

NEW!
Communauté Francophone News:
SEE PAGE 3

55+ Housing & Lifestyle Expo - Extended Hours
SEE PAGE 7

Currie's Corner - 5
DRIVEN - 8
The BUZZ - 10
TRAVEL DIARY (HUMOUR) - 15

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50+ Health & Wellness Refresh & Rejuvenate Expo - Ile des Chenes, MB

- Corinne Webb, President - Vintage Club - corinnewebb@mymts.net



50+ Health & Wellness Refresh & Rejuvenate Expo took place on January 30th at the TransCanada Centre in Ile des Chenes, MB. This event was put on by the Vintage Club which consists of a group of residents or volunteers from Ile des Chenes and its surrounding area, along with an advisor from the Ritchot Senior Services, the RM of Ritchot and the Manager of the TransCanada Centre. Approximately 100 residents participated in this event. A number of new activities such as, line dancing, water colors, floor curling, coffee talk and Block Therapy will be offered at the TransCanada Centre. ■

Happy Belated Birthday to Eva Paulsen who turned 105 on Feb 19th, 2016.



Eva Paulsen, front left, and her family. Eva lived in Stonewood Place in Stonewall until moving to the Betel Home in Selkirk at the end of 2015. She has five children that are all living and numerous grandchildren, great grandchildren and even great, great grandchildren.

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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

Generations Together in St. Vital

- Lesley Smith - Vital Seniors



Tots and seniors were all smiles at an intergenerational musical Valentine's party. Vital Seniors teamed up with Nancy Aasland of Kindermusik Discovery and several families with young children in songs, creative movement, instru-

ments, refreshments, and a few surprises that kept everybody dancing and smiling.

Join us for our next event, a St Patrick's Day Musical Party on Tuesday, March 15, from 10-11:30 a.m., St. Mary Magdalene Anglican

Church, 3 St. Vital Road, off St. Mary's Road. For information, visit www.kindermusikdiscovery.com or call 204-453-1222 or Lesley at 204-452-2230. ■

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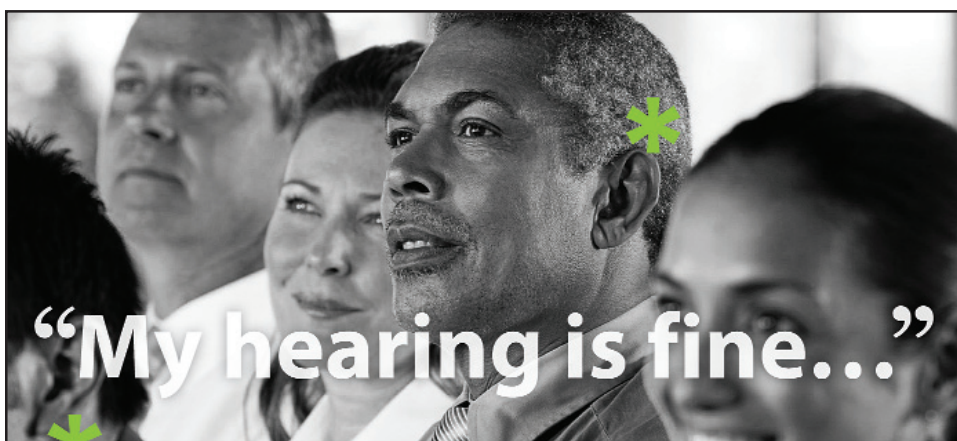
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Communauté Francophone News:

« UN AIR DE COMMUNAUTÉ »... un projet d'envergure provinciale

- Soumis par la FAFM

La Fédération des aînés franco-manitobains organise entre mars 2016 et mars 2017 Un Air de communauté, soit cinq grandes manifestations artistiques intergénérationnelles rassemblant nos communautés manitobaines présentes dans les régions de l'Est, de l'Ouest, du Sud, éloignée et urbaine.

Le projet Un air de communauté livrera cinq « tableaux » illustrant les richesses de chacune de ces régions dans cinq représentations créées dans le plaisir de la collaboration entre nos artistes, nos artisans et nos travailleurs artistiques et culturels de tous âges. Une série

de rencontres entre générations offrira à nos artistes francophones de tous âges et de toutes les disciplines l'occasion de partager, d'apprendre et de créer ensemble. Les aînés franco-manitobains se feront ainsi chefs de file de grands rassemblements artistiques en chapeautant ce projet d'envergure provinciale.

Le comité ad hoc du projet compte déterminer, d'ici la fin du mois, quelles communautés de chaque région prendront part à la mise sur pied d'une initiative de ce type. Par la suite, cinq équipes de production seront formées pour la

mise en œuvre de leur propre événement, selon « les airs de communauté » de leur région respective. Cinq représentations auront lieu à tour de rôle avant la fin mars 2017.

La FAFM a embauché l'artiste professionnelle Nicole Brémault pour assurer la coordination de ce projet, tout en s'associant à plusieurs partenaires communautaires. Parmi les membres du comité ad hoc du projet, on compte l'Accueil francophone, l'Association culturelle franco-manitobaine, la Division scolaire franco-manitobaine, la Radio communautaire Envol, le Réseau communautaire,

l'Université de Saint-Boniface et Le 100 NONS. Ensemble, le comité et les membres du personnel affecté au dossier verront à la livraison de produits artistiques qui viendront satisfaire à tous les goûts au cours de la prochaine année!

Il est important de reconnaître l'appui financier du gouvernement du Canada dans cette initiative. Cet important appui permettra de mettre en valeur les personnes qui collaboreront aux projets, ainsi que les communautés francophones du Manitoba. ■

Be Fit with Gwen



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

It's Running Time

I am getting ready for the 2016 Running Season with plans to race not only in Manitoba but travel in the Western Provinces to compete on a regional basis.

To do this I work out at the Seven Oaks Wellness Center six days a week. This facility has the ability to totally change your fitness perspective and improve your health, fitness, and create a new you.

They provide a full medical assessment at sign up and have trained professionals to guide you through fitness, injury and illness recovery.

From Aquasize to Badminton through special classes for all fitness requirements. This facility is a state-of-the-art facility dedicated to improving the health of the community through health promotion, disease prevention, and rehabilitation services. Their skilled and certified health professionals and internationally recognized innovative medical fitness programming have made them one



of North America's top facilities. Learn how to become well and stay well!

Join me at the Wellness and let's get fit together to enjoy our golden years in fitness and health. You

can be a better you with their guidance.

Diet and Exercise

This is the time of year when everyone wants to start their fitness program for heading south or getting ready for summer. It's interesting that fad and crash dieting and improper training are utilized by so many.

The true process of getting to your goal is based upon correct nutrition, and training with the results being, improved fitness, greater strength, delayed aging and reduced risk of diseases.

My goal is to achieve the positive benefits of Fat Loss combined with the positive lifestyle that fit-



ness creates. No matter what age we are Running, Cross Country Skiing, Aqua Fitness, Weight Training in combination along with eating to the Canada Food Guide recommendations with lots of protein, vegetables and fruits. It makes for a healthy and enjoyable life.

Many of the people I know who attend such facilities as the Seven Oaks Wellness Center at Seven Oaks Hospital have utilized this great facility along with their professional staff and their approach to fitness, nutrition and overall

wellness to great success. You get out of it what you put into it and this means effort. Effort under the safe guidance of the fitness evaluation at the start of your membership along with the individual guidance found in courses, personal trainers and the encouragement of other members make a substantial difference in the outcome of your efforts.

Many of my friends run the Edge Challenge. They run 2016 Miles before the year is out. My personal challenge is to do it in Kilometers so I am shooting for 2016 Kilometers his year. It is only 38 Km per week and combined with rowing, medium weights and skiing this will be a fun time. Oh yes, dancing is a great exercise and I am going to do a lot more of it this year. Exercise, Romance and Fun - see you on the gym floor and on the streets and the dance floor.

