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Manitoba 55 Plus Games kicked off with the ribbon cutting June 14th in Killarney, Manitoba.

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See pages 8-10 for Games results.

CONGRATULATIONS to all the participants, organizers, volunteers, sponsors and the host community of Killarney, MB for another Successful Manitoba Lotteries 55 Plus Games!

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Jul 6 - Aug 8/17

Jack and Carol Dubnicoff Take 14 Medals from Plus-55 Games

By Scott Taylor



The Manitoba Liquor and Lotteries 55 Plus Games wrapped up for another year in Killarney, MB. See Games results - pages 8-10.

Left: Jack Dubnicoff - multi-medal winner from the 2012 Manitoba 55+ Games. Clockwise from top left: Slo Pitch, Whist, Floor Curling at the 2017 55+ Games in Killarney, MB.

Event Photos by Karyn Heidrick

For the longest time, Jack Dubnicoff would compete in Senior's Games around the province. His wife, Carol, would tag along, enjoying the day, watching the events and chatting with the competitors and volunteers.

Then, in 2014, Jack convinced Carol to start competing.

"She's always been active and in good shape," Jack said. "I just said, 'If you're going to tag along with me, why don't you take part?'"

With that, Jack Dubnicoff created a monster.

At this year's ALCOA Plus-55 Games held last month in Killarney, Dubnicoff was once again the poster boy for Senior's Fitness, winning four silver medals in track and a gold in swimming.

But it wasn't Jack who was the star. Carol won five gold medals in the pool and four on the track. As the parents of former Canadian Olympic cyclist Tanya Dubnicoff, they've made their daughter jealous.

"No, not Tanya," Carol laughed. "She's proud of her mom and dad just like we're proud of our daughter."

As Jack celebrates his 80th birthday, he gets to the track, the pool and pickleball court at the Wellness Centre on a regular basis. For the Dubnicoffs, fitness is a way of life.

Dubnicoff is from Whitemouth, Man. He moved to Winnipeg in 1950, graduated from St. John's Tech ("I lived right across the street on McRae.") and then completed the Hotel Cook's course at Manitoba Technical Institute.

"I started working at the Royal Alexandra Hotel and then got a job at Chateau Lake Louise," Dubnicoff

See 'Dubnicoffs win big...' page 3

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Dubnicoffs win big at Games, *cont'd from front page*

explained. "Then I worked summers at St. Charles Country Club and then the winters at the Winter Club."

He then moved on to become executive chef at the Glendale Country Club for five years and then spent 12 years as the manager of the old Caesar's Palace Restaurant at Polo Park.

He then moved over to become manager of the provincial canteens at the Canadian National Institute for the Blind for a couple of years and then in 1984 went to Chicken Delight. In 1995, he moved to his final pre-retirement job with Chicken Chef.

These days, he and Carol work very hard just staying fit.

"We both go to the Wellness Centre every morning, about six days a week," he explained. "I was running three-kilometres a day but my knee got pretty sore so I'm laying low with that for a while. Carol also does golfing, running and swimming to stay in shape and I lawn bowl, golf, play pickleball and

swim. We keep active. We do something all the time."

Jack calls Carol, "The Golden Girl," and for good reason. They both participate in the over-75 age group and in Killarney, Carol won gold in the pool in five events: The 50-metre freestyle swim, the 50-breaststroke and the 50-backstroke. She also won gold in the 100-breast and 100-free. On the track, she won gold in the 100-metre sprint, the 200, the 400 and the 800.

Jack, meanwhile, won silver in four track events: The 100, 200, 400 and 800. He also earned gold in the plus-80 division's 50-metre breaststroke in the pool.

Carol doesn't really care all that much that she's surpassing her talented husband on trips to the podium. Instead, she simply loves to compete.

"I was following Jack to all these events and while I was watching I just thought that I could compete," she said. "I just love these events. Everyone is pulling for everyone else.

Every competitor wants every other competitor to be successful and that makes it so much fun. We're always supporting each other.

"In fact, when I was following Jack around, I didn't realize how much fun it is. And it's not just the competition, although I love the competition, but I also love the socializing. No matter where we go, it's a group of great people who are all so friend-

ly. And these small communities that host the Games are just wonderful. They are so welcoming and the volunteers work so hard. I just love making new friends in all the places we go."

Next summer's ALCOA Plus-55 Games will be held in Glenboro-Carberry-Wawanessa. Jack and Carol can't wait. ■

See Games results on pages 8-10



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SOS: Save our seniors from Financial Elder Abuse

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

In a previous column, I discussed the issues surrounding scams and financial fraud which are targeted specifically at seniors. As a stark reminder of the various ways seniors can be taken advantage of, it proved how prolific these scams are, and how easily one can be lured into succumbing to the fraudulent tactics. That being said, one of the more heinous versions of abuse would be those perpetrated against seniors for financial reasons. This is called "financial elder abuse" and while it takes many forms, financial abuse of seniors is far more prevalent than most would like to admit. Unfortunately, it often involves family. In other words, those we should all be able to rely on and trust implicitly can be the abusers which can have enduring, detrimental impacts.

What is financial elder abuse? The financial abuse of a senior involves the misuse of senior's money or their belongings by a person they trust. Financial Abuse is defined generally, as an action that occurs as part of an ongoing relationship. Financial abuse of seniors often happens in connection with other types of abuse.

Indeed, financial abuse is one of the most common types of seniors' abuse. Who is at risk and why? There are a variety of factors and conditions that can certain increase the chances of a senior being victimized by financial abuse, notably: isolation; loneliness; recent losses of loved ones; physical or mental disabilities; lack of knowledge or comfort with financial issues; having family members who are unemployed and/or have substance abuse problems.

The reasons why elderly people tend to be attractive targets are numerous, and important to acknowledge in understanding how to mitigate the problem. Here is a brief listing of some of those compelling reasons¹:

- Persons over the age of 50 control over 70% of the nation's wealth
- Many seniors do not realize the value of their assets (particularly homes that have appreciated markedly)
- The elderly are likely to have disabilities that make them dependent on others for help. These "helpers" may have access to homes and

assets, and may exercise significant influence over the older person

- They may have predictable patterns (e.g. because older people are likely to receive monthly checks, abusers can predict when an older person will have money on hand or need to go to the bank)
- Severely impaired individuals are also less likely to take action against their abusers as a result of illness or embarrassment
- Abusers may assume that frail victims will not survive long enough to follow through on legal interventions, or that they will not make convincing witnesses
- Some older people are unsophisticated about financial matters
- Advances in technology have made managing finances more complicated

Certain tools commonly used in many financial situations relating to seniors are, Powers of Attorney (POAs) and joint bank accounts. These tools are intended to assist seniors and others in managing their financial affairs. They are predominately used when seniors reach an age or health circumstances such that there is difficulty in making their own sound financial decisions.

Daily living actions like paying utility bills, signing leases on assisted living residences, and making other financial commitments become challenging in the absence of an able individual. While tools like PoA's and joint bank accounts can be very useful, the most common scenarios associated with the financial abuse of seniors are related to the misuse of PoAs and joint bank accounts. Consequently, these two mechanisms must be done with caution and, generally, close oversight.

According to the Financial Consumer Agency of Canada², some common examples of financial abuse of seniors include:

- misuse or theft of a senior's assets, property or money (often from joint bank accounts or through improper use of PoAs)
- taking a senior's money or cashing their cheques without their permission
- forging a senior's signature or altering documents to get permis-

sion to access or dispose of assets

- monetary gifts that are involuntary—e.g., gifts made under coercion, undue influence or threats
- unduly pressuring, forcing or tricking a senior to make or change a will, to sign legal documents giving away property or obligating the senior to something for which they will not benefit from, as well as:
 - pressuring a senior to obtain a mortgage they don't need, where the proceeds are used by a relative or
 - having the senior sign a guarantee or pledge their property as security for someone else's loan
- pressuring a senior to give money or write cheques for family members or to someone else that that family members direct them to
- sharing a senior's home without paying a fair share of the expenses when requested
- failing to repay loans provided by a senior
- Predatory marriage, where a person deliberately pressures an older person of limited capacity into marriage solely for financial profit.

Without a doubt, one of the crucial components of addressing financial abuse of seniors is to be able to identify what this abuse looks like, and what those tell-tale signs are. Ask yourself (or ask a loved one, or friend, who you are concerned about) if you have encountered any of these situations or felt something was wrong but were not entirely sure why. Here is a list of some possible signs of financial abuse and key questions to ask yourself³:

- Have I felt, recently or in the past, pressured into giving away money or purchasing things that I do not want or need?
- Has someone taken my money or cashed my cheques without my permission?
- Has someone come to borrow money from me on a regular basis and doesn't seem to ever repay it?
- Have I noticed withdrawals from my bank account or charges to my credit card that I cannot explain?
- Have I received strange overdue bills

¹National Committee for the Prevention of Elder Abuse (http://www.preventelderabuse.org/elderabuse/fin_abuse.html)

²Financial Consumer Agency of Canada (<http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/livingRetirement/Pages/financia-lexploit.aspx>)

³Facts on financial abuse of seniors (<http://www.seniors.gc.ca/eng/pie/ea/financial.shtml>)

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Coin Collecting - a Treasure Hunt

By Metro Hnytko
Manitoba Coin Club - RCNA #23572

The collecting of coins can be expensive or just pocket change, depending on what you choose to collect. The coins from the Queen Victoria era are not cheap because of the limited availability, yet recent coins can be found in your change.

