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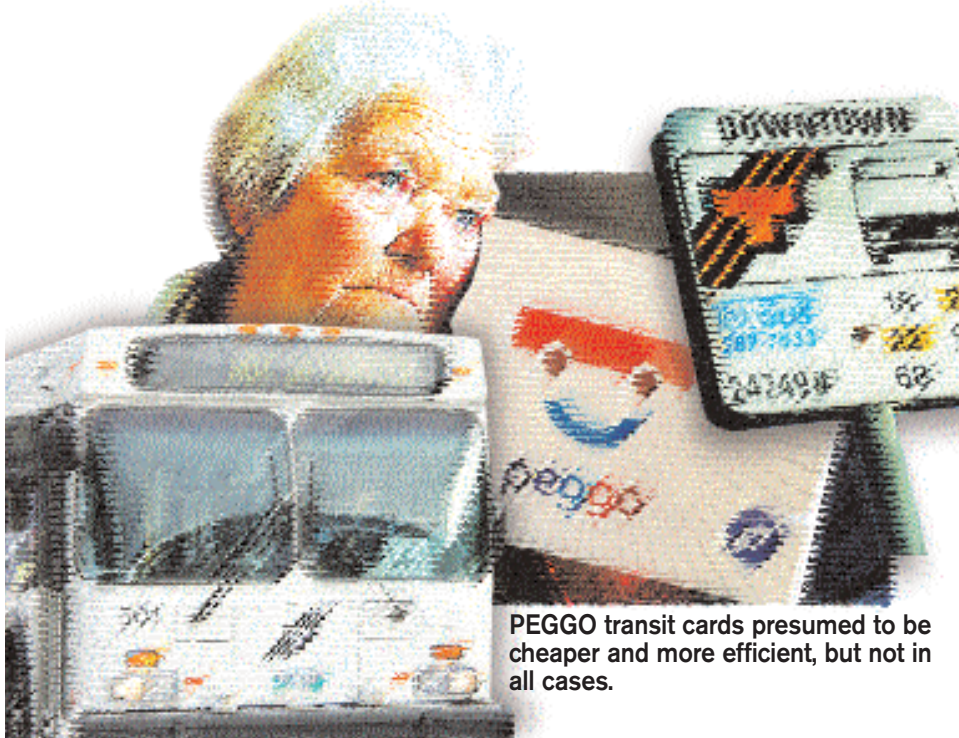
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**GETTING OLDER • GETTING FIT • GETTING HEALTHY • GETTING OVER HURDLES
 GETTING THE MOST OUT OF LIFE BY GETTING ACTIVE**

Speed Bumps at Winnipeg Transit affecting seniors

By Roger Currie



PEGGO transit cards presumed to be cheaper and more efficient, but not in all cases.

“One of the most bewildering and intimidating aspects of growing older is dealing with technology, particularly in the digital world of the new millennium. Today's adventure for Boomers and older involves taking the bus in Winnipeg. It sure was easy in 1957 when I was ten and rode the bus to the Central YMCA all by myself by dropping a dime in the fare box. That fare box wasn't new then, and only now in 2016, has Transit finally succeeded in a major transition with the PEGGO card system. The temptation is to say something like *'It's so simple that only a child can make it work.'*

Those of you who have learned to live at least some of your life online should check out this page on the city's website ..

<http://winnipegtransit.com/en/fares/say-hello-to-peggo/about-peggo/>

Clear as mud, hey what? Nowadays my transit rides are a fairly rare happening, and the good news is you can still ride by dropping coins in the fare box, but no paper bills or pennies are allowed.

The cheaper and presumably more efficient way is PEGGO. The cards can be purchased at *Shoppers Drugmart* and *7/11* stores, but they won't work until you register the card online, which means you must have an e-mail address. That's a considerable inconvenience for many seniors who don't own a computer.

Many of the over 60 group, who have decided that they no longer want the hassle or expense of owning and

“Many of the over 60 group, who have decided that they no longer want the hassle or expense of owning and operating a car, especially in winter, have become Transit's most loyal customers.”

operating a car, especially in winter, have become Transit's most loyal customers. They have recognized that PEGGO is the most economical way to travel, just like paper tickets were for years before. But some of these older riders would like a little more 'respect'. When you board a bus and either tap your PEGGO card or drop the exact change in coins into the fare box, you're then good for a ride lasting up to 75 minutes, even if you have to transfer to another bus along the way.

That timing limitation has been around for quite a while, but until the arrival of PEGGO, drivers were allowed to be flexible. If someone had been riding for 80 minutes prior to boarding their second bus, most drivers simply wave the person aboard and all was well. Now, the computer that stores the PEGGO data will instantly tell the driver if the person tapping their card has been riding more than 75 minutes. If they're over that magic number, the computer will automatically ding them for a second fare.

Rosella McLean, a retired nurse who lives in St. Norbert alerted us to this problem. She has a friend at the opposite end of Winnipeg whom she likes to visit roughly once a week. Rosella tells me, “With the need to transfer and

Continued on page 2

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MINISTER OF HEALTH, SENIORS and ACTIVE LIVING



Kelving Goertzen

Colder weather is just around the corner, and that means the start of influenza season. Influenza (the flu) is a respiratory infection caused by viruses that infect your nose, throat and lungs. Not everyone who gets the flu develops symptoms, but you can still spread the virus to others around you, especially when you cough or sneeze. If you do get symptoms, they'll usually appear suddenly and can include a cough, fever, sore throat, muscle aches, joint pain and exhaustion.

Influenza can lead to serious illness or other complications, especially if you're an older adult. In 2014-15, older adults were affected the most by seasonal influenza. Fifty-four per cent of all reported influenza A cases occurred in adults over the age of 70. In that group, the highest number of cases and the highest influenza infection rate occurred among older adults over the age of 80.

There are a number of things you can do to protect yourself and others from getting the flu. Cover your cough or sneeze, avoid touching your eyes, nose and mouth and wash your hands regularly with soap and water. Getting the influenza vaccine every year is the best way to protect yourself from the flu and spreading it to others. Because the seasonal influenza virus changes from year to year, it is important to get your vaccine annually.

While the vaccine sometimes causes mild discomfort like a sore arm, a headache or a feeling of tiredness in some people, it is rare and usually lasts only a few days.

The sooner you are vaccinated, the better

Thousands of Canadians get the influenza vaccine every year. Influenza season lasts from late fall to spring. Because the vaccine takes about two weeks to be effective, it's best to get vaccinated as early as you can.

The vaccine is free for all Manitobans six months of age and older, and healthy children between two and 17 years of age have the option of getting a needle-free vaccine called FluMist® Quadrivalent.

Will the vaccine give me influenza?

No, you can't get influenza from the vaccine. It's also much safer to get the vaccine than to get influenza. Health

Influenza Season is Fast Approaching

Canada approves all vaccines based on a review for quality and safety.

Influenza symptoms: what to do

- If you have influenza, stay at home to limit contact with others.
- If your symptoms get worse, visit your doctor.
- If you are having trouble breathing, call 911.

Pneumococcal vaccine also recommended

Seniors over 65 years of age are more at risk of developing pneumococcal infection. Because of the higher risk, Manitoba Health, Seniors and Active Living recommends this group receive a pneumococcal vaccine to help prevent pneumonia, blood infections and meningitis. If you are over 65 and have never been vaccinated for pneumococcal infection, the vaccine is free, and you can get it when you come for your influenza vaccine. Unlike the influenza vaccine, most adults only need one pneumococcal vaccine in their lifetime.

For more information

To get your flu vaccine, visit your local public health office, nursing station, doctor's office, pharmacy, QuickCare Clinic or ACCESS Centre. For more information on influenza and pneumococcal vaccines, talk to your health care

provider, or call Health Links-Info Santé at **204-788-8200** (in Winnipeg) or toll free **1-888-315-9257** (elsewhere in Manitoba). You'll also find resources to help you better understand influenza on Manitoba's Seasonal Influenza website at www.manitoba.ca/health/flu/.

Kelvin Goertzen
Minister of Health, Seniors and Active Living



The seasonal influenza virus changes from year-to-year. Protect yourself - Get the flu vaccine.

Speed Bumps... cont'd from front page

wait, there are many times when I simply can't make that second connection in 75 minutes. Why can't I be allowed up to two hours?" she wonders.

I put that question and others to the city in an e-mail. So far no response, but we'll keep after them. Winnipeg Transit has also not released any detailed numbers on how many PEGGO cards have been sold.

Seniors aren't the only Winnipeggers with concerns about Transit, and PEGGO in particular. Students attending both the University of Manitoba and the University of Winnipeg had no choice when they registered this fall. The mandatory student fees that they are required to pay, include the cost of a PEGGO card. It's believed that this

was one of the major stumbling blocks that delayed the introduction of the new system.

U of M students in particular, who prefer to drive to the Fort Garry campus, and are prepared to pay hundreds of dollars for a parking space, would love to be exempt from shelling out the additional cost of PEGGO, but they don't have a choice.

If you have Transit stories like this that you would like to share, I would love to hear from you.

E-mail me at rogerc@mymts.net.

Roger Currie is a veteran Winnipeg broadcaster. These days, he is heard regularly on CJNU, 93.7 FM.

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Communauté Francophone News:

TÉMOIGNAGE DE RECONNAISSANCE

Texte de Colombe Fafard-Chartier

L'été est la saison de l'année, dont les dates varient selon les pays, qui compte les mois les plus chauds. L'été est la période de fructification pour la plupart des plantes et aussi la période pour les vacances.

L'été me rappelle les beaux champs de blé et d'avoine sur la ferme où j'ai grandi. Je me souviens des années que la pluie ne cessait pas de tomber et de remplir la cours de grandes flaques d'eau. L'inquiétude envers cette eau invasive paraissait sur les visages de mes parents. Non seulement cela causait de la rouille dans les récoltes, mais elle inondait la moitié du jardin de maman. Cela me faisait guetter le ciel vers l'ouest, par la fenêtre de la cuisine. Si je voyais les nuages monter et laisser une petite éclaircie bleue à l'horizon, j'avais espoir que le soleil viendrait chasser la boue et l'eau avec sa chaleur et enlever la menace de la pluie. Le soleil devenait responsable de ma reconnaissance!