- Gwen

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The Costs of Inactivity and Not Paying Attention

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

Usually, when someone calls to see me it's because they have questions or concerns that need to be addressed. The concerns could be questions about their investment choices, the amount of income tax they are paying, how their will or power of attorney is positioned or protecting their estate. For someone to make the effort to come to see me there is always a reason. I had a very interesting and upsetting client appointment the last week of January. I'm starting to realize that writing some of these articles may become therapy for me.

I will give you a summary of this person's scenario:

- 70 year old woman approaching retirement who has had life-threatening health issues
- She is in a second relationship and has an adult daughter in her late thirties
- She has a portfolio of \$700,000. \$350,000 is in registered funds and \$350,000 is in non-registered investments.
- Of the non-registered pool \$150,000 is invested in mutual funds which she has owned for many years. The remaining \$200,000 is invested at the local Credit Union in Term Deposits earning 1.5% - 2.5%.
- Her income from all sources is \$75,000/year. This means that some of her Old Age Security is being clawed back as a social repayment. The OAS claw back threshold is \$73,756.

After the initial introductions and small talk, I asked her what I could help her with and about her greatest concerns with money - she looked at me as if I was speaking a foreign language. After a minute or so, she said she had no concerns. She had lots of money and was banking most of her pay. This was an unusual response, so I asked her once again why she came to see me. She answered that she was not really sure but she thought she should come.

As we started to talk, she cautiously told me that she had surgery last year and that she had been diagnosed with cancer but everything was now okay. I started to ask questions about her life planning. Did she have a will or power of attorney? Her answer, to my surprise was, no she did not. She had no plans or timetables to have a will or power of attorney done. I continued to ask her about

her investments. How she had accumulated these funds? How was her daughter positioned? Did she know how much income she would need or want in retirement? If she became ill again, what were her wishes for herself? If the worst came to pass, what were her wishes for her estate and whom did she want to handle or have input into her affairs?

She seemed very detached but did say that if she died, that she wanted her funds to go to her daughter, her only child. In further discussions - I asked if she knew what her partners plans were as he also had some health issues. She replied that she did not know what his plans were as they never had these discussions even though they had been together for many years. She also did not know if he had registered or non-registered investments and if any of his holdings would have an impact on her.

With this limited information and someone who did not seem to be at all engaged with her finances - the question became what to do next to break through this detached barrier? So I thought I would tackle one issue at time. The following are the topics we covered in our two hour discussion.

- 1) **Money in Term Deposits** - Choice of investments for the largest portion of her holdings. During our conversation she said that the term deposits were not really a deliberate choice but a convenience as the credit union was close. She had heard that the interest earned on these investments all added to her income and were 100% taxable. She thought this was not the best choice but the Credit Union was easy and she did not have to think about anything. Her tax preparer did comment on her return and the staff at the Credit Union did not present any alternatives.
- 2) **Second Marriages and Tax consequences if a child inherits RRSPs** - Most families in second relationships want their assets to be inherited by their children or those within their family line. Without proper planning this decision may create unexpected consequences. Whether registered or non-registered investments - **a tax free roll over exists between spouses only** (exceptions on registered assets may exist for dependent or disabled children). Her daughter

is not her spouse - therefore upon her death the full \$350,000 of registered assets would become fully taxable income. Other fully taxable income would be any interest earned on the Term Deposits. The only tax relief would come from her mutual funds as only 50% of the capital gains (profits) is claimed as income and **50% would be tax free forever.**

On any given year, her income tax reports the following income: a) salary \$54,000 b) interest \$3,000 c) with OAS and CPP her total income is \$75,000 which falls into the \$67,001 - \$90,563 or 37.90% tax bracket. I could not guess what the capital gain inclusion would be as she did not have all of her information for our meeting.

The most severe tax consequences and the decimation of an estate occurs upon someone's death if proactive steps are not taken. It is assumed that all you own is virtually sold one minute before your death. In Janet's situation, if her death occurred at the end of the tax year, her income would be \$420,000 plus any capital gains. With the **new tax rules** instituted December 2015 she would owe **almost \$200,000 in taxes** (the provincial government has just announced that they also want to add a surcharge to those Manitobans who have a higher income. This may mean you or your estate!). She did not realize this.

I advised her that we have financial planning software that allows us to play "what if" games. I inquired if would she like to see what the outcome would be for her daughter and her estate under different circumstances. She answered that she might be interested in this. We would look at the following options:

- a) **Reclaiming her Old Age Security** - Presently her taxable income is \$75,000. The beginning of the claw back of Old Age Security for the 2016 tax year is \$73,756. If we repositioned her \$3,000 of interest income into corporate class holdings, her taxable income would drop (\$75,000 - \$3,000 = \$72,000) \$1,756 below the claw back. She would have her Old Age Security paycheques reinstated. It's a simple fix.
- b) **If registered investments are willed to her common law spouse** - the registered funds could roll over to her common

Continued on page 5

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CURRIE'S CORNER



By Roger Currie

Marco Muzzo is a man who will be spending the next few years behind bars in southern Ontario, but eventually he will be released, and chances are he will drive a vehicle again. The same cannot be said for the three young children that he killed last September when he blew through a stop sign with a blood alcohol level that was almost three times the legal limit.

All of Canada shared the very public grief of the kids' mother and father, and all that was left was for a judge to decide how long Marco's sentence will be. His remorse seemed fairly genuine, but it doesn't do much for the ongoing problem of

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

Impaired System

the slaughter on highways that results from drinking and driving.

Perhaps the day is not all that far off when none of us will even control what happens behind the wheel. Driverless cars are being tested in more and more places. Until that happens, there's another relatively inexpensive technology that would help cut down on the toll of death and injury. It's called ignition interlock.

The vehicle simply won't start if the driver is unable to supply a breath sample that is free of alcohol. It has been used for several years in cases of repeat offenders. For a few hundred dollars, it could be standard equipment on all vehicles, both new and used.

Why doesn't it happen? Might it have something to do with the power of the liquor industry? Politicians seem to be afraid of coming down too hard on brewers and distillers, and the locals who run the hospitality business.

In January, in Manitoba, we celebrated the 100th anniversary of women being allowed to vote. The women's suffrage movement was closely linked with the campaign to abolish liquor. Prohibition was tried for a number of years in both Canada and the United States, and it was a dismal failure.

Hopefully at some point, technology will achieve what politics and the justice system have been unable to do. ■

The Costs of Inactivity, cont'd from page 4

law spouse tax free. The tax issue then would be deferred to his death. This is a temporary solution and not a permanent one. There would have to be many steps taken to protect her holdings for her daughter and because of health issues for both partners this may not be possible. The fixes are complicated and their present health does not place them in an ideal spot.

c) **Become more tax-efficient with her investments** - if she was willing to have her investments in a managed account that acted like a pension fund, and where the management fees were tax deductible, we could start to accelerate the withdrawal of her RRSP/RRIF. As an example, if the tax deductible management fee was \$10,000/year her income could drop from \$72,000 to \$62,000. Then we could withdraw \$10,000 of RRSP/RRIF dollars without placing her OAS in jeopardy of claw back. By accelerating the withdrawal of her RRSPs/RRIF we could save her

estate from the \$200,000 tax bill. It's important to note that Janet is paying a management fee on the spread of her term deposits - the banking institutions just don't call them management fees like they do with mutual funds.

There are many more tax planning strategies which would preserve her estate by paying less tax, help her daughter to inherit more and benefit some of her favorite charities.

All of this is so easy to do. But what happens if someone like this does not recognize or acknowledge that she has a problem.

Shirley Hill and Associates is starting a Seminar program. Our first seminar is on April 6th at 7:00 pm 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. ■

SHIRLEY HILL 
Executive Financial Consultant

Shirley Hill & Associates Private Wealth Management

Investors Group Financial Services Inc.
10 Island Shore Blvd.
Winnipeg, Manitoba R3X 0E7
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The purpose is to advise you of current developments, not to provide legal advice. Clients must consult their professional advisors for advice based on their specific circumstances. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact Shirley Hill.

