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Vol. 16 No. 11
Apr. 18 - May 14/18

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Local not-for-profit gives older adults "a new lease on life"

- A & O: Support Services for Older Adults

George is a 75-year-old man who lives at home alone. His wife passed away several years ago and his children moved away after graduation to start families of their own.

When George lost his eyesight, he slipped into depression and didn't leave his apartment for three years.

Over 30% of older Manitobans over the age of 72 feel either moderately or extremely lonely. Research shows social isolation is directly connected to poorer health, lower physical activity and higher mortality rates.

Thankfully, a kind-hearted individual recognized this and referred George to **A & O: Support Services for Older Adults' Senior Centre Without Walls (SCWW)**. This program provides educational and recreational programming over the phone. Senior Centre Without Walls is the first program of its kind in Canada that offers a unique opportunity for socially isolated Manitobans 55+ to join interactive, educational and recreational programs from the comfort of their own homes.

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- Senior Centre Without Walls
- Connect Program
- Senior Immigrant Settlement Services (SISS)



Above: A&O Senior Centre Without Walls - by phone.
Image courtesy of David Castillo Dominci at FreeDigitalPhotos.net
Right: The Expo is a great place to find answers to your Housing and Active Lifestyle questions.



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- Housing
- Legal Services

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

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A & O will be hosting its **11th annual 55+ Housing & Active Lifestyles Expo**. Join the agency as they welcome over 100 exhibitors and present an exciting fashion show on the runway!

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

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When is it time to surrender those 'car keys'?

By Roger Currie

I get emotional when this topic comes up. My memory takes me back to 1985. My father Andy Currie was 74 when he suffered a major stroke. The first words he spoke after waking up from the trauma were "Where's the car?" Such is the powerful attachment we have to the freedom of movement that driving gives us.

Now, in my 71st year, I am all too aware of my own limitations behind the wheel. The only driving test I ever took was in November of 1964, when I was 17 and in my last year of high school. More than half a century has passed, including a few speeding tickets and a couple of crashes that thankfully did not result in serious injury to myself or anyone else. In all that time it has never been suggested that I should be re-tested to check my driving skills. If it happened for some reason, I'm not sure what I might do. There are some jurisdictions in Canada, most notably British Columbia and Ontario, where drivers who reach 80 must provide a note from their doctor testifying that they are fit to continue driving. In Alberta and Quebec, the critical age is 75. If there are doubts, a driving test may be required to maintain the license.

Some will argue that this amounts to age discrimination. The data about driving crashes is somewhat inconclusive, but it seems to suggest that older drivers are no more of a hazard on the road than those who are between the ages of 16 and 25. The younger drivers frequently pose a risk to others because of their lack of experience on the road, their tendency to drive faster than the speed limit, and their obsession with toys like smartphones.

Older drivers frequently drive slower than the speed limit, making them the object of mild 'road rage'.

We—older drivers—also tend to have slower reflexes than we had when we were younger, and have difficulty doing important things like *shoulder checks* on busy thoroughfares.

Here in Manitoba, for many of the 70 plus age group, particularly those who did not start driving in Winnipeg, their skills have never been tested. Most of the smaller communities in the province did not have



Photo (right): www.safetyservicesmanitoba.ca



programs like *Drivers' Ed* in the school system decades ago.

Guy Jeanson is a driving instructor who works as a private contractor for *Safety Services Manitoba*, and Manitoba Public Insurance (MPI). He helps with the workshops that they stage for *Mature Drivers*. The sessions usually involve no more than 12 people, and they're held in many communities besides Winnipeg.

Jeanson says, "To be a good driver at any age requires knowledge, alertness, foresight, judgement and skill." Like many activities in life, driving must be practised regularly to main-

tain skill levels. Many older drivers choose to stay away from downtown or on the highway at speeds of 100 kph, but Jeanson says it's a good idea to do both every few weeks to stay sharp.

The best part of the process for older drivers is the free assessment of driving skills which is available to anyone who has attended one of the workshops. Jeanson says it's similar to what happens in a driving test, without the pressure that happens when a person's license is on the line. "It's between yourself and the person in the passenger seat who is assess-

ing you. It updates your driving skills, especially offering reminders about when to use turn signals" he says.

Some of those attending the workshops are required to do so by MPI because they have undergone major surgery, or been diagnosed with a condition such as *sleep apnea*.

Jeanson does not have a fixed opinion on the issue of mandatory testing of drivers who are beyond a certain age.

A full list of workshops and other relevant information can be found at this website.

www.safetyservicesmanitoba.ca/wp-content/uploads/2016/06/PromoSheet_Mature-Driver-Workshop-2.pdf ■

Roger Currie is a regular contributor to *Senior Scope*. He is a veteran journalist and broadcaster who is news director at CJNU, 93.7 FM in Winnipeg.

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FINANCIAL PLANNING:
So, You Have Money – now what? PART II

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

CONT'D from the last - March 28/18 - edition which is a follow-up to the article published in the March 7/18 edition of Senior Scope - "Inheritance... blessing or nightmare?"

Visit www.seniorscope.com and click on the 'March 7...' & 'March 28...' links below the cover image of this edition to read the previous articles in relation to this article.

Accountant:

If we received a nickel for every time we hear "the accountant or the lawyer will look after everything" we could pick a charity and make a sizeable donation.

To be fair, usually by the time information gets to the accountant – the deed is done.

Transactions good or bad have already taken place and the accountant only gets to deal with historical data. Any tax slips generated are simply forwarded on to them for processing.

Many accountants are unaware of what services or investment options various firms offer. They also don't know the competency level of the executor or the knowledge of beneficiaries.

An accountants fees are normally generated based the time spent. Most executors and beneficiaries do not realize the time it takes to prepare and submit not only the personal return but also the Trust return and clearance certificate.

If the accountant were to supply council as well, there would be an extra cost which they are reluctant to ask for. The accountant does not want to get into a disagreement with the executor or beneficiaries regarding the billing for hours spent.

For the most part, accountants are not licenced to give finance advice. They could be disciplined for this action, some have been charged and fined for acting "out of scope". Also they do not know how competent the POA or Executor is in the understanding of how investments work, the risk and reward and what the reception will be from the beneficiaries. In a POA situation, they see the representative maybe once a year and usually at their busiest time.

In illustrating the above, the easiest course of action is to just do the return copying the historical data and leave things as they are. Their focus tends to be on bigger ongoing files like business and trusts. We find

there is sometimes a disconnect between what the public believes occurs and what the reality really is. The unfortunate part is that no party understands the potential of what could be accomplished if everyone was aware and "on the same page".

Lawyers:

Much of the same as described for the accountant pertains to the lawyers as well.

Wills are done per a template which is for the most part a one solution fits all.

Most people do not want to air their dirty family laundry so the lawyers do not know the potential disputes which may arise. So the language in the wills do not reflect the family dynamics.

