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THEY'RE BACK!

The Manitoba Seniors Music Festival returns earlier in the year



One of the performance groups you'll see in this year's lineup at the Manitoba Seniors Music Festival is the Happy Homesteaders barbershop group. Read more about the Happy Homesteaders on page 3.

The Manitoba Seniors Music Festival is back with an amazing new line-up, and a new date.

Since its inception several years ago, it was held in the fall - October - for Seniors' and Elders' Month.

Howard Mar, one of the organizers says that they wanted to change that and have it in the late spring to take advantage of the warmer weather. October can be quite chilly with the onset of winter.

This year it will be held from May 23rd to June 2nd at the Sturgeon Creek United Church at 207 Thompson Drive in west Winnipeg.

There will be 15 performances over the course of five days at 7:00 pm each evening.

The music is performed by 'Seniors and Friends for Seniors and Friends,' as their motto says.

The Manitoba Seniors Music Festival is ideal for families - grandparents, parents and children - to share and learn about seniors and their music and to enjoy each other with musical accompaniment.

Tickets are \$12 each and are available at the door and at McNally Robinson Booksellers.

Don't miss this year's shows with your favourite musicians!

See the back page for the full program schedule. ■



The Dixie Beats will also be performing at the Seniors Music Festival. See back page for program schedule.

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Happy Homesteaders barbershop group in its third decade

A CAPPELLA GROUP PERFORMS IN NURSING HOMES

By Alana Trachenko

The **Happy Homesteaders** are proof that barbershop groups aren't just a relic of the past.

The a cappella group has been meeting and performing for the past 32 years, practicing weekly at the Royal Canadian Legion Branch 252 to work on their four part harmony and memorize song verses. In that way, the Homesteaders are considered a true-blue barbershop group.

"It's a cappella, that's the definition of barbershop," director Marlaine Stevens said. Every Monday, she leads the group of 12 through their songs and choreography. She says the group used to be larger, but with many of the members being upwards of 80, some are no longer with them for health reasons.

"The average age is 84 but a person doesn't have to be in their '80s to be in the group, they just have to be retired or available," Stevens said.

St. James resident Harvey Schmidt has been in the group for approximately five years. Before joining, he had never sung before.

"I had some interest in singing but after I retired it was something I really wanted to do," Schmidt said. "As an old athlete I find it's a team concept that's important. Singing brings a great deal of pleasure and it's very entertaining not only for us but for the people we sing to in nursing homes and retirement homes."

The group primarily performs at residences for seniors, and their repertoire features songs from the '40s and '50s all the way back to the 1800s. Stevens said she sees the connection with their audiences.

"Most people will be sitting with their head down and you think they're sleeping but you see fingers tapping in time to the music," she said. "The music reaches them no matter the state their health is in."

Charleswood's Michael (Mickey) Kaiser said for him, it's about giving back.

"It's fun to me, our group. You're giving back to people that can't get out anywhere because there are a lot of places where you sing, they sit there and you ask them, does anyone come to see them? Nobody," Kaiser said.

He's been in the group for over 10 years, and when he's not with Homesteaders he performs rock music with his son.

"Singing with these guys is a lot of fun but when I sing with my son and do the rock stuff, it's a different ball game," he said.

Stevens added that for the members, memorizing music is a great mental exercise and it's a great way to meet up and socialize once a week. She said that anyone interested in joining can contact Joe Cels at **204-888-4214**.

"If you're interested in learning to sing four-part a cappella, we would love to have you," Stevens said. ■

You can see the Happy Homesteaders perform at the Manitoba Senior Music Festival on May 25th at the Sturgeon Creek United Church, 7 pm. Tickets are \$12 at the door or at McNally Robinson Booksellers.



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THE BUZZ

Story by Scott Taylor
Photos courtesy Assiniboia Downs

We're still about a month away from the beginning of the 2017 live racing meet, but that doesn't mean there isn't a lot going on at Assiniboia Downs.

There are still free VLT tournaments beginning at 8 p.m. every weekend and players can get into the draw for 10 chances to win \$20 in free VLT spins. The top winner each night participates in a month-end finale for more spins and \$250 in prize money.

Every Friday and Saturday night, the Five-Alive "Double Your Winnings," contest runs from 7 p.m. to 10:30 p.m. Along with that is \$10 buy-in poker. Registration starts at 8 p.m. and the game starts at 8:30.

Live racing starts on Mother's Day, May 14, and Mother's Day Brunch in the Terrace Dining room is already sold right out. But there will be a delicious unwind-after-the-races buffet on Mother's Day and there are still a few tables available. For tickets, call Samantha at 204-885-3330 ext. 0. The brunch has become incredibly popular so some other live race days are selling briskly. When you talk to Samantha, make sure the other dates you'd like to book are still available.

Meanwhile, Derek Corbel, the Assistant Director of Racing, couldn't be more fired up about the 2017 live racing season at Assiniboia Downs.

In fact, Corbel can't get over how many horses are currently in the backstretch and that despite the nasty weather, on occasion in March, it's been a pretty tremendous spring training season.

"March 1st was the opening day of the training track and Equisizer and the main track opened on Sunday, April 9, with an outstanding 24 horses that had official clocked workouts," said Corbel.

"Mother Nature has toyed with the overall training this spring, with bitter cold, snow storms, melting and freezing, but with their experience and endless hours of effort that the backstretch grounds crew put in, they kept the training track from freezing and the roads and paths to the track sanded -- pumping water out of the overflowing ditches so that training went on no matter what was thrown at them."

Thanks to a superb staff at the Downs, Corbel and Co. have already been able to welcome back some of the stars from last year's meet.

"Returning trainers this summer include 2016 leading trainer, Tom Gardipy along with Don Schnell, Ardell Saylor, Jared Brown, Gary Danelson, Shelley Brown, Jerry Gourneau, Elton Dickey and Steven Gaskin," said Corbel. "We have a new female trainer, Jamie Hartman from Saskatchewan, who will have a large stable of 20-plus horses and has been at or near the top of the standings in her own province for the last few years."

Perhaps just as importantly, many of the top jocks from 2016 are back, as well. It's going to be a remarkably competitive racing meet.

Another Strong Downs Season Coming Up



Assiniboia Downs



Apprentice Jock Dario Dalrymple working out at soring training on the main track.



