



Brandon hosts the 2016 Manitoba Liquor & Lotteries 55 Plus Games!

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New tax system - negative impacts it can cause

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2016 55 Plus Games **Are you 55 Plus or turning 55?**
Brandon, Manitoba June 14-16, 2016!
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105 Years Young

A very special belated birthday greeting goes out to Dolly Winston of Winnipeg who celebrated 105 years on January 29, 2016 with four generations of family, along with many friends and residents of the Fred Douglas Lodge on Burrows Avenue in Winnipeg. You may have seen her on CTV News.

When asked what her secret to longevity is, she is quick to reply, "Walking!"

Dolly spent a lot of time walking in her neighbourhood, always passing up a ride when visiting family nearby. She would walk laps in Kildonan Park while her husband, Ben, patiently waited in a car nearby, never complaining. She carried this on into her 90's long after Ben passed away in 1994.

At the age of 16 or 17 Dolly met Ben while working in the furrier business for W. Cohen Fur Company and M. Hurtig & Son Furriers. She sewed the linings in the fur coats while her husband worked as a cutter. They married in 1928 and had six children.

Dolly has also outlived all of her children except for her youngest daughter who was born when Dolly was 45 years old. She also has many grandchildren and great-grandchildren who come to visit her often.

"Family means a lot to me," says Dolly who is grateful that they come to visit her and that they are all happy and healthy. "They are here to help if I need them," she adds.

Kim Russell, Volunteer and Adult Day Program coordinator, along with other staff at Fred Douglas Lodge say it's such a pleasure to have Dolly around. Some helpful advice Dolly lives by are:

- Be kind to everyone
- Listen when people talk
- If you don't like what someone is saying... walk away
- 'Yes, I have eyes in the back of my head and know'
- Respect everyone
- Admit when you are wrong
- Love your children

Although Dolly tried smoking, she said, "It was never my cup of tea." Her healthy lifestyle and positive outlook helped create a recipe for a long, happy life. ■

Dolly Winston celebrated her 105th Birthday on January 29th at the Fred Douglas Lodge on Burrows Avenue in Winnipeg.

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The City of Brandon will be the host community for the 2016 Manitoba Liquor & Lotteries 55 Plus Games!

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

June 14-16, 2016, over 1000 athletes from all across this province will gather in Brandon to participate in the largest 55+ multi-sport event in Manitoba. The annual 55 Plus Games will run for the 34th year offering age-friendly competition in over 25 events ranging from Cribbage and Scrabble to Swimming and Slo-Pitch . The games are open to anyone 55 years of age or older and will often see participants who are well into their 90's.

Two local service clubs have joined forces to deliver the games. The Rotary Club of Brandon and the United Commercial Travellers James B. Chrisp Council #448 worked collaboratively on a successful bid for the 2016 Games and will continue to partner in forming the host committee. Bernie Chrisp, Host Committee Chair says "It's a wonderful honor to be selected as the host city and we know the entire community will look forward to welcoming athletes and visitors to Westman."

The **Active Living Coalition for Older Adults in Manitoba (ALCOA-MB)** coordinates these games as a celebration of healthy living and proof that Manitobans

of all ages can lead active, engaged and healthy lives. The games emphasize recreational activities combined with social and cultural experiences. ALCOA's Executive Director, Jim Evanchuk states: "the 2016 Manitoba 55 Plus Games represent a partnership between ALCOA-MB, the provincial 55 Plus Games Committee and the Brandon Host Committee. We were very impressed with the bid from the Brandon Host Committee and we are confident that the fine people in Brandon will set the stage for a memorable experience in June 2016. No matter what your age or interest, the 55 Plus Games have something for you!"

Brandon First, the destination marketing organization for Brandon and area is also proudly supporting the local host committee for the 2016 games. Executive Director, Jackie Nichol says: "these games will provide an excellent opportunity for Brandon to strengthen its local economy as it showcases our city and its sport and recreation facilities to visitors and participants."

2016 is also a qualifying year for the Canada 55+ Games that are being held

in Brampton, Ontario from August 16-19th. This creates a wonderful opportunity for any successful medallists in the Manitoba 55 Plus Games to compete and represent "Team Manitoba" at a national level.

For more information on the Canada Senior Games, please visit: www.c55plusgames2016.ca or contact the Manitoba Senior Games Representative: Lois Dudgeon at ldudgeon@mymts.net.

The Games are open to any Manitoban over the age of 55 (or turning 55 this calendar year). The registration process depends on what event you would like to participate in. Card events require qualifying playoffs in different regions of the province, while other events such as swimming, snooker or scrabble do not require any playoffs. Registration opens in early March and the deadline to register is mid May 2016.

ALCOA-MB has a comprehensive 55 Plus Games Website - www.alcoamb.org - that will have further information posted as we move closer to the 2016 event for anyone who is looking to get involved. ■

NEWSBITS

January 19, 2016

PROVINCE COMMITS \$3.9 MILLION TO REDEVELOPMENT OF ST. JAMES CIVIC CENTRE, NEW 55-PLUS SENIORS' CENTRE

The Manitoba government is committing \$3.9 million to the redevelopment and expansion of the St. James Civic Centre, including a new 55-plus seniors' centre, Municipal Government Minister Drew Caldwell announced.

The proposed expansion includes new and improved multi-purpose rooms, a new auditorium, space for fitness programs and special events, a new weight room, a carpentry shop and a drop-in computer room.

"The St. James Civic Centre is the heart of our community and our government is committed to moving ahead on redeveloping it for the future," said Healthy Living Minister Deanne Crothers.

Minister Crothers noted the province has a strong working relationship with the City of Winnipeg to develop recre-

ation and community centres across Winnipeg.

November 25, 2015

PHARMACISTS MANITOBA LAUNCHES HEALTHCARE ON DEMAND CAMPAIGN

WINNIPEG - Pharmacists Manitoba is taking steps to end the wait for many primary care services that can be delivered by community pharmacists by launching an awareness campaign.

Earlier this year Pharmacists Manitoba commissioned research into the status of primary health care in Manitoba. The research found that:

Manitobans do not feel in control of healthcare diagnosis and ongoing care needs for their children or parents, specifically regarding assessment of risk levels for chronic health issues.

There is a desire for more accessible care points to treat minor ailments.

Most pressing issue for the sandwich generation is understanding the seriousness of health issues facing their loved

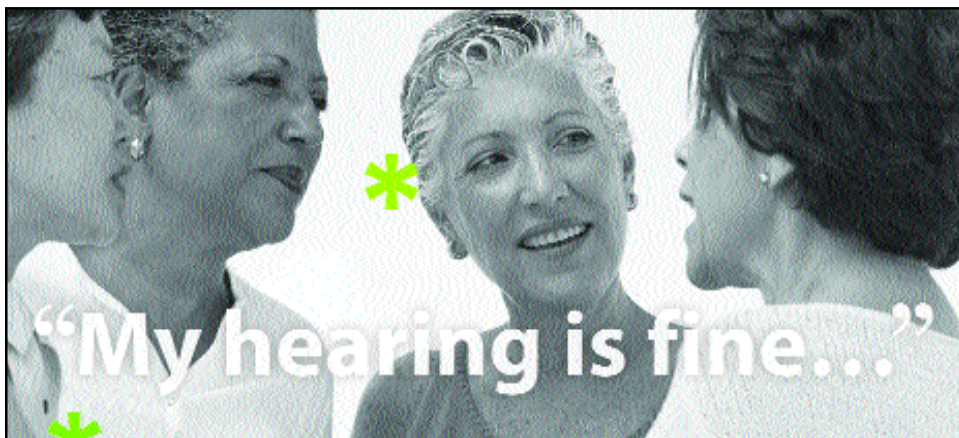
ones' and the implication of the ailment.

