

LAMB'S Window Cleaning
Residential Residential Window Cleaning Specialists
 Eaves Cleaning Vinyl Siding Washing
204-226-2046

\$20.00 OFF

Living' Laughin' and Lovin' Life!

FREE COPY

Join Senior Scope on:
  

Senior Scope

Available in Winnipeg and rural Manitoba - over 700 locations

Get your copy at your local public library or read online at: www.seniorscope.com

204-467-9000 | kelly_goodman@shaw.ca

Vol. 14 No. 2
 Aug 27 - Sep 21/15

Happy 90 Something!

90's Birthday Party at St. Michael's Villa

By Lena Shewchuk



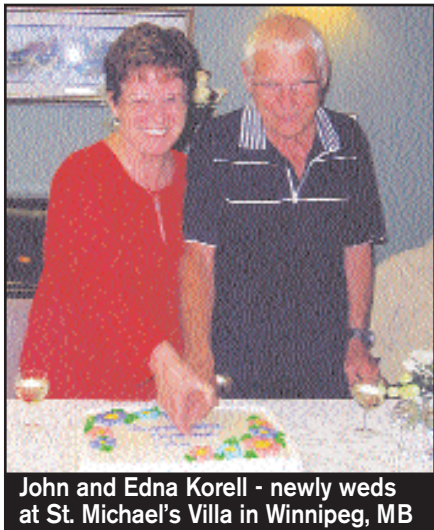
L-R: Pearl Zahaiko, Justina Andrusiak



Ann Hingey Olive King



L-R: Ann Westerik, Janette Bomhoff, Jean Dobush, Jo Lopuck, Mary Corbett



John and Edna Korell - newly weds at St. Michael's Villa in Winnipeg, MB



L-R: Rose Taylor, Mary Manitowich, Sophie Skolny



Jo Lopuck (right) presents flowers to Stella Winzinowich

Every year, the residents who are nearing their ninetieth birthday and those who are in their nineties are honoured at St. Michael's Villa in Transcona in, east Winnipeg.

In thanks giving for the blessing of reaching this milestone, a celebration is enjoyed in fellowship with friends, flowers, food and fun. Each of the celebrants ages gracefully, one day at a time, keeping as healthy as possible and looking as young as can be. The twelve honoured guests represented many years of wisdom and life-experiences. Yet they will

say that they are never too old to learn something new every day. Their advice for longevity is: keep going, eat healthy, exercise, stretch, and walk to keep nimble, think young, dance, laugh and be merry!

Congratulations and good wishes to the honoured guests.

An additional feature of the day was Association President Jo Lopuck presenting a floral gift of appreciation to Stella Winzinowich who had

planned and prepared many festive meals throughout the Villa years.

St. Michael's Villa is also celebrating their 25th Anniversary.

Congratulations!

1 Day/1Nk/Day & Night
CORA BARRIS
INC Services Ltd.
 Certified JLA Senior Home Care Services
204-228-6897

Alzheimer Society
 Manitoba
 Dementia Care & Brain Health

You are not alone. We are here to help.

If you or someone you know has Alzheimer's disease or another dementia, visit alzheimer.mb.ca or call 204-943-6622 for help.



1-800-378-6699 alzmb@alzheimer.mb.ca

Adaptive Clothing
 For Men and Women

204-691-7771
 1320 Portage Ave
 Winnipeg MB

END OF SUMMER SALE
 On selected styles of Open-back Pants, Nightwear and Tops for both MEN and WOMEN

- ◆ Adaptive Pants, Capris, Shorts
- ◆ Open-back Dresses & Wrap-around Skirts
- ◆ Undershirts & Front-closing Brassieres
- ◆ Wheelchair Capes & Shawls
- ◆ Slippers, Diabetic & Compression Socks




COLLECTIBLES CANADA

2211 McPhillips Street • Wpg
 204-586-6263
 1-888-333-8538

ROYAL CANADIAN MINT PRODUCTS



Highest Prices Paid for Gold & Silver in any form




BUY & SELL GOLD • SILVER COINS • BULLION

See Page 9 for information on buying bullion.

Because family matters

By discussing options with your loved ones today, you can make a final plan that respects your wishes and protects your family. We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

Call today to start your pre-arrangement plans:

204-982-8300 glenedenmemorial.ca

Glen Eden Funeral Home & Cemetery
 by Arbor Memorial

Cremation Lots for 2 People

\$43/month over 48 Months*

Indoor Cremation Niche for 2 People

\$72/month over 48 Months*

Traditional Burial Lots for 2 Caskets

\$106/month over 48 Months*



Senior Scope

www.seniorscope.com

Publisher/Editor:

Kelly Goodman
204-467-9000

kelly_goodman@shaw.ca

Advertising:

204-467-9000

Contributing Writers /

Submissions:

Scott Taylor - The BUZZ

Roger Currie - Currie's Corner

Bill Ward - DRIVEN! Auto Review

William Thomas - Humour Column

Adrian Powell - Crosswords

J.W. Crane Memorial Library - Book Reviews

Metro Hnytka

Marlene Sturrey

Lena Shewchuk

Senior Scope is FREE at over 700 locations and by email subscription.

Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr.

Mail cheque or money order payable to:

**Senior Scope, Box 1806
Stonewall, MB R0C 2Z0**

Available in Winnipeg and the rural Manitoba communities of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Winnipeg Beach, Petersfield, Beausejour, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, Ashern, Roblin, The Pas, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, New Bothwell, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Holland, Hamiota, Notre Dame de Lourdes, Killamey, Neepawa, Brandon, Virden, Altona.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 650 locations in all. Available online at www.seniorscope.com or by mail (\$29.40/yr) or email subscription (FREE) - email request to kelly_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of **Senior Scope**. We do not make any warranty as to accuracy of material published. © Copyright 2015 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at kelly_goodman@shaw.ca.

Send your **LETTERS...** to the editor or story submissions to kelly_goodman@shaw.ca or mail to: Senior Scope Box 1806, Stonewall, MB R0C 2Z0

Fond memories of a man who may have helped save my life with his pioneering work treating serious sleep disorders

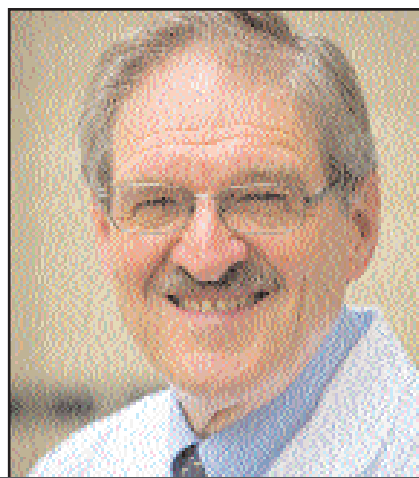
By Roger Currie

It has taken a long time, but we are finally coming to grips with the potential consequences of a life-threatening ailment called *sleep apnea*. In brief, it's a closing of the airway that causes sufferers to stop breathing, often dozens of times each night. They wake up after 7 or 8 hours, thinking they've had a restful sleep, when in fact it's been a totally 'interrupted' sleep. Later, because of sleep deprivation, they may nod off in meetings, or while operating heavy machinery such as a vehicle on the highway. It's what happens while the breathing is stopped that is the major concern.

I say 'life-threatening' because I am now firmly convinced that apnea was a significant factor in the stroke that devastated my father, Andrew Currie, in 1985 when he was 74. His quality of life was greatly diminished, and he died five years later while living in a nursing home in Winnipeg. Five years after dad's death, in 1995, I was lucky enough to be diagnosed with sleep apnea, and I have been treated for it ever since. I say I was 'lucky' because the alternative might have been what happened to dad, or worse.

In 1985, no one in my family had ever heard of sleep apnea, and the knowledge of our doctors was very limited. Father had suffered a relatively minor stroke several years earlier, and made what appeared to be a fairly complete recovery. The major stroke that hit him was in the brain stem, and it robbed him of much of his speech as well as his strength and mobility. He also lost much of his eyesight, including the ability to read.

In 1985, a medical researcher named Meir Kryger had been doing his groundbreaking work in Winnipeg for half a dozen years, with the help of St. Boniface Hospital Research Foundation. A very good friend was one of the first Winnipeggers to be tested for sleep apnea at Kryger's lab. The test involves sleeping for roughly six hours while being monitored with several wires attached to the body at key points. Once it's determined that a patient has apnea, the treatment that's most often applied is to have them sleep



Dr. Meir Kryger



Roger Currie with Bi-pap machine

with the aid of a machine (see photo) that prevents the airway in their throat from closing.

It's a difficult adjustment at first, but it's truly amazing how we humans can adapt. Kryger's sleep lab at St. Boniface was the first of its kind in Canada. By the time he left Manitoba just over a decade ago, he had been responsible for more than 20,000 sleep tests. That represented almost 5% of Winnipeg's population when he arrived back in the late 1970's. Similar labs were established in other communities across Canada, and the waiting lists for tests grew steadily.

Having now slept with the aid of a Bi-pap machine for most of the past 20 years, I can honestly say that it has given me the best and most

worry free sleep of my life. I'm so grateful that Dr. Kryger was located in Winnipeg when I and others needed him.

These days Kryger teaches and conducts further research on sleep issues at Yale School of Medicine in the U.S. Like others in his field, Kryger is keenly interested in relatively new research which is pointing to a strong connection between sleep apnea and dementias such as Alzheimer's.

A recent study that was done by researchers at New York University, published in the journal *Neurology*, suggests that untreated sleep apnea may hasten the onset of memory loss and other negative effects of Alzheimer's. The good news is, once a patient is treated, the progress of 'impairment' from the dementia seems to be halted. Once treated, a patient with sleep apnea is much better equipped to deal with the situation.

Dr. Kryger says the findings are not all surprising to him. "From the very early days of our work we knew that people who were untreated had a cognitive impairment. Their memory was poor, they would fall asleep when they shouldn't have" he says. There also appears to be a definite relationship between the degree of impairment that continues, and the length of time that a person suffered from apnea without being treated.

The sleep treatment centre in Winnipeg is now located at Misericordia Health Centre. There are seven rooms where testing is conducted in considerably greater comfort than the lab where I was tested. If you sleep with a spouse or partner, ask them if they have noticed that you stop breathing during the night. If the answer is yes, you should see your doctor and arrange for a referral. It could just save your life. ■

Roger Currie is a Winnipeg writer and broadcaster. He was a patient of Dr. Meir Kryger in Winnipeg in the late 1990's.

In addition to writing for Senior Scope, Roger is heard regularly on CJNU, 93.7 FM



"My hearing is fine..."

...except when I'm watching TV.

Hearing loss can effect life's simplest pleasures. There's nothing "fine" about that. The new Unison Moxi™ fit hearing aids with patented SpeechZone technology automatically adapt, making it easier to hear soft voices, music or TV.