Christopher Husbands on board Witt Six wins the Gold Cup for Henry Witt Jr. and trainer Jerry Gourneau

THE RACING NOTEBOOK: A Manitoba-bred three-year-old filly named **Berazze** had a tremendous first lifetime start at Sunland Park in New Mexico. Berazze won her maiden allowance, running 57.68 over five furlongs. She paid \$8.60 as the second favorite in an eight-horse field and paid her owner \$12,900. Owned and trained by **Don Schnell**, she was bred by **Cam Ziprick** of Russell and should be a major player on the filly side at the Downs this summer... Witt Six, the popular winner of the Gold Cup, R.J. Speers and Manitoba Mile at the Downs last summer had to be euthanized after an operation in Nebraska to remove a bone chip from his leg. This was the second Gold Cup winner in a row to pass away. **Magic D'Oro**, the winner in 2015, ruptured an aortic valve during a Stakes race at the Downs last summer. Witt Six, owned by Henry Witt Jr. and trained by Jerry Gourneau, had a lifetime record of 37-9-4-10 with earnings of \$216,431 US... **Buff**, the colt that made his seasonal debut as a two-year-old at the Downs last year, is preparing to make his three-year-old debut. Owner **Barry Anderson** is excited by the prospect, especially with young Jennifer Fielding in the irons. Buff won his second lifetime start last September, going off at 14-1. It was Buff's first win and also rookie Fielding's first win... The 2018 Pegasus World Cup, Jan. 27, 2018 at Gulfstream Race Track in South Florida, will carry a \$16 million purse, up from \$12 million from the inaugural race this past January. Gulfstream owner and Canadian businessman **Frank Stronach** has sweetened the pot with the track's own \$4 million. The entrants will still be required to pony up \$1 million for each of the 12 available post positions in the race. ■

Don't forget, the **2017 Live Racing Meet** begins **Mother's Day Sunday, May 14.**

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CURRIE'S CORNER



By Roger Currie

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

Complicating the Issues

Donald Trump is about to complete his first 100 days as President of the most powerful nation on earth, and the list of issues that he seems to find 'amazingly complicated' is growing.

It began with health care, and the White House has backed away from that one completely. This week, the Donald was in Wisconsin, land of the *Cheeseheads* who were a key group in his election victory in November. Along with cheering for the Packers, Dairy farmers in Wisconsin are always in search of something to complain about, and their counterparts in Canada are frequently a target.

The cheeseheads have long argued that our supply management system in this country hurts the American industry, and Trump is only too happy to echo those sentiments, as if he even knew what he was talking about. In fact he doesn't know what he's talking about, but he is by no means alone. International trade in agricultural products is hugely complicated, largely because it has seldom if ever been a so-called level playing field.

American agriculture would most likely collapse immediately if it weren't for the Billions in subsidies that farmers receive for producing, and NOT producing a wide range of goods. It has been a war of subsidies between the

U.S. and the European Union for decades, and it's a major reason why Canadians and other North Americans enjoy relative bargains when we go to the grocery store.

It all just goes to show that Justin Trudeau and his cabinet colleagues must continue to spend a lot of time in Washington. Just when you think the American boss is maybe on our side, he goes to a place like Wisconsin.

On the other hand, it might be a good thing if it keeps Trump from rattling nuclear sabres at rogue states like North Korea.

Now there's a story that's really complicated, and very very scary. ■

HOW TO PROTECT YOURSELF FROM FRAUD AND SCAMS

Kelvin Goertzen - Minister of Health, Seniors and Active Living

Fraud is the number one crime against older Canadians. Common types of fraud and scams include identity theft, credit or debit card fraud, online scams, and phone and door-to-door scams.

Though anyone can be a victim of fraud, older people are frequently targeted because they are perceived as financially stable, trusting, generous, and courteous. Older adults may also be home during the day to answer the door or phone and depending on the circumstances, may not have family or friends close by to ask for a second opinion.

To protect yourself from frauds and scams, here are some tips recommended by governments and organizations from across the country:

- Trust your gut. If you think it's a scam, don't be afraid to hang up the phone, say no, delete the email or walk away.
- Con artists try to pressure you into making quick or unwise choices. If someone is trying to convince you to sign a contract or provide your personal information, take time to reflect and investigate the situation. Don't sign or commit to anything without taking time to think it over.
- Don't pay to win or inherit money. Never send money to someone you don't know or trust. If it sounds too good to be true, it probably is.
- When it comes to computers, con artists randomly target email addresses, hoping for a response. If you click a pop-up ad, you could

inadvertently allow a third party to install a virus or malicious software on your system, and access your personal information. To protect yourself, learn how to protect your computer and manage your email safely.

- Sharing personal information online increases your risk of identity theft. Guard your personal information and don't share PINs, passwords or other personal identifiers. Only provide addresses and phone numbers to people you know and trust.
- Never give out your credit card, bank account number or personal information to someone over the phone, at the door or over the Internet unless you know the person or organization you are dealing with.
- Cover your hand when entering your PIN at bank machines and when making store purchases.
- When in doubt, ask someone you trust for advice.

Resources Available

In addition to the tips I shared above, there are also a number of resources you can access to protect yourself against fraud and scams:

- The Consumer Protection Office (CPO) hears, mediates and investigates consumer-related complaints. For more information, contact the CPO at:
 • Phone: **204-945-3800** (Winnipeg) or **1-800-782-0067** (toll-free)
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The Manitoba Securities Commission (MSC) takes action to prevent scams before they happen. The commission also reviews all types of scams and fraud complaints and offers brochures, fact sheets and other information to help protect people from fraud. For more information, including brochures and fact sheets, contact the MSC at:
 • Phone: 204-945-2548 (in Winnipeg) or 1-800-655-5244 (toll-free)
 • Email: securities@gov.mb.ca
 • Website: www.mbsecurities.ca

The Canadian Anti-Fraud Centre collects information and criminal intelligence on telemarketing fraud, internet fraud, identity theft and other types of fraud. To find out about different types of fraud, how to report fraud and how to protect yourself, visit their website at www.antifraudcentre-centreantifraude.ca/protectyourself-protegezvous/index-eng.htm

For more information

For more information about seniors programs and services in Manitoba, please call the Seniors Information Line at **204-945-6565** in Winnipeg; toll-free **1-800-665-6565** or email seniors@gov.mb.ca.

Kelvin Goertzen is the MLA for Steinbach and the Minister of Health, Seniors and Active Living

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Baseball in the Desert

By Metro Hnytka
Winnipeg South Slo Pitch

I took a trip to Mesa, Arizona, from March 17-28 to watch my 14-year-old grandson, Daniel Sawchyn from Victoria, B.C., play baseball in a tournament. He was on the only Canadian team there. The team was made up of the best in British Columbia and they did very well, coming in second place only losing their last game to a team from California, 9 to 7.

For second place they all received a baseball ring just like big boys get in the World Series. They sure were proud and happy. I'm looking forward to next year when they'll be 15-year-olds.

While watching the kids play, I realized that the team that looks the best does not always win, nor the team that plays the best always wins. Baseball is that kind of game—opportunities taken



14-year-old Daniel Sawchyn on only Canadian team in U.S. tournament

or lost often determine the game results. All these kids have the same thing in common—they all don't play the same but they're happy to be part of the game and this lasts their lifetime. Just to be a part of it is important.

I watched a spring training game while I was there between the Los Angeles Angels and Texas Rangers. The highlight for me was to watch Michael Trout from Los Angeles hit a home run. I think he is the best player in the league (my hero).

This was a good time of the year to drive from Winnipeg to Mesa as it was a very scenic trip with the desert in full bloom and with the nice weather.