Fifty-nine per cent of survey respondents visit a pharmacy at least once per month. With the aging of the baby boomers, Manitobans can expect wait times for healthcare services to increase. Today, pharmacists can provide a range of non-dispensing services, such as medication management consultations, preventative services and health coaching, treatment of common minor ailments, and ongoing reminders to keep patients adherent to their medication therapy.

Sharon Malec quit smoking with the help of a pharmacist.

"Pharmacists are highly accessible and available mostly every day of the week and in some cases 24 hours a day," said Manitoba pharmacist Kristine Petrasko.

Manitobans have been waiting too long for publically-funded pharmacy services such as those available in other provinces. To support the campaign or for more information, visit www.healthcareondemandmb.com ■



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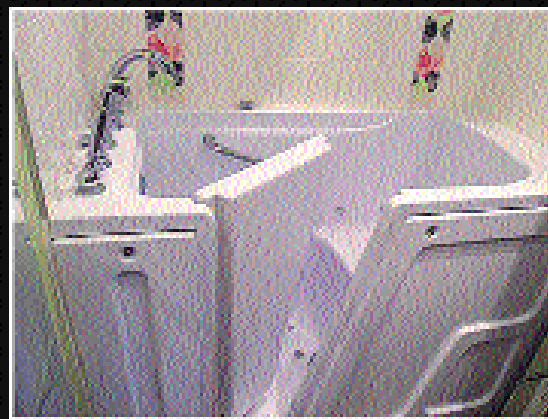


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Humn Pharmaceuticals introduces Safe Pain Relief Cream

By Haidita Celestine

Safe pain relief may seem a contradiction to some, but a small Canadian company in Winnipeg is working hard to change that perception. Humn Pharmaceuticals is dedicated to creating safe and effective products blending pharmaceuticals with natural ingredients. TPR20 is the company's first offering: a combination of lidocaine – a pharmaceutical analgesic – and menthol – a natural anti-inflammatory.

Dr. John Kindle, a GP for more than 35 years, first used TPR20 when a strained calf muscle threatened to interfere with a squash game. He played without any significant pain; and now recommends it regularly to his patients. "I like this cream because it is safe. When I prescribe oral anti-inflammatories I

need to be cautious about gastric irritation; I have unfortunately seen the side effects of Non-Steroidal Anti Inflammatories (NSAIDs). That is never a worry for me when patients use TPR20."

Dr. Daniel Vandervoort, a long time Ottawa area Chiropractor recommends TPR20 to his patients at his Rockland & Beacon Hill Chiropractic Clinics. Dr. Vandervoort was surprised at how quickly word has spread as avid local golfers come in regularly to purchase TPR20 to help them enjoy their golf game pain free. Dr. Vandervoort recommends TPR20 because it is effective with most people in a very short time.

At higher concentrations, dentists, dermatologists and

plastic surgeons have used lidocaine as an anesthetic since the 1940s. Topical lidocaine is extremely safe. Formulated as a cream with menthol to help the lidocaine get through the skin, TPR20 is applied right at the point where pain is felt; it doesn't go through the stomach, liver or kidneys before it starts working.

"I have had experience with other topical medications," says Kindle, "most are designed to mask problems (counterirritants), however TPR20 goes to the source of the problem and blocks the pain. I find it works particularly well for serious pain such as post herpetic neuralgia (shingles) and osteoarthritis, especially arthritic knee joints."

Dr. Vandervoort finds that

even patients with chronic arthritis notice a difference in their pain level and mobility within a few days. Of course with chronic problems TPR20 use should continue for an extended period until some healing can take place at a deeper level.

TPR20 has been circulating in Canada and the United States largely through word-of-mouth, receiving strong praise from patients and medical professionals alike. Humn Pharmaceuticals is pleased with how quickly patients have spread the word about TPR20 and is planning clinical trials to prove a number of the claims reported by patients, while formulating a broader line of safe and effective pain relief products.

It's only human to suffer the pains of age.

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Could Trudeau Tax Grab Spark Wealthy Exodus

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

This was the headline in the Wealthy Professional Publication dated Nov. 5th, 2015. Why am I quoting this article for a Senior's paper? Because the new and improved tax system could have a very negative impact on our estates, children, grandchildren and us as a society. We are entering a new wave or a war on the so-called rich. Remember, those that will be negatively affected are not strangers but your brothers and sisters, children, grandchildren, nieces and nephews; our families. Let's review this article and the cause and effect of the tax changes in a systematic way.

Bloomberg News author Greg Quinn stated in the Wealth Professional article that "As Bill Morneau takes over the reins of Canada's finance ministry, among his thorniest tasks will be to implement Prime Minister Justin Trudeau's pledge to introduce a higher tax rate for the country's top earners".

Quinn continues with a Statistics Canada report on Canada's top 1% of tax filers (**notice he said filers and not income earners**). The report shows the impact that a very similar tax plan had when implemented in Quebec in 2012. In 2013, Quebec was the only province to see a decline in filers who cracked the top 1% of earners, reaching their lowest level in the past 30 years. The number of Quebecers among Canada's top earners fell 5.8% to 40,825, while increasing across the rest of the country. Higher taxes for high earners, it turns out, prompts them to move or make significant changes to their affairs.

Jack Mintz, a fellow at the School of Public Policy at the University of Calgary says that "The Liberal government would be off to a very bad start if they go ahead with their tax plan by raising the top rate."

Manulife Financial Corp. CEO Donald Guloien said "He's (Trudeau) got to be very careful that he watches the competitiveness of our whole tax structure. One of the reasons Canada has done so well economically is that we have attracted business and talent while U.S. tax rates are going up."

Bill Morneau and Justin Trudeau argue that tackling inequality is ultimately good for business. The governing Liberals proposed creating a new Federal tax rate of 33% for people earning more than \$200,000 a year, up from today's 29%, while lowering the tax rate for people earning between C\$44,701 and C\$89,401 a year to 20.5% from 22%.

"The long-term success of Canada, as well as in business, includes making sure that all Canadians are successful," Morneau said in an August interview. "So if the rewards of that success only go to a favored few, we will end up with a challenge down the road." A bigger challenge may be if the favoured few take the lead from Quebec's high earners in 2013 and decide to move elsewhere or **work less**.

How does this affect your family, your money and your estate?

The headlines continuously scream about the "poor" seniors. And indeed there are many among us. But what about the rest of the population? Let's look at what the new combined Federal/Provincial tax levels are after the increase in December.

2016 Key Index Amounts
*from www.taxrates.ca

Taxable Income	Tax Rate
\$0 - \$11,327	0%
\$11,328 - \$31,000	25.80%
\$31,001 - \$45,282	27.75%
\$45,283 - \$67,000	33.25%
\$67,001 - \$90,563	37.90%
\$90,564 - \$140,388	43.40%
\$140,389 - \$200,000	46.40%
\$200,001 +	50.50%

So why should I as a senior be concerned? After all, I don't earn more than \$200,000 a year. Maybe you don't, but your estate might. Do you as a family own more than \$200,000 in an RRSP/RRIF portfolio? Do you own a house, condo or a cottage? Do you own a property in the US? Do you or your spouse have a good pension plus investments? There are some serious concerns for seniors in the areas of taxation and estate planning. You may be shocked that you, the senior, are now on the new Prime Ministers radar. You, or your estate, are the **"New Rich."**

If you wish to know how the new tax structures will impact you, please contact us. We will offer a free consultation. It's time to take control.

So how might this new tax structure affect us from an economic perspective?

