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Vol. 15 No. 10  
Mar 28 - Apr 19/17

# Spring Ahead Means CAMPING SEASON!



By Lesley Aremu (Smith)  
Photo by Sue Herkert

A Winnipeg Wandering Wheels gathering – members of a camping club originating in 1969.

With that extra hour of sunshine each day, it's a reminder that soon camping season will be here. From March 20 - April 1, provincial campground bookings are staggered to ease waiting times. Then on April 3, all provincial sites become available. An added bonus for the 2017 season is the free National Park pass that allows you free admission to National Parks across Canada (you still have to pay for your campsite). In Manitoba, that means free admission to Lower Fort Garry, Louis Riel House, St. Andrew's Rectory, and Riding Mountain National Park, just to mention a few. Don't overlook private or municipal

campgrounds. Some of my favourites include Rock Garden in Richer, Rubber Ducky in Warren, Portage Ex Campground right on the island in Portage La Prairie, and Treherne and Emerson Municipal campgrounds. And if you have a seasonal site, you may have an extended season as most open in April and close in October. If you like to camp with other families, you may belong to a camping group like the **Winnipeg Wandering Wheels**. WWW started up in 1969 and its members have been meeting once a month during the winter for a quick business meeting and to socialize. Lately you can find members on the first Tuesday of the

month at **Smitty's Family Restaurant** located on St. James and Ellice. Wagonmistress Sue is busy planning the schedule. The first outing is the May long weekend and is set for the Town and Country RV Resort. This privately run campground is close to Winnipeg on Highway 1 located down the road south of Tinkertown. It's a great first outing so you can check out your unit or tent. If you are interested in group camping, come out in April for their last winter meeting. I still remember two years ago, it snowed and rained on the Saturday of the May long weekend and several heartier members dressed in winter coats and boots stood around a really big campfire and held umbrellas to keep dry. Later, all of us crowded into one unit and shared a potluck meal. I can tell you hot chocolate and working furnaces were really appreciated that weekend not to mention an electric blanket or two. Call Sue at **294-771-9656** or email [sueray1971@gmail.com](mailto:sueray1971@gmail.com) for more information. ■

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# How Far We Have Come from the 'Black & White Box' where it all began?

By Roger Currie

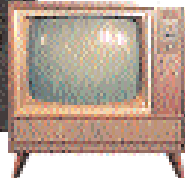
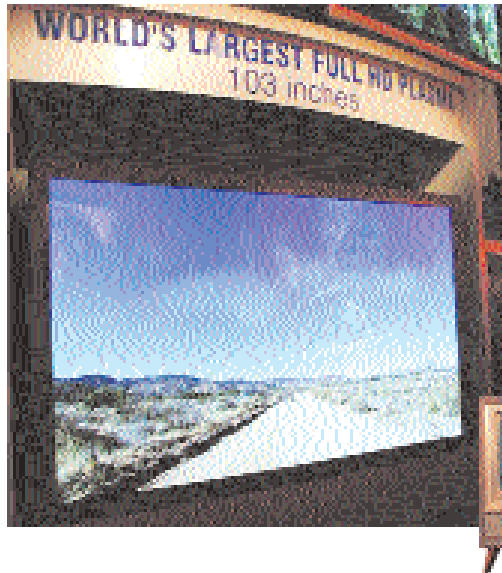
A recent experience with the large flat screen in my living room provided an interesting opportunity to reflect on how TV viewing has evolved in the 63 years that it has been part of my community on the Canadian prairies.

CBC television began service in Winnipeg in May of 1954. As a 7 year old, I became somewhat immediately 'addicted' to sitting in front of that 17 inch black and white screen. It was in fact so addictive, that for the first couple of years CBC would go to test pattern at suppertime so families could share a meal together without distraction. Can you imagine?

CBC added a french language channel in Manitoba in 1959, and a year later our choice grew to 4 channels with the addition of the border station KCND in Pembina North Dakota, and CJAY TV channel 7 in Winnipeg, which later became our local CTV affiliate.

In 1968, our television universe expanded with cable TV bringing in American network stations, and by then we were also watching in colour. In the past half dozen years, the pace of change has become ever faster with the addition of online streaming of services like Netflix. Wondrous devices like the PVR allow us to control our own schedule of TV viewing.

My wife and I subscribe to MTS TV ( now Bell-MTS ) and about 10 days ago they did a major upgrade of their system. It happened during the supper hour while I was loading my plate in the kitchen. By the time I returned to my easy chair, I hardly recognized what was happening on the screen. Being an accomplished 'couch potato', I quickly adjusted and anxiety turned to renewed wonderment. It's now easier to transition to Netflix from conventional viewing. I can't help speculate on what the 'next wave' of change might be. Might I soon be able to shout at the flat screen from my chair "I want to watch Casablanca", and Bogart and Bergman will magically appear? These changes in our daily lives used to be gentler and more gradual did they not?



**“I can't help speculate on what the 'next wave' of change might be. Might I soon be able to shout at the flat screen from my chair “I want to watch Casablanca”, and Bogart and Bergman will magically appear?”**

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, 93.7 FM.

It's also worth reflecting on what we have lost from those magical moments of long ago in front of a smaller and simpler TV set. How about that Sunday evening in February of 1964 when The Beatles first appeared on the Ed Sullivan Show? At work or at school the next morning, everyone tended to be talking about the same experience. Families shared times like those grim November days in 1963 when the Americans buried a young President who was killed by an assassin.

A few years later, JFK's vision seemed to live on as we shared Neil Armstrong's "small step for man, and giant leap for mankind" in July of 1969. The following year came the horror of kidnapping and murder by terrorists in Quebec.

Watching the news together used to be very much an experience that was shared by families. Before we had the ability to record and 'time shift', scheduled newscasts were 'markers' in our lives. Supper had to be served either before or after the news at 6pm, and being allowed to stay up and watch the national news at 11pm was a sure sign of 'coming of age'.

Now, I tend to watch almost nothing in 'real time'. I seldom watch commercials except when they skip

by in fast forward. What a joy it was when we were able to record football and hockey games and not be 'slaves' to someone else's schedule.

The economics of TV broadcasting are also changing rapidly along with the delivery systems. Back in that black and white era, Roy Thomson was spot on when he declared that "Having a license for a TV station was like having a license to print money", but it's a different world in 2017. Roy's descendants, including his grandson David Thomson who is the deep pockets behind the Winnipeg Jets, still have a piece of the Bell empire. But these days there's a lot more money to be made from smartphones rather than TV. ■

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# Why are we afraid of making a will?

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

Did you know that over 50% of Canadian do not have a validly executed will? Why are so many of us afraid of making a will? Are we so afraid of death and dying that we delay, or do a poor job of making some of our most important decisions? Why are so many of us casual in our language, saying flippantly "let the kids fight over the spoils"? It has taken you a lifetime to gather and accumulate what you have. Your legacy deserves your attention and respect, so that it will be treated the same way by your children and grandchildren.

Instead of avoidance, let's have these important conversations with our families about what we want the last part of our life to look like. In my practice, we hold client family meetings where we talk about such subjects, and it's amazing what comes out. The adult children, grandchildren and grandparents now get a chance to speak to each other in a safe place. What I also find amazing is that the parents often have preconceived notions about birth order and who should do what. In the family gatherings that my practice has held, birth order has very little - if anything - to do with assignment of duties and responsibilities.

What I am also seeing is that some of the assumptions that were made, not only by parents but also by spouses, are having some very tragic results. We have had a few instances where one spouse has controlled all of the decisions and been the main contact with the accountant, lawyer, stockbroker, and financial planner. Their partner has been kept out of these relationships, and now the spouse has experienced a medical complication and died prematurely. The tragic part is that the uninformed spouse has been left completely exposed and vulnerable. They could be subject to misleading advice from a number of people who are now coming into the picture.

In a previous article, I mentioned

that the average age of a divorced or widowed woman is 56. The average life expectancy for a woman has also increased to age 85-87. If women are becoming widowed at 56, that still leaves 31 years of life decisions and financial planning. Often times, the oldest child is chosen to be executor and Power of Attorney. This can be an exhausting role and has been coined as "the worst job on earth". If an executor is not prepared, many pitfalls can arise when it comes to administering the estate investment and distribution portions of a will. Some of these pitfalls include not understanding the different asset classes of investments, how certain investments are taxed, how different financial institutions process the accounts of deceased clients and what decisions need to be made. Even a slight error in navigating this multidimensional process can lead to detrimental results.

Often times, people turn to accountants and lawyers for financial advice. I recently had a conversation with a lawyer who shared with me that people have very unrealistic expectations from these specific professions. They let me know that in many instances, even if they had the knowledge and guidance to provide, their billable hours would skyrocket resulting in fees above what someone should be paying for financial planning. The professional that I spoke with also informed me that because of regulatory obligations, they must give multiple options when referring clients to a financial planning practitioner instead of directing them to a top-notch practice which is innovative and supportive. This is intended to remove the perception of bias and reduce their legal exposure.

The Seniors and Healthy Aging Secretariat developed a booklet called the **Legal Information Guide for Seniors** which was published in 2014 to help Manitoba seniors better understand wills and estates, and

related matters of powers of attorney and health care directives. This is another great resource that I recommend to clients and much of the information in the remainder of the article is derived from this booklet.