Call today for your complimentary hearing evaluation and **FREE** personal demo. **1.888.850.9979** connecthearing.ca/fine

Country Club 130 - 3025 Portage Ave.
McIvor Mall 1795 Henderson Hwy.
Regent 130 /01 Regent Ave. W.

We offer a **FREE** shuttle service for all our customers.



medior award 2012



Connect Hearing
YOUR HEARING PROFESSIONALS

Bathrooms of Distinction

The Walk-in Bath Specialists



We install all types and models of walk-in bathtubs. This will ensure that you get the right one for your needs.

Safety provides peace of mind to you and your family.

Dignity - No need for health care workers to bathe you.

Longevity in your home.

These tubs are made to take the place of your existing bathtub.

In business for 19 years.
Specializing in walk-in tubs for 9 years.

Bathrooms of Distinction
677 Dunning Road
Narol, Manitoba
bathroomsdistinction@shaw.ca
204-292-6676

Serving Manitoba and beyond.

*No fees and no purchase necessary. Complimentary Hearing Evaluations are only applicable for customers over 18 years of age. See clinic for details. CAA and U.M. logo and U.M. Rewards trademarks owned by, and used with authorization by, the Canadian Automobile Association. WAC, WCB accepted.

A F CREMATION URNS
204-979-1928
WINNIPEG MB




HANDCRAFTED - OAK or CHERRY-WOOD
AFFORDABLE PRICES ranging from \$25.00 - \$99.00
SPECIAL ORDER URNS also available

akflaming@shaw.ca

Don't let taxes erode your estate
The time to prevent taxes from eroding the value of your estate is now.

We can recommend practical solutions to benefit your loved ones for years to come.

5 HILLY HILL CTR, Essentia Financial Consultant
Investment Group Financial Services Inc.
Tel | 204 257-0299 | St. Reg. 11122 | gpm.kelly@essentia.com



Foot Care for Seniors



Mobile Foot Care Nurses
204-837-6629

- Blue Cross & DVA Providers
- Specialize in Diabetics
- Gift Certs Available, Visa/MC

“THE BUZZ”

Barish's B'nai Brith Baseball; Hearts of Blue and Gold; Heighton Keeps Competing; Miller Looks Great; Percy Looks Better; Great Old Bands Coming to Town



By Scott Taylor

Earl Barish turned 73 on Aug. 18, and he just can't stop working. The man who has Manitoba's iconic Salisbury House Restaurants running like a thoroughbred these days is also a man who can't stop doing the good work

of B'nai Brith or treating the underprivileged with honor and respect.

In fact, on Sunday, Aug. 16, he was front and centre at Shaw Park in downtown Winnipeg, running his annual gift of baseball to the city's less fortunate as the Winnipeg Goldeyes beat their arch-rivals, the Fargo-Moorhead RedHawks.

"It's very rewarding to be involved with a program that allows those in need to experience and enjoy a well-deserved afternoon out with our exciting Winnipeg Goldeyes baseball team," said Barish. "It's a natural fit for B'nai Brith, whose mandate is to promote community service, community action, education and human rights advocacy - people helping people."

Earl bought, sold and distributed more than 1,695 tickets to the event and was on the concourse handing out Sals Nips, donuts and ice cream to the not-so-fortunate folks who get the tickets that Earl and his fellow philanthropists at B'nai Brith buy. It's a win-win-win situation and that's ALL Earl Barish.

In fact, "The Afternoon with the Goldeyes" project was founded and originally organized by Earl, the past chairman of B'nai Brith Canada's executive board. This is the sixth annual event and started after Earl threw out the first pitch at a Blue Jays game in Toronto.

"I was chairman of the national executive board at the time and it was B'nai Brith Day at the Blue Jays game," Barish explained. "They asked me to throw out the first pitch so I flew into Toronto for a Blue Jays-Yankees game. I was driven out of the bullpen on a golf cart and met



Earl Barish

the mascot at second base. I remember, the mascot was going to catch my pitch and I asked him how hard he wanted me to throw it. He said, 'throw it as hard as you can.' And I threw him my best fastball."

Barish took that experience back to Winnipeg where he owned the old Winnipeg Cyclone professional basketball team. After Barish disbanded the Cyclone, he decided to take the B'nai Brith game back to its roots - baseball.

And it's a big day. B'nai Brith offers free Goldeyes ticket packages to organizations that service different needs in the community - Andrews Family Centre, Anishaabe Child & Family Services, Arcane Horizon, Big Brothers & Big Sisters, Boys & Girls Club, CancerCare Manitoba, CEDA, Cerebral Palsy of Manitoba, Children's Rehab Foundation, Dasch Foundation, Deaf Resource Centre, Epic Opportunities, Family Dynamics, Gojo Gym, Goju Karate, Good Neighbours Active Living, Habitat for Humanity, Immigrant Centre Manitoba, Intertribal Child & Family, Jewish Child & Family Service, Jocelyn House, MacDonald Youth Services, MacKinnon's Y-Not? Anti-Poverty, Main Street Project, Making Waves, Manitoba Down Syndrome Society, Manitoba Foster Family Network, Marymount, Meals on Wheels, Movement Centre, Multiple Sclerosis Society, NEEDS, New Directions, Norwest Co-op, Opportunity for Independence, Osborne House, Project Echo, Ronald McDonald



Downs CEO Darren Dunn

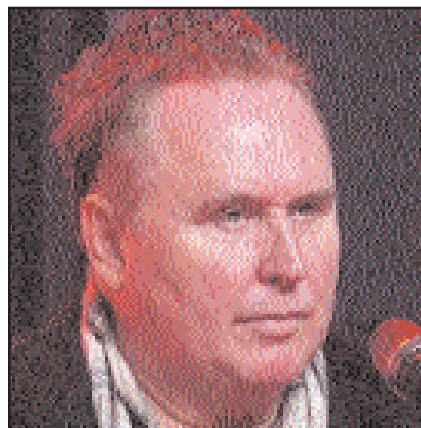
House, Rossbrook House, SCE Lifeworks, Shalom Residences, Siloam Mission, SMD, Special Olympics, St. Amant, Variety the Childrens Charity, Waves of Glory Church, West Broadway Youth Outreach, Winnipeg Child & Family and Winnipeg Harvest.

"He gives everyone a hat and a Goldeyes souvenir with their ticket, as well," said Goldeyes assistant general manager Regan Katz. "Earl Barish is one of the most philanthropic people I know."



Former Winnipeg Blue Bombers defensive lineman Jim Heighton, a man who has competed for years at Masters Track Meets, is now playing over-55 soccer. Love it. Heighton will be 71 on Sept. 22...

Assiniboia Downs CEO Darren Dunn told the horsemen at Aug. 22's CTHS Yearling Sale on the Red River Ex grounds that under terms of the Downs' 12-year agreement signed with the province last year, the track must hold at least 50 days of live racing each year. That was the end of the stupid rumours that the Downs meet would be shorter next year. BTW, want to meet active seniors? Just spend an afternoon at the Downs... In fact, I saw my old pal Don Percy at Assiniboia Downs the other day. The broadcasting legend will soon be 77 and he's still filling in at The Jewel 100.5... Hey seniors! MTS Centre has a fall/winter



Mike Reno. One of us. Bet the tight red leather pants don't fit anymore.

bonanza of shows for those of us over 60. Young Janet Jackson is in Winnipeg on Sept. 8, The Tenors are here Sept. 18, Shania Twain comes to town on Sept. 20, The Who arrives on Oct. 8, Judas Priest is here No. 1, Barenaked Ladies roll in on Nov. 6, Styx is here Nov. 17 and Loverboy is coming for the Grey Cup. The Who tour is entitled "The Who Hits 50." That's 50 years on the road, not band members' 50th birthdays. Roger Daltrey is actually 71 while Peter Townsend is 70. Then again, Janet Jackson is 49, Eileen (Shania Twain) Edwards is 50, Canadian Lawrence Gowan of Styx is 58 (the band was formed in 1970 and not one of the original members is still in the band), Rob Halford of Judas Priest is 64 and Mike Reno of Loverboy is 60.



HEARTS OF BLUE AND GOLD ANOTHER AWESOME SUCCESS

Thanks in no small way to the outstanding support of the current Winnipeg Blue Bombers players and the Winnipeg Blue Bombers alumni, the first of two 2015 Hearts of Blue Gold Dinners for Variety at Earls Restaurants was a resounding success.

Held last Tuesday night at Earls St. Vital, a group of great people got together to help the kids.

The 11th Anniversary of The Hearts of Blue & Gold dinner has all

Continued on page 4

HAIRCARE MOBILITY CO.



Specializing in:

- **Seniors,**
- **Disabled, and**
- **Homebound Individuals.**

- Reasonable Rates
- Professional Products
- Hrs: 7 am - 4 pm Monday - Friday

Group Discount

Call Angie: 471-1948
Winnipeg

SHELDAR MANOR
200 Adsum Drive • Wpg

Fully renovated, spacious 1 BR, 1 BR + den & 2 BR suites available including all utilities.

- ◆ Full appliances
- ◆ Sunken living room
- ◆ Tennis courts
- ◆ Window coverings
- ◆ Parking available
- ◆ Seasonal pool & sauna
- ◆ No pets / No smoking

Office Hours:
Mon-Fri, 9 am-5 pm
204-633-0716



Professionally managed by  Globe General Agencies

NORTHWOOD OAKS
1452 Jefferson Avenue • Wpg

Fully renovated, spacious 1 BR, 1 BR + den & 2 BR suites available

- ◆ Full appliances
- ◆ Window coverings
- ◆ Seasonal pool
- ◆ In suite storage
- ◆ Parking available
- ◆ No pets / No smoking
- ◆ Smart card operated laundry on-site


Office Hours: Mon-Fri, 9 am-5 pm
204-633-0716




Professionally managed by  Globe General Agencies

JIM'S CLASSIC CORNER

A selling and buying service for classic & antique automobiles.



Jim Higham
204-997-4636
Email: jimhigham@shaw.ca
www.jimsclassiccormer.com



DAVE'S MOVING & CLEANING SERVICES

- Moving Furniture & Small Items
- Move-in / Move-out Cleaning & Janitorial
- 15 Years Janitorial Experience

204-746-4318
204-746-6141

SENIORS DISCOUNT

Living Made Easy Ltd.
Home Healthcare Products • New & Used

Lift Chairs - New & Used

STEERABLE KNEE WALKER
Rental \$50/month plus deposit

- Great alternative to crutches
- 300 lb capacity

4-WHEEL WALKERS
New & Used \$189.00 and up

LIFT CHAIR RENTALS AVAILABLE

665 Archibald Street • Wpg
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

OVER 5 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility

- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca

INQUIRIES WELCOME

M. ROBERTS LAW OFFICE LLP

Cal Friesen - lawyer

200-1630 Ness Avenue, Wpg
Madison Square

direct line: **204-944-7967**
email: cjf@mlo-llp.com

Wills - for a couple \$295.00
- individual \$200.00

Estates - for deceased persons
- fees as set by the Court, please inquire

Active Aging Week 2015 – ‘Live Your Adventure’

Save the dates for September 27th - October 3rd 2015!

- Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)

The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) will once again be joining the International Council on Active Aging (ICAA) in promoting **Active Aging Week**, September 27th -

October 3rd 2015. This celebratory week is full of possibility and opportunities aiming to connect people 50 years of age and older to age-friendly programs, events and services in their community that encourage them to live healthy active lifestyles!

The 2015 theme, ‘Live Your Adventure’, represents an age friendly challenge for older adults to get out and try something new and different! Perhaps it’s something you have always wanted to do but have never had the time to try until now. Maybe it’s something or somewhere that you’ve been meaning to get back to. The possibilities are endless and each adventure is as unique as the individual experiencing them!

Allow yourself to be a beginner and challenge yourself to try something new and have fun with it! Remember, no one starts off being excellent at anything. Your adventure can even simply be something that takes you outside of your regular routine. So take the opportunity during the 2015 Active Aging Week to commit to a personal adventure

that will inspire you to push those boundaries and redefine what it means to be an older adult in today’s society.

ALCOA-MB encourages Senior serving organizations and local communities throughout Manitoba to plan and host events and activities that embrace and celebrate the ‘Live Your Adventure’ theme. Don’t know where to start? Don’t worry! This year ALCOA-MB has produced an Active Aging Week Community Resource Guide, complete with event ideas and planning tips.

Also, in honour of the adventure themed week ALCOA-MB is once again presenting an Active Aging themed contest open to all Manitobans, who are 55 years of age or older. The rules are simple – we want to know how you ‘Live Your Adventure’! Tell us what has inspired or challenged you, or what new experiences have ‘wowed’ you as an active older adult and how they have impacted your life. Simply send in your written entry and share your story with us! The contest

officially starts during Active Aging Week September 27th—October 3rd, 2015 and the closing date is October 31, 2015, so get your entry in before the deadline and be eligible for some great active aging prizes!

For further details about the Active Aging Adventure Contest and the printable online resource guide, please visit the ALCOA-MB website at www.alcoamb.org, email us at info@alcoamb.org or call **204-632-3947** or toll free **1-866-202-6663**.

Once you have warmed up to your active aging adventure during Active Aging Week be sure to keep going and connect with other age-friendly opportunities throughout the entire month of October, 2015, which is Seniors’ and Elders’ Month. Contact the 55+ Active Living Centre nearest you to find out what events they have planned for Active Aging Week and Seniors’ and Elders’ Month.

You never know where your next adventure could take you, so make sure you mark these dates down in your calendar and let the fun begin! ■

Live Your Adventure

Are you looking for excitement in your life? Are you 55+ years of age? The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB) encourages you to try something different during Active Aging Week, from September 27th-October 3rd, 2015!

The theme this year is ‘Live Your Adventure’! So get out there and be adventurous—each adventure is unique and can simply be anything outside of your day to day routine! Get together with others and explore other age-friendly activities in your community! For more info on ALCOA-MB, Active Aging Week and other events visit our website at www.alcoamb.org or phone: 204-632-3947 or toll-free: 1-866-202-6663

The BUZZ, cont’d from page 3

the elements of a great event – which must be why it’s such a success each year. It is a great cause, at a great venue, with some awesome people.

In fact, here are the Bombers Alumni who were in attendance and I can tell you, all of these guys looked great:

Nick Miller: One of a very rare group who played on four Grey Cup championship teams, Miller, now 84, played with the Bombers from 1954-64 and went to the Grey Cup six times. He played fullback, receiver, linebacker and defensive back. Talk about versatile and talk about looking terrific in your 80s.

Jim Heighton: A multi-sport athlete who just happened to be a great football player. He played nine seasons with the Bombers from 1970-78 and is still competing in athletics today as a Masters Athlete.

Stan Mikawos: This young man was a defensive lineman for 15 seasons with the Bombers, from 1982



Nick Miller (24) makes a game-saving tip of a Hamilton pass on Day 2 of the Fog Bowl in 1962.

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

James Murphy: This Canadian Football Hall of Fame wide receiver won three Grey Cups in 84, 88 and 90. He was the league’s most outstanding player

in 1986 and was the Grey Cup MVP in 1988.

Lamar McGriggs: Today, he’s an assistant coach and scout with the Hamilton Tiger-Cats, but in his playing days this outstanding linebacker played in the NFL for the New York Giants, who drafted him in the eighth round out of Western Illinois, and the Minnesota Vikings and then came to Canada with Ottawa in 1996 and won a Grey Cup with Hamilton in 1999 before joining the Winnipeg Blue Bombers. He had a tremendous career and played in three Grey Cup games.

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

Continued on next page



ALCOA C V A A
Active Living Coalition for Older Adults in Manitoba
Coalition d’une vie active pour les aîné(e)s au Manitoba

QUALITY CARE MOVING

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:
• Local and long distance moves • Very qualified seniors service
• Pick-up and delivery • Office and commercial moves
• Packing and unpacking • Removal and donation service

Phone - **990-4341** Wpg
Email: qualitycare@mts.net Website: www.qualitycaremoving.net

The BUZZ, cont'd

has been called the greatest offensive lineman of all time. He's from Winnipeg and played his college football at Dickinson State.

Henry Janzen: A three-time Grey Cup champion as a kick returner and defensive back, he was the Rookie of the Year in the Western Conference in 1959. He played seven seasons with the Bombers and was an all-star in 1965 – his final season in the league. He went on to coach the University of Manitoba Bisons to back-to-back national championships in 1969 and 1970. A Winnipegger, he played junior football with the Weston Wildcats.

Trevor Kennerd: Perhaps the best kicker the Bombers ever had. A three-time CFL all-star who played for the Bombers from 1980-1991. He played on three Grey Cup champions – 1984, 1988, and 1990 and in 1988, he kicked the winning field goal in one of the most thrilling Grey Cups ever played.

Rod Hill: One of the greatest defensive backs in the history of the Canadian Football League. He won two Grey Cup championships with the Bombers – in 88 and 90 – and still holds the Blue Bomber records for most career interceptions with 47 and most interceptions in one game with five. These days, he's a retail executive right here in Winnipeg.

Organized by Roy Rosmus, and hosted by Rosmus and Variety CEO Jerry Maslowsky, the Hearts of Blue and Gold Dinners are the highlight of the football/social season. It's also a tremendous fundraiser thanks to folks like Joel McInnes of Earls Restaurants, Earl Barish of Salisbury House, Lenny Baranek of Pratt's Wholesale and Larry McIntosh of Peak of the Market.

Tuesday's event was a rousing success. And just think, we get to do it all over again in October at Earls Main. Maybe the Grey Cup will be sold out by then.

●●●

HAPPY BIRTHDAY: Former Winnipeg mayor and owner of the Winnipeg Goldeyes Baseball Club, Sam Katz, turned 64 on Aug. 20. Sam is still coming into the ballpark most days to make sure the ball club is humming along. Sam, who will be a dad again this fall, defies the term, "aging." ■

It's Never Too Late to Make a Financial Plan



Minister
Deanne
Crothers

Ideally, financial planning for retirement starts when you're young, and continues through your retirement years. But, with the growing demands of modern life, we sometimes just don't get to it.

If you're a senior, and already have a financial plan, you are well on your way to a sound financial future. If you've reached your senior years, and don't have a plan in place, it's not too late. But now is the time to start. In either case, you should get to know the many resources out there for seniors, and take full advantage of any benefits you may be eligible for.

Financial/retirement planning services

These services include:

- The Manitoba government has an online tool to help with retirement and financial planning at any age. It also offers tips on how to avoid pension scams. www.gov.mb.ca/labour/pension/index.html
- The Financial Consumer Agency of Canada offers financial management and retirement planning resources. Call **1-866-461-FCAC (1-866-461-3222)**; www.fcac-acfc.gc.ca.
- Community Financial Counselling Services, Inc. (CFCS) is a non-profit United Way credit counselling agency that provides confidential financial assessment, assistance with budgeting and money management to individuals and families, in person or by phone. Call **204-989-1900**; toll free **1-888-573-2383**; email info@cfcs.mb.ca or visit www.debthelpmanitoba.com.

If you have concerns about any financial institution you're dealing with (ex: whether it's registered, whether it's licensed to practice in Manitoba), call

Manitoba's Financial Institutions Regulations Branch at **204-945-2542**; toll free **1-800-282-8069** or email insurance@gov.mb.ca.

Tax deductions, income supports and other benefits for seniors

The Canada and Manitoba governments offer many resources, programs and benefits designed to help older adults.

Federal resources:

- Canada Pension Plan (CPP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS) and other benefits from CPP (ex: disability pensions, spousal allowance/allowance for the survivor).

For further information on these programs, contact Service Canada at **1-800-O-CANADA (1-800-622-6232)**; www.servicecanada.gc.ca.

Provincial resources:

- Rent Assist provides financial benefits for people who pay more than 25 per cent of their income on rent. The amount paid from Rent Assist will depend on the total household income and cost of monthly rent. For information, or an application, call **1-877-587-6224**; www.gov.mb.ca/jec/eia/rentassist/index.html.
- 55 Plus provides a financial supplement to low-income seniors 55 years or older. Call **1-800-563-8793**; www.gov.mb.ca/fs/assistance/55plus.html.
- Manitoba Pharmacare is a drug program for Manitobans of all ages, whose income is affected by high drug costs. To apply for benefits, or for more information, call **204-786-7141**; www.gov.mb.ca/health/pharmacare/index.html.

- For a list of tax credits you may be eligible for (ex: Primary Caregiver Tax Credit), visit the Manitoba Tax Assistance Office website at <https://www.gov.mb.ca/finance/pcredits.html> or call Manitoba Tax Assistance Office at **204-948-2115** (in Winnipeg); toll free **1-800-782-0771** (outside Winnipeg). For information about the Seniors School Tax Rebate, call **204-945-7555** (in Winnipeg); toll free **1-855-893-8266** (outside Winnipeg) or email seniorsrebate@gov.mb.ca.
- The Manitoba Seniors' Guide offers an extensive listing of programs and services for seniors. Order your copy by calling **204-945-6565**; toll free **1-800-665-6565** or download the guide at www.gov.mb.ca/shas.

Please don't be afraid to pick up the phone and ask for guidance through these offices. They are here to help!

Kickoff to Seniors' and Elders' Month

October is Seniors' and Elders' Month in Manitoba. Please join us for the kickoff celebration, **Friday, October 2, 2015, 10 a.m. to 2 p.m. at the RBC Convention Centre, 375 York Ave, Winnipeg.**

For more information, call the Seniors Information and Referral Line at **204-945-6565** in Winnipeg, toll-free **1-800-665-6565** outside Winnipeg.

As always, I invite you to call the Seniors Information and Referral Line if you are looking for information or need help finding the right resource, even if you would just like to share your comments or feedback!

Deanne Crothers -
Minister of Healthy Living
and Seniors

ABILITY SOLUTIONS

"Removing Barriers"

We repair wheelchairs and walkers.