I'm going to appeal to the beginning starters. Start with what you can get at a reasonable price (face value). You might find more valued coins (good luck to you).

I've been collecting coins for more than 60 years and most of my coins were either found in change, traded for with duplicates, or actively bought. The prices were much lower then but it would have been much cheaper to find them in change.

I'm going to help our new collectors by displaying some interesting 25¢ coins which can be found in change.

Canada's 150th Birthday has brought a lot of different coins into circulation. A different 5¢, 10¢, 25¢



Just some of Metro's 25¢ coin collection and coloured 25¢, a loonie, and 2 toonies, one of which glows in the dark. It's the first glow in the dark coin minted for circulation anywhere in the world. These coins should be easy to find in your change.

For a more complete list of 25¢



Canada's special 150th Birthday collection

coins, do a search on Google 25 cents.

I went to the Mint on Canada Day, July 1st, and I was amazed at the volume of people there - 25,000 or more. A clear indication that the collecting of coins is alive and doing well.

If you are interested in learning more, visit our coin show at the Sunova Centre, 48 Holland Rd, West St. Paul, on Saturday, September 30th and Sunday, October 1st, 2017. For more info, contact **Howard @ 204-253-0419** or **Barré @ 204-296-6498**.

After reading this, I'm sure you'll never look at your change in the same way. So, get started and Happy Treasure Hunting!

SOS: Save our seniors... cont'd from page 4

- that I thought were paid already?
- ◆ Has someone prevented me from making my own financial decisions or accessing my own money?
- ◆ Has someone not managed my finances as we originally agreed?
- ◆ Have I felt forced into changing my will or signing legal documents that I don't fully understand?
- ◆ Have I felt pressured into sharing my home or car without fair compensation?

There are a variety of things you can do that should help you or a senior you know avoid becoming a victim of financial abuse. While some of these suggestions indicate fraudulent activity, other are scams as we have discussed previously. Here are some tips, courtesy of the Financial Consumer Agency of Canada⁴:

- Be wary of phone or email requests asking for banking or other personal information—your financial institution will not call you to ask for this information.
- Keep your passwords and personal identification number (PIN) to yourself—avoid writing them down or sharing them with friends or relatives. Once you've shared your PIN (for your debit or credit card) with another person, you risk giving up your liability protection, and could be held financially responsible for any unauthorized transactions undertaken with your cards.
- Keep your financial and personal information in a safe place.
- Ask a lawyer or someone you trust to look over contracts and other papers before you sign them.
- For major decisions involving your home or other property, get your own legal advice before signing documents.
- Before you sign a Power of Attorney (PoA) for your property, consider consulting a lawyer to ensure you

are aware of all of the implications. A PoA is a powerful document that grants a person (or persons) power to act on your behalf for property or personal care decisions. The person you appoint with a property PoA may have complete access to your finances. Assigning a PoA to someone is not a decision to be taken lightly. For more information, visit FCAC's page on Powers of Attorney: Your rights and responsibilities or the publication: See what every older Canadian should know about: Powers of Attorney (for financial matters and property) and Joint Bank Accounts.

- Use direct deposit for regular deposits such as pension or annuity cheques and preauthorized payments to pay for bills to limit the number of banking transactions that others will need to do for you.
- Be very cautious if you open a joint bank account. A joint bank account means that the other person is also an owner of the funds in the account and could withdraw all of the money without asking. The joint owners' creditors could also seize your money to pay their debts. Your funds could be considered the joint owners marital assets if they divorce their partner.
- Keep a record of money you give away and note whether it is a loan or a gift.
- Make an effort to keep in touch with a variety of friends and family so you don't become isolated. If living alone is becoming a problem, consider living in a housing arrangement where there are others around you for companionship and security i.e. assisted living.

As you can see, this is an issue that is both worrisome and potentially very damaging to the lives of some of our most vulnerable seniors. That being said, the problem of

financial abuse of seniors is by no means a new phenomenon. It has taken many shapes and forms over the years, and has become a major socio-economic concern given the demographics of our country. The social implications are massive as huge swaths of the Canadian population move deep into retirement and live longer lives than ever before. Changes in technology, in the ways we manage finances, in the very financial products that exist today (that perhaps did not when today's seniors were much, much younger) means the wealth of our eldest generation is a prime target for abuse. Keep a keen eye on this and protect yourself, your money, and help your fellow senior by sharing this article with them today.

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⁴Financial Consumer Agency of Canada (<http://www.fcac-acfc.gc.ca/Eng/forConsumers/lifeEvents/livingRetirement/Pages/financia-lexploit.aspx>)

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Get your copies of **Senior Scope** at all Co-op Grocery stores (Customer Service), all Winnipeg libraries, The Forks (Tourism & Pancake House), restaurants, clinics, hospitals, etc. Call 204-467-9000 for locations.

Advertising Feature

Finding help with 'transitions' to the next stage for yourself or a loved one

By Roger Currie

The first release of data from the recent Canadian census confirmed a few things that we already knew. For the first time since these counts began, there are more Canadians over the age of 65, than under the age of 15. And, we the *baby boomers*, and our surviving elders, are still a major determining factor for governments when it comes to providing health care and other very necessary services.

As Canadians, we are continuing to experience a huge demographic 'transition', as the entire *60 plus* generation adjusts to being not only 'empty nesters', but in many cases people with special needs that come with advancing age.

We're talking about mobility issues that make climbing stairs difficult, making a housing change urgent and necessary, and memory issues resulting from Alzheimer's and other forms of dementia. *Downsizing* and other aspects of this transition can be complex with many moving parts, and it has created some new and unique business opportunities.

Where can you go for help if you live many miles away, and your elderly parent or loved one must make a move to assisted living or other housing options in a place like Portage La Prairie or Steinbach? Is it possible to find someone you can trust to manage it all? Fairly new in the game is *Epilogue Estate Services Ltd.* based in Winnipeg.

(www.epilogueservices.com)



Dan Maxson assisting a client.

“Where can you go for help if you live many miles away, and your elderly parent or loved one must make a move to assisted living or other housing options?”

One of the founding partners is 67 year old Dan Maxson (pictured). His has been a life of service to others in many different ways, most recently at Siloam Mission in Winnipeg.

Over coffee recently, Dan pointed out that their goal is to offer *'Peace of Mind'* to those who are going quietly crazy trying to figure out the myriad of chores that accompany transitions like downsizing and DE-cluttering.

“We want to walk with you as you traverse the chapters of one story into another”.

His younger partner, Ben Barkman, is passionate about cleaning out and getting the best value for anything that needs to find a new home. Over the years, Ben has been very successful in reducing the overall cost of downsizing by finding value in cherished items.

Other services provided by Epilogue include house and yard maintenance, caring for pets, and disposing of all manner of personal possessions, including furniture and vehicles. They will liaison with lawyers all across Manitoba, helping to organize necessary paperwork so that bills for legal services are kept as low as possible.

Asked to describe a typical client Maxson says “Perhaps you are a widow or a widower, or an adult child in charge of the transition or

estate, with no help close by. We would come in and start making lists of what needs to be done, and we will make the arrangements. If there are 'collectibles' we work with family members to make sure items are properly stored, and if necessary we can also help find people who will evaluate the items and arrange for them to be sold”.

Epilogue's philosophy is to “sell, donate and recycle items where-ever possible, only resorting to disposal in a landfill when all other possibilities have been explored.

They also handle and dispose of firearms and hazardous household items in a legal and safe manner. Sometimes after the death of an elderly person, the disposition of a family home requires a fair amount of legal process and clarification. Dan Maxson says “It's not unusual for a year or two to pass before all issues are resolved. In a case like that, we come in and do a thorough assessment of what's needed, to ensure that the house is safe and secure, and does not deteriorate during an extended period transition”.

Other services include assisting with funeral arrangements, helping with accommodation for out of town guests.

The overall approach is nicely summarized on the back page of Epilogue's brochure with a quote from motivational speaker Billy Cox.

When you bring peace to your past, you can move forward to your future”

**Roger Currie is a veteran
Winnipeg broadcaster.**

These days, he serves as news director of CJNU, 93.7 FM .
rogerc@nymts.net

Epilogue Estate Services Ltd.

Downsizing, Cleanouts and De-cluttering:

- Homes, cottages, basements, garages, shops, (including hoarding).
- Assist with distribution and/or sale of contents.

Assist Estate Executors:

Immediate needs such as:

- House/yard security & maintenance, pickup mail, pet care.
- MPI-related paperwork.
- Assist family, lawyers, and realtor in creating and executing an action plan.
- Locate, inventory, and assist with physical distribution of items to heirs, and/or sale of assets.
- Charitable benefits.
- Prepare house for sale by realtor.

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Kelvin Goertzen, MLA for Steinbach

Whether you're enjoying a barbecue with family and friends, getting active or attending one of our

province's many summer festivals, summer in Manitoba is hard to beat. We're one of the sunniest provinces in Canada, so there are plenty of opportunities to enjoy the outdoors under clear, blue skies.

I hope your summer is filled with exciting outdoor fun, but while you're enjoying the many summer festivities that Manitoba offers, please take care to protect yourself from heat and sun exposure.

Though our bodies try to keep a consistent temperature, they can become overworked when we're exposed to sun and hot temperatures for too long. Prolonged heat and sun exposure can lead to sunburn, dehydration, exhaustion, heat stroke (sun stroke) or in extreme cases, even death. If you're over the age of 65, health risks can be greater for heat-related illnesses. Fortunately, most heat-related illnesses can be prevented by being aware of the risks and symptoms of heat exposure and by taking action to protect yourself.