Nearly everyone has an estate; an estate is simply the things we own and accumulate over our lifetime. This could be real estate, savings, investments, and items of personal or sentimental value. Deciding what is going to happen to the contents of your estate is one of the most important decisions you will ever make. A whole body of law exists to govern and make this process easier through the form of a will.

Having a will is crucial. It disposes of your property under law as you would wish, and protects against unforeseen circumstances in your life. It enables you to take care of items of sentimental value, property that might be inherited before death, in addition to money acquired at death through life insurance, pension benefits or court awards. People often believe the property they own automatically passes to the intended person if they have a will. While this may not always be true, if you don't have a will, your intended estate distribution is much less likely to be carried out.

Having a will ensures your personal wishes are followed with a minimum of expense and delay. It is also an act of kindness and consideration to surviving family members who will already be suffering emotionally. The potential costs of not having a will can be devastating. Your estate could be frozen, leaving your spouse or children no access to money, while payment of bills and other expenses falls into arrears. The court would appoint an administrator to settle the estate. A court-appointed administrator has less power to deal with the estate than an executor, and has no power at all until officially appointed.

Continued on next page

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**... afraid of making a will?** *cont'd from page 4*

Your will is an important tool in planning your estate. Estate planning involves arranging your property to maximize its benefit, preservation, and distribution. Effective estate planning can lead to a number of positive results; deferring capital gains and minimizing taxes and fees would be a few good examples.

If you die intestate (without a will) your estate will be distributed per the inflexible provisions of the law, with no consideration for your personal wishes. The law provides benefits only to close relatives in a pre-determined priority; friends, distant relatives, and worthy causes you have supported in the past will receive nothing. Distribution of personal effects and heirlooms can cause bitterness and division among family members at an emotional time, especially if they believe something was promised to them years ago. If you are owed money and want to forgive the debt in the event of death, you can do this through your will. Without a will, this debt will be called in.

A will can be very simple or very complex, depending on your desires, your needs, and your estate. The following is some of the terminology to become familiar with as you plan your will.

- **Distribution:** Clear instructions about how to dispose of the property in the estate. Gifts of real estate are called devises and gifts of personal property are called legacies. Personal property is any type of property other than real estate.
- **Residue:** The residue of an estate is the property not specifically distributed in a will. Wills should include a clause stating how the residue is to be distributed. Beneficiaries of the residue are called residual beneficiaries.
- **Debts:** Wills should contain a clause about how the debts of the estate are to be handled.
- **Trusts:** Wills are commonly used to create trusts for family members,

especially spouses and minors. Trusts can often be used to gain tax savings.

- **Common Disaster:** This clause states how a will should be read if a spouse, common-law partner, child or other loved one dies at the same time as the testator.
- **Funeral Instructions:** Funeral instructions should not be included in a will. Directions in a will regarding funeral arrangements are persuasive but not legally binding.

There are several steps you can take before the first will-writing interview to save time and expense:

- Make a list of everything you own including all valuables, property you own or which will belong to your estate at the time of your death, including bank accounts, insurance policies and pensions;
- Make a list of jointly owned items;
- Consider or write down what terms you want your will to contain, including who is to get what, whom you want to act as your executor, and any special bequests or gifts you may have in mind;
- Obtain and list the names, addresses and occupations of the people named in the will; and
- Consider discussing your plans with your family and anyone you wish to appoint as executor, guardian, or trustee under the will.

Choosing an executor is where we see the most issues. Executors are often chosen politically in the family and not on the basis of their capabilities or willingness. When deciding who to name as executor, you should consider the following:

- The size, complexity, and value of your estate;
- The timeframe involved in the administration of the estate. Certain estates, especially those that set up trusts for minors may require a commitment of several years;
- Whether you wish to have your personal or business affairs handled

by someone close to you or by an unrelated person, financial institution, or trust company

- Whether the person you're considering for appointment is able and willing to accept the position.

I hope that this seemingly daunting task has been made less intimidating through the information I have laid out in this article. My goal is to pre-emptively eliminate as much anxiety as possible for clients when it comes to estate planning. It is important to remember that you don't have to know everything; you just need to know the right person to ask for advice.

If you would like to learn more about how you can effectively plan your estate, please reach out to us to book a meeting. We would love to help. ■

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**Publisher/Editor:**

Kelly Goodman  
204-467-9000

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**Circulation:** 25,000 print

**Printed at:**  
Derksen Printers, Steinbach, MB

**Advertising:**  
204-467-9000

**Regular columns / Submissions:**

Scott Taylor - The BUZZ  
Roger Currie - Currie's Corner  
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Send your **LETTERS...** to the editor or story submissions to [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) or mail to: Senior Scope Box 1806, Stonewall, MB R0C 2Z0

## Winnipeg Police Service - Spring Crime Prevention Tips

- Keep doors locked at all times even if you only plan to be gone for a few minutes. If you are working in the back yard, keep your front door and garage door closed and locked; and lock your back door when you are in the front yard.
- During the spring weather, if you open your windows and sliding doors, always remember to close and lock them when you go to bed or leave the house.
- Install motion-activated lights in your front and back yards, so when someone approaches your home, the lights automatically come on, illuminating that person.
- Put all ladders and other tools back into a secure storage area after you use them. Ladders and other tools can be used by criminals to access your home. Always

- lock any storage unit or shed you have on your property.
- Be aware of home improvement scams. If you did not solicit the contractor or salesman who shows up at your door unannounced, do not do business with that person.
- If a utility representative comes to your house, request identification. True representatives will carry their identification and they will gladly show it to you. Call their company for verification.
- In warm weather months personal property thefts increase; there is a tendency to leave items, such as bicycles, gardening tools, lawnmowers, weed eaters, and other yard tools lying around in the open. Make sure you lock up your personal property in your garage or yard shed; it doesn't take long for someone to ride by and quickly

take your property. An open garage door or yard shed can also be inviting, keep them closed even when you're at home.

- Always remember to roll up your car windows, take any valuables out of your car, and lock your doors every time you exit your vehicle, even if your vehicle is parked in your driveway.
- Being a good neighbor can be one of the best crime prevention tools. Watchful, attentive neighbors can identify activity that is not "normal" to their neighborhoods and alert the Winnipeg Police Service (911 or 204-986-6222: Non-Emergency Number)

*E-Watch - Your direct connection to information about crime and crime prevention in your community.*

Advertising Feature

### MEDICATION NONADHERENCE: What is it and what can I do about it?

Medication nonadherence is when a patient doesn't take a medication, either willfully or inadvertently, as prescribed by their healthcare provider. Studies have shown that 50% of Canadians do not take their prescription medications exactly as prescribed. Each year, medication nonadherence is the cause of 10% of all hospital admissions, 25% of hospital admissions for the elderly, and 23% of all nursing home admissions. Medications are an important tool in the management of health, but if they are not used properly, they can cause serious harm.

Common causes of medication non adherence fall into three categories: those related to information, motivation and ability. Sometimes patients are nonadherent because they do not understand or have not been informed about their disease and its complications. Maybe they do not really understand how to take the medication or know what to do to manage adverse effects. In some cases, medication nonadherence is a result of a patient being afraid of becoming dependent on drugs or not believing they are receiving any benefit from a medication. For many patients, medication

nonadherence is related to a patient's ability to follow instructions about taking the medication on a regular basis. Sometimes the treatment plan is too complicated in that there are too many medications to take each day. In many cases, just plain old forgetting to take a medication is the most frequently reported reason for nonadherence.

Need help? Talk to the pharmacists at Pharmasave Assiniboine Pharmacy! Pharmacists are highly-qualified healthcare professionals and medication experts who can help you manage and take control of your health with your medications. At Pharmasave Assiniboine Pharmacy, you can spend 30-45 minutes with a pharmacist during a private Live Well Consultation. During your Live Well Consultation, the pharmacist will help you better understand your medical conditions and medications, address your health concerns and questions and work with you to create a plan for better overall health. If you feel your treatment plan is too complicated or the medications are too expensive, after a Live Well Consultation, the pharmacist can work with your healthcare provider to find a solution.

If simply forgetting to take your medications is the cause of your medication nonadherence, there are several adherence aids available that the pharmacist can discuss with you during your Live Well Consultation.

In several provinces across Canada, a yearly consultation with your pharmacist is paid for by the provincial government. Unfortunately, in Manitoba this is not the case, so for the pharmacist to sit down with you for 30-45 minutes during a Live Well Consultation there is a fee of \$75. This may seem a bit pricey, but after your Live Well Consultation you will have the knowledge and confidence to now adhere to your medications, resulting in better health and peace of mind, which is priceless. Also, the fee is considered a health expense and is tax deductible. Call 204-615-1144 to speak with a Pharmasave Assiniboine Pharmacy team member now and find out how to get a complimentary Live Well Consultation!

(see advertisement on front page)

Advertising Feature

### COLLECTING COINS or INVESTING in GOLD and SILVER...what is the difference????

There is a big difference between collecting gold and silver coins and investing in gold and silver. Allow me to explain as best as possible in this article, however, I may not answer all your questions so please drop into Collectibles Canada at 2211 McPhillips and I will be very happy to assist and explain further. Sometimes all it takes is to actually see the items we are referring to and it answers many questions you may have.