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Brodie Centre, Bannatyne Campus
Registration opens 8:00 am

TUESDAY, MAY 3, 2016
Symposium Workshop
AGE-WELL: Canada's Technology
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8:30 am - 12:00 pm
E3 - 262 Engineering &
Information Technology Complex
(Semate Chambers)
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YEAR ROUND STORAGE

It's Thistle Tyme! Back by popular demand

It's true... Thistle Tyme has been asked to appear on March 18th for a revisit to the very place they started some six years ago. The Fox and Hounds Lounge, Portage Avenue Winnipeg.

The act started their Six years ago playing weekly for almost three years.

Many Changes have occurred since then.

- For one thing a name change from THISTLE to THISTLE-TYME.
- Some personnel changes who we hope will be present to allow us to introduce them to you.
- New material - Come down and join in.

One thing we are re-introducing is, **'And do you remember?'** We used to invite people to 'come on down' bring your instrument, voice, or other and join in. It's going to be like a big Jam Session. We haven't done that in a long time.

We are dashing back from The Casino in Yorkton to be home just

in time to have this ST. PATRICK'S DAY REUNION.

LOVE TO SEE YA ALL THERE ME LADS & LASSIES.

About 8.30 pm

John 204-278-3552

Release Feb. 24, 2016:

18th Annual Teddy Government Waste Award Winners

- Submitted by Canadian Taxpayers Federation

- Federal – Canada's 2015 COP Paris Conference Delegation
- Provincial – PEI Department of Tourism and Culture for its "uplifting" tourism guide
- Municipal – City of Calgary for its waste station art project, a.k.a. "the poop palace"
- Lifetime Achievement – Bombardier for 50 years of receiving taxpayer handouts

OTTAWA, ON: The Canadian Taxpayers Federation (CTF) today held its 18th annual Teddy Waste Awards ceremony, celebrating the best of the worst in government waste. CTF Federal Director Aaron Wudrick served as host, joined by the CTF's pig mascot Porky the Waster Hater and talented event hostess Amy. The awards event took place on Parliament Hill at the Charles Lynch Press Conference Theatre.

The Teddy, the pig-shaped award given annually by the CTF to government's worst waste offenders, is named for Ted Weatherill, a former federal appointee who was turfed in 1999 for submitting a panoply of dubious expense claims, including a \$700 lunch for two.

"Opposing government waste is serious work, but that doesn't mean we can't have a little fun highlighting some of the most ridiculous examples," said Wudrick. "Especially since the capacity for governments to dream up creative new ways to waste money seems infinite."

Federal Teddy Winner: Canada's 2015 COP Paris Delegation

Canada's delegation to the 2014 conference numbered 69 people – but the new Trudeau government quadrupled that figure to 283 for the 2015 event. The total bill for taxpayers has yet to be tallied, but the costs from one Ministerial office alone ran to \$282,000.

"It seems counter productive to stick nearly 300 people on greenhouse gas spewing planes to fly them to a conference to figure out how to cut greenhouse gases. There's simply no need for such a large delegation, especially considering even the United States sent less than half as many people," said Wudrick.

Provincial Teddy Winner: PEI's Department of Tourism and Culture

Prince Edward Island's Department of Tourism and Culture printed 180,000 copies of their 2015 tourism guide. The cover features a man and a woman relaxing on a sandy PEI beach, with the woman reading a book and the man in shorts laying back and relaxing. Unfortunately, the department clearly failed to notice a significant "bulge" you know where.

"This was a pretty firm example of government oversight," continued Wudrick. "But the consolation may be burgeoning prospects for PEI's tourism industry."

Municipal Teddy Winner: City of Calgary's waste station "poop palace"

The City of Calgary spent an extra \$246,000 on a project to embed LED lights on its new Forest Lawn Lift Station that change color depending on how fast the station is pumping waste water. Opened in September 2015, the new lift station proved immediately controversial, with area residents dubbing it the "poop palace."

"Most people would agree that our waste water is something to manage discreetly, rather than celebrated with an expensive hilltop art project," noted Wudrick.

Lifetime Achievement Teddy: Bombardier

Cost: At least \$3.8 billion and counting - Bombardier, the Montreal-based aerospace and transportation company is one of Canada's longest-running corporate welfare recipients, having taken at least \$3.8 billion in public funds (2015 dollars) since 1966. They are rumoured to have asked for an additional \$1 billion in support from the federal government.

"Bombardier is certainly not the only Canadian company surviving on taxpayer handouts," said Wudrick. "But there is no question that it is one of Canada's most prominent symbols of a fiscally wasteful, economically distorting and politically manipulative strategy of subsidizing failed private companies with public dollars."

Other nominees included:

Federal – The Canadian Museum of Human Rights: \$1.89 million for opening weekend events, in addition to huge capital and operating overruns.

Federal – The "Severance Seven": New MPs collecting taxpayer-funded 'transition' packages from former jobs in provincial and municipal politics – in spite of now having higher-paying jobs as MPs.

Provincial – Thunder Bay Biomass Plant: \$40 million per year to operate a coal-turned-biomass plant that runs only on imported Norwegian wood chips, generating energy at 25 times the average cost.

Provincial – The Alberta School Boards Association: For spending \$41,000 on such baubles as an adult Easter egg hunt and off-site planning events at luxury hotels.

Municipal – City of Victoria: For spending \$10,000 on installing musical sensors on the stairwell railings in a municipal parking garage.

Municipal – City of Saskatoon: Two separate nominations, for a \$5.3 million money-losing parking system that doesn't work well in cold weather and spending \$462,000 on a decorative lighting system on a bridge that was subsequently torn down.

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 84,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receptable contributions.

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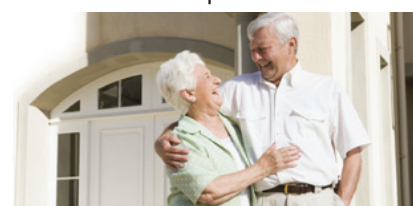
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CH-CH-CH-CH-changes

- Long Term & Continuing Care Association of Manitoba

"Well, today might be the day", thinks Carol. "But I thought that yesterday too. And last week. Mom just called and said she can't find her keys again. Then the Home Care worker called, just as I was going into a meeting, to say Mom would not let her in, again, and could I please come to the house. I have spent the past six months leaving work at a moment's notice... hmmm, speaking of notice, I wonder when my boss is going to say, 'Enough already!'"

"It used to be called the sandwich generation. Maybe it still is. With Bob and I both working, I sure feel like a sandwich. Somedays I feel like a pressure cooker left too long on the stove. Speaking of stoves, the Home Care worker said the oven was on when she got there... again, and Mom did not know why. Bob and I had to take the fuses out of the stove top last month to prevent her from using the elements. At least there are two of us. I have some friends who feel even more pressured. Some of them don't have siblings in town, or a spouse to lean on. I need to find out how to get more help. I am also worried about Mom's safety."

Does this sound familiar? Carol knew she needed to have more help for her Mom but she did not know "Where To Start". A friend suggested she call the Long Term & Continuing Care Association of Manitoba (LTCAM).

There, Jan Legeros, the Executive Director, walked her through the care and living options and explained the newest option called Supportive Housing.

Supportive Housing is the right choice for seniors who want the freedom and privacy of living in their own individual suites, combined with innovative support and care options. Resident Companions, who know and support residents and their families, are on-site 24 hours a day. Supportive Housing is a good option for people who need some assistance managing with

physical limitations or ongoing health conditions such as dementia. Supportive Housing staff work with the senior and the family to ensure the service plan is 'just right' for each individual. There are high standards established to ensure comfort, independence, safety and peace of mind.

In all Supportive Housing residences, appetizing meals are provided and served in a shared dining area. Laundry, housekeeping, social and recreational activities, as well as scheduled outings, are available at most residences. Support with bathing and dressing, medication reminders and access to 24-hour on-site supervision are provided.