To be fair, if unhealthy family relationships have been normalized and parents who tend to be blind to children's failings don't tell the lawyer. How would the lawyer know to tailor the will to reflect the specific needs of the family?

A more complicated will costs more money and the general public tends to not want to spend the money.

A more complicated will, will also require a more knowledgeable executor. Execution may also cost more and have more complex monitoring required.

A more complex will requires other professionals to be involved on an ongoing basis. Usually a more advanced financial planner, professional accountant and an array of legal services.

Lawyers know the legalese but may be concerned about incorporating financial planning into a will because the tax and estate laws change often. This could make the wills obsolete or perhaps create a need for several "codicils".

The lawyers need to weigh simplicity vs being specific to financial planning, tax law and the detailed needs of a family.

No disrespect to lawyers, but we find the majority of the wills are of the simplistic variety and not completely suitable to the "real situation".

All things considered we have to come back to the question "why do we self-destruct"? If we can identify the issues of worrying about how

heirs will handle their inheritance, of believing that our children don't have the financial literacy to manage a potential windfall then why do we not take action?

If it's true that only 19% of those surveyed have introduced their children to a financial advisor or have taken them to a planning meeting with the person currently managing their money (18%), as a society, how do we fix that?

I just completed a course with the "Way of the Heart" and Daniel Goodenough. It was called "The Blueprint" and it follows the "Life Mission Lines of Development". During the course we learned that most of us function in, and base our decision making on the tribal level. We tend to do what has "always been", we follow the mass consciousness and the path of least resistance simply because it's easier. We live in the myth we were born into and the stories that make up our lives. We identify with "our people".

So what do we have to do to change this story? If the driving force is the traditions and culture of what we are surrounded by, what is it that we must move through to change our story. What is the greatest call to us which will give us the courage to step forward from the background?

Daniel says that we need to be more aware of another way of doing things. We need to break out of our culture and traditions and "our people" He says we need to move out of always trying to only analyse the rational thought process and into a blend that also considers the emotional realm.

A poem by Hazrat Inayat Kahn demonstrates this as follows:

So long as you are identified with the things of this world you will not set out on the path, But when the world no longer binds you you enter a dream.

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Continued on next page

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The Plight of Dementia

By Myles Shane

At 44 years of age my memory isn't what it used to be. I've started to forget things. Sometimes I have trouble remembering people's names. I forget where I parked the car and can't figure out why I'm putting milk in the cupboard and cereal in the fridge. There are days when I feel like I'm literally losing my mind. Perhaps I'm suffering from early onset dementia. I wasn't sure what was happening to me, so I contacted my father, Dr. Fred Shane, who has extensive experience in geriatric psychiatry.

I quickly explained to him my plight and wanted his expert opinion. Was I losing my mind? According to Dr. Shane, "dementia is not a specific disease. It's a term that describes a wide range of symptoms associated with a decline in memory and life skills severe enough to reduce a person's ability to perform everyday activities. Alzheimer's and the dementia that occurs after a stroke are two of the most common types of dementia."

Dr. Shane discussed the evolution of dementia. "The early symptoms are mainly memory impairment, a gradual increase in forgetfulness and trouble finding words. The decline tends to become more pronounced over an average of five years."

Oh my gosh, it's clear I was the poster child for early dementia. As I felt a panic attack coming on I swallowed 1mg of Ativan and asked Dr. Shane if I should go to the ER? He calmed me down.

I then asked Dr. Shane what pathological changes occur in the brain with this condition. "Different types of dementia are associated with particular types of brain cell damage in certain regions of the brain. In Alzheimer's disease, high levels of certain proteins inside and outside brain cells make it hard for brain cells to stay healthy and to communicate with each other."

How does one acquire dementia? Is it environmental or genetic? Is it

because of Trump? Dr. Shane articulated, "the chances of acquiring dementia increase if a family member such as a parent, sibling or relative had been diagnosed with this condition. Genetics plays a role but not always. There are no definite tests to make a diagnosis for this condition. The definitive diagnosis can only be made if one examines the brain post mortem."

I was beginning to feel a little relieved, as there had been no known cases of dementia in my family. IBS yes, but no dementia. Then again, even if I had it, they couldn't properly diagnose me until I was dead. Maybe there were drugs that could help.

Can dementia be treated? Dr. Shane indicated, "currently there are a few medications that slow the process by blocking an enzyme that breaks down the molecules in the brain that are needed for memory. The best known drug is called Aricept. The benefit from this medication is modest and may work for part of a year to a couple of years. The individual who is diagnosed with a dementia may become depressed, angry, psychotic, feel hopeless and suicidal. Emotional support from experts in the field such as psychiatrists, social workers or psychologists is critical."

Dr. Shane indicated, "once a diagnosis of a dementia is made, hospitalization should only be an option if the person becomes aggressive, gets lost or doesn't get support from family, private help or government funded home care workers. If individuals can no longer be cared for in their own homes they should be moved to a nursing home. For this to happen a person's case would be reviewed by The Long Term Care Access Centre Panel Review Board of the Manitoba government. If the application is approved the individual is placed on a waiting list for his/her personal care home." How much was this all going to cost? Clearly the Canadian government was going to pay for my care. That's one of the unique differences between Trump's America and Justin's Canada. Dr. Shane replied that if I wound up in a personal care home, a portion of my monthly pay cheque would go towards my stay. Gosh, this would be my most expensive vacation ever. Trump's America was taking over the world. I needed to move to Australia and fast.

"Canada's first community designed specifically for people with dementia"

Continued on page 7

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

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This world is about people and their dreams. Families should be able to enjoy their time together because "time" is the one thing that binds us, it's a commonality that we all share. Why waste it worrying?

We truly hope you have enjoyed reading this article, as always, should you feel the need to reach out to us, don't hesitate. We are here to help. ■

SHIRLEY HILL CFP, RRC
Executive Financial Consultant
Shirley Hill & Associates Private Wealth Management

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Overlooked a \$8113.00 Federal Tax Credit on Your 2017 Tax Return?



By Peter J. Manastyrsky

Not too long ago Manitobans completed a major task for Canada Revenue Agency - CRA, their 2017 Income Tax return. For all of us this is an annual obligation and commitment as citizens of Canada. The 2017 tax return had a few changes but there was one area that did not change, it was only modified; the **Disability Tax Credit**. The amount to claim on your income tax file increased in comparison to 2016.

What is the **Disability Tax Credit**? This is a Federal tax credit which is non-refundable, it helps people with disabilities (impairment) to reduce the amount of income tax they might have to pay, reducing the amount of tax payable and by allowing some relief for disability costs. The **Disability Tax Credit** is available to all Canadians who have a qualifying severe and **prolonged impairment** that impacts the activities of their **daily living**; where the ailments are not likely to get better any time

soon and have already been in place for a period of at least 12 months.