As we age, our bodies do not adjust and respond as well to sudden changes in temperature. Chronic medical conditions can affect how the body responds to heat. The use of prescription medications can also impair the body's ability to regulate its temperature.

Staying cool, healthy and safe this summer

Hot temperatures can be especially dangerous for older adults when dealing with medical conditions such as heart problems, high blood pressure, breathing difficulties, kidney problems, mental illness, dementia and Parkinson's disease.

Here are some simple ways to avoid heat-related stress:

- Drink plenty of cool, non-alcoholic beverages.
- Ask your doctor or pharmacist if the medications you are taking will affect your ability to cope with heat.
- Wear loose-fitting, light-coloured clothing, made from a breathable fabric, and a wide-brimmed hat.
- Pay attention to local weather forecasts and plan your outings and outdoor activities during cooler parts of the day.
- Wear sunscreen to prevent painful sunburn and limit your exposure to damaging ultra-violet rays. Your sunscreen should have an SPF of at least 30. This will block 97 per cent of the sun's damaging UVB rays. The higher the SPF, the better.

In addition to keeping yourself cool, take these steps to keep your home cool:

- Close your windows, blinds and curtains during the hottest part of the day.
- Use air conditioning or fans to cool and circulate the air where possible.
- On hot days, eat meals that don't require the use of the oven.

If you don't have air conditioning and your home gets too hot, go to an air-conditioned public place to cool down. Your local public library or shopping centre are great options.

To stay healthy and safe, be sure to watch for symptoms of heat illness, which include dizziness, headaches, nausea, vomiting, muscle cramps, rapid breathing or heartbeat and decreased urination. Heat illness can be very serious, and in some cases, requires medical attention. It is important to watch for signs and symptoms of heat exhaustion or heat stroke. If you or someone you know experiences signs of heat illness, call Health Links-Info Santé at **204-788-8200**

(in Winnipeg) or toll free **1-888-315-9257** (elsewhere in Manitoba). In an emergency, call 911 or go to your nearest emergency department.

For more information on heat and your health, visit www.gov.mb.ca/health/publichealth/environmentalhealth/heat.html, or call the Seniors Information Line at **204-945-6565** in Winnipeg/toll-free **1-800-665-6565** or email seniors@gov.mb.ca.

Have a great summer!

55-Plus Activity Centre celebrates 40 years

Almost 70 members of the East St. Paul 55-plus Activity Centre gathered for their annual Spring Luncheon last month and held a celebration for the centre's 40th birthday.

The lunch, held at Larter's, brought together those who use the municipality's centre for everything from card playing to yoga.

The founding fathers and mothers of the centre were called The Go Getters, and they proved they were that by holding fundraisers so they could purchase furniture for their new gathering place.

Nick Pociuk has been going to the centre for a long time. He joins his friends twice a week to play cards - Tuesday is crib and Friday it's whist.

Pociuk says in their heyday they would have about 50 people out playing - their numbers are down to anywhere from 18-24 these days, but they're still having fun.

"We were card playing people, and we still are, that hasn't

changed at all. We're in our 80s now, I'm 85, and we still enjoy going," Pociuk said.

"A lot of the old card players have passed away and we haven't been able to recruit many new ones. But it's still a place to meet and we gather, we talk and we have a little lunch and a few laughs. That's the idea."



Former members of the Centre's executive: front, left to right, Lynn Newton, Nelly Spa-pens, Muriel Wohlschlager, Violet Globush, Nellie Allen. Back row, Gordon Wohlschlager, Nick Pociuk and Pat Hayek.

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 operated 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.

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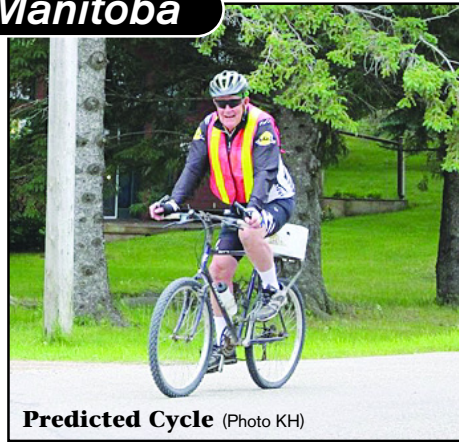


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Manitoba Liquor and Lotteries 55 Plus Games Results

Photos by Karyn Heidrick (KH) and Senior Scope (SS)



Killarney, Manitoba

Event	Name or Team	Region
1 km Predicted Nordic Walk		
Gold	Raymond Steen	Interlake
3 km Predicted Walk/Run		
Gold	Britta Spiring	Assiniboine Park/Fort Garry
Silver	Betty Ann Jolicoeur	Eastman
Bronze	Angela Desmarais	Westman
5 Pin Bowling Singles		
<u>Women 55+</u>		
Gold	Shirley Chubey	Eastman
Silver	Judy Cornish	Westman
Bronze	Myrna Vandamme	Westman
<u>Women 65+</u>		
Gold	Ruth Topnik	Eastman
Silver	Olesia Kalinowich	Parkland
Bronze	Linda Braun	Kildonan/Transcona
<u>Women 75+</u>		
Gold	Eleanor Scott	Westman/Parkland
Silver	Marlene Cochran/Juliette Sarapu	Kildonan/Transcona/Westman
Bronze	Helen Hicks/Elsie Schmidt	Eastman
<u>Men 55+</u>		
Gold	Taras Chubey	Eastman
Silver	Jerry Skrabek	St. Boniface/St. Vital
Bronze	Doug Graham	Eastman
<u>Men 65+</u>		
Gold	Ralph Osterhout	Kildonan/Transcona
Silver	Richard Cochran	Parkland
Bronze	Dennis Braun	Kildonan/Transcona
<u>Men 75+</u>		
Gold	Abe Penner	Eastman Kildonan/Transcona
Silver	Peter Osadchuk	Transcona
Bronze	Bob Hekl	Assiniboine Park/Fort Garry
5 Pin Bowling Team		
<u>55+</u>		
Gold	Plumas Pin Pals	Central Plains
Silver	Team Skrabek	St. Boniface/St. Vital
Bronze	Team Cornish	Westman
<u>65+</u>		
Gold	Team Taylor	Parkland
Silver	Winstars	Eastman
Bronze	Team Osadchuk	Kildonan/Transcona

<u>75+</u>		
Gold	Team Wiebe	Eastman
Silver	Between the Channels	Central Plains
Bronze	Team Johansen	Pembina Valley
Arts and Crafts – best in show		
Gold	Britta Spiring	Assiniboine Park/Fort Garry
Silver	Beryl Burnett	St. Boniface/St. Vital
Bronze	Mike Smith	Eastman
16 km Predicted Cycle		
Gold	Bob Moore	Westman
Silver	Raymond Steen	Interlake
Bronze	Jim Evanchuk	Lord Selkirk/W. Kildonan
18 Hole Golf Gross		
<u>Women 55+</u>		
Gold	Lois Dudgeon	Pembina Valley
Silver	Linda Laminman	Westman
<u>Women 65+</u>		
Gold	Judy Vanrobaeys	Westman
Silver	Lana Martin	Westman
Bronze	Roberta Chartrand	Interlake
<u>Women 75+</u>		
Gold	Ida Theodore	Parkland
Silver	Verna Miller	Parkland
<u>Women 80+</u>		
Gold	Gwen Archibald	Westman
Silver	Gladys Rea	Parkland
<u>Men 55+</u>		
Gold	Dan Robertson	Westman
Silver	Barry Mymko	Westman
<u>Men 65+</u>		
Gold	Mike Zebinski	Westman
Silver	Ole Larsen	Interlake
Bronze	Grant Buchanan	Norman West
<u>Men 75+</u>		
Gold	Cliff Thompson	Eastman
Silver	Ken Strand	St. James/Assiniboia
Bronze	Roy Laycock	Parkland
<u>Men 80+</u>		
Gold	Frank Porada	Central Plains
Silver	Charlie McCullough	Pembina Valley
Bronze	Wilf Hudson	Parkland

9 Hole Golf		
<u>Women 55+</u>		
Gold	Linda Laminman	Westman
<u>Women 65+</u>		
Gold	Shirley Strand	St. James/Assiniboia
<u>Women 75+</u>		
Gold	Ida Theodore	Parkland
Silver	Verna Miller	Parkland
<u>Women 80+</u>		
Gold	Gladys Rea	Parkland
Silver	Gwen Archibald	Westman
<u>Men 55+</u>		
Gold	Doug Graham	Eastman
<u>Men 65+</u>		
Gold	John Erickson	Norman West
Silver	Dan Deonarine	Parkland
Bronze	Jerry Dominato	Parkland
<u>Men 75+</u>		
Gold	Ken Strand	St. James/Assiniboia
Silver	Roy Laycock	Parkland
Bronze	Cliff Thompson	Eastman
<u>Men 80+</u>		
Gold	Frank Porada	Central Plains
Silver	Elmer Young	Pembina Valley
Bronze	Ron Lowry	Pembina Valley
18 Hole Golf Net		
<i>The results were not available at press time.</i>		
Carpet Bowling		
<u>Cues</u>		
Gold	Team Murray	Parkland
Silver	Team Rancos	Pembina Valley
Bronze	Team Vercaigne	Westman
<u>Non-Cue</u>		
Gold	Vital Seniors 1	St. Boniface/St. Vital
Silver	Vital Seniors 2	St. Boniface/St. Vital
Cribbage		
<u>Cribbage Singles</u>		
Gold	Helen Sweetman	Parkland
Silver	Stuart Hoey	Central Plains
Bronze	Doreen Lemkay	Norman West
<u>Cribbage Pairs</u>		
Gold	Gamache/Sweetman	Parkland
Silver	Saunders/Adams	Pembina Valley
Bronze	Janzen/Link	Pembina Valley