Carol was shown the Navigation Section of LTCAM's website called "Options for Seniors - Where Do I Start?" There, Carol was able to take virtual tours of the different types of care and living options to get a sense of the environments.

She was also shown how to determine which option could be a good fit for her Mom by comparing and contrasting the different features of each type, including cost.

"In a Personal Care Home" (PCH), Jan Legeros explained, "the cost is dependent on income."

The next step would be to ask for a meeting with her Mom's Home Care Case Coordinator. Jan explained, "Home Care must conduct an assessment to determine your Mom's eligibility for either the Supportive Housing or Personal Care Home option."

Once Carol had spoken with Home Care and the option that was right for her Mom's care was determined, Carol was encouraged to go on tours, keeping track of residences she has visited. Carol was shown the Vacancy and Wait time information for all Supportive Housing residences in Winnipeg. SThis list is updated weekly on the LTCAM website.

For more information visit: www.ltcam.mb.ca/seniorsupport

A & O Housing & Active Lifestyles Expo - Same great location, same free admission, same free parking - new LONGER HOURS!

The 9th annual A & O: Support Services for Older Adults **55+ Housing & Active Lifestyles Expo** is the place to be on Monday, May 30th, 2016. Due to the phenomenal success of last year's show, we are once again offering **FREE ADMISSION** for this year's event. This year the event will once again be located at the Victoria Inn, 1808 Wellington Ave which offers **FREE** parking and is located near a bus stop. Due to popular demand, this year's show will offer extended hours, and run from 10:00 AM until 8:00 PM. If you have questions about housing options and services available to older Manitobans, the answers can be found at this event.

The Expo showcases exhibitors knowledgeable in housing and support services for older adults. The event will include exhibitors representing housing facilities, care facilities, senior living communities, housing support services, financial services, moving and storage options, realtors, home safety and security, and various public and non-profit agencies that provide services or assistance related to older adults.

A & O's main booth will provide information on its social, recreational, and community services for older adults. The SafetyAid program will be on hand to provide information on their free home safety audits to older adults 65 and up, and to those who have been victims of crime. In addition to the audit, safety items are provided and installed for eligible older adults, including deadbolts, peep holes, non-slip bathmats and flashlights. The SafetyAid program also has a Falls Prevention checklist to help older adults address any potential fall hazards that might exist in their homes.

A & O offers services that fall under the categories of our three pillars: Safety & Security, Social Engagement, and Counselling. The

Safety and Security pillar includes support around issues such as elder abuse, victims of crime, and hoarding disorder. Social Engagement opportunities are offered through our Entry program for older adult immigrants, virtual senior center and in-person visits. Counseling and information on a variety of topics is provided along with specialized housing consultations and legal clinics. A & O's newly updated 2016 [Winnipeg Housing Directory for Older Adults](#) will be available for purchase onsite.

Participants will also have the opportunity to enter a number of free exhibitor draws at this information only, no-sales event. For further information, visit www.aosupportservices.ca or call A & O at **204-956-6440**. We look forward to seeing you at this year's event! ■



9th Annual 55+ Housing & Active Lifestyles Expo

Monday • May 30/16

10 am - 8 pm Extended Hours

Victoria Inn
1808 Wellington Ave.
Winnipeg • MB

The event will include exhibitors representing housing facilities, housing support services, care facilities, financial services, moving and storage options, realtors, home safety and security and various public and non-profit agencies that provide services or assistance to older adults.



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MAR. 2, 2016

Overview:

- **SPRING SERVICE**
- **DETAILING**
- **TRAVEL**
- **PHOTO RADAR**
- **ADVANCED DRIVING TIP**

DRIVEN!

The **SENIOR SCOPE** Automotive Review

15th Edition



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

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<https://www.ontarioparks.com/park/ouimetcanyon>

<http://www.travelmanitoba.com/listings/riding-mountain-national-park-of-canada/6721/>

PHOTO RADAR

Well the school zone photo radar is alive and operating at 2 am in the morning. Yes they are and they mean business.

So I have plotted my drives to not be in School Zones and while I do not endorse speeding I feel that the bike and pedestrian special interest groups are out of hand. They pay no road tax, wish to return us to the 1800's in the ability to move people and freight, and have use of roadways made for vehicles. In addition, many REFUSE to obey the Highway Traffic Act and often don't stop at stop signs or lights. They travel all over the road surface, and interfere with traffic flow. I ride a bike and walk with respect for the law and I find I am often at risk from them as well.

Schools must train their students to have sufficient skills and abilities to cross with the guards and to obey at a very early age the laws of the land, not play on roadways. While children are care-free and not careless they must be shown the correct responsible process of life.

Parents who say their children cannot play on streets due to traffic and then allow them to be on the street should be charged both under the HTA and for child endangerment as the law prohibits obstructing a street or playing on it.



Photo Radar is a sop to the bike and pedestrian groups, functions as entrapment and is a major cash grab. All photo radar vehicles should have warning lights and signs on them and be painted a bright recognizable colour. They must be obvious as to their position and function. In addition they must have Real Police Officers who are trained in HTA Enforcement in control at all times.

I believe in full time traffic enforcement by Police and do not think it is wrong to have all HTA laws enforced at all times on all Drivers, Vehicles including Bicycles and Pedestrians. This enforcement would increase crime prevention, dramatically decrease collisions and save on our insurance. If MPIC is so concerned about safety, pay for more Police to enforce the laws and restrict violators from driving. Investigate Collisions and find those at fault 100% responsible.

Continued on next page



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- 315 King St. East, Virden, MB.
- Hwy 17 & Elm St., Vermilion Bay, ON.
- 981 Kings Hwy, Fort Frances, ON.
- 255 Main St., Roblin, MB.



DRIVEN! The SENIOR SCOPE Automotive Review
 Continued from page 8

Advanced Driving Tip of the Month

The Emergency Lane Change and Stop

The concept that a vehicle can make a lane change in 1/5 the time and 1/5 the distance it can stop in, is accurate and requires the driver to constantly scan and search the traveled path for an alternate path.

A lane change under full braking is done with a half turn of the steering wheel in the direction you want to go and an immediate half turn in the opposite direction and then a quick turn to the center or straight ahead position. This is done while threshold braking or under full ABS braking. This life saving skill can be learned at a Advanced Driving Course and has resulted in people who take them having a 50% reduction in collision severity and frequency.



Look where you want to go (at space not at an object). Drive to the Space by steering to the open space. If you look at any object while driving you will have a natural tendency to aim your vehicle at it. ■

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18+ ENJOY RESPONSIBLY

THE BUZZ

By Scott Taylor



One of Winnipeg's greatest gifts to hockey passes away at 83

Last weekend, the National Hockey League held a moment of silence in each of its cities to memory of one of the greatest gifts Winnipeg ever gave to the game of hockey.

Hockey Hall of Famer Andy Bathgate died on Friday at age 83. He played 1,069 NHL games between 1952-53 and 1970-71, with the New York Rangers, Toronto Maple Leafs, Detroit Red Wings and, finally, the expansion Pittsburgh Penguins. He scored the first goal in Penguins' franchise history and will be honoured before today's game with the Winnipeg Jets (2 p.m. on Sportsnet).

He also provided hockey with another first. It was a first that goaltenders appreciate to this day.

On the night of Nov. 1, 1959 at New York's Madison Square Garden Bathgate changed the face of hockey when, angered, he fired a puck at the face of Montreal Canadiens goaltender Jacques Plante. That prompted Plante to leave the ice and return wearing a mask. That night, Plante – also a Hockey Hall



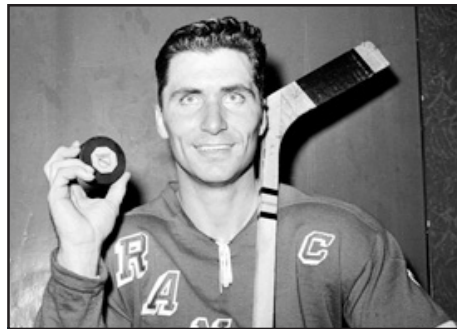
Andy Bathgate

of Famer – became the first goaltender to wear a mask full-time.