This **Disability Tax Credit** is one of the most frequently missed provisions on the tax return and under claimed. People are not aware of the large amount of tax refunds available to them. Once you have become familiar with the **Disability Tax Credit** you can benefit from it in two ways: by adjusting your previous returns and the second way by continuing to deduct the tax credit savings on returns you file in the future.

Also, this **Disability Tax Credit** is transferable to a caregiver (spouse, common-law partner or other supporting person) if the disabled person does not have enough of an income to generate tax payable that can be reduced by this non-refundable credit. All of this is worth your while to have **A Step Beyond & Associates** assist you through the procedure to achieve this tax credit.

A Step Beyond & Associates specializes in helping people of **all ages** to get the benefit you deserve. We

advocate on your behalf and ensure that your application is interpreted and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency. **A Step Beyond & Associates** guides you through the entire process.

We are a member of the **Better Business Bureau-Accredited Businesses** for Manitoba with an **A+ Rating**. Please call **A Step Beyond & Associates** for over the phone consultation, no obligation, confidential dialogue and a flat fee for service rendered. Be aware if something is overlooked! ■

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(see advertisement on page 5)

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May is Celiac Awareness Month

- Canadian Celiac Association - Manitoba Chapter

Eating at home can be a challenge for the individual who is newly diagnosed with celiac disease but, with help from the doctor, the nutritionist and the local Canadian Celiac Association chapter, the issues can be identified and dealt with. However, studies show that, for those with celiac disease, the scariest thing to deal with is eating out.

Eating outside the home, at family and friends, can be more complicated. One can opt to educate the host or hostess, to bring one's own food, or eat beforehand. Eating at a restaurant can be a whole other story. One can call ahead and check on awareness and cooking practices but what they say and what they do are not always reliable. Members of the CCA Manitoba Chapter have numerous stories of dinners gone terribly wrong.

Over one percent of the population (2.5 million Canadians) are adversely affected by eating gluten. Many of those are extremely sensitive and have adverse reactions to the tiniest amount of this offending protein which may even lead to hospitalization. There are substantially more

individuals who are non-celiac gluten sensitive, who may not react in an extreme way but still have issues with contaminated foods. All those affected by gluten would love to be assured of a safe restaurant experience.

Good news comes from the Canadian Celiac Association and the Quebec-based Foundation québécoise de la maladie coeliaque (FGMC) who have partnered with a new private corporation called the Gluten Free Food Program Inc. (GFFPI). They have launched the GF-Smart™, GF-Verified™ and GF-Dedicated™ programs for the food service and hospitality industries. Now there is a national standard of training available to all food handlers. They can learn proper ingredient purchase and food handling, and how to avoid accidental cross-contamination of gluten free food. Customer service can be improved and those with the sensitivity to gluten can feel safe in those establishments that have taken the course, passed the tests, and been allowed to display the GF-Verified™ and GF-Dedicated™ signage.

The program is also available to staff in institutions such as senior and long term care facilities. How glorious it would be to know that, when the time comes that requires extended care, those with celiac disease will not have their health put in jeopardy when they can no longer cook for themselves.

The Canadian Society of Nutrition Management (CSNM), the national association representing Food and Nutrition Managers across Canada, has adopted the Gluten Free Food Program as part of their member curriculum and the course is worth one Continuing Education credit for their members.

If you know of a restaurant or institution that would benefit from taking this course, please have them contact the GFFP's Jacquie Pepler, Sales and Marketing Director: 416-272-0809 jacquie.pepler@gluten-freefoodprogram.com

If you suffer from sensitivity to gluten and wish to have more information about this disease, cooking, and eating out, please contact us at **office@manitobaceliac.com**. ■

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Advertising Feature

Talk to Your Doctor About Your Healthcare Plan

Submitted by Manitoba Institute of Patient Safety

This fourth article in a series on patient safety offers additional tips for you to play an active role in your own healthcare.

What is a healthcare plan?

A healthcare plan is a record of your past, current and future health information and goals. It can be kept in a binder, folders, or on your computer. Your plan includes your health history, medications, treatment goals, consultations, surgeries and appointments to monitor the progress of your health. The more complete the better.

Keeping a healthcare plan will help you to make decisions about your healthcare. It's your health and therefore your healthcare plan.

Many people may be involved with your plan. Your healthcare plan is continually evolving and its strength depends on your relationships with those who are involved.

Talking to your Doctor

A strong doctor-patient relationship involves two-way communication. While your doctor contributes

medical expertise, your contribution is equally as important because you know yourself best. The most satisfied patients are informed and involved in their healthcare.

If you find it difficult to be an active participant, a patient advocate can support you. If you believe your doctor doesn't allow you to be an active participant, raise your concerns with the doctor.

What is the best way to be active in your relationship with your doctor?

It begins with preparing for your appointments.

1. Have a healthcare plan – bring it along to help get the most from talking with your doctor.
2. Plan ahead. Doctors' offices can be busy and you may have limited time with your doctor.
3. Write out your concerns, review them with your Doctor.
4. List your symptoms, include details such as how long and when you experience them.
5. Bring a complete It's Safe to Ask Medication Card. Ensure it's com-

plete and up-to-date. Always include prescriptions, over-the-counter medications, vitamins, and herbal products.

6. Ask your patient advocate to attend the appointment if you feel it necessary.

If you don't understand what your doctor is saying, say "this is new to me, please explain again". Repeat back to the provider what you heard to ensure it is correct. If you're not sure what questions to ask, start with our three "It's Safe to Ask" questions:

1. What is my health problem?
2. What do I need to do?
3. Why do I need to do this?

After that, if you want more information, ask your doctor for recommended resources. If you have any concerns, it's your right to ask for a second opinion.

Following your appointment, it's a good idea to review notes with your patient advocate. Your doctor may have outlined future steps such as additional appointments

or prescriptions for medication. Add these to your healthcare plan to remember these important details.

Remember, your doctor plays an important role in your healthcare plan, and so do you. Open, two-way communication is key to your safety. Be sure to do your part, at appointments; be prepared, be active, and update your healthcare plan after.

For more information about these **S.A.F.E.** Toolkit topics, call **204-927-6470** or **1-866-927-6470** or visit safetoask.ca to view resources and videos.

Learn to be safe!

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)

The Plight of Dementia, cont'd from page 5

is opening next year in Langley, B.C. It's called The Village. Comprised of six, single-storey cottage-style homes and a community centre. The Village will be home to 78 people with dementia, an umbrella term that includes people suffering from Alzheimer's and other degenerative brain diseases associated with aging. Care will be provided by 72 specially trained staff." Project leader Elroy

Jespersen said. "The Village's design was inspired by Hogeweyk, the world's first dementia village, in The Netherlands." This model hasn't found any interest in Winnipeg at this time.

After researching dementia I've realized there may be no cure, but there are doctors who recommend ways in which young people can reduce their risk of acquiring it.

