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Sign at The Wellington - Revera on Grant Ave., Wpg. during filming.

Reel Youth... Reeling in the years...

Participants and guests at the Revera and Reel Youth Age is More film gala and reception doing "Lights, Camera, Action!" before the screening of the films.

Photo credit: Jason Halstead/CPimages

Reel Youth having real fun showcasing the lives of local seniors on film alleviating the stigma of old age - Reeling in the years of residents' lives on film.

Age-ism is a term used to define discrimination based on age. Age is More is a social cause that Revera Retirement Living uses to address Age-ism. Revera and Reel Youth collaborated on a documentary film project - Reel Youth Age is More - to shed light on two age groups that often discriminate against each other.

The goal is to develop a mutual understanding of each other - that the older population is a thriving generation that shouldn't be underesti-

mated and that the youth are compassionate, caring and respectful individuals.

Bringing both youth and seniors together on this project helps dispel the myths and stigma towards each other. The older population continues to contribute to society socially, physically, mentally, and financially. They have decades of knowledge and experience that they can use to enlighten the younger generations.

The Reel Youth Age is More project consists of a group of local youth age 14-29 who have an interest in film production and have varying degrees of education and experience in the industry. They get involved in the whole process, from the interview and filming to the editing and final product, all the while learning valuable lessons in life and aging.

Ten film documentaries were made with 11 subjects. Those

Continued on page 2

In Remembrance... for his bravery and service in WWII

Philip E. Gower

Philip Gower at 21

Captain Philip. E. Gower
(later promoted to Major)
May 10, 1915 - Dec. 9, 1956

Read more on page 7

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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

Reel Youth Age is More, cont'd from front page



Participants and youth at the Revera and Reel Youth Age is More film gala and reception.

Photo credit: Jason Halstead/CPimages

age-ism

discrimination on the basis of age, especially against older people

interviewed include Agnes Comack, Derek Riley, Ian & Ann Margaret Plummer, John E. LaGrow, Margaret McPherson, Barbara McGregor, Donna Friesen, Jean Dearn, Lorne Maurice Evans and Rae Spear all residents of the Wellington Retirement home on Grant Ave.

The interview subjects learned things about themselves that they had never realized before. Margaret McPherson calls herself a 'news junkie' and jokingly says she learned how old she really looks. But she is pleased at the support from the residents of The Wellington on this project.

Donna Friesen loves to sing. She discovered that she is not as organized as she thought. But she enjoyed

working with the youth as they had energy and newness.

Jennifer has radio and television broadcasting and videography training and Dante Strong is a student at Shaftsbury High in Winnipeg who likes movies and film making. With this project, he likes the fact that he's working on something positive.

Gerri Lowe, Executive Director of the Wellington, says, "It was a lot of work but a lot of fun. It was nice to offer something different and positive to the residents." She continues, "It inserts energy in them."

The equipment and guidance comes from Reel Youth, Zoe Miles, the Reel Youth Program Manager tells us.

On all accounts, everyone involved deemed the overall project a smashing success.

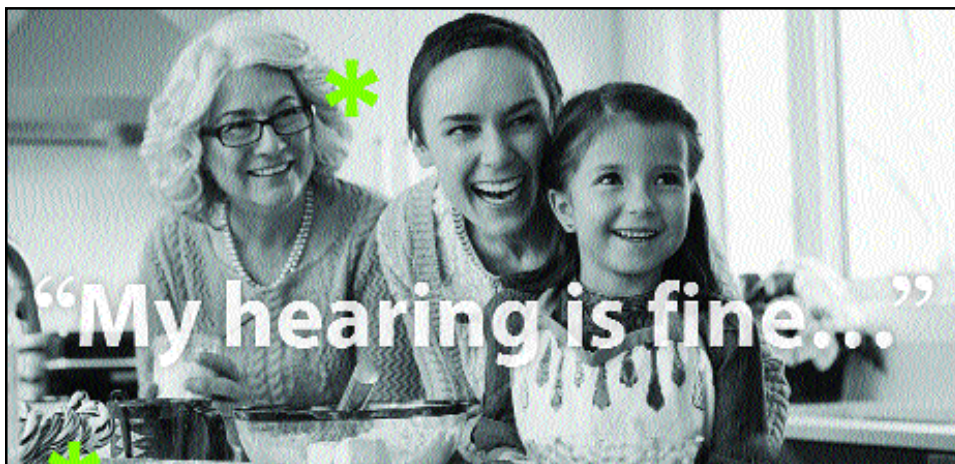
Revera has over 200 locations nation-wide and several of these projects have already taken place at a number of them.

The public can view the films online at www.ageismore.com, YouTube and at www.reelyouth.ca.



Back: Jennifer and Dante are some of the youth involved in the Reel Youth Age is More project. Front: Donna Friesen (left) and Margret McPherson.

In the Oct. 14-Nov. 4/15 edition of *Senior Scope*, it was incorrectly stated that Len Harvey was the Professional at Pine Ridge from 1966-67. Bill Whibley was in fact the Pro from 1957-1981. Our apologies.



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LETTERS . . . to the editor

Dear Senior Scope;

I was interested in Roger Currie's article *School zone speed limits - Safety for kids, or a cash grab?* in the Sept. 22-Oct. 13/15 edition of *Senior Scope*, which found its way into my hands today.

In particular, I feel it was definitely a cash grab, for the School Zone restriction at Wellington Avenue and Doncaster Street. As a new resident (4 months) to the city (Wpg) and the province I traveled through this unfamiliar area for the first time on March 24/15 and received a photo-radar ticket for speeding to the tune of \$259 I asked to plead and went in front of a judge who said the best she could do was reduce the fine by \$50 as she felt I should be aware of the new school zone regulations. That is how it was left.

Last week, not 6 months later, I had occasion to drive through the area again and was surprised to find the school zone signs had been removed. On further investigation 311 advised that I contact the City Clerk's Department as to when and why this area was no longer speed restricted to 30 km/hr.

The City Clerk's Department was prompt in providing Council Minutes of September 30/15 whereby they agreed to an April

7/15 email to Councillor Morantz (as follows):

The 30 km school zone speed limit on Wellington Crescent in front of the Asper Jewish Community Campus is completely on the other side and that there is absolutely no children's activity on Wellington Crescent at any time. Not during the school rush hour, not during the school day - not any time. I would therefore respectfully ask that this 30 km sign be taken down because it is not protecting any children and is impeding traffic flow.

There is also correspondence from the Parent Advisory Council (15 June 2015) agreeing that there was no benefit having the area speed restricted to school zone.

Hart Sera, Principal of Gray Academy of Jewish Education's email (12 June 2015) also was in favour of removal of the 30 km restriction in the area.

In Rory Paul's email also of 12 June 2015 he too supported removal of the 30 km/hr school zone in the area.

Makes me wonder how the school zones were established in the first place. Some would likely be more obvious than others. I, for one, contributed \$209 to the coffers a mere two weeks before letters started their way to Council. Welcome to Winnipeg.

~ Karin Bock



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The Christmas collection of coins includes pure silver coins with color effects and ultra high reliefs. The annual Holiday Gift set for 2015 is available for \$19.95 and the annual delightful Christmas lenticular coin is available for \$29.95.

At this time of the year The Royal Canadian Mint coins are in high demand and Collectibles Canada provides a deposit service for their customers to avoid the disappointment of their chosen coin being sold out.

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leaves are a wonderful gift for the person who appreciates the value of an investment. Silver maple leaves are available in one ounce weight and gold maple leaves are available in one ounce, half ounce, quarter ounce, tenth of an ounce and twentieth of an ounce.

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Manitoba Council on Aging 2015 Recognition Awards

October 23, 2015 - Healthy Living and Seniors Minister Deanne Crothers announced eight Manitobans were recognized for outstanding contributions to their communities at the Manitoba Legislature. It was also in celebration of the Manitoba Council on Aging's 35th anniversary.

The MCA was created in 1980 as an advisory body to the minister of healthy living and seniors to ensure that seniors' perspectives are reflected in government programs and policies. In 1996, the MCA Recognition Awards were created.

MURRAY SMITH AWARD Charles Cruden

When it comes to raising awareness of seniors' issues, this Corydon area resident has always pursued the course of most resistance. As a board member of the Manitoba Society of Seniors, he fought long and hard for pension reform, preparing briefs for provincial ministers and making presentations to the Manitoba legislature. Charles continues to devote himself to social issues like seniors' health care, safety and community networking. As a member of the South Winnipeg Seniors Resource Council and the Corydon Community Centre, Charles was instrumental in revitalizing seniors' programming and encouraging older adults to participate in activities that promote healthy living, such as Tai Chi and yoga. Charles has led the centre's weekly walking club for the past five years and currently sits on the Biomedical Ethics Board at the University of Manitoba.