Bathgate told Plante's biographer that it wasn't an accident. Earlier in the game, Plante had tripped him into the boards, nearly causing a serious injury. Bathgate was righteously pissed.

"Later he had his stick out and I gave him a shot right on his cheek," Bathgate admitted. "It wasn't a slapshot, but I fired it pretty hard. He went off and came back with the mask on. We thought it was a joke. But Plante revolutionized the game. I'm not taking credit, but it changed the game for sure."

Known for his playmaking skills and a powerful slapshot, Bathgate was signed by the Rangers as a 17-year-old free agent in 1949. He



Andy Bathgate with the Rangers

spent three years with the Guelph Biltmore Mad Hatters of the Ontario Hockey Association, winning a Memorial Cup in 1952.

He played his minor hockey in West Kildonan and called sports-writer Vince Leah "one of the most important people in my life."

"I have to give him all the credit in the world," Bathgate once recalled. "Vince was there before my father passed away and after my father passed away when I was 13. Vince really encouraged me an awful lot to get really involved in hockey. I couldn't thank Vince enough."

Of the 1,123 NHL games he would play, including playoffs, Bathgate said that he cherished Game 7 of the 1964 Stanley Cup Final the most. That night he scored what would eventually be



Rangers trading card

the Cup-winning goal in the Maple Leafs' 4-0 victory against Detroit. In fact, he fired that winner over the shoulder of another Winnipeg Hall of Famer, Terry Sawchuk, to send the Leafs on their way to victory.

"Finally, I knew what it was like to win the Stanley Cup," Bathgate told the Hall of Fame. "To hold it skyward, cradle it like a baby and hug it like a loved one."

The gifted stickhandler from West Kildonan scored 349 goals and had 624 assists during his brilliant career. He won the Hart Trophy as the NHL's most valuable player with the Rangers in 1958-59, scoring 40 goals that season. He won one Stanley Cup -- that big win with the Leafs in 1964.

He was always known as one of hockey's great gentlemen. ■

Ryan Gottfried: Learning from Grandpa

By Scott Taylor

Ryan Gottfried is the 14-year-old grandson of former Chicago Blackhawks star and the original captain of the Winnipeg Jets, Ab McDonald. He's the type of 14-year-old who simply gets excited about playing hockey, but being the grandson of a Manitoba Hockey Hall of Famer certainly hasn't hurt his burgeoning career.

For Ryan Gottfried, driving to the rink with a Manitoba Hockey Hall of Fame legend isn't such a big deal. Actually, the legend is just grandpa and the only thing that makes Ryan's trip to the rink different from that of his teammates is that his grandfather probably knows more about hockey than every other person in the arena – combined.

Gottfried is the grandson of the original captain of the WHA's Winnipeg Jets, Ab McDonald. He's a good player in his own right, a defenseman with the Winnipeg Hawks and a Winnipeg AAA Hockey Bantam 1 All-Star. However, he's also the offspring of a Manitoba



Ryan Gottfried and Ab McDonald

hockey legend and that makes him just a little different.

"A lot of people ask me about being Ab McDonald's grandson and I'm just so proud that people ask me that," Gottfried said. "It's like everybody knows him. Everybody loves him."

McDonald, now 79, played 792 NHL games with the Montreal Canadiens, Blackhawks, Detroit Red Wings, Boston Bruins, Pittsburgh



Jets trading card

Penguins and St. Louis Blues. He was the first captain of the Pittsburgh Penguins in 1967 and was 36 when he became the first captain of the original WHA Winnipeg Jets in 1972. He played 147 games over two full seasons with the WHA Jets and scored 29 goals and dished out 41 assists.

He played beer league hockey until he was 77-years-old.

For Ryan, whose father Kurt

Gottfried is a successful coach (he stopped coaching Ryan's team last year in order to coach Ryan's sister Rachel for a season), having a fountain of knowledge like Ab McDonald around has been a blessing.

"My granddad was the first person to start taking me out to the rink when I was three. I couldn't skate very well, but he taught me, got me started, and then when I was five or six I started playing hockey at Sturgeon Heights Community Club. That's where it all started."

Gottfried is well aware that his grandfather played in the NHL, but at 14, he doesn't worry too much about his own hockey future. "I just want to play at the highest level of hockey I can," he said.

No wonder Ryan Gottfried has so much fun with his grandpa. After all those years playing at the highest level of the game – winning four Stanley Cups with the likes of Bobby Hull and Stan Mikita, Rocket Richard and Boom Boom Geoffrion – the old guy obviously gets it. ■

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The Evolution of Senior Slo-Pitch in Manitoba

By Will Tishinski

For years, the game of softball has been played with the simple intent of the pitcher throwing the ball with the greatest speed possible to make hitting the ball as difficult as possible. Should the ball fortunately be hit, then this deed was followed by running, catching, throwing and tagging. There was action on the field. Despite the other players' attributes, the pitcher remained the key figure on the team.

In the pre-World War II era, pitching was done, in what was called the orthodox fashion. It was a simple back-handed cock of the arm with as much underhand forward motion towards the homeplate as the pitcher could muster. In the post-war era, perhaps inspired by touring teams like Eddie Feigner with his "King and his Court", windmill pitching appeared on the scene. In this instance, the pitcher would start with the pitching arm in front of his face, and rotate like a windmill; hence its name.

The net effect of windmill pitching was a faster ball with more curve. An effective windmill pitcher could throw the ball at speeds in the vicinity of 70 miles-per-hour, and curve the ball 2 ft. by the time it reached the batter's box. The combined speed and curve virtually made it impossible to hit the ball squarely. Still worse, the curves could spin left or right, depending on the pitcher's intentions. This would totally confuse the batter. Scores in ball games started to plummet. Games, with scores of 2-1 or 1-0 were common as the pitcher and catcher dominated the play. The defensive players on the field became "spectators" of their own game, anxiously waiting for their turn to bat to see if they could get lucky and make square contact with the ball. The team with the best pitcher usually won the game.

Dominance by the pitchers in softball profoundly affected the recreational leagues. Participants who wanted a friendly game of softball, with hitting, running, fielding and throwing were becoming frustrated when facing a team with a talented windmill pitcher. It must be mentioned that many beginner wind-millers were horrendously wild, making batting a game of dodge ball, resulting in many "walks" to first base. The euphoric feeling of hitting the ball and taking off for first had virtually disappeared. Something had to be done to give the game back to the entire team instead of leaving it in the hands of the pitcher and catcher.

The solution was to change the rules and abolish windmill pitching. A new rule was instituted whereby the pitcher would have to throw the ball in an arc. The arc height had to be a minimum of 12 ft. and maximum of 15 ft. The new form of pitching was dubbed with the moniker "Slo-pitch". Bunting was prohibited. A third-strike foul ball, became an automatic "out".

Slo-pitch made its appearance in Manitoba in adult leagues in the late 1970s. Recreational teams quickly embraced the game as it made it more amenable for mixed leagues, although men's leagues



Will Tishinski played fast-pitch for Manitoba Hydro in the Industrial League - Sargent Park, 1965

also accepted the benefits. However, the greatest impact was felt by seniors. Now that the pitching dominance was removed from the game, seniors could start to play the game again, which they had abandoned in mid-life. Retired seniors started to form teams for competition with the first game played in West Kildonan in 1984. Seniors travelled from all parts of the city to participate in these games. It didn't take long for the numbers to grow and in order to eliminate travelling, satellite house leagues were established by the late 1980s, in Charleswood, Winnipeg South, St. James and East Kildonan, as well as in neighboring cities like Steinbach and Portage.

In order to provide an opportunity for senior women to play, it was mandated that each team must field at least one woman. Bunting was permitted for women, with the defensive players remaining outside the base line until contact was made with the ball.

