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Vol. 16 No. 10 Mar. 28 - Apr. 17/18

A most uncertain tax season

By Roger Currie

It's that time of year when we gather up those vital scraps of paper that are needed to complete our annual financial obligation to the government of Canada, and the province of Manitoba. Some of us also have property taxes to worry about, and many would rather make a trip to the dentist than deal with all of this.

We Canadians are now into our second century of paying a portion of our earnings to Ottawa every year. *Income Tax* began in this country in 1917 when many of our best and brightest young people were engaged on Canada's behalf in 'The War to end all Wars'. We were promised that when the fighting stopped, the tax grab would end soon thereafter. It was by no means the first untruth that Canadians heard from their elected representatives, and it certainly wouldn't be the last.

There were eight million of us in 1917, and aside from mobilizing an amazing military response for the war effort, the Canadian government didn't do a lot for us that required huge amounts of money. Education and health have always been primarily a provincial responsibility in this country, and transfers from Ottawa to help pay those bills would not happen until long after the next devastating war, from 1939-1945. It would be 1927, Canada's Diamond Jubilee, before Ottawa started paying out the first old age pensions, and the post-WW2 years before goodies like the 'baby bonus' were created to help the Boomers. The soldiers who returned home after both world wars were well cared for if they came back wounded, and Ottawa did provide some help in acquiring homes.

After both wars, Canada had a national debt problem, but it was astounding just how quickly it was



paid down. In the early 1960's 'deficit' was a word that described a mortal sin if you were an elected politician in the country. That began to change quite dramatically when the Liberals under Lester Pearson and Pierre Trudeau brought in universal health care and additional help for older people in the form of the *Canada Pension Plan*. The 1970's saw the double whammy of budget deficits and double digit inflation. We all wondered "When would it end?"

The country's books did get better for a while in the late 1990's and early 2000's when Paul Martin was Minister of Finance. They were ten

balanced budgets in a row in Ottawa, and the national debt actually shrank for a while. This was mainly achieved by 'downloading' on the provinces and municipalities. Federal transfers for health and post secondary education soon became less than half of what they had been in the 1980's. It was a strange kind of shell game for sure.

Then came the global recession of 2008 and we were soon back to

Continued on page 3

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... uncertain tax season, cont'd from front page

a spiral of red ink. Trudeau the younger is now Prime Minister, and his Liberals are busy imposing a carbon tax in partnership with the provinces. It will add five cents a litre to the cost of gasoline come September, and the politicians are back to making 'suspicious' promises. Like the GST that Brian Mulroney left behind as his legacy, we are told that the carbon tax will be another charge that is 'revenue neutral' - right.

Wait a minute, while we are on the subject of suspicious promises, what ever happened to the surcharge of a cent and a half a litre

that Paul Martin imposed at the gas pumps in 1995 as a "temporary measure" to help eliminate the deficit. Not unlike what happened in 1917, the deficit went away, for a few years, but that tax at the gas pump never did.

It was just over a month ago that Bill Morneau brought down this year's federal budget. Ottawa no longer even pretends to be concerned about balancing the books, or the old fashioned idea of budget confidentiality. Almost everything in the budget was strategically 'leaked' in advance, and they could have saved even more time and bother by just

e-mailing it all to us. Most of the major programs that were announced won't begin to happen until 2019, just before we head into another election campaign.

All in all, it's enough to drive us to 'smoke weed' is it not?

I wonder how much Ottawa will reap from that crop.

Good luck figuring out your bottom lines this month everyone. ■

Roger Currie is a regular contributor to Senior Scope. He is also heard on CJNU, 93.7 FM in Winnipeg.

LETTERS to the editor

To Senior Scope...

“ Congrats on your publication! Which, as a 62-year old guy, I am getting accustomed to - reluctantly.

I would like your great Roger Currie or any commentator to pick up the issue of noise - urban noise, as caused by motor engines, and the damage it causes.

How about a tax, levied by Autopac, on noise: after all, decibels are just as noxious as CO emissions...

I approached my local St James division to see if students, with their cellphones, would take it upon as a project to collect 'harvest' decibels measurements, and devise algorithms that make sense in terms of \$ expended for health-costs linked to stress to population, starting with the younger ones.

Thank you for your consideration.”

- Charles R.
on Ness, where an estimated 25,000 vehicles drive by each and every day

To Senior Scope...

“ I read Roger's article (*Seniors Health in Manitoba, 'communications' needs to improve - March 7/18 - Vol. 16 No. 9*) about his struggles with his health.

I wondered if he has tried out an osteopath. They treat both misalignments and soft tissues.

There are a few of them in the city and more in training through the Canadian College of Osteopathy in Toronto. They occasionally have student clinics at the Wellington Massage College. Many of the osteopaths in training are massage therapists first.

www.osteopathy-winnipeg.ca

I personally have been treated by several of the students. I have also been to a private clinic - Salus Manual Therapy on Pembina Highway.

You can do a Google search for *Osteopathy* in Winnipeg to find other therapists.”

Just a suggestion.

- Cathy

Legal changes affecting the \$1, \$2, \$25, \$500 and \$1,000 bank notes

Legislative changes are being proposed to remove legal tender status from bank notes that are no longer issued by the Bank of Canada.

In the 2018 budget, the government announced that it will propose legislation to give it the power to remove legal tender status from bank notes - something it cannot do now.

If the legislative changes are approved by Parliament, legal tender status will officially be removed from the \$1, \$2, \$25, \$500 and \$1,000 notes. These bank notes have not been produced in decades and are rarely used. Some people don't recog-



nize them, which means they likely would not be accepted in transactions

Legal tender has little impact on the everyday lives of Canadians.

Essentially, removing legal tender status means that, as a retailer, if you accept a \$2 bank note as payment, you will eventually have to go

to the Bank of Canada to redeem it for its face value.

Why does the government want to remove legal status from some notes? The government wants to ensure that bank notes in circulation are current, high quality, secure and easy to use.

Don't worry, nothing will happen overnight. We will announce any changes to the public.

Visit the Bank's website to learn more about these changes.

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CURRIE'S CORNER

By Roger Currie



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

I have been mostly retired for almost seven years now, but as a freelancer, I consider myself to be 'at work' almost every day. I write and record things in a home office, and if I feel like a day off, I take it.

I foolishly thought that the whole world was moving in that direction, but then came a strange story out of France this week. In the lake district southeast of Paris, lives a fellow named Cedric Vaivre who owns and operates a small bakery. He takes

great pride in turning out delicious fresh croissants and baguettes seven days a week, especially in the summer when there are lots of tourists in that region. Imagine Cedric's surprise when he found out that he was being fined 3,000 euros, or almost \$5,000 Canadian, for not taking at least one day off each week.

The laws are obviously there for a reason. No doubt there have been employers who have taken advantage of their workers, but what happened to common sense. Chances

Take a break!

are Cedric plans to shut his bakery down at the end of the summer and enjoy a wonderful vacation. In the meantime, he is refusing to pay the fine, and more than 500 of his customers have signed a petition which they plan to present to the local authorities, urging them to realize that "It's 2018 for heavens sake!"

Back to my delightful home office where I pump out these commentaries as well as the pyjama news at all hours. I have never felt such a wonderful sense of freedom in my entire life, and I'm convinced that it

shows in the end result. That same spirit of freedom and creativity is driving thousands who are much younger than me all over this world.

Who would ever have imagined that France of all places would have a tough time with that. ■

Banking on the government

It will be interesting to see how the Trudeau Liberals do in their pledge to reduce or possibly even eliminate the wage gap between men and women in workplaces that fall under federal jurisdiction. A major sector is banking.

I actually went into a bank a couple of weeks ago. My debit card was worn out and I had to get a replacement. Otherwise, my banking these days is all done online, or at a drive through ATM. People still try to rob banks occasionally .. because that's where the money is silly.

It's certainly the place where the money is if you're lucky enough to be one of the 'guys' who is lucky enough to be a bank president in Canada. They're all still guys and all

of them make way more than a million Loonies a year.

Then there are credit unions which remain very popular, especially on the prairies and in Quebec. When you drive around cities like Winnipeg and Regina, have you noticed that their buildings are generally grander and brighter than bank buildings?

They're obviously doing OK, but it seems credit unions are losing traction with government. Manitoba's Progressive Conservative government brought down a new budget the other day, and credit unions were 'blindsided' by a tax hike that will cost them millions of dollars over the next few years. Governments are searching every little corner for

money, and what they found in Manitoba was a special deduction that allowed credit unions to pay a lower rate of tax on a portion of their income. The deduction was introduced at the federal level more than 40 years ago when they were having a harder time competing with chartered banks.

It's not a move that's likely to cause them major harm.

Manitoba has 30 credit unions with more than 600,000 members, and total assets of \$30 billion. In many smaller communities they are the only places to bank, because the chartered banks abandoned those places a long time ago. ■

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FINANCIAL PLANNING:

So, You Have Money – now what?

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

We were of two minds on what topic to write about for our April Article. The choice was between the recent disagreement we had with a closed-minded broker trying to defend one of his accounts, an account that could quite easily be decimated due to its structure and the lack of tax planning; or a follow up to the March article. Both are very topical and either scenario could pose a threat to your wealth, to your family and your estate. I guess I'll leave the story about the disagreement to another time.

With that said, here's the follow up to our March 2018 article: *Inheritance... blessing or nightmare?*

In the March article, we referenced the information presented in the Advisor.ca Jan 30th 2018 bulletin. The article noted that approximately 58% of wealthy Canadians haven't had any conversations surrounding the instructions for their estate with their heirs. A recent poll by IPC Private Wealth indicated 12% of Canadians don't even plan to talk about their inheritance plan with their beneficiaries.

When we consider that over half of these families haven't even begun to talk about this transfer of wealth it scares us as planners; especially when you consider the fact that the article states:

- 32% of affluent Canadians say they are worried about how their heirs will handle their inheritance
- 36% of them say their children don't have the financial literacy to manage a potential windfall

The most worrisome part for us as a planning practice is that only 19% of affluent Canadians have introduced their children to their financial advisor and that only 18% have taken them to a planning meeting. This being the case, you should ask yourself... "What could possibly go wrong?" The answer is quite frankly, lots!