RECOGNITION AWARDS: 65 + CATEGORY Rose-Marie Bateman

Rose's journey to Killarney was a long one. Born and raised in Toronto, she joined the Royal Canadian Air Force in 1951, where she met her future husband, Glen. It would be four decades before the couple settled down, with their three children in Killarney, Manitoba. Years of serving her country had left Rose with a strong work ethic, a dis-

ciplined mind and an adventurous spirit. While raising her children, she served on many committees and volunteered at Killarney's personal care home and library. But it was as a scout leader that she truly shone. Rose went above and beyond to ensure the cub scouts of the 1st Killarney troop had the kind of memorable experiences they would carry with them for life. Intent on creating a healthier Killarney, Rose established the Killarney Communities in Bloom committee. Her hard work paid off. The group won the national competition, the national and international Youth Award and the Premiers' Volunteer Service Award. Rose always has shown great appreciation for her community and we today are pleased to show great appreciation for her.

Lina Desjarlais

A respected francophone elder, Lina is deeply involved in her Metis community of St. Laurent, as well as surrounding bilingual municipalities. Since retiring from her job with the Manitoba government, Lina has represented St. Laurent on the Economic Development Council for Manitoba Bilingual Municipalities. She has volunteered in a number of capacities spending roughly 250 hours a year organizing events, managing affairs and providing leadership. Lina won a Manitoba Tourism prix de merite for coordinating the St. Laurent Manipogo Festival, named after Lake Manitoba's famous serpentine monster.

Mr. Courtney Leroy Hoyte

Born in Barbados, West Indies, Mr. Hoyte immigrated to England in 1956 when he was 25 years-old. He came to Winnipeg in 1976, where he worked in the health care field at St. Boniface Hospital for 20 years. Upon retirement, Mr. Hoyte became a full-time caregiver to his wife, but soon expanded his caregiving role to members of the community. Whether he's providing transportation for older adults with mobility issues, sharing meals and baked goods or listening

to an older adult struggling with a crisis, Mr. Hoyte is committed to supporting seniors. As a member of the Barbados Association of Winnipeg for 38 years, he has represented Barbadians living in Manitoba at national conferences, and received a meritorious award from the association for his outstanding service. Mr. Hoyte is also a member of the Caribbean Seniors Group and a volunteer and contributor to Trinity Holy Church. Mr. Hoyte's ongoing contributions to the community are greatly appreciated.

Rocco Macchia and Pina Macchia

Since their arrival in Winnipeg more than 40 years ago, Rocco and Pina have dedicated countless hours to organizations and charities such as St. Mary's Academy, St. Paul's School, Habitat for Humanity, Heart and Stroke Foundation of Manitoba, Lupus Society, Alzheimer's Society, Folklorama, Villa Cabrini, Holy Rosary Parish and the Italian League of Manitoba. The past 11 years have seen this dynamic duo focus much of their time and talents on serving seniors through the 55+ program at Centro Caboto Centre. They were instrumental in establishing the Committee of Italian Canadians of the Third Age, which supports seniors' programming at the centre and in the larger community through volunteering, fundraising and advocating on issues important to seniors. We believe that age friendly environments begin at home. This couple is making their community a better place by providing such dedicated and enthusiastic caring and sharing.

Brian Monkman

The scope of Brian Monkman's volunteer work and achievements are nothing but extraordinary. He's president of the Manitoba Association of Retired Government Employees (MARGE), first chair of the Island Lakes Residential Group Inc., first president of the Canadian Association of Fire Investigators (CAFI) in Winnipeg and the former residential fundrais-

Continued on page 6

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Important - Tax Changes for Testamentary Trusts coming in 2016

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

As responsible law abiding parents/grandparents, we try to have all of our affairs in order by drafting our wills with the best of intentions. We try to cover all the bases in balancing how to distribute our cherished assets. We try to be smart and informed in considering taxes, how our family deals with money plus how the family relationships work. Do we trust our children? Do we trust the partners they have married? Do we want to spoil the work ethic of our grandchildren by giving them too much? Also, do we want to give Revenue Canada a greater share of our hard earned money because our family has sacrificed so much in accumulating our pot of money? So with the best of intentions we debate and research the options until some conclusions are reached. Our wills are now done with the best knowledge and intention that we had.

But things change. We always need to keep one eye on the Federal and Provincial Finance Department. They have some of the best lawyers and policy writers around and they are always hungry for our money. They are good at their jobs so our challenge is to surround ourselves with qualified people who will act as our advocates in bringing to our attention what may put our hard earned assets and savings at risk. Whomever you surround yourself with - are they bring the new tax laws to your attention? Are they keeping you up to date with what may be a financial risk to you, your family or your well thought out estate plan? This is where we are now with trusts.

Legislation has recently been passed which will eliminate the graduated tax rates currently available for testamentary trusts as of January 1, 2016. No grandfathering for existing structures is proposed. Therefore, the income created within a testamentary trust will be **taxed at the highest marginal rate which in Manitoba is 46.40%.**

There will be two exceptions to this:

- First, graduated rates will apply for the first 36 months of an estate. So if you die and your assets flow into an estate account, these assets will be labeled as an estate account, where the estate is a Graduated Rate Estate ("GRE"). In simple English, what this means is that any income earned will be treated based on whatever tax level the income is earned at.
- Second, graduated rates will continue to be available in respect of Qualified Disability Trusts ("QDTs").

So what does this mean to you? Well, there are some planning opportunities. Anytime there is a chance to hang on to some of your money - it's important that you pay attention. Your advisors should be working with you.

Last Chance - Consider Triggering Capital Gains in 2015 to Take Advantage of Graduated Rates

Where the testator is deceased and the trust is already in existence, consider triggering capital gains in 2015 while the graduated rates are still in effect. What this means - if the trust has been established for some time and you have made a lot of money in the investments held in the trust - you may want to expose those profits by the end of this year and claim them in the graduated tax rates. If you miss it - any income or profits after the end of 2015 will go to the top of the ladder and need to be claimed at the 46.40% tax rate.

Testamentary trusts that do not already have a calendar year taxation year will have a deemed taxation year-end on December 31, 2015. It's possible to have two years ends in 2015. For example, an existing testamentary trust could have a regular year-end on October 31, 2015 and a deemed year-end at December 31, 2015. This means that two trust returns will be filed in short succession. The trust will not have the ability to use graduated rates commencing with the year that ends on December 31, 2016. It may be worthwhile for you to trigger unrealized capital gains at various times during the year in order to take advantage of the graduated rates of tax, in some cases in two different tax periods.

Are Trusts a Good Plan After 2016?

If the sole reason for the trust was income splitting and tax planning, then it may be worthwhile to wind-up the trust after 2015, if the terms of the trust allow for that (the trust should be reviewed by a legal advisor to confirm whether or not it is possible to wind up the trust).

However, in many cases there will be other reasons to keep the trust. For example:

- **Trust is being used for control** - Was the trust established to maintain control? (E.g. young or financially irresponsible beneficiaries, second marriage, or you don't like or trust the partner your child married etc.);

- **Trust allows for distributions to lower income beneficiaries** - Do the terms of the trust allow the funds to be paid out to lower income beneficiaries to access their lower tax rates? If so, consider keeping the trust in place. It is possible that testamentary trusts may still provide tax benefits where the beneficiaries are in lower tax brackets, as in many cases the income may be paid out to or used to assist the beneficiaries and therefore taxed on their individual tax return.

Example:

Assume your adult daughter is incurring ongoing expenses for your grandchildren. If a discretionary trust has been established for the benefit of your daughter and your grandchildren, it can still create a significant tax savings opportunity for your daughter. The trustee or trustees can direct that the income from the trust be used to pay for a wide range of expenses that benefit your grandchildren (private school tuition, music lessons, sports registration fees, post-secondary education, etc.), allowing the trust income to be taxed in the hands of the beneficiaries (your grandchildren). It is only where all the potential beneficiaries are in high tax brackets themselves that the income splitting advantages may no longer be available.

- Trust is necessary to protect the beneficiary from creditors or preserve social assistance - in some cases parents/grandparents will establish a trust for a disabled person in order to maintain their eligibility for social assistance.
- A trust may be established for a child with creditor issues (spend-thrift) in order to avoid having the assets being seized.
- Trust will be used to reduce probate on the death of a beneficiary in common-law jurisdictions
- When the testator of the existing trust dies, probate fees applied on the assets that flowed into the trust.
- If and when any of the beneficiaries of the trust die, then unless the terms of the trust specify that the trust assets are paid to the deceased beneficiary's estate, the trust assets will avoid probate upon that beneficiary's death.
- Whereas, if the trust is wound up and assets distributed to each beneficiary, when each beneficiary dies, probate will likely be payable. This may be of particular interest with respect to trusts where the life interest beneficiary is elderly.

