playing junior in New Westminster. In two years, I went from almost ending my career to playing in the best junior hockey league in the world."

After New West, it was off to the Boston Bruins and the rest, as they say, is history. He played 15 seasons in the National Hockey League, most with the Edmonton Oilers, and won two Stanley Cups. The second with Edmonton, in 1990 was the most memorable moment of his career.

"Yeah, usually when you win your first Cup, you remember it as your greatest moment," he said. "But I was a backup in 1988, just a spectator, when we won the first Cup. Winning the Cup in 1990 and having an impact on the outcome made it extra special for me."

Extra special, indeed. He not only made an impact, he was named winner of the Conn Smythe Trophy as playoff MVP.

These days, Ranford is still deeply involved in the game. In fact, he's a two-time Stanley Cup winner as a coach – the goaltending coach of the Los Angeles Kings.

It's a good thing that coach in Summerside asked him to come back. Hockey would be a lot poorer without him.



Reinebold Happy With Life in Hamilton

Maybe **Jeff Reinebold** should have been an assistant coach all along. Heaven knows, he should have always been a TV star.

Remember Jeff Reinebold, the Harley-riding, flip-flop wearing, ear-ring-sporting head coach of the 1997 and 1998 Winnipeg Blue Bombers? Yep, the same Jeff Reinebold who coaches special teams for the Hamilton Tiger-Cats and stars on Sky TV in England as the No. 1 NFL analyst. That guy.

Well, it seems that times change for everybody and Coach Reinebold will be the first to admit how much a person's outlook on life changes when a person reaches a "certain age."

"I'm 56 now," he said shortly after getting off the train in Montreal on Wednesday evening. "I just have a completely different outlook. When you're young and climbing the ladder you worry about all kinds of things, but when you pass 50 and you've lived it, you just kind of approach things a lot differently. I know I certainly do."

Back when he was climbing the ladder, he left the B.C. Lions, where he was the wide receivers and special teams coach, to take the head-coaching job in Winnipeg. He was young, refreshing, funny, open, accessible and brutally honest. He drove a Harley to the stadium, looked like a skateboarder on the sidelines and waxed poetic about why he loved coaching and why he was so awestruck by the game.

But even by his own admission, he was a disaster. OK, to be fair, the Bombers were a disaster. He just happened to be the guy who was hired to take the eventual fall.

Can't pull any punches here. The Bombers have not won a Grey Cup in 26 years and in an eight or nine team league, you should stub your toe in 26 years and win one trophy. So the fact is, Reinebold was just the guy who had the reins about a third of the way through the drought.

Still, no one understands more clearly why he was not successful.

"T.J. Rubley, what was I thinking?" he once said about his inexperienced, marginally talented quarterback.

"Listen, T.J. was a great young kid but he wasn't ready to be a starting quarterback in the CFL," Reinebold said. "If he'd had a chance to be a backup in a good program behind a veteran CFL quarterback, he might have developed, as Drew Willy did in Saskatchewan, but he and we didn't have that luxury. We decided to take a shot with a young quarterback and for a lot of reasons, it didn't work."

"The biggest problem we have in football today is that there aren't enough quality quarterbacks," he continued. "And let me tell you, I know from experience. There aren't 32 No. 1 quarterbacks in the NFL and that means there aren't nine good quarterbacks in the CFL. And if you have a good quarterback and you lose him to injury, you have big trouble."

"We were talking about this the other day. Is the East that much better than the West this season? The answer is no and it will probably even out as the season goes along. We knocked out (Drew) Willy and beat Winnipeg handily. Edmonton is without Mike Reilly. Saskatchewan is without their No. 1 guy (Darian Durant). B.C. just got their QB back and they're going through a program change out there. And Calgary has some guys out of position on the offensive line because of injuries."

"I learned in Winnipeg a long time ago that if you don't have a quarterback, you don't have a hope."