For more info on the Winnipeg South Slo Pitch, call Bob at **204-261-3033** or Betty at **204-997-8043**. ■

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- Pharmasave Assiniboine Pharmacy

Pharmacare provides drug cost assistance to eligible Manitobans who do not have coverage under a federal or other provincial program. Pharmacare is income based, which means a yearly deductible is calculated based on the total adjusted family income. Once the deductible has been reached through the purchase of eligible prescription drugs at a pharmacy, Pharmacare will pay 100 per cent of eligible prescription costs for the remainder of the benefit year. Drop into Pharmasave Assiniboine Pharmacy and our friendly staff would love to answer any questions you may have or help you fill out your form.

What is a deductible and how is it calculated?

A deductible is a specific dollar amount that must be paid each year before Pharmacare coverage begins. The minimum deductible for Pharmacare is \$100, with no maximum deductible. Once an application has been processed, Pharmacare will send a notification letter indicating the deductible amount. The deductible amount is a percentage of the total adjusted family income and ranges from 3.01-6.81%. To calculate a family deductible, there is an online Pharmacare Deductible Estimator on the government of Manitoba website.

Does Pharmacare coverage follow a regular calendar year?

The Pharmacare benefit year is April 1 to March 31 of the following year.

What if I meet my deductible every year but find it hard to start paying for all my medications again April 1 as I'm on a fixed budget?

Pharmacare does have a program that allows you to pay your deductible in monthly instalments as part of your Manitoba Hydro bill, but this program is quite restrictive. To qualify, your monthly drug costs must exceed 20% of your monthly income. If you don't qualify or if you don't want to go through the hassle of applying, Assiniboine Pharmacy has a Monthly Budget Plan to assist you. Call and speak to one of our friendly staff members to get more details.

I meet my deductible every year, so does it matter where I go to have my medications filled?

No, not really. For many people who don't meet their deductible, they go to the pharmacy that provides them with the lowest price. While price is a very important factor in choosing a pharmacy, it should not be your only reason, especially if you meet your deductible! Remember the old saying, "You get what you pay for". While some pharmacies offer a low price, convenience and service are usually sacrificed as a result. At Assiniboine Pharmacy, we believe your relationship with your pharmacist is of the utmost importance. By keeping our prices competitive, we won't sacrifice service and convenience for the sake of a low price. If you meet your deductible you should choose a pharmacy that can get to know you on a personal level and provide the care you deserve.

(see advertisement on page 4)

Grouille ou rouille 2017

Journée d'activités en français pour le bien-être des personnes de 55 ans et plus!

A fun filled 55+ health fair day with physical and wellness activities as well as workshops. All activities will be presented in French.

15 choix d'activités

Nouveau cette année :

- ✦ Yoga du rire
- ✦ Zentangle



date limite pour l'inscription le 12 mai

8 choix d'ateliers :

- ✦ Rester sur pied - mesures à prendre pour prévenir les chutes
- ✦ Démystifier la nutrition : version 3.0
- ✦ Votre pharmacien et vos médicaments
- ✦ Méditation chrétienne
- ✦ Santé financière
- ✦ J'aime m'amuser avec l'informatique
- ✦ Venez découvrir les programmes du Centre de santé
- ✦ Tournée guidée : Cathédrale, cimetière

Stationnement **GRATUIT** sans restrictions sur les rues avoisinantes.

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dès le 18 avril 2017

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auprès de la **personne** contact en résidence (chèque ou argent comptant)

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Université de Saint-Boniface (USB) 200, av de la Cathédrale
Entrée principale : Pavillon Marcel-A.-Desautels sur la rue Aulneau



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Serving Customers Everywhere

Local not-for-profit agency celebrates 60 years of supporting older Manitobans

By Jackie Wild - Communications & Marketing Specialist,
A & O: Support Services for Older Adults

In the winter of 1955, a reporter from The Winnipeg Tribune became a voluntary pensioner for a series called *Life on Forty*. He attempted to live on a senior citizen's average pension of \$40 for one month.

The reporter spent most this time in a bare-bones rooming house, until he soon ran out of money and had to beg for more on the streets. This publication garnered much needed attention for issues faced by Manitoba's older adult population.

In the 1950s, new medical research and development was helping extend the average Canadian's lifespan, and more individuals were living past their sixties. *Age and Opportunity*, a study conducted by the Welfare Council of Greater Winnipeg and financed by The Winnipeg Foundation, took a closer look at the city's rapidly growing segment of older adults.

The report was published in 1956, focusing on the issues of poverty, loneliness and poor health within the older adult population. The study concluded two thirds of all older adults in the region were living on marginal incomes - or worse.

In response to this report, the first Age and Opportunity Bureau was established on May 8, 1957 - an agency we now know 60 years later as **A & O: Support Services for Older Adults (A & O)**.

A & O is a not-for-profit organization that provides innovative programs and services for older Manitobans. These programs aim to empower and support older adults in the community.

A & O's programs and services fall under three foundational pillars:

Safety & Security

- Elder Abuse Prevention Services
- Safe Suite Program
- Older Victim Services
- SafetyAid: Crime and Falls Prevention for Older Manitobans
- This Full House

Social Engagement

- Senior Centre Without Walls
- Connect Program
- Entry Program for Older Adult Immigrants

Counselling

- Information & Referral
- Intake
- Counselling
- Housing
- Legal Services

Since its inception, A & O has been a national leader in the development of innovative programs and services for older adults. Many programs they've successfully implemented were the first of their kind in Canada, and have been widely adapted across the country.

Over the past six decades, A & O has revolutionized the way our society views, treats and supports older adults.

This year, the agency is celebrating its 60th diamond anniversary! They're pleased to have Her Honour the Honourable Janice C. Filmon, C.M., O.M. involved as A & O's 2017 Honourary Patron. A number of special events have been planned throughout the year in celebration of the agency's six decades supporting older Manitobans. Stay tuned, as more details will become available at www.aosupportservices.ca.

On Wednesday, May 17, A & O will be hosting its 10th annual 55+ Housing & Active Lifestyles Expo. Join the agency as they welcome over 110 exhibitors and present a brand new fashion show on the runway!

55+ Housing & Active Lifestyles Expo Wednesday, May 17, 2017

10:00 a.m. - 6:00 p.m.
Victoria Inn Hotel & Convention Centre
1808 Wellington Ave.
(Enter off east side Berry St. entrance)
FREE ADMISSION & PARKING
Register online today: www.aoexpo.ca

This expo provides older Manitobans and their families with a variety of housing options, active lifestyle opportunities and support services necessary for successful aging.

A variety of exhibitors will be available to answer questions such as:

- What can assisted living provide?
- How do I sell my home?
- What is a life lease?
- How do I downsize?
- What community and government housing services are available to me?

There will also be information on support and lifestyle services that help keep older adults independent for as long as possible, including:

- Caregiver services
- Financial services
- Home safety and security
- Subsidized housing and more!