I will begin by explaining the attributes of collecting gold and silver coins. Collectibles Canada is a distributor for the Royal Canadian Mint and therefore is allowed to sell the Royal Canadian Mint coins at mint issue price. The hobby of collecting Royal Canadian mint coins has been enjoyed not only by

Canadians but coin collectors all over the world. The Royal Canadian Mint is known as the master mint in the world and therefore their coins are always in high demand. Over the years there have been many changes in the coins which are produced by the mint including the metal content and the various weights and sizes. The Royal Canadian Mint collections have been forever changing with regards to themes and world issues. The number of coins issued by the mint has continuously increased with the popular demand by the public along with the appreciation of the metal content. The Royal Canadian mint has evolved in the treatment including color and crystal and hologram or lenticular effects on the coins. Most hobbyists appreciate the detailed artistry which are a credit to the master artists who work for the mint. This year, 2017, is the 150th anniversary of Canada's confederation and in celebration the Royal Canadian Mint is issuing a large selection of coins to celebrate this momentous occasion.

The investment of gold and silver is entirely different from collecting an item that is influenced by the demand of collectors. Investment gold and silver is called bullion.

Investing in bullion allows you to take physical possession of the precious metals. The supply of gold and silver is continuous and is priced with the commodities market. Precious metals are traded throughout the world and are a liquid asset or source of money at any given time. Collectibles Canada is always buying and selling gold and silver bars and maple leafs which are recognized anywhere in the world. Collectibles Canada buys and sells bullion at the applicable current market price. Bullion is always the .9999 purest form of gold and silver and is therefore GST and PST exempt. Bullion will not have a collector value attached to it as bullion is issued supply to demand.

I hope that this article has been beneficial to the reader and if you have any questions please do not hesitate to contact Collectibles Canada 2211 McPhillips Winnipeg or call 204-586-6263 and we will be delighted to answer any questions you may have.

**Sheldon - Collectibles Canada**  
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Toll free: 1 888 333 8538 / 204-586 6263  
(see advertisement on page 5)

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La section Français-Anglais

# en TERRE ment

Texte de Colombe Fafard-Chartier

Je m'étais fait belle, accueillante et généreuse... C'était pour te recevoir, alimenter ta vie et te faire vibrer de bonheur devant toute la magie enchantée que je t'avais préparée.

J'avais pris soin de mettre à ta disposition, en plénitude, tout ce qui allait remplir ta vie de joie, de bien-être et d'émerveillement. J'ai été chercher des couleurs là où il ne s'en trouve pas, sans même penser qu'il n'y avait aucune limites aux nuances les plus délicates. Pour t'appivoiser, je t'ai prêté mon corps pour le faire éclater d'une alimentation nécessaire à la vie de tes frères et sœurs. Il m'est arrivé, parfois, de temps en temps, d'échapper des larmes de joie devant l'abondance de tes récoltes. J'ai voulu ma poitrine forte et pleine d'immensité. Sur mon visage étincelant, j'ai dessiné des traces onduleuses pour te faire voir mes plus beaux sourires. Pour protéger ta zone de confort, j'ai pris soin de t'envelopper d'une couverture que j'ai brodée soigneusement, de mes propres mains, avec le tissu de mon cœur brulant d'amour. J'ai composé la mélodie des ruisseaux qui serpentent délicatement la pente des collines, se mêlant, sans convenances, aux chants généreux des oiseaux en fête.

Bref, j'eus même la prétention de penser que j'étais plus habile que moi-même en découvrant la beauté de ce que j'avais créé et j'étais si fière de te l'offrir gratuitement.

Pendant des siècles et des siècles, sans jamais me reposer, j'ai tissé, sculpté, arrosé, soigné et réparé mes vêtements pour me garder belle, accueillante et généreuse.

Et voilà, avant même de me prendre pour acquise, sans même réfléchir, tu t'es lancé dans une course effrénée pour assouvir tes caprices sans t'apercevoir que tu m'abimais, m'étouffais et me détruisais. Tu t'es couvert de gloire d'argent et de contrôle. Tu as voulu me posséder en te servant des biens que je t'avais offerts pour combler tes gains personnels.

Tu as déchiré mes entrailles sans te soucier des lois de ma nature en les fouillant avec tes engins dévastateurs pour m'arracher les trésors qui, selon toi, allaient faire ta richesse.

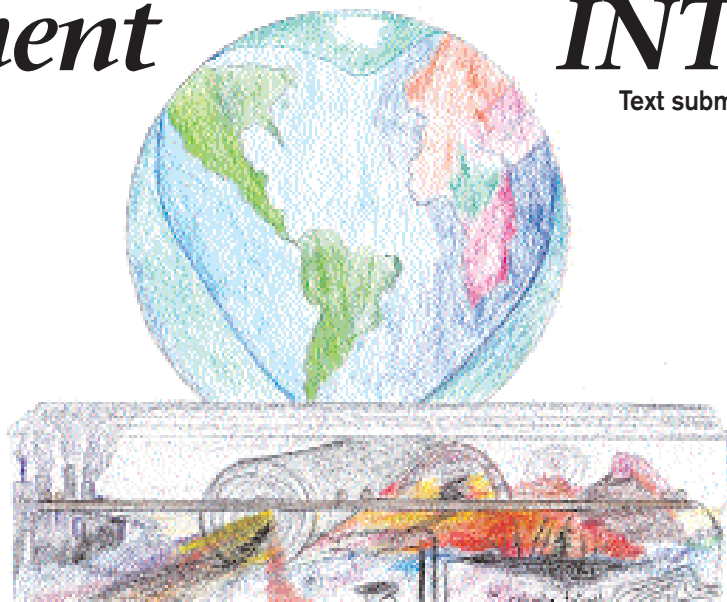


Illustration by Colombe Fafard-Chartier

Mon cœur s'agite, frémi et fait trembler le sol. Il m'arrive même de cracher mes ulcères enflammés et parfois j'échappe le trop plein de mes poumons qui, en s'étouffant, se déchainent en ouragans. Tes industries, tes manufactures, tes usines ne cessent de dégager des gaz qui salissent, percent et déchirent le manteau que j'avais pris soin de te confectionner. Tu t'es fermé les yeux sur les bleus profonds des océans et les verts tendres des forêts en les polluant sans respect aucun.

Ici et là, sur ma peau, tu laisses des traces de blessures, des plaies ouvertes que tu crois guérir en les bouffant avec les déchets de ta surconsommation. À cause de ton insatiable désir de me découvrir et piétiner ma sœur la lune, tu t'es lancé éperdument dans une course vers l'espace, là, où j'avais placé soigneusement mes astres lumineux pour éclairer tes nuits sombres.

Tu as même voulu que l'énergie de la plus petite particule de ma matière soit mise au service de la destruction pour satisfaire ta soif de dominateur.

Bientôt il ne te restera à partager que ton verre d'eau corrompu... que ton plat rempli de substances toxiques... que ton sac de plastique noir bien scellé pour te couvrir...

Dis... Avant qu'il soit trop tard, avant que tu signes le jour de ton en-TERRE-ment puis-je t'inviter à me repenser? ■

# INTERMENT

Text submitted by Colombe Fafard-Chartier

Then, without a hint of consideration, without any sense of respect, you plunged in a mad race to satisfy your insatiable desires, ignoring the fact that you were damaging, suffocating and destroying me. You covered yourself with possessions, control and glory using the gifts I had offered you because you wanted to fulfill your personal gains.

You slashed my inner landscape without caring about the laws of my nature with your devastating machinery, believing that you could extract my buried treasures that, according to you, would bring wealth and abundance. Consequently, my agitated heart quivers and causes the earth to tremble... so much so that I sometimes have to vomit my inflamed ulcers into violent volcanic eruptions. Sometimes you can feel the gush of roaring winds from my swollen lungs turning into unleashed hurricanes. Gas from your factories, cars and chemicals dirties, tears and pierces the garment I had so proudly arranged for you. You have closed your eyes to the deep blue colours of the oceans and the tender greens of the forests that you disrespectfully exploited. Everywhere on my flesh you left traces of injuries and open wounds that will soon lead you to the eve of your own destruction. To satisfy your desire to conquer my space, you rushed frantically to be the first to reach the kingdom of lights where I had arranged the movement of my constellation to brighten your gloomy nights.

You even went as far as to use the smallest particle of my substance as a massive weapon of destruction to force your dominating disposition on your brothers and sisters.

Soon there will be nothing left to share but your glass of corrupted water... your plate full of toxic substances... your black plastic bag, firmly sealed, to cover yourself.

Really!... before it is too late, before you commit to your interment, I implore you to reconsider me! ■

I had transformed myself into a beautiful, pleasant and generous gift. It was meant to receive, sustain and celebrate life in its purest glory. I had prepared a magical enchanted world of wonders to please your wildest dreams. I came upon a realm of vibrant colours without even suspecting that there were no limits to the unthinkable variety of delicate shades. To serve your comfort and convenience, I gifted you with my body, overflowing with ample nourishment for you and your brothers and sisters. Occasionally, I shed tears of joy as I witnessed the abundance of your crops. I had designed my inner most being to be mighty and full of abundance. To show my best smile, I carved ribbon-like paths of crystal water gently dancing their way down the mountainside. To protect your comfort zone, I wrapped your living space with an amazing blanket weaved with the threads of my burning love. I composed the sweet melody of the undulating streams paired with the mellow voice of the birds generously chanting the savory flavor of the wilderness.