1) Business - who employs your children and grandchildren? Those who run the companies and take the risk to start-up companies should be compensated for the skill and risk that they take. Otherwise, they would be employees earning less than the \$89,401. The risk to us as a society is that if our children and grandchildren want to earn more and be rewarded for being successful, they may consider leaving the country to find or create jobs. Look no further than what happened in Quebec following their tax changes. This unintended gap gets filled by foreign companies - do we want to give control over what we consume to other countries? Our purchasing power and what we can buy with our dollar puts us at great risk. Maybe we should rethink how to reward our owners who are successful and innovative risk takers instead of punishing them.

2) Professionals - the next time you have to wait a long time for an appointment with a doctor/dentist/specialist/accountant/financial professional let's examine why. Have some of them moved, restructured their businesses, decreased their work hours or retired?

- 3) Small business
- Who owns the little corner store - how many work there?
 - Who is your financial advisor - how many employees do they have?
 - Who is your insurance agent - how many work there?
 - Who owns the gas station - how many students work there?

It is time to look at how we view the world and what messages we give our children and grandchildren. Somehow, somewhere wealth became a dirty word. If we don't reward those who strive, how will it happen? We need to celebrate the rain makers - those who take the risks, who are inventors, who are well educated and those who are employers.

If we were computers, I would say it is time to upgrade our operating systems. To take a phrase from Craig and Marc Kielburger - "change from Me to We and from I can't to I can. Remember it only takes five people to change a city".

Shirley Hill and Associates is starting a Seminar program. Our first seminar is on April 6th at 7:00pm and will deal with Tax and Estate Planning. Seating is limited to only 24 per session so if you would like to attend, please call our office at **204-257-9100** to reserve your seat. ■

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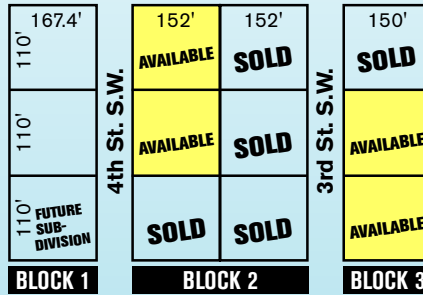
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CURRIE'S CORNER
By Roger Currie



Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio

High drama in Toronto courtroom

There will be high drama in a Toronto courtroom for another couple of weeks. It's the trial of Jian Ghomeshi for sexual assault, and it has all the elements necessary for a movie of the week, with a couple of additional twists.

In October of 2014, shortly after Jian had left the CBC building for the last time, Marie was speaking to a lawyers gala dinner in Toronto. What she said was worthy of a writer like Aaron Sorkin. "We represent people who have committed horrible acts of violence, acts of depravity and cruelty – or as Jian Ghomeshi likes to call it – foreplay". Six days later, Marie was hired to try and keep this same guy out from behind bars.

As Canada welcomes thousands of refugees from war-torn Syria, the man in the prisoner's dock was once a scared young kid from Iran. He became a star in his new country, and then suffered a spectacular fall from grace. Defending Ghomeshi is a woman who is well on her way to becoming Canada's best known criminal lawyer, Marie Henein.

Like Ghomeshi, Marie is an outsider. She was born in Egypt in the mid-1960's, not a time or place that was known for strong independent women. Marci McDonald, one of Canada's best magazine writers, did an excellent profile of Marie Henein in the most recent

issue of Toronto Life. It's definitely worth reading on their website.

<http://torontolife.com/city/crime/marie-henein-jian-ghomeshi-lawyer/>

She was a protegee of the late Eddie Greenspan who was Canada's best known criminal lawyer for decades. The merits and details of the case against Jian Ghomeshi are best left for the eyes and ears of the man hearing the case, Justice William Horkins. But one thing is already abundantly clear about women trying to get legal satisfaction in such matters in 2016. Very little has changed. It is still basically "He said, She said", and it's not really about justice.

It's about winning is it not? ■

<<REWIND<<
The Little Band That Could

New Year's Eve, 2015 at the RBC Winnipeg Convention Centre – touted as our city's most spectacular gala event of the year, and REWiND was there!

Photo credit: Emily Ilchena



Rewind at RBC Convention Centre, New Year's Eve.

Karen Ilchena, organizer for the big night, enthusiastically applauded the band for delivering everything she had hoped it would. "You were one of the biggest elements in my planning," she confided to Linda Ruppel who, amazed at the organizational enormity of such an undertaking for this annual celebration, was only glad that REWiND was able to participate "in some small way." But according to Karen, it was exclusively REWiND's responsibility to provide the musical support for the 1950's theme selected for 2015, not only during the cocktail hour, but also to warm up the dance floor for the headliner: Ron Paley and his 21-piece orchestra. And REWiND came through with flying colours!

Photo credit: Deanna Teller



<<REWIND - The Show Band in front of the RMTCC. Top (left to right): John Wrublowsky, Gloria Harris, Rick Hemmerling, Chris Wheeler, Linda Ruppel, Larry Ruppel. Bottom (left to right): Harvey Peltz, Gord Kudlak

What Karen couldn't foresee was that when Harvey Peltz invited people to get up on their feet with Do You Wanna Dance? (Beach Boys) and when Gord Kudlak further insisted with, "Get up, it's Pony Time!" (Chubby Checker), the dance floor would be half full already by dinner. And once dinner was done and REWiND's second set was nearly over, Gloria Harris brought the house down, packing the floor with her rocking rendition of the iconic Isley Brothers tune Shout!

began its slow climb to recognition on Winnipeg's vibrant music scene. Back in September, 2011, the original five members of the band insisted, "I think we can; I know we can!" Fast forward to New Year's Eve, 2015, and the "little band that could" has proved that with perseverance, hard work, determination and love, it truly is possible to make it to the top of that hill, regardless of your age or stage in life.

After the gig, front man Larry Ruppel, who arranges most of the band's music, was basking in the afterglow of hard-earned success. "REWiND has evolved the way it should, from a nucleus of five and a focus always on 5-part vocal harmony to the fuller sound of an 8-member band. We now can really do justice to that golden era of music – those rock, pop & doo wop tunes of the 50s, 60s & 70s.

In 2011, as a fledgling band of four Baby Boomers, plus one Gen-Xer, there was no way to know if a shared love for music was enough to grow a successful band. REWiND's first gig was performed (by invitation only) in the recreation centre of the apartment building where founders of the band, Gord Kudlak and Larry Ruppel, first met and where family and friends were bribed with offers of wine and cheese

Gord agreed, "I'm ecstatic! The band is going exactly in the direction I wanted it to. Our goal was to make an impact in this city and now it's onwards and upwards!"

Just like "the little engine that could" in the beloved children's story of the same title, REWiND got its locomotion on track 4-1/2 years ago and

so the young band could test drive the first 11 songs in their repertoire.

Shortly thereafter, REWiND recorded its first cd and invited bass player John Wrublowsky to join the group, all the while improving on vocal harmony and working on its ever-expanding list of tunes.

Over the next three years of countless rehearsals and performances for large audiences and small, the band chugged along gaining in its confidence and momentum.

But 2015 was perhaps the year of the greatest growth of all and a major turning point for the band. Drummer Chris Wheeler and multi-instrumentalist Rick Hemmerling were encouraged to join.

Suddenly the band's sound had reached a whole new level, while still preserving that all-important emphasis on the vocals and on maintaining that charming personality that is uniquely REWiND – "The Show Band." Now with a rocking rhythm, sax, flute, piano/organ accents and instrumental solos, the old REWiND repertoire has been rejuvenated and the door has been opened wide for a great number of new songs to be added to the current list of 60 tunes and counting!

Beginning from a staunch belief in the revitalization and healing power of music and laughter, a REWiND performance is an entertaining blend of music, facts and fun. It's a nostalgic trip down memory lane for Winnipeg's Boomers, but it's also an eye-opening discovery for younger generations of their parents' and grandparents' music and an invitation to make it their own!