For more information visit www.aosupportservices.ca or call 204-956-6440.



A cleverly written letter that circulated on Facebook.

*Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be obtained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say that
Today was a good day.*

Now read from the bottom to the top.

- Senior Scope

DRIVE-ON! SENIOR SCOPE AUTO NEWS

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

MANITOBA'S WORST ROADS 2017

Courtesy CAA

Our annual campaign has closed and the top ten roads, as voted by you, are:

Final Worst Roads 2017 Rankings

1. Provincial Road 239 - Faulkner
2. Provincial Road 353 - Brookdale
3. Dugald Road - Anola
4. Chevrier Boulevard - Winnipeg
5. Empress Street - Winnipeg
6. Pembina Highway - Winnipeg
7. Main Street South - Carman
8. Main Street South - Minnedosa
9. Fermor Avenue - Winnipeg
10. Manitoba 20 - Ochre River

Winnipeg Top 10

1. Chevrier Boulevard
2. Empress Street
3. Pembina Highway
4. Fermor Avenue
5. Saskatchewan Avenue
6. McGillivray Boulevard
7. Henlow Bay
8. Sherwin Road
9. St. James Street
10. McCreary Road

Most Improved Winnipeg Road:
St. James Street

Manitoba Top 10

1. Provincial Road 239 - Faulkner
2. Provincial Road 353 - Brookdale
3. Dugald Road - Anola
4. Main Street South - Carman
5. Main Street South - Minnedosa
6. Manitoba 20 - Ochre River
7. Provincial Road 307 - Oakbank
8. Provincial Road 450 - Goodlands
9. Mountain Avenue - Neepawa
10. Provincial Road 280 - Gillam

Most Improved Manitoba Road:
Trans Canada Highway 1

As always, CAA Manitoba will present these results to the City of Winnipeg and the Manitoba Government for consideration as they plan and prioritize for future roadwork.

CAA thanks you for voting in the 2017 Worst Roads campaign!

AUTO SERVICES

CONSUMER INFORMATION SERVICE

Courtesy of **Seven Oaks Transmissions**

Straight Talk from Seven Oaks Transmissions

"When your vehicle needs transmission work, price should not be your only consideration," says **Bob DeGrave** of Seven Oaks Transmissions.

He suggests you check the reputation of the company you are dealing with, and ask what kind of warranty they offer?

"Of course, price is a concern," he adds, "but you need to look at what kind of value you are getting for your money."

DeGrave should know. Bob has over 45 years experience in the field. He and his brother Marcel started Seven Oaks Transmissions in 1980. Now, with Bob's sons, Kyle and Garrett, they have built the family business on honesty, great customer service and quality workmanship.

Vehicles and, consequently, their transmissions, have gotten more complex over the years. To keep up with all the changes, Seven Oaks had made an ongoing invest in time, equipment and staff training, putting thousands of dollars into computer hardware, software and special testing equipment.

Seven Oaks also subscribes to a special technical hotline that provides them with regular updates so they can keep abreast of the latest information and innovations.

"Our staff has many years experience and ongoing training is a priority," he says. Technicians are tested and certified through ATRA, and the shop is CAA approved.

Some of the other services Seven Oaks offers its customers include a

shuttle service and courtesy care where necessary. But their commitment to custom service also includes making sure people are able to make informed decisions.

"We make a point of explaining the problem and the process to our customers," he says. "We are careful not to talk down to them, or to talk over their heads."

A multi-check approach is used that can include a thorough road test, computer scanning and a lift check that would assess your transmission's condition and give you an honest estimate for repairs.

For an appointment, call **Seven Oaks Transmissions** at **204-338-7067**, or drop in at **2377 McPhillips Street**. *The coffee is always on.*

COMPLETE TRANSMISSION SPRING SPECIAL. ALL INCLUDED... NO HIDDEN COSTS

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PRICE INCLUDES:

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- Clean Pan
- Replace Pan Gasket & Filter (as applicable)
- Flush Entire System with Trans Action 2.5
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Most Cars. (Light Trucks & 4x4's Extra). Valued at approx. \$210.00. Expires May 31, 2017.



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HEARTSPACE WRITING SCHOOL

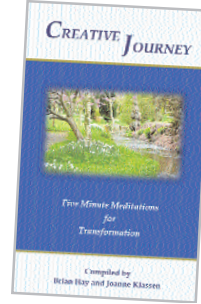


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



Five Minute Meditations for Transformation

CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B01IQ0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

LOVE

By Leah Bueckert

Balancing a diamond on a blade of grass...

(Tom Waits, *All the World is Green*)

What an interesting image: a diamond balanced on a blade of grass—something durable and eternal balanced on something beautiful but fragile. What could this mean?

I wonder if love is like this.

Maybe love is the diamond and our human experiences are like the blade of grass. Even though our human lives and our attempts to express love with-er, love lasts forever anyway. (LB)

It is a comfort and a hope to know that it is love that always has the final word.

BIO: Leah Bueckert (LB)

Leah Bueckert works in Spiritual Health Services at a long-term care facility in Winnipeg, Manitoba. She took *Life Writing for Transformation™* in 2011 and values its influence in her life and writing of spiritual reflections. Leah has recently started guitar lessons and she is grateful for the ways that music brings her to her heart. ■

SENSE

By Ray Ede

*In awareness is healing;
in awareness is truth;
in awareness is salvation;
in awareness is spirituality;
in awareness is growth;
in awareness is love;
in awareness is awakening.*

(Anthony De Mello)

To be aware, to know the power of awareness, I have to use all my senses. But how can I truly see, hear, smell, taste, feel? Unless I look, listen, scent, savour, and touch, I will sense little. So when I actively do these sensing activities, the sights and sounds, tastes, odours, and tactile experiences are revealed anew. I become more aware of my surroundings and its wonders, and I grow. Others, encouraged to do likewise, can share with me their own insights from their own awareness experiences. They aid my growth.

Can I do more? Of course. Having opened myself to the world outside, shall I also open my inner world? As an introvert, I spend a lot of time here, much of it in imaginings of fictional worlds and sometimes these find

expression to be shared with others. What else is in here? Truth?

Might this be hard to look at or to sense in all the ways I applied to the world outside? Yes, and it can lead to dark nights of the soul. But by persevering, I become more aware of who I truly am, what my inner voice is saying and what it —my soul—wants the world to know. (RE)

Creatively looking, listening, savouring, scenting, touching, I move towards awareness of all around and all within; towards wholeness.

BIO: Ray Ede (RE)

Encouragement from a supportive English teacher was Ray's original impetus to write. He discovered *Transformative Life Writing™* on a course at Woodbrooke Quaker Study Centre, Birmingham, UK. Joanne Klassen and Eleanor Chornoboy later trained him as a facilitator. Ray's eclectic interests include Jungian Psychology, horticulture, detective novels, and the links between creativity and spirituality. He is married to Denise and is savouring their retirement together in North Wales. ■

TEST YOUR WITS

1. Which of these triangles is darker.

2. Which number should the question mark be?

333
27
14
?