Finally, I had the pretentious feeling that I was even better than myself as I marveled at the beauty of my masterpiece and was so proud to generously offer it to you. Unendingly, for centuries, without a single moment of rest, I have weaved, sculpted, molded and repaired my coat to remain beautiful, pleasant and generous.

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# DRIVE ON!

SENIOR SCOPE AUTO NEWS

Senior Scope Auto News section with Auto tips, reviews, laws and more!

## Inspecting and Replacing Wiper Blades

Courtesy Canadian Super Shop – www.canadiansupershop.ca

Winter season has ended, we're starting a new season – spring. As a Canadian motorist, you can now drive without any fear of winter driving challenges. But you shouldn't get too excited because spring comes with its share of problems.

What's the condition of your wiper blades after enduring harsh winter weather? Do you need to replace them? We don't give them the necessary attention.

Wiper blades, made of thin, flexible rubber are one of the hardest working, yet least durable parts of your vehicle, enduring extreme temperatures and sometimes operating for hours at a time.

Lack of moisture and the heat can cause damage to the blades even if you don't use them often. Freezing can stiffen them causing them to break easily. Having good windshield wipers and windshield fluid are imperative to our driving safety – and you must replace them regularly.

When the wiper blades fail, they no longer make proper contact with

the windshield surface. They start to streak, smear, squeak, chatter or skip reducing driving visibility.

You should consider replacing your wiper blades if:

1. They have uneven edges and missing pieces on the blades
2. The wiper blades are streaking
3. There are cracks on the wiper blades

Car experts recommend that you replace your blades every 6-12 months, though this depends both on the type of material used to make the blades and the weather conditions. Ordinary rubber blades will serve you for a short period, halogen-hardened rubber blades will last a little bit longer, and silicone blades will last the longest – perhaps more than one year even under intense use. ■

For any of your auto concerns, call **Marve at Canadian Super Shop: 204-885-5901** or stop by **1775 Portage Ave., just west of Polo Park. www.canadiansupershop.ca**



**NOTE:** If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to **kelly\_goodman@shaw.ca** and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

**MANITOBA DRAGON BOAT FESTIVAL**  
Event sponsored by **FMG**

**55 Plus Category Added!**

**SEPT 8-10, 2017 AT THE FORKS**

The perfect 55 Plus adventure has arrived in Winnipeg. Have a blast, challenge yourself, make new friends and compete with people your own age and ability in a brand new 55 Plus category being introduced at the annual **FMG Manitoba Dragon Boat Festival**. No experience – no problem; it's easy, safe and loads of fun! Participate in this age friendly competition and help raise much needed funds for cancer research in Manitoba.

**Senior Scope** and **FMG Manitoba Dragon Boat Festival** are introducing a 55 Plus category for Manitobans who are 55 years of age or older. **FMG Manitoba Dragon Boat Festival** has been operating for over 25 years, generating over 5.5 million to local charities specifically **CancerCare Manitoba Foundation** and the **Children's Hospital Foundation of Manitoba**.

**What is dragon boating?** It's the world's fastest growing water sport for all ages, a team of 20 paddlers, a steersperson and drummer move a 44' Chinese dragon boat down a 500m Red River course at The Forks.

**How do we register a team?** – FMG makes it easy to get your dragon boat team underway. Select a competent, well organized, communicative Team Manager and sign up to join the team. FMG will guide your Team Manager all the way, including your three one-hour practices before the event and on Festival Weekend.

Check out the **FMG Dragon Boat** website at **www.facilitymarketing.com** or email us **fmg@fmgdragonboat.com** and be part of the 'first wave' of 55 Plus participants in the **FMG Manitoba Dragon Boat Festival**.

Endorsed by: **Senior Scope**, **MASC**, **ALCOA C.V.A.A.**, **CancerCare Manitoba FOUNDATION**, **FMG**, **Children's Hospital Foundation of Manitoba**

Working together for Manitoba kids with cancer.

## Auto Dealers to Offer GAP Insurance

The Manitoba government has amended regulations in December, 2017 to allow auto dealers to provide guaranteed asset protection (GAP) insurance.

"These changes will provide more insurance options and better protection for consumers," said Finance Minister Cameron Friesen. "In listening to the industry, we have made these changes to make it easier for people to access insurance coverage that will cover the difference between an auto-insurance claim payment and any outstanding loan or lease obligations."

When someone finances the purchase or lease of a vehicle and the vehicle gets written off after an accident, the value of their insurance may not be enough to cover the outstanding amount of a loan. GAP insurance

can be purchased to cover this amount, with coverage varying based on the amount of the loan or lease.

The minister noted the regulation changes are now in effect, which allows Manitoba's auto dealers to sell GAP insurance at the time a consumer purchases or leases a vehicle.

"This change will make a great difference for our members," said Friesen. "It gives them another tool that can be used to better protect their customers in case of an accident and will help customers avoid financial hardship."

Auto dealers can contact the **Insurance Council of Manitoba** by email: **contactus@icm.mb.ca** or call **204-988-6800** to apply for or update restricted agent licences so they can begin offering the product. ■

## Specialty Licence Plates for Paramedics

To recognize the efforts of paramedics across the province, a member-based specialty licence plate is now available to qualifying Manitoba emergency medical services (EMS) providers, Crown Services Minister Ron Schuler and Health, Seniors and Active Living Minister Kelvin Goertzen announced last month.

"For paramedics across the province, this new licence plate is a distinctive way for active and retired paramedics to demonstrate the bonds that unite them," said Schuler.

The new plate series, which is administered by Manitoba Public Insurance, is available to current and retired licensed emergency medical services providers, as well as their immediate families. Immediate family members of fallen paramedics are also eligible for paramedic specialty plates.

Manitoba's paramedic plate will be blue in colour, with a red EKG line crossing the bottom of the plate

as well as the phrase 'Responding for Life'. The symbol chosen for the plate contains the paramedic Star of Life atop a red maple leaf.

"Paramedics play an incredibly important role in delivering emergency medical services to Manitobans," said Goertzen. "This specialty licence plate is a unique way to recognize the dedication and commitment of these front-line emergency medical service providers and is a symbol of pride for their public service."

The plates will cost \$70, with \$30 from each purchase going toward the **Canadian Mental Health Association (Manitoba and Winnipeg region)**. Licence plate applications can be downloaded from **www.mpi.mb.ca**.

"This distinct licence plate serves to recognize the valuable contribution that paramedics make to the lives of Manitobans each and every day," said Eric Glass, administrative director, **Paramedic Association of Manitoba**. ■

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**93.7 NOSTALGIA RADIO**

**Centre on Aging 34th Annual Spring Research Symposium and Workshop: May 1-2, 2017**

**Registration open!**

Program and registration details: **umanitoba.ca/aging**

**SYMPOSIUM: May 1, 2017**  
8:45 am–3:30 pm  
University of Manitoba | Bannatyne Campus  
727 McDermot Avenue

This year's sessions will address the health and well-being of older adults through managing medications, maintaining oral health, keeping family caregivers healthy; reviewing the future of home care services; understanding the legal issues around medical assistance in dying, as well as the context of aging from a local and historical perspective.

**WORKSHOP: May 2, 2017**  
9:00 am–2:30 pm  
University of Manitoba | Fort Garry Campus  
Marshall McLuhan Hall (University Centre)

May 2 will feature a full day workshop where participants will have an opportunity to discuss the objectives from the World Health Organization's Global Strategy and Action Plan on Ageing and Health within a Manitoba context.

**Admission is FREE, but registration is required by April 21, 2017.**

After April 21, 2017, attendees must register in person at the registration desk located in Brodie Centre starting at 8 a.m.



## CURRIE'S CORNER



By Roger Currie

### Give credit where credit is due

More proof this week that if you're looking for a 'no lose' business in this world, you generally can't go wrong in savings and loans.

Earlier in March, the major chartered banks got a very black eye when hundreds of their employees came forward with stories about how they were pressured to upsell customers, even though all of the banks were reporting quarterly profits of more than a Billion dollars. Bank shares used to be a blue chip investment, but they have taken a major hit, and the big boys on Bay Street are closing ranks and doing damage control.

Meanwhile, life is just fine at Canada's credit unions, especially on the prairies. In Manitoba last year, credit unions were second only to the *Caisses Populaires* in Quebec in terms of the size of their membership and total assets. They control just over a third of the banking business in Manitoba, which is a remarkable turn around when you look at rela-

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

tively recent history. In the early 1980's, when inflation was rampant and interest rates were through the roof, credit unions on the prairies were failing, and they were forced to come cap in hand to government looking for loan guarantees.

Skip ahead to 2017. Manitoba credit unions hold total deposits of just under \$25 Billion, managing loans of close to 23 Billion. The result last year was total profits of more than \$126 Million. The foundation of much of their success is in smaller rural communities which were mostly abandoned years ago by the big banks.