According to the Alzheimer's society here are some constructive proactive activities that can make a difference: keeping physically active, not smoking, eating a healthy balanced diet, keeping your alcohol within recommended limits, maintaining a healthy weight, giving your brain a daily work-out and socialization. I was 2 for 7. I needed to start making real changes to my lifestyle!

With these potentially life altering tips in mind, along with speaking to my dad, I realize

I'm probably just a little overworked, over extended and need some valuable sleep but by changing my lifestyle there are ways I can hopefully avoid a dementia in my future. ■



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Manitoba School Library Association (MSLA) Celebrates 80th Anniversary

By Gerald R. Brown



David Robertson



Gerald Brown



MSLA Executive preparing for 80th anniversary

The Manitoba School Library Association proudly celebrated 80 years in the service of school libraries in Manitoba on Saturday, March 10, 2018 at École South Pointe School in Winnipeg.

Teacher-librarians and school library technicians, new, experienced and retired from schools around Winnipeg and beyond, gathered to share stories and experiences from the past in a vibrant space that projects the future of school libraries.

École South Pointe School staff members, Ruthanne Dyck; principal, and Martina Blanchet; teacher-librarian were welcoming and generously shared the new school and its wonderful facilities. The library, a well-appointed teaching space with high flexibility and excellent breakout spaces for a variety of student projects and creative growth, was a key place to visit.

Many special guests brought greetings and shared their personal stories about libraries. These included greetings from the Provincial Government, Jon Reyes, MLA for St. Norbert; from the Manitoba NDP, Education Critic, Matt Wiebe; from the Manitoba School Boards Association, Josh Watt, Executive Director; from the Manitoba Teachers Society, James Bedford; from the City of Winnipeg, Councillor Janice Lukes, Fort Whyte District; and Kathleen McMillan brought greetings from Julie Fisher, Chair, PTSD Board of Trustees. Pauline Clarke, from Winnipeg School Division representing the MB Association of School Superintendents sent a written message.

MLA Jon Reyes commented on his happy experiences as a student in the Sisler High School library, and was delighted to acknowledge Margaret Gerber, his teacher-librarian, who was in the audience.

James Bedford talked about his experiences as a science teacher working with Zoya Osipova, teacher-librarian at Dakota Collegiate. He said, *I express great confidence that my assessment of our teacher-librarians is accurate because I know well many of your past award recipients.*

Josh Watt, Executive Director of Manitoba School Boards Association, reminded us that: *Celebrating our history is one of the most important contributions that one can make to their colleagues and citizen taxpayers. You cannot drive ahead if you are constantly looking in the rearview mirror, but then, you will not know where you are headed if you do not take time to look at where you have come from.*

The attendees of the celebration thoroughly enjoyed the talk given by David Alexander Robertson, who spoke about the process of reconciliation and empathy. David's story telling kept the audience rapt, laughing, and nodding in appreciation. He urged us to *think about our personal stories, and allow ourselves to connect them to the stories of the Indigenous people, so we can all share our past.*

David Alexander Robertson is a long-time friend of MSLA and an award-winning author and graphic novelist from Winnipeg. His book, **When We Were Alone**, won the 2017 Governor General's award for Young

People's Literature; Illustrated Books and the McNally Robinson Best Book for Young People Award.

MSLA Archivist and historian, Gerald R. Brown gave a brief review of the "Six Golden Threads of School Library Association History". He recognized individuals who had over the years, played significant roles in 1. Leaders and Leadership, 2. Education and Training, 3. Professional Development / Professional Learning; 4. Publications ..both print and electronic, (<https://www.manitobaschoollibraries.ca/>) 5. Awards and recognitions, and 6. Out of Province Activities and Recognitions. He commented on how these threads are woven together as a tapestry to tell the story of commitment and dedication to the teachers and students of Manitoba. Brown referred to the Association archives, now housed at the Provincial Archives, as a golden treasure waiting to be explored, to guide us as we grow and change.

Norm Guilbert, retired from River East Transcona School Division commented: *It was an outstanding event, and I had an opportunity to meet colleagues I had not seen in more than two decades. Thank you for compiling the archives and doing this historical review. Obviously, that is a labour of love that has taken many hours. It nudged my 'senior's memory' of many exciting achievements.* ■

For more information, contact: **Gerald R. Brown**, Library Consultant, Carolyn Sifton Library - Lions Place 906-610 Portage Ave. Winnipeg 204-284-5620 / browner1@shaw.ca

Tuesday, April 17th, 2018

Nationalizing the Trans Mountain pipeline is a terrible idea

By Aaron Wudrick, Federal Director
(This column originally appeared at Macleans.ca)

When Kinder Morgan announced on Apr. 8 that it was suspending all non-essential spending on the Trans Mountain pipeline expansion, Alberta Premier Rachel Notley immediately floated the idea of the Alberta government buying an equity stake in the pipeline. Even her political opponent, United Conservative Party leader Jason Kenney, agreed, arguing that a "market failure" justified the use of putting taxpayer money into the project.

Notley soon went further, suggesting that she was prepared to have the province buy the project outright, while the federal government also got into the act by emphasizing the need to "de-risk" Kinder Morgan investors.

By Sunday, following their meeting with B.C. Premier John Horgan—whose request of a court reference has held up the pipeline—both Notley and Prime Minister Justin Trudeau confirmed they were in discussions with Kinder Morgan to "eliminate financial risk" for the company.

There's a strong business case for Trans Mountain to get built, and it would be an economic boon not just to Alberta but the country as a whole. But no matter how you cut it, it's a terrible idea for the government to bail out—apologies, "invest in"—Trans Mountain for a whole host of reasons.

First, it wouldn't be cheap. Kinder Morgan has already sunk \$1.1 billion into the project, and the total cost is projected to run \$7.4 billion. It's hard to see how Alberta, already running large deficits and piling up debt, could afford such a purchase—one that wasn't even being considered a week ago.

The Notley government is already on track to triple the province's debt load in just one term in office. Meanwhile, the Trudeau government will add four times as much debt as it promised in the last election. Bottom line: there's no spare cash lying around for such an expensive purchase.

Second, the odds of government(s) being able to finish the expansion on budget are, to be charitable, slight.

Continued on next page



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... *Trans Mountain pipeline*, *cont'd from page 8*

Private companies have a built-in incentive to operate on time and on budget: if they don't, they can go out of business. When they lose money, it is private investors who are on the hook. Contrast this with governments, which face no such pressure, and can simply pass on cost overruns to taxpayers. Bombardier, which operates more like an extension of government than a private business due to endless taxpayer subsidies, is a classic illustration of how inefficiency and incompetence can persist when a company is shielded from market forces.

Third, even if the Alberta and/or federal government could complete the pipeline extension efficiently, they would then have to make money operating it. Ask yourself: how many crown corporations do you know that turn big profits?