Answers on page 11

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MANITOBA DRAGON BOAT FESTIVAL

SEPT 8-10, 2017

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All Senior Team Division

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Email: bingo@kinsmenclub.com
Web: www.kinsmenjackpotbingo.com

Ride The Rails to the Parkland

Aug. 8 & 9 | Aug. 20 & 21

Tour Includes: Via Rail Economy Escape Ticket, Return Motorcoach Transportation, One Night Accommodations in Dauphin, Breakfast, Admission to Fort Dauphin Museum, Tour of Historic Ukrainian Catholic Church of Resurrection, Boat Tour on Clear Lake aboard the Martese with commentary, Scenic drive through Riding Mountain National Park with stop at Wishing Well, Homemade Ice Cream and Tour Director accompanying entire overnight tour.

Depart Winnipeg \$265.00 pp dbl occ
Depart Portage la Prairie \$245.00 pp dbl occ

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BRANSON MEMPHIS NASHVILLE

Oct. 26 - Nov. 8 - 2017

\$2500.00 pp dbl occ

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Things To Do

IN WINNIPEG

EVENTS

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

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

Friends of the Winnipeg Library - 12th Annual Books & Brunch fundraiser, Sun. May 7, 10:30 am, at The Gates on Roblin. Tickets at Millennium Library (Gift Shop), 251 Donald St. **204-947-0110 / info@friendswpl.ca**. In support of library projects.

Slo-Pitch players invited - It's that time of year when great change happens to older men and ladies. SPINGTIME: Men and women become the boys and girls of summer and take up baseball for by fall they will be back to being men and women again. Call Bob: **204-261-3033** or Betty: **204-997-8043** for your yearly renewal.

63rd Annual Coin, Stamp & Collectibles Show - Sat/Sun, Sept. 30-Oct. 1 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold.

The Children's Hospital Foundation of MB - presents the 31st Teddy Bears' Picnic, Sun. May 28, 9 am-5 pm. Get your bear checked out at the Dr. Goodbear Clinic. Info: visit goodbear.ca

Brooklands Active Living Centre - Spring tea / Bake sale, May 6, 1-3 pm; Plant sale, Fri. May 26, 1-7pm & Sat. 9 am-4:30 pm. **204-632-8367**

Post Polio Network - May General Meeting, May 30, 1-2:30 pm, Caboto Centre, 1055 Wilkes Ave. Brent Konantz, Healthwest, will be presenting on orthotics. Mr. Konantz is Canadian certified pedorthist and orthopedic massage therapist.

Stroke Recovery Association of MB (SAM) - Momondays Fundraiser: Come to Celebrations Dinner Theatre and support SAM on Mon. May 8. Doors open at 5, show 6:30-8:45. Tickets avail. at SAM, 247 Provencher Blvd. or <https://www.momondays.com/winnipeg/>

Women Healing for Change - Women's Retreat, Sat. Jun. 10, 10 am-4:30 pm, at Northern Sun Farm, 15 min. S. of Steinbach on Pansy Road. Cost \$25. Bring food for Potluck, plate/cutlery/cup. Tour organic farm (bldg of recycled materials, solar panels, etc.) Call Doreen **204-837-9613** or dwuckert@shaw.ca

GeriTheAtrics - 'Forget Me Not', a Murder Mystery, 4 days: Thur-Sun, May 4-7, 2 pm at Lions Place Theatre Auditorium, 610 Portage Ave. Rush Seating. Tickets \$15. Call **204-781-5254** or geritheatrics@gmail.com

Palliative Manitoba - Hike for Hospice, Sat. May 6, at Shaw Park, Home of the Goldeyes. Reg. 10 am, Hike 10:30 am. 4 km walk down Waterfront Drive. To register: www.palliativemanitoba.ca

The Winnipeg Male Chorus - will hold its Spring Sing, Sun. May 7, 2:30 pm, in Bethel Mennonite Church. Special guests: The Divas and the Winnipeg Boys Choir. Tickets at door, adults \$15, Children \$5

Mary, Mother of the Church - Spring Garage and Rummage Sales, Sat. May 6, 8 am-1 pm at 85 Kirkbridge Drive. All proceeds to charity. Lunch available.

Archwood 55 Plus - Fundraiser, Sisters of the Holy Rock, Sat. May 13, 7 pm, at Archwood C.C., 565 Guilbault St. Tickets \$20. **204-416-1067**, archwood55mail@gmail.com

Grace Hospital Auxiliary - 8th Annual Book Sale, May 3-4: 10 am-7 pm, May 5: 10 am-6 pm, May 6: 10 am-4 pm, 408 Booth Drive, Hosp. Auditorium. Call **204-837-0368**. Proceeds support patient care.

The Winnipeg Jazz Orchestra - St. James Infirmary Blues Fundraiser Concert, Thur. May 25, 7:30 pm, at Neil Bardal Funeral Centre, 3030 Notre Dame. New Orleans inspired jazz. Tickets \$55. Wine/light refreshments served. Box Office **204-632-5299**

McClure Place - Bazaar/Bake Sale, Sat. May 6, 9 am-12 pm, 533 Greenwood Place.

St. Eugene Church - Concert, Sun. May 7, 2 pm, with Les Intépides (adult choir) and Rinnovo (youth group) at St. Eugene Church, 1009 St. Mary's Road. Tickets: **204-233-ALLO** (2556): credit card, debit accepted. Adults \$15, 12-17 yrs \$5, under 12 FREE. Wheelchair accessible.

Westminster Concert Organ Series - Westminster United Church, 745 Westminster Ave. Simon Johnson, May 7, 2:30 pm. Tickets at door or McNallys.

Archwood 55 Plus Inc Fundraiser - Sisters of the Holy Rock Concert, Sat. May 13, at Archwood Community Club (565 Guilbault St.) 7 pm (Doors open at 6 pm) Tickets: \$20. Call **204-416-1067** for tickets or email archwood55mail@gmail.com

Fred Douglas Society - Art of Caring Luncheon, May 11, 12 pm, Norwood Hotel. Tickets \$50. Contact Rebecca: **204-586-8541**, ext. 127, email: rreykdal@fdl.mb.ca

Wanting to form a Real Estate business group? Need a relaxing meeting space? Come on into Cippriani's Espresso Coffee House Fridays, 5-8 pm. Enjoy a complimentary Espresso & Baklava 1199 Fife St.