The *Steinbach Credit Union* is the largest in Manitoba, and unquestionably one of the most successful financial institutions in Canada. They control \$5 Billion in assets, and since 2000 they have paid out almost \$40 million in cash-back bonuses to their members. No wonder that when I drive around the streets of Winnipeg, the most attractive new buildings, belong to credit unions. ■

### 341 Wilton St. Winnipeg, MB, "The Brick Building"

By Duncan M Anderson President Unit 303 ANAVETS

Looking for something to do while in Winnipeg? Head to the corner of Wilton Street and Scotland Avenue, which is located one block north of Grant Avenue, where you will find a very plain brick building.

Contrary to popular belief, this is not an MTS or Hydro sub station. It has in fact been, for almost 70 years, the home Rockwood Unit 303 of the Army, Navy & Air Force in Canada (ANAVETS).

Rockwood like all other ANAVETS Units across the country is a private club, however, the doors are always open to guests who, if they enjoy the atmosphere and camaraderie, are welcome to join.

Once inside the club members and guests can enjoy playing Cribbage, Darts, Pool, Billiards, and Shuffleboard or try their luck on the VLT's while enjoying reasonable priced

snacks and beverages. Great food is also available from Romana's in house kitchen Thursday through Friday.

The club also offers live bands Friday and Saturday plus many special events during the year like ANAVETS 177TH Birthday (April 8 2017), Canada Day and "Lest we forget" Remembrance Day.

Besides these events, the club also has sports leagues and an active Rockwood Seniors (50+) group which are always looking for members.

Rockwood is also the home of the Keystone Unit #17 of the Korean Veterans Association which meets on a monthly basis.

As you can see there is a lot of activity within these plain brick walls, however, for you to unleash the potential and benefit, you have to "TRY IT - YOU MIGHT LIKE IT." "DON'T KNOCK JUST COME IN." ■

### Baby Boomers still active at Forever Young Club MB.

By Bob Sidof

Jiving and dancing to old rock n roll. What a great way to stay young and get exercise. We're celebrating our 20th year of enjoying 1950's, 60's and 70's rock n roll music with dancing, fun, friendship, and a healthy lifestyle.

If you would enjoy a night of old time rock n roll, come to our dance event **April 29th at Masonic Temple, 420 Corydon Avenue, Wpg.** (Confusion Corner).

Dance to continuous music by THE TWILIGHTS (live band) and D.J. sounds of Specialty Music.

Come dressed in 1950's fashion, take part in a 50/50 draw, charitable Children's Rehabilitation Foundation silent auction and bring a tin for the bin for Winnipeg Harvest. All for \$25 a ticket.

Advance tickets only, call **Forever Young Club** hotline **204-261-4442**.



Deanna Sidof

#### We live up to our motto:

YOU DON'T STOP PLAYING  
WHEN YOU GET OLD.  
YOU GET OLD WHEN YOU  
STOP PLAYING.

Members and guests love dancing to the music we listened to on the juke box and danced to at soc hops. Sometimes we dress the part wearing poodle skirts, saddles shoes, t-shirts... and jeans.

Everyone is welcome.

Call **204-261-4442** or visit **www.foreveryoungclub.wordpress.com** for upcoming events. ■

# Registration is now OPEN!

Come and help us "Celebrate the Years"

## 2017 MANITOBA LIQUOR & LOTTERIES

55 PLUS GAMES  
IN KILLARNEY, MB,  
JUNE 13-15, 2017

By Karyn Heidrick



Cribbage at Games



Bocce Ball at 2016 Games



Track at Games

More than 1000 Manitoba senior participants and athletes will converge in the lively community of Killarney, Manitoba June 13th to 15th, 2017 for three days of fun and competition at the 2017 Manitoba Liquor & Lotteries 55 Plus Games.

The Games are an exciting way for seniors in Manitoba to have fun, meet new friends, show off their skills and continue to live active, healthy lives.

Killarney is proud to welcome all 2017 MB 55 Plus Games athletes, volunteers, spectators, supporters, presenters, officials, and visitors. Killarney is a truly special community that showcases the impressive recreation complex inside the Shamrock Centre.

The residents of Killarney recognize the importance of these games and are thrilled to be granted the opportunity to host them - for the 3rd time! Killarney successfully hosted the games a few short years ago in 2010 and once again have made every effort to ensure another quality games take place this summer. Volunteers in Killarney are busy preparing facilities and gathering volunteers for the 25 events that range from very active events to challenging "brain games" card events. There is a mix of both play-off events and open events (in which participants do not need to qualify).

Play-off event registration for contract bridge, cribbage and whist will close at the end of April (dates vary depending on region and event) and open event registration closes May 12th. Participants pay a registration

fee of \$35 per event and \$15 for each additional event thereafter.

The theme of the 2017 Games is "Celebrate the Years" and there are plenty of ways for participants at the Games to celebrate while staying active by competing in 25 different events, ranging from swimming, cribbage and slo-pitch to floor curling, golf and the fastest-growing court sport event: Pickleball! Athletes aged 55 to 100+ years young will come to play at the Games from all across the province. The Games also boast exciting entertainment, including a variety concert packed with local talent and a dinner and dance where everyone can dance the night away!

The Active Living Coalition for Older Adults in Manitoba (ALCOA-MB), along with the host community, organizes and operates the 55 Plus Games each year. It is the only annual multi-sport event for active adults 55 plus in Manitoba, and it is one of the largest annual multi-sport events to take place in the province. Manitoba Liquor & Lotteries is once again the title sponsor for this year's Games. The 2017 Games mark the 35th anniversary of the event, which is held in a different community around the province every year.

For more information on the Manitoba Liquor & Lotteries 55 Plus Games, please visit the Games page on the **ALCOA-MB** website at **www.alcoamb.org** or phone the Games office at **204-261-9257** or toll-free: **1-855-261-9257**.

See you in Killarney in June!

## 2017 Manitoba 55 Plus Games

Killarney, Manitoba • June 13-15, 2017

Are you 55 Plus or turning 55?

Celebrate the years in Killarney and take part in 25 age-friendly events!

Visit the Games website or download registration forms at ALCOAMB.ORG Register March 31-May 12, 2017

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Phone: 204-261-9257

Toll Free: 1-855-261-9257

Email: manitoba55plusgames@gmail.com

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

# THE BUZZ



Scott Taylor

As another season comes to an end and the Winnipeg Jets are on the outside of the playoffs looking in, most Jets fans can only wonder what 2017-18 will look like.

After all, the 2016-17 campaign was almost entirely forgettable.

OK, so not entirely. Rookie Patrik Laine was superb (on most nights) and will battle Toronto Maple Leafs star Auston Matthews for the rookie of the year award. Bryan Little came back from injury and had a solid season and young Josh Morrissey proved that he was, indeed, a sound NHL defenseman.

However, if the Jets have had one obvious weakness in this, their sixth season back in Winnipeg, that weakness has been goaltending. The experiment at the start of the campaign was to send veteran Ondrej Pavelec to the Manitoba Moose of the American Hockey League and play rookie Connor Hellebuyck and 27-year-old Michael Hutchinson.

For the most part, the experiment failed, although to be fair, there is really no reason to believe that a full season of Pavelec would have made any difference at all.

Hellebuyck played 53 games and went 23-19-0-4 with a 2.95 goals against average and a .906 save percentage. In fact, Hellebuyck was 38th in the NHL in save percentage and 41st in goals against average. That wasn't good enough for most fans nor head coach Paul Maurice. In 26 starts, Hutchinson was 7-12-0-3 with a 2.96 goals against average and a .903 save percentage. That was even worse.

So Pavelec was recalled from the Moose in February and in eight games

# Better Luck Next Year

By Scott Taylor. Photos by James Carey Lauder and Bruce Fedyck.



Patrik Laine (Photo by Bruce Fedyck)



Morrissey and Byfuglien. The future and the past.



Scheifele and Ehlers have played well

before he was injured went 4-4-0 with a 3.55 goals against average and an .888 save percentage. It is safe to say that statistically, Jets goaltending was the worst in the NHL.

Defensively, the Jets were not very consistent this season and that certainly hasn't helped the goaltending. On some nights Dustin Byfuglien is the best player on the ice and on others, he's a minus waiting to happen. Let's be fair and just say, it's been an off year. Toby Enstrom was extremely inconsistent and eventually was injured (by a cheap shot) and did not play down the stretch. Morrissey was a very pleasant surprise. Ben Chiarot, Mark Stuart and Paul Postma have been serviceable. Nelson Nogier and Julian Melchiori have shown, in spurts, they have a future. Since his return, Jacob Trouba has been the best defenseman on the team. The injury to Tyler Myers (he missed most of the season) was, without hyperbole, devastating.

Up front, the Jets are a young exciting team and GM Kevin Cheveldayoff should be congratulated on some outstanding picks. Granted, a selection like Patrik Laine was quite obvious but Mark Scheifele? Not so much.

#### Here is what we know so far...

Despite slumping a bit in March,

Scheifele is still one of the best players in the NHL. He has 29 goals and 76 points and is a Top 10 scorer. He's the Jets best player and one of the very best players in the game.

Laine is as good as advertised and with 34 goals and 61 points, he's one of the Top 2 rookies in the NHL.

Nikolaj Ehlers has become one of the game's most electrifying players. He's now the team's fourth leading scorer (22 goals and 58 points) and can bring the crowd to its feet on any shift.