This week, Reinebold and his Tiger-Cats are in Montreal for a game on Thursday night (6:30 p.m. CDT on TSN). The Ti-Cats are 1-1 while the Alouettes are 1-2. Still, Reinebold has the utmost respect for a Montreal club that beat Calgary 29-11 at Molson Stadium two weeks ago.

"Montreal has a real good club," said Reinebold bluntly. "We have a lot of respect for them. This is going to be a real good football game."

It's also going to be fun for Reinebold. While he loved being the head coach in Winnipeg, he's still not certain that he'd do it again. He has a good gig working alongside young defensive coordinator Orlando Steinauer (a man he calls, "one of the up-and-coming young coaches in the game) and when the CFL season ends, he heads back to London to wax poetic about the NFL on Sky TV.

"I have a really good life," he said with a laugh. "I coach here during the

season and when we're I done I go back to London to work for Sky Sports. They have the NFL rights in England and the game is growing so fast in Britain that the NFL now has a 10-year agreement to use the new 62,000-seat stadium being built for Tottenham Hotspurs. I think that one day in the not-too-distant future, the NFL will have a team in London.

"Anyway, I got the gig a few years when I was working at the NFL office in London and Darren Woodson was hired to fly in and do some commentary one weekend. For some reason, Woodson couldn't make it and my boss asked me if I'd like to do it. Well, I went down to the studio, did it and they liked it and asked me to come back and they've kept asking me to come back. I have a different style, I guess. I just analyze these games as if I were sitting on the living couch talking to you."

"I do every game I can from the end of our season to the Super Bowl. I have fun with it."

So here's the big question: If he had to do it over again, would he have taken the job as head coach of the Bombers in 1997?

"The lesson I learned in Winnipeg – and I needed to learn a lesson – is that the job was a wake-up call," he said. "When I took that job, I just wanted a head-coaching job so badly that I probably would have taken any job. I guess I did. But I learned that there are just some jobs out there that maybe you shouldn't take. That's why Chris Jones waited so long and was so careful before he took the job in Edmonton. He waited to take a job that gave him a chance to win, to be successful."

"Would I take another head coaching job? Yeah, maybe. But I have a really good situation here. My son Kekoa, whose 20 now, is at radio and TV school (Conestoga College in Kitchener) and he's spending the summer here working for Ticats TV. And I like what I do. This is a beautiful game. If you could just cut out all the other stuff..."

Reinebold didn't want to talk about "the other stuff." At 56, he's just way too happy to start that conversation.



HAPPY BIRTHDAY: On Friday, July 31, the commissioner of the Winnipeg High School Football League and successful Winnipeg business owner, **Rick Henkewich** – also a former football, basketball and lacrosse star -- turned 61. Oh my, we're getting old... ■

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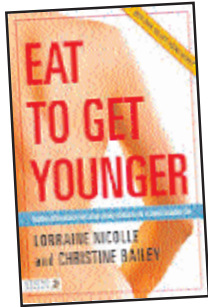


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The Reading Room

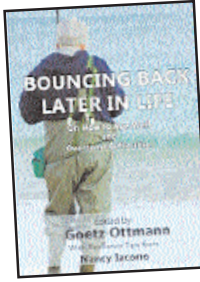
@ J.W. Crane Memorial Library, Deer Lodge Centre

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



Nicolle, Lorraine. (2014). **Eat to get younger: Tackling inflammation and other ageing processes for a longer, healthier life.** Philadelphia: Singing Dragon.

This book is packed with sensible advice on healthy eating and nutrition. This is a great resource for someone who is looking to change their eating habits to a healthier and more robust diet. "By following the guidelines, you'll be adopting a core eating plan that gives you more energy and improves your digestion, your mood and your sleep, as well as your weight and shape". Look and feel healthier in your 30s, 40s, 50s, 60s and beyond. With over 100 recipes, plus meal plans, lifestyle suggestions and questionnaires for self-assessment, the authors guide you through their easy-to-follow programmes that will help you feel and look rejuvenated, revitalized and youthful. ■



Ottmann, Goetz (Ed.). (2013). **Bouncing back later in life: On how to age well and overcoming difficulties.** Ballarat, Vic.: Connor Court.