VOLUNTEERING

Crohn's and Colitis Canada - The Gutsy Walk for Crohn's and Colitis is looking for volunteers, Jun. 4, 11 am-2 pm, at the Canadian Mennonite University. Please call Kerri: **204-688-9076**

Deer Lodge Centre, 2109 Portage Ave - Daytime volunteers needed to assist in the Physiotherapy department, cafeteria, coffee program, PRIME and Get-a-way community programs. Call Joy: **204-831-2912** or email: jtanchuk@deerlodge.mb.ca

Meals on Wheels - If you got the wheels, we got the meals! We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or www.mealswinnipeg.com

The Bereavement Care Program of Concordia Hospital - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counselling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, bmilks@concordiahospital.mb.ca

Misericordia Health Centre - Volunteers needed to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Parking provided. Call **204-788-8132**, or apply in person or online at www.misericordia.mb.ca/volunteer

Caregiving with Confidence (formerly Rupert's Land Caregiver Services) - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Also volunteers needed for "Time-out for Caregivers Program." 2-3 hours. Call **204-452-9491** (non-profit)

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

Travel Manitoba Visitor Information Centre at The Forks - Come volunteer this spring and summer in the Visitor Information Centre. Provide helpful advice, recommendations and directions to the province's top tourist attractions/destinations. Email: sbason@travelmanitoba.com

Kildonan MCC Thrift Shop - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: meaganvarndell.kmts@gmail.com and **204-668-0967**

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

Middlechuch Personal Care Home - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or matt@middlechurchhome.mb.ca

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

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

HSC Winnipeg - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: volunteer@hsc.mb.ca

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

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

PROGRAMS / SERVICES

Wpg Polish Legion Br 246 - 1335 Main St. Tues. Senior Luncheon/Dance, noon-3 pm, Karaoke, Fridays, 8-midnite. Call Br **204-589-5493** for more events. Upstairs hall for rent. 204-979-5493.

Pembina Active Living 55+ (PAL) - Ongoing clubs/drop-in activities (membership required): men's breakfast, lunch PALS, movie PALS, bridge, PALputters (golf), PALpedallers (cycling). Special presentations: Computer workshops: I-pad (May 4) & Windows 10 (May 8); Cooking class - Low carb comfort foods (May 11). Info: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

Brooklands Active Living Centre - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

Golden Rule Seniors - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 pm. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 pm. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$8.85/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

Lions Manor Adult Day Program (Pacesetters) - 320 Sherbrook Street. A social program Tues-Fri for isolated seniors in the community living with Alzheimer's/ Dementia. Transportation and hot lunch provided for \$8.85/day. Call **204-784-1378**. Referrals for the program made through the WRHA home care case coordinator.

Prendergast Seniors Club - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

Archwood 55 - Come and join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

Ukrainian Cdn Veterans Br # 141 - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

Seine River Seniors - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches and Brunch, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, Stonewall Quarry Choristers, A Trolley City Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

Fraternal Order of Eagles - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

The Friends of Library Book Club - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$8.75/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or winnipegprobuss85@gmail.com

Dakota 55+ Lazers Senior Centre - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. 206. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Fibromyalgia Support Group of Winnipeg - For info: **204-256-1191**.

Manitoba Christian Writer's Assoc. - Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program specifically for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. \$8.65/day includes lunch. Email: keziatoews@hotmail.com for info.

The St. James-Assiniboia 55+ Centre - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit www.stjasc.com to view programs and services. **204-987-8850**

55+ Men's Club - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

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

Continued on back page

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Today's Recipe

Larry McInnes

Chicken Salad

Metric	Ingredient	Imperial
150 ml	dry lentils	2/3 cup
375 ml	water	1 1/2 cup
50 ml	salad dressing of your choice	1/4 cup
1	green onion, chopped	1
250 ml	cooked boneless chicken breast, chopped	1 cup
1	celery rib, chopped	1
125 ml	cucumber, chopped	1/2 cup
75 ml	green pepper, chopped	1/3 cup
1 L	mixed salad greens	4 cup
15 ml	fresh parsley, snipped	1 tbsp

Rinse lentils. In a large saucepan, combine lentils and water. Bring to a boil. Reduce heat and simmer, covered, about 20 minutes or until lentils are tender but still intact. Drain immediately; cover and chill until cool. In a small bowl, combine the salad dressing and green onion. In a medium bowl, combine lentils, chicken, celery, cucumber and green pepper. Add green onion mixture and toss to coat well. Cover and chill for at least one hour. Just before serving, arrange greens on serving plate; spoon lentil mixture over greens. Garnish with parsley.

Serves 4 www.PeakMarket.com

WORDSEARCH - Herbs & Spices By Senior Scope

P	A	R	S	L	E	Y	K	C	U	M	I	N	B	P	I	C
E	G	Z	B	C	B	A	S	I	L	A	L	E	O	A	E	H
N	R	G	A	Q	K	K	A	D	C	H	N	S	D	N	Y	I
R	A	M	P	I	O	N	G	D	X	I	S	I	N	K	T	C
U	S	K	R	B	O	B	E	E	P	Y	B	E	S	A	O	O
E	S	P	T	A	N	S	Y	R	H	R	Y	S	L	E	R	R
B	A	O	R	M	E	M	O	E	E	A	I	L	E	I	M	Y
P	A	H	R	Y	G	L	G	H	C	H	I	V	E	N	E	X
A	C	L	A	R	Y	D	W	G	E	N	T	I	A	N	N	F
T	N	R	M	R	E	O	W	O	A	D	S	E	B	B	T	A
H	S	G	K	H	L	L	N	V	U	R	V	N	S	O	I	B
Y	I	O	E	L	B	A	D	O	E	I	O	D	C	R	L	E
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- | | | | |
|----------|-----------------|--------------|-------------|
| Aconite | Chilli | Hedge hyssop | Sage |
| Angelica | Chive | Mace | Senna |
| Anise | Clary | Mint | Sesame |
| Balm | Cress | Myrrh | Simple |
| Basil | Cumin | Oregano | Sorrel |
| Bay | Dill | Orpine | Tansy |
| Betony | Endive | Paprika | Thyme |
| Borage | Florence fennel | Parsley | Tormentil |
| Capers | Galangal | Rampion | Vanilla |
| Cayenne | Gentian | Rue | Willow herb |
| Chicory | Grass | Saffron | Woad |

SOLUTION ON NEXT PAGE

CROSSWORD

Dear Mom...

By Adrian Powell

ACROSS

- 1 Herbivore often seen near Clear L
- 4 Baseball headgear
- 7 Item that comes before an iota
- 12 "Old MacDonald" sound
- 13 Something you can slip on
- 14 Smidgens
- 15 Mom's Day gift worth \$1.5B in N. America
- 18 Quebec's Megantic
- 19 Like hot tub water
- 21 Creator of Mom's Day in W. Virginia in 1908
- 26 Make a mistake
- 27 Popular farm truck brand of the 40s
- 28 Long, skinny fish
- 29 Political grouping
- 31 Quite unexciting
- 33 ___ chi Chinese martial art
- 34 Boy child
- 35 Part of a Mom's Day gift worth \$2.5B in N. America
- 40 '77 George Burns movie role
- 41 Soap making stuff
- 42 Tide that occurs with the half moon
- 44 Performed light surgery?
- 47 Baltic or Barents
- 48 Distinctive span of history
- 49 Pub patron's pint
- 50 What this puzzle's all about
- 54 Rotted
- 57 Top of a grandfather clock
- 58 Company involved in a Mom's Day gift worth \$90M in N. America
- 63 In the middle of