The captain, Blake Wheeler, has 22 goals and 66 points. Solid and consistent and 18th overall in the NHL.

Bryan Little, after returning from injury, has 20 goals and 39 points in 53 games and has done a great job in the faceoff circle. Like Wheeler, he's a solid veteran player.

When the Jets play responsibly and with some motivation, they can play with any team in the NHL. When they don't, they can get hammered.

They have enough skilled players to play very entertaining hockey. In fact, they have five players – Scheifele, Wheeler, Laine, Ehlers and Little – who have scored at least 20 goals.

They can make enough mistakes in their own zone and take enough dumb penalties to lose games they should win.

The goaltending MUST get better.

#### The three biggest stories of the 2016-17 season, on the ice, were...

1. The questionable goaltending.
2. The play of Scheifele, Ehlers and Laine
3. The problems on defense.

#### The three biggest stories off the ice were simply questions:

How does Paul Maurice survive a season as head coach when a team that even he thought was a contender missed the playoffs for the fifth time in six seasons?

What happened to GM Kevin Cheveldayoff's alleged five-year plan?

#### What happens now?

The Jets should have been better than they were. They still have issues in goal, they still play inconsistently, their special teams are problematic and while they do have some solid players at the American Hockey League level, that Moose team doesn't win either.

At some point, the Jets need to wave good-bye to the Atlanta Thrashers Era. However, that's not likely to happen any time soon. Believing that this team has the playoffs in its future — as early as next season? — might not be realistic. ■

## 19th Annual Teddy Government Waste Award Winners

- **Federal – Canada Revenue Agency for employee's \$538,000 moving expenses**
- **Provincial – Ontario's Electric Vehicle Incentive Program, which provides subsidies for luxury cars**
- **Municipal – City of Victoria for its bungled Blue Bridge project**
- **Lifetime Achievement – The Government of Ontario for its mishandling of energy policy**

OTTAWA, ON: The **Canadian Taxpayers Federation (CTF)** held its 19th annual Teddy Waste Awards ceremony on Feb. 22nd, 2017, celebrating the best of the worst in government waste from the past year. CTF Federal Director Aaron Wudrick served as host, joined by the CTF's pig mascot Porky the Waster Hater and talented event hostess Sam. The awards event took place on Parliament Hill in 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 fired in 1999 for submitting a panoply of dubious expense claims, including a \$700 lunch for two.

"We take our job as waste watchdogs seriously, but that doesn't mean we can't have some fun highlighting some of the most outrageous exam-

ples," said Wudrick. "Especially since governments seem infinitely creative when it comes to dreaming up new ways to waste money."

**Federal Teddy Winner:** *The Canada Revenue Agency (CRA) for paying an employee \$538,000 in moving expenses*

A CRA employee was paid \$538,000 to move 192 km from Richmond Hill to Belleville, ON. Queries to CRA revealed that \$340,000 of the payment was for "price protection" on the sale of a home and \$168,000 for was realtor fees. The CTF calculates taxpayers forked out half-a-million taxpayer dollars to cover the sale of a bureaucrat's \$3.4 million house.

**Provincial Teddy Winner:** *Ontario's Electric Vehicle Incentive Program*

The Ontario government spent over \$39 million on subsidies for electric vehicles over the past six years, including \$14 million for vehicles with a retail price over \$70,000. After reducing the subsidies in 2016, Tesla – whose Model S retails for \$135,000 and had previously been eligible for an \$8,500 taxpayer subsidy – registered a lobbyist at Queen's Park. In February 2017, the government didn't just revert to old subsidy, but actually raised it to \$14,000 for cars between \$75,000 to \$150,000 – a 367% increase.

"The only thing 'green' about these subsidies is the colour of tax-

payers' faces after finding out they're being forced to subsidize millionaires' car purchases," noted Wudrick.

**Municipal Teddy Winner:** *The City of Victoria's Blue Bridge*

In 2009, the projected cost to replace Victoria's 93-year-old Johnson St Bridge ("Blue Bridge") was \$63 million dollars. Fast forward to today, thanks to problems with the quality of the steel being used and several delays, and the price tag has ballooned to \$105 million – an increase of \$42 million – with final completion anticipated for mid-2018, a full three years behind schedule.

"At \$42 million over budget, Victoria taxpayers are sure to be a lot bluer than even the Blue Bridge," said Wudrick.

**Lifetime Achievement Teddy:** *Government of Ontario for its mishandling of the energy file*

The Government of Ontario has a long track record of mismanaging the province's energy policy, resulting in an expensive disaster for Ontario consumers. In her 2015 Annual Report, Ontario's Auditor General found that Ontario consumers paid an extra \$37 billion above the market price for energy between 2006 and 2014, and estimated that current energy policies would cost Ontarians another \$133 billion by 2032.

Such eye-watering numbers are not the result of any single policy mistake, but rather a series of ill-

advised policy decisions, including long-term fixed-price energy contracts at above-market rates; the Green Energy Act (GEA), which has transferred billions from Ontario taxpayers to money-losing renewable energy providers; the promise to cancel planned gas plants in the middle of an election; a smart meter program that ran \$1 billion over budget; and boneheaded decisions such as overruling the Ontario Power Authority to convert a Thunder Bay coal plant into a biomass facility that can only run on imported wood chips from Norway, generating electricity at 25 times the normal cost.

"The Ontario government has a proud tradition of ignoring their policy failures and lurching blindly on to the next one – as their decision to impose a new cap-and-trade system for carbon emissions, which the Auditor General says will increase electricity prices by around 25% – clearly shows," said Wudrick

Aaron Wudrick, CTF Federal Director  
Cell: 613-295-8409

Email: [awudrick@taxpayer.com](mailto:awudrick@taxpayer.com)  
[www.taxpayer.com](http://www.taxpayer.com)

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 117,000 supporters and seven offices across Canada.

The CTF is funded by free-will, non tax-receptable contributions.

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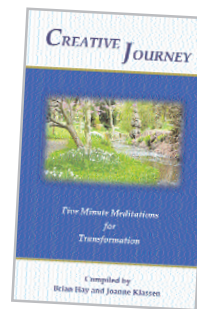


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net) or contact Joanne Klassen at: [jklassen@write-away.net](mailto:jklassen@write-away.net)

# CREATIVE JOURNEY *Five Minute Meditations for Transformation*

- Compiled by Brian Hay and Joanne Klassen

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### Excerpts from CREATIVE JOURNEY:

## DANCE

By Erin Taves

*There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost. (Martha Graham)*

I invite my stream of consciousness to flow, hands poised at the keyboard waiting for the urge to write. Then the fingers start to move quickly and my thoughts appear as black symbols on a white backdrop. Who wrote that? I wonder. I hardly look at my fingers while I type; the words come from somewhere. It's slow going at times, there are many pauses, and then words appear on the screen, pieces of my consciousness coming together to create something, but what is it for?

What is creation for? Creation creates, it wants nothing, only to give, to expand. But does it have an agenda? Creation is so full of love that it just wants to share. To give form to some-

thing. It uses the materials available, the manifest and the unmanifest; it is dancing. Always dancing. Then there's the critical voice, the narrator that steps in to choreograph, wanting to control the dance, but when it does, the dancing stops.

No, the dancing does not stop; creation does not stop when the narrator steps in. The dancer may stumble, forget its moves, become confused by the voice, but the dancing never stops, only the dancer. (ET)

***I allow my thoughts to dance across the page, reminding myself that it is life itself that is urging me to give form to my inner Self.***

#### BIO: Erin Taves (ET)

Erin Taves plays the role of wife, mother, friend, employee, and spiritual enthusiast. She attended a Transformative Writing™ program in 2004 and continues to enjoy gatherings with "Prism"; an eclectic group of women who provide her with inspiration and wisdom. Erin's writing is self-reflective, based on her observations of the world and how it imitates her inner psyche. She reads books that promise to reveal some secret that has yet to be revealed.



## STEP

By Rebecca Hubbard

*At every step the child should be allowed to meet the real experiences of life: the thorns should never be plucked from the roses. (Ellen Key)*

It's doggedness that's kept us, my son and me, on course across the river, first him a baby on my hip next running after to catch his arm as he teetered then chasing the metallic clatter of football studs on rock and lately, as we near the bank, I've traced size 12 foot prints, damp marks on the flat stones that creep across at three a.m. and evaporate by dawn. So for now I keep steady, set my course straight to the other side, but tomorrow I'll step off, swing wide I'll head to where foam rises and the river roars,

I'll step where my foothold might be lost, where spray and noise exhilarate, water sliding clear and cold over the weir, at home on the brink, down river, up river never straight across again. (RH)

***I embrace all stages of my life as I stand in this moment with gratitude and daring.***

#### BIO: Rebecca Hubbard (RH)

*The Garden of Shadow and Delight* is Rebecca Hubbard's collection of prose poems on gardens (Cinnamon Press 2014). She lives in a small Hertfordshire village but her family roots are both Welsh and English. She combines gardening at a Camphill Community with teaching writing. Rebecca has degrees in art history and creative writing, and she offers workshops using images, myths, gardens, and landscapes. She practices a silent meditation of the heart and sits with the Quakers.