Most years, Canada Post loses money delivering letters even though they have a monopoly on it. Ditto VIA Rail operating trains. Cities across the country seldom break even running something as simple as a golf course. Why would anyone expect the government to suddenly be able to run something as complicated as a pipeline operation?

Fourth, the benefits to Canada's economy of a government-owned pipeline will end up being far less than any current Kinder Morgan projections, for the simple reason that those projections do not account for the additional cost taxpayers would now incur to build it. Since nationalizing the project would cost at least \$7.4 billion, that amount would have to first be subtracted from any future revenues in order to calculate the net economic benefit.

Fifth, it sets a terrible precedent for similar projects in the future. Foreign investors will know they can

take Canadian governments to the cleaners' by threatening to pull out of a project, and force Canadian taxpayers to bear the cost. Indeed, Kinder Morgan is likely already emboldened to ask for "de-risking" because of the long track record our politicians have of caving into demands for corporate welfare.

Finally, and perhaps most importantly, is that nationalization will do absolutely nothing to address the fundamental problems that have caused the current crisis: opposition from the British Columbia government and environmental activists. Alberta taking ownership of the pipeline will not change the B.C government's political calculus, dampen the zeal of hardcore protestors, or deter First Nations groups determined to block it. If anything, it will add an additional layer of political interference, by substituting a political lens for a business one when it comes to building and operation.

Taxpayers should take note that similar arguments for government "investments" in a business were put forward back in 2009 when the federal and Ontario government opted to "invest" in General Motors and Chrysler. A 2015 CTF study found that the two governments lost a combined \$3.7 billion through that transaction.

Make no mistake, the delays on the Trans Mountain pipeline are extremely disappointing and need to be addressed. The federal government needs to show leadership to ensure it gets built and there's a strong case that it already has the tools it needs to do so, without putting a dime of taxpayers' money on the table.

The Trans Mountain debacle is not a market failure. It is a political failure—and now our politicians are trying to buy their way out of the very mess they created in the first place. ■

Tap your feet and hum along at the Manitoba Seniors Music Festival

By Howard Mar



The Dixie Beats

(Winnipeg) - Orchestra, Concert Band, Big Band, Jazz, Dixieland, Flute Choir, Vocal Jazz and Barbershop; in the atmosphere of acoustically advantaged church, the beloved Manitoba Seniors Music Festival returns to the glorious Sturgeon Creek United Church, 207 Thompson Drive, in Winnipeg for five days of diverse music for people of all ages.

The Festival is a showcase of community music with fifteen groups performing in the five concerts. The three hundred and forty performers range in age from thirteen to eighty-three years. It's about community music groups of seniors and friends performing for seniors and friends.

We dare you to keep your feet still with the 2018 line-up, which includes an assembly of the most eclectic groups sure to appeal to all ranges of tastes and styles. Each of the five evening performances from

May 8 to 17 begin at 7:00 p.m. and afford the audience members with an exquisite arrangement of themes that include "Magic of Music", "Power of Music", and "Love of Music".

Tickets for each theme night are \$12 and available at McNally Robinson or at the door.

The Festival comes alive with the opening performance on Tuesday, May 8th, with the toe-tapping "Joy of Music" featuring the Executive Big Band, Chamber Orchestra of St. John's College, and the Rupertsland Brass Band.

The closing "Celebration of Music" performance on Thursday, May 17 is guaranteed to have you humming with the Falconer Brass Quintet, Winnipeg Golden Chordsmen Chorus, and Westwood Community Band.

Experience your new favourite musicians this spring, who are bound to put a spring in your step! ■

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Enjoy the **Magic of Music** on **Wednesday, May 9th** with
Blaskapelle German Club Band
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Northwinds Community Band

Enjoy the **Power of Music** on **Friday, May 11th** with
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Sweet Silver Winds from Flutes by the Score
Murray Riddell Big Band

Enjoy the **Love of Music** on **Monday, May 14th** with
Dixie Beats Dixieland Band
Winnipeg Mandolin Orchestra
Assiniboia Concert Band

Enjoy the **Celebration of Music** on **Thursday, May 17th** with
Falconer Brass Quintet
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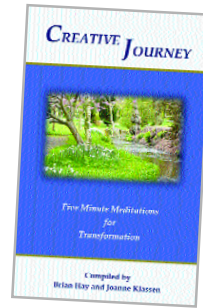


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

ANTICIPATE

Margaret Harms (MH)

To me, every hour of the day and night is an unspeakably perfect miracle.
(Walt Whitman)

Today I anticipate Spring. Although it is mid April, there is still snow everywhere, but I anticipate a change. I anticipate warmer days, refreshing rains, and digging my bare toes into lush green grass. I anticipate the sounds of Spring, the melodious songs of returning birds, croaking frogs, and honking geese as they fly overhead in their V-shaped formation.

I anticipate the delight of children everywhere as they race to pick the bright yellow blossoms of the infamous dandelion along roadsides, in ditches, and yes, growing prolifically on our lawns. How well I remember the joy with which my students presented me with bountiful bouquets of dandelions gathered from the

schoolyard. By the end of the school day the flowers were closed and wilted but the love in the offering remained in my heart.

I anticipate the planting of my vegetable and flower garden. It's as if I can feel the rich soil run through my fingers even now. I anticipate the roar and hum of trucks, tractors, and other farm machinery as farmers prepare for spring seeding. (MH)

I anticipate the joy of a new season and so with the promise of renewed life, I wait.

Margaret Harms (MH)

Margaret Harms is a retired teacher. After retirement she has travelled to Burkina Faso, Africa, completed a Life Writing course at CMU, and has taken up painting. Margaret writes poetry, memories of her childhood, and stories of her family and her teaching experiences. Her passion is reading. Margaret and her husband live on a small acreage near Lowe Farm, Manitoba, Canada, where they enjoy gardening in summer. She lovingly tends her roses. E-mail: mjharms60@gmail.com ■

PREPARE

Joanne Klassen (JK)

The future belongs to those who prepare for it today.
(Malcolm X)

It will still be a few weeks before plants can safely be put outdoors, but I want to be ready. For plant-lovers like me, garden centres and greenhouses are the place to be when the earth calls us to participate in the festival of colour whose time will soon arrive.

This week a friend and I drove outside the city to a sprawling garden centre with greenhouses reaching in all directions. As we entered one building, a sea of geraniums in rows of a dozen shades of red, pink, coral, and white greeted us. I stood mesmerized by this ocean of blossoms. How could I choose among so many expressions of perfection?

As Spring approaches, I feel an inner impulse to ready myself to blossom too. Which expression will I choose? Will it be through a garden, a poem, a meal, or a song?

It may not matter which I choose as much as making the decision to participate in life—by adding my own colour to life's bouquet. (JK)

I delight in my creative nature. I bloom where I am planted today.

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. ■

“Talent wins games, but teamwork wins championships.”