Pogo, the possum who functioned as the philosopher king of newspaper comic strip Walt Kelly's satirical swamp said "we have met the enemy and he is us" The bigger question to ask however is **"why do we constantly self-destruct and put our life's work at risk?"**

So, if we are talking about the risks, what are they? Who may be at risk may surprise you. Unfortunately nobody considers the unintended consequences to;

- The affluent family
- The Power of Attorney
- The Beneficiaries
- The advisor
- The company holding the assets

So, let's look at these threats in more detail; one by one.

The affluent family

In our experience most families did not become wealthy overnight. Their current situation was usually built piece by piece. It takes struggle

and sacrifice, because building large wealth isn't easy. There was probably a lot of internal discussion about what the family wanted to accomplish. About the risk and rewards from the eyes of the beholder. But once the family gets there, the talking tends to stop. Having wealth is one thing, maintaining it forever is a different story.

Risks Identified from the families' perspective:

A conservative approach:

- Being too conservative in the asset mix can have an effect on taxes and the time it takes for the assets to grow.
- If the asset mix is too conservative how much more has to be reallocated from everyday cash flow to create an end result that allows the family to be in a position of choice for retirement within the timeline set out?
- If the assets are too conservative and more cash flow does need to be allocated to savings, will that threaten day to day living? Should you have to threaten the lifestyle today? It could have a direct effect on the family in so far as raising children? Would sports choices suffer, would a choice of school or even after school activities be affected? What about transportation – will the types of cars or number of vehicles in the family be affected? Could the choice of housing and neighbourhood be affected if more of the cash flow has to be directed into savings and not lifestyle? Does someone need a second job?
- If the assets are too conservative will that impact the Pharma care status and the effect of when would they have to start paying for their meds?
- If too conservative what would the effect of inflation have on the money and purchasing power?
- If too conservative then the most frightening scenario is that they run out of money as they grow older.

A More Aggressive Approach:

- What would be the effect if the investments were more aggressive? Yes, the tax payable could possibly be reduced but at what cost? The asset values would most likely fluctuate up and down to a far greater degree.
- Would a greater level of fluctuation cause the family to "bail out" of the overall plan? Was a plan that "fits" their risk level really designed?
- What potential rate of return did they want to strive for? With reward comes risk.
- Will an increase in wealth create more borrowing capacity? If so is that a good or bad thing?
- With an increase in wealth the capacity and confidence in being

able to handle a new car purchase, home renovation upgrade, children's sports or after school activities could rise accordingly.

- With an increase in wealth the fear created by a threat to the family should someone get sick and be unable to work may subside?
- With a greater sense of net worth more confidence occurs and the family could be in a better position to help children and grandchildren.
- A greater asset level in the family now provides more choice if they want to experiment with holding managed money vs individual stock. Do they hold both?
- With an increase in wealth comes the ability to plan should the family want to buy a cottage or a home in another country or geographical location?
- The choices open up to provide for their children and grandchildren. Do they pick better schools, more holidays, better nutrition, better activities, RESP's, different life insurance etc.?
- An increase in wealth may allow them to engage more refined and competent advisors?

All of these questions and their answers create small decisions that can build confidence. It's also vitally important to understand what the cost benefit ratios are for each action. The law of physics still applies – for every action there is an equal reaction. There is a cost: emotional, financial and educational. That cost should be talked about and expanded upon over time as knowledge and confidence grows.

What does all of this entail? Well let's view the situation from different angles.

From an Advisors Point of view:

Working with a client – this is a partnership. We make decisions together on actions to be taken regarding debt expansion or contraction, on asset allocation, a more aggressive or conservative approach. These decisions are always based on interactive discussions in a meeting, on what is happening in the family, at work, the economy, upcoming expenses, generally how a client feels. We make decisions based on what the regulators call the KYC Model. "Know Your Client". What the family income is, the asset level, the types of investments held, purpose for the investment, time horizon for first accessing the funds and over what time horizon this money is to last. Who is the pot of money designed for? Is it for the beneficial owner, for their children, grandchildren, or a disabled child/grandchild? Different pots of money could have different answers for all of these categories.

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You can find more topics in the Self-Advocacy For Everyone (S.A.F.E.) Toolkit, available at safetoask.ca

Viola Desmond featured on new \$10 bank note unveiled on International Women's Day - March 8

The Bank of Canada unveiled the new \$10 bank note featuring Viola Desmond, a successful Black Nova Scotian businesswoman, who defiantly refused to leave a whites-only area of a movie theatre in 1946. She was subsequently jailed, convicted and fined. Her court case is one of the first known legal challenges against racial segregation brought forth by a Black woman in Canada.

It will be the first regularly circulating note to feature a Canadian woman as the portrait subject and the first vertically oriented note issued by the Bank of Canada.

This new \$10 note will start circulating late this year.

With the issuance of this new \$10 note, the Bank of Canada's approach to issuing bank notes is changing. Rather than issuing all five denomi-



nations within a short time frame, a new note will be issued every few years allowing the Bank to integrate the latest security features each time a new bank note is issued. ■

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So You Have Money... cont'd from page 4

The other part that evolves is the relationship - what kind of a relationship is it? Does the client do all their own research regarding rules, taxes, financial strategy, asset allocation, risk management, debt management, wealth building, new budget implications, wills and power of attorney decisions?

Do they just buy their own investments and pay per trade?

Do they buy index funds which are cheap and passively managed? Do they know the pros and cons of index funds? Do they know where they are in the business cycle and the pros and cons of managed money vs index funds in each of these business cycles.

If they seek advice - do they pay for it as with a lawyer or accountant? In those scenarios; for every call, transaction, staff encounter - there is a billing.

Do they decide to pay as percentage of their assets directly once a year? Is the fee tax deductible or not? Do they know the pros and cons of each to make that decision? Do they know how much and on what types of investments? Is it easier and more cost effective to have the fee structure part of the portfolio? Each client and family will be different in their feelings regarding costs, but remember nothing in life is free, and if someone thinks hiring a professional is expensive... they should also ask "how much more expensive could it be to hire an amateur?" This goes for any service, not just planning. Would you rather pay your mechanic to fix your car, or would you have your plumber do it if they were cheaper? We think not.

All of this is decided in the client/

advisor meeting. These things can evolve over time. The important thing to remember is "the intention". Over time the client/advisor may have developed patterns and boundaries no one else would understand.

So what happens if you are the Power of Attorney who is parachuted in?

Your job is to protect. Protect who? The client, the spouse, the family, the future beneficiaries. Protect from what? CRA, inflation, taxes, claw back of OAS, increased nursing home costs, increased pharma care cost, running out of money, inflation, volatility in the market? What is considered reasonable? Is your job to buy the cheapest solution or is it to buy the best advice and management? Is it to protect or grow the assets for the future beneficiaries? Is it to bend to the guidelines of regulators as defined by age, knowledge and comfort zone?

What happens if all of this is in conflict? What if the company whose assets you have in the portfolio mix has one view as they are protecting themselves from complaints and bad press? What if the regulators have another view based on a model that is designed from multiple surveys? Does the Power of Attorney have their own sets of measurements? What about the family and future beneficiaries, do they have different ideas? What happens if different family members have their own ideas that are in conflict with each other? Has the advisor had a long standing relationship with the client and a deep understanding of what the original intention was for the sought after action plan. Could all of these different arms have competing interests?

What if all of this falls in the beginning/ middle or end of a market cycle, how is that handled?

The variables that can influence decision making are vast. With the overwhelming amount of aspects to consider how would a judgement/ evaluation to be made? Does this set a Power of Attorney up for conflict with the beneficial owners, regulators, beneficiaries? These things can leave them open to liability claims, so are they aware of that? ■

"Lawyers/ Accountants/and other advisors" - CONT'D
IN APR. 18/18 ISSUE

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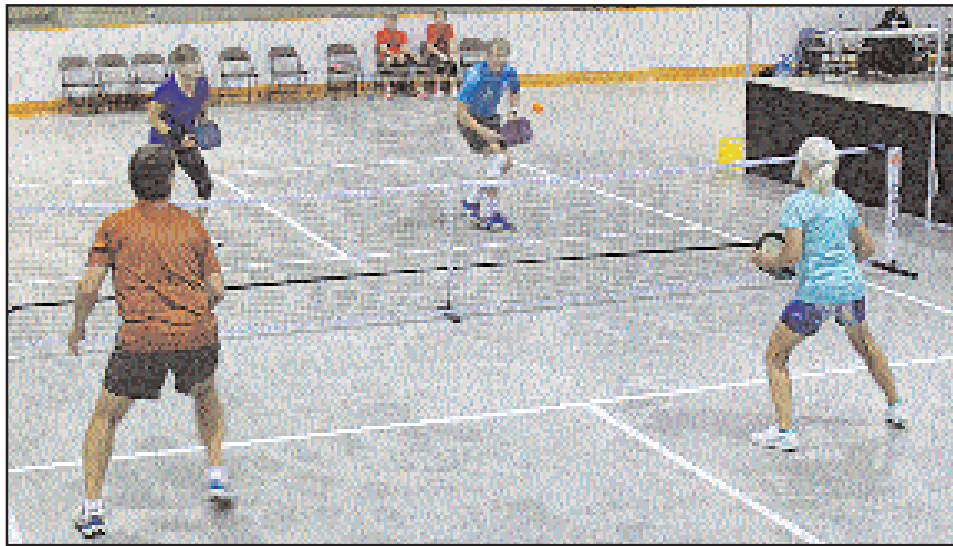
Surprise Yourself & Have Fun in Glenboro, Manitoba

Submitted by ALCOA-MB

Glenboro is gearing up for the 36th annual Manitoba Liquor & Lotteries 55 Plus Games scheduled for June 12-14, 2018. Their community hospitality was on full display recently as they hosted a winter component of the Manitoba 55 Plus Games with the successful introduction to Stick Curling as well as Ice Curling. These events exemplify how the Manitoba 55 Plus Games continue to respond to the expressed interests of older Manitobans and encourage them to participate in socially engaging activities for life.