Continued on page 6

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Important Tax Changes, cont'd from page 5

If You Are An Executor Of An Estate - Graduated rate estates created before 2016

A new testamentary trust that is still a graduated rate estate ("GRE") will remain as such for 36 months. So if someone passes away on November 1, 2015, the estate will file a return for the three years ending on October 31, 2016, October 31, 2017 and October 31, 2018 as a GRE. Then it would have a stub year-end return for the period from November 1, 2018 to December 31, 2018 because after that the estate is forced to have a December 31 year-end. The trust would not have the ability to use graduated rates starting with the stub period that ends on December 31, 2018. You move to the top of the tax ladder.

Only one estate can designate itself as a GRE for an individual and it must designate itself as a GRE in the first return that is filed for its first taxation year that ends after 2015 - if this designation is missed then the estate has no recourse to have access to the graduated rates.

In English - what this means - if whomever is dealing with the estate - does not file the proper paperwork with the first tax filing - the estate will not qualify for graduated tax rates. Your estate will have missed the opportunity and it will move up to the top of the tax ladder which in Manitoba is 46.40%.

Definition of graduated rate estate (GRE)

Under subsection 248(1) of the Income Tax Act, a GRE is an estate

that arose on and as a consequence of an individual's death, if:

- It has not existed for more than 36 months
- The estate at that time is a testamentary trust (meaning that no one else has contributed funds to the estate, tainting its testamentary status)
- The individual's SIN is provided in the estate's income tax return
- The estate designates itself as the GRE of the individual in its first tax return
- No other estate designates itself as the GRE of the individual

Review Trust Terms to see if they should be Re-drafted

Where the trust is not yet established (i.e. the client is still alive), your legal advisor should review your will to make sure it is flexible enough to allow any testamentary trusts to be wound up at a reasonable time (i.e. perhaps not when beneficiaries are minors or young adults, but maybe after that time). Should you lose mental capacity, it will be too late to change the terms in your will which may impact how the trust operates.

Changes for certain "Life interest trusts"

There are several other types of trusts. I have only reviewed the rules of a few. However, the legislation also impacts the taxation of the following types of life interest trusts:

- spousal or common-law partner trusts,
- alter ego trusts, and
- joint spousal or common-law partner trusts.

Conclusions

The changes to the taxation of trusts make it necessary to review your existing wills and estate plan to make sure it is consistent with your objectives. In all cases, individuals and especially executors should review their documentation with an experienced financial planner or legal advisor to ensure that it maximizes any remaining tax benefits. With expert help you can build financial plans that are tailor-made to meet your specific needs and financial objectives.

You have worked hard for your money. You saved and sacrificed and now you have this pot. So take care of it. Don't be complacent. Get advice. There are many advisors who have CFP credentials. They may have affiliations with internal advisors where the accountants also have CFP credentials and the lawyers on staff may have TEP (tax and estate practitioner) status. Money and tax law is more complex now than it has ever been.

All finance government departments are working hard at making tax law more complex. In these articles I have tried to simplify, or to bring to your attention, some of the more pressing issues. There is help out there, but you need to do your part to obtain it. There are very good practitioners in the industry. If you had a broken foot, or you couldn't see and needed glasses, you would go see a specialist. Treat your money in the same way. Give it the respect that it is due! Seek out a specialist. ■

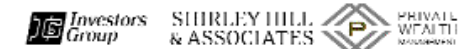
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Manitoba Council on Aging Awards, cont'd from page 4

ing chair for the Canadian Cancer Society. His list of awards is equally impressive, he has received: the Governor General Award for firefighter service from the federal government; Long-Service Award from the provincial government; Medal of Honour from the Manitoba Fire Chief Association for service to Manitoba; and Gold Award for Fundraising in Manitoba from the Canadian Cancer Society. In his spare time, Brian has also volunteered as a guide at the Assiniboine Zoo, authored articles for the Historical Society of Simco/Innisfil Counties in Ontario and trained scout troops in First Aid.

Anne Skuba

Anne's work with seniors reached a new level in 1996, when she was appointed to the National Advisory Council on Aging, which reports to the federal minister of health on issues related to seniors' quality of life. In 1997, Anne witnessed the launch of the National Active Living Coalition of Older Adults and, having long recognized how valuable physical activity is in seniors' health, she, and four others, created the Manitoba Active Living Coalition of Older

Adults - ALCOA-Manitoba. Skuba has served as board chair and board member, and continued to work with ALCOA's speaker's bureau - an invaluable resource providing older adults with a wide range of information on physical activity and health. Anne sat on a committee for the University of Manitoba Healthy Communities Initiative and, in 2014, won a gold medal at the Manitoba 55-plus Games. She remains an excellent mentor and role model, leading exercise groups, biking, gardening and working out at the gym.

RECOGNITION AWARD: JOURNALIST CATEGORY (New) Kelly Goodman

Kelly is publisher and editor of the newspaper, *Senior Scope*, and the motto of her newspaper is "Livin', Laughin' and Lovin' Life!" While her publication may have a fun and entertaining slant, she is serious about promoting positive images of aging. The free newspaper highlights stories about active and inspirational Manitobans over 55, and discusses topics of interest to seniors and features community events and activities to keep Manitoba's older adults

informed about what's going on in their communities. Kelly has been a member of the Seniors' and Elders' Day Celebration Planning committee for many years.

A Sincere Thank You to all the members who volunteer on the Seniors' and Elders' Day Celebration planning committee for nominating me for this award, and to Harry Payne, Chair of this committee, for also accompanying me at the awards celebration. I also would like to thank my journalists - Scott Taylor and Roger Currie - who do an amazing job at featuring their subjects in a positive way giving them the recognition they deserve.

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- Gérard & Anita Bisson - Winnipeg
- Marlene Farrell - Victoria Beach
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Remembering a decorated prairie soldier who died in a plane crash in the Rockies, 59 years ago



By Roger Currie

In the annals of both sports and Canadian aviation, much has been written about the crash of Trans-Canada Airlines Flight 810, on December 9, 1956. The plane was a North Star, built by Canadair, and it carried 59 passengers and three crew members. It took off from Vancouver, bound for Calgary, with later stops in Regina, Winnipeg and Toronto. But the flight ended abruptly when icing and turbulence caused the plane to crash into Mount Slesse near Chilliwack, BC. The crash site was so remote that search teams were not able to reach it until the following spring. The wreckage of the aircraft was left on the mountainside as a memorial to the 62 people who died that day. At the time, it was the worst aviation disaster in Canadian history, and only three crashes since then have taken a greater toll of lives than Flight 810.

The world of sports remembers the crash because the dead were five football players who were returning home from the East-West all star game in Vancouver. Four of them played for the Saskatchewan Roughriders – Mel Becket, Mario DeMarco, Ray Syrnyk, and Gordon Sturtridge who was born and raised in Winnipeg. Gordon was travelling on the doomed flight with his wife Mildred. The other player who died

was Calvin Jones of the Winnipeg Blue Bombers. 1956 had been his rookie season in Canadian football, after a brilliant career at the University of Iowa, where quarterback Kenny Ploen was one of his teammates.

Jones could have returned to Winnipeg on an earlier flight, with Blue Bomber teammate Bud Grant, but he overslept and ended up on Flight 810 instead. Another player who had a ticket on Flight 810 was legendary Edmonton Eskimo full-back Normie Kwong who would eventually serve as Lieutenant Governor of Alberta. He decided to stay an extra day in Vancouver to spend time with a young cheerleader named Mary who would become his wife, and the mother of their 4 children.

Less well known are the others who died on Flight 810. Their names can be found on a memorial cairn which was erected down the mountain on Slesse Road.

As we observe Remembrance Day, it is timely to recall the life of Major Philip Edwin Gower of the Queen's Own Rifles who died that day at the age of 41, leaving behind his wife Anne and their four children. He was born in Regina in 1915, but his father, Private Edwin Percy Gower, was born and raised in Neepawa, MB. Philip's wife and kids relocated to Manitoba's Interlake near Teulon after his death.

When war broke out in 1939, Philip joined the Royal Winnipeg Rifles, B Company, and was with them with the rank of Captain on June 6, 1944 when they came ashore on Juno Beach in Normandy. Gower was cited for bravery on D-Day, and later received the Military Cross from King George VI. He also spent time as a prisoner of war in Germany.

Gower was later promoted to Major and served with the Canadian Army in the Korean conflict. After that war ended in 1953, he was part of a multi-national force that helped supervise the truce in the demilitarized zone between north and south. His son, Philip Gower who now lives in Los Angeles, recalls that the family was living in Calgary when their father ended up heading for home on Flight 810. He had done some Christmas shopping, and was bearing gifts for the children as he boarded the plane in Vancouver that morning. His original plan had been to travel home by train from Vancouver, but getting through Canadian



Major Gower.