Un aperçu de vacances se passait le dimanche quand les travaux de la ferme se faisaient remplacer par le repos, la visite et un peu de loisir.

Aujourd'hui, c'est encore la couleur du ciel qui façonne la vie des fermiers et des vacanciers. Les machines herculéennes peuvent travailler et sortir les produits agricoles des champs très rapidement mais c'est inlassablement la pluie et le soleil qui déterminent les résultats.

Les vacanciers et les plages ne sont pas comparables sous la pluie que quand ils sont réchauffés par un soleil éblouissant. Ciel bleu ou ciel gris, ce sont là les tableaux qui décident nos activités estivales.

Nos témoignages de reconnaissances le jour de l'Action de grâce reviennent généralement au ciel bleu où le soleil lance sa clarté et sa chaleur. La corne d'abondance révèle ce que le soleil a permis de récolter et moi je reviens toujours à mes souvenirs de la fenêtre de la cuisine de mon enfance où le ciel révélait les résultats de la moisson et aussi les belles feuilles multicolores qui annonçaient l'automne. Le soulagement sur les visages de mes parents indiquait que c'était le temps de dire merci! ■

AN EXPRESSION OF GRATITUDE

Text submitted by Colombe Fafard-Chartier

Summer is one of the four seasons of the year, the season during the hottest months which occurs on variable dates depending on the country. Summer is the period of fructification for most vegetation and also the time for vacations.

Summer reminds me of the golden fields of wheat and oats on the farm where I grew up. It recalls the years when the relentless rain left prolonged water puddles all over the yard. The constant invasion of this water left a perpetual look of concern on my parents' faces. Not only did this water produce rust on the crops but it also flooded half of my mother's garden. This would motivate me to run to the kitchen window, facing the west, where I could scrutinize the sky. If the clouds left a tiny strip of blue on the horizon above the fields, I would anticipate that the sun would come out and dry up the mud and evaporate the water with its warmth and chase away the rain. The sun would become accountable for my gratefulness.

Sunday was the day of the week when we would get a glimpse of leisure

because the farm drudgery was replaced by rest and the time when relatives and friends would drop by for a visit.

Nowadays, it is still the colour of the sky that affects the life of the farmers and the vacationers. The gigantic farm machinery can work and harvest the agricultural products from the land very rapidly but the results still depend on the sun and the rain.

The vacationers and the sandy beaches do not measure up to the sunny days when the rain is unremitting. Blue skies and grey skies are masters of summer activities.

Expressions of gratitude on Thanksgiving Day generally result from the light and the warmth of the sun and the shade of the sky. The cornucopia always reveals what the sun has produced and my memories often go back to the west kitchen window of my childhood where the sky revealed the results of the crops. The contrast of the sky on the multicolored leaves of the trees would remind me that autumn was finally here. The relief expressed on my parents' features indicated that it was time to be grateful! ■



“Sometimes you will never know the value of a moment until it becomes a memory.”

~ Theodor Seuss Geisel (1904-1991)
Writer, Cartoonist, Animator
(values.com)

Watch out for blacklegged ticks



Tick-borne diseases, such as Anaplasmosis, Babesiosis and Lyme disease, can be contracted through the bite of an infected blacklegged tick.

Manitobans can reduce contact with blacklegged ticks by avoiding wooded or forested habitat, wearing long pants and a long-sleeved shirt, tucking in clothing, using an appropriate repellent (it should state 'for use against ticks' on the product label), looking for and removing ticks as soon as possible.

For more information about tick-borne diseases, including symptoms and prevention tips, visit our website at www.manitoba.ca/health/publichealth/cdc/tickborne

You can help

You can help in the study of tick-borne diseases in Manitoba by collecting and submitting blacklegged ticks for surveillance purposes.

- Blacklegged ticks are smaller than the more common wood tick. Unlike wood ticks, they do not have white markings on their bodies.
- If you find a blacklegged tick, remove it slowly from skin or clothing using tweezers and steady pressure; avoid twisting. Cleanse area with soap and water or a disinfectant.
- Place the tick in a small, crush-proof container (for example, a pill bottle) with a piece of slightly damp paper towel (to help keep the tick alive).
- Firmly tape the lid shut.
- Check the pictures and additional information on the website to determine if your tick might be a blacklegged tick.
- Hand-deliver or mail the sample to the address below. If mailing, place the container in a sealed plastic bag then in a cardboard box labeled: RESEARCH SPECIMENS – FRAGILE – HANDLE WITH CARE
- Include your name, telephone number, email address and information about where, when and on whom (ex: a dog, a person) the tick was found. Deliver or mail to:

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Cadham Provincial Laboratory
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Money Money Money

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

According to author Terri Sjodin, the six most compelling questions to ask before working with a financial planner are as follows:

- 1) Can you save me time?
- 2) Can you save me money?
- 3) Can you save me mental sanity/peace of mind?
- 4) Can you give me greater security/solvency/safety?
- 5) Can you make this fun?
- 6) Can you make it easy for me to understand?

Based on the above considerations, to whom do you go for financial advice? Are they meeting or exceeding these six expectations? Are banks, brokerages, insurance companies, educators and financial planners providing good guidance to the public in what many people consider to be the second most important aspect of our lives (the first concern being our health)? In my opinion, we are not. If we were doing a good job then families would experience better financial results. This will be a drum that I will continually beat.

With so much information available through mass media, internet and advertising, the public has tuned out and the path of least resistance is winning. With all the media hype about fees and scams the regulators are demanding that more data be provided to consumers. But are we overloaded with information and opinion? Have we become stuck with the most familiar relationship because the alternatives are overwhelming? Are we unsure where to look for advice, so we do nothing even though we might know this is not the best option for us and our families?

Often people will stay put with the neighborhood institution, even though there is less and less personal interaction, because we perceive it to be safe. We may not realize that more planning is needed and available. I see too many circumstances where good tax and estate advice is not being received.

In this article I will give you the example of Anne. I have known her family for over fifty years. I knew her mother and father from the community where I grew up. The children were contemporaries of mine. One of Anne's relatives was a stock broker who managed her finances. For many years I suggested to these friends that they may want to have Anne's portfolio reviewed by a Certified Financial Planner professional. Their reply was "why"? Anne's son did not want to interfere in his mom's business and he did not want to create friction between family members. Between the stock broker and the accountant, he felt that his mom was well looked after.

Recently, one of Anne's sons approached me saying something didn't look right. He said that he noticed that his mother had lost some of her Old Age Security. I have been telling him for years that tax considerations are just as important as the mix of investments you may hold. He went on to say that he had exercised the Power of Attorney in respect of his mom's property and he now had had a chance to look at her financial information and he was concerned. Unfortunately, this story is far too common. It is times like these when my practice becomes involved with families whose circumstances may no longer

be ideal for finding optimal solutions, but still improvements can be made.

Anne was 84 years of age, her health was failing and she now needed long term care. As a requirement for care, the nursing home asked for her two most recent income tax returns to determine what her share of the costs for care would be. To fulfil this responsibility, the son now became actively involved and somewhat knowledgeable about her financial affairs. He came to me with the following breakdown of her income.

Old Age Security	\$ 6,676
Canada Pension Plan Pension	\$11,000
Interest	\$ 3,000
Dividends (taxable)	\$26,000
Net Income	\$79,676

Her investments were as follows:	
Non-registered assets	\$490,000
RRSP/RRIF assets	\$170,000
Cash	\$ 36,000
Total	\$696,000

So you may ask yourself "what's the problem?" She has money! Yes, she does have money and she is in no danger of running out. It was as we reviewed the mom's dreams for her children and two granddaughters that the problem became evident. Not only is there a tax issue today – her OAS is being clawed back due to her net income and she is paying income tax on \$26,000 of taxable dividends that she doesn't spend – but there is also a looming tax bill for her estate. If she were to pass on December 31st, she would have to report her \$79,676 in annual income PLUS the \$170,000 in registered investments PLUS any unrealized capital gains on her non-registered account. The value of the RRSP/RRIF and unrealized capital gains on the non-registered account would have to be reported on her final tax return because she would be deemed to have sold that property immediately prior to her passing. We figured out that the total taxable income on Anne's final tax return would be close to \$300,000.

What I am describing happens all the time.

The two sons were concerned for three reasons:

- Was their mom's money being managed in a tax conscious way? Did she have suitable investments? What was the risk associated with the investments, where they safe?
- This sum of money was more than they had ever dealt with. Would they be capable of making good decisions regarding this money and all the responsibility that came with it? Would they be capable of managing and protecting her estate?
- When mom passes away, would they be up to the task of managing and growing their personal inheritances in a responsible way?

It is not as if this lady did not have people monitoring her financial affairs. But were they the right people at the right time? Was there a coordinated approach? Did the stock broker and accountant communicate? Were the right questions being asked? What tax planning was being done?

These scenarios often occur. A family will have professionals working with them but communication is limited and there is a lack of a coordinated approach. When was the last time that the people you rely on met to coordinate your financial affairs? If this was your physical health instead of your financial health, would the above scenario be acceptable?

Unless someone is willing to keep up with every element of their personal tax and estate plan, often it takes a life event to create awareness and a motivation to take action. That is what had occurred here. My hope in writing these articles and case studies is that you become more knowledgeable so that you can drive the change in a very proactive way.

My question to this family was "what is the purpose of this money and whose money is it meant to become?" The answer would set the direction for how the money would be viewed and how these assets would be managed. Rarely does this discussion ever take place. Husbands and wives seldom talk about these intentions and it's even less likely that this discussion will take place between parents and children. Usually the conversation goes like this; "There will be some money to be shared between your brothers and sisters." "Just pay the bills and pay for my funeral."