The Co-Chair of Manitoba 55 Plus Games Committee, and long-standing participant in the Games, Jim Ticknor from Beausejour, is looking forward to another exciting provincial event that is expected to attract over 1,000 older Manitobans from all across the province. Participants ranging in age from 55-90+ will be engaging in 25 age friendly sports and activities over the 3-day provincial sport for life celebration.

Jim's counterpart, Lois Dudgeon from Morden, is doubly excited about the 2018 Manitoba Liquor & Lotteries 55 Plus Games. Lois, in addition to her role as Co-Chair, is also the Manitoba representative on the Canadian Senior Games Association. She will be recruiting participants to build Team Manitoba, who will participate in the **Canada 55+ Games** being held in **St. John, New Brunswick** from **Aug. 21-24, 2018**.



ALCOA-MB

Pickleball match

The 2018 Manitoba Liquor & Lotteries 55 Plus Games are open to Manitobans who are 55 years of age or older by December 31, 2018. There is a wide range of events being offered with distinct age categories that ensure each event is fair and friendly by matching participants with others their age and experience. Whether you are a beginner, who wants a taste of the Manitoba 55 Plus Games experience for the first time or a seasoned participant like Jim Ticknor, you will have a great time in Glenboro.

"Are the Manitoba 55 Plus Games for you? If you are 55 years of age or older the answer is YES - they are especially for you," says Karyn Heidrick the Manitoba 55 Plus

Games Coordinator, who has been guiding the planning and facilitation of Games since 2011. "Join hundreds of other older Manitobans, make new friends and surprise yourself at what you can do at the Games," adds Heidrick. She wants everyone to know "The 2018 Manitoba 55 Plus Games will offer all the regular popular events such as golf, slo-pitch, pickleball, floor shuffleboard, 5-pin bowling, floor curling, predicted walk and predicted cycle, horseshoes, snooker & 8-Ball, swimming, track and field and carpet bowling. The equally popular 'healthy brain' events such as contract bridge, cribbage, whist and scrabble will also be well represented."

This year the Host Community of Glenboro is including Bocce Ball, Table Shuffleboard and Wall Darts in the event options. "If you are a visitor, a supporter or a registered event participant we encourage you to try out the free demonstration events we have lined up including archery, badminton and Belgian bowling," says Bryan Mintenko, community economic development officer and recreation director. "Our friendly rural Manitoba community of Glenboro will be the hub of the 2018 Manitoba Liquor & Lotteries 55 Plus Games; however some events will be held in the neighbouring towns of Carberry, Wawanessa and Baldur," Mintenko adds.

There are plenty of opportunities to experience the Manitoba Liquor & Lotteries 55 Plus Games in Glenboro June 12-14, 2018. Registration is now open so choose an event and surprise yourself in Glenboro. Registration for the majority of events closes Friday, May 11, 2018. The deadline for slo-pitch is Friday, May 18, 2018. Please note: Early Bird pricing will be in effect until April 27th (if you register after April 27th add \$10.00 per person per event). ■

For more information on the **2018 Manitoba Liquor & Lotteries 55 Plus Games** contact the MB 55 Plus Games office at: **204-261-9257** or toll-free **1-855-261-9257**, email: **manitoba55plusgames@gmail.com** or visit the **ALCOA-MB** website at **www.alcoamb.org**

55 Plus Games - 2018 Open Events ARE OPEN TO ALL

Visit the ALCOA-MB website at www.alcoamb.org and click on 55+ Games for a registration form, information about volunteering or to contact your regional representative.

3-km Predicted Walk/Run (Spruce Woods Park) Individual: 55+	Bocce Ball (Sara the Camel Park) Individual/Team: 55+	Horseshoes (Sara the Camel Park) Individual: Men's & Women's, 55+	Track (Glenboro School) Individual: Men's & Women's: 55+, 60+, 65+, 70+, 75+, 80+
1-km Nordic Pole Predicted Walk (Spruce Woods Park) Individual: 55+	Carpet Bowling (Carberry Plains Community Centre) Teams of four: Cues & Non-Cues, 55+	Pickleball (Carberry Plains Community Centre) Partner competition: 55+,65+ (& 75+); Recreational & Competitive levels	Wall Darts (Glenboro Legion) Individual: 55+
16-km Predicted Cycle (Spruce Woods Park) Individual: 55+	Contract Bridge (Glenboro Legion) Partner competition: 55+ (*Regional play-offs may apply for this event. Please check with your regional Games representative.)	Scrabble (Raystone Memorial Centre) Individual: 55+	Whist (Glenboro Legion) Partner competition: 55+ (*Regional play-offs may apply for this event. Please check with your regional Games representative.)
Five-pin Bowling (Carberry Lanes) Individual: Men's and Women's Team: teams of five, 55+, 65+, 75+ Pins over average system will be used	Cribbage (Glenboro Legion) Partner competition: 55+, Individual competition: 55+ (*Regional play-offs may apply for this event. Please check with your regional Games representative.)	Slo-Pitch (Glenboro Baseball Diamonds) Team event (at least one woman per team) 55+, 65+ Seeded by team skill level by the Manitoba Senior Slo-pitch Tournament League	Nine-hole Golf (Glenboro Golf & Country Club) Individual: Women's & Men's 55+, 65+, 75+ & 80+
Duplicate Bridge (Glenboro Legion) Partner competition: 55+	Snooker & Eight-Ball (Raystone Memorial Centre & Spruce Woods Inn) Individual (& or teams): 55+ & 70+	18-hole Golf (Glenboro Golf & Country Club) (Both Net & Gross events) Individual: Women's & Men's 55+, 65+, 75+ & 80+	Floor Curling (Carberry Plains Community Centre) Teams of four: Cues & Non-Cues, 55+
Swimming (Wawanessa Swimming Pool) Individual: Men's & Women's: 55+, 65+, 75+, 80+, Predicted swims are 55+	Arts & Crafts (CE Building) Many categories - please see registration form	Floor Shuffleboard (Carberry Plains Community Centre) Partner competition: 55+, 70+	Table Shuffleboard (Raystone Memorial Centre) Individual: 55+

DEMONSTRATION EVENTS:

- Archery (Dusty Mile Outfitters)
- Badminton (Glenboro School)
- Belgian Bowling (Baldur Belgian Bowling Club)
- Mountain Biking (Spruce Woods Park)

Please check a 2018 Manitoba Liquor and Lotteries Games official registration form (now available) for final event schedule.

See the **Regional Lead-Up Events** on next page.




Join us in Glenboro, MB

June 12th-14th, 2018

REGISTRATION NOW OPEN



For more information, call: 204-261-9257 or toll free 1-855-261-9257, email us at: manitoba55plusgames@gmail.com or check out our website: www.alcoamb.org

Advertising Feature

Choose a Patient Advocate!

Submitted by Manitoba Institute of Patient Safety

Patient safety is about taking action to prevent harm to patients from healthcare services. Healthcare providers do their best to provide safe care. You also have a role, and one of the best ways you can help is to be involved.

The first two articles in this series on patient safety talked about patient rights. This article describes the importance of choosing an advocate to help you play an active role in your healthcare.

So how can you play an active role in your own healthcare?

The truth is, it's not easy for everyone to speak up, share their thoughts and be actively involved in their healthcare. A patient advocate can help you with this.

A patient advocate is someone you trust to help you with your health-

care. This healthcare may occur in many places, such as your doctor's office, the lab, your pharmacy, in your home and in the hospital.

It's important to name a patient advocate before you need one. You can identify your patient advocate, and outline ways you'd like them to help, by filling out the MIPS form *My Patient Advocate Agreement*.

There are many good reasons to have a patient advocate. You may be in pain or feel too tired, weak, or ill to communicate with your healthcare team. Perhaps you feel uncomfortable or have a difficult time speaking up for yourself. Or maybe you find some healthcare information confusing or hard to understand. In these cases and many others, a patient advocate can help be your voice and an extra set of eyes and ears.

So, what can a patient advocate do for you?

Your patient advocate can arrange and attend medical appointments, tests and treatments with you. They can ask questions about your healthcare and test results, as well as track your medications. They can even access your personal health information, if you allow them. There are many ways your patient advocate can help you, and it's your decision what they can and can't do.

Your patient advocate could be a family member or close friend. You may also choose to have more than one advocate. They should be someone you trust and can talk with openly and honestly. Someone who you know will maintain your information in confidence, advocate for you and your wishes, and has the time and energy to support you. If you do

choose someone who is not a family member, tell your family about your patient advocate and their role.

To obtain a copy of the *"My Patient Advocate Agreement"*, get more information, and view videos, on patient safety, go to www.safetoask.ca or call the Manitoba Institute for Patient Safety office at **204-927-6477** or **1-866-927-6477**. There is also a poster for display in organizations.

Learn to be safe!