Customs caused a significant delay in his journey which played a fateful role in the Major deciding to buy a seat on the doomed plane. The younger Mr. Gower also recalls that his mother later had some difficulty collecting her widow's pension from Ottawa, possibly related to the five months that elapsed before the crash site was reached on Mount Slesse. Mrs. Gower was helped in this matter by another Manitoba military figure, Major Cliff Chadderton, who served as CEO of the War Amputations of Canada. Chadderton had lost a leg while serving with the Royal Winnipeg Rifles in Holland in 1944. After the war he became the leading

advocate on all issues involving Canada's veterans for many years.

As a broadcast journalist, I came to regard Cliff Chadderton as a prime source and my go to guy on all stories relating to veterans. Once I discovered that we had both graduated from Kelvin High School in Winnipeg, Cliff and I became true friends until his death two years ago at the age of 93. Mrs. Anne Gower died at the Hunter Memorial Hospital in Teulon on October 19, 2000 at the age of 84, 44 years after the death of her husband on Mount Slesse.

While researching the story of Major Philip Gower, I was reminded once more how frequently our lives intersect with others, especially in Winnipeg it seems. My father, Andrew Currie, was a football Hall of Famer, and had many personal connections with the five players who died aboard Flight 810. As I looked at the photo of the memorial that stands on Slesse Road, I spotted the name Harold Cleven. I suddenly remembered that his son Jeff Cleven, who recently passed away in Ontario, was a classmate of mine at St. John's College at the University of Manitoba. ■

Roger Currie is a Winnipeg writer and broadcaster. In 2004, he received the Queen's Golden Jubilee Medal for his stories about Canada's military veterans. He was nominated for the honour by Cliff Chadderton.

Roger is heard regularly on CJNU, 93.7 FM (www.CJNU.ca)



Memorial cairn which was erected down the mountain on Slesse Road.

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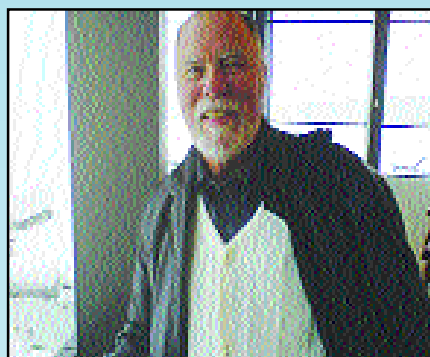
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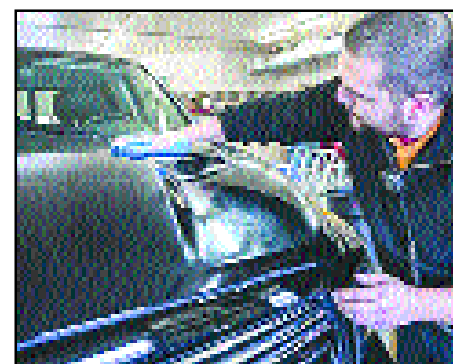


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Continued on next page

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Be Fit with Gwen

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

Injuries Can Spoil the Holidays

Well you would think I would have the knowledge to avoid exercise injuries but I bent down to pick up a child and yes my hip went ow and I was out of exercise for over a week.

The cure was rest, gentle stretching and massage as well as some pain killers. As much as we do we do not want to be injured in as little or as much that we do, it often will happen. My best advice is when it happens go to a sports injury clinic and do exactly what they say. It will not just go away and it can have a significant effect on you.

My process of yoga in the mornings, weights or running in the evening and splitting up the routines means that I have recovery time built in to my program, but little things can happen and if ignored they become big things.

As we move into the Winter entertainment and holiday season, make sure you take the time to exercise and maintain your health without injury.

Caution when outdoors in the poor weather can prevent slips and falls.

- Gwen



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THE BUZZ

By Scott Taylor



Myles Bond made 10 trips to either the Western Canadian or National Championships. Jamie Hodgson was a .375 hitter for the Brandon Cloverleafs and Mike Krykewich was a slick-fielding second baseman who has become one of the province's most respected coaches.

Bond, Krykewich and Hodgson will lead 10 athletes, three teams and a special list of Manitoba stars into the Manitoba Baseball Hall of Fame.

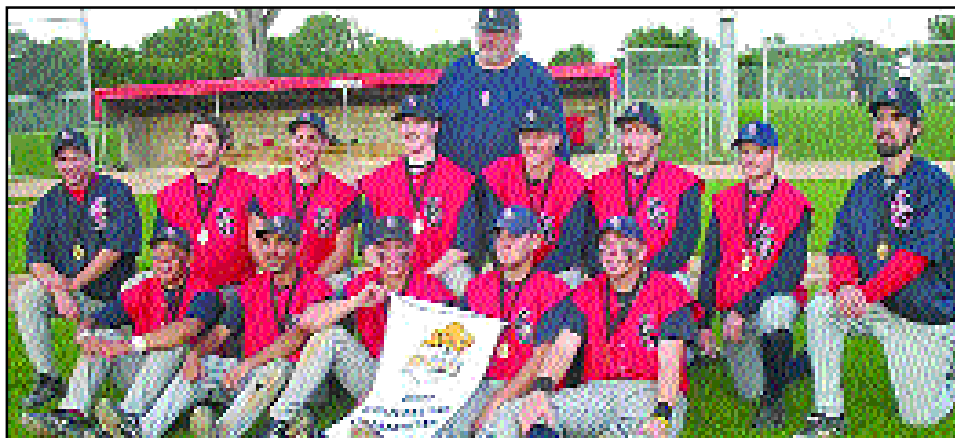
On June 4, 2016, in Morden, Manitoba, Bond, Hodgson, Krykewich, Rod Leduchowski, Larry Nicholls, Gerald Palidwor, Mel Stoughton, Jeff Trager, Glen Johnson and Ross Tycoles will officially become the 2016 Class of inductees into the Hall. Joining them will be the 2000-2005 Elmwood Giants, the 2006-2011 Wawanesa Brewers and the 1984-89 Waskada Orioles (1984-1989) plus Manitoba's 20th Century Dream Team.

Let's meet this year's inductees: (Thanks to the Manitoba Baseball Hall of Fame and Museum for the biographies of the athletes and teams)

Myles Bond (1964-) Calgary AB

Myles Bond was an outstanding pitcher on provincial championship teams at every level from Bantam to Senior over his 16-year career from 1978-93. He starred for nine provincial winners and made 10 trips to Western or National tournaments while also winning a silver medal at the 1985 Canada Summer Games. Myles finished his Junior career with a 28-6 won loss record which included helping the St. Boniface Legionnaires win the 1982 National Junior title. After graduating to Senior League play Myles was an all-star pitcher for the Grosse Isle Blue Jays and the St. Boniface Native Sons. He pitched a no-hitter at Westerns for Grosse Isle in 1988 in Kamloops and was Red Boine League Pitcher of the Year and playoff MVP in 1992. He went 21-0 over his final two seasons (92-93) in the Red Boine and Winnipeg Intermediate Leagues.

Bond, Krykewich, Hodgson Lead 10 Athletes into Baseball Hall; Bouchard still teaching softball



2000 Elmwood Giants

Myles is also a three time Manitoba Baseball Hall of Fame team member inductee with the 1982 St. Boniface Junior Legionnaires, the 1989-93 St. Boniface Native Sons, and the 1988-93 Grosse Isle Blue Jays.

Jamie Hodgson (1971-) Brandon MB

Jamie Hodgson had an outstanding career in the Manitoba Senior Baseball League playing over 20 years with the Brandon Cloverleafs between 1988 -2010. He recorded a MSBL lifetime .375 batting average while winning three batting titles and two home run crowns. He also picked up 27 pitching wins on the mound and struck out 359 batters in 405 innings. Jamie was a 14 time MSBL all-star, played on seven MSBL champions and performed in eight National Senior tournaments. His all around talent got him selected in 2001 as a utility player for the MSBL's 40th anniversary 1st all-time all-star team. After pitching U. S. College ball for two years Jamie was drafted by the Kansas City Royals in 1992 and pitched in their minor league organization that summer. Jamie also played on the Manitoba Youth Team and Summer Games Team in 1989, had a tryout with Team Canada that same year, and played professionally with the Brandon Grey Owls in 1995.