Contract Bridge		
Gold	Elvene Hamilton	Pembina Valley
Silver	Schmidt	St. James/Assiniboia
Bronze	Hellar Nachonechany	Pembina Valley
Duplicate Bridge		
Gold	Dell/Marcon	Pembina Valley
Silver	Blum/Hamilton	Pembina Valley
Bronze	Learmond/Nachonechany	Pembina Valley
Floor Curling		
<u>Cue/Non-Cue</u>		
Gold	Team Klassen	Eastman
Silver	Team Ross	St. James/Assiniboia
Bronze	Team Cadigan	St. James/Assiniboia
Floor Shuffleboard		
<u>55+</u>		
Gold	Team Neustaster	Eastman
Silver	Team Coates	Westman
Bronze	Team Meaden	St. James/Assiniboia
<u>70+</u>		
Gold	Team Jopka	Assiniboine Park/Fort Garry
Silver	Team Brewer	Norman West
Bronze	Team Hildebrand	Eastman
Horseshoes		
<u>Women</u>		
Gold	Betty Patterson	Westman
Silver	Wendy Heidrick	Assiniboine Park/Fort Garry
Bronze	Susan Spring	Westman
<u>Men</u>		
Gold	Jack Heidrick	Assiniboine Park/Fort Garry
Silver	Jim Evanchuk	Lord Selkirk/W. Kildonan
Pickleball		
<u>Women's Doubles 3.0 (55+)</u>		
Gold	Smith/Marshall	St. James/Assiniboia
Silver	Nay/Jeffrey	Westman
Bronze	Woods/Heath	Westman
<u>Women's Doubles 3.0 (65+)</u>		
Gold	Gabrielle/Sisler	Eastman
Silver	Cain/Spence	Norman West

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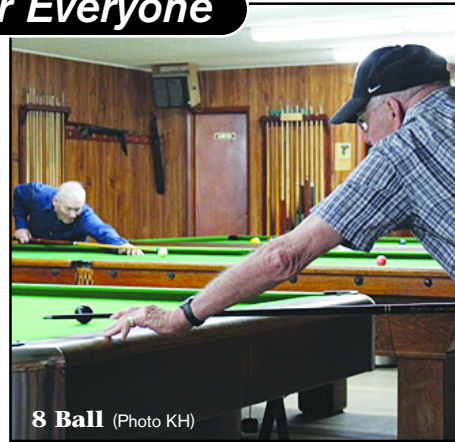
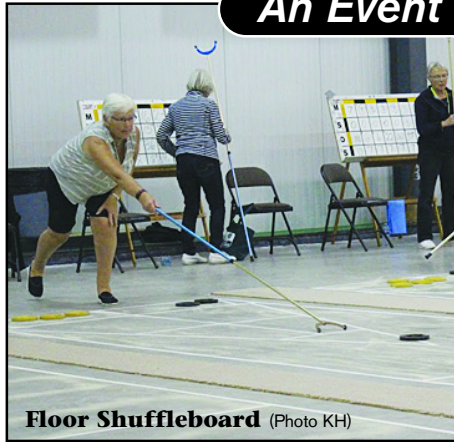
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Women's Doubles 3.5 (55+)

Gold	Bothe/Hawrylak	Lord Selkirk/ W. Kildonan
Silver	Park/Aronec	Kildonan/Transcona
Bronze	Duff/Whalen	Assiniboine Park/ Fort Garry

Men's Doubles 3.0 (55+)

Gold	Chapman/Jones	Westman
Silver	Noonan/Desroches	St. Boniface/St. Vital
Bronze	Waldon/Hyndman	Westman

Men's Doubles 3.0 (65+)

Gold	Klassen/Lowery	Eastman
Silver	Barclay/Gadd	Westman
Bronze	Malo/Perreault	St. Boniface/St. Vital

Men's Doubles 3.5 (55+)

Gold	Piche/Goertzen	St. Boniface/St. Vital
Silver	Lodewyks/Kereliuk	Assiniboine Park/ Fort Garry
Bronze	Zelinski/Williams	Kildonan/Transcona

Men's Doubles 3.5 (65+)

Gold	Bothe/Richmond	Eastman
Silver	Gabrielle/Heaps	Eastman

Pickleball Mixed

Mixed Doubles 3.0 (55+)

Gold	Dudgeon/Victor	Pembina Valley
Silver	Chapman/Evans	Westman
Bronze	Heath/Quigley	Westman

Mixed Doubles 3.0 (65+)

Gold	Sisler/Klassen	Pembina Valley
Silver	Malo/Malo	St. Boniface/St. Vital
Bronze	Maryniuk/Maryniuk	Westman

Mixed Doubles 3.5 (55+)

Gold	Lodewyks/Shields	Assiniboine Park/Fort Garry
Silver	Hawrylak/Heaps	Lord Selkirk/ W. Kildonan

Bronze Woods/Parobec Westman

Mixed Doubles 3.5 (65+)

Gold	Bothe/Bothe	Eastman
Silver	Gabrielle/Gabrielle	Eastman

Slo-Pitch

Division 1

Gold	Central Plains	Central Plains
Silver	Prime Time	Assiniboine Park/ Fort Garry
Bronze	South West Maulers	Westman

Division 2

Gold	Tri-Clad	Assiniboine Park/ Fort Garry
Silver	Portage	Central Plains
Bronze	St. James Ihabods	St. James/Assiniboia

Snooker - singles

Men 55+

Gold	Dieter Bonas	Assiniboine Park/ Fort Garry
Silver	Kim Kemp	Westman
Bronze	Rheal Simon	Pembina Valley

Men 70+

Gold	Alfred Zastre	Parkland
Silver	Earl Fleury	Parkland
Bronze	Leon Martens	Westman

Snooker - team

Men 55+

Gold	Ganske/Simon	Pembina Valley
Silver	Jolicoeur/Vincent	Pembina Valley

Men 70+

Gold	Martens/Pantel	Westman
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8 Ball

Men 55+

Gold	Dieter Bonas	Assiniboine Park/ Fort Garry
Silver	Kim Kemp	Westman
Bronze	Stuart Ganske	Pembina Valley

Men 70+

Gold	Alfred Zastre	Parkland
Silver	Leon Martens	Westman
Bronze	Bill Waldon	Pembina Valley

Swimming

50 Free

Gold 55+ W	Tanis Carter	Westman
Silver 55+ W	Margaret Dudgeon	Pembina Valley

Gold 65+ W Lori Rietze Pembina Valley

Silver 65+ W Cherlyn Cain Norman West

Bronze 65+ W Linda Buchanan Norman West

Gold 65+ M Raymond Steen Interlake

Silver 65+ M Grant Buchanan Norman West

Bronze 65+ M Garry Kennedy Parkland

Gold 75+ W Carol Dubnicoff Lord Selkirk/
W. Kildonan

Gold 75+ M Achim Kemmesies Norman West

50 Breast

Gold 55+ W	Tanis Carter	Westman
Silver 55+ W	Margaret Dudgeon	Pembina Valley

Gold 65+ W Lori Rietze Pembina Valley

Silver 65+ W Cherlyn Cain Norman West

Gold 65+ M Grant Buchanan Norman West

Gold 75+ W Carol Dubnicoff Lord Selkirk/
W. Kildonan

Gold 75+ M Achim Kemmesies Norman West

Gold 80+ M Jack Dubnicoff Lord Selkirk/
W. Kildonan

50 Back

Gold 55+ W	Tanis Carter	Westman
Silver 55+ W	Margaret Dudgeon	Pembina Valley

Gold 65+ W Lori Rietze Pembina Valley

Silver 65+ W Linda Buchanan Norman West

Gold 65+ M Raymond Steen Interlake

Silver 65+ M Grant Buchanan Norman West

100 Free

Gold 55+ W	Margaret Dudgeon	Pembina Valley
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Gold 65+ W Lori Rietze Pembina Valley

Silver 65+ W Cherlyn Cain Norman West

Bronze 65+ W Linda Buchanan Norman West

Gold 65+ M Raymond Steen Interlake

Silver 65+ M Grant Buchanan Norman West

Bronze 65+ M Garry Kennedy Parkland

Gold 75+ W Carol Dubnicoff Lord Selkirk/
W. Kildonan

Gold 75+ M Achim Kemmesies Norman West

100 Breast

Gold 55+ W	Tanis Carter	Westman
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Gold 65+ W Lori Rietze Pembina Valley

Silver 65+ W Cherlyn Cain Norman West

Gold 75+ W Carol Dubnicoff Lord Selkirk/
W. Kildonan

Gold 75+ M Achim Kemmesies Norman West

Gold 80+ M Jack Dubnicoff Lord Selkirk/
W. Kildonan

100 Back

Gold 65+ W	Linda Buchanan	Norman West
Gold 65+ M	Raymond Steen	Interlake

Predicted Swim 200m

Gold	Margaret Dudgeon	Pembina Valley
Silver	Raymond Steen	Interlake
Bronze	Cherlyn Cain	Norman West

Distance Swim 400m free

55+ Women	Margaret Dudgeon	Pembina Valley
65+ Gold	Raymond Steen	Interlake
65+ Silver	Garry Kennedy	Parkland
75+ Gold	Achim Kemmesies	Norman West