This article is third in a series on patient safety. Laurie Thompson is executive director of the **Manitoba Institute for Patient Safety**. MIPS is an independent, not-for-profit corporation established in 2004 to promote and co-ordinate activities that improve patient safety and enhance quality healthcare in Manitoba. ■

(see advertisement on page 5)

2018 Manitoba 55 Plus Games Regional Lead-Up Events

REGION: NORMAN WEST

Contact: Linda Buchanan, Norman West Games regional rep: 204-623-2506

Cribbage - team April 10 10 a.m. Kin Centre - The Pas
Cribbage - singles April 10 10 a.m. Kin Centre - The Pas
Whist April 11 10 a.m. Kin Centre - The Pas

REGION: EASTMAN

Contact: Jim Ticknor, Eastman Games rep: 204-268-3254

Cribbage - team April 11 10 a.m. Pat Porter Active Living Centre - Steinbach
Cribbage - singles April 4 10 a.m. Pat Porter Active Living Centre - Steinbach
Whist April 18 10 a.m. Pat Porter Active Living Centre - Steinbach

REGION: CENTRAL PLAINS

Central Plains contact, Marion Single: 204-386-2768

Cribbage - team April 12 11 a.m. Langruth Community Hall
Register by April 5, 204-445-2270
Cribbage - singles April 16 11 a.m. Plumas Seniors' Centre
Register by April 9, 204-386-2768
Whist April 3 11 a.m. Glenella Seniors

REGION: PARKLAND

Contact: Dave Todd, Parkland Games regional rep: 204-447-2483

Cribbage - team April 25 9:30 a.m. Gilbert Plains
Cribbage - singles April 25 9:30 a.m. Gilbert Plains Contact 204-548-2210 to register
Whist April 17 10 a.m. Roblin Contact 204-937-3478 to register



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THE BUZZ



Story by Scott Taylor

Photos by Jeff Miller and James Carey Lauder

Idonije, Ambrosie, Lazaruk Lead 2018 Football Hall of Fame Inductees

Israel Idonije came out of Brandon's nine-man Vincent Massey Vikings and went on the play 11 seasons in the National Football League.

Randy Ambrosie played for the East Side Eagles and St. Vital Mustangs and then went on to star for the University of Manitoba Bison before spending nine years with three teams in the CFL. Today, Ambrosie is the commissioner of the Canadian Football League.

Ken Lazaruk was a longtime Manitoba football official who became a highly-regarded CFL referee and today is a Regional Supervisor of Officials for the Canadian Football League.

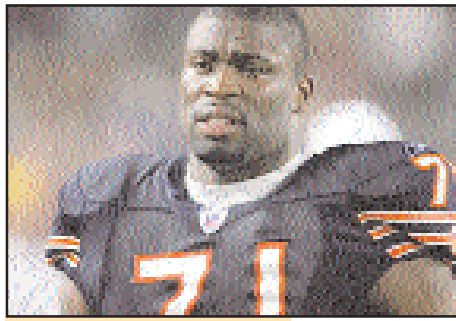
Together, Idonije, Ambrosie and Lazaruk will lead five players, three coaches, one official and two teams into the Manitoba Football Hall of Fame.

"Our committee reviewed several inductees and all of these men were inducted into the Hall unanimously," said Bud Ulrich, chairman of the Hall. "They played such a significant role in contributing to the game of football in Manitoba."

The entire group is as follows:

Randy Ambrosie – Player (Calgary Stampeders, currently Commissioner of the CFL)

Israel Idonije – Player (NFL Chicago Bears)



Israel Idonije, Chicago

Rick Koswin – Player (Winnipeg Blue Bombers)

Bob Toth – Player (Kelvin High School, Weston Wildcats)

Gary Rosolowich – Player (Winnipeg Blue Bombers)

Ken Lazaruk – Official (CFL Referee, and currently CFL Supervisor of Officials)

Rick Hudson – Coach (Sisler Spartans)

Rick Wowchuk – Coach (Swan Valley Regional, currently MLA Swan River)

Paul Normandeau – Coach (Winnipeg High School Football League, and Commissioner)

The **1956 Daniel McIntyre Maroons** WHSFL

The **1968/69 St. Vital Bulldogs** Sr. Football Team

For Ambrosie, the induction meant more than many who follow the game might believe. After all, when you're already the Commissioner of the CFL and ultimately headed for the Canadian Football Hall of Fame, an induction



CFL Commissioner Randy Ambrosie



Ken Lazaruk

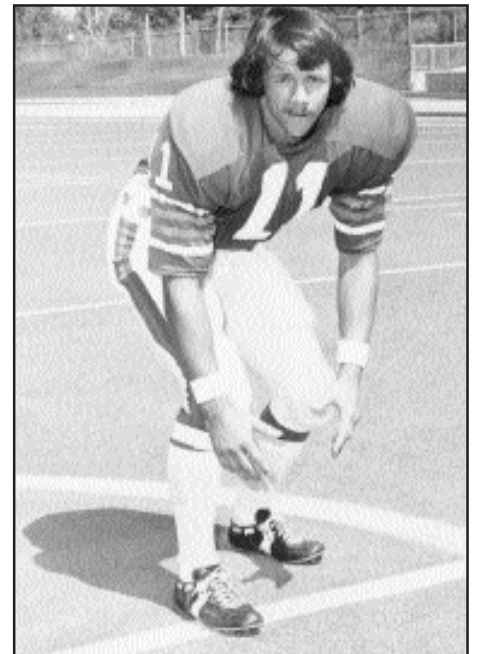


Gary Rosolowich today

into a provincial hall might not seem like such a big deal. However, nothing could be further from the truth.

"To be selected and acknowledged for something you've done is an honour," Ambrosie said. "You're in a very small and rarefied air and I try to enjoy that because it is an acknowledgment of a lot of hard work. But for me, the biggest thing is the people that helped me get here."

Ambrosie grew up in Winnipeg and started playing minor football with the East Side Eagles. He moved on to the East Kildonan Lions and



Gary Rosolowich

then played junior with the St. Vital Mustangs. From there, he went on to spend four years with the

Continued on page 11

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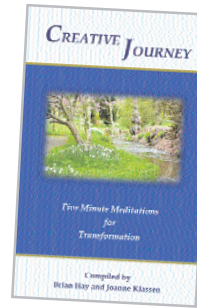


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

ATTUNE

Bertha Fontaine (BJF)

In each of us, there lies a divine connection to a power... Today is the day to attune to that power and use it...

(Marianne Williamson)

Upon awakening this morning, I felt a slight difference in myself. I wasn't sure what was happening but I fatefully left for work.

I had to give a short presentation later to a group of people at a meeting. I found it difficult to keep my emotions in check. I stopped a couple of times in the middle of a sentence to contain myself. I shed a few tears before completing my talk, all the while asking myself, "What is wrong with me?"

Later in the day, I realized that it was my deceased father's birthday.

He would have been 96 years old. All day long, without realizing it, I had felt his presence in my mind, my body, and my spirit.

I reflected on how important he was to me, and yes, the world, even after being gone to the spirit world over eighteen year ago. (BJF)

I take time to listen to my body, my mind, and my spirit today.

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 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. ■

CLICK

Joanne Klassen (JK)

To pay attention, this is our endless and proper work.

(Mary Oliver)

I recall my mom chiding my dad to, "Turn off the T.V. before our guests arrive." He didn't see the need, but he'd grumble and click it off.

"It's not polite to have it on when we have company. We should be paying attention to them," Mom added.

Dad even liked the sound of the T.V. while he was napping in his big brown recliner in the living room.

When I asked, "Why do you keep the T.V. on all the time, even when you're not watching it?" He replied that it "kept him company."

Today I see lots of people, including myself sometimes, staring at hand-held screens, even when we're

with other people. It's as if we've grown so accustomed to the company of the electronic world that, like Dad, we don't consider it impolite to give our attention to a screen instead of the living, breathing, feeling human being we're with. (JK)

I tune in to the people I'm with. As I click off distractions I seize the gift of time with others.

Joanne Klassen (JK)

Author and Heartspace founder, Joanne began facilitating personal development programs in 1975. Her career and life changed in 1998 when she received a vision for Transformative Life Writing™ which is now offered to teens, adults and seniors around the world. Joanne's ideal day includes writing, singing to a baby, visiting thrift shops and walking along the river with her husband Ted in Winnipeg, Canada. ■

Celtic Country - supporting a cure for Alzheimer's

"Celtic Country" is a band that does, indeed, play the type of music its name implies. However, we also can be very eclectic, as our members have Rock and Roll and Folk experiences, too. In fact, we can go from Hank Williams Sr. to The Tragically Hip in a veritable heartbeat.

That eclectic feel will be very present during our upcoming event at **Doubles Pub in the Travel Lodge East**, in Winnipeg. On **April 27th** between 8:15 pm and 12:30 am, we will be presenting a night of music on behalf of the **Alzheimer Society of Manitoba**. Three of our band members are from the same family....one that has been hard-hit by Alzheimer and Dementia - added incentive to help in any small way we can to someday wipe out this much-feared, debilitating and ultimately fatal condition.

We invite folks to come out and just "have some fun" with us. Go to the Alzheimer website, where you can learn more about our band, and buy **advance tickets at \$10.00**. Tickets at the door will be priced at \$15.00. There will be a door prize provided by our host venue, and also a 50/50 draw!



Celtic Country band

WHO ARE WE?

Rob Knight Senior is Lead Singer and Band Spokesman. He began singing in high school and has enjoyed many years of entertaining people with bands like 'Bobby Glide and the Ride,' 'Knight-Walker' and 'The Corvettes,' as well as 'The Celtic Folk.'

Rob Knight Junior, Lead Guitar, 12-String, Mandolin and our 'Arranger.' Rob also has many years of experience in music with two of the aforementioned and also his own group, "Retro Radio."

Jeff Knight, Rhythm Guitar, Harmonica, Tin Whistle and Back-up Singer. Jeff is an RCAF pilot who flies the Hercules out of Seventeen Wing here in Winnipeg, but still finds time to be an important part of our band.

Steve Paulus plays Rhythm Bass, and soon-to-be Accordion. Steve has a great voice, as well, and is our back-up lead singer. ■







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- 1088 sq ft 2 bedroom, 2 bath suite
- \$1491/month
- Includes: electricity, in-suite furnace with air conditioning, water, Shaw satellite TV, balcony, fridge, stove, microwave, dishwasher, washer and dryer and heated underground parking

Built in 2015, Dugald Estates is a 55+ non-profit housing cooperative. All member/residents pay a fully refundable share of \$89,610. The 47 member/residents are solely responsible for deciding on the operation of the building and the related incomes and expenses.

Call **204-853-7707**

or visit **Springfieldseniorshousing.com**



The BUZZ, cont'd from page 8

University of Manitoba Bisons and then made the Calgary Stampeders in 1985. He played for the Stamps from 1985-87, then played for the Toronto Argonauts in 1987-88 and moved on to the Edmonton Eskimos from 1989-93. He won a Grey Cup in his final year with the Eskimos.