Glen Johnson (1961-) Etobicoke ON

Glen Johnson has had a Hall of Fame caliber career in three separate areas as a contributor to baseball in Manitoba and Canada. His on field umpiring accomplishments; his career in umpiring administration; and his involvement as a Baseball Manitoba administration volunteer all make him a very highly qualified Hall inductee. On the field he has umpired at all levels of national and international tournaments with the career highlight probably being umpiring the Bronze Medal Game at the 1996 Olympic Games in Atlanta where at age 35 he was the youngest umpire to work in the Olympics. Glen also umpired professionally for four years in the Northern League and was the plate umpire for the Blue Jays vs. Team Canada 1992 exhibition game in Winnipeg. Off the field he developed, instructed, and supervised numerous umpire clinics and programs throughout the country leading him to being named the inaugural recipient of Baseball Canada's Umpire of the Year in 1993 and also to being named Baseball Canada's Umpire in Chief in 1995. Glen also served as Baseball Manitoba President from 1993-96 and served on their Board of Directors for seven years in several positions including Chairman of the first ever Toronto Blue Jays Festival in Manitoba in 1992.

Mike Krykewich (1965-) Winnipeg MB

Although once known as a slick

fielding second baseman Mike Krykewich has made his name as one of Manitoba's most respected coaches over the last 25 years. He has coached provincially at virtually every level from Rally Cap all the way to Manitoba's Selects Team for the Canada Cup. Nationally he was a guest coach with the Women's National Team in 2009 and was awarded Baseball Canada's 2011 Coach of the Year award. Internationally he has taken his coaching skills to Cuba, Japan, and England to help promote baseball. His relationship with Baseball Manitoba extends beyond just coaching as he has held the Vice-President's title in both Coaching and Marketing and served on the Management Committee. Mike's most recent and his greatest achievement has been to begin a baseball program at the University of Winnipeg on a volunteer basis with minimum funding and develop it into official status within the NAIA program competing against U.S. college teams.

Rod Leduchowski (1967-) Teulon MB

Rod Leduchowski excelled very early in his career on the baseball diamond as a hitter, fielder, and pitcher. While still of midget age and performing on the Manitoba Midget champions from Warren he also was recruited to play at the Junior and Senior levels. Rod's talent earned him tryouts with Team Canada's Youth Team in 1984-85. Rod played on the Western Canada Champion Elmwood Giants Juniors in 1987 and finished off a four year College baseball career in North Dakota in 1989. Rod then enjoyed a distinguished career in Senior ball for over 20 years with the Teulon Cardinals that included many trips to Western and Canadian championships. In 1996 he took over as playing coach of the Cardinals and in 1999 was named Manitoba's Senior AA Player of the Year. Rod has also successfully coached a number of Minor ball teams in the Interlake region and on a provincial level coached the Under 16 Manitoba Girls team at the 2013 and 2014 Nationals. Rod has been in charge of Teulon Minor Ball since 2001 and recently served for over a decade on the Interlake Minor Ball Executive.

Larry Nicholls (1944) Killarney MB

Larry Nicholls achieved baseball success at a very young age as his Little League team from Portage la Prairie won the Manitoba Championship in 1955. In his college years he began coaching the school team as well as playing first base. As a young school teacher in 1968 he started playing for Holland where he also helped coach the hometown A's team and sometimes umpired. He was instrumental in organizing the Santa Clara League and having it affiliated with the MBA. Moving to

Killarney in 1976 Larry soon retired from playing and took up umpiring in Senior ball and eventually became Umpire-in-Chief of the MSBL. Larry also began coaching minor ball and became President of Killarney Minor Ball in 1983. He was awarded the Volunteer of the Year Award from the MBA in 1986. He ended his coaching career in 1987 to become a full-time umpire as he continued his development behind the plate to become an international ranked umpire.

Gerald Palidwor (1957-) Dugald MB

Gerry "Boomer" Palidwor has been playing, coaching, and organizing baseball at high competitive levels for over 40 years. As a young slugger he always batted cleanup for the Springfield Juniors. In 1979 his Springfield team joined the Red Boine Senior League and later the Interlake and Winnipeg senior Leagues. Wherever he played "Boomer" was involved in not only playing but also coaching and league administration. He reorganized and helped develop the Winnipeg Jr. B League where teams he coached have won numerous titles. He organizes minor ball in Oakbank which includes fixing backstops, cutting grass, and many other tasks. He also has served several terms as President of the Winnipeg Senior League. For the past several years he has also promoted and developed baseball for the 40 year plus age group. As a computer professional he has developed league web sites for league stats that are in use today.

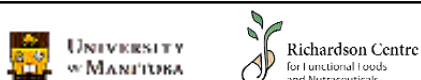
Mel Stoughton (1922-85)

Mel Stoughton devoted his entire adult life to working with youth through sports and especially baseball. He spent over 20 years organizing teams and tournaments, preparing ball diamonds, and coaching minor baseball in Gilbert Plains. Mel's hard work and ability to coach youth culminated in Gilbert Plains Bantam teams winning five Manitoba Championships and three Western Canada Championships at two different levels in the four years from 1965-68. But there was more to Mel Stoughton than just winning. It was his passion that every kid should be given the chance to play baseball and the finances usually came out of his own pocket. Mel also found the time to serve as a Director of the Manitoba Baseball Association in the 1960's and spent nine years as the scorekeeper and statistician for the Grandview Lakers senior ball team in the MSBL during the 70's.

Jeff Trager (1969-) Winnipeg MB

Jeff Trager was a local star on Winnipeg diamonds for 25 years in Junior and senior competition from 1987-2011. His four year Junior career with Elmwood included provincial championships in 1987 and 1990. In 1991 Jeff and some friends formed the Kildonan Mudcats and joined the Winnipeg Senior Baseball League. In their first year the team won the League title and Jeff was named MVP. He continued to be a dominant player by winning three more MVP awards in the next four years. During his career Jeff would also win awards as the League's outstanding pitcher; all-star shortstop; all-star utility player; and all-star third baseman. He was often in demand to be picked up by other teams for Senior Provincials and

Continued on next page



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Website: www.rcffn.ca
Dr. Peter Jones,
Principal Investigator

The BUZZ, cont'd from page 10

Senior Western Canadians as he was on five provincial winners and played in two Western tournaments.

Ross Tycoles (1954-) Reston MB

Each of Ross Tycoles three separate careers as player, coach, and builder in Southwest Manitoba fully qualify him for induction into the Manitoba Baseball Hall of Fame. In 1973 He was a .400 hitter in Junior ball on a provincial champion team and became a perennial SWBL all-star in the 1980's as a slugging first baseman and pitcher. Playing in the 1980 Provincial championships for Deloraine he hit five home runs including three grand slams to lead the hometown Royals to the title. He also went 3 for 4 in a game against the Canadian National Junior team playing for the SWBL all-stars in 1988. Ross's coaching career is even more impressive as his teams have made 17 provincial playoff appearances since 1991. He was named the MBA High Performance Coach of the year (2003) and was a three time MSBL Coach of the year while leading the Reston Rockets to 2011 and 2013 championships. However, most impressive is Ross's involvement in promoting baseball in Reston and throughout the southwest part of the province. He was instrumental in reviving baseball in Reston and building a baseball complex now named after him. He also served as SWBL president for 10 years and president of Reston Minor Baseball for 12 years. Provincially he was a MBA director and VP of High performance for three years and inducted into the MBA Honour Society in 2012.

Major Team

Elmwood Giants (2000-2005)

The Elmwood Giants excelled in the Winnipeg Senior Baseball League, Manitoba playoffs, and Western Canada Senior championships from 2000-2005. The Giants were Winnipeg Senior League champions in 2000 and 2005, and Manitoba Senior AA champions in 2000, 2001, 2003. The Giants represented Manitoba in Western Canada tournaments in Saskatoon 2001 winning a Silver medal, and captured Gold medals in 2002 at Winkler and 2004 at home.

Small Community Team

Wawanesa Brewers (2006-2011)

After winning three straight Pembina Valley Baseball AA League championships from 2003-05 the Wawanesa Brewers switched to the Southwest Senior AA Baseball League for the 2006 season. They continued their dominance in their new surroundings by winning pennants in four of six seasons, from 2006-11 and finishing second the other two years. They went on to win the Manitoba Senior AA provincial crown two years, 2007 and 2011, while also twice being Senior AA finalists and semi-finalists once. The Brewers were managed and coached by two Manitoba Baseball Hall of Famers, Ron Seafoot and Wayne Gullett. The team also featured two Manitoba Senior AA Players of the Year, Curtis Seafoot (2007) and Mark McGregor (2011).

Small Community Team

Waskada Orioles (1984-1989)

The Waskada Orioles dominated the Southwest Baseball League in the six years from 1984-89. They captured the league championships five of those years and were finalists in the sixth. In Manitoba playoffs the Orioles were almost as good as they won three Provincial "B" Championships and were finalists twice. Over the six years the team was comprised of 27 local players as well as five extra



Coach Bouchard and his kids

Photo courtesy Greg Bouchard

players from the SWBL that were added for provincial playoffs.