## PRAIRIE TALK - Now & Again

Springfield/Beausejour, MB



By Angela Temple

"As I steadily accumulate years towards becoming a senior, I decided to step back in time. For Valentine's, I booked an overnight

"historical romance" stay for me and my husband at the Bunn House, one of two heritage homes at the Fidler Bed & Breakfast, owned and operated by Bev and Fraser Stewart, and located at 111 Bunns Road, Selkirk, on the east bank of the Red River in RM of St. Clements.

According to Red River historical documents, the Great Flood in the spring of 1852 drove many Red River settlers to seek refuge in the hills of Birds Hill and Stony Mountain. Thomas Bunn (May 16, 1830 - April 11, 1865) and his wife Rachel lived in the Kildonan district during that time. Thomas promised to build a new home for his wife and children on high ground, well above the high water level.



Mr. Temple going back in time.

In June of 1862, Thomas Bunn hired stonemason Samuel Taylor (1812-1894) to build a 1 1/2 storey stone "Georgian-style" house high on the banks of the Red River across from St. Clements Anglican Church and overlooking the east landing of the Mapleton Ferry. The stone was quarried from the banks of the river and from local fields. In August of 1864 the Bunn House was completed, and it was called "Victoria Cottage" after the reigning monarch.

As an early pioneer of St. Clements, Thomas Bunn was well respected in the settlement, and was elected as a representative on Louis Riel's provisional government by 1869.

The Thomas Bunn House is one of several heritage sites within Manitoba, and is considered the oldest continuously occupied stone dwelling in the province. It is well worth an overnight visit to explore a charming portion of Manitoba's history within the solid walls of the well-maintained Bunn House, as well as outside to enjoy the gorgeous view of the Red River.

*Here is the bowling update, courtesy of Diane Unger:*

Tuesday, March 7th, in spite of pending wind-blizzard with some players unable to leave their homes, the few Springfield Go Getters and Beausejour Gang that were able to bowl this day stated that their boisterous laughter bounced about the room. Conrad scored the only Double-Double and walked away with both the High Single of 181 as well as the High Triple with 464.

March 21st, 'twas a rather chilly day for the second day of Spring, but bowlers with the Go Getters and Beausejour Gang arrived once more ready and willing to throw those "cold" balls down the alleys. The air was full of laughter! Diane deemed

herself as Queen of the Gutter Balls once more. There were also many head pins and bedposts galore on this day, shared amongst the group. And all blamed on the cold Spring surprise.

First there was Alfred, scoring a Double-Double in the first string. Then, came along the third string, and Conrad, otherwise known as "the Rocket" seemingly said "enough already with those cold balls." He was going to blow us all out in his dust. And he did. We cheered for his Double-Double, which turned into a Turkey (three strikes in a row), then continued on to be a "Four-Bagger" (four strikes in a row) also referred to as a "Hambone," a term created by ESPN Commentator Rob Stone. But, the Rocket wasn't finished yet, as he then proceeded to bowl a fifth strike, referred to as a "Five-Bagger." Wow! Yes, needless to say, the Rocket scored the High Single with his 254, and the High Triple with 539.

The next bowling dates are slated for April the 4th, and April the 18th.

*Cheers for now, Angela Temple*



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## Today's Recipe

Larry McInnis

### Carrot Nut Pudding

Metric	Ingredient	Imperial
500 g	carrots, trimmed, pared & grated	1 lb
375 ml	milk	1 1/2 cup
125 ml	heavy cream	1/2 cup
15 ml	all purpose flour	1 tbsp
250 ml	blanched almonds, ground	1 cup
125 ml	packed light brown sugar	1/2 cup
50 ml	vegetable oil	1/4 cup
50 ml	raisins	1/4 cup
2 ml	turmeric powder	1/2 tsp
1 ml	ground nutmeg	1/4 tsp

In a saucepan over medium heat, combine carrots and milk. In a cup, combine cream and flour and stir until smooth. Pour over carrots. Bring to a slow boil and cook, uncovered and stirring frequently, until most of liquid is evaporated. Reduce to a slow simmer. Stir in almonds, sugar, oil, raisins, turmeric and nutmeg. Cook, stirring frequently, for 7 to 10 minutes. Remove from heat, transfer to a serving dish and serve.

Serves 6 [www.PeakMarket.com](http://www.PeakMarket.com)

### WORDSEARCH - Greek Mythology By Senior Scope

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

### CROSSWORD By Adrian Powell

#### Something to do at Easter, maybe?

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31	32	33	34	35	36	37	38	39
40	41	42	43	44	45	46	47	48	49	50	51	52
53	54	55	56	57	58	59	60	61	62	63	64	65
66	67	68	69	70	71	72	73	74	75	76	77	78

**ACROSS**

- 1 Used a light beam in surgery
- 6 Warmish
- 11 Wuzzy follower?
- 14 Attractive odour
- 15 Where you might see Sharks playing with Ducks
- 16 Wapiti
- 17 Something to do at Easter, maybe?
- 19 "Arabian Nights" hero Baba
- 20 Like tabloid crimes
- 21 Warning, a la Shakespeare
- 23 Detailed drawings
- 27 Gefilte fish source, usually
- 28 Inuit woman's knife
- 29 Itsy-bitsy bug
- 30 Infants
- 31 Kidnapper's demand
- 34 Pre-Euro Portuguese cash
- 36 Went in
- 38 It used to be Dutch Guiana
- 41 Bird seed holder
- 43 Hypnotic state
- 44 Latches onto, slangily
- 46 Persian's greeting
- 48 Chekov's "Star Trek" rank, for short
- 49 Grey, of tea
- 50 Graduate degrees
- 53 "And \_\_\_ off!"
- 55 Played on the radio
- 56 Get dolled (up)
- 57 Something to do at Easter, maybe?
- 62 Minuscule work unit
- 63 Ballpark figs.
- 64 You Tube offering

**DOWN**

- 1 Biffy, in Brighton
- 2 JFK Jr.'s step father
- 3 Tapped out message of some urgency
- 4 Actor Hirsch of "Milk"
- 5 One piece of info.
- 6 Where Gauguin painted
- 7 Scholarly
- 8 \_\_\_ diem
- 9 15th century Peruvians
- 10 Willy Wonka creator Roald
- 11 Something to do at Easter, maybe?
- 12 Seductive quality
- 13 Is frugal
- 18 Packed
- 22 Nova Scotia, long ago
- 23 Certain
- 24 The McBeans, e.g.
- 25 Something to do at Easter, maybe?
- 26 Filthy sort of pool
- 30 Raymond of "Perry Mason"
- 32 In good taste
- 33 Blast furnace fuel
- 35 Destructive type of moth larva
- 37 Floor model
- 39 Adolescent's
- 40 Where the squadron eats
- 42 Chooses new actors
- 44 Fetching fellow?
- 45 City in NE Pakistan
- 47 Pointless
- 50 What the Grim Reaper represents
- 51 Four-time Superman player of movies
- 52 Improvise
- 54 Take a breather
- 58 Zen Buddhist concept
- 59 Big brouhaha
- 60 Uncles, e.g.
- 61 Man of the future

SOLUTION ON NEXT PAGE

- |          |               |              |          |
|----------|---------------|--------------|----------|
| Amazon   | Eros          | King Oedipus | Scylla   |
| Ares     | Gaea          | Leda         | Sol      |
| Argus    | Gaia          | Lethe        | Sphinx   |
| Athena   | Ge            | Maenad       | Stheno   |
| Boreas   | Harpy         | Medea        | Styx     |
| Chimaera | Hector        | Medusa       | Tantalus |
| Circe    | Helen of Troy | Myrmidon     | Theseus  |
| Cronus   | Hermes        | Naiad        | Titan    |
| Cynthia  | Hestia        | Pallas       | Typhon   |
| Doris    | Iapetus       | Priam        | Urania   |
| Erato    | Icarus        | Procrustes   |          |
| Erebus   | Io            | Psyche       |          |
| Eris     | Jason         | Python       |          |
- SOLUTION ON NEXT PAGE

### SUDOKU MEDIUM By Senior Scope

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



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

## TEST YOUR WITS

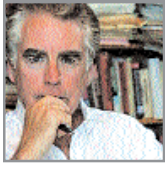
Can you move only 3 coins in the triangle shape to form the second shape? Coin must touch 2 other coins each time it is moved.

Answers on next page (15)

# HUMOUR

By William J. Thomas



Last year a three-year-old Great Dane from Portland, Oregon was found to have eaten 43 socks. His owners starting asking questions when the family budget revealed they were spending more money on socks than water, heat and hydro.

Although the dog's name has not been revealed, we'll refer to him as Hamlet, the greatest Dane of all. Whereas, Shakespeare's Hamlet dealt largely in soliloquies, the Portland Dane apparently had a toe-to-heel fetish for wool.

One day Hamlet just started writhing and retching and was immediately rushed to the nearest animal hospital. The vet was certain it was something the dog had eaten but he had no idea at the time it was the argyles. Argyles disagree with everybody.

This is the reason why cats consider dogs to be dumber than a day-old donut and oddly, okay unfairly, many cats happen to be named "Socks."