Track

100m M

Gold - 55+	Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
Gold - 60+	Doug Hill	St. James/ Assiniboia

Gold - 65+ Kenn Forsythe Westman

Silver - 65+ Raymond Steen Interlake

Gold - 70+ Larry Gomph Assiniboine Park/
Fort Garry

Gold - 75+ Achim Kemmesies Norman West

Silver - 75+ Jack Dubnicoff Lord Selkirk/
W. Kildonan

Gold - 80+ Doug Fraser Pembina Valley

100m W

Gold - 55+	Bev Chliboyko	Interlake
Gold - 65+	Cherlyn Cain	Norman West
Gold - 70+	Linda Buchanan	Norman West
Gold - 75+	Carol Dubnicoff	Lord Selkirk/ W. Kildonan

Silver - 75+ Lilli Kemmesies Norman West

Gold - 80+ Juliette Jacobson Assiniboine Park/
Fort Garry

200m M

Gold - 55+	Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
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Continued on page 10

Congratulations to the 55 Plus Games and all the athletes and volunteers



James Allum
MLA for Fort Garry-Riverview
204-475-2270
JamesAllum.ca



Andrew Swan
MLA for Minto
204-783-9860
AndrewSwan.ca



Jim Maloway
MLA for Elmwood
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JimMaloway.ca



Greg Selinger
MLA for St. Boniface
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GregSelinger.ca



Matt Wiebe
MLA for Concordia
204-654-1857
MattWiebe.ca

CURRIE'S CORNER



By Roger Currie

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

CFL's New Commissioner

Some free advice today for Randy Ambrosie who is hitting the ground running as the 14th Commissioner of the Canadian Football League. As the son of the man who could have been the second guy to hold the job, I was tempted to say "Don't take it Randy, you don't need it".

But in fact, the CFL definitely does need a guy like him who knows how to be successful.

They also need to re-visit their whole approach to scheduling and television. We're only in week 3, and we've seen some of the most exciting games in recent memory, including the match at Commonwealth in Edmonton last Friday between the Eskimos and the Montreal Alouettes. It was the second half of a doubleheader, and thanks to my PVR, the greatest invention since indoor plumbing, I was able to watch much of the second half of the Edmonton game the next morning.

I can think of a lot of sleepy 'marginal' fans who probably wouldn't bother.

Question .. If you're only playing four games each week, why must two of them happen on the same night?

Another question, what would be wrong with scheduling the last game of the week on Monday evening? I know it's a big night for the *No Fun League*, but not until the second week of September. Between now and then, the CFL has five more doubleheaders on the schedule, plus a tripleheader on Saturday September 9th.

You have a great product Mr. Commissioner. Why not make sure it has a chance to find the largest possible audience. While you're at it, maybe think about finding a way to bring back blackouts of home games, unless you really think it's 'big league' for the country to see less than 10,000 watching the Argos at *BMO Field*.

Major League Soccer is a wonderful game, but there's no way it should draw more bums in the seats, or eyeballs on the flat screen than the boys who knock themselves out chasing the Grey Cup. ■

55 Plus Games results... Cont'd from page 9

Track, cont'd

Gold - 65+ Raymond Steen	Interlake
Silver - 65+ Kenn Forsythe	Westman
Gold - 75+ Achim Kemmesies	Norman West
Silver - 75+ Jack Dubnicoff	Lord Selkirk/ W. Kildonan
Gold - 80+ Doug Fraser	Pembina Valley

200m W

Gold - 70+ Linda Buchanan	Norman West
Gold - 75+ Carol Dubnicoff	Lord Selkirk/ W. Kildonan
Silver - 75+ Lilli Kemmesies	Norman West
Gold - 80+ Juliette Jacobson	Assiniboine Park/ Fort Garry

400m M

Gold - 55+ Gary McNeely	Westman
Silver - 55+ Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
Gold - 60+ Robert Dawson	Central Plains
Gold - 65+ Raymond Steen	Interlake
Silver - 65+ Kenn Forsythe	Westman
Gold - 75+ Achim Kemmesies	Norman West
Silver - 75+ Jack Dubnicoff	Lord Selkirk/ W. Kildonan

400m W

Gold - 55+ Bev Chilboyko	Interlake
Gold - 65+ Cheryl Cain	Norman West
Gold - 70+ Linda Buchanan	Norman West
Gold - 75+ Carol Dubnicoff	Lord Selkirk/ W. Kildonan
Silver - 75+ Lilli Kemmesies	Norman West
Gold - 80+ Juliette Jacobson	Assiniboine Park/ Fort Garry

800m M

Gold - 55+ Gary McNeely	Westman
Silver - 55+ Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
Gold - 60+ Robert Dawson	Central Plains
Silver - 60+ Willie Anseeuw	Pembina Valley
Gold - 65+ Raymond Steen	Interlake
Gold - 75+ Achim Kemmesies	Norman West
Silver - 75+ Jack Dubnicoff	Lord Selkirk/ W. Kildonan

800m W

Gold - 70+ Linda Buchanan	Norman West
Gold - 75+ Carol Dubnicoff	Lord Selkirk/ W. Kildonan
Silver - 75+ Lilli Kemmesies	Norman West
Gold - 80+ Juliette Jacobson	Assiniboine Park/ Fort Garry

1500m

Gold - 55+F Bev Chilboyko	Interlake
Gold - 55+M Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
Gold - 60+M Robert Dawson	Central Plains
Silver - 60+M Willie Anseeuw	Pembina Valley

3000m

Gold - 55+F Bev Chilboyko	Interlake
Gold - 55+M Kaur Singh Sandhu	Lord Selkirk/ W. Kildonan
Gold - 60+M Robert Dawson	Central Plains
Silver - 60+M Willie Anseeuw	Pembina Valley

Whist

Gold Caumartin/Unrau	Parkland
Silver Guillias/ Guillias	Parkland
Bronze Law/Davis	Parkland

Congratulations to all the participants, organizers, volunteers, the host community of Killarney, sponsors and medal winners of the 2017 Manitoba Liquor and Lotteries 55 Plus Games!

The **2018 55 Plus Games** will be held in **Glenboro, MB, June 12-14, 2018**. The Glenboro Host Committee has already started the planning process for the event and has set up a Facebook page: <https://www.facebook.com/55Plus.Glenboro2018/> They are already starting to book accommodations.

NOTE: You must attend these Games to qualify for the **2018 Canada Senior Games in St. John, New Brunswick, August 21-24, 2018**.

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My favorite saying and word's to live by:
"Money lost can be replaced, but time lost is lost forever".

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204-336-7240
bharbour@carlsonwagonlit.com

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Things To Do

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EVENTS

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

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

Forum Art Centre - Art Classes, 5 weeks, mid-week, 10 to choose from this summer, ages 15 to adult, at 120 Eugenie St., St. Boniface. To register: <https://www.forumartcentre.com/classes/> or **204-235-1069**

Fort Garry Women's Resource Centre - The Power of Positive Thinking, Tue. July 18, 1-2:30 pm at 104-3100 Pembina Hwy. Learn about the benefits of thinking positive to have a happier and healthier life. Space limited, Pre registration required: **204-477-1123**. This is a women only event. Childcare available upon request.

Gwen Sectar Creative Living Centre - (1588 Main). Join us for our Wed. Simcha Program, July 12. Performance by musician "Keith MacPherson". Lunch \$10. Lunch w/transportation \$15. Everyone welcome. Bring a friend. **204-339-1701**

Seven Oaks House Museum - The Manitoba Living History Society will be staging an immersive re-enactment of the signing of the 1817 Peguis-Selkirk Treaty, Sun. July 16, 11 am. Call: **204-339-7429**, Email: sohmuseum@gmail.com for more info.

Canadian Breast Cancer Foundation - Winnipeg Batting Against Breast Cancer - Round-robin charity slow pitch tournament, Sat. July 15, at Little Mountain Sportsplex. Teams can fundraise by getting pledges or selling raffle tickets. Take a swing at breast cancer and have some fun! For info contact Colette Toews: ctoews@mb.cancer.ca or **204-786-0618**. Teams can register online at: www.cancer.ca/battingagainstbc

Grands N' More Winnipeg - Art from the Attic, Sun. Sept. 24, 10:30 am-4 pm, Norwood C.C., 87 Walmer St. (off St. Mary's Rd.) Through the Stephen Lewis Foundation, in support of the African grandmothers caring for their AIDS-orphaned grandchildren. FREE Adm. Donations of art accepted 'til Sept. 1. www.grandsnmore.com or www.stephenlewisfoundation.org

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.

VOLUNTEERING

South Winnipeg Seniors Resource - Seeking Meal Program Volunteer Assistant, Mon., Wed. & Fri. 11 am-1:45 pm, at Delta Manor, 100 Admar Rd. Call Samantha **204-478-6169**.

University of Manitoba - Looking for volunteers over age 60 to participate in the approved study "Age and Spatial Reorientation" at U of M. Study consists of a few questionnaires and a virtual reality based task. Participants receive \$15 as a token of appreciation. Call Megan Siemens: **204-390-1171**, email: siemen17@myumanitoba.ca or web: <http://home.cc.umanitoba.ca/~kellyd/agingstudyrecruitmentposter.pdf>

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. Melissa: **204-956-6773** or email msitter@vgh.mb.ca

Deer Lodge Centre, 2109 Portage Ave - Volunteers needed to assist with daytime recreation programs: manicures (simple), playing piano, visiting, outings, coffee, cards (rummy, crib, bridge), bowling, bingo, etc. 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)

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**.