Special Recognition Manitoba All-Star Dream Team (20th Century)

Manitoba's All-Star Dream Team of players was selected by a special Manitoba Baseball Hall of Fame committee for inclusion in the book *The Northern Game, Baseball the Canadian Way*, written by Toronto Sun baseball columnist and 2015 Canadian Baseball Hall of Fame inductee Bob Elliott and published in 2005 by Sport Media Publishing, Toronto.

The 17 member team consists of catchers Almer McKerle, Miami and Cliff Seafoot, Riverside; first baseman Bill Carpenter, Winnipeg; second baseman Lloyd Brown, Brandon; third baseman Ian Lowe, Bradwardine; shortstop Bill "Snake" Siddle, Winnipeg; outfielders Gerry McKay, Brandon; Ken Little, St. Boniface; Mark Fisher, Riverside; Gord Ledochowski, Riverton; designated hitter Corey Koskie, Anola; pitchers Glennis Scott, McConnell; Don "Pete" Rettie, Charleswood; Gerry Falk, Carman; Orville Minish, Swan River; utility player Shane Moffatt; Souris and manager Terry Hind, Winnipeg.

Bob Elliott will be present at the induction banquet on June 4 to recognize the members of the Dream Team.

The Manitoba Baseball Hall of Fame will hold its 20th annual induction banquet at the Hall on Saturday, June 4/16, 5 p.m., inside the Morden Event Access Centre.

Tickets (Adult \$65, Children \$20) are available from: Jack Hrehirchuk; 114-10th Ave SE, Dauphin, MB, R7N 2H1; **204-638-6923**; jhrehirchuk@wcgwave.ca, David Olsen; Winnipeg; **204-284-8728**; dholsen@mymts.net or Joe Wiwchar, Morden, **204-422-4636**, mabbhof@mts.net.

And don't forget, the Annual Winnipeg Goldeyes Hall of Fame game, honoring the inductees, will be held during a game close to the date of the induction dinner. Check back when the 2016 schedule is released.

SOFTBALL LEGEND KEEPS TEACHING THE GAME

Back in the day, hurler Greg Bouchard was the best fastball pitcher in Manitoba. Of course, he certainly had the pedigree.

You might say Bouchard had softball in his blood. After all, his father Leo, his uncle Cam, his aunt Grace and his cousin Stacy were all members of the Manitoba Softball Hall of Fame before he was inducted in 2014.

In fact, he gave quite a speech on the day of his Hall of Fame induction: "I'm so proud to be joining my father, my uncle and aunt and my cousin in the Hall of Fame," he said. "My father, Leo, was inducted in 2003, my uncle Cam in 2004 and

my aunt Grace (Peckover) Bouchard, a great CUAC Blues catcher, was inducted in 2007. And Cam and Grace's daughter, Stacy, was also inducted in 2007 as a member of the 1993-1997 Smitty's senior teams. There is no honour that I can think of that means more to me than this. Joining my family in the Hall is humbling for me."

Upon his induction, he was called "a dominating pitcher in Manitoba Softball" who took his teams to many Western and Canadian Championships. In 1979, he was named Softball Manitoba's Male Minor Player of the Year. In 1980, he was named the top Senior Player. And in 1989, the Top Male Player.

He was also called "Greg Bouchard - the great pitcher, great team-mate and great guy."

But that was then, this is now. Today, Bouchard is no longer the strikeout master that he was when he pitched at the highest levels of the game. However, that just means that he's decided to give back. Bouchard is still pitching, albeit most of that pitching is done on a warm Saturday morning with a gaggle of young boys and girls around him, hanging on every word.

Bouchard is the Master Pitching Instructor for Softball Manitoba and he comes by his ability to teach with the same experience and wisdom that made him a great pitcher: He became a great school teacher first.

"I grew up in a softball family," said Bouchard who is now the principal at Andrew Mynarski School in Winnipeg. "I was the kid pitching between Winnipeg Colonels' doubleheader games at Charlie Krupp Stadium. I was taught and mentored by the best pitchers in

Canada, the best pitchers you would ever see.

"My Uncle Gabby was the Colonels pitcher. My dad, Leo, was the coach. It was Claude Gagnon who got him to Colonels, working for old Harry Beukert. I played hockey and some football and fell in love with basketball, but softball was my game. In fact, the last basketball coaching job I had was in the 90s and early 2000s with Dave Crook at the University of Winnipeg.

"These days, I've been able to give back as the Master Pitching Instructor for Manitoba. It's been very rewarding but I've noticed that fastpitch is becoming a women's game or a First Nation's game. It's amazing, but all this work I've been doing as the provincial instructor has taken me to a lot of places in the province. A couple of weeks ago, I did a clinic at Fisher River, and I've noticed that the only time I get to work with males is when I go to an aboriginal community."

It's true. It appears that most males in Manitoba and even Canada, have decided that slopitch is the answer. Fastpitch, as a male sport, has been dying a fast death while female athletes, especially in our province, have taken over the game.

"There are so many wonderful opportunities for young women to get U.S. college scholarships by becoming fastpitch pitchers that when we hold these clinics, we're filled with girls," he said. "When it comes to men, we've seen the wonderful work that David (Muswaggon) has done in Cross Lake and there are a few good pitchers like Brady Woods, but Brady is in his late 20s or early 30s now and there is nobody coming up behind him.

"I would say that in 95 per cent of my clinics, I'm working with females."

He's also getting an opportunity to travel the world.

"I just came back from the Caribbean where I was working with the Caribbean Softball Association," he said. "We went to the Bahamas and worked with a lot of male pitchers there. It was quite rewarding and they've asked us to go back."

Greg Bouchard was one of the finest athletes ever produced in Manitoba. What's more important, however, is that he's still giving back to the game he loves. ■

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Zombies did exist. Remember when...



By Rick Goodman

Halloween has come around again and the grandkids are coming over to go trick or treating. It looks like the big thing this year is going to be zombies.

There's going to be kids all over the street with pale greenish faces, dragging one limb behind them, doing their best to look about the same way us young adults did after one of those old one room schoolhouse all night dances.

You remember those, don't you? The band would usually be a fiddler and a guitar player. The bar would be strategically placed outside in the trunks of everyone's vehicles because without a liquor licence you couldn't partake of a refreshing beverage in the schoolhouse. If there was a chance the RCMP might show up the bar would be relocated to whatever clump of bush you thought you could find again the next time a refreshing beverage was required. Back then the RCMP could confiscate any open liquor.

The band would arrive around eightish. Occasionally the band bar would have opened a little too early and the guitar player would have to be carried in on a plank and laid to rest on a bench in the back room. Sort of like a wake. There would be a public viewing and not much hope of a resurrection any time soon, so someone from the crowd would have to fill in.

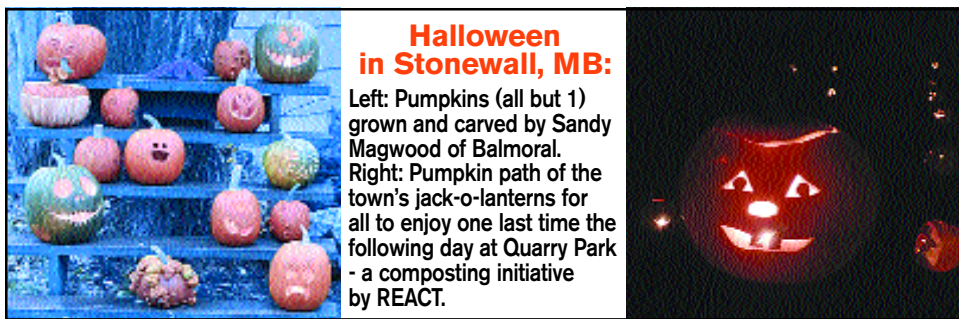
There would be music and dancing, a lunch, and frequent forays into the bush for fresh air and refreshments. The temperature in the school would go up and the air would turn blue with cigarette smoke. This encouraged more breaks for fresh air and more refreshment. There might be a little light sparking out back in poison ivy and by 10:00 the mosquitoes would be ferocious.

Around midnight a lot of us would be feeling pretty darn refreshed and the cops would show up. The word would be passed around quietly so as not to alert them to any illicit activities that might be going on in the bushes. "HEY, THE COPS ARE HERE! HIDE THE BEER! THE COPS ARE HERE!"

For some reason everyone would throw their beer away. In the dark. In any direction. It was like a free fire zone. There would be thumps and muffled curses coming from every direction.

By two or three you'd find yourself ready to go home. Bug bit, itchy, somewhat uncoordinated, and pasty green from all the cigarette smoke. You might be sporting a lump on your head from a thrown beer bottle and you might even be dragging one leg because you wandered off for a quiet pee and fell over a log in the dark.