- | | | |
|------------------------------------|-----------------------------------|--------------------------------------|
| the Mediterranean | reviews | 38 Requirement |
| 64 "The Tell-Tale Heart" author | 10 Reduce to rags | 39 Eastwood's "Two Mules for Sister" |
| 65 Ogle | 11 Declare firmly | |
| 66 Cockatiel grub | 16 Agra's Mahal | 43 Settle the bill |
| 67 Thousandth of an inch | 17 Cometary feature | 44 Trail behind |
| 68 Human cannonball catcher | 20 Martini | 45 Words heard on Hawaiian Airlines |
| DOWN | specification | 46 Canada's Upper House |
| 1 There's a couple in Mumbai | 21 Warhol works | 47 Pop, to many |
| 2 Slice off | 22 Real close | 50 Biker chicks |
| 3 Cute looking Aussie marsupial | 23 Old Alaska gold | 51 Do extremely well |
| 4 Approximately, datewise | rush hub | 52 Fjord-like inlet |
| 5 Recognized expert | 24 Bring up | 53 Ambulance attachment |
| 6 Whistle's contents | 25 Tiny route from a capillary | 55 If not... |
| 7 Uses a stopwatch | 29 Luau dish made from taro | 56 Needed a tourniquet |
| 8 Gardener, at times | 30 Shortly, to Shelley | 59 Record speed, e.g. |
| 9 Sicilian attraction with glowing | 32 Swords sharp bit | 60 Japanese pond fish |
| | 33 Trifling quantity | 61 Change colour |
| | 34 Manitoba's Anne | 62 Go down like the sun |
| | 36 Once plentiful east coast fish | |
| | 37 Indian nanny | |

SOLUTION ON NEXT PAGE

SUDOKU VERY EASY By Senior Scope

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

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



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HUMOUR



Rick Goodman
rickgoodmansk@hotmail.com

The Hershey Train

Story and photos by Rick Goodman

The engineer pulled the power selector back to dead slow and got out of his seat to look at the rails creeping by under the locomotive. One rail actually, the one on the right was under water and the car was taking on a definite list to port.

"Ain't gonna' ride this train no more, no more. Ain't going to ride this train no more," started playing through my head.

And then the rail reappeared and our man at the controls sat back down, lit another smoke and looking back to make sure the rest of the train was still attached, powered us back up and piloted us through the last of Havana and out into the open Cuban countryside. By the rest of the train I mean the other car. I'm pretty sure we'd have noticed if we'd lost 50% of our rolling stock.

That's the Hershey train today. The last electric train running in Cuba consists of a couple of cars that run back and forth from Havana's Casa Blanca station to Matanzas, 92 km away. We were on board for a short ride to Guanabo on one of the last pieces of rolling history in Cuba today. We had gotten to the station by taking a ferry across the harbour from Old Town Havana. Get off the ferry, turn left and you are there. The station wasn't much, just a ticket booth and some outdoor seating. And a toilet that my wife, Bea, said that only the very, very brave or the truly desperate would dare use.

To me, this was more than just a train ride. It was a trip into the past. A chance to see some of the country and imagine the events of more than 100 years ago that bought this rail line and train into existence.

Actually you have to go back farther than that. The story really starts with Christopher Columbus scouting around the island back in 1492. The Spanish recognized an opportunity when they saw one and it wasn't long before they had a lucrative little addition to the empire. Not really hard to do when the other guys are bringing rocks and spears to your gunfight.

This was the age of colonization. Everybody was doing it. Find a likely spot, claim it in the name of your king or queen and set up shop. If the locals complained, and they most certainly would, you killed the most troublesome and put the others to work. That's why God had given you gunpowder. So other people could break their backs in the cotton and tobacco and sugar cane fields while you sat in the shade and drank rum and complained about how hard it was to get good help. In fact, help was so scarce that it had to be imported from Africa. And you had better believe that the help did not come willingly, and when it had arrived, it was not the slightest bit grateful for the opportunity to work those fields and tote those bales from sunup to sunset. Every day. For life.

Every now and then the help would get uppity and make a run for it or even stage an uprising. Then you had to sober up, come out in the sun and straighten things out. Unleash the dogs, double charge the old musket and get out the whips and chains. Find the

branding iron. Maybe even untangle the hanging rope, if you felt you needed to set a firm example. Enforcing this whole system of imperialism and slavery was popularly known as "The White Man's Burden," and even though it created huge estates and enormous family fortunes the work was generally considered to be a thankless task.

In fact by the 1800's the help was becoming more and more ungrateful. By 1886 slavery had finally been abolished and people were running around fighting a guerilla war in the hopes that the Spanish would say, "Enough already," and go home. In 1895 a man named José Martí helped unify the people in their fight for independence but martyred himself in the process. In what should have been a minor skirmish he decided to stage a two man charge against a superior Spanish entrenchment. Señor Martí rode to glory wearing a white shirt and black tailed coat, mounted on a white horse. From a purely tactical point of view the horse should have been used to ride away very, very fast. Strategically, however, his sacrifice did encourage the people to keep up the struggle. Ultimately it was the Americans who ousted the Spanish in 1898 and opened the door to good old Yankee expansionism.

Which brings us back to the Hershey train. World war 1 was in full flower when a man named Milton Hershey came to Cuba looking for opportunity. Hershey was his name and candy was his game. And with a war on he could sell all the chocolate he could produce. If he could get his hands on enough sugar. He found what he was looking for east of Havana and in a matter of a few weeks he had bought some plantations and a small mill. Then he planned a town and a bigger mill. A railroad was needed to move material in and sugar out so he started building one of those too. By 1922 the line running from Havana 92 km east to Matanzas was complete. When the Hershey holdings were finally sold to the Cuban Atlantic Sugar Company in 1946 they included 60,000 acres of land, 5 raw sugar mills a peanut oil plant and over 400 km of rail line complete with locomotives and cars. That's a lot of candy bars!

Milt had built himself quite a little empire. Going back through the Hershey company history though, as an industrialist he doesn't sound like a bad guy. His town had affordable worker housing and a free public school. There was a golf course and a ball diamond and a sports club. He even had health care for workers. He founded an orphanage and at one point was awarded a medal by the then Cuban president for his contributions to the country.

All that is gone now. The train runs back and forth from Casa Blanca to Matanzas serving the needs of the local people. The mill at Hershey is a dilapidated wreck which is being dismantled for scrap. The original rail cars are long gone. The engineer told us that the cars we were on had come from Barcelona, Spain in 1948. Wikipedia says that the cars were replaced in 1990 but if that's the case they must have missed some because these babies were old. The seats were wooden. Electric shorts had eaten holes in the ceiling and there was



Dave waiting to board the Hershey Train.



Train Station in Havana

what looked like an electrical panel full of wires that was missing its cover down by one of the doors. It made a handy seat for a couple of the locals. Some of the windows opened. Some didn't close. It didn't matter, there was plenty of room for everybody. If you wanted more air you just moved to a seat by an open window.