- Michael Jordan (born 1963)

Retired Professional Basketball Player, Businessman

Play Ball! Youth compete in Phoenix, Arizona

By Metro Hnytka



Victoria Mariners (B.C.)

Third week in March, Spring is on its way. Time to make my annual trip to Phoenix, AZ to watch some kids play baseball. The kids are 15-18 years old from B.C. and they play very good ball. At that age, they have already grasped the concept of the game. They can hit, run, catch and throw the ball with great accuracy.

The kids, one whom is my grandson, go to their games by bus which, after the recent accident with the Humboldt Broncos in Saskatchewan, makes me a little concerned. But

travel is part of the game.

The young players in Phoenix all enjoy themselves and are eager to hear 'Play Ball!' They sort of look like us older players when we start our season.

To join our happy gang – Winnipeg **South Senior Slow Pitch Club** – phone Bob: 204-261-3033 or Grant: 477-1050.

I hope for the safety of all the kids travelling to their games and send condolences to all the people affected by the Saskatchewan tragedy. ■

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THE BUZZ



Story by Scott Taylor
Photos by Jeff Miller, Dan LeMoal and courtesy Assiniboia Downs

Summer is Coming

As the Winnipeg Jets and Manitoba Moose battle through the NHL and AHL playoffs and the Winnipeg Blue Bombers get set for another Canadian Football League season, the summer will start at the ballpark and out at the city's world class thoroughbred track.

Summer is almost here and on Sunday, May 13 (Yep, that's Mother's Day), Assiniboia Downs will open its 2018 meet and then, on Friday, May 25, the Winnipeg Goldeyes will play their home opener at beautiful Shaw Park in downtown Winnipeg.

Now we'll take a close look at the upcoming Blue Bombers season in our next edition of *The Buzz*, but for now, let's dig into spring at the racetrack and the start of the 2018 Goldeyes' American Association campaign.

It's beginning to feel like summer:

THE DOWNS WILL BE BIGGER AND BETTER THAN EVER

Spring training is underway and Darren Dunn would like five minutes without a phone call.

The CEO of Assiniboia Downs has spent the off-season working with his staff to guarantee that the excitement and competition at Winnipeg's world-renowned thoroughbred track will be bigger and better than ever before.

The effort seems to have worked. "The phone has literally been ringing off the hook with inquiries from horsemen about racing at Assiniboia Downs," said Dunn on Thursday. "By far, this is the most interest we've had in years."

It's hard to imagine that things can be better than they were last year. After all, the jockey competition between Adolfo Morales and eventual champion Rohan Singh was one of the most memorable races in Downs history. The fact that both Morales and Singh are both charismatic and courageous riders who always give bettors their best effort, made it even more intriguing. As well, the thrilling performances of three-year-old filly Escape Clause, the Manitoba-bred horse was purchased for just \$3,500 at the annual CTHS yearling sale two years ago, has culminated in Escape Clause's nomination to a \$50,000 stakes race on Kentucky Derby Day, this coming Saturday, May 5, at Churchill Downs. Escape Clause won seven stakes races at the Downs last summer and was easily Horse of the Year.

Now, Manitoba fans can watch her run at Churchill Downs on Derby Day.

Meanwhile, between the jockey colony and a definite expansion of

horse flesh in the stable, the 50-day 2018 meet will be outstanding.

"The jockey colony last season was considered one of the most competitive ever," Dunn said. "To that end, we have the same lineup returning for this campaign with the exception of former multiple leading rider, Chris Husbands, who will, initially, be taking his tack to Woodbine. If he experiences success he will stay there, but the door is always open for a return."

"There are more than 200 horses on the grounds for spring training right now. The main track (visual to the public and used for actual live racing) is set to open next week, about one week later than usual due to the cooler recent temperatures. When the main track does officially open, the backstretch barns will be flooded with horses arriving from other jurisdictions set to test Assiniboia Downs for the summer."

The live racing season begins Sunday, May 13, at 1:15 p.m. It's a Mother's Day afternoon of the best in thoroughbred racing and it will set the tone for one of the most competitive seasons on record at the Downs.



CHAMPIONS AND LEGENDS AT THE DOWNTOWN PARK

So what do you do after winning two straight championships? The answer to that is pretty simple: You honour the champions, retire a legend's number and, essentially, play host to a party that will last nearly five months.

The 2018 Winnipeg Goldeyes are set to start their 25th Anniversary Season and during this incredible summer at Shaw Park, there will be no shortage of special events. And on top of those events, there will also be a brand new Craft Beer Corner across the top of sections A and B down the leftfield line.

The Party: The Craft Beer Corner will offer six taps throughout the 2018 season, beginning with the Goldeyes' home opener on Friday, May 25, against the Sioux Falls Canaries. Labatt Breweries Manitoba will offer Mill Street Organic and Goose Island. Winnipeg-based Fort Garry Brewing Company, which has produced the Goldeyes' official "Angry Fish" Pilsner since 2012, will also serve from two taps during the season. The remaining two taps will be shared by five Manitoba-based breweries for 10 home games each. The breweries include One Great City Brewing Co., Little Brown Jug, Barn Hammer Brewing Company, Torque Brewery, and Farmery Estate Brewery.

Oh, and don't forget, all season long, the Goldeyes will present the Subway \$25,000 Hit for The Cycle Promotion. In this 25th season, a Goldeyes player hits for The Cycle in 2018 - a single, double, triple and home run in one game - some lucky fan will win \$25,000.

There will also be seven fireworks games this season. Everybody loves

fireworks and nobody does it better than the Goldeyes and their partners from Archangel Fireworks.

The Champions: The home opener presented by Pepsi will be played on Friday, May 25, at Shaw Park and all fans in attendance will receive a 2018 Magnet Schedule. Prior to the first pitch at 7:05 p.m., the Goldeyes will raise the 2017 American Association championship banner and then after the game it's the first of seven postgame fireworks spectacles, presented by Archangel Fireworks.

The Legend: On July 12, the Goldeyes will officially retire uniform No. 22, in honour of former manager Hal Lanier. The legendary manager of the Goldeyes will be the guest speaker at the Goldeyes 25th Anniversary Luncheon at the Fairmont Hotel that afternoon and then he'll take part in the official retirement ceremony that same night as the Fish face the Sioux Falls Canaries.