We also install Grab Bars and other mobility aids.



SALE

Reconditioned wheelchairs on sale starting **AS LOW AS \$150 & up.**

204-471-1533

Email: lavallee@mymts.net

Ladies...Gather All the Women You Know for This Fall's

THE ultimate Women's SHOW

September 12 & 13, 2015 - Assiniboia Downs

BRING THIS AD TO BE ENTERED INTO A SPECIAL DOOR PRIZE VALUED AT \$500



Are You Ready for a Girl's Day Out?

Shopping, Beauty, Health & Wellness, Fashion, Jewellery, Travel, Fitness, Card Reading, Anti-Aging, & So Much More!

Sat. 10 am-5 pm & Sun. 11 am-5 pm
Admission \$5.00 - Free Parking

OVER \$2500 In Door Prizes

For Exhibitor/Visitor Information
info@ultimatewomensshow.com

www.UltimateWomensShow.com

Working for seniors



Greg Selinger
 MLA for St. Boniface
 Premier of Manitoba
 204-237-9247
GregSelinger.ca



Clarence Pettersen
 MLA for Flin Flon
 204-687-3367
ClarencePettersen.ca



James Allum
 MLA for Fort Garry-Riverview
 204-475-2270
JamesAllum.ca



Ron Kostyshyn
 MLA for Swan River
 204-734-1600
RonKostyshyn.ca



Erna Braun
 MLA for Rossmere
 204-657-7244
ErnaBraun.ca



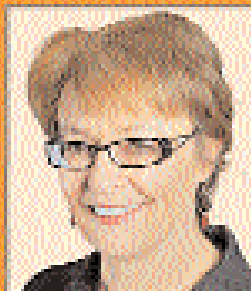
Sharon Blady
 MLA for Kirkfield Park
 204-832-2318
SharonBlady.ca



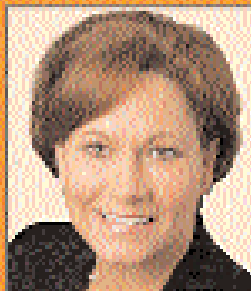
Dave Gaudreau
 MLA for St. Norbert
 204-261-1794
DaveGaudreau.ca



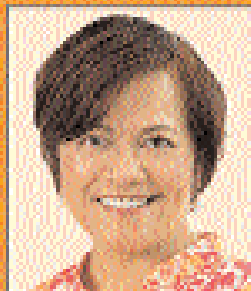
Ron Lemieux
 MLA for Dawson Trail
 204-678-4644
Ron-Lemieux.ca



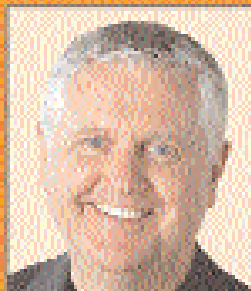
Melanie Wight
 MLA for Burrows
 204-421-9414
MelanieWight.ca



Theresa Oswald
 MLA for Seine River
 204-255-7840
TheresaOswald.ca



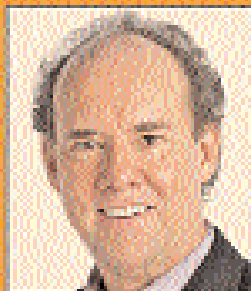
Flor Marcelino
 MLA for Logan
 204-788-0800
FlorMarcelino.ca



Gord Mackintosh
 MLA for St. Johns
 204-582-1550
GordMackintosh.ca



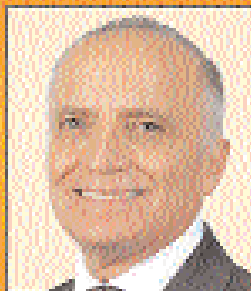
Kerri Irvin-Ross
 MLA for Fort Richmond
 204-475-9433
KerriIrvinRoss.ca



Greg Dewar
 MLA for Selkirk
 204-482-7066
 1-855-595-1351
GregDewar.ca



Nancy Allan
 MLA for St. Vital
 204-237-8771
NancyAllan.ca



Dave Chomiak
 MLA for Kildonan
 204-334-5060
DaveChomiak.ca



Matt Wiebe
 MLA for Concordia
 204-654-1857
MattWiebe.ca



Deanne Crothers
 MLA for St. James
 204-415-0863
DeanneCrothers.ca



Jim Rondeau
 MLA for Assiniboia
 204-888-7722
JimRondeau.mb.ca



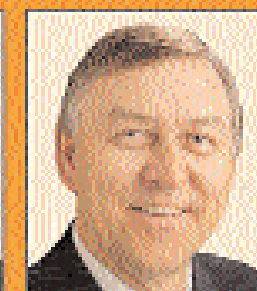
Bidhu Jha
 MLA for Radisson
 204-254-1818
BidhuJha.ca



Mohinder Saran
 MLA for The Maples
 204-632-7933
MohinderSaran.ca



Christine Melnick
 MLA for Riel
 204-253-5162
ChristineMelnick.ca

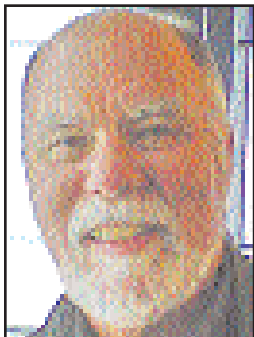


Jim Maloway
 MLA for Elmwood
 204-415-1122
JimMaloway.ca

DRIVEN!

The **SENIOR SCOPE** Automotive Review
8th Edition

- School Bus Safety
- Choosing a Vehicle
- The Connected Vehicle
- Flashback Weekend



Wm. M. E. (Bill) Ward
driven@mymts.net



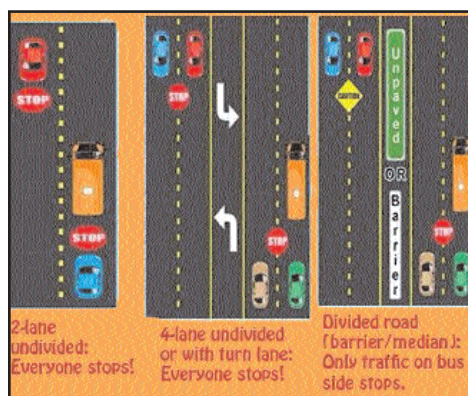
Its Back to School for all those Vacationing Kids and once again they are not careless just care free.

The kids are back in school as of The First Week of September and we will have all sorts of problems as Parents, Grand Parents and the Kids start another year in school.

It is interesting to note that School Buses have a unique safety record which has been created not by Bus Design, or by Driver Training but by the simple act of a vast majority of other road users providing the buses with more space, and courtesy due to enforcement of Highway Traffic Act Laws and Regulations.

This admirable record must continue to grow and it is urgent that all drivers obey the laws of passing, stopping and yielding to the school bus during pickup and delivery of the students.

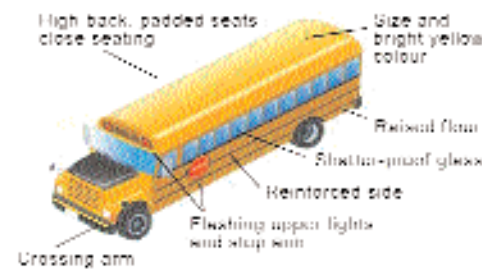
Here are the rules for stopping when a school bus is picking up students.



A school bus is basically a three ton truck with a passenger carrying box where seats are added for students. It is beyond my comprehension that a majority of buses do not have monitors to take care of the children and enforce basic rules of safety as well the actions of the students create distractions for the bus driver who should not be expected to deal with traffic and the students. It in it self is

a very poor design and does not have any of the safety features associated with a Passenger Car, SUV or Van

For a variety of reasons there are no safety belts in the buses other than the drivers and it has been shown that belts will not work as many of the children would require booster seats and injury and death has resulted when the belts and buckles are used by the children as weapons against other children.



LEAVE EXTRA TIME TO GET ANYWHERE

As soon as School Buses hit the road traffic patterns change and significant delays occur due to the constant starting up and stopping of the flow of traffic. This results in a significant increase in pollution due to the idling of vehicles and the constant acceleration away from the stops by all the cars that are held up in traffic by the buses.

It is estimated that when school buses are operating as much as 30% more pollution occurs and the time to get where you are going takes between 30 and 50 percent longer on many routes.

In addition the patience of many drivers is tested by the interruption in traffic flow.

SIZE OF SCHOOL BUSES

The School Bus is often of a size and weight that does not qualify it to drive on your street and if it was carrying a load of goods would not be allowed off of a truck route and it is important that you tell your local school division when the bus is too big for your street. 72 Passenger, 56 Passenger and 48 passenger buses are not needed on small cramped streets that have parking on one side as they can create situations where traffic moving in the unencumbered lane are prevented from moving as the bus takes up all the space. On these streets the bus should be no larger then a mini van and your input will increase traffic safety as a smaller vehicle is routed there.

SCHOOL BUS DRIVERS

These people should receive medals for the abuse they take from parents, kids, and other drivers. They are constantly dis-

tracted by poor behaviour of the students, drivers attempting to get where they want to do and irritated by the interruptions in traffic flow and by all the demands on their concentration. They are the most overworked driver in the traffic environment.

LEAVE EXTRA TIME WHEN SCHOOL IS IN AND REMEMBER THE SCHOOL BUS NEEDS YOUR HELP TO PREVENT COLLISIONS AND INCIDENTS.

DRIVE TO ARRIVE ALIVE! ■

CHOOSING A VEHICLE

YOUR NEXT VEHICLE - new or pre-owned - it is the same process.

Can I get in and out of the vehicle with ease and no pain?

Will a Walker, Wheel Chair or other devices fit in the vehicle in an accessible manner?

Is it an all weather vehicle with all wheel drive? If not, is it just to be used in summer?

Did you know that Front Wheel Drive vehicles have 40% more single vehicle collisions than Rear Wheel Drive vehicles and that All Wheel Drive has the least amount of single vehicle collisions in bad weather.

Will it go a reasonable range on a full tank of fuel? (Tank Size, bigger is better) combines with fuel economy to provide a reasonable range of travel. The minimum should be in the 500 Km range on the highway.

Will it fit my garage or parking area both from height, width and length but also from turning ability so that you can enter your space or parking area without a lot of fuss?

*Does it have enough capacity to carry you, and any stuff you wish to carry? The average small passenger car has a maximum carrying capacity of 350 KG and that includes, driver, all passengers, luggage, and whatever else you carry. **If you have two people who are in total weight over 250 KG in the front seat, the vehicle's front suspension is overloaded.** So choose a vehicle that carries you and all your stuff with a 30% margin so that the unexpected load or trip does not take it to full capacity.*

More next issue. ■

Call us @ **204-992-6833**



MuddRuckers

CONCRETE LIFTING & LEVELING

Slanted concrete Sidewalk or Driveway? Don't Replace it. We can Lift and Level It for you. Learn more about us on our website.

www.muddruckers.ca

quotes@muddruckers.ca

FREE estimates

DRIVEN! The SENIOR SCOPE Automotive Review

Cont'd from page 7

THE CONNECTED VEHICLE

Are you aware that your vehicle tells on you?