To see REWiND in action, join the band at The Norwood Hotel on **Saturday, February 13th** for a **Valentine's Day dinner and dance fundraiser** sponsored by the Masons in support of the Children's Wish Foundation; or on **Thursday, March 17th**, also at The Norwood, for a 50s/60s Canteen Night!

FOR MORE INFORMATION about REWiND, their upcoming gigs in 2016 and how to contact them for bookings visit their website at www.rewindharmonies.com or call: Larry Ruppel **204-299-8507**

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FEB. 3, 2016

Overview:

- TRIP PLANNING
- GPS MAPPING
- WHY A NAVIGATOR
- HEADLIGHT SAFETY

The **SENIOR SCOPE** Automotive Review

14th Edition



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

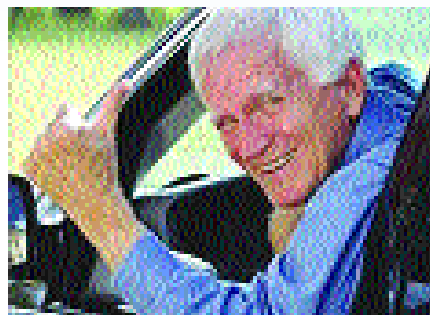
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February and my thoughts turn to Valentines, Romance, Summer Travel, and Avoiding Winter Weather. So for this issue lets Plan a Summer Road Trip using Google Maps. I am heading to Lund Nev. ,September 15 -18 2016, For the Start of the Silver State Classic Open Road Race. Running from Lund on Nevada 318 to Hiko Nevada a distance of 90 Miles (144.841 Km). This Sanctioned Open Road Rally runs on the

highway closed to normal road traffic by the State and is one of the bucket list events that I want to participate in. The process in getting there is all part of the fun. We will be stopping at various attractions on the way and then on to Los Vegas for some R & R before returning Home. Here is the link to check out the event <http://www.silverstateclassic.com>

The Trip Planning



The Start Line of the Silver State Classic

Utilizing Google Maps with photos of major turns and locations, as well as Google Earth View, and my trusty Garmin the run from Winnipeg will start early in the morning and will travel 2,247 Km with 23 Hours and 48 Minutes of Travel time. With an average of 100 Kph and a goal of 800 Kilometers per daylight run we will take three days to get to Lund Nevada and set up for the event. This allows for side trips, photo stops and lots of exercise so that we are not stiff and sore. The process includes taking a special driving school prior to the event, dialing in our projected average speed for the event and pre-driving the route so that we can update the route notes so that my navigator can precisely plot our route-time-speed to do the event at the average speed we have dialed in.

I am utilizing Google Earth and the Google Driving Simulator as well as my own Driving Simulator to prepare both for the trip down as well as the event drive and of course we will have video of the course and prepare our own for review prior to the event. We will be entering the Touring Class and dialing

in an Average Speed for the event of 95 Miles Per Hour (152.88 Kph) and can not exceed 124 Miles Per Hour (199.559 kph) during the event. This will be my navigators first event and we will take it easy this time.

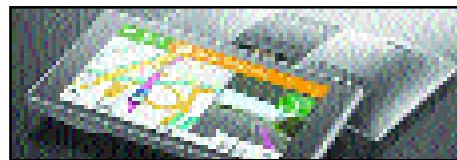
This is the plan and we will keep you informed as we detail the total package.

THE GPS MAPPING DEVICE

Help Seeing Around the Bend

Need to know where you are going, where restaurants, hotels, attractions are and how to get to them, speed limits, radar zones, red light cameras ETC.? Well the answer is a mapping device. I use a Garmin with unlimited updates and a large screen so that I can see it without distraction and my navigator can see it.

All these devices have speed in Miles as well as Kilometers and can be used as a very accurate Speedometer so that you do not have to believe the sometimes inaccurate reading of your vehicle's unit.



Which one is best? Good Question. I prefer the Garmin DriveLuxe GPS Navigator, it provides driver alerts to encourage safer driving and increase situational awareness. Warnings include alerts for sharp curves, speed changes, railroad crossings, animal crossings and more. Additionally, Garmin DriveLuxe notifies you when driving the wrong way

on a one-way street and sends warnings for nearby school zones. Receive alerts for nearby red light and speed cameras, and be prepared for sudden halts in traffic with upcoming traffic jam alerts. For longer drives, a fatigue warning suggests break times and potential rest areas after hours of driving. "The Up Ahead" feature lets you easily see places up ahead and milestones along your route, without leaving the map view. In addition it has a rear view camera and rear seat camera available and you can, with a smartphone app, have instantaneous updates. Learn how to use it on some small trips around town and short highway trips as it has a ton of features. When planning a trip or journey I like to utilize Google Maps and include in the print out such things as the photos of difficult intersections, places I want to visit. The Devil is in the details and the secret seems to be in the coordination between My Garmin and Google Trip Map Book which contains the printed maps, photos and detailed information. The Garmin provides the upfront info and the Trip Map Book is for my Navigator to review as we progress into each leg of our trip. I even include tulip style diagrams with distance and time notes so that the navigator can read out the direction changes rally style when traffic is heavy or confusing.

Why a Navigator/ Co Driver?

Well it involves a travel mate in the planning, driving and provides a decrease in their boredom as well as some interesting discussions. As well it means I am not responsible if we get lost.

Continued on next page

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THE BUZZ

Bombers sign Dressler, Moore gone



By Scott Taylor

The Winnipeg Blue Bombers have signed slotback Weston Dressler, but will the signing make the Bombers a whole lot better?

Every few years, the Blue Bombers announce the signing of a game-changing receiver: "Honest, folks, this is the guy who will turn around the franchise. He's the difference. Honest. Really, he is."

In 2014, it was free-agent Nick Moore. In 2013, Moore had been one of the top receivers in the CFL with the B.C. Lions, making 73 catches in all 16 games for 1,105 yards. In 2014 in Winnipeg, he battled injuries and had 43 catches for 553 yards. Last year, despite some injuries again, he led the team with 76 receptions for 899 yards.

When he was signed in 2014 for \$180,000 per season, we heard this: "Nick proved his worth as one of the best receivers in our league last season," Bombers general manager Kyle Walters said in a press release. "He will be a great addition to our offence, and we are very excited to bring him on board."

Everyone was excited. At 6-foot-2, he was a big target with good hands and he could run well after the catch. He knew Drew Willy and was thrilled with the opportunity he was getting in Winnipeg.



Weston Dressler

Sadly, it doesn't appear the love affair has lasted. In fact, the Bombers have already said "We've moved on from Moore." That's right, the Bombers have moved on from their leading receiver last year. Amazing.

Of course, as good as Moore has been, he didn't change the fortunes of the Blue Bombers franchise. In fact, the team was worse in his second year (5-13) than it was in his first (7-11).

So last week, the Bombers announced the latest game-changing receiver. Weston Dressler, the eight-year Saskatchewan veteran who was recently cut, has signed in Winnipeg and the club sent out a breathless news release:

"Dressler joins the Blue and Gold after eight seasons with Saskatchewan where he has been one of the league's most productive receivers since his arrival in 2008. The 5-7,180-pound Bismarck, ND product is a two-time CFL All-Star, and has been named a Division



Nick Moore at training.

All-Star on four occasions. He has accumulated 7,797 receiving yards on 539 receptions, with 50 touchdowns."

"Adding a veteran player with his skill-set was really a no-brainer for us," said Blue Bombers General Manager Kyle Walters in a written statement. "Coach O'Shea was immediately interested in adding him to our offensive lineup, and we're very excited to have Weston on our side moving forward."

Just like Nick Moore in 2014, Dressler is fired up about coming to Winnipeg.