As we live longer, we are likely to face challenges that will shake our foundations. How can we overcome these challenges, bounce back and lead a fulfilling life? The theme throughout the stories of the difficulties faced by the people and caregivers in this book is 'resilience'; to cope and move forward in the face of adversity. The stories speak of strategies and coping mechanisms used by individuals to resolve issues in their daily lives. If we look after ourselves well, we are physically and mentally better equipped to handle difficulties and thus enhance our prospects of a better quality of life over the long haul. ■

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

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204-452-2230

Line Dancing - Mondays & Fridays:
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Monthly Luncheon - Tuesday:
204-256-0414

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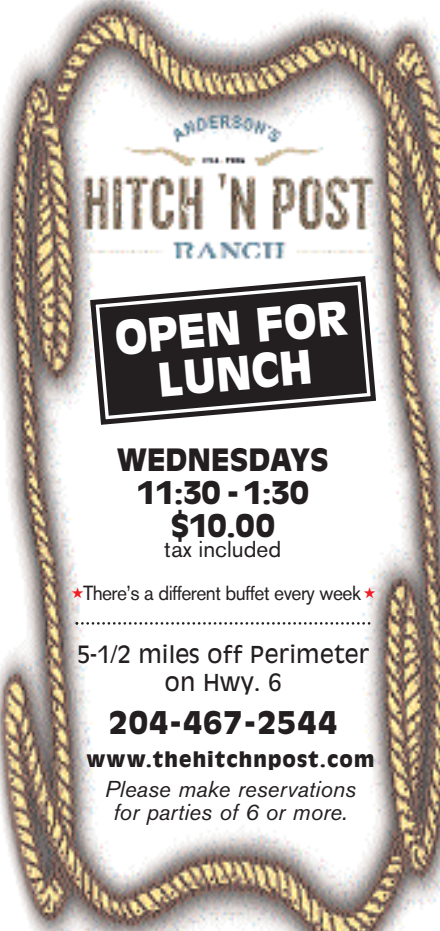
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204-669-1710, ext. 222
Email: programs@gnalc.ca

EVENTS

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

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

High Steppers Seniors Social Club - Open Houses, 10 am-12 noon on July 29, 30, Aug. 12, 13, 26, 27 & Sept. 9, 10, 16, 17. We meet Wednesdays & Thursdays for fun and activities. We are looking for new members and volunteers. Winakwa Community Centre, 980 Winakwa Rd. Call: **204-619-8477**

Pembina Active Living 55+ (PAL) - Community picnic and membership drive: Tue. Aug. 25, 11:30 am-3 pm, St Norbert Farmers' Market, 3514 Pembina Hwy. Theme - Groovin' to the Sixties. Program demos, Entertainment (Neil Keep, Raging Grannies), Flea Market, Kids' activities, BBQ items for sale. Registration for fall activities starts Sept. 8. Admission - tin for Winnipeg Harvest. Information: www.pal55plus.ca, **204-930-6931** or e-mail ed@pal55plus.com

Friendship Force Manitoba - Open House Dinner Meeting, Wed. Sept. 9, 6 pm at the Masonic Temple, Donald & Osborne. Mtg includes highlights of the August exchange with Ambassadors from Long Island, New York. Dinner \$20. RSVP required. Lynda: **1-204-995-8344** or Judy: **204-294-6428**. Visit www.friendshipforcemanitoba.org for more info.