Idonije was talked into joining the Vincent Massey Vikings nine-man high school team in Grade 12. He wanted to be a basketball player but agreed to play one season of high school football and was an instant success.

After only one season, Bisons head coach Brian Dobie recruited him to the U of M and while it took a few seasons, he eventually became the winner of the John Metras Trophy as U Sports lineman of the year.

He played at the East-West Shrine Game and was signed as a free-agent by the Cleveland Browns. But after being cut by the Browns, he

joined the Chicago Bears and had a tremendous career.

He completed his 11-year NFL career with 283 tackles, 29 sacks, six forced fumbles and one touchdown. He played in one Super Bowl game, in 2007, but his Bears lost to Peyton Manning and the Indianapolis Colts, 29-17.

Gary Rosolowich, who was considered to be one of the best running backs ever to play in the Winnipeg High School Football League (WHSFL) and went on to play safety for the Winnipeg Blue Bombers was also inducted. While Rick Koswin, who played high school football with the Sisler Spartans and then played for the University of Manitoba Bisons, was another player inducted. Koswin had a brief career in the CFL with the Winnipeg Blue Bombers.

Rick Hudson, Paul Normandeau and Richard Wowchuk will be sent to the Hall in the coach's category. Hudson won several championships

as a coach with the Sisler Spartans and then became the Commissioner of the WHSFL. In fact, he's the man who introduced the tiered format of A-AAA Divisions in the WHSFL.

Normandeau began his coaching career at the six-man level and then moved on to coach bantam football at the Winakwa C.C. in 1971. He moved on to Churchill High School (1975-76, 1979-87), where he won WHSFL championships in 1981 and 1983, before moving over to coach the Kelvin Clippers from 1988-2001. He won two more championships at Kelvin. He also coached at St. Paul's High School and finished his career at West Kildonan Collegiate. Many people are amazed that he's not already in the Hall.

Wowchuk, the current MLA for Swan River, started playing football in Swan Valley and then after his playing career ended, went back and coached for an amazing 32 seasons. He guided Swan Valley Secondary

School to the rural provincial title in 1993 and 1996.

Toth played his football for Kelvin High School and the senior Weston Wildcats. He was officially inducted last September due to health issues.

Lazaruk was the only official inducted. He was a CFL official for 32 seasons and participated in 11 Grey Cup games. Again, it's amazing that it took this long for Lazaruk to be inducted into the Manitoba Hall. He has spent the past nine seasons as the CFL's supervisor of officials for games in Winnipeg and Regina.

A city powerhouse for a number of years, the 1956 Daniel McIntyre Maroons will be inducted in the team category, as will the 1968-69 St. Vital Senior Bulldogs. After finishing as the national runner-up in 1967, the Bulldogs won back-to-back national championships in 1968 and 1969. The 1969 win the final national title at the senior level. ■

LIONS PLACE TOASTMASTERS CELEBRATE 40th ANNIVERSARY

The Lions Place Toastmasters Club invites the public to help them celebrate their 40th anniversary on **Saturday, April 7, 1:30-3:00 p.m.** at **610 Portage Avenue**. The club began in April 1978 as Eaton Toastmaster Club at the Eaton's store and was limited to Eaton employees. Management trainees had to attend at least eight weeks. The club moved to Lions Place in 2009 and **meets 1st and 3rd Wednesdays 7- 8 p.m.** All are welcome. Some of the members who have benefited from help with public speaking are: a doctor, radio talk show host, a sports announcer, an actuary, a Ph.D candidate plus many more enthusiastic participants.

We have also written a book. Copies of our 'From Far and Wide: Canadian Stories' will be available at the celebration.

Admission by donation. Refreshments served. Guests are welcome to stay for the **Toastmasters International Speech Contests, 3:30-4:30 p.m.** Contact person is Jennet Pidgeon **204-284-6828 jpbakes@mymts.net**.

2018 Carving Show and Competition

April, 2018: The Prairie Canada Carvers' Association will celebrate its 32nd annual carving show and competition April 21st & 22nd at the Pembina Curling Club, 1341 Pembina Hwy, Winnipeg. For a second year, the show will host the Mid Canada Fish Carving Championship with 8 categories of great interest to Manitoba fishing enthusiasts. As well, in support of Canadian Geographic magazine's recommendation that the Canada Jay be considered as Canada's Bird, the show is featuring an opportunity for participants to enter Canada Jay carvings in all categories (ex, relief carving, pyrography, in the round carving, etc.) in addition to their regular category entry. After judging, Canada Jay entries will be displayed together for all to enjoy. A prize draw for these entrants will be a one of a kind stained glass creation by artist Chris Johnson.

"The 2018 championship is a celebration of the wonder of creating art from wood, stone, bone and antler," said Prairie Canada co-chair Lynda Baxter. The 2018 competition is expected to draw 300 hand-crafted carvings from 100-plus entrants from Ontario, the Prairie Provinces and adjoining states. The show is open from 9 am-4 pm, Saturday and Sunday. Sunday is the best day for public viewing of carvings as the judging is complete and carvings are displayed with award winning ribbons.

Admission is \$5 for adults; children under 16 are admitted free. The general public will also be able to purchase original hand-crafted carvings and bid on a variety of original carvings during a live auction on Sunday at 2 pm. Children are welcome to colour a cut-out fridge magnet of a fish. Cast a ballot for the People's Choice Award.

Members of Les Gens de Bois Woodcarving Club, Adanac Carvers Association, the Oak Hammock Marsh Carving Guild and the Woodturners Association of Manitoba will be demonstrating wood working techniques throughout the show. Volunteers from the Wildlife Haven Rehabilitation Centre will also be available with live hawks and owls on Sunday.

For more information contact Lynda Baxter at **204-791-5404 (lyndabaxter0@gmail.com)** or visit **www.prairiecanadacarvers.com**

Grouille ou rouille 2018

Le mercredi 2 mai 2018

de 8 h 30 à 15 h 30

15 \$ par personne



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

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

16 choix d'activités et d'ateliers!

Conférencier et divertissement!

20 kiosques d'information!

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dès le 9 avril 2018

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Entrée principale et accueil/réception :

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Le gymnase OUEST est accessible aux personnes à mobilité réduite.

Université de Saint-Boniface (USB) - 200, av. de la Cathédrale

Stationnement gratuit sans restriction sur les rues avoisinantes.



BOOK RELEASE:

"The Secrets of Strongwood"

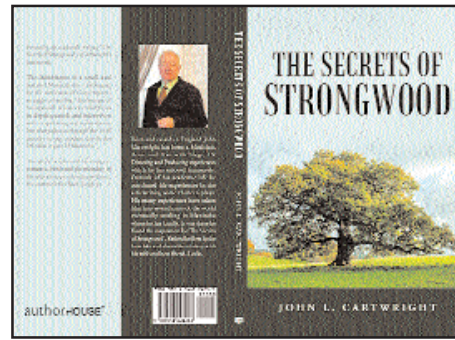
(Author John Cartwright - Inwood, MB)

Jakarta, Indonesia is a long way from Inwood Manitoba where John Cartwright lives. By combining a holiday with a little business Cartwright is traveling to England to spend a week in the very popular tourist area known as 'The Lake District'. From there he and his wife Leslie Cartwright will travel to Indonesia and attend a book signing for John's first novel, "The Secrets Of Strongwood." Then it's on to Vietnam and after a brief visit to Saigon and Hanoi they will begin the journey back to the Southern UK eventually returning home to Inwood.

John's book is about the Manitoba Interlake and central to the story are the lives of a small population who live in the Municipality of Strongwood.

The account takes us back to a time before Canada was named and King James the 1st of England was at odds with his Parliament and the Pope. To demonstrate his prerogative the King freed a group of prisoners being held at the Strongwood prison logging camp in Manitoba. He also grants the former prisoners of the Crown, full rights to a small Shire; now known, in this 21 Century as the Municipality of Strongwood. To further demonstrate what he believed were the rights of Monarchy, King James then issued an unusual Charter of Rights, which Strongwood has kept secret up to this modern day.

In 2017 two levels of Government occupy a building in Komarno just on



the borderland of Strongwood which can threaten the community's way of life. Not only Komarno, but also Inwood, Teulon, Fraserwood and Stonewall, are mentioned in the novel.

The story is shrouded with intrigue, as it reveals romance, death and a dying mans search for the meaning of life.

The Interlake is easily recognised throughout the novel as each municipally is drawn into the story.

From Rosie's cafe at Inwood to the Whytefold Emporium in Matlock, it is impossible to follow the story without thinking you might have been there.

Once back in Canada and Inwood Cartwright will be available for a book release and signing across the Interlake and throughout Manitoba starting at the Teulon Library on April 20th. Watch for announcements of future signing dates. The novel is available to order online at jjtaylor@authorhouse.com, can be ordered at any book store, or by contacting the author himself once he is back home in early April at: J4lcart@gmail.com.

Travel / Leisure / Activities

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

Free Multi Media Presentation - Sri Lanka -



Topic

No Country Can Live in Isolation: An Example from an Island Nation, Sri Lanka

Content

History - Culture - Interrelationship Canada & Sri Lanka - Demographics - Emerging Sectors - Human Capital Development - Agriculture - Srilankan Community in Winnipeg

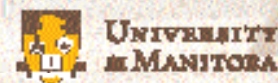
Contact: Senaka Samarasinghe
204-888-8253
Email: senaka24@yahoo.com

DO YOU WANT TO IMPROVE YOUR ABILITY TO WALK OUTDOORS?

If you are 65 or older, and have difficulty walking outdoors, University of Manitoba researchers invite you to participate in the GO-OUT study.

At a one-day workshop to learn safe outdoor walking strategies, you'll use step-counters, Nordic-walking poles, learn about fall prevention and other topics. Afterwards, participants are part of a 3-month outdoor-walking group or receive weekly reminders.

Please contact us by April 15, 2018 at (204) 787-8015 or email: go.out@umanitoba.ca for more information.