"I'm beyond excited to start my career as a Winnipeg Blue Bomber," said Dressler. "It's widely known the loyalty their fans have, and the passion the city and province have for the Bombers. The stadium is hands down the loudest in the CFL. And there are great football people in the organization. We have a quarterback who I think is as good as anyone in this league, and some really solid pieces

around him. I'm really looking forward to the days ahead."

There is no doubt that Dressler has been a good one. The tiny 30-year-old (he'll be 31 when the season starts) receiver out of UND has had five 1,000-yard seasons including his work on special teams, he has 55 career touchdowns. He's played in seven playoff games, and in two Grey Cup games, winning one with the Roughriders in 2013.

Last season, Dressler caught 70 passes for 941 yards. He was 14th in CFL receiving yards while Moore was 15th. Moore was tied for eighth in receptions (76) while Dressler was tied for 12th (70). Both players spent most of the season catching passes from backup quarterbacks.

Dressler - who has a better chance to sell tickets as a newcomer than Moore does as a veteran from a 5-13 team - will bring a great deal to the Blue Bombers offence. Whether it's more than Nick Moore brought remains to be seen. After all, Dressler is considerably smaller, a year older and he caught fewer passes last season.

And who knows, maybe Moore will take a hefty pay cut and come back? Heck, with Moore, Dressler, Clarence Denmark and Darvin Adams, the Bombers would have a pretty great receiving corps. Then again, the question remains: Can the offensive line keep Drew Willy vertical?

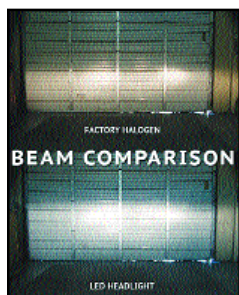
And until that question is answered, the rest is just jewels on a hog. ■

DRIVEN! The SENIOR SCOPE Automotive Review

Continued from page 6

HEADLIGHTS and how you see the road ahead

Don't Over Drive Your Headlights



Led Headlights see more, both longer down the road and wider into the ditches and sides of the road. Upgrading your lights in your vehicle after 50 years of age makes sense and allows you to see far enough down the road to drive safely. In a study of Law enforcement vehicles it has been shown that many times even in perfect conditions the headlights on many vehicles are inadequate and even unsafe.

Over-driving your headlights is defined as - A scenario where the driver is moving at a rate of speed that their stopping distance is farther than they can see with their headlights. This creates a dangerous driving environment. The folks at Police Driver.Com have created two scenarios that illus-

trate the danger of "Over-driving Your Headlights". To create the scenarios they needed three numbers. A vehicles stopping distance, the illumination distances the headlights supply, and driver reaction time. The numbers used will vary depending on the driver and the vehicle.

SCENARIO ONE - LOW BEAMS

Driving with low beams a driver has 180 feet of vision or 54 meters to work with. At 40 MPH (64 Kph) the vehicle is moving at the rate of 58.8 Feet/Sec. (40 MPH x 1.47) or 17.6 Meters per sec, and needs 64 Feet (19.5 Meters) to stop. The driver is confronted with an emergency at the edge of their 180 foot vision mark. If the driver's reaction time is 1.5 seconds the driver would use up 88 feet (58.8 x 1.5) of the 180 feet of visibility getting their foot to the brake pedal, leaving the driver with 92 feet (180 - 88) to stop a vehicle that needs 64 feet to stop, leaving the driver with 28 feet (92 - 64) to spare. Sounds like a lot of room?

Consider that initially the driver was moving at the rate of 58.8 Ft/Sec it's not much of a cushion.

Same scenario except the driver's reaction time is increased by a half a

second? The reaction time is now 2 seconds, which, at 40 MPH, translates into 117.6 feet to reach the brake pedal (58.8 x 2) which will leave the driver with about 62 feet (180 - 117.6) to stop a vehicle that needs 64 feet to stop, the driver will be 2 feet (62 - 64) into the emergency - not good.

It is a safe bet to say that the threshold speed on a poorly lit road with low beams, under the best conditions, is 40 MPH or 64 Kmh.

SCENARIO TWO - HIGH BEAMS

The same exercises with high beams - the driver has an average of 350 feet of illumination. Move the speed up to 60 MPH or 88.2 Feet/Sec. (60 MPH x 1.47), and needs 143 to stop. The driver is confronted with an emergency at the edge of their 350 foot vision mark. The drivers 1.5 seconds of reaction time will use up 132 feet to get to the brake pedal (88.2 X 1.5). The driver has 218 feet (350 - 132)

to stop a vehicle that needs 143 feet to stop, leaving the driver with 75 feet (218-143) to spare. Sounds good- but consider that the initial speed is 88 Feet/Sec - again not much of a cushion.

Raise the driver reaction time a second, reaction time is now 2.5 seconds, which, at 60 MPH, translates into 221 feet to reach the brake pedal (88.2 x 2.5). Which will leave the driver with about 129 feet (350 - 221) to stop a vehicle that needs 143 feet to stop, which would leave the driver 14 feet (129 - 143) into the emergency - not good. Without steering away from the emergency you have impact.

On a poorly lit road with everything in the drivers favor 60 MPH is about the speed limit for driving with high beams, at 65 you're tempting fate at 70 it can turn into a disaster. Check out more powerful bulbs, additional fog lights and driving lights to create an additional margin of safety. ■

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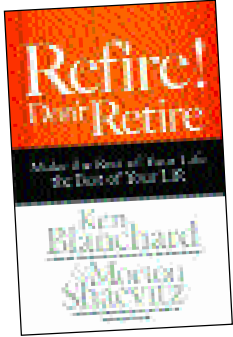
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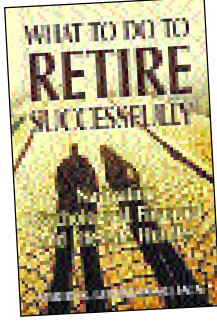
Consumer health books, videos, and magazines for seniors, their families and friends.

The word Retirement can conjure conflicting feelings for people: either it is spoken of as a stress-inducing topic – such as “I have no idea how I will fill my time,” or, “I don’t have enough money to retire.” For some, retirement is a time of well-earned contentment and a time to look forward to. For others it is a time of uncertainty. Two books at the J.W. Crane Memorial Library highlight the best ways to take advantage of this golden time in your life:



Blanchard, Ken; Shaevitz, Morton. (2015). **Refire! Don't Retire: Make the Rest of Your Life the Best of Your Life.** Oakland, CA.: Berrett-Koehler Publishers Inc.

Making the transition from a working to a non-working life can be a major obstacle in the joy and peace this phase of life should bring. The authors use the concept of refiring to demonstrate options and attitudes to motivate, inspire and encourage a more positive, energetic way of life during this time. They guide the reader through a series of steps: how to refire emotionally, intellectually, physically and spiritually to support the idea of approaching life – and not just retirement, with gusto. ■



Goldstein, Martin. (2015). **What to do to Retire Successfully: Navigating Psychological, Financial, and Lifestyle Hurdles.** Far Hills, New Jersey. New Horizon Press.