Seven Oaks General Hospital - Annual Book Sale, Aug. 18, 19 & 20. Donations of gently used cookbooks, children's books, novels, non-fiction books and relatively new magazines gratefully appreciated. Encyclopedias more than 2 yrs old not accepted. Drop off at SOGH Volunteer Services, 2300 McPhillips St., 1st floor)

Death Cafe - a non-denominational venue for people to drink coffee, eat treats & talk about death in a relaxed, respectful and confidential group setting. Participants set the direction of conversations. Death Cafe is not grief counselling or bereavement support. Reserve atdeathcafe@winnipeg@gmail.com or **204-582-5088**

Learn Modern Square Dance - starting Sept. 14, Mondays, 7 pm at Norberry Glenlee C.C. First 3 classes free. Singles welcome. Year membership \$13. Cost for evening \$3.50. Call **204-256-7053**

University of Winnipeg - 55+ Program: Lifelong Learning, Six 12 week courses starting Sept. No prerequisite or homework - just the joy of learning. Courses taught by professors and experts. Subjects: current affairs, history, religion, law, music, literature, etc. All welcome. Visit <http://pace.uwinnipegcourses.ca/55-plus-program> or Call **204-982-6633**

Manitoba Christian Writers Association - for Christian writers. Meet 9 Saturday afternoons per year. Writers of

Things to do in Winnipeg

all levels welcome. Writing Exercises, Workshops, Writing Resource Library, Group Critique Sessions. Annual Membership Fee \$25. Guest Drop-In Fee \$3 per meeting. Upcoming meetings from 1:30-4 pm, Sept. 12, Oct. 3, Nov. 7 at Bleak House Centre, 1637 Main St. Contact Irene solono@shaw.ca

Knights of Columbus - Farmers' Market, Sun. Sept. 13, 9 am-3 pm. LUBOV SSMI Foundation, 1085 Main St. Supplied by Neumann's Market. Veggies, honey, wild rice, perogies, garlic sausage, pickerel, jams, pickles, etc. All Welcome. Proceeds for Holy Family Home Chapel Project.

The Seniors' Choral Society - under the direction of Richard Greig, looking for new members for their upcoming 2015/16 season beginning Mon. Sept. 14. No audition required. Contact Mary: **204-221-2538**, email Windmar2010@yahoo.ca or visit seniorschoralsociety.ca

Ultimate Women's Show - Sept. 12 & 13, Sat. 10 am-5 pm & Sun. 11 am-5 pm, at Assiniboia Downs. Adm. \$5, free parking. A fun weekend out! Exhibitor info: info@ultimatewomensshow.com. www.ultimatewomensshow.com.

50 Plus Living Show - Oct. 17 & 18, Sat. 10 am-5 pm & Sun. 11 am-5 pm, at Assiniboia Downs. Adm. \$5, free parking. Exhibitor info: info@50pluslivingshow.com www.50pluslivingshow.com

Music in the Cemetery Summer Concert Series - every Thur., Jul 16-Aug 13, 7:30 pm in the Heritage Church in the St. James Cemetery (across from Polo Park), 525 Tylehurst. \$10 adm. at door. Aug. 13 - acapella group, Company L. http://stjamesanglicanchurch.ca/Concerts_in_the_Cemetery.html

Nearly New Shop - Jul. 2-Aug. 27. Buy one piece of clothing and get another piece of equal or lesser value for FREE. 961 Portage Ave, open Mon-Sat, 10 am-4 pm. All proceeds go to the Children's Hospital Foundation of Manitoba.

Bible Land Israel Tour, w/optional Jordan, Petra tour - with optional Jordan, Petra tour Oct. 25-Nov. 5/15. Visit www.toisraelwithlove.com or call Ken at **204-942-5433**

St. Boniface Diocesan High School is turning 50! Come celebrate with us Oct. 9-11, 2015. Wine & cheese, dinner & dance, and mass followed by a pancake breakfast. Call the school: **204-987-1560** or visit sbdhsalumni.net for more info and early bird pricing.