The Women's Committee of the Winnipeg Symphony Orchestra (WSO) presents

Celebrating Alexander

An afternoon of music, champagne and dessert



Saturday • April 14
2:00 - 5:00 pm

Winnipeg Art Gallery
300 Memorial Blvd
Winnipeg • MB

Tickets \$100 (\$50 tax receipt)
available at the WSO Box Office:
204-949-3999
or online at www.wso.ca

Performances by
Alexander Mickelthwate, piano
Elise Lavallée, viola
Monica Huisman, soprano

All proceeds of Women's Committee fundraisers are donated to the Winnipeg Symphony Orchestra.

NASHVILLE MEMPHIS BRANSON

Oct. 24- Nov. 6 - 2018
\$2500.00 pp dbl occ

Tour Includes: Motorcoach Transportation, 13 Nights Lodging, 7 Branson Shows including Daniel O'Donnel & The Oak Ridge Boys, Grand Ole Opry Show, Country Music Hall of Fame, Studio B, Graceland Tour, Branson Show Boat Belle, 4 Suppers, 10 Breakfasts, Casino Packages plus Luggage Handling!



Top: Branson Show Boat Belle
Bottom: The Oak Ridge Boys

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NASHVILLE, BRANSON, PIDGEON FORGE, and the GREAT SMOKY MOUNTAINS

October 20 - November 2

See it all on our #1 selling tour!

Highlights Include... 3 Nts, Pigeon Forge, 3 Nts, Branson & 2 Nts. in Nashville at the Premiere Opryland Resort, Guided Tour of Great Smoky Mountains National Park, Quaint Resort Town of Gatlinburg, Visit Dollywood Theme Park, Dolly Parton Stampede Dinner & Show, Grand Ole Opry, Country Music Hall of Fame, Tour RCA Studio B, Graceland, 5 Music Shows includes 4 in Branson, and so much more!

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RED RIVER SONG

Conductor/Curator: Mel Braun

Join us for a celebration of Louis Riel's Manitoba, filled with the sound of Red River carts, fiddles and voices!

Saturday, April 28, 2018 at 7:30 pm
and Sunday, April 29, 2018 at 3:00 pm
Église Précieux-Sang (200 Kenny in St. Boniface)

Tickets (\$15-\$30) available on our website, by phone, at McNally Robinson Booksellers and at the door.

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Moose Jaw Mineral Spa Tours

Come for a soak in Canada's largest therapeutic geothermal mineral water pool! The naturally warm waters in this indoor/outdoor rooftop pool are pure relaxation for weary muscles and sore joints.

March 11-13th \$270.00 pp dbl occ
May 13-16th \$385.00 pp dbl occ
Mother's Day Get-A-Way

Tour Includes:
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Things To Do

IN WINNIPEG

MISC EVENTS

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

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

Lions Place Toastmasters - 40th Anniversary Celebration, Sat. Apr. 7, 1:30-3 pm, 610 Portage Ave. All welcome. Admission by donation. Light refreshments. Lions Place Toastmasters' book 'From Far and Wide Canadian Stories' will be available. The area 52 and International Speech contests follow at 3:30 pm. Info: jbakes@mymts.net, **204-284-6828**

The Investors GroupWalk for Alzheimer's - Join the Alzheimer Society May 31 at our new walk location at Assiniboine Park Lyric Theatre! Register and collect pledges online at Alzheimer.mb.ca or call **204-943-6622**

Prairie Canada Carvers' Assoc. - Carving Show and Competition, Sat. Apr. 21, and Sun. Apr. 22, 9-4, at the Pembina Curling Club, 1341 Pembina Hwy. Admission \$5 (adults), under 16 free. Purchase hand-crafted carvings and bid on original carvings at live auction on Sunday, 2 pm. Kids activity, woodcarving demos, cast a ballot for the People's Choice Award. Wildlife Haven Rehabilitation Centre attending with live hawks and owls on Sunday. More info, Lynda Baxter: **204-791-5404**, lyndabaxter0@gmail.com, or visit www.prairiecanadacarvers.com

13th Annual Books & Brunch - a fundraiser by the Friends of the Winnipeg Public Library in support of library projects. Sun. May 6, 10:30 am at The Gates on Roblin. Fabulous Gates Brunch followed by "Books I Have Known and Loved" with guest speakers Gordon Goldsborough and Laurie Mustard. MC: Charlene Diehl. B&B Silent Auction. Tickets (\$70 with \$25 tax receipt) at Best of Friends Gift Shop in Millennium Library, 251 Donald Street. **204-947-0110**, info@friendswpl.ca, friendswpl.ca

Charleswood United Church - Rummage and Sports Card Sale, Sat. Apr. 21, 9 am-noon, Charleswood United Church, 4820 Roblin Blvd. at Dieppe Rd. Sports cards (including Wpg. Jets original and current) housewares, small appliances & electronics, kitchenware, bedding, clothing, jewellery, toys, books, etc.

United Church in Meadowood - St. Vital Art Show and Sale, Apr. 20, 4-9 & Apr. 21, 10-4. Free Adm. Bake Sale and Canteen. Grief Support Group, at The United Church in Meadowood, 1111 Dakota St. Call **204-256-7002** or visit ucim.org

The Salvation Army Barbara Mitchell Family Resource Centre - Seniors 55+, 51 Morrow Ave, St.Vital. Monday - Drop-In 9:30-11:30 am, Tuesday - S.T.A.R.S. 9:30-11:30 am presentations, monthly birthday lunch, outings, games etc. Wednesday - Steppin' Up FREE Exercise Class 10:00-11:30 am, Thursday - Pickle Ball 9:30-12 noon. Coffee/Tea and snacks provided with each program. For more info, call Sheila: **204-990-2339**

Winnipeg Public Library - To view the March/April newsletter, visit <http://wpl.winnipeg.ca> and click on the 'At The Library Newsletter' cover image on the home page. View the Program and Events Calendar under the 'What's Happening' link along the left side of the home page. Kanopy, an online streaming service with a catalogue of 30,000+ classic movies, documentaries and independent films, is free with your library card, at winnipeg.ca/library. Search "Kanopy".

The Winnipeg Model Railroad Club - Annual Open House, Apr. 7 & 8, Sat. 10 am-5 pm, Sun. 10 am-4 pm, at Charleswood Legion Hall, 6003 Roblin Blvd. Wheelchair Access. Adm. by donation. Proceeds support St. Amant Center.

Norman Art Club - Show & Sale, Fri. May 4, 4-9 pm, Sat. May 5, 10 am-3 pm, at Church of St Stephen/St Bede, 99 Turner Ave. (Mount Royal & Ness). Free admission. Sale of original art, craft items. Demos, door prizes, free refreshments.

Centre on Aging, University of Manitoba - Free Research Seminar at the Millennium Library, 251 Donald, 12-1 pm.

Tue. Apr. 10, Carol Shields Auditorium - Dr. Elizabeth Ready, PhD will present "Tips to help older adults stay physically active: How supportive environments can help". Limited space. See full presentation descriptions at <http://bit.ly/2FweBMS>

Centre on Aging, U of M - 35th Annual Spring Research Symposium, Mon. May 7, U of M Bannatyne Campus, 750 McDermott Ave; **Symposium Workshop**, Tue. May 8, Fort Garry Campus, 204 Marshall McLuhan Hall (2nd flr of University Centre), 66 Chancellors Circle.

Canadian Celiac Association MB Chapter - AGM, Sat. Apr. 7, 11 am-1 pm at the Maranatha Evangelical Church, 910 Sturgeon Rd. "Gluten Free 101" - 9:15-10:30 am. Please bring a Gluten Free item for a potluck cold lunch and a Gluten Free donation for Winnipeg Harvest. Guest speaker: Dr. Lesley Graff. For info, Donald Johnson: **204-832-5590**

Red Hat Society in Manitoba - Red Hat WHoot in Winnipeg, Jun. 9, Noon-5 pm. Cost: \$45. Entertainment, 50/50 draw, silent auction, vendors and a hot meal. Contact Helen: hrrhicks@mts.net, **1-204-355-4791**, www.redhatsmanitoba.com

Harrow United Church - Paint Nite, Sat. Apr. 14, 7-9:30 pm, Harrow United Church, 955 Mulvey Ave. Cost: \$45 pp. Take home a beautiful piece of art. To register online: <https://www.paintnite.com/events/04-14-18-fundraiser-event-for-harrow-united-church-10048181> or contact the church office at **204-284-0079**

The ALS Society of Manitoba - 2018 Cornflower Ball (previously Gala), Sat. Apr. 21, Victoria Inn, 1808 Wellington Ave. Tickets \$125 ea. Table of 8 - \$1000. No tax receipt. Call **204-831-1510** or purchase online at www.alsmb.ca

MUSIC

Westminster Concert Organ Series - Sun. Apr. 8, 7:30 pm, Westminster United Church, Westminster at Maryland. Artist: Rachel Mahon, Assistant Organist of Chester Cathedral, England. Tickets at door. Don Menzies: **204-784-1330**

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: intrepides.manitoba@gmail.com

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Will perform at local seniors complexes and PCH's. Info: Gerda or John: **204-669-5570** or www.seniorschoralsociety.ca

SPORTS/FITNESS/GAMES

IODE Jon Sigurdsson Chapter - Bridge & Whist Luncheon, Sat. Apr. 21, Betelstadur Housing Co-Operative, 1061 Sargent Ave. Bake Sale 11 am, Luncheon 11:45 am, Card Playing 1 pm. Adm. \$20 at door. Proceeds support the IODE Jon Sigurdsson scholarship fund. To reserve a table of 4: jonsigurdssoniod@gmail.com

Three ladies golf leagues - Now accepting new members, all ages, all levels of play. **Kildonan Park Ladies Who Golf**, Mondays, 0800-0900 tee offs. **Windsor Park Ladies Golf**, Wednesdays, 0730-0900 tee offs. **Southside Friday Ladies**, Fridays, 0800-0900 tee offs. To join, or for info, contact: Lynne: **204-298-9600**, lducharm@live.ca