Dr. Martin Goldstein is a retired Neuropsychiatrist who uses personal and professional examples of retirement scenarios to address this important transition in life. Important aspects of retirement such as the psychological: what personality type is best suited to a retirement lifestyle and which ones will need the most adjustment? Next, the financial aspects of retirement are looked at: savings, investing, and how to continue your comfortable standard of living while in this phase of your life. Though this book is United States based, it provides many positive and uplifting tips for a happy, healthy, contented retirement. ■

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

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Snowman in St. Vital retirement community - Wpg



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The Manitoba Coin Club - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

Red River Coin & Stamp Shows - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

Southglenn Fiddlers - are looking for new members: fiddle/violin or piano players 18-88, at intermediate level or higher, to join us playing old-time music at dances in the greater Wpg. area. Practices weekly at St. Mary Magdalene Church hall at 3 St. Vital Rd. Schedule: Thur. 9:30-12:00, Feb. 25, Mar. 31. Sat. 1-4 pm, Mar. 12, 26. Call Ian Ross at **204-889-6125** or **imross@mymts.net**

Westminster United Church - Westminster Concert Organ Series, Sun. Feb. 28, 2:30 pm, Westminster at Maryland. Presents DAVID ENLOW one of several Canadian organists who hold prestigious positions in New York City. He is Organist of the Church of the Resurrection and is a member of the Juilliard School of Music. Tickets \$25, Seniors \$20 or students \$10, at door or McNallys

Westview Dance Club - Cupid's Bash dance, Sat. Feb. 13, 8 pm-12 am, at Oak Bluff Rec. Centre. \$35/couple. Alcohol-free. Beverages and light lunch avail. For tickets: **204-488-8225**.

VOLUNTEERING

Middlechurch Personal Care Home - Volunteers needed for special events, evening bingos, meal assisting and to assist in the rehab dept. Call: **204-336-4138** or **matt@middlechurchhome.mb.ca**

The Post-Polio Network of MB - urgently needs volunteers to fill the following committee chairs and other key positions on their Board of Directors: President, Treasurer, Publicity Rep, Fundraising Coordinator, Privacy Officer, and Telephone Team Coordinator. Members and non-members may apply. Nominations are being accepted. Please call **204-975-3037** or email: **postpolionetwork@gmail.com**

Southeast Personal Care Home - volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

Meals on Wheels Inc. - Now recruiting for rewarding volunteer opportunities for 2 or more hrs/wk in Downtown, E.K., Seven Oaks & St. Vital. Training and honorarium provided. Call **204-956-7711** or visit **www.mealswinnipeg.com**.

Victoria Lifeline Home Service Representative - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Sam: **204-956-6773** or email **skidd2@vgh.mb.ca**

Associates of St John the Divine - hosting Prayer Breakfast, Sat. Feb. 13, 9 am, St. Andrews Church, St. Andrews Road. Led by Rev Karen Laldin. RSVP Susan Roe-Finlay: **sroefin@gmail.com** or **204-783-3357**

Montcalm Service to Seniors (S.A.A.M) - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays and other services provided. Call Joanne at **204-304-0551** or email: **jbarnabe@hotmail.ca**

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. Seniors Lunch, Feb. 25, Mar. 17, 11:30, \$7 ea, tickets: **204-878-3482** or **878-2728**, **253-0856**, **878-9562**. Live Ent. Simply Creative (brain exercise) Wed. Feb. 17, 10 am, \$5/class.

Stonewall - Shamrock Luncheon, Tue. Mar. 8, noon, Lions Community Centre, 5 Keith Cosens Drive. Advance Tickets \$15 at 55 Plus Office. Ent. - The Irish Cowboy. **204-467-2582**. **Springfield** -

The Alzheimer Society - door-to-door canvassers needed 1-2 hrs in January during Alzheimer Awareness Month. Donations support the Society's programs and services for people affected by Alzheimer's disease or another dementia, and in the search for a cure. Register online at **alzheimer.mb.ca** or call **204-943-6622** (Winnipeg) or **1-800-378-6699** (Manitoba).

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

Rupert's Land Caregiver Services - transportation program needs volunteer drivers to take clients in S.W. Winnipeg to appointments, shopping and social outings. Compensation for gas/parking provided. **204-452-9491** or **rlcs_vol@mymts.net**

The Big Brothers Mentoring program - We need male volunteer mentors to serve as role models and friends. Support provided by experienced case-workers. Call **204-988-8663** or **kayla.chafe@bigbrothersbigsisisters.ca**

South Winnipeg Seniors Resource Council - Volunteers needed for Meal Program in Osborne Village 2-6 hrs/wk. Call **204-478-6169** or email **swwsrc@mymts.net**

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

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

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

PROGRAMS / SERVICES

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Tues S.T.A.R.S. 9:30-11:30 am, FREE Tea/Coffee, Snacks, Fun & Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. Call Sheila **204-990-2339**

Pembina Active Living 55+ (PAL) - Drop-in activities (membership required): Tuesdays - men's breakfast, Wednesdays - Pin PALs (5 pin bowling), Thursdays - bridge/cribbage, Fridays-lunch PALS. Cooking classes - Pulses (Feb. 18), strengthening immune system (Feb. 22); Computer workshop - internet security (Feb. 18); Still Bloomin' gardening club - Feb. 25. New members welcome. Information: **www.pal55plus.ca**, email **office@pal55plus.com** or phone **204-946-0839**.

The PROBUS Club of Winnipeg - is a group for retired or semi-retired people. Meeting Tue. Feb. 16, 10 am, at the Masonic Memorial Temple, 420 Corydon Ave. The February speaker will be Mariette Mulaire - President and CEO, World Trade Centre Winnipeg. Guests welcome.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Springfield Services to Seniors - Free Mature Driver Workshop by Safety Services MB & MPI, Wed. Feb. 10, 1 pm, at United Centre at Dugald Estates, 800 Jaffray. Call Diane: **204-853-7582** or email: **springfieldseniors@mymts.net**

La Broquerie - Seine River Services for Seniors: Victoria Lifeline, E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Call Juliette: **204-424-5285**

Komarno - Malanka Social, Sun. Jan. 24, 1-5 pm, Komarno Community Hall. Music by the "Female Beat." Advance tickets \$17.50. Call Mona: **204-886-2994**. Proceeds go to hall renovations.

Selkirk - Tudor House Personal Care Home needs volunteers for Recreation Programs, Rose Bistro Tuck Shop, Friendly visiting, Nursing Volunteers/companions, Palliative Care, Office, and groundkeeping. Call **204-482-6601** Ext:21.

For information, contact Ed Bethune at **204-489-2882**, email **winnipegprobus85@gmail.com**.

Vital Seniors - Book Club, Last Fri/mo: **204-257-4014**, Bridge, Thur: **204-256-3832**, Carpet Bowling, Tues: **204-452-2230**, Line Dancing, Mon & Fri: **204-334-3559**, Free Exercise Class, Tue: **204-253-0555**, Monthly Luncheon, Last Tue/mo: **204-255-7508**, Scrabble, Mon: **204-257-4014**, Free Apple Classes, Tue: **204-452-2230**. St. Mary Magdalene Church, 3 St. Vital Rd.

Seine River Seniors - Southdale Community Centre - PACE, Walk n Weights & Tai Chi, Tue. Mixed Yoga & Lite N Lively, Wed. Mixed Yoga, Thursday-PACE, Yoga 55+, Friday - Continuing Yoga & Line Dancing. Gerry **204-257-6171** ext. 200.

55+ Exercise Group - 400 Stradbrook (former A&O location) near an active bus route. Low rates. Pilates Mon. 2:15; Yoga Tues. 10:15 & Thurs. 10:45; Tai Chi Tue. 1:30; Chi Gong Thurs. 1:30; Zumba Fri 1:30. Contact Jayne: **exercise.class400@yahoo.ca**

Elmwood-East Kildonan Active Living Centre - Yoga for Seniors Jan 11-Feb. 22, 10 am, at 180 Poplar @ Brazier in Elmwood. Free to members (non member fee \$3 per session). Membership \$15 for year. See Facebook page for more info or call **204-669-0750**

Senior Centre Without Walls through A & O Support Services for Older Adults - offers free educational and recreational programs over the phone reaching out to socially isolated older adults 55+ living in MB. No cost to register. Participants call into a toll-free number. We can also call participants into the line that are unable to do so themselves. As our Program Guide has grown in size and may be too big to open, please view it at <http://www.ageopportunity.mb.ca>

Eastern Star Chalet (ESC) - Congregate Meal Program, 525 Carthcart St., offers a Congregate meal program to area residents 55 plus. Registration required. Volunteers needed for 1 hour per week cleanup. Call **204-889-3687** for info or to register. Leave msg for Lesley.