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

The Morse Place Flashback Senior Baseball Club - looking for new slo-pitch baseball players which is open to men 55 years of age and over and women 40 years of age and over. Call Paul: **204-668-8574**

VOLUNTEERING

Bethania Group - Volunteer Opportunity for a casual Administrative Assistant to

process deposits and receipts for both Bethania Mennonite Memorial Foundation and Mennonite Benevolent Society, plus other administrative duties. 1-2 days/wk. Contact Dianne Nixdorf, Director of Recreation & Volunteer Services at **204-654-5035**, Dianne.Nixdorf@bethania.ca

Sarasvati Productions, host of the annual Femfest Theatre Festival - We are looking for volunteer board members. For info: **204-612-1112**

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

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

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

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

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.

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@reveralliving.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.

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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**

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

Seine River Seniors Inc. - **204-253-4599** at Southdale CC. Activities: Bridge, Mon., 9:45-11:30 am; Walking, Mon., 9:30-10:30 am, cheapy aft. Movies, 1st Tue. of mo. Call **204-452-5439**; Brunch, 3rd Tue. of mo.; Creative writing Sept. 10. Call **204-275-1353**; Canasta Fridays starting Sept. 11; Pansy Fall Supper, Sept. 13; Nordic Poles for Sale, call Sharon **204-253-9059**. Fall roster of all programs now available.

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

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**.

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: **204-255-7508**, Scrabble, Mondays: **204-487-7835**. St. Mary Magdalene Church, 3 St. Vital Rd.

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

Bleak House Senior Centre -1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11:45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

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. - 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 bridge players. Call **204-334-0432** for info. House is also avail. for rental.

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**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

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 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: RitchotSeniors@mymts.net

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 - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource

Council, Lac du Bonnet **345-1227**, Pinawa 753-2962 or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

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

East St. Paul 55+ Activity Centre - 262 Hoddinott Ave. Tuesdays - For area residents: Cribbage, Fridays - Whist. Other activities: quilting, shuffleboard, book club, potluck suppers and casino trips. Call **204-654-3082** (msg).

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

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

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



Spiced Beef and Onions

Metric	Ingredient	Imperial
909 g	chuck steak	2 lb
50 ml	canola oil	1/4 cup
750 g	onions, cut into large chunks	1 1/2 lb
3	cloves garlic, cut in half lengthways	3
125 ml	red wine	1/2 cup
1	cinnamon stick	1
4	whole cloves	4
1	bay leaf	1
15 ml	red wine vinegar	1 tbsp
30 ml	tomato paste	2 tbsp
30 ml	currants	2 tbsp

Trim meat; cut into bite-sized cubes. In a large heavy saucepan; heat oil over medium heat. Add onions and stir for 5 minutes or until golden. Remove from pan and drain on paper towels.

Add meat all at once to pan and stir over high heat for 10 minutes or until meat is well browned and almost all the liquid has been absorbed.

Add garlic, wine, spices, bay leaf, vinegar, tomatoe paste, salt and pepper to taste and 1 1/2 cups (375 ml) water to pan; bring to a boil. Reduce heat, cover and simmer for 1 hour, stirring occasionally.

Return onions to saucepan, add currants and stir gently. Simmer, covered, for 15 minutes. Discard cinnamon stick and bay leaf before serving.