Other rule changes included the addition of a tenth player, for more defensive strength. This player was called the "rover". To equalize the teams, all ten players would bat in an inning. If the game went five innings, it meant each team would send 50 batters to the plate. Now, scores like 15-10, started to appear, with seniors indulging in the exhilarating activity of batting, running, catching and throwing.

Popularity of the modified game grew rapidly in the early 1990s prompting the Winnipeg seniors to organize intra house-league games, played at Blumberg Softball Complex, on a scheduled weekly basis.

Rural teams were also organizing slo-pitch and in 1991 slo-pitch tournaments were held at Killarney, Portage la Prairie, Charleswood and Eddystone. At about the same time provincial championships, primarily located in rural Manitoba locations, were held by the Manitoba Society of Seniors (MSOS).

Interest in the game throughout Manitoba was starting to mushroom in this period and organizers from the various locations felt it was time to form an umbrella organization to coordinate activities and standardize the rules. In 1993, the Manitoba Senior Slo-pitch Tournament League (MSSTL) was established. Player substitution rules were clarified, a smaller ball was introduced for women batters (travelled further), and standardiz-

ing the size of the home plate mat, were some of the issues resolved.

Having established Manitoba championships for several years, a strong desire emerged to test Manitoban skills against stronger competition, primarily in the United States.

Senior softball slo-pitch had simultaneously gathered enthusiasm across the border and an organization called Senior Softball World Championships was holding tournaments throughout the US. To participate in these tournaments, a team had to qualify from each area, such as Manitoba. This requirement prompted people like Ross MacIver from the Flashbacks, in 1995, to create a provincial qualifying organization, called the Canadian Polar Bear Classic. A qualifying tournament was held that same summer after which seven teams from Manitoba travelled to Kansas City to participate in their first ever Senior Softball World Championships. The results were disastrous! Of the total of 42 games played by all Manitoba teams, the Manitoba record was 4 wins, 38 losses. The dreadful results did not deter Manitoba enthusiasm for the game. Manitobans realized they would have to adapt to the fine points of the game required for participation at the higher level. And they did. Since the 1995 debacle a number of Manitoba teams have won medals and tournaments sponsored by the Senior Softball World Championships.

Participation in the World Championships dramatically affect-

ed the rules which had hitherto been used in Manitoba. The base paths were lengthened to 65 ft., pitcher's mound moved back to 50 ft but the most radical change was the introduction of 3-out ball, replacing 10-batter ball. The last move brought softball closer to the conventional style of the game. With the introduction of competitive ball as sponsored by the Polar Bear Classic, and Softball Manitoba's entry into the organizational scene in 2000, recreational ball was taking a back seat to the competitive stream. The less-skilled players were overwhelmed with all the attention given to the competitive side and started to lose interest. The MSSTL quickly recognized the problem and implemented two streams of participation in Manitoba tournaments - one for the competitive players and one for the recreational players. These changes were all part of growing pains faced by the MSSTL which wanted maximum participation by all seniors. At the height of senior activity in the early 2000's the Manitoba Society of Seniors games had 33 teams participating, meaning there were close to 500 players playing slo-pitch.

Today, it seems seniors are longer in the workforce with fewer people retiring early as they did in the 1990s. However, this does not mean interest in slo-pitch is sagging, since the entire summer is filled with a steady diet of tournaments in rural towns, interleague play in Winnipeg and provincial championship games. And for those seniors who just want to come out and play some casual ball on a sunny afternoon, there are still house league games in operation. Leagues in Winnipeg South, Charleswood, and East Kildonan are still going strong. Anybody who comes out will play, regardless of skill level. It's great to be standing out in the ball field, listening to birds chirping, the pension cheque rolling in, while the masses are working and paying taxes. It doesn't get better than that!

Will Tishinski is an 81-year old who has played senior slo-pitch for 20 years out of the Winnipeg South House League.

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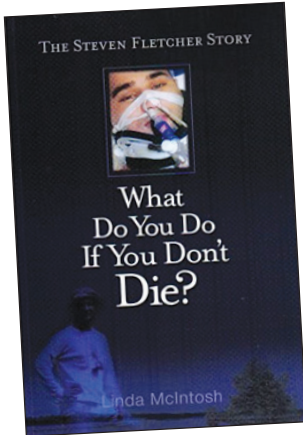
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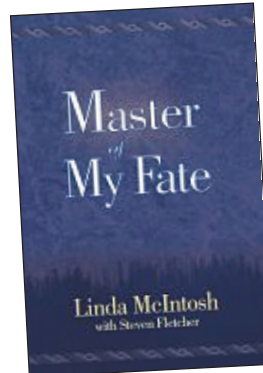
Consumer health books, videos, and magazines for seniors, their families and friends.

Two books new to the Crane Library are on the subject of our home grown hero Steven Fletcher. Mr. Fletcher has devoted his life to politics and served as a Member of Parliament for over 10 years. The first book is a poignant biography, while the second, a sequel, has Mr. Fletcher asking difficult questions about dying with dignity and the rights of Canadians to choose their own fate. Both are timely, well written, and well worth the read.



“What Do You Do If You Don’t Die? The Steven Fletcher Story” is written by Linda McIntosh, a close friend and mentor to Steven Fletcher. It is with obvious respect and warmth she tells Mr. Fletcher’s story of courage and triumph that began with a tragic accident that left him a quadriplegic, to his journey to the Canadian Parliament. This touching biography begins with what life was like before the accident that changed everything, then outlines Steven’s inspirational road to Parliament where the author highlights his struggles as well as the contributions he has made to Canada. In his own words Mr. Fletcher states:” It has been a long road from

a ditch in Northern Manitoba to Parliament Hill, but this journey is probably only possible in this great country of Canada.” ■



In **“Master of My Fate”** Linda McIntosh continues to document Steven Fletcher’s journey in life and Parliament. Featured prominently is Mr. Fletcher’s introduction of two private members bills on Physician Assisted Death in Parliament. This uncomfortable and always controversial topic brought to the forefront a conversation across Canada and one that formally skittish politicians could no longer ignore. This conversation sparked a movement and in February 2015 the Supreme Court of Canada unanimously voted to overturn the ban on Physician Assisted Death. In doing this, Mr. Fletcher

cemented his place in Canadian history. He wrote in a June 2015 article for the Economist: “I am empowered in my life, and my life is devoted to empowering others-including the empowerment to die.” ■

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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Fried Rice

Metric	Ingredient	Imperial
250 ml	rice, uncooked	1 cup
60 ml	butter	5 tbsp
250 ml	onion, chopped	1 cup
250 ml	carrot, chopped	1 cup
150 ml	green onion, chopped	2/3 cup
40 ml	sesame seeds	3 tbsp
5	eggs	5
60 ml	soy sauce	5 tbsp
-	salt & pepper to taste	-

Cook rice according to package directions.

In a large skillet; melt butter. Add onions, carrots and green onions. Saute until tender crisp. Set aside.

Meanwhile, bake sesame seeds in shallow pan in preheated 350 F (180 C) oven for 10 to 15 minutes.

Lightly grease another skillet. Beat eggs and pour into hot skillet. Cook as you would scrambled eggs. Add rice, vegetables and sesame seeds to cooked eggs. Add soy sauce and stir. Add salt and pepper to taste.