Fort Garry Legion - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

Springs Senior Drop in Center - Join us Tue. Jan. 12 & 26, 1-4 pm, 725 Lagimodiere blvd. Free coffee & treats, pool tables, shuffle board, games and cards in a newly renovated 2000+ sq. ft. facility.

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

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

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

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

Archwood 55Plus - Archwood Community Centre, 565 Guilbault Street - exercise classes, pickle ball, pool, line dancing, arts, social activities (monthly luncheons, games, legal clinics), bus trips & more. **204-416-1067**, **www.archwood55plusinc.weebly.com**

Bleak House Senior Centre -1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

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

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

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

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

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

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

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

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

High Steppers Seniors Social Club - We meet Wednesdays & Thursdays for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; **Eriksdale** Community Resource Council **739-2697**; **Fisher Branch** Seniors Resource Council **372-8703**; **Gimli** Seniors Resource Council **642-7297**; **Lundar** Community Resource Council **762-5378**; **Riverton** & District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, Pinawa 753-2962 or **Whitemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

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

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



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Recipe OF THE DAY

Scalloped Ham & Potatoes

Metric	Ingredient	Imperial
1 L	potatoes, thinly sliced	4 cup
10	ham slices	10
30 ml	butter	2 tbsp
20 ml	flour	1 1/2 tbsp
500 ml	milk	2 cup
5 ml	prepared mustard	1 tsp
-	salt to taste	-

In a buttered casserole dish; arrange potatoes and ham. Continue layering until ingredients are used. Melt butter and add flour, slowly mix in milk, mustard and salt. Bring to a boil and pour over potatoes. Bake in preheated 375 F (190 C) oven for 1 1/2 to 2 hours.

Serves 4 www.PeakMarket.com

WORDSEARCH - AUTHORS

By Senior Scope

D	A	P	O	C	A	T	H	E	R	P	U	N	S	H	O	N	E	R
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| Addison | Bok | Cranmer- | Gay | Hyne | Le Roy | Mowry | Page | Ray | Sharp | Uzanne |
| Aiken | Bone | Byng | Gilman | Ian | Lear | Muir | Pater | Reed | Smollett | Wairy |
| Allen | Carhart | Depew | Ginzberg | Iles | Lee | Nadin | Patten | Reu | Spyri | Ward |
| Ames | Cather | Dewey | Grey | Joly | Linn | Norris | Payn | Rostand | Stoker | Wiggin |
| Babbage | Chapin | Drake | Haies | Kant | Lobo | Ogg | Poe | Salza | Sue | Wilde |
| Baker | Cist | Droz | Hale | Keim | Lord | Oliver | Pope | Sand | Sun | Wrong |
| Barr | Clay | Fabre | Healy | Kerr | Maag | Optic | Prentiss | Schiller | Tao | Wyss |
| Becke | Cobb | Fee | Holmes | King | Mayo | Orth | Punshon | Seneca | Tasso | |
| Bird | Corwin | Galt | Hope | Kipling | More | Owen | Raspe | Sewell | Thorne | |

SOLUTION ON NEXT PAGE

CROSSWORD

Mighty Aphrodite

By Adrian Powell

- ACROSS**
- 1 "Watch your ___!"
 - 5 St. George's Day mo.
 - 8 Light show light
 - 13 Where she sold sea shells?
 - 14 In bits
 - 16 Not so strict
 - 17 Lecherous forest deity that always seems to slip through your fingers?
 - 18 Perp's excuse
 - 19 Do up one's shoes
 - 20 Advice from a lawyer, perhaps
 - 21 Web spun by the spider love god?
 - 26 "Beat it!"
 - 27 Stabbed with a stiletto
 - 31 Dunce's attire
 - 34 Domino dots
 - 37 Oscar winner Kevin of "A Fish Called Wanda"
 - 38 Brunch for a Latin American
 - 42 Valentine deity?
 - 42 Skipper's work place
 - 43 It's often seen over Israel
 - 44 Rocky bugler
 - 45 Foot, in kid-speak
 - 47 Demolish
 - 50 Arrow shooter awarded to NHL champions?
 - 56 Crackerjack fighter pilot
 - 59 It's misery
 - 60 Where gladiators fought lions
 - 61 What the theme answers are about

1	2	3	4	5	6	7	8	9	10	11	12
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56	57	58		59				60			
61			62	63			64		65		
66									67		
68						69				70	

- DOWN**
- 1 Oil-bearing rock, perhaps
 - 2 Ricin, for one
 - 3 One of Franklin's doomed ships
 - 4 Pass on
 - 5 Well-suited
 - 6 Godliness
 - 7 Update a warship
 - 8 Sign of the lion
 - 9 Wheat bristle
 - 10 Tries the brandy
 - 11 Rhyming see-saw sitter
 - 12 "I think; therefore, I am" guy
 - 13 Bakan bloke
 - 15 Bob Cratchit, e.g.
 - 22 Dandies
 - 23 French wine valley
 - 24 Pharaoh's symbol
 - 25 Big heap
 - 28 Pull the trigger
 - 29 One form of ether
 - 30 Roll-top, for one
 - 31 Shoot the breeze
 - 32 What a crank once started
 - 33 Mazatlan money
 - 35 Buckwheat, to Alfalfa
 - 36 Trapper's device
 - 39 Cat scanners?
 - 40 Malt kiln
 - 41 Manitoba gumbo
 - 46 Two-masted ships
 - 48 Pharaoh's talisman
 - 49 Where Monaco is
 - 51 Hangman's loop
 - 52 Crowbar, basically
 - 53 Unskilled labourers
 - 54 Enlarged part of a map, often
 - 55 Stats Can. gathers it
 - 56 Lab tech's gel
 - 57 The final few bars
 - 58 Kayaker's current concern
 - 62 It's mined
 - 63 Served up supper
 - 64 Neurologist's tracing, briefly

SOLUTION ON NEXT PAGE

SUDOKU EASY

By Senior Scope

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

MANITOBA Wild

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HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

There are a few good reasons for starting a tour of Vietnam in Hanoi. One, of course, is Hanoi itself. Wandering around the Old Quarter is an experience in itself. If you're interested in culture you can take in the Thang Long Water Puppet Theater near Hoan Kien Lake. If you're interested in recent history you can visit Ho Chi Min's mausoleum and join the queue that files slowly and solemnly past his glass sarcophagus.

The other reason for starting off here is that it's the jumping off point for those interested in heading north to Sapa to take in the mountain scenery and to visit with the hill tribes or those interested in heading east to tour the equally spectacular Halong Bay.

Time was a little short so rather than hike up and down mountains we elected to go on an overnight boat trip out on the bay. Organizing the trip is as easy as walking into any of the many, many tour offices in the Old Quarter and choosing the type of trip you want. You can also book online and even in your guesthouse. There's something for pretty much any budget. The most popular excursions are the overnight trips. A bus will pick you up at your guesthouse and run you down to Halong City. There, you'll walk through the turnstiles at the pier and a lighter will pick you up and transport you to your boat. Backpacker rates run around US \$60.00 and a midrange tour will set you back something like US \$100.00. Generally the quality of the experience will depend on how much you pay.

We went with a midrange package and were transported in a new and clean bus the 170 km to Halong City. At the pier a lighter ran us and nineteen other couples out to the boat where we were greeted with a welcoming drink and assigned cabins. Our cabin was what you would charitably call cosy but it was air conditioned, had an ensuite and a large rainwater shower. We weren't there to hang out in the cabin anyway so it was fine.