Serves 4

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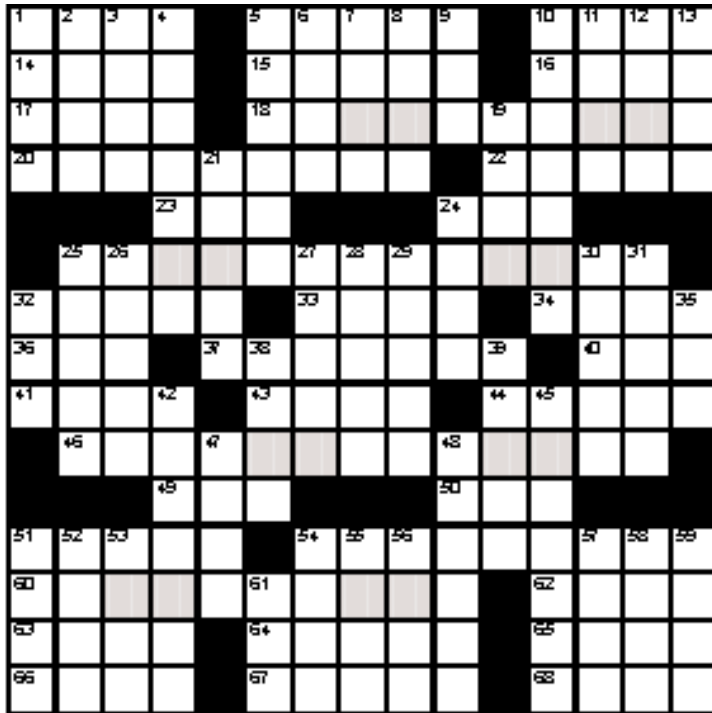
CROSSWORD

Uncovering Hidden Manitoba

By Adrian Powell

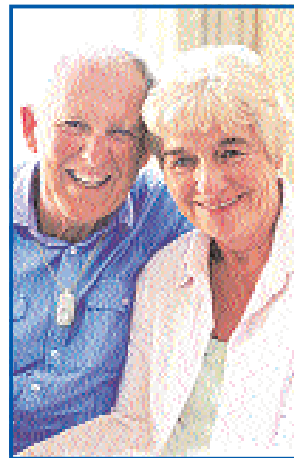
ACROSS

- 1 Not in jail
- 5 1965 civil rights march site
- 10 Give the cold shoulder to
- 14 Way onto a freeway
- 15 Prominent winter constellation
- 16 Perry of "Catch a Falling Star"
- 17 Seamstress' notion case
- 18 Insidious and sentimental
- 20 Likely legal precedents
- 22 Best selling cookies
- 23 Gone for lunch, maybe
- 24 Bills shouted support
- 25 1994 Jim Carrey flick
- 32 Canadian child of Asian parents
- 33 Salty Asian inland "sea"



- 34 Foundry waste
- 36 Egg cells
- 37 1972 Liza Minnelli musical
- 40 Nicole's "Cold Mountain" role
- 41 Lyr's bright star
- 43 Rum mixer
- 44 Minute amounts
- 46 Remnant of a Yule log, perhaps
- 49 Be sorry about
- 50 Lowest soccer score
- 51 Wild animals trail
- 54 Bilboards, to Brits
- 60 Gibberish
- 62 "It's My Party" singer Lesley
- 63 Good source of nitrogen
- 64 In any way,
- 65 Sabre's Olympic cousin
- 66 Boy Scout shelter
- 67 Mysterious Viking characters
- 68 Takes part in a quilting bee
- DOWN**
- 1 Bite one's nails
- 2 Evaluate
- 3 Three-toed Australian avians
- 4 Typical example
- 5 Liszt's "___ in B Minor"
- 6 Significant stretches of time
- 7 Riskey flavouring
- 8 Unruly crowds
- 9 "... have you ___ wool?"
- 10 Objects of ancient beetlemania?
- 11 Alaskan gold rush hub, once
- 12 Boss in the centre of a shield
- 13 Little guys
- 19 "Casey at the Bat." for one
- 21 Shaped like a die
- 24 Christmastide
- 25 Went pearl hunting, maybe
- 26 Water meter's reading
- 27 Maxwell House rival
- 28 Sir Francis of the high seas
- 29 Risk taker
- 30 Tickle pink
- 31 What stealth planes avoid
- 32 Topaz mth.
- 35 Fluorine, for one
- 38 High spot
- 39 Unassertive
- 42 Cirque du Soleil performer
- 45 Accommodates, in a way
- 47 Capital of many countries
- 48 Signs on
- 51 Obscene material
- 52 Uncontaminated
- 53 Sign of some forthcoming event
- 54 Kigali native, often
- 55 Sultanate on the Arabian Sea
- 56 Equal to the task
- 57 "Absolutely not!"
- 58 Got bigger
- 59 Witnesses
- 61 More than jiggle

SOLUTION ON NEXT PAGE.