The real heart to heart discussion should be "what are we doing to maximize the money being left to the family, and minimize the government's take"? Was this money saved and invested for the betterment of the family or to squander on tax that could have been otherwise been avoided or deferred? Proper planning will become most evident when the mother passes away. Good planning will result in a lower tax bill.

The stock broker did their job by increasing the mother's wealth. The accountant did their job in reporting her income and deductions accurately and completely. So if everyone did their job well, then why am I writing about this situation and why is the family concerned? When the sons asked me about the tax implications on mom's death and what I would have done with this account, I had an answer. Remember, I am a Certified Financial Planner professional and a strategist – we plan with tax implications, life stages and estate preservation in mind. You can pay 0.75% for a management fee or pay 2% for a management fee on your investments - the cost of what you pay usually represents what level of advice you are receiving. With lower costs comes less advice, less strategy and less care.

The most important considerations, and what I really care about, are the following:

- Do you have enough money to live on comfortably?
- How much money are you keeping for your family and not paying to any level of government?
- Do you still receive all your Old Age Security or has it been clawed back?
- What would the tax payable be if you died today?

Continued on next page

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RELINES AND REPAIRS

Elimination Problem/Disorder and Disability Tax Credit



By Peter J. Manastyrsky

Over the summer months two articles appeared in the *Senior Scope* about the Disability Tax Credit and specific reference to Dementia and Diabetes. This article in particular will focus on elimination issues; bladder problems and bowel disorder that you or any member of your family suffers causing pain, complications that can have a dramatic effect on quality of life and the ability to carry out the activities of daily living.

First of all there are many people in our society who have suffered a debilitating illness for a number of years. At the same time they have missed out on all or several of the disability credits that might be available to them such as the **DISABILITY TAX CREDIT (DTC)**. This non-refundable tax

credit reduces taxes for people with a disability and their families it opens the door to several other tax benefits.

Disability Tax Credit is available to Canadians who are deemed to have "one or more ailments that impact the activities of daily living, where those ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months." Furthermore this DTC is transferable to a caregiver if the disabled/impaired person does not have enough income to generate taxes payable that can be reduced by this non-refundable credit.

The Disability Tax Credit allows taxpayers to retroactively file for tax credits that have been overlooked as far back as ten years. The reason that it is so often overlooked may be because special needs individuals and their families are confused on whether it applies to their situation and over-

looked by elderly people because they think of themselves as citizens not disabled in the classic sense.

Please make note that DTC is available to people who are markedly restricted in the following activities of daily living: speaking, hearing, walking, feeding, dressing, seeing, life-sustaining therapy to support a vital function and mental functions (adaptive functioning to self-care, memory to remember, problem solving and judgement-making decisions) necessary for everyday life.

Bladder and bowel problems are suffered by many Canadians causing pain and complications that can have a dramatic effect on the quality of their life and importantly the ability to carry out the activities of daily living. If you are markedly restricted in this area even with appropriate therapy, medication and/or certain devices and it takes an

Continued on page 6

Money Money Money, cont'd from page 4

- Has all your tax planning been structured carefully without putting you at risk for a tax audit?
- Has a proper will been made and reviewed at least every five years?
- Has a plan been made for the transfer of wealth from one generation to another?
- Does the next generation know how to manage this transfer of wealth?

In our next article, we will be detailing some of the strategies that could have been used in the above case study. In my financial planning practice, we know the issues raised are often a problem for clients and their heirs. We have started a program working with entire families to help protect the family estate and prepare heirs to administer their inheritances. We help families have this discussion while there is still time to make modifications. We communicate with their other advisors. We work with estate heirs so that they are not paralyzed by fear or overwhelmed by their responsibilities. We help assure parents that their hard work in accumulating wealth will not be squandered and that their estate will be distributed to their heirs in the way they intended. With our help, their children and grandchildren will understand how to protect their parent's legacy by preserving what has been created.

Should you have concerns for yourself personally or a family member and wish to contact us, we will give you an honest opinion. We can be contacted at **(204) 257-9100** or **hill.associates@igprivatewealth.com**

On **October 6th**, we will be hosting another **Tax and Estate Planning Seminar, 7:00 pm at 10 Island Shore Blvd. Winnipeg.** Seating is limited, so please contact our office to reserve a spot. ■

SHIRLEY HILL 

Executive Financial Consultant

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Investors Group Financial Services Inc.
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Continued on page 6


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CURRIE'S CORNER

By Roger Currie



Premier Popularity

These are not the best of times to be a political leader in Canada. It's not a recession but it kinda feels like it, and it's hard to see a brighter future right now.

Five months ago, Manitoba went to the polls and gave the job of Premier to Brian Pallister and his Progressive Conservatives. It was mainly because the NDP had worn out their welcome after 17 years. We now know that Greg Selinger and company also made a lot of very expensive mistakes when it came to Hydro, which is supposed to be Manitoba's ace in the hole.

Incorrect choices on a couple of mega-projects called Keeask and Bipole III will cost the province Billions of dollars, but to correct the mistakes would cost billions more. Hydro is the biggest single public sector borrower in Manitoba, so all of this is bound to affect government's other borrowing needs, to build things like roads and bridges, and new hospitals.

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

Brian Pallister is still in a 'honeymoon' period with Manitobans, and he now ranks number two behind Saskatchewan's Brad Wall when it comes to personal popularity among premiers. Greg Selinger was dead last for several years, but that dubious honour now belongs to Kathleen Wynne, the Liberal Premier of Ontario.

Guess what .. Kathleen's popularity has fallen because of all sorts of problems that have to do with .. Hydro. Businesses are leaving Ontario because electricity is so expensive. Successive governments have tried public ownership, then a mixture of public and private, but nothing they try seems to work very well.

When you total up all the energy resources that Canada has as a nation, we are one of the richest countries on earth in that vital area. But it's almost exclusively a provincial domain, and too many provinces are just not managing it very well.

Hey, don't forget, it's fall now, and time to turn out those lights. ■

Oh, Canada!

I shudder to think how many public events I have attended over the years where we are asked to stand for national anthems. More than once I have seriously wondered "Why on earth do we do this"? At a football or hockey game, would much be lost if the referee just blew a whistle and declared the game underway?

In the United States it has become an issue because of a quarterback named Colin Kaepernick. He's had considerable success running the offence of the 49ers, although he is now # 2 on San Francisco's depth chart. Right now Colin is better known for his refusal to stand for the American anthem.

He was born in Wisconsin and adopted by a white couple at a young age. His birth father, whom he never really got to know, is African American. Colin says his anthem behaviour is to protest the way people of color are treated in his country. The action has sparked strong feelings, more against Kaepernick than supporting him in "the land of the free, and the home of the brave" as the song says.

Did you know that Americans have the constitutional right to burn their flag without facing charges? President Obama says the quarterback is perfectly within his rights to sit or kneel during the anthem. A few other athletes have followed suit, and with any luck it will be a story that quickly fades away. Colin Kaepernick has a longterm contract that pays him millions of dollars, and if he helps his team win a Super Bowl, much will undoubtedly be forgiven.

Meanwhile, at the MTS Centre where the NHL's Winnipeg Jets play, people

were sharing fond memories, recently, of a World War Two veteran known as Kropi who died this week at the age of 98. Len Kropioski attended every Jets home game, wearing his medals and saluting when *Oh Canada* was played.

Kropi probably did not agree with what Colin Kaepernick is doing, but he was proud to have worn the uniform to protect the freedom that allows people to make such choices.

On second thought, it's probably a good thing that we do the anthem at sporting events. ■

Collectibles, cont'd from page 5

and responsibility for the price that you purchase the precious metal and also the price or timing when you sell the investment. Collectibles Canada sells bullion of only recognized mints and refineries. This is important as the integrity of the bar or round is not in question and therefore you will not be discounted when you are selling. It also means that your investment is negotiable anywhere in the world. Collectibles Canada always buys back at minimum spot price and sometimes higher if there is a shortage of the commodity.

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(see advertisement on page 5)

Disability & Tax Credit, cont'd from page 5

inordinate amount of time to personally manage bladder or bowel functions all or substantially all of the time, then eligibility for Disability Tax Credit may be available.

A STEP BEYOND & ASSOCIATES specializes in obtaining disability benefit particularly the **DISABILITY TAX CREDIT** for individuals and family supporting members with physical or mental impairment. We advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties and streamlining the information so that it is accurate before submitting the **DISABILITY TAX CREDIT** application. Also **A Step Beyond & Associates** files a formal objection form to the **APPEAL BOARD** on your behalf in reference to Canada Revenue Agency decision-notice of assessment or a notice of determination under the Income Tax Act.

If you or someone you know has a disability, please call or email **A STEP BEYOND & ASSOCIATES** for a free confidential consultation, you may qualify for the **DISABILITY TAX CREDIT**

(see advertisement on page 5)

For further information contact:
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Oxidation is another foe.

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When fluid is oxidized (or burned), it should be replaced. So should the filter, as well as adding fluid conditioner to prevent or reduce further oxidation.

How often should you change transmission fluid and filter? A survey of automotive technicians produced an average recommendation of once every 50,000 kilometers - more often if you're a "severe service" driver. ■



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Celebrating Seniors' and Elders' Month (October)

In 1991, the United Nations declared October 1 as the International Day of Older Persons. Manitoba joined in, designating October 1 as Seniors' and Elders' Day in Manitoba to kick off Seniors' and Elders' Month – all of October.

It's time to pay tribute to, and celebrate, the seniors who have helped build Canada.

For October, we'd like to acknowledge those who remain active and who appreciate the wonders of nature that Manitoba provides.

Mary Harms of Steinbach is one such person. Hailing from Halbstadt (close to the U.S. border just off Hwy. #75) she settling in Steinbach with her husband.

Mary was working for home care when she needed to have a kidney removed due to cancer. That's when she began taking pictures of Manitoba's natural beauty. She uses a 53x zoom lens to achieve the detailed close-ups of her subjects.