When the kids ask if there really are zombies I guess I'll just have to tell them that I don't know about now, but there sure used to be, kids. There sure used to be. ■



Halloween in Stonewall, MB:

Left: Pumpkins (all but 1) grown and carved by Sandy Magwood of Balmoral. Right: Pumpkin path of the town's jack-o-lanterns for all to enjoy one last time the following day at Quarry Park - a composting initiative by REACT.

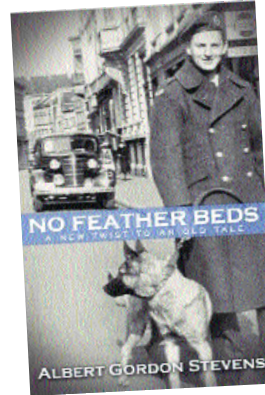
The Reading Room

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

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

November 11 is a day we honour the brave souls who gallantly fight, and have fought, for our country, and those who serve at home supporting our troops. These courageous individuals gave a part of themselves, in some cases the ultimate sacrifice, to make the lives of future generations better. "Making Lives Better" is also the motto of Deer Lodge Centre, as it has been since its inception as a Veteran's Hospital in 1916. The 100th Anniversary of this caring institution is fast approaching - June 29, 2016.

The J.W. Crane Memorial Library has two excellent homegrown memoirs from veterans of World War WWII that are both fascinating and insightful:



Bert Stevens was born and raised on a farm in Southern Manitoba. This remarkable man took over running the family farm at the age of seventeen. At nineteen, he joined the Royal Canadian Air Force, was discharged, and subsequently joined the Army. In *No Feather Beds: A New Twist on an Old Tale*, Mr. Stevens recalls his early days on the farm and his time fighting overseas matter of factly, with wit and humour. He recounts his experiences as a soldier in the army and the many battles he fought in so valiantly. One only has to read this book to answer the question: what was WWII really like from a soldier's point of view? Mr. Stevens concludes the book with this sobering thought: the hope that history does not repeat itself. ■



The Boys of Kelvin High is a documentary presented by the War Amps of Canada, and consists of two 57 minute DVD's. It is dedicated to the 10,000 Canadians who volunteered for the Bomber Command, one of the most dangerous occupations of the war. Producer **Cliff Chatterton**, an army commander in WWII, discovered that more than 50 of his classmates from Kelvin High were killed serving in the Bomber Command. This video highlights how these brave men each put themselves at great risk for one common goal: the defeat of Hitler's Nazi Regime. ■

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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Recipe OF THE DAY

Larry McIntosh

Potato and Raisin Loaf

Metric	Ingredient	Imperial
250 ml	potatoes, cooked & mashed	1 cup
425 ml	all-purpose flour	1 3/4 cup
5 ml	baking soda	1 tsp
10 ml	mixed spice	2 tsp
2 ml	ground nutmeg	1/2 tsp
2 ml	ginger	1/2 tsp
175 ml	raisins	3/4 cup
250 ml	sugar	1 cup
125 ml	vegetable oil	1/2 cup
5 ml	vanilla	1 tsp
2	eggs, lightly beaten	2
50 ml	orange juice	1/4 cup
30 ml	roasted unsalted peanuts, chopped	2 tbsp

In a large bowl; add flour, baking soda, spice and nutmeg, ginger, raisins and sugar. Stir in oil, vanilla, eggs, juice and potato; mix well.

Spoon mixture into a greased 9 x 5 (2 L) loaf pan, sprinkle with nuts.

Bake in preheated 350 F (180 C) oven for one hour. Stand in loaf pan 10 minutes before turning onto wire rack to cool.

Serves 6

www.PeakMarket.com

Neptune Mushrooms

Metric	Ingredient	Imperial
227 g	cream cheese	8 oz
1	can small shrimp, drained (4 oz / 113 g)	1
1	can crab meat, drained (4 oz / 113 g)	1
2	green onions, finely chopped	2
50 ml	parmesan cheese, grated	1/4 cup
5 ml	worcestershire sauce	1 tsp
.5 ml	garlic powder	1/8 tsp
15 ml	lemon juice	1 tbsp
-	dash tabasco sauce	-
30	large mushrooms	30

In a large bowl with electric mixer; beat cream cheese until fluffy. Add shrimp, crab, onions, cheese, worcestershire sauce, garlic powder, lemon juice and tabasco. Beat until fluffy.

Remove stems from mushrooms. Spoon cheese mixture into mushroom caps. Place on baking sheet and bake in preheated 425 F (220 C) oven for 10 minutes or until puffed and lightly browned. Serve hot.

Serves 10

www.PeakMarket.com

CROSSWORD

Someone From Vimy Ridge

By Adrian Powell

ACROSS

1 Moslem princess, in India

6 Slightly moist

10 Players in a play

14 Treat like dirt

15 Melange

16 Sultan's buddy

17 Large intestine, basically

18 Yellow jacket

19 1925's "____", Nanette

20 Former occupant of Grave 7, Row E, Plot 8 of Cabaret Rouge British Cemetery in Souchez, France (with 55A)

22 Given a scare

24 Huge Asian city of 1720

25 Old style contraction meaning "is not allowed to"

26 Where the Gov. Gen. will be on Nov. 11 (with 38A and 47A)

29 Like Watergate evidence

33 Hammett's Spade

34 "I Dream of Jeannie" star

35 Wilde creation

36 Sinister acts

38 See 26A

40 Lunar cycle portion

41 Mumbai music

42 Posh party

44 The mark of Zorro

45 Dental hygienist's advice

47 See 26A

49 Potato, for one

51 Brewski container

52 "Button yer lip!"

55 See 20A

59 Ti Catrival

60 Dry Mongolian area

62 Sign of October

63 Fixes, illegally

64 Pride member

65 Perspire, poshly

66 Remembrance Day's off repeated "____ we forget"

67 Notable stretches of time

68 Bagel toppers, at times

DOWN

1 Hindu "sir"

2 Coat-black, to Coleridge

3 Do a bit of rubbernecking

4 On-line newsgroup sys.

5 Tunes

6 Filling for a quilt

7 Pie ____ mode

8 Book with a Mass audience?

9 Remembrance Day attendee's accessory, often

10 Winnipeg's Memorial Park unveiling of 1928

11 Wild way to run?

12 Right triangle ratio

13 Stomped

21 Fuel for a potbellied stove

23 Barrie's bailiwick, briefly

25 Store supervisor

26 Fleet related

27 Mexican buddy

28 Just out off the box

30 Shopping complex

31 Stand for an artist

32 Used Miss Clairol

33 Peasant of yore

37 Something heard just before the

11th hour of the

11th day of the

11th month

39 Butt into

40 Kind of parking

43 Unhinged

46 Tot up

47 Kim Campbell's "Time and Chance", e.g.

48 Deep violet blue

50 What "The Rouse" is played on

52 Socialist Marx

53 Frightening sounding lake?

54 Souffle need

55 Lust and avarice

56 Eurasian mountain goat

57 Ancient Irish

58 Hamelin's problem

61 Flapper's wrap

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|----------------|--------|--------|-------------|----------|--------|
| Accordion | Cello | Drum | Moog | Quail | Tromba |
| Alto saxophone | Cheng | Fife | Nightingale | Rebec | Tuba |
| Banjo | Citar | Gong | Oboe | Santir | Vina |
| Bell | Cornet | Guitar | Organ | Serpent | Viol |
| Buccina | Crwth | Harp | Piano | Tabor | |
| Bugle | Cymbal | Lute | Pibroch | Timpani | |
| | Deagan | Lyre | Pipe | Triangle | |

SOLUTION ON NEXT PAGE.

SUDOKU MEDIUM

- By Senior Scope

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Each vertical and horizontal line also has the digits 1-9.

Enter each digit (1-9) only once each in each cell and each line.

SOLUTION ON NEXT PAGE.



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HUMOUR

By William J. Thomas



No Trophy Case? More Room For The Wine Rack.

For the 99.9% of the people on the planet who are not particularly great at anything, the payoff is that you don't have to purchase a trophy case. Also, those big honkin' championship rings can really get in the way when you're on the road and trying to communicate with a bad driver.

With awards being the currency of today's all-consuming fame game, the people who manufacture trophies can barely keep up to the number of new award shows popping up each year.

Not long ago Fox's *Teen Choice Awards* featured Britney Spears and Adam Sandler which shows there are so many awards being presented they're running out of talented people to give them to.

A few years back the cable TV network Nickelodeon created the *Kid's Choice Awards* - "and the winner of the Best Highchair Food Fight is ..." Not to be outdone the History Channel invented a prize for the best historical movies called the *Harrys* after Herodotus, the father of history. Boring? Anybody who has watched this TV award show and was still awake at the end of it wished they had called it "The Harry

Houdinis" and made the whole damn thing disappear.