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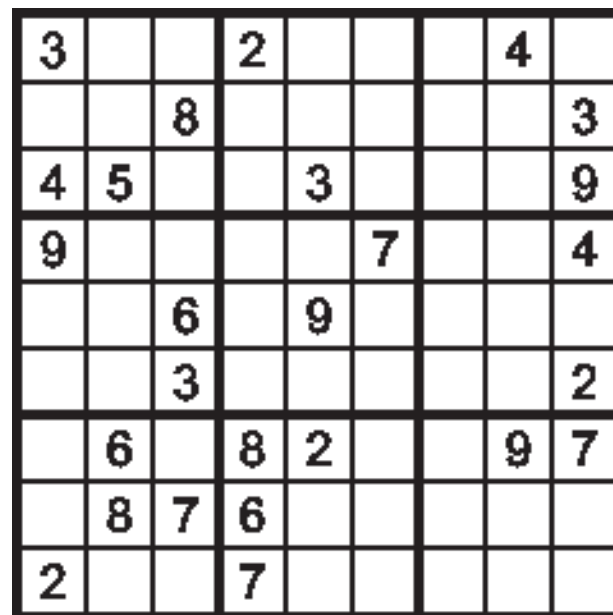
WORDSEARCH - ASTRONOMY



- AGN
- Apoapsis
- Astronomy
- Brown dwarf
- Coma
- Comet
- Earth
- Epoch
- Europa
- Galactic
- plane
- Galaxy
- Io
- Luminosity
- Mars
- Mean time
- Moon
- Nebula
- Nebulus
- Oort cloud
- Orbit
- Periaapsis
- Phase
- Planet
- Pluto
- Quasar
- Red shift
- Satellite
- Saturn
- SETI
- Star
- Sun
- Uranus
- Venus

SOLUTION ON NEXT PAGE.

SUDOKU EASY - 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.

MR. ODDS & ENDS

BUYING & SELLING New & Used Items





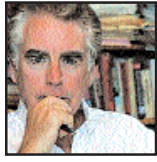
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NOTICE TO BUSINESSES:
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I Hate Water. Water Is Our Enemy.



By William J. Thomas

I used to love water which is why I bought a house at Sunset Bay along the north shore of Lake Erie. Back then water was good. I swam in the lake and sailed on its surface. In the cold of winter I fished through lake ice for perch. Until my knees went creaky, I paddled a canoe through the waters of Algonquin Park for five or six summers in a row.

I enjoyed water so much that just for fun I would take two cubes of frozen water and make them float in a glass with Scotch. That was so much fun, sometimes I would do it twice.

But then came global warming and extreme weather and water turned on me like it was coming through a hose held by riot police. By mid-summer last year the lake water was no longer cool and refreshing. By August the water was too warm for me to swim in and the algae grew faster than ever, piling up on the beach and rotting. Every day thousands of tons of ice fall into the ocean from the Arctic Ice Shield. That being the world's air conditioner, the summer can only get more oppressively hot.

I was happy to feel the water cool down in the fall and then ... then the Arctic Vortex hit like that iceberg that got in the way of the Titanic. It was like a cruel meteorologist, say Al Roker forced us all into a big meat freezer at gun point and didn't let us out until April. It was

always twenty something below zero and the wind was 50 and 60 miles-per-hour coming off the lake.

Suddenly everything that used to be water became ice including the pipe that runs from my outside cistern into the house. It froze and burst and froze again so I didn't have water for five months. Late spring when the ground thawed, I was able to install a new and very expensive water pipe and heat line.