Serves 8

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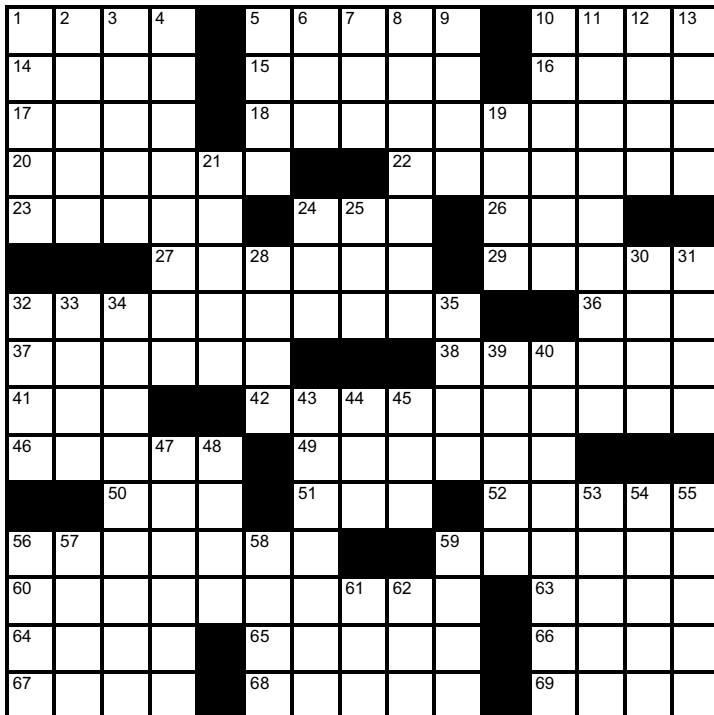
CROSSWORD

When Irish Eyes are Smiling

By Adrian Powell

ACROSS

- 1 Swindler's forte
- 5 Infer from the facts
- 10 Doris Day's "Que ___"
- 14 Seat of the ancient High Kings of Ireland
- 15 Sweeney Todd used one
- 16 "The Haj" writer
- 17 Maple genus
- 18 Weapon used in "Finnegan's Wake"
- 20 Really irritate
- 22 February 29th
- 23 Sucking-up sort
- 24 1933's "Peel me a grape," speaker
- 26 X, to the Greeks
- 27 Gas rating unit
- 29 Czech diacritical mark
- 32 Saint Patrick's Day tradition dating from the early 18th century (with 42A)
- 36 King Kong was a giant one
- 37 Type of bean
- 38 Milliner
- 41 Glove and derby-wearing Addams family cousin
- 42 See 32 A
- 46 Jewish holiday in Adar
- 49 Bach contemporary Jean-Philippe ___
- 50 JAL's Japanese competitor
- 51 Mmmm...
- 52 Song of exultation
- 56 Attributes
- 59 Roman writer exiled by Claudius
- 60 Wee Irish cobbler
- 63 Turkey's gait?
- 64 Mid-leg feature



- 65 Facsimile, briefly
- 66 Home, to the Irish
- 67 Bubble bath sight
- 68 Dismantle the shrouds and stays
- 69 Where bear cubs are born
- 10 Early anti-microbial drugs
- 11 Wipe out
- 12 Baltic Sea capital
- 13 Like a grate after the fire
- 19 Per item
- 21 School for French students
- 24 Scuff up
- 25 Young Darth Vader's nickname
- 28 Poi source
- 30 Pentathlete sword
- 31 "Ol' Man River" writer Jerome
- 32 Come a cropper
- 33 Rwandan Genocide participant
- 34 Lured into illegal acts
- 35 Clarified butter
- 39 Wide open
- 40 Played hooky
- 43 Top off, as someone's drink
- 44 St. Andrews golfer's head wear
- 45 Comic opera "___ Pinafore"
- 47 Habituates
- 48 Skipper's underling
- 53 Scary and creepy
- 54 Squash variety
- 55 Basketball's Thurmond and Archibald
- 56 Social genres
- 57 Waiter's handout
- 58 Pantihose hue
- 59 Make out in Middlesex
- 61 Showery mth.
- 62 Tell's Swiss canton

SOLUTION ON NEXT PAGE

WORDSEARCH - Baseball Players

By Senior Scope

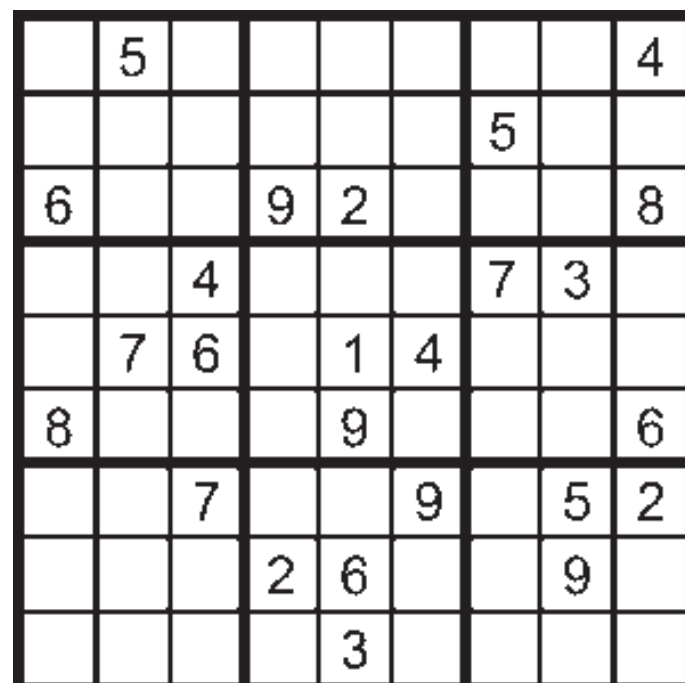


- Addie Joss
- Al Kaline
- Amos Rusie
- Bid McPhee
- Carl Mays
- Charles Comiskey
- Cy Young
- Dan Boone
- Darrell Porter
- Don Sutton
- Doug Drabek
- Early Wynn
- Ed Walsh
- Frank Thomas
- Ichiro Suzuki
- Jay Buhner
- Jim Bouton
- Jim Palmer
- Jim Rice
- Jimmie Foxx
- Joe Medwick
- John Ward
- Kiki Cuyler
- Larry Doby
- Mark Grace
- Matt Stairs
- Max Carey
- Mel Ott
- Mike Sweeney
- Sam Rice
- Shea Hillenbrand
- Tim Keefe
- Tom Glavine
- Tony Gwynn
- Ty Cobb
- Whitey Ford

SOLUTION ON NEXT PAGE

SUDOKU MEDIUM

By Senior Scope



Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

TRAVEL DIARIES

THE HUMOUR OF IT ALL



By Rick Goodman
rickgoodmansk@hotmail.com

Our plan was to travel by night train from Hanoi the 540 km south to the city of Hue. Chien Roan, who owns the Advisor Hotel where we stayed, arranged the tickets for us, and even accompanied us to the station to make sure we got on the right train.

We were booked on the SE3, one of what are known as reunification trains that run between Hanoi and Ho Chi Min City.

These trains have different classes of seating. Top of the line is a four berth soft sleeper, bottom bunk, followed by six berth hard sleepers and then soft seat and finally hard seat, which are wooden benches. I left booking too late. The bottom bunks were sold out so for around 680000 Dong or around \$40.00 each we got a couple of cozy top bunks. Not a bad deal for a 12-14 hour trip considering you don't have to pay for a guesthouse for that night. This car had been refurbished in the last five years or so and was pretty clean.