Gwen Sectar Creative Living Centre - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

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

Fibromyalgia Support Group of Winnipeg - For info: **204-975-3037**.

Good Neighbours Active Living Centre - Are you a senior 55+ in the Elmwood/East Kildonan area who is feeling bored, isolated? Call the Outreach Worker for various activities and functions that are available to you: Julie **204-996-0750**

Pembina Active Living 55+ (PAL) - Summer activities (membership required - must register): PALputters (golf), PALpedallers (cycling), Yoga class in the Park (must register), Lunch PALS, movie PALS. PAL Picnic adn fall registration: Aug. 22. www.pal55plus.com, office@pal55plus.com or **204-946-0839**

Gwen Sectar Creative Living Centre - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

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 or pick up a 2017 Spring Program Guide from the office 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

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**

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, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, 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 winnipegprobust85@gmail.com

Dakota 55+ Lazars 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.

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.

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.

Continued on page 13

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"A VANISHING SPECIES - PART TWO- "A PIONEER PERMIT TEACHER"

Submitted by former permit teacher - Ed Arndt, Virden, Mb, on behalf of the Dr. Louisa Loeb 13th Annual Reunion of Permit Teachers of Manitoba.

Some of the readers may recall seeing an article entitled, "A Vanishing Species" published last year in papers throughout Manitoba. In that article I briefly outlined the history of the permit teachers in Manitoba. I also shared with readers a number of experiences of permit teachers throughout the province.

This year, instead of relating a number of permit teachers' experiences, I would like to highlight the contributions of one Permit Teacher, the late Peter Maendel, whom I consider a "Pioneer in the Field of Hutterite Education"

Peter's life began as a member of the Hutterian Faith on the Rosedale Colony, northeast of Elie, Manitoba. After his marriage to Sarah Wurtz of the James Valley Colony, he and his new bride settled into the newly founded New Rosedale Colony. Their marriage was blessed with 3 sons and 9 daughters.

During the latter months of the Second World War, Peter bussed to Port Arthur, Ontario along with fellow Hutterites to work in the shipyards as conscientious objectors corresponding to their Pacifist views and his faith.

After returning to New Rosedale, he was elected the position of Hog Barn Manager, a new job involving a lot of learning about animal husbandry, which he enjoyed and thoroughly understood....and probably served him well in dealing with his rambunctious Teachers College Colleagues some years later!!!

During the winter months, Arnold Peters the Mennonite Teacher in New Rosedale School offered the men of the colony evening classes in Math, Science and English. Peter was an enthusiastic participant.

In 1955, the New Rosedale Brotherhood elected Peter to the vocation of teacher, an historic first for Manitoba /Canadian Hutterites. In order to prepare for this new and pioneering responsibility Peter registered at the Mennonite Brethren Collegiate Institute in Winnipeg, a decision based on the common Anabaptist Faith background of both Mennonites and Hutterites. He studied during the summer months as well and he managed to complete Grades 9-12 in just two and one half years! During the 1959-60 school year Peter taught as a Permit Teacher from September to Christmas at the New Rosedale Colony School and then from January to the end of June at the new daughter colony -Fairholme, located south west of Portage La Prairie

In 1960, Peter enrolled at the Manitoba Teachers College in Tuxedo where I was a fellow student. Peter was already in his mid-thirties and the rest of us were just a bunch of young rambunctious fellows in our late teens and early twenties, full of "spice and vinegar". Peter resided in "Fraser Hut", the same hut as I and during that year we considered it the "elite" hut!!! Because of Peter's modest personality and his deep religious faith he probably would not have agreed with my assessment! Peter fit in very well with us despite our ignorant, youthful exuberance, served as a "leavening agent" and mentor to many of us including a spiritual mentor....and thus began a lifelong friendship with many of his colleagues at Teachers College. My late wife, Lorraine, and I cultivated an ongoing friendship with Peter and we got to know and appreciate Peter's family and really enjoyed our frequent visits to the Fairholme Colony.

After Teachers College and teaching for one year, Peter enrolled at the Gimli Summer School Camp in July and August of 1962 and earned his Permanent Teaching Certificate... an historic first for the Hutterite Community. For twenty-five years he taught Grades 4-8 in the two room Fairholme Colony Elementary School.

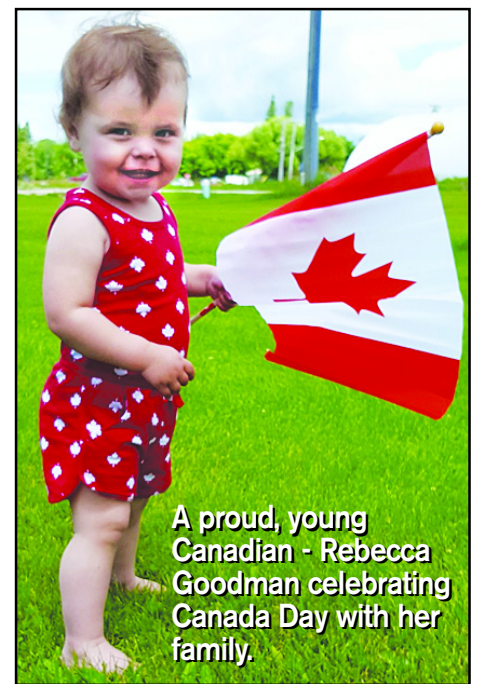
After Fairholme established Windy Bay Colony near Pilot Mound, Peter was elected as Fairholme's minister on October 28, 1979 and ordained in 1989 and served and led with skill, dedication and enthusiasm.

Following the example set by Peter, two of his daughters, Anna and Dora Maendel were awarded Bachelor of Education Degrees from the University of Manitoba in 1985. During the decades of 1994-2004, nearly a hundred other Manitoba Hutterites have gone on to obtain Bachelor of Education Degrees from Brandon University. In 2013 the first group of four Hutterite women graduated from Brandon University as Registered Nurses: three of Peter's granddaughters and one great niece. Peter was indeed a "Pioneer" in the field of Hutterite education.

Anna & Dora have both graciously accepted an invitation to be our guest speakers at this year's Dr. Louisa Loeb 13th Annual Reunion of the Permit Teachers of Manitoba to be held on July 13, 2017, where they will give a presentation of their father's life in the field of education.

Our theme again for this year is, "Students and Teachers Together Again" and you are once again encouraged to bring a former student or students whom you taught on permit to the gathering.

For more information, call Edith Alexiuk at 294-256-6484.



A proud, young Canadian - Rebecca Goodman celebrating Canada Day with her family.

Keeping History Alive in St. Adolphe

The old convent in St Adolphe has recently been demolished but the memories of this glorious building and its occupants lives on in the historical book called

The Old Convent Tells Its Story. The unique and personal stories associated with this building are fascinating.

Among the historical events are accounts of priceless relics, ghostly characters and the circumstances surrounding a real miracle that took place in the 1920s.

This book, written by the very citizens of St. Adolphe, can be purchased for \$30. Please call Rhéa at 204-883-2055 or Alice at 204-883-2566. ■

Senior Scope

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Prize #1: (Value approx. \$280)

Two tickets to Little Shop of Horrors (June 22-July 14/17) (approx. value \$180)
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 One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)

Prize #2: (Value approx. \$1010)

Trip for Two for 2 day trip to Temple Gardens Mineral Spa in Moose Jaw, SK - Red-White & Blue Get-A-Ways (Value \$630.00) (transportation included)
 Two tickets to Mama Mia - Rainbow Stage (August 10-31/17) (approx. value \$180)
 One \$100 Gift Certificate - Eliminator RC Hobby Supply
 One \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)

Prizes can accumulate until draw dates

CANADIAN TRIVIA

For this year's draw, we want to Quiz you on your knowledge of Canada.

1. What Huron-Iroquois word was the name 'Canada' derived from?
 kanasta kantata kanata kanada
2. Who was Canada's first Prime Minister?
 Ronald McDonald Louis Riel Sir John Franklin Sir John A. Macdonald
3. How many ocean's does Canada touch?
 Five One Three Two
4. How many provinces and territories does Canada have?
 11 + 2 10 + 3 9 + 3 10 + 2
5. How many time zones are there in Canada?
 Six Three Two Four



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Good Samaritans / Good Sams - More than Camping

By Lesley Smith, Photo by Paul Gervais

In my camping excursions, I crossed paths with the Redboine Sams at Rock Garden Campground in Richer Manitoba. I recently sat down with President Ann Ingalls to find out more about this RV club that recently celebrated its 25th Anniversary. The Redboines are one of three active chapters located in and around Winnipeg. There are seven chapters in the Manitoba Northwest Ontario district with many more chapters across Canada and in the USA. This season the Redboine Sams are starting out with 18 rigs and 9 associate members. There are five planned campouts starting with the May long weekend at Champagne Campground in Lac Du Bonnet. A Manitoba/ N.W. Ontario Rally is being held May 31 - June 4 at Shoal Lake. For the rally, members of all chapters get together coming from across Canada and as far away as the States. All Redboine campouts are held at privately owned campgrounds within a two hours drive of Winnipeg. At the sites, there are 'Happy Hour's, potluck dinners, Sunday morning 'big' breakfasts, playing lawn or table games, and town outings to

eat at restaurants, golf, shop, and check out garage sales. The group hosts two book sales and silent auctions at Rock Garden and Great Woods campgrounds. The proceeds from these two summer fundraisers (plus the silent auction at the annual Rally) are donated to **The Dream Factory**, a Manitoba based non-profit organization that supports children with life-threatening diseases. Since 2011, the Redboine Sams have contributed over \$10,000 to this deserving organization and for their efforts have been recognized as Silver Level Sponsors. For all their charitable work, the Redboines were amongst four mentionable international winners in the Good Sam's Chapter of the Year Contest. That organization recognized the group during the last week of April. Off season, the group gets together once a month for breakfasts at Winnipeg restaurants, a catered Christmas dinner, and games nights. Redboine President Ann Ingalls "is always looking for new members", and invites everyone "to come out and join us". Wagon Master Jake Friesen says, "We always welcome new Good Sam Club members to



The Redboine SAMS

our Chapter". There is no restriction on age, size or type of RV. There is a business component to The Good Sam Club whose larger organization offers roadside assistance and insurance as well as a complementary one year's membership for first time members. For more information, please contact Ann at 204-254-4121. ■

Things To Do IN WINNIPEG, cont'd from page 11

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

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

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

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

Weston Seniors Club - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. 204-737-3085

Assiniboia Wood Carvers Association - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: 204-661-2213 or Wayne: 204-783-7340

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

Mensheds Manitoba Inc. - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: 204-832-0629 or 804-5165

Good Neighbours Active Living Centre - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: 204-996-0750.