When I say I had no water, I exaggerate because one day the float on my sump pump broke away and I had lots of water, ten inches of ground water in my basement. The gas pilot light sits five inches off the floor so the furnace blew out as well. No water to drink or wash with, no heat and then a skating rink in the basement.

My plumber came to my house at least 30 times during that period. One day he showed up when I hadn't even called him. He said he was experiencing separation anxiety. The last time he was here he told me his wife gave him an ultimatum: "It's either me or that guy who hates water! Make up your mind!" He says he's still thinking about it.

When it comes to the Great Lakes, scientists predict that if we don't stop the wastage and the spillage, some day we will deplete the world's largest supply of fresh water. I'm all for it. The sooner the better. I hate water.

There was so much ice on the lake, in March a fisherman the next bay over drove his ATV one mile out

onto the lake and couldn't find water. His ice fishing auger only went down three feet!

I thought frozen water was my mortal enemy until I watched the Toronto Maple Leafs trying to play hockey on it. Then I didn't feel so bad. Those guys have reason to hate ice even more than I do!

I went to Portugal for a couple of weeks where the weather was uncharacteristically cold and the waves off the Atlantic hammered the coastline and smashed walls that have been there for centuries. In the north an American surfer set a world record by riding a 78-foot monster wave into the coast near Nazaré. A couple weeks later, a plumber from Devon, England broke that record by two feet. Water, it seemed has followed me to Portugal and it was trying to kill me there too and make it look like an accident.

I turned on BBC News and the bottom half of England was under water. It rained for three weeks straight, the worst downpour on record since 1915. The Thames River overflowed and if you didn't have water in your basement it meant you lived in a second floor flat. Water, it seemed was trying to kill all of us, not just me.

The winds are stronger, the waves are higher and because of global warming the water in the oceans is rising. If you have not been to Key West, go now while it's still there.

Trust me, water is out to get us. We need to replace it immediately

with Kool-Aid or Diet Coke, something that's not quite so sticky. Or, it may all be one big conspiracy engineered by the world's industrial, military complex. All this has made me fearful and crazy but just because I'm paranoid it does not mean that water is not really out to get me.

From now on I plan to avoid all water - fresh, salt, distilled, whatever - except for those frozen cubes that pop to the top of scotch in a glass. That's so much fun! ■

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

3	9	1	2	7	6	8	4	5
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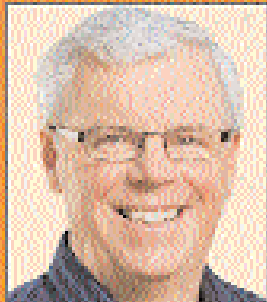
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Working for seniors



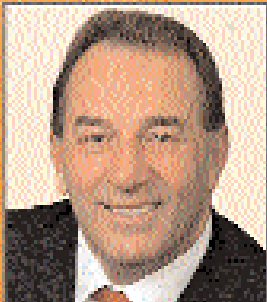
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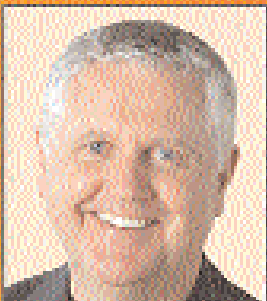
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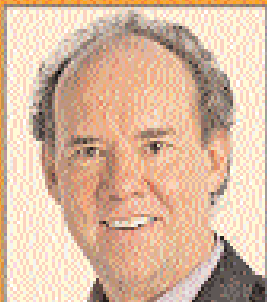
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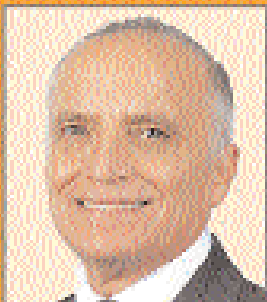
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