Winnipeg South Senior Slow Pitch Club (mixed) - invites you to join one of our 3 scheduled teams and the informality of Tue. and Thur. House league play - all on grade AAA diamonds, in Fort Garry at Clarence and Hamelin, just off Waverley. Grant **204-477-1050**, Bobby **204-261-3033**

Manitoba Provincial Rifle Assoc. (MPRA) - The MPRA Senior's Air Gun program, Wednesdays, 11 am, at the indoor air gun range at 711 Leola St. Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: **204-415-7919** or **204-771-1987**

Tuesday Ladies Who Bowl - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface Tuesdays until end of April. Contact: Lynne Ducharme **204-231-0279** or lducharm@live.ca

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

VOLUNTEERING

Vital Seniors - a 55+ non-profit group, is looking for 2 volunteer board members and a volunteer recording secretary. The BOD meets once a month from September to June, Thursday morning from 10 - 11 a.m. Experience is beneficial but not necessary. Individuals who have skills in marketing, fundraising, accounting, or web design, are encouraged to apply. For more information or to apply, contact Lesley Smith at **204-452-2230** or lesleykrsmith@gmail.com

The North Centennial Seniors Assoc. - Seeking volunteers for Grandma and Grandpa Swim Program, Tue. Mornings, Oct.-June. Looking for friendly outgoing seniors to play an active role in the pool enjoying swim and play activities with preschoolers. Contact: ncsc@shaw.ca or **204-582-0066**

Luxton Adult Learning Program - Meaningful, rewarding volunteer opportunities: Helping adults improve their literacy skills to enable them to reach their goals. If you would like to give some of your time, please contact Margaret at **204-802-9435**

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**

Caregiving with Confidence - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. **Male Respite Volunteers** needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

Deer Lodge Centre, 2109 Portage Ave. - Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, PRIME and Get-a-way community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: jtanchuk@deerlodge.mb.ca

Misericordia Health Centre - Volunteers needed for reg. shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Call **204-788-8132**, or online at www.misericordia.mb.ca/volunteer or apply in person. Free parking provided.

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

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

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

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

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

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

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

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

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

Pembina Active Living (PAL) 55+ - Spring classes begin April 9: yoga, fitness, strength/resistance training, line dance, Zumba Gold, pilates, painting, writing. Special events: **Still Bloomin' Gardening Club** "Gardens of England" by Sandy Venton from The Prairie Gardener-Mar. 29,

1 pm; **Computer class** "Organizing your computer" - Apr. 9, 1 pm; **Wellness series** "CAA travel advice" - Apr. 12, 1 pm; **Volunteer appreciation** - Apr. 19, 1 pm; **Coffee with PALS** - Apr. 20, 1 pm at Access Fort Garry South, 135 Plaza Drive. Info: www.pal55plus.com, office@pal55plus.com or **204-946-0839**

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.

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$17.70/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$17.70/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

Wpg Polish Legion Br 246, 1335 Main St. - **Happy Hour**: Mon-Thurs 3-6 pm, Fri/Sat, 3-7 pm. **Senior Lunch & Dance**: Weds, 12:30-3 pm, \$10. **Fri. Meat Draws**: 4-8 pm. **Karaoke**: Fri/Sat, 8-midnite. **Chase the Ace**: Sat, 10 pm. Call Branch: **204-589-5493** for more info.

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**

Winnipeg Bladder Cancer Support Group - Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

Seine River Seniors - in Southdale CC. Activities include travel to Moose Jaw spa and the Maritimes, local tours and workshops, monthly birthday lunches, brunches, Celebrations matinees, South Beach casino trips, Assiniboia Downs bingo, Folklorama tours, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, spring tea, and much more. To register, please call **204-253-4599**, membership \$12

A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW). Telephone Group Activities For Manitobans providing educational and recreational programming in a fun and interactive atmosphere. Register for programs anytime. Programming is free of charge. Participants call into a toll-free line. Info: **204-956-6400**

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Apr. 7, May 5, Jun 2/18, 1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Membership fee \$25/yr. Drop-in \$3. MCWA. Contact: Frieda: **204-256-3642**, Bev **204-326-7286**

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 12:30 pm Quilting. **204-338-4723**

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

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

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

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

Continued on page 16 - Outside back page

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Today's Recipe

Larry Malinowski

www.PeakMarket.com

Dill Meatloaf

Metric	Ingredient	Imperial
750 g	lean ground beef	1 1/2 lb
1	medium onion, finely diced	1
50 ml	fine bread crumbs	1/4 cup
125 ml	dill pickle juice	1/2 cup
2 ml	salt	1/2 tsp
1 ml	pepper	1/4 tsp
1	egg	1
-	GLAZE	-
125 ml	dill pickles, finely chopped	1/2 cup
125 ml	ketchup	1/2 cup
30 ml	sugar	2 tbsp
50 ml	water	1/4 cup
5 ml	worcestershire sauce	1 tsp

In a large bowl; mix beef, onion, bread crumbs, pickle juice, salt, pepper and egg. Form into a loaf. Place in 8 x 10 inch (20 x 25.5 cm) loaf pan.
 In a small bowl; mix pickles, ketchup, sugar, water and worcestershire sauce. Pour half of glaze over meat loaf.
 Bake in preheated 350 F (180 C) degree oven for 1 to 1 1/2 hours. Half way through cooking; pour remaining glaze over meatloaf and continue baking.

Serves 5

WORDSEARCH - GLOBAL WARMING By Senior Scope

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 C O O L I N G X G A D R O U G H T Y C O O Z S
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| Bering Sea | Emissions | Icecap | Oil | Uncertainty |
| Biomass | Extinction | Interglacial | Ozone | Water |
| California | Feedback | IPCC | Permafrost | |
| Carbon | Forest | Irreversible | Polar Meltdown | |
| Climatology | Fossil Fuel | Market Failure | Sea Level | |
| Clouds | Glacier Retreat | Melting | Sun | |

SOLUTION ON NEXT PAGE

CROSSWORD

Those Special Days of Spring By Adrian Powell

- ACROSS
- 1 Gooftball
 - 5 Boring device
 - 8 Giraffe features
 - 13 Breezed through a test
 - 14 Praise highly
 - 16 Slobber
 - 17 Red Lobster lover's favourite time? (April 29)
 - 20 Tongue-in-cheek humour
 - 21 McClanahan of "Golden Girls"
 - 22 Tetris piece shape
 - 23 Hugo's "Miserables"
 - 24 Favourite day for those with a taste for seaweed-wrapped snacks? (April 19)
 - 29 One way to pay
 - 30 Construct a sheepshank
 - 31 Sherpa's spiritual advisor
 - 34 Shortage
 - 37 Weasel out of
 - 41 Favourite celebration for those with Swiss ancestry? (April 11)
 - 44 Boogie-woogie, e.g.
 - 45 Canine tormenter
 - 46 One type of excuse
 - 47 Altdorf's Swiss canton
 - 49 Small workers in big colonies
 - 51 Meat lover's favourite occasion for a celebration? (April 27)
 - 56 What hurricane victims need
 - 59 Feathered layer?
 - 60 Egg cells
 - 61 Peter in Peru
 - 63 Bob and Doug McKenzie's favourite celebration? (April 7)
 - 68 Keats's "___ a

1	2	3	4	5	6	7	8	9	10	11	12	
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- DOWN
- 1 Spaghetti sauce seasoning
 - 2 Earthy hue
 - 3 Naughts
 - 4 Vikings' war god
 - 5 Matterhorn or Mont Blanc
 - 6 Something that follows Fuzzy Wuzzy
 - 7 "Filthy" dough
 - 8 Jagmeet Singh's grp.
 - 9 Assam silk worm
 - 10 Like secret messages
 - 11 Qantas spokes
 - 12 In a furtive manner
 - 15 Slap on carelessly
 - 18 Ms Breckinridge
 - 19 Venison or veal
 - 25 Scotland's Mull e.g.
 - 26 Threshing debris
 - 27 "In ___ of flowers..."
 - 28 Flattens
 - 29 Appendix's area
 - 31 Watch display type
 - 32 Triumphant cry
 - 33 BC Lions' players
 - 35 Mountain pass location, often
 - 36 Handle dough
 - 38 '81 Hayward/Martin drama
 - 39 Something on the Peace River
 - 40 Look at
 - 42 Completely and
 - 43 "The X-Files" agent Scully
 - 48 Waffle making item
 - 50 Use an old Remington
 - 51 ___ Penh, Cambodia
 - 52 "The Cloister and the Hearth" author Charles
 - 53 Big chip maker
 - 54 As a tsar, he was terrible
 - 55 Bundled like hay
 - 56 Saharan antelope
 - 57 Hopping mad
 - 58 Respected senior member
 - 62 As a consequence
 - 64 Japan's first PM, Prince Hirobumi
 - 65 Bass, or buff suffix
 - 66 Hudson or Horse shoe
 - 67 Versifier's "before"

SOLUTION ON NEXT PAGE

Canadian CyberQuotes - Adrian Powell

In the following quotation, each letter is uniquely coded. In the example, P is used for the three As, T for the Rs, etc. The code changes each time. Example: P P T X B P T Q A A R D V A R K

TODAY'S QUOTE

QNWKFSFH QVIFM RV KNFJ IZTK RV KQXF

WT QFPP WT IFM KV UF KNVZDNK VL NWPL

WT DVVR. PZEGXPJ, KNXT XT MVK

RXLLXEZPK. — ENWHPVKKF QNXKKVM

HINTS
 Hints: Single letters usually stand for an "A" or an "I". Fill all those in first. Apostrophes are usually followed by an "S" or a "T". If you have found the "A", a coded word like "Axx" is often the word "and", giving you the "N" and "D". Coded words ending in two similar letters - "xxxxFF" for example - will often have those letters being "S" or "L". Two letter words that are not abbreviations almost always have a vowel or end in a "Y".

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A man tried to sell me a coffin today. I said, "That's the last thing I need."