This was our first Vietnamese tour and the thing it had in common with subsequent tours was just how much these guys want to see you get your money's worth. They will not rest easy unless you finish the day exhausted.

We weighed anchor around 2:00 PM and set out into the maze of bays, channels and limestone karsts that make up the bay's spectacular scenery. The buses run out of Hanoi at pretty much the same time so lighters empty the boats, crews make up the cabins, and new guests arrive on a pretty tight schedule. What this means to you, the tourist, is that you are going to be standing on the pier until the boat is ready to receive you on the way out and standing in the street until the buses are cleaned and ready to take you back to Hanoi at the end of your tour. The other thing is that you and around 450 other boats are going to be getting your first glimpse of Halong Bay pretty much all at the same time. It is not a solitary experience. What with all the boat traffic and the masses of people moving on and off the pier it sort of reminds you of those old film clips of the D-Day inva-

Halong Bay, Vietnam - PART 2

By Rick Goodman ©Copyright 2016



Halong Bay - 435 Steps Up

sion of Normandy during WWII. But don't get me wrong, it was a wonderful experience and my only regret is that we didn't book a two or three night trip.

It was a very structured tour. We weighed anchor, and look at that, on board five minutes and I'm already talking sailor talk. Salty or what! We weighed anchor, had a welcoming drink, checked into our cabins and then took advantage of what our guide called a "photo opportunity" by taking pictures of everything in sight. Then we got changed, piled into the lighter and were taken to a floating dock where we were put on little plastic ironing boards and sent off to enjoy 45 minutes of kayaking adventure amongst the tour boats and karsks. Bea and I had discovered Beer Street the night before and overindulgence in something, probably the fermented sausage, had me not looking or feeling my best. A little paddle around the bay in blazing sunshine and 35 degree heat was exactly what I needed. Bea complained bitterly. It was too hot. There was no water. Look out! We're going to hit that rock! Every now and then she'd dip her paddle in the water. I stroked manfully along and prayed to Jesus to take me now. He was merciless.

And then a miracle. The guide showed up paddling hard and on his way by I heard him say, "Are you hungry? Go to the dock." I'm deaf in my right ear but that's what I heard.

Bea was transformed. She settled deeper into our little plastic skillet and turned into a paddling machine. Left, right, left, right, miniature whirlpools were rolling off her paddle blades she was pulling so hard. We were starting to leave a wake.

"Gee Bea," I said, "you're really starting to get the hang of this kayaking."

"AAH," she grunted, "Are you deaf? He told us to go to the dock because there's sharks in the water and they're hungry!"

We hit the dock head on at around 17 knots and were catapulted onto a pile of old fish nets. Fear and adrenaline, no more headache.

Back in Hanoi I went online and could not find one single incident of a shark attack on Halong Bay so I suspect that was just a ploy our particular guide used to get his wards back on board in good time for our next adventure.

A headcount showed that nobody had gotten eaten so the crew pulled up the anchor and we chugged down the channel to an island, everyone piled back into the lighter, and we hit the beach. Some people decided to swim but most of us opted for a climb to the lookout for another photo opportunity. Anytime you go sight seeing in Asia there are going to be stairs involved and this was no exception. Four hundred and thirty three vertical steps later we were standing, winded and dehydrated, overlooking one of the most spectacular vistas we had ever set eyes on. Boats cutting long white wakes through the green water, jungle growth around us, and towering karsks stretched to the horizon. Trust me, if you ever have the chance to go it will be worth both the expense and the pain.

They didn't give us a lot of time though. 45 minutes to make the climb, get back down and head back to the boat. It was time to tour a cave. We were running behind schedule and it was getting dark when the lighter dropped us off at a set of stone steps

that led up to the cave entrance. It was completely dark by the time we finished the climb. There were electric lights strung through the labyrinth so we were able to see where we were going once we were inside. Like everything else in Halong the cave was spectacular. But you had to work for it. We climbed down narrow corridors that would open up into huge amphitheatres. We would climb up, go around rock pillars and come across another stunning view. Up and down, around and around, eventually the path lead us out onto a platform high above the bay. We could see the boats lit up in the distance far below us. And then the folks in charge of the cave decided to call it a day and shut the generator off.

Nights in the tropics tend to be dark. When that generator went off it was very dark indeed. There was no moon. The jungle crowded beside us. Steps had been hand cut in the stone and they were uneven and irregular. There were flat areas and steep areas and areas that were steeper yet. Occasionally we would come across a spot that someone had decided was particularly tricky and had strung a rope up as a sort of guardrail.

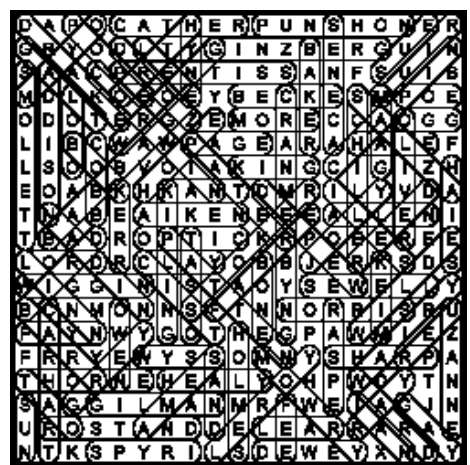
We came down that trail like a human centipede, our sandals slapping on the bare stone, our way lit by the light of three cell phones. I'd already figured our guide was a bit of a joker so I stayed very, very, close to him. The plan was to brain him with a rock if he even looked like he would yell, "Snake!"

A stampede would have killed us all. But we made it back aboard the lighter without taking any casualties and made the run back to the boat in the dark, only nearly colliding once with a fishing junk that was running without lights as well.

Back onboard the boat, over an excellent dinner, we all agreed that this might not have been the safest tour we had ever been on but boy, were we ever getting our money's worth in exercise and adventure. In just a single afternoon, to hear us tell it, we had nearly been eaten by sharks, free climbed down the face of a mountain in the dark and had come within a hair of being shipwrecked.

We could hardly wait for tomorrow. In the meantime, waiter, if you don't mind, another plate of fermented sausage if you please. And maybe just one more cold beer to ward off dehydration. We deserved it. We were adventurers. ■

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

STEP	APR	LASER
SHORE	PIECEWISE	
LAXER	TEFLON	PAN
ALIBI	TIE	SUE
VENUS	FLYTRAP	
	SHOO	KNIFED
CAP	PIPS	KLING
HUEVOS	RANCHEROS	
ATSEA	ELAL	ELK
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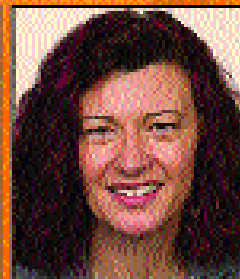
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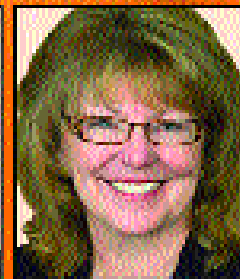
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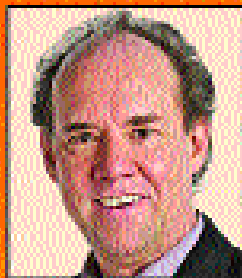
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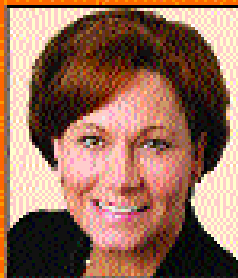
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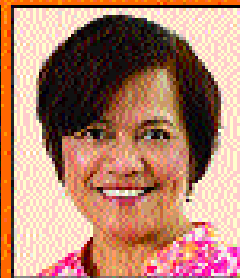
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