It is going to be a remarkable summer and the Goldeyes Promotions Schedule is packed with fun:

JUNE

- June 8 - Replica Championship Ring Giveaway - Fireworks
- June 9 - Bark in the Park
- June 27 - Fourth Annual Ukrainian Celebration
- June 28 - Shirt Off Our Backs Night

JULY

- July 1 - Canada Day Celebrations
- July 14 - Baseball Bingo
- July 24 - Country Night and Cowboy Hat Giveaway
- July 25 - Christmas in July
- July 28 - Pajama Party, Movie and Sleepover Night

AUGUST

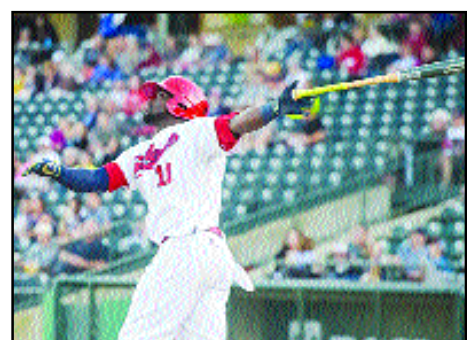
- August 8 - Jamaica Trip Giveaway
- August 18 - Zombie Night & Fireworks
- August 27 - Turn Back the Clock Night
- August 28 - Hockey Night

The Goldeyes 25th Anniversary season will be a Summer of Champions, a Summer of Legends and a Summer of Fun. And it all begins at Shaw Park on May 25.

See you at the ballpark! ■



Team Escape Clause -- owner Barry Arnason, jockey Adolfo Morales and trainer Don Schnell.



Fan favourite Reggie Abercrombie is back for another season.



The Goldeyes will retire legendary manager Hal Lanier's number.



Spring training at the Downs.

Celebrating Louis Riel's Manitoba!

- Camerata Nova

WINNIPEG, MB – Come celebrate the music of Louis Riel's Manitoba with Camerata Nova at **Red River Song**. Imagine the squeal and squeak of wooden wheels turning on wooden axles and the sound of Red River carts mixed with fiddles and voices! Curated by Artistic Director Andrew Balfour and Mel Braun, **Red River Song** will take place on **Sat. April 28 at 7:30 pm** and **Sun. April 29 at 3:00 pm** at Eglise Précieux-Sang (200 Kenny Street). Tickets are \$30 for adults, \$25 for seniors and \$15 for under-30s.

Camerata Nova is thrilled to feature Manitoba artists including violinist/fiddler Claudine St-Arnauld and 15-year-old fiddler (and Louis Riel descendant) Alexandre Tétrault, as well traditional dancers Julien Beaudette-Loiselle and Marcus Merasty. The concert also features a few songs

of the legendary Métis bard Pierre Falcon, arranged by Duncan Chester, about the buffalo hunt and the Battle of Seven Oaks, plus *Ode to the Red River Cart* by Mel Braun, a suite of Métis songs from the Gabriel Dumont virtual museum.

Typical of Camerata Nova, not all the squeal and squeak is from the old world. Run, Freddy, Run! is a new work by Manitoba Métis composer, Eliot Britton, now Assistant Professor of Composition at the University of Toronto. He was inspired by Freddy, the bison from Lorette who keeps escaping his pen and who has his own Facebook page! Well known for his innovative soundscapes, Eliot is sure to bring new colours to our celebration of all things Métis.

The concert ends with a giant "kitchen party" as musicians, jiggers and audience make music together –

bring your spoons!!

Tickets (\$30 for adults, \$25 for seniors and \$15 for under-30s) are available at McNally Robinson Booksellers, at www.cameratanova.com, at the door or by phone at **204-918-4547**. The Église Précieux-Sang is wheelchair-accessible; please call us if you need assistance.

Other highlights:

• **Camerata Nova Raffle** – Win a trip to Churchill! First prize includes return airfare for two from Winnipeg to Churchill, courtesy of Calm Air (\$4,500 value), \$500 cash and a toque and jacket (\$75 value). 2nd prize is a Toona Iqulik stone sculpture (\$950 value). Only 1200 tickets printed! Tickets (\$5 each) can be purchased at *Red River Song* or by contacting Camerata Nova - **204-918-4547** or info@cameratanova.com.

The draw will be held on Sunday, April 29.

• **2018-2019 Season Launch** – Information on our exciting 2018-2019 season line-up will be available at the show along with the ability to purchase subscriptions and individual tickets. They can also be purchased by phone (**204-918-4547**), online at cameratanova.com or in person at our concerts. Full subscriptions (three concerts) are \$80 (adults), \$65 (seniors) and \$35 (under 30), with a subscriptions-for-two offering at \$150, \$120 and \$60 respectively. We are also continuing to offer our two-concert mini-packages (\$50, \$40, \$20, or for two, \$90, \$70, \$30). Tickets for individual concerts are also available at McNally Robinson Booksellers. ■

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Glazed and Confused Carrots

Metric	Ingredients	Imperial
500 g	carrots, sliced	1 lb
40 ml	peach jam	3 tbsp
5 ml	grated orange zest	1 tsp
5 ml	dijon mustard	1 tsp
1 ml	ground thyme	1/4 tsp

Cook carrots until tender crisp. In a small saucepan; combine jam, orange zest, mustard and thyme. Cook over medium heat until bubbly, about 2 minutes. Toss cooked carrots with glaze and serve. **Serves 4**

Spinach Pudding

Metric	Ingredients	Imperial
2	packages frozen spinach, thawed	2
3	eggs, beaten	3
500 ml	creamed cottage cheese	2 cup
75 ml	parmesan cheese, grated	1/3 cup
50 ml	swiss or havarti cheese, grated	1/4 cup

Mix all ingredients together. Pour into greased casserole dish. Sprinkle additional grated parmesan cheese on top if desired. Bake in preheated 350 F (180 C) oven for 30 to 45 minutes or until set. **Serves 6**

WORDSEARCH - LAW

By Senior Scope

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

CROSSWORD

After Work

By Adrian Powell

ACROSS

- 1 Vehicles full of little green men
- 5 Amniotic sac
- 9 Exploding stars
- 14 Adonidas of "The Beachcombers"
- 15 Walkthrough the wilderness
- 16 Thwart
- 17 Your last wing ding at the office, maybe
- 20 Alberta clipper dir.
- 21 Good part of most newspapers
- 22 Japanese musical drama
- 23 Free pass to the next round
- 24 Show up for
- 26 Molar, for one
- 28 When you do your final shift, usually
- 33 Elephant's rodent-like cousin
- 34 West Indies resort island

- 35 Tell whoppers
- 38 Says "Scram!"
- 41 One type of rummy
- 42 Heart chambers
- 45 Clumsy
- 48 Big event you're planning after you finally quit work, say
- 54 Fine-grained soil
- 55 Piece over a door
- 56 Scribes dip into it
- 59 Problematic Hamelin beast
- 60 Leo's mo., partly
- 61 "___ never do that!"
- 62 Your lump sum retirement pay out
- 66 Radio booth warning sign
- 67 Tiny biter
- 68 Unreturnable serves
- 69 Rips to pieces