The modern connected vehicle has the ability to communicate with its Manufacturer, Regulatory Agencies, Law Enforcement, Medical and any individual or group that is monitoring its broadcasts 24/7/365

Yes, the stories of cars been hacked, vast data uploads to business, people and governments and you do not even know about all parts of the process. With the 'Find My Car' feature - not only your phone, computer or Emergency Provider can find you, but if stolen you can find exactly where it is using the built in GPS.

How about the car knowing when your illness is acting up and it calls the paramedics? Great idea but how about criminals being able to monitor and take over the vehicle. Yes it is happening today. This sounds like science fiction but it is a billion dollar industry that wants to track you and your friends 24/7/365 to ensure its profitability and provides access to your vehicle, its safety components, and you with a click of a mouse on a computer

More to come as I detail the stuff that is being installed in your vehicle that you can *not* turn off.

Anybody for a 1970's vehicle with no computer? ■

Be Fit with Gwen

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

Cabos is Calling

Fall and back to School for the kids and time to get fit for the Winter Vacation in the South.

With the need for good health when traveling and the desire to look good as well as be healthy means let's start our Vacation Health Plan with some simple goal setting.

Are you ready for the beach, disco and the fun of a vacation with your best look and being as healthy as you can be?

Step One

Set reasonable achievable goals and sufficient time to achieve them.

To lose weight you need a minimum of 3 months to get things in order. Try joining a Wellness Facility and take such courses as fitter firmer faster, or combine aerobics, yoga, aqua exercise and muscle/strength routines that will, no matter what age, put you in the best condition possible.

Step Two

Start with a food plan that eliminates the bad foods and the over indulgence in sugar and white flour based foods. At times it is as simple as reducing processed foods and restaurant meals.

Step Three

Remember that too fast a weight loss can be very unhealthy and will result in weight gains as soon as your program is over.



Step Four

Get the whole family and friends into the act and have a support group that will assist you in your goals.

Step Five

Set out the times each day and make sure that you complete your diet, exercise program as your first priority of every day. Living for you is your mind set requirement and you will be rewarded by success and good health.

It's all in a frame of your mind and that must be to be as healthy as possible with exercise, diet, and your time.

See you as we run the roads and stay healthy.

- Gwen

FLASHBACK WEEKEND



"Flashback Weekend"

September 11-13, 2015

by Larry D'Argis

The Fabulous 50's Ford Club's Annual Flashback Weekend – September 11-13 - has been Manitoba's largest car event for more than a decade. The three-day affair begins with a Friday night Sock Hop Social at the Transcona Country Club. Patrons of the event can not only wax nostalgic as they twist the night away to the sounds of a live rock n' roll band, but also take part in an abundant silent auction with proceeds going directly to the Rehabilitation Centre for Children Foundation. Even if you can't cut a rug, you can enjoy watching those who can, as dancers from both Patricia's Dance Studio and Shirley's Dance Studio will be on hand to give valuable tips on how to avoid stepping on your partner's toes.

Saturday the journey down Memory Lane continues with a scenic afternoon Classic car cruise from the Garden City Inn on McPhillips Ave. to the Half Moon Drive In located in Lockport, MB. The cruise route runs North down Main Street, then winding down River Road and across the locks of the Red River at Lockport to Henderson Hwy. First timers will love it and if you're from the Winnipeg area and you remember the era, this leisurely drive in the family sedan was almost a weekly ritual.

On Sunday the South parking lot of the Garden City Shopping Centre at McPhillips and Leila Ave. will turn into an

absolute Mecca for car enthusiasts. Drawing over 1,200 classic, antique and special interest vehicles and an estimated crowd of over 30,000 people, it's not just your average parking lot party. Entertainment is again provided by a live band and in between sets Specialty Music's Ray Wheeler will play those hits of the past. In addition to the entertainment there will be a vendor's row of automobile goods and services along with 41 awards for the best vehicles in attendance. Further support for the Rehabilitation Centre For Children Foundation continues in the form of a 50/50 draw with a maximum payout of \$3,500. The day's event is FREE to both participants and spectators with vehicle registration opening at 10 A.M. and the show running from Noon to 5:00 p.m. when it spills over into Sunday Cruise Night with an en masse cruise to the Pony Corral Restaurant on Grant Ave. at Wilton. It's an afternoon of good, clean fun for the whole family!

HOW TO GET YOUR TICKETS!

Sock Hop tickets only \$20.

Call 204-488-1679 and leave a message; we will get back to you or call or the Transcona Country Club – 204-222-1640.

Taken from FFFC Website

NEWMAN

“LANDSCAPE SUPPLY”

Sheep Manure Available

QUALITY MIXED SOILS
SAND • LIMESTONE • CONCRETE GRAVEL
LANDSCAPE ROCK (GRANITE, RIVER, PEA) • MULCH
• BOBCAT SERVICES •

DELIVERY IN STONEWALL & SURROUNDING AREAS OR PICKUP

“SMALL ORDERS WELCOME”

PHONE JIM (204) 467-2340 or (204) 461-1978
380-4TH ST. E. @ CENTRE AVE • STONEWALL



GREENHAVEN PET GROOMING



Carol Yule 467 8796 461 2217
7905 I Road 4E
Less than 5 minutes from Stonewall.

All pets welcome.
Daycare is available upon request.



Currie's Corner

Gas prices - gas pains

To celebrate our recent nuptials, Mrs. Currie and I took a brief motor-ing vacation to the Kenora area on Lakes of the Woods, one of my former homes. Lo and behold, we were 'victims of crime', along with millions of other Canadians trying to enjoy the summer. The crime happened when we stopped to buy gasoline, and the frustrating part is the totally helpless feeling you have while your pocket is being picked. Leaving Winnipeg on a Monday, the price at the pump was \$1.03. When we got to Kenora it was \$1.23. "I've seen this bad movie before" I said to myself. 15 years ago, when I lived in Sunset Country, it was quite common to see a price that was 10 cents higher than Winnipeg, but 20 cents? Four days later we drive home to find the Manitoba pump price at \$1.23, an overnight jump of 20 cents a litre. Since then, the Manitoba price has fallen back 9 cents, while the price in northwest Ontario has jumped another 6 cents to \$1.30.

We're told that more of our gas nowadays comes from American refineries, and a problem at a plant in Indiana was the reason for the 20 cent jump. We certainly can't blame it on the price of oil which is struggling to stay above \$41 U.S. per barrel. It's very interesting that all this happens during a federal election campaign in Canada. There was a time not long ago that we would have heard demands for price controls, and efforts to organize boycotts. This time, the only politician to say anything about it was Gilles Duceppe, the recycled leader of the Bloc Quebecois. He's not running any candidates outside Quebec, but he thinks the Competition Bureau in Ottawa should get on the case. Nobody really knows anything when it comes to gas prices, except for those famous three words about why the retailers raise the price .. Because They Can! Drive carefully, and enjoy what's left of the summer. ■

CARP Chapters raise the flag in salute to community seniors

October 1st is National Seniors Day and the Winnipeg CARP Chapters 47 & 53 will join Mayor Brian Bowman to raise the CARP flag and celebrate seniors for their enormous contributions to our community. CARP Chapter 47 Winnipeg West & Chapter 53 Winnipeg East, as part of National Seniors Day and the 25th Anniversary of the United Nations Declaration of October 1st as the International Day of Older Persons, invite members of Winnipeg this day at 9 am to a free CARP flag raising ceremony at City Hall, 510 Main St. Mayor Brian Bowman will give a speech along with Rene Lewis, Co-Chair of CARP Chapter 47 to thank seniors and draw attention to their contributions in making our community a great place to live. The ceremony will run approximately 20 minutes.

This ceremony was begun by CARP to celebrate National Seniors Day and raise awareness of the enormous contribution made by senior to our community. Seniors provide volunteer work, caregiving, sharing knowledge, wisdom and expertise to the benefit of the next generation and our community. CARP chapter members will be on hand for any questions about CARP and why they are involved and their concern about the future and healthy aging in our community. CARP is a national, non-partisan, non-profit organization with over 300,000 members, committed to a 'New Vision of Aging for Canada', promoting social change that will bring financial security, equitable access to health care and freedom from discrimination. Our mandate is to promote and protect the interests, rights and quality of life for Canadians as we age. ■

Advertising Feature

BULLION 101



By Marlene Sturrey

For those who missed my Bullion 101 article, it is back by popular demand. Enjoy reading and should you have any questions please call Collectibles Canada at 204-586-6263 and we will be very happy to provide the information you need to make an informed decision on your investment and to help you understand trading in precious metals. The trading of gold and silver has always been a fascinating commodity for investors. Today the trading of gold and silver can be very exciting for the novice and experienced investors. Collectibles Canada is an official Royal Canadian Mint distributor which offer gold and silver bullion in the form of Royal Canadian Mint maple leaves or bars. This article is intended to provide the basic information needed to introduce you to purchasing precious metals at Collectibles Canada and taking responsibility for your investment. Collectibles Canada quotes prices on purchasing gold and silver in Canadian Funds and at current bullion values.

the price that you purchase the precious metal and also the price when you sell the investment. Collectibles Canada sell bullion of only recognized mints and refineries. This is important as the integrity of the bar/round is not in question and therefore you will not be discounted when you are selling. It also means that your investment is negotiable anywhere in the world. Collectibles Canada always buys back at minimum spot price and sometimes higher if there is a shortage of the commodity. When you pay for the gold or silver you walk out the door with your bullion. When you decide to sell your gold or silver your walk out the door with your money. It is that simple.

Let's begin with the definition of bullion. Bullion refers to the precious metal which is traded on the commodity market. The value of bullion is determined by purity which is usually 99.9% and weight and is referred to as bars, ingots or rounds. Spot price is the value the precious metal is trading throughout the world at that particular time and it is always fluctuating throughout the course of the day. Spot price is always quoted in US funds when you are checking the newspaper or other sources. When you purchase gold and silver bullion you are in fact taking possession of what would usually be a paper transaction with your bank/broker. As an investor you have the control/responsibility for

Silver bullion is available in 1oz, 5oz, 10oz, 50oz, 100oz bars which are the most common weights for transactions. The more weight you purchase, for example the 100oz bar the lower the price per ounce however when you want to sell you are forced to sell the 100oz. The purchasing of 1oz bars provide the maximum flexibility if you wish to sell 3 oz or 15 oz etc. Gold is most commonly purchased as 1oz in weight due to the price, however, fractions are available but the premiums are a bit higher. There are no extra charges applied to your purchase once the bullion purchase rate is quoted. Bullion is GST and PST exempt. For further information please do not hesitate to contact Collectibles Canada at 204-586-6263 or drop in to see the actual gold and silver bars and begin to get involved in managing your savings. ■

See advertisement on front page



AUTO EVENTS

Manitoba Electric Vehicle Association - 5th MEVAfest ELECTRIC CAR FESTIVAL

Sat. September 12, 2-5 pm
For info: email media@manitobaev.ca or http://manitobaev.ca.