It was something both she and her husband could do together as he enjoys driving. They travel around the province to places such as Rennie, Oak Hammock Marsh, Piney, Woodridge, and more.

We're happy to say, Mary is a cancer survivor for 8 years.

Thank you for sharing your beautiful photographs with *Senior Scope* and its readers!



Photography by
MARY HARMS

Seniors' & Elders' Month - HEALTH FAIR

October is Seniors' & Elders' Month. This year, each area of Winnipeg will be providing educational opportunities, health promotions, interactive activities, information booths and a chance for older adults to connect and celebrate their accomplishments and abilities.

In Transcona, the Transcona Council for Seniors Inc. will be hosting a Health Fair at Kildonan Place Shopping Centre on Thursday, October 6, 2016 to celebrate Seniors' and Elders' Month. The theme of this year's fair will be **Rolling Along to Good Health**. The activities will begin at 9:00 AM and continue until 3:00 PM. The fair will be free and open to everyone, so we encourage anyone who has an interest in securing information on improving or maintaining their health, or that of their senior loved ones, to come and join us.

There will be over 40 organizations taking part in the Health Fair, which will make it one of the largest in Winnipeg. Included will be many services available to seniors such as Seniors Moving, Age & Opportunity, Community Financial Services, Manitoba Lung Association, Parkinson Canada, home maintenance, driver fitness, Caregiving With Confidence, Canadian Mental

Health Association, Anxiety Disorders Association of Manitoba, and many more.

Topics covered at the Health Fair will range from arthritis, Alzheimer's disease and dementia, diabetes, nutrition, heart and lung health, prostate cancer, osteoporosis, Parkinson's disease, housing options, and many others. In addition, free hearing screenings will be available as well as blood pressure reading.

While you are attending the fair there will be opportunities to try pole walking, exercising with bands, Pickle Ball, Zumba Gold, yoga, and chair exercises. If you have been curious about any of these activities, here is a chance to see what they are about and to enter into the fun if you would like to.

There will also be a number of local organizations such as The Transcona Council for Seniors and Good Neighbors Active Living Centre present who provide opportunities for socializing and entertainment and who would love to tell you about their programming.

Please accept this as your invitation to the Health Fair. We would love to have you visit and take in this fun and informative event. There will also be opportunities to win door prizes. ■

VGH Volunteer Guild thanks community for support

On September 11, 2016, the Victoria General Hospital Guild held an Afternoon Tea to celebrate 45 years of enhancing patient care.

More than 150 attendees gathered at the hospital to celebrate this milestone. Guests included local elected officials, volunteers, staff, the Fort Garry Legion Ladies Auxiliary, VGH Nurses' Alumni members, and the general public.

The Volunteer Guild extend its gratitude to all those who made this event a success.

The Volunteer Guild is a registered charity which raises money to enhance

patient care and services. Each year, the Guild turns over approximately \$100,000 to the hospital (now part of South Winnipeg Integrated Health and Social Services) towards a variety of healthcare services and equipment. This money is raised by volunteers through the Gift Shop and other special events such as raffles and book sales.

For more information:

Kimberly Wark, Manager Volunteer Services Office **204-477-3346**
KWark@vgh.mb.ca

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Fall has arrived!

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THE BUZZ



Editor, *Game On*,
Manitoba's Hockey Magazine
gameonmag.ca

Goldeyes win American Association championship

Even when the Winnipeg Goldeyes had their collective backs against the wall, Goldeyes manager Rick Forney knew exactly what he would get from his baseball team.

"They never gave up, and they believed in themselves," Forney said, shortly after his Goldeyes disposed of the Wichita Wingnuts in the fifth-and-deciding game of the American Association championship series. "It showed in the way they played. There was no panicking. They just came out and played. They're willing to lay it on the line for each other, and this was the result."

"One of the biggest secrets to our team is not only that we have good baseball players – that's obvious – but they genuinely love each other. They play hard for one another, and it was just one hell of a season."

On Monday night, Sept. 19, at Lawrence-Dumont Stadium in Wichita, Kan., Goldeyes' lefthanded ace Kevin McGovern pitched six solid innings while American Association Man of the Year Reggie Abercrombie hit two, two-run home runs and drove in seven as the Goldeyes built an 8-0 lead before going on to rip the Wichita Wingnuts 11-4 to claim the 2016 American Association championship.

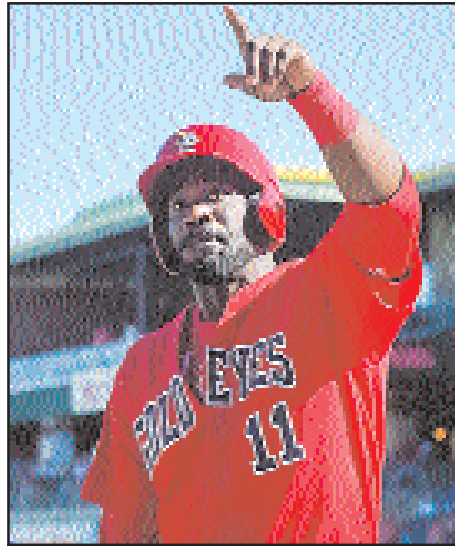
It was the second time in four years that the Goldeyes have won the league title and the third time in franchise history that the Fish have won a championship: They were Northern League champions in their inaugural season of 1994.



The left-handed ace, Kevin McGovern



Rick Forney wins his second championship.



American Association Man of the Year Reggie Abercrombie, the all-time home run leader in the American Association.

It was an incredible season for Forney and his Goldeyes. This was a team that was 21-22 on July 3, acquired slugger Willie Cabrera a few days later and finished 58-42, clinching a Wild Card playoff berth on the final day of the season.

The win in Wichita also capped the second incredible comeback by the Goldeyes in less than 10 days. In fact, the Fish faced elimination four times during the playoffs and won each and every time. They had to win Games 4 and 5 of the American Association semifinal series in St. Paul to eliminate the St. Paul Saints and then they had to do the same thing in Wichita. And they succeeded.

Of course, a quick start in Game 5 didn't hurt. Winnipeg jumped out to a 2-0 lead in the top of the first. Adam Heisler led off with a single, but was erased on a fielder's choice that left Maikol Gonzalez at first. Willie Cabrera singled to send Gonzalez to second and then Abercrombie doubled to send home both Gonzalez and Cabrera.

The Goldeyes added two in the second and one more in the fourth to take a 5-0 lead and in the seventh, the Fish put it away. Cabrera led off with a single and scored ahead of Abercrombie who drilled his first two-run homer.

But Reggie wasn't finished. After Wichita scored twice in the bottom of the seventh, Abercrombie had an answer. With two out in the eighth, 2016 league all-star Cabrera singled – his fourth hit of the game – and Abercrombie came up and once again, this time on a 1-1 count, drilled a belt-high fastball over the wall for his second two-run home run in as many innings. With seven RBI, he set a Goldeyes post-season franchise record.

The Goldeyes added a run in the ninth and then closer Winston Abreu came on in the ninth and shut down the Wingnuts without so much as a whimper.

McGovern (1-1, 3.44 ERA), on only three days' rest, allowed two runs on five hits over six-plus innings of work and got the win. Victor Capellan, Eric Eadington and Abreu came on over the

By Scott Taylor
Photos by Jeff Miller

final three innings shut door. Wichita starter Alex Boshers (2-1, 5.28 ERA) lasted only 3.1 innings and suffered the loss.

Winnipeg outthit Wichita 17-6. A handful of Goldeyes had multi-hit games: Leadoff man Adam Heisler went four-for-six with a run and an RBI; Cabrera went four-for-five with three runs scored and an RBI; Abercrombie went three-for-four with two runs scored and seven driven in; Grider went three-for-five with three runs scored and Tanabe went two-for-five with a run scored and an RBI. American Association All-Star Game MVP and post-season all-star David Rohm led all Goldeyes batters with a .436 mark in the post-season. Cabrera finished at .376 while Grider hit .308 and Heisler hit .302.

The last time the Goldeyes won the championship, it was in the same stadium. However, the last time, in 2012, the Goldeyes swept Wichita in three straight games. This time, they had to come back to win it, but this team was 29-21 on the road this season and had no problem pulling off the minor miracle on back-to-back nights.

There is nothing sweeter than winning a championship. For Winnipeg baseball fans, it will be a long, satisfying winter.

American Association Championship Series (Winnipeg won 3-2)

- Game 1 - Wednesday, September 14th – **Winnipeg 5 Wichita 0**
- Game 2 - Thursday, September 15th – **Wichita 9 Winnipeg 2**
- Game 3 - Saturday, September 17th – **Wichita 7 Winnipeg 5**
- Game 4 - Sunday, September 18th – **Winnipeg 5 Wichita 4**
- Game 5 - Monday, September 19th – **Winnipeg 11 Wichita 4**

American Association Division Series (Winnipeg won 3-2)

- Game 1 - Thursday, September 8th – **Saints 1 - Goldeyes 0**
- Game 2 - Friday, September 9th – **Goldeyes 9 Saints 7**
- Game 3 - Saturday, September 10th – **Saints 3 Goldeyes 2**
- Game 4 - Sunday, September 11th – **Goldeyes 5 Saints 4**
- Game 5 - Monday, September 12th – **Goldeyes 3 Saints 1**

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Wishing Everyone a **Happy Seniors' and Elders' Month in October**

The Woodhaven Men's Shed

Why Don't You Go Out and Do Something!

How many men, after they retire, have heard the words "Why don't you go out and do something!" uttered by a spouse or maybe a concerned daughter?

For many women, the home is their domain. They have raised the children, kept the house, acted as the "social director", and also worked outside the home.

Men, while in the workforce, have been accustomed to days that were structured. They formerly evaluated themselves by the job they performed and the people they associated with at work. Now, when they are retired, the days can seem long and men can feel left out and isolated.

Many men do not have structured plans for their retirement that would allow them to use their lifetime skills and experience as well give them some dignity and self respect.