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

Manitoba Genealogical Society - Check out our - 'MANI' online database with 1.5 million records of Manitoba names. "Problem corner" to help solve roadblocks in your search. <http://mbgenealogy.com/>

Things To Do IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Arborg - Agricultural Fair, July 14-16. East of Hwy 7, south of Arborg. www.agsociety.net. Lakeside Quilt Show, Sat. Aug. 12, 10-6 pm, Sun. Aug. 13, 10-4 pm, at Gimli Rec. Centre, 45 Centennial Rd. Email: lakesidequiltersinterlake@gmail.com. Interlake Barn Quilt Trail, from Matlock (south) to Steep Rock (north). Open all the time. info@interlakebarnquilts.com, www.interlakebarnquilts.com

Gimli area - Farmers Hall Old Time Dance Schedule (formerly United Farmers Community Hall) - HWY 231, 2miles west from HWY turn off. Dances last Wed. afternoon each month, Jul. 26, Aug. 30, Sep. 27, 1-4. Featuring Country Pride live band. Adm. \$15 includes light lunch, tea and coffee. 204-296-0540.

Komarno - Harvest Dance - Sun. Aug. 20, 1-5 pm, Komarno Community Hall, Music: Canadian Rhythm Masters. Tickets \$20 ea. Call Mona: 204-886-2994. Hot lunch included. All proceeds go to Komarno Hall Renovations

Springfield - Service to Seniors - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call 204-853-7582 or email: springfieldseniors@mymts.net to arrange to pick up an application package.

St. Andrews Church - Two by Two celtic music group at Old St. Andrews on the Red Sun. July 23, 3 pm. Adm. \$10. Refreshments served. Their repertoire is Celtic and English traditional folk music from long ago. The four musicians play fiddles (similar to flutes and penny whistles), gothic harp, percussions, banjo and ukulele. In addition to their instrumentals, they include favourite songs that invite participation singing.

Stonewall - South Interlake 55 Plus - 374-1st Street W. Events: Jul. 10: Afternoon Cribbage Tournament, 1 pm; Jul. 12: Monthly Luncheon, noon; Jul. 13: Shopping Bus Trip in Selkirk; Jul. 19 - Strawberry Social, 1:30 pm; Jul. 27 Bus Trip to Pineridge Hollow & Birds Hill Park. Line Dance Classes, Tuesdays 11:15 am, Thursdays 11 am. \$2/class plus yearly SI 55 Plus membership. Call 204-467-2582

VOLUNTEER

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.

Springfield - Service to Seniors - Additional volunteer drivers needed in all areas of Springfield. Fees avail. to help cover costs. Call 204-853-7582 or email: springfieldseniors@mymts.net to arrange to pick up an application package.

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

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members welcome. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, Folklorama trip, dinner and a movie night, dances. The congregate meal program at the Centre is Tue, Wed, Fri. We also offer: Lifeline, cancer society Transportation Program, fee for service contact list, Erik Kits, help filling out paperwork. *Our facility is also available to rent, so remember us for your next function.* www.dauphinse-niors.com, 204-638-6485

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

le 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.

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. 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; Enksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource Council 372-8703; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk - Selkirk & District Senior Resource Council Inc. 785-2737; Stonewall - South Interlake Seniors Resource Council 467-2719; Springfield Services to Seniors 853-7582; Teulon and District Seniors Resource Council 886-2570; Two Rivers Senior Resource Council, Lac du Bonnet 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services : parking permits, congregate meal programs 5x a week at the manor, internet research, information/health sessions, light house-keeping, Alzheimer's support group, palliative care, transportation services, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Contact coordinator Bev Collet at: 204-248-7291 or ensemble@mymts.net. Our goal is to

assist seniors and the disable to maintain their independence. We are **always looking for volunteers** in helping us make these programs a reality for our seniors in Notre Dame de Lourdes and Saint-Léon.

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.

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 special. 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

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

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

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CROSSWORD **Canada Challenge 150** By Adrian Powell

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- ACROSS**
- 1 Dead in the water
 - 6 Lamb Chop creator Lewis
 - 11 Little dipper?
 - 16 Geological age
 - 21 Old Mykonos marketplace
 - 22 Alert's climate, usually
 - 23 Jousting need
 - 24 Soft and crumbly
 - 25 Blame someone else
 - 27 Like pieces in a chain
 - 29 Hourglass fillers
 - 38 Trig functions
 - 39 Inside of
 - 40 Anne Murray's range
 - 42 Slimy crud
 - 44 Lung cell
 - 46 PM, 150 years ago
 - 52 160 year old capital
 - 56 Oft dunked cookie
 - 57 Scarlett O'Hara's spread
 - 58 Aviv, Israel
 - 59 Fast, vis-a-vis slow
 - 60 Textile material
 - 63 Mediaeval lackey
 - 65 Goad
 - 68 Floridian chameleon
 - 69 Piggied out
 - 70 Pitted scars
 - 72 Water storage site
 - 75 Clamour
 - 76 Really enjoys
 - 78 Arthur of "Maude"
 - 79 Thoroughly wallops
 - 80 Acorn, basically
 - 81 Elmer Fudd, e.g.
 - 82 Assault's partner
 - 84 One wedding, perhaps
 - 86 Exxon, north of the border
 - 89 Hangs around
 - 91 60 minuti, in Roma
 - 92 Medium sized evergreens
 - 96 Western lass
 - 97 Type of violet
 - 99 Tender spots
 - 100 Tarzan player Ely
 - 101 Leg swelling
 - 103 Lawn care gadget
 - 104 Performed karaoke
 - 106 Shark's companion
 - 108 Clipped a sheep
 - 110 Old mariner
 - 112 Minimal high tide
 - 114 Canadian Maple genus
 - 115 Shortest serving PM
 - 116 Our one 150th, fancily
 - 121 Many a new car owner
 - 123 Poison ivy symptom
 - 124 Gung-ho
 - 125 Trim one's nails
 - 128 Loudness units
 - 130 Bone at base of the tongue
 - 133 Survives
 - 137 Really nitpicky
 - 138 Pottery coating
 - 140 Even scarcer
 - 142 What to do in a leaky boat
 - 143 Piercing
 - 145 What vampires enjoy
 - 147 "Enigma Variations" composer
 - 148 Lugs around
 - 149 Prohibited thing
 - 150 Sci-fi or horror
 - 151 Like an atoll
 - 152 "Well, ___ you clever!"
 - 153 Barbershop sounds
 - 154 Fragrant compound
 - DOWN**
 - 1 K in Athens
 - 2 Another time
 - 3 Western rustler trackers
 - 4 Iqaluit night sight
 - 5 Skin art, slangily
 - 6 Plan detail, briefly
 - 7 Kings of the road
 - 8 "Be-Bop-___" (1956 hit)
 - 9 Grand Prix of Montreal need
 - 10 Irritate royally
 - 11 Underskirt
 - 12 Dog genus
 - 13 Where they put Riel in '85
 - 14 Ancient Greek sea nymph
 - 15 More saucy
 - 16 UK record giant, once
 - 17 Where Gyro Park saw a huge July 1 wingding
 - 18 Like many old galleons
 - 19 Football shoe feature
 - 20 "Powerful" corporation, say
 - 26 Shrubby wasteland
 - 28 Classroom segment
 - 34 UN worker protection gp.
 - 36 Total flop
 - 37 Sean Connery, by birth
 - 41 Man.'s neighbour
 - 43 Tibia toppers
 - 45 Rose petal oil
 - 46 Up to now
 - 47 Mad as hell
 - 48 1870's uprising participant
 - 49 Mardi Gras attire
 - 50 Mars, to the Greeks
 - 51 High school math topic
 - 53 One end of a battery
 - 54 "When Worlds Collide" novelist Philip
 - 55 Alter
 - 59 One more
 - 61 ___ facto
 - 62 Snakeroot, alternately
 - 64 Worry your fool head off
 - 66 A Laurier Governor General
 - 67 Eggs, in the lab
 - 71 Placed equidistantly
 - 73 Big dept. store name, once
 - 74 Chemical "twin"
 - 77 Quincly actor Robert ___
 - 78 Raptors' scores
 - 80 "No seats left," in brief
 - 82 Gov. Gen. called "Bungo" by his pals
 - 83 Tiny work units
 - 85 Alternately
 - 86 Excrete, like sweat
 - 87 Hindu ascetic
 - 88 Take a nap
 - 90 Assist
 - 92 Paul who played Dundee
 - 93 Manitoba's official flowers
 - 94 Kim Jong-un's land
 - 95 Watchdog's warning
 - 97 Ranee's garment
 - 98 Baghdad boy
 - 99 Dirk's old relative
 - 102 Muir wrote about it "forever", 150 years ago
 - 105 Peter's CBC role, before Canada Day
 - 107 Lower jaws
 - 109 Pencil's end, often
 - 111 Buzzi of "Laugh-In"
 - 113 K-9 support gp.
 - 116 Kenny represented NS as this, 150 years ago
 - 117 Religious hermit
 - 118 Very standoffish
 - 119 Flip inside out
 - 120 Disallow
 - 122 Beethoven speciality
 - 125 Writer's need
 - 126 Anoint, archaically
 - 127 Big kitchen appliance
 - 129 Lucky number, to some
 - 131 Stressed feet, in poetry
 - 132 Wilt
 - 134 Kateri Tekakwitha was our first Aboriginal one
 - 135 Solution strength (chem.)
 - 136 More crafty
 - 139 "___ we forget"
 - 141 Cupid's Greek alias
 - 144 Give it a shot
 - 145 "...for what ___ worth"
 - 146 Become older