WINNIPEG BEACH UNDER THE BOARDWALK SHOW'N SHINE

Sat. - September 19, Noon - 4 pm
In cooperation with the Gimli Car Club. Registration Pancake Breakfast - 9 am in the Rec Center or register on Main Street. No cost to enter a vehicle, but bring a 'Tin for the Bin' for Evergreen Basic Needs. Goodie bags for first 100 entries. All makes and motorcycles welcome. Trophies and prizes from Total Performance. Music all day long and special performance from Beg Borrow and Steal Band, 12:30-3:30 pm.

Contact: Allan Sulyma at 204-389-5126 rec@winnipegbeach.ca www.winnipegbeach.ca Presented by: Gimli Car Club Inc.

Jewel 100.5 FM
Lite & Refreshing
Join Dan and Leslie on Married in the Morning
Weekdays 6 - 10am

JEWELRADIO.COM

Victoria Palms RV Resort



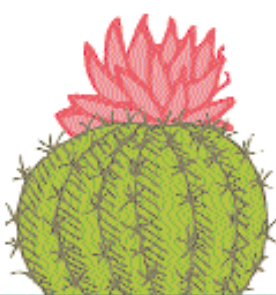
Limited time offer
Three Months
\$1,699
 Mention Promo Code: SSCP1

Destination

SOUTH TEXAS

Experience the natural beauty of the Rio Grande Valley, in the comfort of a five star resort!

855.846.2031



BOGO
 Purchase one week & get the second FREE
 Mention Promo Code: SSCP2

20% OFF
 One month RV Rate
 Mention Promo Code: SSCP3

Refer & Win
 Refer a friend* & get **\$100** referral reward



Victoria Palms RV Resort

602 N. Victoria Rd | Donna, TX

RVontheGo.com | RVSouthTexas.com

Ask how you can camp all year with our Thousand Trails Pass!

Offers valid through 3/31/16, back by 8/31/15. Subject to availability, not to be combined with any other offers or discounts. Valid only on standard RV sites. \$4 a day resort fee and taxes are not included. Not available on rental units. Above offers are valid for first-time customers. Weekly BOGO is not available during holidays or special events. *Minimum stay must be 21 days. For every referral reward, you must be a direct annual season customer of Victoria Palms RV Resort and your rental agreement must be signed and paid in full. Referrals must be submitted via the official RLS Customer Referral form. Only one referral reward will be given for each referral. Reward will be paid after both parties are paid in full. Great big combined with any other offers or programs. All customer referrals must be new customers, guests, or residents of the resort. One referral will be accepted by Member. \$14.95 to qualify for an annual reward. All local, state, federal, income, taxes are the responsibility of the recipient. Accordingly, we recommend that all participants consult a tax advisor about reporting awards for tax purposes. We will neither require nor provide any legal, tax, or other advice. Referrals and value of awards you are eligible to receive equal or exceed \$600.00 for one year. Details and qualifications for participation in this promotion may apply. Visit RVontheGo.com to learn more. Or, Thousand Trails Group Pass led by MHC Thousand Trails Limited Partnership, an affiliate of Equity LifeStyle Properties, Inc., Two North Riverside Plaza, Suite 800, Chicago, IL 60610. This advertisement is not intended to provide any financial or investment advice. This document has been filed with the Department of Licensing, State of Washington as required by Washington Law. Value, quality, or conditions stated and performance on promises are the responsibility of the operator, not the Sponsor.

Dominion of Canada

By Metro Hnytka

When Canada became a nation of its own, it had difficulty having enough of its own currency for this large nation. Many coins were minted by the Heaton Mint in England; this is why there is an "H" on the obverse lower part of some coins. To compensate for the lack of coinage a 25¢ paper note was issued. They were called shinplasters (an American nickname). The American shinplasters were issued by banks, wealthy persons, and by local merchants using a poor quality paper. Adding starch to the paper was said would make a paper mâché that could be used to make plaster to go under your socks to warm your shins.

In Canada, they were issued by the Dominion of Canada in 1870-1900 and 1923. They were interesting to say the least and I have been fortunate to have kept a few. Here is one of them.



One dollar note

The small 25¢ paper note was dwarfed by the one dollar note and because of its size was labelled a horse blanket. At one time, it was considered too common to be a collectable but things have changed considerably. This note is a 1923 issue from my collection.



Four dollar

From 1882 to 1902 Canada has a \$4 paper note. This made little sense to me why \$4 but it must have had merit in its time. It definitely is a different note and very collectable.

Prior to 1935, many chartered banks printed their own \$5, \$10, and \$20 bills. These banks were Bank of Montreal, Bank of Commerce, Bank of Hamilton, and Royal Bank of Canada. There were others but they were for local use.

1935 Bank of Canada

This is by far my favourite series, a completely different look to some of its bills like a blue \$2 bill, a pretty pink \$20 and a \$25 bill. Besides a \$50 and \$100 note, it also had a \$500 and a \$1000 bill. These were printed in both French and English series. I have been fortunate to keep some of these bills. These bills can still be found around. One day, I was at a friend's place and used his bathroom and low and behold there was a 1935 \$20 bill in a frame with a 1937 \$1 and \$10 bill. I asked him if he would sell the \$20 bill. He asked me for a price and the deal was made. My coin dealer friends said I paid too much for it but I still have the \$20 bill and I still have my friend, a win-win situation, a great deal. Many of these paper notes will be able to be seen at our next coin show at the Marlborough Hotel, 331 Smith Street on October 31st and November 1st of 2015. Come and take a look, it is like going to a museum for a very small admission fee.



“Everyday is a bank account, and time is our currency. No one is rich, no one is poor, we've got 24 hours each.”

~ Christopher Rice

CJNU
Where the Past is Always Present

CJNU Nostalgia Radio is your memories station. We bring back those magic moments by playing the best music from the past 80 years—plus encores of programs from Radio's Golden Age.

93.7 NOSTALGIA RADIO
CJNU R A D I O

THE COMMERCE EXCHANGE is a local membership based business to business trade exchange with access to thousands of companies around the world.

5 - 30 Carlton Street | Wpg, MB • 204-295-9473 tcextrade.com

take time
Home Cleaning & Lifestyle Services

Weekends with no housework. Weekends I feel like a kid again!!!
- Judy R.

Fall Special
Take \$25 off your first cleaning

Take Time is in your area

Free Online Estimates!

Phone: 204.770.7103 www.taketime.ca

Natural, safe and effective treatment for

- * Arthritis
- * Asthma
- * Sinus Infection
- * Indigestion

Over 14 years of experience in helping people lead healthier lives!

Dr. Kumar Belgaumkar DMS, HD
Doctor of Homoeopathic Medicine
106 - 1200 Pembina Hwy * Winnipeg * R3T 2A7
www.drkumarhomeopathy.com
For more information or to book an appointment, please call
204-284-7778

"I have been seeing Dr. Kumar for my arthritis pains and digestive issues. He has been able to reduce my pain significantly and my digestion has improved tremendously!"
- Mr. ML, age 71

Shallow Point Campground
www.shallowpointcampground.com

Located on beautiful Lake Manitoba. A short drive from Winnipeg on Hwy No. 6. Seasonal, full service sites. Lot fees include winter storage.

Visit our web site at www.shallowpointcampground.com

Looking for a home, condo, or just want to downsize!
I can help find the right property for you!

Honest, professional service!
Call me today!

Darya Pfund
Real Estate Agent

Federal Independent Realty
1236 Ellice Avenue • Winnipeg
204-947-1190
204-290-4231

The Reading Room

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

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



Young, I. Leahanna. (2012). **Savoring sage time: The journey from no one to wise one.** Bloomington: iUniverse, Inc.

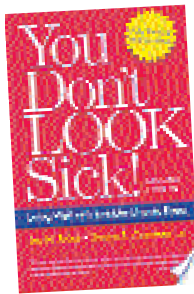
In Savoring Sage Time, author I. Leahanna Young provides a road map for growing old and wise and appreciating the mature years of life's journey.

The book speaks to being fully present in our daily encounters with those around us and with nature. Ms. Young shares with us life experiences from people she has met in her travels who recognize that aging can be a rich adventure and that there is value in years lived.

The basic message of this book is to be present to the moment, to relish, the gifts of taste, smell, hearing, touch, and sight. To age gracefully continue to play, learn, and grow in mind and spirit.

*Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain. ~ Vivian Green ~*

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>



Selak, Joy. (2013). **You don't look sick!: Living well with invisible chronic illness.** (2nd ed.). New York: demosHealth.

You Don't Look Sick chronicles one person's true-life story of illness and her physicians commentary as they journey through the four stages of chronic illness—Getting Sick, Being Sick, Grief and Acceptance and Living Well.

The book provides a set of tools for people who find themselves having to deal with a health related life changing event. The tips and strategies provided will give the reader a greater understanding of coping mechanisms essential for managing the challenges of chronic illness.

This warmhearted resource helps you focus on building a meaningful life as opposed to a life of frustration and fear.

This book is thoroughly revised and updated based upon feedback from readers of the first edition. ■

TRAVEL & LEISURE

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

JAMAICAN VACATION

You are invited to come stay at the **MORNING GLORY INN** in Hampton, Runaway Bay, a bed and breakfast with meal plans, if needed.

Hampton, Jamaica's national winner of the best small community competition in 2011 and 2012, is a small village in Runaway Bay. It has great people and offers many opportunities to explore and experience the real Jamaica.

Golfing, swimming, diving, a water park, churches and beaches, are all within a 15 minute walk from the Inn.

For service minded vacationers, there is an opportunity to volunteer at an after school youth program located at The United Church.

Your hosts, **Tony and Mildred Beach** reside in St. Vital, Winnipeg, during the summer months.

For more information:
www.morninggloryinnjamaica.com
Email: mildredbeach@hotmail.com
204-257-2546

KEYBOARD VENTURES MUSIC SCHOOL

Music Lessons for Children, Adults & Seniors

Exercise your mind, coordination, concentration and motor skills.

Piano • Organ • Keyboard • Guitar • Voice

Lessons in our studio or in your home. Serving Winnipeg, Stonewall & Selkirk, MB

Karaoke & Instrument Rentals

OPEN HOUSE
@ newly renovated Stonewall location
Tuesday Sept. 1st

6 Week Introductory Offer - \$85
Keyboard included

We also sell...

- Keyboards, Guitars, Recorders, etc.
- Music accessories • Printer cartridges
- USB flash drives • SD cards
- Batteries (All types -also for hearing aids)
- CDR's, DVR's, etc.

Music Lessons and/or Instruments make Great Gifts.
Music is Therapeutic: Learning to play an instrument can increase your self-esteem and overall well-being.