A job jar; that will do the trick! Well, maybe for a short time. Sometimes the formerly independent husband may not consider the jobs to be worthy of him to do or maybe the husband just doesn't want to do the jobs just to keep busy. An erosion of self esteem may result, then due to arguments, isolation and depression may occur.

Statistics Canada has stated that men 67 and over, have one of the highest rates of suicide in Canada.

The Baby Boomers are reaching retirement age and they like some structure and group activities.

The Australian Men's Sheds organization puts it this way, "men working together, shoulder to shoulder."

Mensheds Manitoba Inc. began 6 years ago. This is a peer run volunteer organization run by men for men. Mensheds recognizes the fact that men like to have a say in what programs they are involved in.

The Woodhaven Men's Shed meets Tuesday and Wednesday afternoons, 1-4 pm at the Woodhaven Community Club, 200 Glendale Blvd in Winnipeg.

Men enjoy hands on activities which include wood carving, bark carving, creating Diamond Willow walking sticks, cribbage, coffee and camaraderie. They also participate in group volunteer projects in the community such as selling the various handmade goods that men made at craft sales.

Men, come and join us!
We are going on a Diamond Willow hunt!
Minnedosa, MB
Friday, October 14
11:00 am, meet at the Senior Centre
Lunch 12:30 pm
Men Shed presentation by Doug Mackie
Nordic Walking presentation by ALCOA, Jim Evanchuck
Please RRSP
dmackies@mymts.net



Photo: David Friesen at the Mensheds booth at the 2016 Age & Opportunity Housing and Lifestyles Expo

Arnie Palmer passes away at 87

By Scott Taylor

When I was 17, a friend named Ted Talbott, a former Ontario Jr. Golf Champion, invited me to the London Hunt and Country Club to watch the filming (yes, filming) of a TV show.

It was Shell's Wonderful World of Golf and the players were Bantam Ben Arda (The Toy Tiger) from the Philippines, PGA Tour star Dan Sikes, Argentina's greatest golfer Roberto DiVicenzo and Arnold Palmer.

Today, only one of them is still with us. DiVicenzo is 93. Sikes passed away in 1987, Arda died in 2006. Arnie passed away on Sunday, Sept. 25, in Pittsburgh, at age 87.

After that first time in 1968, I saw Arnie play often. He was at his best when he was stalking – one or two shots down with seven or eight to play and everyone ahead of him was nervous.

He took the club back a little more quickly than most and seldom, if ever, would he pass vertical on his backswing. The swing was accelerating when it made contact and the ball exploded off the tee, rising to an apex at about 250 yards and then, dropping softly with a bit of a draw, the ball would take off down the fairway.

He was an attacker, maybe the first of the attackers. He went after a golf course. Instead of letting the course come to him, he'd pull out his notebook and find the shortcuts. He took chances. He was aggressive. He chased birdies.

He was born in Latrobe, Pa., the son of a country club greenskeeper, on Sept. 10, 1929. Golf was his life.

"When I was six years old, my father put me on a steel-wheeled tractor," he recalled in a 2011 interview with the Associated Press. "I had to stand up to turn the wheel. That's one thing made me strong. The other thing was I pushed mowers. In those days, there were no motors on anything except the tractor. The mowers to cut greens with, you pushed."



Arnie at the 1960 British Open

Arnie went to Wake Forest University, but left when a close friend, Ben Worsham, died. He enlisted in the United States Coast Guard, spent three years in the service and continued to work on his golf game. He finished his service, returned to college and in 1954, he won the US Amateur Championship.

He turned pro in 1955 and his first tour victory was the Canadian Open at Weston Golf Club in Toronto. He went 64-67-64-70, minus-23 and was presented with a cheque for \$2,400.

He eventually won seven major championships – six of them between 1960 and 1964. That's when he established himself as King Arnold and began an almost lifelong rivalry with young Jack Nicklaus. He won the Masters Championship four times but he played the game before the big money arrived. According to Golf Digest, Palmer made \$1,861,857 in 734 PGA Tour career starts over 53 years. In 2008 alone, he made an estimated \$30 million off the course.

In fact, he was one of the first pro athletes to turn his athletic prowess into big business. A good-looking young man with an aggressive style and a winning, "aw shucks" smile, Palmer arrived at the beginning of the Golden Age of



Arnold Palmer in 1970

Televised Sport. He was the first player on tour to become a walking billboard for corporate America.

He developed a line of golf clubs, equipment and accessories. He designed and built golf courses and was co-founder of the Golf Channel. As a young player, he loved to finish a round and order a refreshing beverage, a combination of sweet iced tea and lemonade. It became known as "an Arnold Palmer," and in 2001 he created a beverage company that marketed the Arnold Palmer – a combination of sweet iced tea and lemonade.

Palmer won the PGA lifetime achievement award in 1998 and was one of the

13 original inductees into the World Golf Hall of Fame in St. Augustine, Fla. Golf Digest magazine rated him the sixth greatest golfer of all time. In 2004 he became the first golfer to be awarded the Presidential Medal of Freedom and five years later became the second golfer, after Byron Nelson, to be awarded the Congressional Gold Medal.

Palmer married his first wife, "Winnie," the late Winifred Walzer, in 1955. She died of ovarian cancer in 1999 and in 2005, he married Kathleen Gawthrop. The two of them became advocates for cancer research programs, having undergone successful prostate cancer surgery himself in 1997.

Arnie had been sick for a number of years. He is survived by his two daughters, Peggy Palmer Wears and Amy Palmer Saunders, as well as six grandchildren and nine great-grandchildren.

"If it wasn't for Arnold, golf wouldn't be as popular as it is now," said Tiger Woods during a TV interview in 2004. "He's the one who basically brought it to the forefront on TV. If it wasn't for him and his excitement, his flair, the way he played, golf probably would not have had that type of excitement. And that's why he's The King." ■

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Advertising Feature

Yuma, Arizona - A Snowbird's Best Kept Secret

- Courtesy of Encore RV resorts

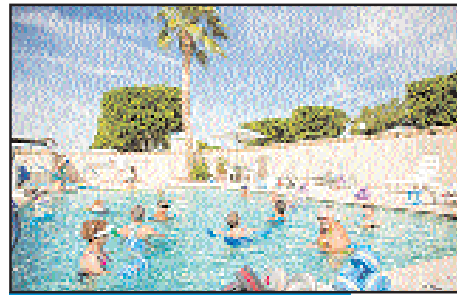
Yuma, AZ, is an oasis in the middle of the Sonoran Desert that attracts visitors from all over the United States and Canada. Nestled in the southwest corner of Arizona between the Yuma and Gila valleys, the city lies just west of the Gila and Colorado River confluence. The warm climate, the endless sunshine, and the close proximity to Mexico makes Yuma feel like a snowbird's best kept secret.

Yuma is the sunniest place in the United States. With 90% sunshine year round and temperatures that rarely drop below 25°, Yuma claims the record for most hours of yearly sun by the Guinness Book of World Records. But it's not just the record sun and warmth that keeps Winniepeggers coming back here - Yuma's close proximity to Mexico offers visitors the opportunity to experience authentic Mexican and southwestern culture.

With such a perfect desert climate, Yuma is also the date capital of the world and the largest date processing center in the world is located in Yuma. The dry, desert heat, also makes Yuma a prime location for outdoor events,



Araby Acres RV Resort



Cactus Garden RV Resort

like the Tunes & Taco Festival in April, the Colorado River Crossing Balloon Festival in November, and the Somerton Tamale Festival in December.

In addition to its desirable climate and plethora of cultural activities, many think of Yuma, AZ as a bypass on the way from Phoenix, AZ to San Diego, CA, but Yuma is so much more than just a rest stop. With endless desert activities, perpetual sunshine, and a thriving cultural scene, many Canucks are taking up residence at one of Yuma's many affordable RV sites that Encore RV Resorts offer in this region. With a variety of resorts

offering unique amenities and community sizes, you can escape the winter cold for the sunniest place on Earth no matter what lifestyle you like. Encore RV resorts like **Desert Paradise RV Resort** and **Foothill Village RV Resort**, have the same convenient amenities as other larger resorts such as fitness centers, pools, hiking and biking trails, and game rooms. And with a smaller community of residents, it's easy to make new friends and be as active or relaxed as you want.

At the larger Yuma RV resorts such as **Araby Acres** and **Cactus Gardens**, residents have the opportunity to take

up short or long term residence at hundreds of different sites and acres upon acres of activities to maintain an active lifestyle. Scenic roadways, friendly atmosphere, and a calendar chock full of entertainment and group activities, there is no shortage of beautiful desert scenery and space to enjoy everything Yuma has to offer. The nearby Colorado River and Imperial Dam give residents great opportunities for fishing and boating, two of the many activities that Encore guests frequently enjoy. Heading out for a day trip across the border? The convenient location of **Capri RV Resort** provides guests endless opportunities to experience authentic Mexican culture and still be close to the comforts of home. The Yuma Arts Center, downtown farmer's market, and casinos are also close by to all seven Encore RV resorts.

No matter which Encore RV Resort you stay at, you are no more than 20 to 30 minutes from the West Wetlands Park, which sits on the northwest edge of Yuma along the Colorado River. This 110-acre public park features a Butterfly and Hummingbird Garden, an Owl Habitat, equestrian trails, disc-golf courses, picnic tables, boating opportunities and more. Not too far from the West Wetlands Park is the famous Yuma Territorial Prison State Historic Park where visitors can walk through actual cells and solitary chambers of Arizona Territory's first prison. Visitors can view photographs and exhibits of those who were incarcerated here for the 33 years that the prison was in operation. In fact, there were inmates who were imprisoned here and also helped to build the prison itself. In cooperation with the Yuma Quartermaster Depot State Historic Park, the Prison holds activities every February to coincide with Yuma Crossing Day, a day meant to highlight the historical eras of Yuma's past, from the arrival of the Spanish in the 1500s to the mid-1900s through living history re-enactments.