Today sales of plaques and trophies in Canada and the United States top \$3 billion dollars. In the beginning, trophies were rare, special and quite dramatic. Devised during the dawn of warfare the very first trophy consisted of the severed head of the enemy impaled on a stick. I'm not suggesting we return to this practise but it would sure boost the Nielsen ratings for the Super Bowl's postgame show. "You know Phil, Peyton Manning doesn't look all that intimidating without his body but he's still got that competitive fire in his eyes."

In Southern California, there's a youth soccer organization that hands out 3,500 trophies every season. Each player in the league gets one, while about a third of the kids wind up with two. Can you imagine if each and every one of them made an acceptance speech? The banquet would be longer than the soccer season! They'll have to chase the little tykes off the stage with cattle prods when they begin thanking grandma and grandpa and first cousins.

Trophies used to be coveted plaques carved from wood and plated with gold or silver and you had to do something extraordinary to win one. Today they're made of tin and plastic and everybody gets one for showing up.

Giving away hundreds of thousands of trophies in kids' sports leagues every season only serves to ensure great attendance at the year-end banquets. In North America, 'participation trophies' do little more than reward children for underachieving and in doing so, kills their incentive to win something meaningful. Life is not a group hug or a sports league where everyone who signs on is an automatic winner.

Sorry but life is hard and frequently unfair so losing and overcoming the losses is how we get better at playing the game. Kids that are constantly being congratulated for lame accomplishments are in for an earthquake of disappointment when they do have to face failure. And they will. Small failures along the way help kids handle the big ones down the line and make a real win, all that much sweeter. A word of praise, a pat on the back, a hearty thumbs up, a slap on the bum - these are much more powerful motivators than a truckload of shiny trinkets made worthless by their ubiquity. I'd like to know how many of those 3,500 soccer trophies hit the bottom of the garbage bins as the kids exit the hall.

If all the horses in a race are allowed to celebrate in the winner's circle, we're going to need bigger winner's circles. And next time out,

why would any horse try to beat the competition since they all get to smell the roses and have their pictures taken anyway? California Chrome lost four of his first six races before he decided winning was a lot more fun and went on to win the Kentucky Derby.

In the end the goal of all people should be a full and productive life. You learn how to achieve that by being tripped up a whole bunch of times from behind but still battling forward to achieve that goal. Losing is how we learn, stumbling but still striving is how we earn special compensation for the effort. You don't learn a helluva lot by standing on a podium with 2,000 fellow competitors, all congratulating each other on excellent attendance.

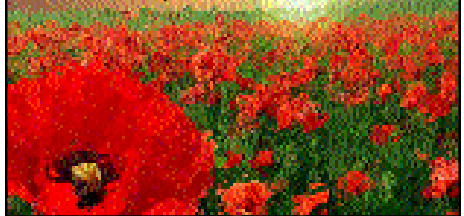
Sorry to get preachy on you but I've thought a lot about this while I was preparing my acceptance speech for the International Curmudgeon Society's Sourpuss Of The Year. What the hell, it's better than a poke in the eye, plus there's a meal and some sort of plaque involved. ■

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

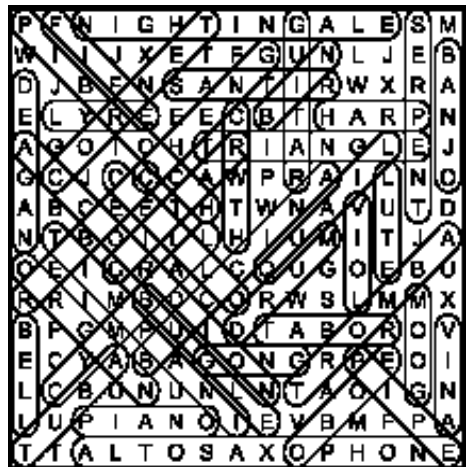
Flanders Fields

By 9-year-old Liam

In Flanders Fields people fight.
And they are strong mighty soldiers
that lived for us.
We hear the cheers and the cries.
They are the best as can be
but one day some shall die.
Poppies flow when high winds strike.
Finally the war is over
and the soldiers leave Flanders Fields.
Some of the soldiers live for long
and feel the pain and suffer.



WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

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

Alzheimer Society
MANITOBA
Dementia Care & Brain Health

Door to Door Campaign - Volunteers Needed

The Alzheimer Society needs volunteer canvassers to knock on doors this January. Please spare an hour or two canvassing your street or neighbourhood to request donations that support people affected by Alzheimer's disease or another dementia. Register online at alzheimer.mb.ca.

Forty-three per cent of Manitobans have a family member or close friend with Alzheimer's disease or another dementia.

Visit alzheimer.mb.ca or call 204-943-6622 or 1-800-378-6699 for more information

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 7 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 DECEMBER 2015.

DOWNSIZING? Sell those unused items!!! Call for details. Cutoff is Oct. 7/15.

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)

FOUND:
Man's gold wedding ring.
B _ _ - D _ _
8 9 67
Tel. No. 204-269-4092

MISCELLANEOUS

FOR SALE:
Orga-sonic electric organ with bench. 2 Rows of keys. In very good condition. Solid wood. Asking \$400 or any reasonable offer accepted.
Call 204-889-2473 (Wpg.)



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.

Visible in over 700 locations in Winnipeg and rural Manitoba, to 600 email subscribers, online at www.seniorscope.com and on Facebook, LinkedIn and Twitter

MR. ODDS & ENDS

BUYING & SELLING
New & Used Items

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

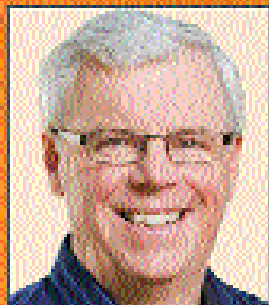
Currently Available:
Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture, Collectibles & More. Snowblowers and Shovels also available.

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



Working for seniors



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



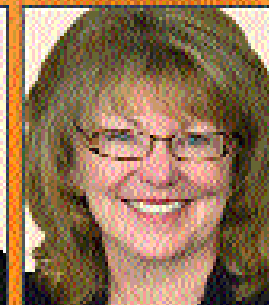
Clarence Pettersen
MLA for Flin Flon
204-687-3367
ClarencePettersen.ca



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



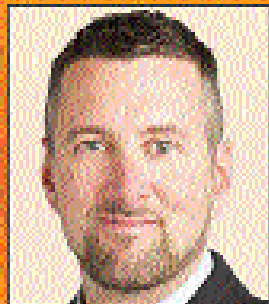
Ron Kostyshyn
MLA for Swan River
204-734-4900
RonKostyshyn.ca



Erna Braun
MLA for Rossmere
204-667-7244
ErnaBraun.ca



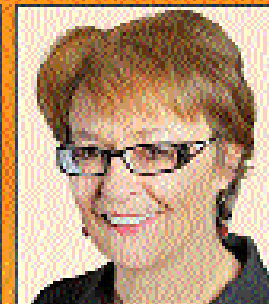
Sharon Blady
MLA for Kirkfield Park
204-832-2318
SharonBlady.ca



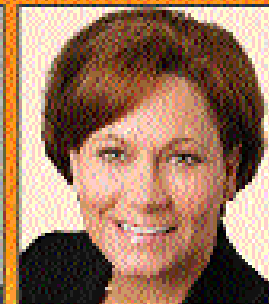
Dave Gaudreau
MLA for St. Norbert
204-261-1794
DaveGaudreau.ca



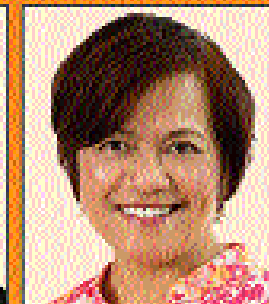
Ron Lemieux
MLA for Dawson Trail
204-878-4644
Ron-Lemieux.ca



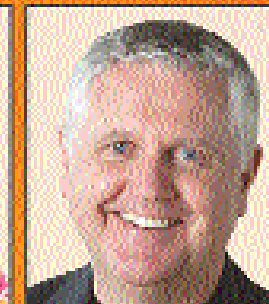
Melanie Wight
MLA for Burrows
204-421-9414
MelanieWight.ca



Theresa Oswald
MLA for Seine River
204-255-7840
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Flor Marcelino
MLA for Logan
204-788-0800
FlorMarcelino.ca



Gord Mackintosh
MLA for St. Johns
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GordMackintosh.ca



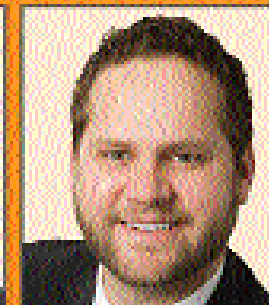
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Greg Dewar
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