X-rays at the Dove Lewis Emergency Animal Hospital revealed the dog's stomach to be bursting with "a large quantity of foreign matter." After two hours of surgery the vet removed enough socks from Hamlet's tummy to outfit a Boy Scout troop. A spokeswoman for the hospital claimed: "It was the strangest case in the hospital's history." No real upside to this

# Dog, man's best friend or worst embarrassment?

story but you have to admit — better socks than 43 shoes.

Hamlet was discharged from the hospital the day after his surgery and about an hour after he ate his own hospital gown, the kind that ties up in the back and leaves your bum exposed to the elements and by elements I mean a dozen people watching from the waiting room who snicker as you leave even though by then you have pants on. I hope that didn't sound too personal but it happened.

Hamlet's owners are in seclusion and not commenting on the matter except to say they're being treated for third-degree blisters on their feet after two years of wearing shoes ... without ... and wait for it ... socks.

The hospital found the sock pile in the dog's stomach so strange that they entered the incident, with corroborating X-rays in a national veterinary magazine's annual contest called "They Ate WHAT?"

Amazingly enough, Hamlet did not win. An exotic frog treated at a vet clinic in Plano, Texas won the \$1,500 first prize after he consumed more than 30 small ornamental rocks from the bottom of his tank. When told he did not win, Hamlet offered to redeem himself by eating the frog, the stones and the "Welcome To Plano, Texas" sign.

Fact of the matter is, veterinarians equate the stomach of a dog to a Mexican piñata. They never know what kind of crazy stuff they're

going to find in there until they open it up.

Years ago I wrote about the dog in Montreal who swallowed and, after a week's worth of cod liver oil, passed the owner's cell phone. At the time I was able to confirm that indeed some incoming calls were lost, mainly in the lower colon. (The only way that incident could have been any better is if the phone's ring tone was the theme song from Lassie.)

And then there was Nukey, a massive Siberian Husky owned and poorly operated by my friend John Grant. Nukey had a thing for money, the cash kind John kept rolled up in a wad on the top of his dresser. Nukey had eaten cash before, but never an \$800 roll like the one John was adding to daily, saving enough to buy a new windsurfing board. Gulp!

Once John's wife Nancie talked him out of backing his car over the dog in the driveway, John began his rescue and restoration program. It was quite a sight in John's backyard that February: there was a very big dog not taking a poop being followed around by a man with a pair of tweezers and a bucket of warm water. Most days it seemed like the dog knew the game was on and he intentionally would not cooperate.

On the real cold days John would have to work faster. Never mind if everything was freezing up, Nancie had made it very clear that this was an outdoor operation.

But when Nukey made his move, John was onto that pile like a prospector panning for gold in a Colorado creek. John tweezed every morsel of paper money out of the lumps Nukey left on that back lawn, washed them, dried them and taped them all back together. As long as you have the serial numbers he assured me, the bank has to cash them.

When you think about it — Nukey stealing people's money and giving them back crap — he was kind of the Bernie Madoff of the canine world.

Looking back I doubt Nukey would have won first prize in the vet magazine contest "They Ate WHAT?" But there's no doubt in my mind John Grant certainly would have taken top prize in Mental Health Monthly's "You Did WHAT!"

Dog, man's best friend or his worst embarrassment? John's nickname is "Tweezer Man." Does that answer the question?

For comments, ideas and copies of *The True Story of Wainfleet*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

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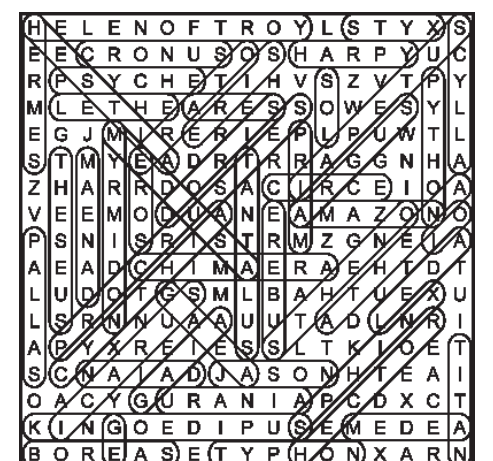
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Answer to **TEST YOUR WITS** on Pg. 14

### WORDSEARCH - Solution



### CROSSWORD - Solution

L	A	S	E	D	T	E	P	I	D	W	A	S
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### SUDOKU - Solution

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

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Advertising Feature

# Come For The Sun, Stay For The Fun At Fun-N-Sun RV Resort in Texas

By James Stoness

Its name, "Fun-N-Sun", says it all. This resort in San Benito, Texas, shouts out loudly, "The sun is here. We provide the fun. Just arrive and enjoy."

A good RV resort shouldn't be just a place to park in the sun. It should have top notch facilities for the guest's relaxation, amusement, and exercise. You'll find all of this at Fun-N-Sun RV Resort. There is a large recreation hall where musicians put on concerts, as well as a large dance hall, one of the largest halls in Texas, where folks can spend the evening dancing and visiting. They also have a barber and beauty shop in case you want to fix up for the dance.

What hobbies or fun things are you interested in? If you want to hone up your computer skills, you can join the computer club. There is also a R/C car racing club, motorcycle club, Ham radio club, Genealogy club, writers club, and card games of all kinds. Don't forget the R/C flying in the field across the road.

If you are looking for more activity, the four new, indoor, pickleball courts are sure to keep you busy at all times of the day. You can also check out the 10 billiard tables, take dance lessons, and partake in indoor shuffleboard or table tennis. It's a good place for kite flying, a soft-ball field, badminton, bocce ball, and checking your distance on the driving range. Their huge fitness centre is really loaded with top notch exercise equipment. The park is big enough that you can get a lot of bicycling done just riding on their inner roads.

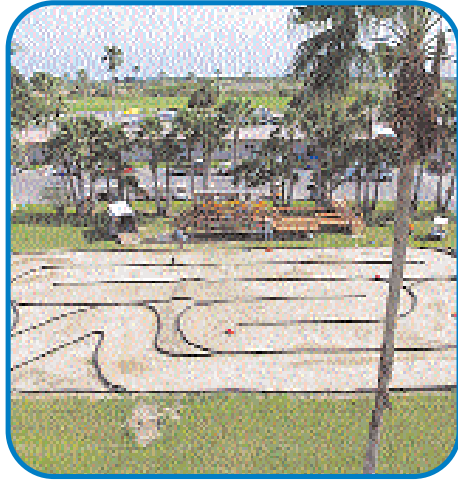
Other activities that draw a large following are the art classes, music room, dance lessons, tennis lessons, sewing, well ventilated woodshop, stained glass, lapidary, and silver-smith groups. Of course, after all of this, you won't pass up the huge pool, or the hot tub. WiFi is also accessible at a few hot spots, or you can purchase full access.

Christmas is a special time with a catered meal at the park. This is a great time to see the lengths that people in the community go to in order to have their place look radiant with Christmas lights. The RV resort also has a small train, often used to give people rides through the park to see the bright sunsets, but at Christmas it winds around the park to give guests views of the coloured decorations and is a popular delight during the season.

These are just some of the activities you would expect a park of 1400 sites to have. If you don't have an RV, you can stay in a Park Model, or rent a fully furnished cottage.

The Fun-N-Sun RV Resort is ideally located in the southeast corner of Texas, close enough to South Padre Island that you can easily drive over to enjoy the 34 miles of white sandy beaches, wade in the soft, warm waters of the ocean, and if you stay late enough in the day, view magnificent sunsets.

If you are interested in fishing you definitely should try out the Pirate's Landing Fishing Pier in Port Isabel, just before the bridge that takes you to Padre Island. They have tackle and bait, snacks, rest rooms, and good parking. This is the longest fishing pier in Texas and even if you don't want to fish it's worth visiting for a walk. The pier is also a great place on Friday nights to observe the fireworks as you walk. Some of the best fish and chips you will ever eat are available in Port Isabel, and there are often 'all you can eat' fish specials.



This part of the valley is very flat and for centuries the Rio Grande has meandered all over the valley floor leaving behind old channels and oxbow lakes, now cut off from the river. Downtown San Benito has a twisting 400 foot wide oxbow lake, The Resaca. For your enjoyment there is a waterfront path used by bicycles, walkers and hikers. Along the way there are picnic tables and a

place to grill a few sausages, or wieners as you watch the ducks dive for food.

Nature walks and bird watching are still the valley's most popular activities. The area is in the bird migration flyways. The birds tend to avoid the desert to the west, and the ocean to the east, to pass in the thousands right through the Lower Rio Grande Valley. With a 365 day

growing season, the wide plant diversity supports the needs of the 500 plus varieties of birds, and don't forget the 300 types of butterflies. The Lower Rio Grande Valley National Wildlife Refuge now protects the area.

Carol, a snow bird from Canada, tells it this way. "Fun-N-Sun is a Winter Texan's paradise. Each and every day I can choose from a hive of activities in which to participate. Evenings are spent on the dance floor or, on the patio with a glass of wine and good friends. My day is filled with as much or as little as I want to do. On the days I choose to kick back, I relax in the sunshine and warmth, gazing at the palm trees swaying gently in the breeze. But most of all, I enjoy the people here at Fun-N-Sun. We are a community of active and fun loving adults whose friendships continue when we head back north."

Now is the time to make arrangements at a really active RV resort. Call **1-855-336-8841** to check availability or for more details.

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