My wife asked me for her lip balm. I mistakingly passed her the super glue. She's still not talking to me.



I had a flat tire. I should have brought



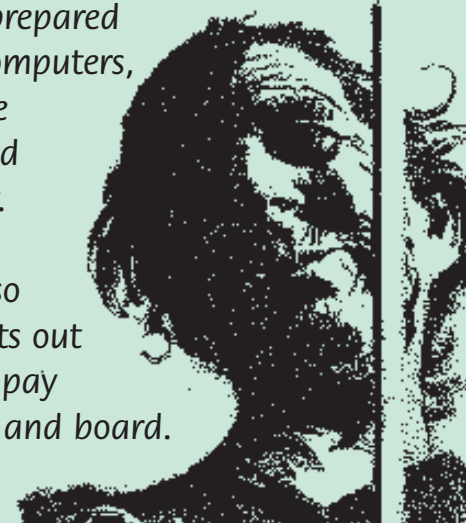
The maker of cough lozenges chose to be cremated. He didn't want any coughin' at his funeral.



Imprison the Elderly

We should put the elderly in prison so they can have free accommodations, prepared meals, access to television, computers, library, gym, doctors and free medication, daily showers and video surveillance for security.

Put criminals in care homes so they can get cold meals, lights out early, 2 showers a week, and pay hundreds of dollars for room and board.



Solution to **Canadian CyberQuotes** :
Whatever women do they must do twice as well as men to be thought of half as good. Luckily, this is not difficult.
 - Charlotte Whitton (1896-1975, Renfrew, ON. Mayor of Ottawa 1951-56, 1960-64)

Winnipeg Police Service - E-Watch

Crime Prevention Tip

As spring break approaches, many Winnipeg residents are planning to enjoy a vacation away from home. This week, we offer a number of safety and security measures that you can take to protect your home while you are away.

- Install a home security system – These systems can be direct linked to a monitoring service which act as a deterrent for intruders.
- Install motion / light sensors – Ensure the light on the sensor is bright enough to draw attention to anyone attempting to enter the home.
- Replace old entry doors and locks – Good locks are useless if your door is easily broken.
- Purchase a fireproof safe – Before you leave, lock up any valuables that you may keep out on an everyday basis, such as jewelry or sensitive documents.
- Relocate any hidden keys – Retrieve your hidden key and put it somewhere safe inside your home.

- Concealing your absence – Ask a trusted person to watch the house in your absence by checking on the home daily, collecting mail and or maintaining the yard as to appear as if someone was still home. Have a neighbour park their car in your driveway for the appearance that someone is staying at the home.
- Leave lights on – Or install timer lights that come on at different times of the day to make it appear as if someone was home. Also leaving a radio or TV on will act as a deterrent.
- Do not post online – Never post on social media you are leaving for a vacation. Avoid posting photos, check in details or updates of your vacation while away.
- Check all locks – Before you leave, check that each door, window and garage door are securely locked.

CROSSWORD - Solution

BOZO	AWL	NECKS
ACED	LAUD	DROOL
SHRIMP	SCAMP	IDAY
IRONY	RUE	ELL
LES	RICE	BALLDAY
	CASH	TIE
LAMA	LACK	EVADE
CHEESE	FONDUE	DAY
DANCE	FLEA	LAME
	URI	ANTS
PRIMER	IBDAY	AID
HEN	OVA	PEDRO
NATIONAL	BEER	DAY
ODETO	NEAR	GATE
MELON	DYE	OXEN

WORDSEARCH - Solution

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

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Things To Do

IN WINNIPEG Cont'd from page 13

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

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

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

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

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

The PROBUS Club of Winnipeg - is a group for the retired or semi-retired. Info: **204-489-2882**, or **winnipegprobus85@gmail.com**

Please mention Senior Scope when contacting our advertisers.

Dakota 55+ Lazars Senior Centre - Programs: Cribbage, line dancing, floor curling, quilting, fitness, 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.

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.

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

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

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

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

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

Please mention Senior Scope when contacting our advertisers.

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**

Elmwood-East Kildonan Active Living Centre - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. Call **204-669-0750** or **204-890-3282**

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

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

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

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

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

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

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

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**

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

"The cure for anything is salt water - tears, sweat, or the sea."

~ Isak Dinesen [Karen Blixen] (1885-1962), Author

See more at passiton.com

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

Emerson, Tolstoi, Dominion City - Emerson Franklin Senior Services - Community Senior Events: **Footcare** in Tolstoi, Dominion City, Emerson (call for app't. **204-427-2869**). Various programs & outings (Luncheons/Dinners, Walking Group, Bingo, etc.) **Get Better Together** program, Free of charge, Wed. Apr.11-May16, 9 am-11:30 am at Abbeyfield House (Dominion City). Register: **204-427-2869**; **Winkler Shopping Trip**, Craft Club, Apr. 12, 9 am. Cost \$15. Register: **204-427-2869**; **Home Routes Concert** (traditional Irish), Thur. Apr. 12, 7:30 pm (doors open 7 pm), at Abbeyfield House, 152 Franklin Ave. W. Dominion City. Tickets \$20: **204-427-2035**; **St. Vital Shopping Mall**, Apr. 26, meet at Dom. City Craft Club 9 am. Cost \$15. Register: **204-427-2869**. Office hours: Mon. & Wed. 8 am-4:30 pm, Fri. 8 am-3:45 pm. Lorri French, **204-427-2869**, **franklinseniorservices@hotmail.ca**

Komarno - Spring Dance, Sun. Apr. 29, 1-5 pm. \$20/person, includes lunch. Music by Canadian Rhythm Masters. For tickets, call Mona: 204-886-2994. All proceeds to Komarno Hall renovations.

Springfield Seniors - Attention Whittlers! Come to the Cooks Creek Community Club, Mondays, 1-3 pm and join the whittling gang. Please bring your own whittling equipment and supplies. Coffee and smiles are free! Beginner whittling classes start late Feb. or early March. Limited space. Must register. Call Diane: **204-853-7582**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W. Events: **Community Volunteer Income Tax Program**, low income tax return filing assistance; Drop Off Service Only; Tue-Fri. 10 am-3 pm; **Accumulative Cribbage Tour**. Wed. evenings, Apr. 11-May 2. \$20/person. Call to register by Fri. Apr. 6; **Active Wellness Club Spring Session** begins Apr. 9, 10 wks, Mon-Fri for all fitness levels; **Yoga & Pilates** (at Warren Com. Hall, 145 Macdonald Ave.) Thursdays, 10 am, 8 wks beginning Apr. 5; **Monthly Luncheon** Wed. Apr. 11, 12 pm, \$10 at door; **Line Dance Classes**, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly \$155Plus membership. Call 55 Plus for info: **204-467-2582**

Ste. Anne - Dawson Trail Days - Car Show, Sat. Sept. 1, 11 am-5 pm, Ste. Anne, MB. If it is powered by an engine we want it - beyond the ordinary old classics, customs, street rods, orphans, rat rods, muscle cars, tuners, bikes, snowmobiles, swamp buggies, ATV's, trucks, buses, you name it! Come out with your prized vehicle and share in the fun. No entry fee, no trophies, no judging. Bring a "tin for the bin." Email Dennis: **dwxxyz@gmail.com** or Sarah: **recservices@steannemb.ca**

Please mention Senior Scope when contacting our advertisers.

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

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.

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcherson for info: **204-482-5469** ext. 20956 or **mmutcherson@ierha.ca**

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

PROGRAMS / SERVICES

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Register anytime. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

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

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik kits, help with paperwork. *Facility available to rent*. **www.dauphinseniors.com**, **204-638-6485**

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria

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Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: **Arborg** and District Seniors Resource Council **376-3494**; **Ashern** Living Independence for Elders **768-2187**; **Brokenhead/Beausejour** Outreach for Seniors at **268-7300**; **East Beaches Resource Center (Victoria Beach)** **756-6471**; **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** and District Seniors Resource **378-2460**; **St. Laurent** Senior Resource Council **646-2504**; **Selkirk** - Selkirk & District Senior Resource Council Inc. **785-2737**; **Stonewall** - South Interlake Seniors Resource Council **467-2719**; **Springfield** Services to Seniors **853-7582**; **Teulon** and District Seniors Resource Council **886-2570**; **Two Rivers** Senior Resource Council, **Lac du Bonnet** **345-1227**, **Pinawa** **753-2962** or **Whittemouth/Reynolds** **348-4610** or **Winnipeg River** Resource Council **367-9128**

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

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or **ensemble@mymts.net**. Our goal is to assist seniors and the disabled to maintain their independence. We are **always looking for volunteers** to help with these programs.

Portage la Prairie - Herman Prior Centre - Members and non-members. Mon to Fri meal program (register by 11 am); Mon. Painting, Line Dancing, Scrabble, Resistance Band, Cribbage, Clogging and Tai Chi.; Tues. Euchre, Bridge and Prairie Wildfire Line Dancing; Wed. Cribbage and Tai Chi; Thurs. Foot Care Clinic, Whist, Weaving, Bridge and Square Dancing; Fri. Foot Care Clinic, Floor Curling and Floor Shuffleboard. Low income tax return filing assistance, regular Blood Pressure Clinics, and Stroke Survivors, Book Club, Genealogy and Natural History meetings. Special events (trips to RMTC, Celebrations Dinner Theatre, etc.). Contact Hope or Chris: **204-857-6951**, **hp55plus@mymts.net**

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

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

Selkirk - Gordon Howard Centre (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit **www.gordonhoward.ca** or call **204-785-2092**

Springfield Seniors - offers many programs: Pickleball, Zumba Gold, Bingo, Canasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or **springfieldseniors@mymts.net** for info.

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

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

Victoria Beach - East Beaches Senior Scene - #3 Ateah Rd, Victoria Beach. Various programs, activities and special events open to those in the East Beaches community. For membership or volunteer opportunities, contact Tammi Kelly, Program Coordinator: **204-756-6468**, email: **ssinc1@mts.net**, **www.ebseniorscene.ca**

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