Whether you're looking for a smaller RV resort with those big amenities, or because you want to be within close proximity to casinos and outdoor activities, Encore RV Resorts in Yuma are a snowbird's paradise.

Encore RV Resorts are currently offering a 3 month stay special in a standard RV site for ONLY \$1,407 at their Capri RV Resort in Yuma, AZ. This offer is valid until 5/1/17. Book by 10/15/16.

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Things to do in Winnipeg

EVENTS

62nd Annual Coin, Stamp and Collectibles Show - Sat/Sun, Oct. 1-2, at the Sunova Centre, West St Paul.

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**

Dalnavert Museum - Victorian Secrets lecture series: **PENNY FOR YOUR THOUGHTS, Oct. 2.** Learn the unique ways Victorian ladies carried coin and more...; **PALE OF CHEEK - Oct. 16.** How far would YOU go to stay pale? The Victorians have some great tips for that Alabaster complexion; **HOME DECORATING with PAPIER MACHÉ** Victorian style - **Nov. 6;** **WHAT'S IN YOUR MEDICINE CABINET? Nov 20.** Some of the Victorian cure-alls and wonder oils tucked away in the Macdonald Medicine Cabinet.

Center of Light and Learning - Tuesdays, Oct. 25, Nov 1, 8, 25, 7-9 pm. Learn to realize your healing potential using healing methods including meditation, prayer, sound, and other techniques. \$15/class payable at door. No Pre-registration. Wear comfortable clothes. 525 Beresford St. @ Nassau, **204-333-5364**, email: **sfc@gmail.com**

Downtown Tai Chi - 10 Wk Session starts Oct. 4. For info: Facebook - Downtown Tai Chi Winnipeg.

Post Polio Network (MB) Inc. - General Meeting, Oct. 25, at Katherine Friesen Centre, 940 Notre Dame Ave. Speaker: Bonnie Hopps on The Benefits of Aquacise and Tai-Chi. For info: **cacurrie@mts.net**

Wildewood Senior Men's Curling - New curlers and spares wanted. Mondays and Wednesdays, 1- 3 pm at Granite Curling Club. Charlie: **204-269-7998**

ALS Society of MB - Bud, Spud & Steak, Fri. Oct. 14, 6-9 pm, at Cowboy's - Canad Inn Windsor Park, 1034 Elizabeth Rd. Emcee: Ace Burpee. Affordable, fun, family-friendly event. Tickets \$25 available at ALS office. Rainbow auction, 50/50 draw. For tickets: Vicky: **vkurtz@alsmb.ca** or **204-837-1270**.

Seniors Centre - Self Defence for Men, Tues, 2:40 and Self Defence for Women, Wed, 2:40. Info: **exercise.class400@yahoo.ca**

MPRA Senior's Air Gun Program - OPEN HOUSE, Sat. Oct. 1 & Oct. 8, 10 am-2 pm, at the Shooting Sports Performance Centre, 711 Leola St. Come learn about 10-meter air gun target shooting. The Senior's Program uses both air rifles and pistols, Wed. & Fri. mornings, Oct.-May. Call Gord: **204-771-1987**.

Manitoba Genealogical Society - Discover your past. Tour our Library/Resource Centre. We even have some kids' activities. Check out our newest resource - our 'MANI' online database with 1.5 million records of Manitoba names. We'll have a "problem corner" to help solve roadblocks in your search. **http://mbgenealogy.com/**

Garry Women's Resource Centre - Workshop on making Nourishing Fall Soups, Wed. Oct. 12, 10-11:30 am, Sobey's Extra, 2850 Pembina Hwy. (Community Room). Free to attend. Pre-register at: **204-477-1123**. This is a women only event. No childcare is available. Non perishable food item or monetary donations to FGWRC gladly accepted.

Southglen Fiddlers - Hosts Old-Time Fiddlers' Jam Session, Sat. Oct. 22, 1-4 pm, at St. Mary Magdalene Church, downstairs hall, 3 St. Vital Rd. (at St. Mary's Rd.). Fiddlers and Piano Players 18-80 are invited. Due to limited space, musicians only please. Bring your own fiddle. Pianos will be provided. Free adm. Refreshments and snacks avail. RSVP to Bob Carriere: **201-612-0449** or email **bodicarr@mts.net**.

Alzheimer Society - Trivia Challenge, Tue. Oct. 18 at Club Regent Event Centre. Teams of 10 in 10 fast-paced rounds of trivia! Registration \$30. Register online: **www.alzheimer.mb.ca** or call **204-943-6622**. Support the Alzheimer Society of Manitoba's programs and services and the continuous search for a cure.

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$195 for 40 games. League starts Oct. 5 - 4 rounds of 10 games. Call Bob: **204-261-3033** or visit **pembinaoldtimerscurling.com**

Transcona Council for Seniors - Health Fair, Thur. Oct. 6, 9 am-3 pm at Kildonan Place Shopping Ctr., 1555 Regent, in celebration of Seniors' and Elders' Month. Free event! Over 40 exhibits, demo fitness activities, door prizes & much more. To volunteer: **204-222-9879**.

The Broadway Seniors Resource Council - Community Resource Fair, Fri. Oct. 28, 1-4 pm, 2nd floor Lions Place auditorium, 610 Portage Ave. See what resources are available for 55+ in West Central Wpg. Info booths, presentations, refreshments, door prize. Free adm.

Deer Lodge Wednesday Ladies Curling - Wednesdays, 1 pm, at Deer Lodge. New curlers, intermediate curlers and Skips needed for our League. Full- or part-time or 1/2 year spots avail. and a Spare List too. **204-837-6679** or **pthgehb@yahoo.ca**

Parkinson's Seminars - Oct. 5-8, at various locations in MB: Brandon, Wpg., Selkirk, Beausejour and Gimli.

Bible Land Israel Tour 2017 - Feb. 14-23/17. Experience the Holy Land with likeminded believers. Round trip approx. \$3356 including airport taxes. For info and registration, contact Ken McGhie at **204-942-5433**, **k4mcghie@gmail.com**, **www.TolsraelWithLove.com**

FALL SUPPERS/CRAFT & BAKE SALES

Fraternal Order of Eagles 3870 Ladies Auxiliary - Fall Supper, Sat. Oct. 15. Menu: Baron of Beef, Ham, Potatoes, Hot Vegetables, Salads, Desserts, Beverages. Dinner served 4-7 pm, doors open 3:30 pm. Adult \$15, 6-12 yrs \$6, 5 & under free. Silent Auction.

St. Basil's Church - Fall Supper, Sat. Oct. 15, 4pm & 6 pm, 202 Harcourt St. Adults \$15, 12 & under \$7, 6 & under Free. For tickets: John Bazarckewich: **204-889-3768**, Tony Sklar: **204-837-3642**, Parish Office: **204-837-4180**

St. Nicholas Ukrainian Catholic Church - Fall Dinner, Sun. Oct. 23, 1 pm & 4:30 pm, 737 Bannerman Ave. Adults: \$15, 6-12 \$5, 5 & under free. Advance tickets only, call Theresa: **204-586-7985** or Doreen: **204-582-2187**

Royal Canadian Polish Legion 246 - Craft/Vendor & Bake Sale, Sat. Nov. 12, 10 am-6 pm, 1335 Main St., Main Hall. \$35/table rental (cash only, no refunds, 1st come, 1st serve, deadline Oct. 22). Register w/bartender in main clubroom (lower level).

St George's Anglican - Christmas Bazaar, Craft & Bake Sale (with lunch bar), Sat. Nov. 26, 10 am-2 pm, at the Transcona Retired Citizens Organization, 328 Whittier Ave W.

VOLUNTEERING

Caringiving with Confidence (formerly Rupert's Land Caregiver Services) - Male Respite Volunteer needed for Time-out for Caregivers Program, Tuesday afternoons in West Kildonan. Call **204-452-9491**

Deer Lodge Centre, 2109 Portage Ave - Medical Escorts (daytime) - volunteers needed to provide companionship, support and supervision to residents and patients on medical appointments. No driving is required. Call Joy: **204-831-2912** or email **jtanchuk@deerlodge.mb.ca**

Misericordia Health Centre - Gift Shop volunteers needed for summer and regular shifts in fall. Free parking provided. Call **204-788-8134**. Apply in person or online at **www.misericordia.mb.ca/volunteer**

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

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

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

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

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

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

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

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.

Pembina Active Living (PAL) 55+ - Drop-in activities (membership required): Pin PALS (bowling), men's breakfast, lunch PALS, movie PALS, bridge/cribbage, Still Bloomin' gardening club. Special events: Helix hearing session (Oct. 6); PAL Fundraising dinner (Nov. 1). Info: **www.pal55plus.ca**, **204-946-0839**, **office@pal55plus.com**

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Meeting Tue. Oct. 18, 10 am, at the Masonic Temple, 420 Corydon Ave. Speaker: Gwen Repeta, Manager for Ten Thousand Villages who will speak on Fair Trade. Guests welcome. **204-489-2882**, or **winnipeg probus85@gmail.com** for info.

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.

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**

Downtown/Point Douglas Healthy Aging Resource Team (WRHA) - Free information and fitness sessions: Cindy Klassen Recreation Complex, 999 Sargent Ave. Oct 18, 19, 20, 10 am & 11 am. Edmonton Court, Portage Place Shopping Centre. Oct 25, 26, 27, 11 am & 12 pm. Call **204-940-8140** for info.

Fibromyalgia Support Group of Winnipeg - Zumba: Sep. 12, 7 pm start, at SMD Building, 825 Sherbrook St. Park south side of bldg. Tai Chi: 8-wk session, Tuesdays 6:30 pm. Starts Sep. 6, (excluding Oct. 18 & 25). \$50 or \$45 for FMS member. To register: **204-256-1191**.

Continued on page 13

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

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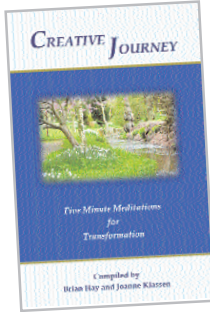
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe.