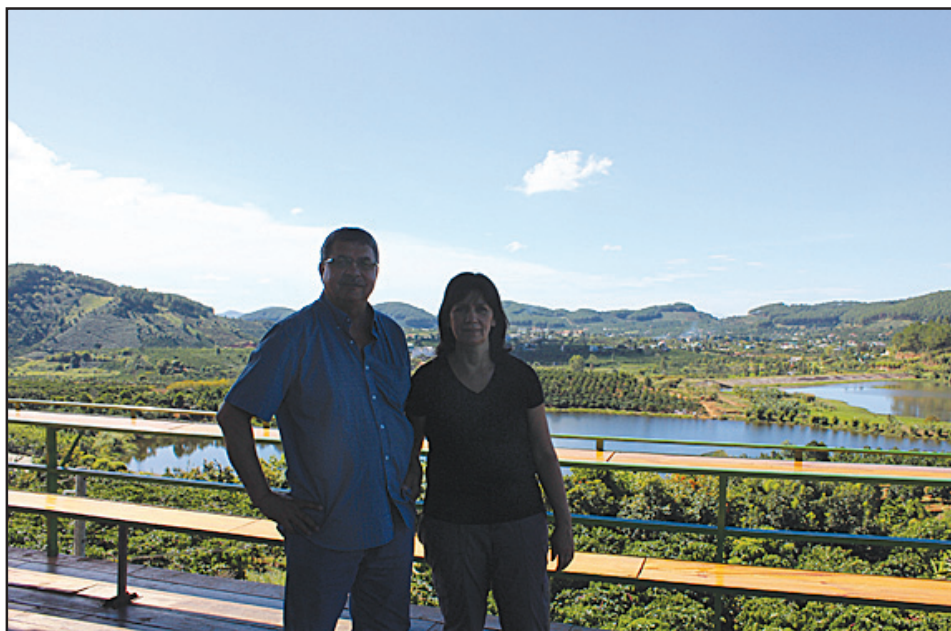
There are no ladders or winches or elevators to get you from the floor to your bunk. Instead there are foldout steps around waist level and some handholds on the wall above your head. You walk into your compartment, slide the door closed, and then facing the door you fold down the steps. Then you put one foot on the bottom bunk, reach up and grab the handholds, and then try and get the other foot on the little step. Then you put your first foot on the other fold down step. Now you're hanging spread-eagled in the doorway with your crotch at eye level performing a hoochie coochie to the motion of the accelerating train.

We had just heaved into a curve, causing some especially energetic pelvic gyrations on my part when the door slid open. A train wailed in the distance. It was all but drowned out by the muffled screaming coming out of my crotch area. Then the door slammed shut. Apparently our new bunkmates had arrived. Obviously they had never seen a fat man climb into a bunk before. They showed up again a couple of hours later and spent the remainder of the night huddled together on one bunk. Apparently we were just not going to be friends. Anyway, after you get tired of hanging around scaring people you have to let go with one hand and sort of freefall backward onto your bunk. And once you're in your bunk you tend to stay in it. Or at least we did.

And then it was Bea's turn. She got into the spiderman-climbing-the-wall position and froze. The train was lurching and swaying. We were hitting the curves hard. Her butt was swinging wildly with the motion of the car. Away from the wall, a twitch to the right, a swing to the left. Into the wall. And then she gave up cursing and started speaking in tongues. What with the clickety clack of the wheels keeping time to her gyrat-

Vietnam - PART 3 - Night Train to Hue

By Rick Goodman © Copyright 2016



Rick and Bea spent over a month travelling throughout Vietnam.

ing hips, and her shrill wailing, it looked and sounded like some sort of weird African tribal dance, except her feet were four feet off the floor.

As I said before, it's a 12-14 hour trip down to Hue so nature is inevitably going to call. I opened the door on the bathroom on the end of our car and was very surprised to find a squat toilet. These things are challenging enough when they're stationary. This one was set up like an airplane toilet except there was no seat. Instead there was a metal plate raised about six inches off the floor. It had a hole in the center and footprints stamped into it just in case you couldn't figure out how the thing worked. There were handrails all over the place to help you stay more or less on target if, God forbid, you actually had to squat over the thing while the train buckets and sways its way down the line.

I did what most everybody did and stood on the footprints and took my best shot.

Later that night Bea asked where the water closet was. Sometime later she came back, pale and shaken. She said, "Oh my God!" And then did her tribal dance up on the wall, crawled into her bunk, covered her head and didn't move again until the sun was high in the sky. Shock will do that to a person.

On our way to the dining car for breakfast later on we discovered a toilet at the other end of the car with a real sit down throne. Sleeper cars have a toilet on each end and if you read the fine print one says 'Men,' and one says 'Women.' Live and learn.

We did manage to get a little sleep that night. If I'd of booked in time and we'd had bottom bunks

the trip wouldn't have been bad at all.

Later on we would take trains farther south from Da Nang to Nha Trang and Nha Trang to Ho Chi Min City which is still called Saigon by the people south of the DMZ. These were day trips in soft seat cars and were actually quite comfortable. We've traveled by bus, mini bus, van, and train and for my money the train is definitely the way to go.

Our guesthouse had made a mistake and booked us on a TN, or local train for the trip from Da Nang to Nha Trang. It was slower than an express but we were in no particular hurry, the scenery was interesting, and we got to meet regular local people who don't normally have a lot to do with tourists. Actually, we were something of a curiosity. A couple of people came up and practiced their English with us and taught us a few more words of Vietnamese. Pleasant and hospitable people, when the lunch wagon rolled around they offered to order lunch for us.

I had heard that train food wasn't the best, and the serving style didn't make it any more appealing, but it would have been a long day without anything to eat. A trolley was rolled out stacked with big plastic trays and huge pots of whatever was going to be for lunch. Our guests ordered us the works so the trolley guys started loading up the trays. We got a heaping serving of rice, a hunk of chicken, morning glory for greens, soy sauce, sour soup, and a cold beer to wash it down. The whole works cost something like two or three dollars each and I can only say that some people must be hard to

please because it put any airline meal I've ever had to shame.

Bea had met a little 7-year-old girl in the station. She was traveling with her aunt who came over and explained that she wanted to practice her English. Bea found out that her name was Linh and that she liked Halloween. She demonstrated the sound chickens make and confided that monkeys like bananas and she did too.

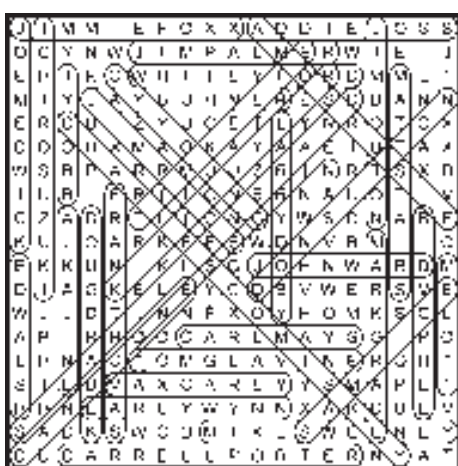
A young lady across the aisle from us chatted for a while before she got to her destination. She said she was a third year student in foreign languages and would like to travel but, in her words, this was not desirable at the moment. Her parents were supporting her through school and after she graduated it was not only her duty but her desire to be able to help her parents through their retirement and old age.

This is something we would hear a lot in Vietnam. Family is everything and family duty goes both ways. You sacrifice for your kids and when the time comes they take care of you. Traditionally, great value was placed on having a male child. A girl would grow up and marry and take care of her children but a boy would have the extra responsibility of taking care of his parents. This is starting to change now. Women are getting educated and can earn decent money so they can help out now as well. Also, like pretty much anywhere else, kids are expensive so a lot of couples are drawing the line at two children. Never mind the expense, four people are about all you can get on a scooter.

And that's how our train travels went. We would visit, eat, nap, and look at the scenery rolling by outside the window. I found it a lot more comfortable than traveling by mini van or even by bus. Being able to get up and move around made traveling just so much easier. Being able to visit with people and get some small insight into how they live and how they think was a wonderful experience and I would love to do it again.

They say that the human race stems from some common African ancestors. Somewhere deep in our DNA or maybe our psyche, or at least somewhere, there lurks a memory of those times. You can never convince me otherwise because I was there the night Bea discovered her ancient African roots out in the deepest darkest Asia while hanging on the wall of a night train someplace south of Hanoi. ■

WORDSEARCH - Solution



SUDOKU - Solution

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

CROSSWORD - Solution

SCAM	EDUCE	SERA
TARA	RAZOR	URIS
ACER	SHILLELAGH	
RANKLE	LEAPDAY	
TOADY	MAE	CHI
	OCTANE	HACEK
THEWEARING	APE	
RUNNER	HATTER	
ITT	OFTHEGREEN	
PURIM	RAMEAU	
	ANA	EMS
IMPUTES	SENECA	
LEPRECHAUN	TROT	
KNEE	REPRO	EIRE
SUDS	UNRIG	DENS



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