Call Terry:
204-955-5428 / 204-467-7388
terry@keyboardventures.com

Aboriginal Senior Resource Centre

45 Robinson Street • Winnipeg
204-586-4595

CASH

BINGO

THURSDAYS
September 24, 2015
October 29, 2015
November 26, 2015
January 28, 2016
February 25, 2016
March 31, 2016

Book of 6	\$8.00 - 65% payout
Specials	\$1.00 - 50% payout
Jackpot	\$1.00 - 75% payout

Doors open 12:00 pm
Bingo starts 1:00 pm

EVERYBODY WELCOME!
All proceeds toward ASRC SENIORS and ELDERS ACTIVITIES and PROGRAMS

Moose Jaw Mineral Spa Bus Tours

Feel your stress melt away at **Temple Gardens Mineral Spa** with its naturally relaxing amenities, is the only one of its kind in Canada. Experience taking the waters in the hot mineral pools. Relax, unwind & rejuvenate!

October 18-20th
\$247.00 pp dbl occ

November 22-25th
\$349.00 pp dbl occ

Tour Includes: Lodging at Temple Gardens Mineral Spa Resort Hotel, Motorcoach transportation, Unlimited Access to Mineral Pools/Steam Room plus **\$15.00 Casino Moose Jaw Slot Credit Each Day, & \$5.00 Off Food Each Day.** (located across the street from Temple Gardens!)

Red - White & Blue Get-A-Ways
1-866-846-3795
www.rwbgetaways.com

Journée des aînés et des anciens

« Célébrez participez! »

Octobre : mois de célébration des aînés et des anciens

ENTRÉE GRATUITE
DIVERTISSEMENTS
ACTIVITÉS INTERACTIVES
KIOSQUES D'INFORMATION
CADEAUX PUBLICITAIRES
RAFFRAÎCHISSEMENTS

Le vendredi
2 octobre
10 h à 14 h
Heure d'ouverture : 9 h 00.

Centre des congrès RBC de Winnipeg
375, avenue York

Renseignements :
1-800-665-6565
(204) 945-6565 (à Winnipeg)
Email: seniors@gov.mb.ca
www.seniors.cimnet.ca

Organisez votre propre célébration de la Journée des aînés et des anciens en octobre. Faites-la inscrire dans le calendrier des activités pour faire connaître votre organisme à l'échelle de la province. Visitez le site Web à www.seniors.cimnet.ca (anglais seulement) pour plus de détails.

Seniors' and Elders' Day

"Celebrate, Participate!"

Kicking Off Seniors' & Elders' Month - October

FREE ADMISSION
LIVE ENTERTAINMENT
INTERACTIVE ACTIVITIES
INFORMATION BOOTHS
GIVEAWAYS
REFRESHMENTS

Friday
October 2
10 am - 2 pm
Doors open 9 am

RBC Convention Centre Winnipeg
375 York Avenue • Wpg

Call for information:
1-800-665-6565
(204) 945-6565 Wpg
Email: seniors@gov.mb.ca
www.seniors.cimnet.ca

For Booth Information, please contact
Jessica Veitch
c/o Good Neighbours Active Living Centre
204-669-1710, ext. 222
Email: programs@gnalc.ca

Kinsmen Jackpot Bingo

SATURDAYS
at 5:30PM
on CTV-TV

Guaranteed JACKPOT of \$2,000

Cards available at selected stores or by mail through head office

The Bigger the Jackpot, The Easier it is to WIN!

\$1 from every card goes to the Jackpot Blackout in 50 Numbers or Less.

Kinsmen Jackpot Bingo
161 Rue Grandin
Winnipeg MB R2H 0A8
Ph: 204-233-6365 Fax: 204-233-6415
Email: bingo@kinsmenclub.com
Web: www.kinsmenjackpotbingo.com

Come Dance With Us

Dance
Westview Dance Club

Social Ballroom Dancing for Couples

Waltz, Fox Trot, Cha Cha, Tango, Rumba and Swing

30 weeks of Lessons and Practices

\$275 per couple
All levels of instruction
Monthly Social/Dinner Dances

FREE
Registration Dance
Tuesday, September 1, 2015, 7:00 pm
Oak Bluff Recreation Centre
101 MacDonald Rd. Oak Bluff, MB

Contact Ann: 204-775-1989
E-mail: westviewdancewpg@gmail.com
www.members.shaw.ca/west-view/index.htm



Sweet Cucumber Dressing

Metric	Ingredient	Imperial
2	cucumbers, peeled, seeded & finely diced	2
1	red onion, finely chopped	1
1	red chili, finely chopped	1
30 ml	pickled ginger, shredded	2 tbsp
30 ml	rice wine vinegar	2 tbsp
2 ml	sesame oil	1/2 tsp

In a medium bowl; combine cucumber, onion, chili, ginger, vinegar and oil. Cover and let stand at room temperature. Serve over your favorite prepared fish.

Serves 4 www.PeakMarket.com

Apple Ginger Soup

Metric	Ingredient	Imperial
1	apple, peeled, cored & chopped	1
1 L	carrots, peeled & chopped	4 cup
500 ml	onion, chopped	2 cup
1	celery stalk, chopped	1
2	parsnips, peeled & sliced	2
1.5 L	vegetable or chicken broth	6 cup
50 ml	fresh ginger, chopped	1/4 cup
-	salt & pepper to taste	-
-	yogurt or sour cream for garnish	-

In a large stockpot; combine apple, carrots, onion, celery, parsnips, broth, ginger, salt & pepper. Bring to boil. Cover and simmer on medium heat until vegetables are tender, approximately 30 minutes. Puree in blender. Serve with dallop of sour cream or yogurt.

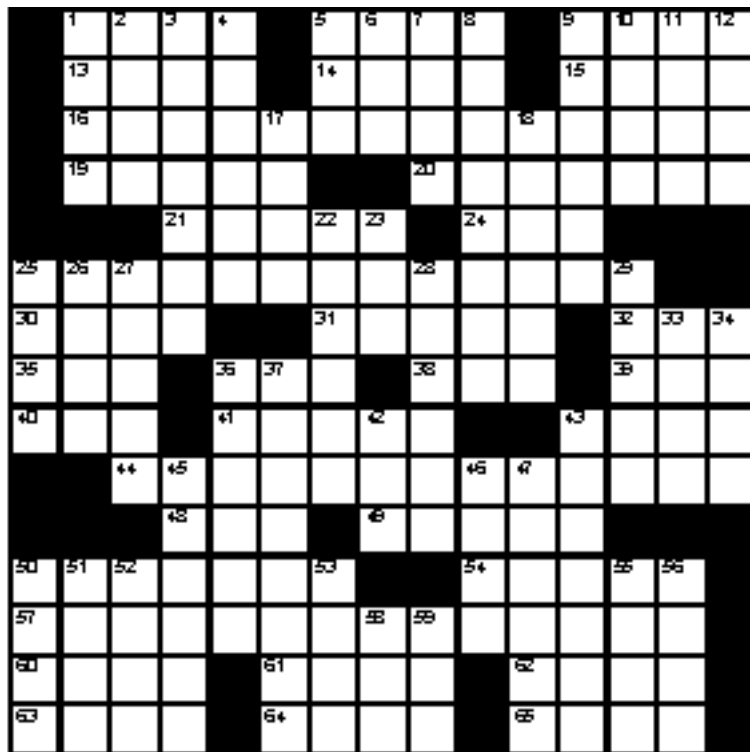
Serves 4 www.PeakMarket.com

CROSSWORD

A Generation for Veneration

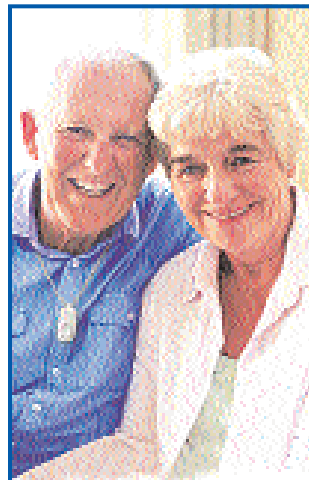
By Adrian Powell

- ACROSS
- 1 Tibet's Lhasa
 - 5 Energizes (with "up")
 - 9 Via the mouth
 - 13 Smile like Snidely Whiplash
 - 14 Nevada's neighbour
 - 15 Ashen
 - 16 "Gramps" to Lisa and Bart
 - 19 Traffic signal hue
 - 20 Stuck one's nose in
 - 21 South Caribbean get-away isle
 - 24 City transit unit
 - 25 "Granny" to Elly May and Jethro
 - 30 "Lord of the Rings" brutes
 - 31 Coachman's handful
 - 32 Something to cook things up in
 - 35 The last King Richard
 - 36 Scientists hang-out, maybe
 - 38 Witness
 - 39 Good source of metal
 - 40 Bert Bobbsey's sis
 - 41 Voodoo sorcery
 - 43 Without any cost
 - 44 John Boy and Mary Ellen's family elder
 - 48 Strange light in the sky, e.g.
 - 49 Long classic poem
 - 50 Utensils for canned goods
 - 54 Bagel toppers, at times
 - 57 Pugsley and Wednesday's senior family member



- 60 Nylund of "The Golden Girls"
- 61 Bone dry
- 62 Where Niagara drains from
- 63 Wide-mouthed water jug
- 64 They're the tops
- 65 Like most sr. citizens
- DOWN
- 1 Sign of stagnation
- 2 Salon treatment
- 3 Popular marine food fish
- 4 Really testy
- 5 Newfoundland or Labrador youngster
- 6 Greek character
- 7 Get by
- 8 Tibia
- 9 Speak out against
- 10 Talk like Durante
- 11 Moisturizing additive
- 12 Extend some credit
- 17 Tom-tom or snare
- 18 Hair-raising stuff
- 22 Like a fishing hook
- 23 Mate's agreement
- 25 Bump off
- 26 "Peter Grimes" highlight
- 27 Cup cake covering, often
- 28 Unfortunate accident
- 29 Polo or cricket
- 33 Nabisco creation
- 34 Drivered student, typically
- 36 Sat around idly
- 37 Non-standard
- 42 Noted Roddy McDowell role
- 43 Bending, as of the arm
- 45 Track athlete
- 46 Real howler
- 47 Infatuated one
- 50 Grimm beast
- 51 Figurehead site
- 52 Slacken
- 53 Bollywood garb
- 55 Release fumes
- 56 Put the pedal to the metal
- 58 -Atlantic ridge
- 59 Frequent flyer material

SOLUTION ON NEXT PAGE.