For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

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other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors.

An excerpt from CREATIVE JOURNEY:

HONOUR

By Bertha Fontaine (BJF)

It is good to realize that if love and peace can prevail on earth, and if we can teach our children to honour nature's gifts, the joys and beauties of the outdoors will be here forever.

(Jimmy Carter)

During an indigenous conference in 1988 near the U.S. border, I was intrigued to hear speakers and elders share their wisdom with the circle of attendees. One elder in the crowd spoke of all that we had been given as human beings. Because we were outdoors at the time, he talked about everything around us, from the grass, the insects, the plants, the flowers, the medicines, the animals to the people present.

He talked at length about how everything and everyone complemented one another. He spoke about how in nature everything had been prepared in balance by our Creator. He further stated that most people talk about how they speak to and respect the Creator each day.

I was especially struck by his next question to us, "I often wonder why people claim to love the Creator, but yet they do not respect his Creation."

I was touched by the statement as I asked myself if I respect all that is given to me. Do I truly appreciate all that is given, day by day? Do I honour all that there is in creation? (BJF)

I honour all that is given to me and appreciate the work of the Creator in my life.

WRITER'S BIO

Bertha Fontaine (BJF) Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and

Advertising Features

A Downtown Secret

- Courtesy Fred Douglas Heritage House

My name is Georgie and I want to tell you in on a secret! **Fred Douglas Heritage House** is a supportive housing facility located centrally in downtown Winnipeg. When my doctor decided it was no longer safe for me to live on my own, my family reviewed the various options and found that Supportive Housing was a perfect fit for me. Supportive Housing is for people who can no longer safely live alone, but don't require the level of care a personal care home provides. The staff at Heritage House assist me with showering, they remind me to take my medication and they make sure I enjoy the home-cooked meals made daily.

Can you believe they also send someone to do light housekeeping and laundry every week!? I've never had it so good! Some of my friends and neighbours get a little confused at times but the friendly staff is always there to lend a helping hand.

My suite at Heritage House is very spacious and comfortable with large windows in the living room and bedroom. I have a kitchenette with a microwave and fridge, a separate living room and a bedroom with an ensuite



Georgie

bathroom. I brought in my own furniture and my son hung up all of my favourite pictures, filling my new home with so many wonderful memories.

I've made many new friends at Heritage House including Margaret and Henry. Margaret and Henry have been married for 73 years - can you imagine! They are so happy to be together in their cozy apartment. Fred Douglas Heritage House's suites are large enough to accommodate couples and only one person needs to meet the eligibility for supportive housing. ■

Fred Douglas Heritage House

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Things to do in Winnipeg

Cont'd from page 11

Manitoba Christian Writer's Assoc. - Meets Sat. Nov. 5, 1:30-4 pm, at Bleak House Centre, 1637 Main St. Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**

Seine River Seniors at Southdale CC - Monday Bridge, Outdoor & Indoor Walks, Trips to South Beach Casino, Sept. 8 & 26. Monthly Brunch & Birthday Lunches, Friday Canasta, Creative Writing, Guest Speakers, Health & Safety Issues, Monthly Bingo at Assiniboia Downs, starting Oct. 19. Floral Arranging, Organized trips, Domaine Dinner Theatre, Celebrations Theatre, Cooking Classes. **204-253-4599** for or to register.

Deer Lodge Community Centre - Yoga with Doreen Wuckert, 12 sessions, Mondays, Sep. 12-Dec. 5, 7-8 pm, \$8 for registered, \$10 drop-in. To register or for info: **204-837-9613** or email: **dwuckert@shaw.ca**

IODE Jon Sigurdsson Chapter - Bridge and Whist Luncheon, Sat. Sept. 24, Betelstadur Housing, 1061 Sargent Ave. Bake Sale 11 am, Luncheon 11:45. Card playing 1 pm, 50/50 Draw, Door & Card prizes. \$15 at door. Info: **204-837-8537**, **jonsigurdssonide@gmail.com**

Fraternal Order of Eagles # 3870 - 3459 Pembina Hwy in St. Norbert. Wed. Bingo, 12:55 pm, doors open 11:30 am. Sun. Bingo 6:30 pm, doors open 5:30. Cribbage Tuesdays resume in Fall. Call **204-269-4332** after 4:30 pm Mon-Fri.

Wpg Polish Legion Br #246 - Tues. Lunch/Dance, noon-3 pm; Sat live Band, 8-midnite; Oct 29-Halloween Party, 8-midnite; Karaoke Fridays, 8-midnite; Zabawa, last Thurs. ea. mo.- \$10 supper, 5:30-7:30 pm, dance 8-10:30 pm. 1335 Main St. Call **204-589-5493** to confirm dates for events.

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program specifically for seniors who live in the com-

munity who have mild Alzheimers/Dementia. Tues-Fri. \$8.65/day includes lunch. Email: **keziatoews@hotmail.com** for info.

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

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**

Eastern Star Chalet (ESC) - 525 Carthcart St., Congregate Meal Program to area, 55 plus. Must register. Volunteers needed for 1 hour per week cleanup. **204-889-3687**. Leave msg for Lesley.

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

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.

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**

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.

Ukrainian Cdn Vets Br # 141 - Old Time Dance, Saturdays, 1-5 pm, R.C.L. Br. #141, 618 Selkirk Ave. Live Band. All Welcome.

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

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.

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

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. See Facebook page : Elmwood_Active, or call **204-669-0750** or **204-890-3282**

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

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

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

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

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

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**

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

A & O: Support Services for Older Adults - Senior Centre Without Walls. Visit **www.ageopportunity.mb.ca**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Alzheimer Society - Trivia Challenge, Tue. Oct. 18 at Club Regent Event Centre. Teams of 10 in 10 fast-paced rounds of trivia! Registration \$30. Register online: **www.alzheimer.mb.ca** or call **204-943-6622**. Fundraisers like Trivia Challenge help support the Alzheimer Society of Manitoba's programs and services and the continuous search for a cure.

Parkinson's Seminars - Meet John Pepper who walked off his Parkinson's. Exercise is Medicine. Seminars Oct. 5-8, at various locations in MaMB: Brandon, Wpg., Selkirk, Beausejour and Gimli.

East St. Paul 55+ Activity Centre (262 Hoddinott Ave.) - Area residents are welcome to join in playing cribbage Tuesdays, whist Fridays. Other activities include quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. Call **204-654-3082** (msg).

Headingley Community Ctr - Christmas Arts and Craft Sale, Fri. Oct. 14, noon-8 pm, Sat. Oct. 15, 10 am-5 pm, 5353 Portage Ave. Adm. \$2. 12 & under free. Canteen. No ATM onsite. Free parking. Proceeds to Headingley Senior Services.

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

Interlake Barn Quilt Trail - Open all the time. Visit **www.interlakebarnquilts.com** or call **204-376-2649** or **204-389-3976**

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

MacDonald-Headingley Recreation District (MHRD) - is offering: Discover Yourself Through Life Writing program Oct/Nov, Mondays 1-3 pm in the Headingley Library. Call **204-885-2444** or visit **www.mhrd.ca**.

Minnedosa - Woodhaven Meneded Group - Join us on a Diamond Willow hunt, Fri. Oct. 14, 11 am, meet at the Senior Centre, Minnedosa, MB. Lunch 12:30. Meneded presentation by Doug Mackie; Nordic Walking presentation by ALCOA's Jim Evanchuck. Please RRSP: **dmackies@mymts.net**

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**

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

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

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.

Springfield - Service to Seniors - Speechreading, 8 wks, starting Fri. Sept. 16 - Nov. 4, 2-4 pm at Springfield Public Library in Dugald, 60 024 Hwy. 206. \$30 payable at 1st class. Open to all adults with hearing loss. Call Diane **204-853-7582** or **springfieldseniors@mymts.net**

Steinbach: The Bethesda Health Care Auxiliary - Book Faire, Oct. 20-22, at Clearspring Mall, Steinbach, MB. Thur. & Fri. 9 am-9 pm; Sat. 9 am-4 pm. Large selection of good used books and puzzles. Proceeds for purchase of equipment for the Bethesda Regional Health facility. Info, Ruth Heppner: **204-326-2911**

Stonewall: South Interlake 55 Plus Center - 2nd Annual Made in Manitoba Show and Sale, Sept. 24, 10 am-4 pm, at 55 Plus, 374 1st St. W., Stonewall (Odd Fellows Hall). Featuring Glass Work, Pottery, Wood Work, Quilting, Big Eye Leather, etc.

Stonewall - South Interlake 55 Plus - Line Dance Classes, Wednesdays 6:45 - to learn steps; Line Dance Class 7 pm and

Fridays 11:30 am at Odd Fellows Hall, 374 - 1st St. W. Stonewall. Fee \$1/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**.

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

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Recipe OF THE DAY

Apple Turkey Pitas

Metric	Ingredient	Imperial
1	medium apple, cored and thinly sliced	1
30 ml	lemon juice	2 tbsp
250 ml	onion, thinly sliced	1 cup
1	medium red pepper, cut into thin strips	1
1	medium green pepper, cut into thin strips	1
15 ml	canola oil	1 tbsp
1	cooked turkey breast, cut into thin strips	1
6	pita rounds, lightly toasted	6
125 ml	plain yogurt	1/2 cup

Toss apple with lemon juice; set aside.
In a large skillet; cook onion, red and green pepper in hot oil until tender crisp. Stir in turkey; cook and stir until heated through. Stir in apple mixture.
Fold the pita rounds in half and fill with turkey mixture.
Drizzle with yogurt. Serve warm.