The ride itself was exhilarating. The rail bed is rough and uneven. The cars bucketed and swayed. We were constantly speeding up and slowing down and there was always the anticipation of going off the rails or breaking down. It was amazing just how much noise an electric trolley made clattering down those rails. There was no danger really. We never got going fast enough to do ourselves serious damage. Every little while we would pull up to a concrete platform out in what seemed to be the middle of nowhere to let people on or off. Sometimes there was a town close by, sometimes just a trail leading off somewhere. Some platforms had names, others didn't. We didn't cross many roads. If you were a local and you wanted to go somewhere the train was the way to do it. The cheap way anyway. Locals pay

just a few national pesos to ride. A conductor collects the fare as people get on. The train even stopped to pick up a crew of workers who were using machetes to cut brush along the rail right of way. It's not every day that you get surrounded by around 30 guys with machetes swinging on their belts. Everybody was wearing a sort of uniform and they all seemed to have the same boots so I suspect that Cuba might still have compulsory military service. No rank was in evidence but that's my guess.

People were chatting back and forth. To make themselves heard they had to pretty much yell. Any good Cuban conversation sounds like a knife fight might break out at any second so I found this very interesting considering the amount of cutlery available.

Continued next issue:
'Going to Guanabo'

Answer to TEST YOUR WITS

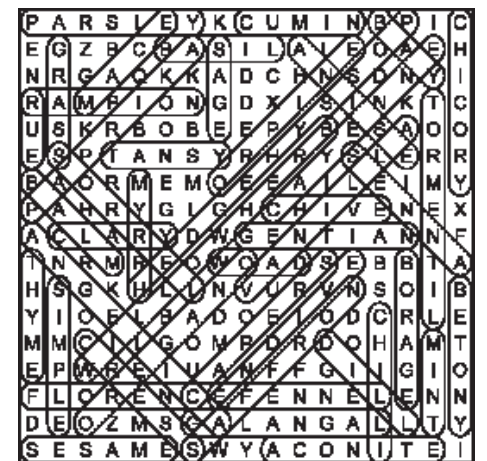
on Pg. 8

1. The triangles are the same shade.

2. The question mark should be 4.

Each number is derived by multiplying the numbers above it (with the exception of the first one of course)

WORDSEARCH - Solution



CROSSWORD - Solution

ELK	CAP	THETA		
MOO	ICE	IOTAS		
SPAT	TREATMENTS			
	LAC	AERATED		
ANNA	JARVIS	ERR		
RED	EEL	PARTY		
TAME	TAISON			
RED	CARNATIONS			
	GOD	LYE	NEAP	
LASED	SEA	ERA		
ALE	MOTHERSDAY			
GONE	BAD	XII		
HALL	MARKCARDS			
ATSEA	POE	EYE		
SEEDS	MIL	NET		

SUDOKU - Solution

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

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Enjoy the **Joy of Music** on **Tuesday, May 23rd** with

- the Executive Big Band,
- the Chamber Orchestra of St. John's College
- and the Rupertsland Brass Band.

Enjoy the **Magic of Music** on **Thursday, May 25th** with

- the Happy Homesteaders,
- the Winnipeg Pops Orchestra
- and the Westwood Community Band.

Enjoy the **Power of Music** on **Monday, May 29th** with

- the Assiniboia Concert Band,
- the Winnipeg Male Chorus
- and the Dixie Beats Dixieland Band.

Enjoy the **Love of Music** on **Wednesday, May 31st** with

- the Winnipeg Golden Chordsmen Chorus,
- the Blaskappelle German Club Band
- and the Northwinds Community Band.

Enjoy the **Celebration of Music** on **Friday, June 2nd** with

- the Winnipeg Mandolin Orchestra,
- the Friday Morning Concert Band
- and the Murray Riddell Big Band.

Music performed by Seniors and Friends for Seniors and Friends

Things To Do

IN WINNIPEG, cont'd from page 9

St. Chad's Anglican Church - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

McBeth House Centre - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: 204-334-0432. House avail. for rental.

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

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: 204-414-5360 for more info.

Vital Seniors - Monthly Book Club: 204-257-4014, Monthly Board Games: 204-261-8236, Bridge: 204-256-3832, Carpet Bowling: 204-452-2230, Line Dancing: 204-334-3559, Exercise Class: 204-253-0555 (Judy), Monthly Luncheon: 204-255-7508, Scrabble: 204-257-4014, St. Mary Magdalene Church, 3 St. Vital Rd.

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

Elmwood-East Kildonan Active Living Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet

Bowling and other activities. Call 204-669-0750 or 204-890-3282

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

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

Dufferin Senior Citizen Inc. - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy

lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). 204-986-2608

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

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

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

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

OUTINGS

Teulon - Zbruch Community Centre - Polka Party, Sun. May 7, 1-6 pm, at Teulon Hall. Music by Gemstars. Tickets \$20 includes hot lunch. Call Mavis: 204-667-1770 for info

VOLUNTEER

Ritchot - Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Janice: 204-883-2880 or email: Ritchotseniors@mymts.net

Selkirk - Tudor House Personal Care Home needs volunteers for various positions. Call 204-482-6601 Ext: 21.

Stonewall - South Interlake 55 Plus - Cribbage Tournament - May 1, 1 pm; Luncheon / Let no one be Alone - May 10, noon; Let no one be Alone / Coffee House - May 12, 10:30 am-noon at 374-1st Street West, 204-467-2582, si55plus@mts.net

PROGRAMS / SERVICES

Beausejour - Beau-Head Senior Center - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour 204-268-2444, beauhead@mymts.net

Please mention Senior Scope when contacting our advertisers. Thank You.

East St. Paul 55+ Activity Centre (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. 204-654-3082 (msg).

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. 204-427-2869

Ile des Chenes Seniors/Grande Pointe - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. 204-878-3482 or 878-2728, 253-0856, 878-9562.

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

Seine River Services for Seniors - The Philips Lifeline Medical Alert Service provides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Juliette Rowan: 204-424-5285.

Please mention Senior Scope when contacting our advertisers. Thank You.

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau spécial. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au 204-424-5285.

Springfield Seniors Community - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call 204-444-3132. Dugald: Mon/Wed/Fri - 5 pm. Cooks Creek: Mon/Wed - 11:30. Call 204-444-6000. Anola: Mon-Fri, 11:45 Call 204-866-3622

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc.

Please mention Senior Scope when contacting our advertisers. Thank You.

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

West St. Paul Seniors Programs - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B**** - Knitting / Crochet Group. Info: Sunova Centre: 204-336-0294, or recreation@weststpaul.com

Springfield - Support Group for Caregivers. 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at 204-268-4752 or email alzne@alzheimer.mb.ca to register

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. FREE for non-profits and current advertisers. Format: Who (what company or organization is holding the event) - What event, date, time, place, about the event, contact info.