SUDOKU EASY By Senior Scope

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Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE



Tomato & Avocado Tostadas

Metric	Ingredient	Imperial
375 ml	tomatoes, chopped	1 1/2 cup
250 ml	avocado, peeled & chopped	1 cup
10 ml	fresh lemon juice	2 tsp
7 ml	sugar	1 1/2 tsp
5 ml	lemon peel, grated	1 tsp
-	tortilla chips	-
125 ml	sour cream	1/2 cup
15 ml	fresh cilantro, finely chopped	1 tbsp

In a medium bowl, combine tomatoes, avocado, lemon juice, sugar and lemon peel. Mix lightly. Place about 1 tablespoon (15 ml) mixture on top of each tortilla chip.

In small bowl, combine sour cream and cilantro, mixing well. Place about 1/2 teaspoon (2 ml) sour cream mixture on top of each tostada.

Serves 6

www.PeakMarket.com

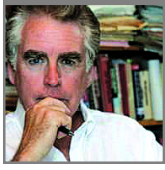
SUDOKU - Solution

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SOLUTION ON NEXT PAGE

HUMOUR

By William J. Thomas



I used to be a landlord. For six summers I rented up north through an agency where my contact was a nasty woman name Frankie. Her two-pronged business policy was that the renters she sent me had to be rowdy and destructive and when bad things happened it was always my fault. When the kid ran through the kitchen screen and somebody busted the sliding glass door downstairs and contrary to the rental agreement, a guy showed up with a big honkin' jet ski - it was my fault.

"The place is old and needs an upgrade" she would say and "you live too far away to handle these problems." The place was solid and functional and I wrongly believed that's why I was paying Frankie 15% of the rental fees ... to solve the problems.

One day Frankie called me and I detected a tone of delight in her voice which means something must have gone seriously wrong at my cottage. A client from Toronto had lit the barbeque the previous evening and it

I'm no longer a landlord. Yippee!!

had exploded. The steel cover had blown off and landed one story below in the backyard. I was told he extinguished the flames with a seltzer bottle which is an odd thing to bring for a week at the cottage.

"The faulty regulator was faulty," said Frankie. "That barbeque was not properly maintained." The barbeque was nearly new and working fine when I used it the previous week.

"You could be charged for something like that. You're lucky that guy wasn't killed."

Frankie hung up before tears of joy began streaming down her dour face. I imagine it was her best day ever on the job.

I immediately called Adam a smart kid who lived in the nearby village. Adam started the summer doing yard work at the cottage and created a whole new career for himself by fixing things my renters wrecked.

"See if the barbeque is salvageable and you'll probably need to get a new regulator," I said.

A few hours later, Adam called me back. He had gone to the cottage and although BBQ Bob had gone

back to the city for the day, his wife and sister-in-law were there.

"It wasn't the regulator," Adam began.

As the story goes, the girls were drinking wine at the patio table and watching Bob do something he'd apparently fantasized about but never actually done before - operate a barbeque. Bob wanted to put on a good show for the ladies by first demonstrating his mastery of the outdoor cooking machine itself so he...

"He switched the tanks," said Adam. The tank didn't need changing, but no matter. Then he ...

"He got the threads crossed." Okay, now he's got gas coming out of the tank and ...

"Then he turned both burners on." Now he's got gas shooting out from three sources and let me guess, "He hit the starter?"

"No. Then he sprayed barbeque starter fluid into the barbeque." That would be volatile, inflammable, methanol BBQ starter normally used on charcoal barbeques.

"Then he hit the starter."

The fireball that erupted from the housing of the barbeque singed two eyebrows and ten knuckles, sent wine glasses rolling across a table top and caused at least two moose in

Algonquin Park to cock their antlered heads in that curious way that says, "Bob? Was that you?"

The cast iron top exploded off its hinges and missed Bob's head by inches.

"You need a new barbeque," said Adam.

I asked to speak to Bob, but I was told he was on his way back to the cottage from Toronto, no doubt speeding north on southbound Highway #400 wondering why all the other drivers are giving him the finger.

I called Frankie. She was horrified ... that it wasn't my fault. I informed her that I'd be buying a bigger and better barbeque out of Bob's damaged deposit - "It's called a 'upgrade,' Frankie."

I asked her to quit calling me with tales of false hope. "Please Frankie, never call and say that guy almost died. Guys like that are supposed to die in order to enhance the gene pool. I mean what if one day he woke up and decided to reproduce?!"

As I said, I'm no longer a landlord.

For comments, ideas and copies of *The True Story of Wainfleet*, go to www.williamthomas.ca

PRAIRIE TALK - Now & Again

By Angela Temple



Courtesy of Diane Unger, here are the bowling results from June 2017:

Tuesday, June 13th, before the predicted nasty rain and wind storm hit, the Beausejour

Bowling Gang arrived ready and willing to Rock and Bowl. Though there were few in number once more, we still had a lot of fun and laughter. There were bedposts and headpins sprinkled here and there, and always gutter balls galore!

Sandra scored the first strike along with the one and only Double Double. Strikes were few in number which meant, we rolled a lot of balls...with a few 'roll-through' that simply wouldn't connect to pins.

The High Single was held by Sandra with 154 along with the High Triple with 414 points, but with Ted hot on her heels with his 413.

Tuesday, July 27th was another

bright sunny day for Rocking and Bowling for the Beausejour Gang. 'Twas a very small group but in spite of, laughter and cheering bounced off the walls. There were many gutter balls, head pins, bedposts along with cool looking but a tad frustrating when one left both corner pins and headpin standing.

Here's a list of all the firsts of the day: Alfred had the first strike as well as the first headpin but also scored first Double double and all in the first string. Ted had the first gutter ball as well as the first spare along with his Double double and also all in the first string.

Ted walked away with not only the High Single with his 175 but also the High Triple with 454 points. Hey 'Rocket man'...where are you... we miss the snap, crackle and pop at the end of the alley?

The next bowling is slated for Tuesday, July 11th.

That's all folks!

CROSSWORD - Solution

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

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ANNOUNCEMENT:
Exciting News!

Your team from Encore RV Resorts & Thousand Trails Campgrounds will hit the road again this summer 2017 – and we're stopping in Winnipeg on July 31 – to meet up with you, your friends and family members.

Come enjoy a complimentary breakfast, door prizes and exclusive offers on stays at Encore RV Resorts and on Thousand Trails Memberships!

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Winnipeg, MB Event:
Monday, July 31st, 2017
9:00 am - 12:00 pm
Club Regent Casino
1425 Regent Ave W
Winnipeg, MB



June 30, 2017

PROVINCE TO MODERNIZE REGULATIONS ON RECREATIONAL VEHICLES, FACTORY-BUILT HOMES

Manitobans are invited to share their views so the Manitoba government can update the regulations for recreational vehicles (RVs) and manufactured homes, announced Cliff Cullen, minister responsible for the Office of the Fire Commissioner (OFC), .

"The RV and manufactured-home industries have changed significantly, as have the standards and practices used," Cullen said. "Many of the regulations currently governing these industries have not been updated in over four decades. We look forward to hearing from Manitobans as we work to modernize outdated permit and inspection requirements while reducing the administrative burden associated with enforcement rules."

The OFC has prepared a discussion paper on proposed changes. Recreational vehicles are considered camping trailers, fifth-wheel trailers, motor homes, slide-in campers and travel trailers. The minister noted proposed changes include recognizing modern definitions and standards for RVs, as well as removing the requirement for a dealer to get a permit and have a used mobile home inspected by a provincial regulator before it can be sold.

The review of manufactured homes will include updating the definitions and referenced standards under The Building and Mobile Homes Act and removing the labeling requirements for the sale of used mobile homes.

The full discussion paper is available on the OFC's website at www.firecomm.gov.mb.ca.

Submissions can be e-mailed to firecomm@gov.mb.ca with "Recreational Vehicle and Factory-Built Home Review" in the subject line

Or mail to: Recreational Vehicle and Factory-Built Home Review
Office of the Fire Commissioner
508-401 York Ave.
Winnipeg MB R3C 0P8

Deadline for submissions is Aug. 15.



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