Serves 6 www.PeakMarket.com

WORDSEARCH - Capital Cities By Senior Scope

S	A	I	N	T	J	O	H	N	S	K	A	M	P	A	L	A	Y	F
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CROSSWORD **Forever Grateful** By Adrian Powell

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ACROSS

- General idea
- Donald Trump has a huge one
- Peel's partner in "The Avengers"
- Reverberate
- Miss Piggy, e.g.
- Old copy machine
- What Bond does after getting the latest spy gadget?
- Human trunk
- Folk from Kosovo
- Where TV's Mork hailed from
- Network that airs "Survivor"
- Paternity test evidence
- Flopped in an armchair
- "I appreciate the coffee!"
- "Dark Angel" actress Jessica
- Make a knot
- Gives off
- Contented sound
- Motionless
- Stepped down
- Basic assumption
- Way beyond what's needed
- Tiny ticks of the clock, briefly
- Something to give post performance, but in inclement weather?
- Take the wrong road
- Gondolier's need
- Where a La-Z-Boy may be
- Fed. retail levy
- Machu Picchu dwellers, once
- Baffin abode, at times
- Antiquated waste receptacle for which you may be

DOWN

- Reach
- Blood of the gods
- Mako, for one
- Thousands of pounds
- Gent's title, once
- Aah-nold's old job
- Retains a balance due
- Ancient Ionian
- city on the Aegean
- Dish cooked in a pastry shell
- Australian birds
- Den. joined it in '73
- "Rats!" to Homer Simpson
- '70s-'80s NYC mayor Ed
- Smarties you eat last?
- Vampire film extras
- Testy state
- Steps over a fence
- Roof space room
- Checks out
- Weird deck of cards
- Rolling Stone
- Richards
- Slowly accumulate
- Speedily
- Tut's tomb location
- Prickly shrub
- Put bullets in
- One and only
- Lunar disappearance
- Cut diamond features
- Where to use a wedge
- Make mittens, say
- Sword lilies, briefly
- iPod selections
- The Ginza's locale
- Not really busy
- Bouillabaisse, basically
- Bhutan butter
- Eggs, to scientists
- Popular dog, briefly
- Top-blowing emotion
- Boulder

SOLUTION ON NEXT PAGE

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|------------|-----------|---------|------------|--------------|-----------|
| Accra | Beirut | Hanoi | Macau | Porto Novo | Singapore |
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| Bangui | Dacca | Lome | Noumea | Sanaa | Vienna |
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| Beijing | Freetown | Lusaka | Phnom Penh | Seoul | |

SUDOKU MEDIUM By Senior Scope

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SOLUTION ON NEXT PAGE

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

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TRAVEL DIARIES
WITH A TWIST OF HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

Vietnam - PART 9 - Dalat, cont'd

Story and photos by Rick Goodman © Copyright 2016

Cont'd from Sept. 1/16 issue:

More Dalat sightseeing

Dalat has a cable car that runs 2.3 km down the side of Robin Hill to the Truc Lam monastery. It's a nice ride with great views of Dalat gliding by you down below in the distance. Truc Lam is a working monastery but welcomes visitors. It's important to dress appropriately and display a respectful attitude, but that being said, you are welcome to wander through the gardens or down a path to a lake where you can get paddled around on a romantic little cruise. There is a calm and serene atmosphere here, even with the tourists roaming around the grounds. A surprising number of people take taxis out to the monastery. We thought that the views from the cable car and being out of the road traffic for a while was worth the couple of extra dollars it cost us to go by cable though.

I like trains. One of the things you must do if you ever find yourself in Dalat is visit the train station and take the 7 km long ride to Trai Mat and the Linh Phuoc Pagoda on a vintage locomotive and three car train. Back in its heyday two trains a day serviced Nha Trang and Saigon but by 1975 the line had been abandoned and Trai Mat is as far as you can go.

The station is a relic of French colonialism. It was built in 1932, and having fallen into disrepair, has been restored to its former glory. Walking into it is like stepping into the past. Old timetables and fare rates are on the walls. The waiting room has all the old furniture. Sitting in the cool and quiet you feel like you should be wearing a white linen suit and a straw boater. On the track side, old locomotives are on display and an antique passenger car has been set up as a restaurant where you can get a snack and a cold drink while you wait for your train. This is Vietnam, so the train leaves when it's darn well ready no matter what the schedule says.

Not that it really matters. If you like people watching you won't be bored. Photographers bring models out for photo shoots. Wedding parties are constantly posing by the locomotives, or in the passenger cars, or on the tracks. Tourists come and go.

The passenger cars are furnished with wooden seats which isn't a problem on a short 7 km trip but you know that they had to get pretty uncomfortable on a long trip. When we left the station the conductor and his helper set up a small coffee stand on the platform between the cars. You could wander over and get a good strong coffee to enjoy with the scenery rolling by and the fresh air breezing through the car. A nice ride through the highlands where it is cool and you can yearn for the glamour and romance of rail travel in a bygone era in relative comfort. The honeymoon wouldn't last long however if you were down in the sticky heat of the lowlands.

The Linh Phuoc Pagoda is a short walk down the road from the station at Trai Mat. This pagoda was constructed between 1949 and 1952 and then restored and expanded in 1990. Linh Phuoc is not your typical Vietnamese pagoda. It's something



A portion of the glass Pagoda. In my opinion this is a must see when in Dalat.



Dalat train station. You can take a rail excursion on a vintage wooden seat rail car to the Glass Pagoda from here.

of a spectacle. It is faced with thousands of pieces of broken glass and terracotta. The detail and craftsmanship is astonishing. There is a 49 meter long dragon whose scales are made from 12,000 broken bottles. There is a 27 meter high, 7 tiered tower faced with thousands of pieces of broken bowls. It houses the largest bell in central Vietnam. This bell is over 4 meters high and weighs 8,500 kg. Some areas are off limits to tourists and photography, and there are a lot of camera toting tourists. It's noisy and crowded but well worth the trip. If you don't care to take the train you can also take a taxi out to Trai Mot. There are probably tour packages as well that will haul you out there as well.

Later, back in town, we packed our bags for the bus ride back to Nha Trang and the train from there to Saigon. As far as street parties go we had not seen anything yet. ■

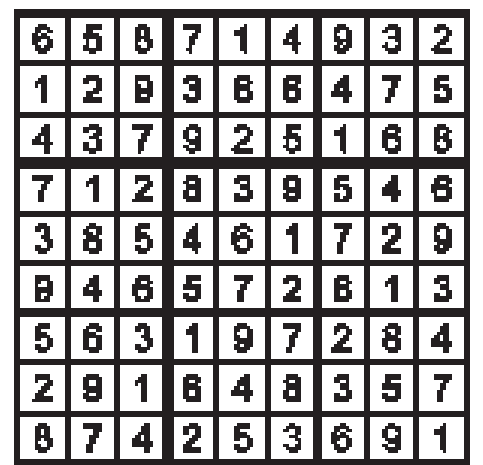
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Humn Pharmaceuticals makes Lidocaine available as a Topical Pain Relieving Cream

By Haidita Celestine

Many people may be suffering in pain needlessly according to Rowan Hamilton, Research Director of Humn Pharmaceuticals of Winnipeg. "Despite the fact that lidocaine is on the World Health Organization's list of Essential Medicines [a list of the most important medications needed in a basic healthcare system] most people are unaware of how well it relieves a wide range of pain conditions," says Hamilton.

For those who know Hamilton, a herbalist, holistic dermatologist, student of Traditional Chinese Medicine and a graduate of the School of Herbal Medicine in England, it may come as a bit of a surprise to hear him speaking of the benefits of a synthetic drug. Hamilton notes, however, that while some people almost always prefer "natural" alternatives, the only naturally occurring Local Anesthetic is cocaine.

In the late 1880s cocaine was in fact the very first local anesthetic used in dentistry and an improvement on the previous approach: copious amounts of alcohol. People liked

it because it acted quickly and didn't last too long; they also noticed the feeling of euphoria that went with cocaine use and many dentists developed a dependence on the substance. In the early 1900s, Procaine / Novocaine was introduced with all the desired benefits of cocaine but without its addictive and heart racing side effects. Lidocaine, however, became the dentist drug of choice when it was made commercially available in the late 1940s.

Lidocaine was first synthesized under the name xylocaine by Swedish chemist Nils Lofgren in 1943. A major difference between lidocaine and earlier local anesthetics was its stability in water. In practical terms this meant that lidocaine, unlike procaine, did not need to be prepared freshly before each injection. Further, lidocaine was the first amino amide type local anesthetic; until its discovery local anesthetics were all "esters". Amide type anesthetics have a major patient care advantage Hamilton says. "Ester type anesthetics are much more likely to

cause allergic reaction compared to the amide type local anesthetic."

In the search for ever-improving pain relievers, though, the benefits of lidocaine seem to have been largely forgotten. The medical marketplace for pain treatment since lidocaine's creation has been dominated by pills delivering Non-Steroidal Anti-Inflammatories (NSAIDs) and Opiates. Consumers, however, are increasingly concerned and aware of the dangers and limitations of these drugs.

As Hamilton puts it, "All that, is a long way of saying that lidocaine works very well to locally prevent pain signals not only from travelling to the brain, but from being initiated at all. And it does that without addiction, fewer unwanted side effects and much fewer allergic reactions."

Humn Pharmaceuticals believes that new isn't always better when it comes to pain medication. They have chosen to re-introduce lidocaine to the consumer in a topical cream formulation along with

other complementary ingredients including menthol. "TPR stands for Topical Pain Relief," says Hamilton. "As a medicated cream, it goes where it is needed, when it is needed. It is applied on the skin, at the point where pain is felt, that way it doesn't go through the stomach, or the liver or the kidneys, where many drugs leave a trail of damage."

The American Geriatrics Society Panel on the Pharmacological Management of Persistent Pain in Older Persons has also recognized the value of Lidocaine. In their 2010 Clinical Practice Guideline, they strongly recommended that "all patients with localized neuropathic pain are candidates for topical lidocaine."

"I'm very happy to be associated with Humn Pharmaceuticals," says Hamilton. "Humn created TPR20 topical lidocaine cream to ensure people have access to this proven, safe and effective pain reliever. Go Humn!"

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