Because Home is Best... Victoria Lifeline

- ◆ Helping you live safely and independently in the comfort of your own home
- ◆ Prompt, caring assistance at the touch of a button - 24 hours a day
- ◆ Rewarding community volunteer opportunities also available

Call (204) 956-6777
www.victorialifeline.ca



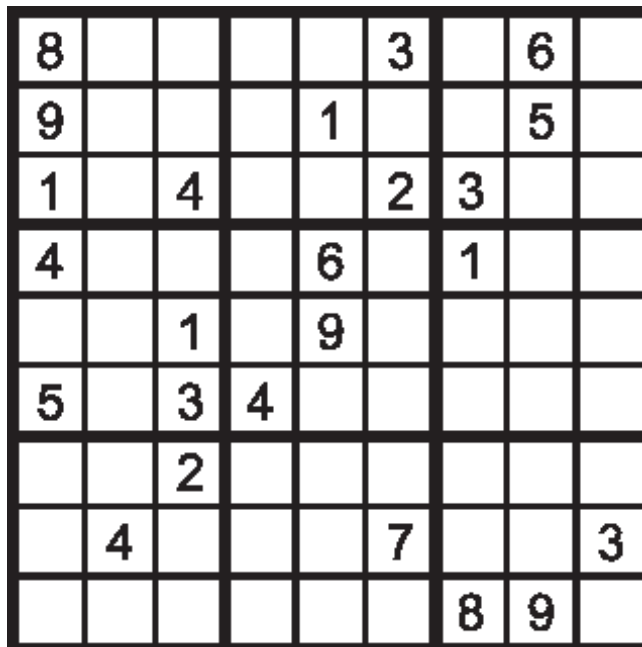
Mention this ad and receive one month free monitoring

WORDSEARCH - CHEMISTRY



- | | | | | | | |
|------------|-------|----------|---------|--------------|----------|---------|
| Acyl | Anode | Bromate | Crick | Formaldehyde | Keto | Redox |
| Aerate | Aryl | Caesium | DDT | Gas | Kinetics | Resin |
| Alcohol | Atom | Catalyst | DNA | Heat | Lead | Rhenium |
| Alkyne | Azo | Cell | Emf | Imine | Lime | Ring |
| Allomerism | Base | Clay | Enol | Iodate | Litmus | RNA |
| Alum | Basic | Coal | Faraday | Iron | Mass | Ruby |
| Anion | Boyle | Coke | Fat | Kekule | Mercury | Rust |
| | | | | | Mica | Soda |
| | | | | | Mole | Sol |
| | | | | | Neon | Spin |
| | | | | | Niobium | Starch |
| | | | | | Ohm | TCP |
| | | | | | Oil | Terpene |
| | | | | | Ore | Thermal |
| | | | | | Ozone | Tin |
| | | | | | Phenyl | TNT |
| | | | | | PVC | Volt |
| | | | | | Rays | X ray |
| | | | | | | Zeolite |

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.

MR. ODDS & ENDS

BUYING & SELLING New & Used Items



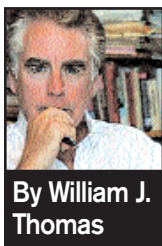
Specializing in items people need. Will trade items /Cash for some.

Currently Available: Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture, Collectibles & More. Snowblowers and Shovels also available.

ATTENTION! Looking for partner with space, preferably in Winnipeg, to share operations for BUY & SELL business of NEW & USED and COLLECTIBLE items. Can show samples.

Call Dave 1-204-746-4318

England – Dogs In Pubs, Dogs On Buses, Dogs, Dogs, Dogs.



By William J. Thomas

The English are distinguished by tea and scones, ales and meat pies, jumpers and knickers, trousers and tweeds and of course their beloved dogs.

The English absolutely adore their dogs and come by this craze for canines, honestly. When King Charles II came to the throne in 1660, dogs enjoyed an unprecedented place in the Royal household. Queen Victoria kept as many as 75 dogs in the kennels of Windsor Castle. Currently Queen Elizabeth has five dogs, all direct descendants of Susanne, the corgi she received as a gift on her 18th birthday. All Royal family members have dogs and of course, Prince Charles actually left Lady Diana for a real woof.

When told Arthur, his black and white spaniel would not be allowed into Windsor's Guild Hall for his civil marriage to David Furnish, Elton John made the dog his best man. Arthur attended the wedding without incident. So yes, all queens past and present are crazy about dogs.

A few years back on my trek across England I stayed in pubs like, The Fox & Hounds, The Dog & Partridge, The Black Bull, The White Lion and by the time I got there at the end of the day, there were usually three dogs waiting for me.

And you thought Canadians love their dogs?!? At Penrith, the local bus company has created a special five pound ticket so that a man and

his dog can make a circular, six-stop pub crawl in which neither the owner nor the dog have to drive.

The Lake District in Cumbria is so dog friendly the Watermill Inn & Brewing Company near Windermere offers up 16 real ales brewed on premises and they are all – Ruff Justice, Collie Wobblers, Isle of Dogs, Dogth Vader – named after dogs. (My suggestion? God's Dyslexic Dark Ale?)

The Watermill pub is so pup friendly, they replaced all the urinals in the washroom with fire hydrants. Okay, so I made that one up but the rest is refreshingly true.

I think dogs in England go to pubs for the same reason men do – they're trying to escape from the controlling cat at home, the way men avoid their wives. And most nights, they both have to be driven home.

Like the boys that hold up the bar at the local Belmont Hotel, dogs in English pubs know that if they create any kind of a ruckus they'll be turfed out onto the street. So they never bark or dart about, the dogs that is, they just sit under their owners' tables and whine at each other across the room. It sounds like Karaoke Night with bad speakers at the aforementioned Belmont Hotel.

Suffice to say for a small island with 60 million people there are an awful lot of dogs in England.

Britain has to be the pet friendliest country in the world. Sure, they have all the questionable extravagances that we have like pet spas,

day care, walking holidays, high-end gourmet meals, health insurance and designer clothes. But it hardly stops there. In Britain dogs are allowed in most hotels, in most pubs and on all local buses. Even some cafes and restaurants offer dogs a place at, sorry, under the table. By comparison, whereas British dogs have democratic rights it would seem Canadian dogs are living under dictatorial conditions.

We really should be opening up more public domains to dogs in this country. Still missing my Jake, in England I petted Border Collies in pubs, ate next to terriers in restaurants and talked to a lurcher sitting next to me on buses. I did not feel ill, get bitten or witness even one 'accident.' And naturally, introduced by their dogs I met a lot of fine and friendly people.

Dogs in public places are the greatest catalyst to social interaction humans have. Forget candy being dandy and liquor being quicker, you let me take a dog onto the Toronto subway system where eye contact is apparently illegal and I will give you the first names of six passengers in as many stops.

"How cute is he?" "Can I pet him?" "How old is this guy?" Etc., etc. You want a friendlier world, let dogs do what they do best – be adorable and charm the pants off strangers. We should be using dogs in public places the same way Walmart offers us 'greeters.'

We are now bringing cats and dogs into nursing homes and children's hospitals to relieve loneliness and stress. Why not everywhere? I think dogs should be allowed everywhere including malls and retail stores. (But not pet stores. That's just asking for trouble.)

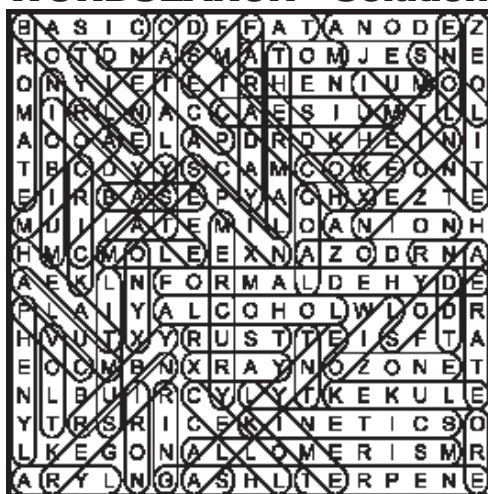
In Canada it seems every time you turn around there's "No Pets Allowed" signs staring at you. In England, every time you turn around there's a dog smiling at you with an owner singing his praises.

Seriously, what we need in this country is a Pet Power movement that would create a strong and passionate group of people to advance the rights of our best friends. The punishment for cruelty to animals is still woefully weak and sporadic. Humane societies are overcrowded because spaying and neutering is far too expensive. It seems everybody in this country believe our pets deserve a better deal in society except those who make the laws.

PET POWER – and just like our parliamentary system we'll use England as the model. ■

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

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

CROSSWORD - Solution

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



Sign in Steinbach, MB.

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion
 Socials • Weddings • Parties • Bar music

PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up

New Laser Light Show Available - Professional Equipment
 Excellent Sound - 25 Years Experience - Special Rates

SPECIAL OFFER:
 Book a Social and get \$100 OFF your wedding.

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

Book for your Socials/Weddings NOW!
 Seniors Discount on any event.

THE CLASSIFIEDS

Personal items / private sales only. Not for commercial use.
 All listings must be pre-paid: cash, cheque, money order. No credit cards.
 Listings and payment must be received 10 days prior to printing. Call 204-467-9000.

Listings: \$5.25/line (approx. 6-8 words/line). Photos: Additional \$10.00.
 For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES

LISTINGS ONLY \$10 plus gst FOR MONTH OF SEPTEMBER 2015.

DOWNSIZING? Sell those unused items!!! Call for details.

MISCELLANEOUS

NOTICE TO BUSINESSES - WANTED:
 Looking to share space with existing business to sell NEW & USED items in Winnipeg. Can show examples. Open to selling on consignment. Call Dave 1-204-746-4318 (Morris, MB)

FOR SALE:
 Shop Rider POWER CHAIR, Center drive, 350 pound capacity. Contact: Normand Lemoine: 204-801-5456. Email: nl2011@mymts.net

MISCELLANEOUS

FOR SALE:
 1 Cemetery Plot - in Glen Lawn Memorial Garden. Current price \$3000.00. Will sell for \$1250.00. For details phone 1-204-367-2721

FOR SALE:
 Cemetery Plot (2 Graves) in Thompson in The Park (Prev Ft. Garry) Monument Section. Will sell at reduced price of \$3000.00. For details call Walter - 204-896-5444.

Mail listing with payment payable to: Senior Scope Box 1806 Stonewall MB R0C 2Z0
 NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

MANITOBA Wild

Scenic Secrets of Manitoba

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Pick up a copy at your local book-store today!

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca



MORE COVERAGE. MORE TRIPS. ONE PLAN.

Get access to MORE with exclusive MEDOC® Travel Insurance through Johnson. Unlike most travel insurance plans, MEDOC® is an annual plan that covers you for an unlimited number of insured trips regardless of age or health status!*

MEDOC® also combines emergency medical insurance with trip cancellation, interruption and delay coverage so you don't have to worry about purchasing these separately. So, whether you're travelling to another province, over the border or across the pond, we've got you covered.

Get your MEDOC® Travel Insurance quote today!



Available only to members of
MARGE, RTAM and select groups.
Call Johnson for details.

Call 1-877-989-2600

Johnson Inc. is a licensed insurance intermediary. MEDOC® is a Registered Trademark of Johnson. MEDOC is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA") and administered by Johnson. Johnson and RSA share common ownership. Travel assistance is provided by Global Excel Management Inc.

*A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply. Some conditions may apply. Policy wordings prevail.