- 70 Three-petaled marsh bloom
- 71 Pub projectile
- DOWN
- 1 "Outta sight!"
- 2 Guadalajara gala
- 3 Groups of eight
- 4 Be seen moving fast among some moguls
- 5 Popular varieties of cheese
- 6 Zeros in on
- 7 Something that gets plucked in Hawaii
- 8 Fab Four member
- 9 Mothball ingredient
- 10 Roe, scientifically
- 11 Action word
- 12 Affectedly
- 13 Common eye ailment
- 18 Bachman of "The Guess Who"
- 19 Horn beep
- 25 Obsolete letter of mediaeval times
- 26 Diphtheria and tetanus preventatives
- 27 The lady over there
- 29 Defiant shout
- 30 Water pitcher
- 31 Judoka's belt
- 32 Blackball
- 35 Supreme Court's area of expertise
- 36 "What was ___ do?"
- 37 Bungle up
- 39 White Monopoly bill
- 40 Isolates
- 43 Sick
- 44 Devoted fans
- 46 Prudes
- 47 Giant barrel
- 49 Get off the bottle
- 50 Areas almost surrounded by water
- 51 Where Ulysses once lived
- 52 Indiana Jones of "Raiders of the Lost Ark", basically
- 53 First-born kid
- 56 Stravinsky of music
- 57 Not a whit
- 58 "Mississippi Burning" gp.
- 60 Dead set against
- 63 Took action
- 64 Very popular inhalant
- 65 Owned, once

SOLUTION ON NEXT PAGE

- | | | | | |
|------------|------------|--------------|------------|-------------|
| Accretion | Cause | Enjoining | Legacy | Relief |
| Adjective | Caveat | Enjoinment | Major | Residuary |
| Alibi | Circuit | Essential | Minor | Reversible |
| Alterable | Connivance | Evidence | Nonaged | Review |
| Assignment | Contractor | Grant | Panel | Scienter |
| Bar | Covert | Heirloom | Permissive | Substantive |
| Bench | Demur | Injunction | waste | Suit |
| Bequest | Devise | Intestate | Plea | Underage |
| Case | Disclaimer | Intra vires | Pretrial | Vouchee |
| Causa | Dissent | Jurisdiction | Privilege | |

SOLUTION ON NEXT PAGE

Canadian CyberQuotes

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

P D S D J X D S W G K E R L D E J D N N O L A X E N X H A W
W K O L D O O L A C P D S Z X S D N N C B F E P L D W A
O L X S Y W G L X P L O L A C D E A O K K K N J O K
A S Q K C . — E X P L D E J Q . S A A J L D T

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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WARNING: MAY SPOIL APPETITE IF EATING

Roomba *(an unfortunate poopy but funny story)* - Jesse Newton (circulated on Facebook)

So, last week, something pretty tragic happened in our household. It's taken me until now to wrap my head around it and find the words to describe the horror. It started off simple enough - something that's probably happened to most of you.

So, first you clean the child. You scrub the poop off his feet and put him back in bed. But you don't bother cleaning your own feet, because you know what's coming. It's inevitable, and it's coming at you like a freight train. Some folks would shrug their shoulders and get back in bed to deal with it in the morning. But you're not one of those people - you can't go to sleep with that war zone of poop in the living room.

Sometime between midnight and 1:30am, our puppy Evie pooped on our rug in the living room. This is the only time she's done this, so it's probably just because we forgot to let her out before we went to bed that night. Now, if you have a detective's mind, you may be wondering how we know the poop occurred between midnight and 1:30 am. We were asleep, so how do I know that time frame?

Why, friends, that's because our Roomba runs at 1:30am every night, while we sleep. And it found the poop. And so begins the Pooptastrophe. The poophocalypse. The poopening.

So you clean the Roomba. You toss it in the bathtub to let it soak. You pull it apart, piece-by-piece, wondering at what point you became an adult and assumed responsibility for 3:30 am-Roomba-disassembly-poop-cleanup. By this point, the poop isn't just on your hands - it's smeared up to your elbows. You already heard the Roomba make that "whirlllllllllll-boop-hisssssssss" noise that sounds like electronics dying, and you realize you forgot to pull the battery before getting it wet.

Oh, and you're not just using profanity - you're inventing new types of profanity. You're saying things that would make Satan shudder in revulsion. You hope your kid stayed in bed, because if he hears you talking like this, there's no way he's not ending up in prison.

Then you get out the carpet shampooer. When you push it up to the rug - the rug that started it all - the shampooer just laughs at you. Because that rug is going in the trash, folks. But you shampoo it anyway, because your wife loved that damn rug, and you know she'll ask if you tried to clean it first.

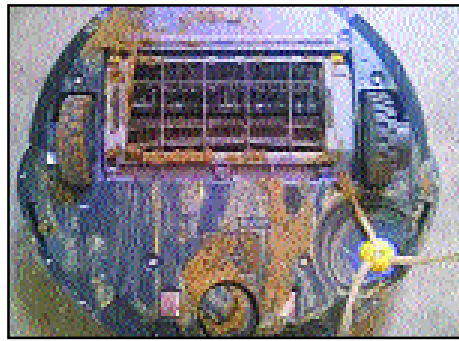
If you have a Roomba, please rid yourself of all distractions and absorb everything I'm about to tell you. Do not, under any circumstances, let your Roomba run over dog poop. If the unthinkable does happen, and your Roomba runs over dog poop, stop it immediately and do not let it continue the cleaning cycle. Because if that happens, it will spread the dog poop over every conceivable surface within its reach, resulting in a home that closely resembles a Jackson Pollock poop painting.

It will be on your floorboards. It will be on your furniture legs. It will be on your carpets. It will be on your rugs. It will be on your kids' toy boxes. If it's near the floor, it will have poop on it. Those awesome wheels, which have a checkered surface for better traction, left 25-foot poop trails all over the house. Our lovable Roomba, who gets a careful cleaning every night, looked like it had been mudding. Yes, mudding - like what you do with a Jeep on a pipeline road. But in poop.

Then you get out the paper towel rolls, idly wondering if you should invest in paper towel stock, and you blow through three or four rolls wiping up poop. Then you get the spray bottle with bleach water and hose down the floor boards to let them soak, because the poop has already dried. Then out comes the steam mop, and you take care of those 25-ft poop trails.

And then, because it's 6 am, you go to bed. Let's finish this tomorrow, right?

The next day, you finish taking the Roomba apart, scraping out all the tiny flecks of poop, and after watching a few Youtube instructional videos, you remove the motherboard to wash it with a toothbrush.



Then you bake it in the oven to dry. You put it all back together, and of course it doesn't work. Because you heard the "whirlllllllllll-boop-hisssssssss" noise when it died its poopy death in the bathtub. But you hoped that maybe the Roomba gods would have mercy on you.

But there's a light at the end of the tunnel. After spending a week researching how to fix this damn £350 Roomba without spending £350 again - including refurb units,

new motherboards, and new batteries - you finally decide to call the place where you bought it. That place called Hammacher Schlemmer. They have a funny name, but they have an awesome warranty. They claim it's for life, and it's for any reason.

So I called them and told the truth. My Roomba found dog poop and almost precipitated World War III.

And you know what they did? They offered to replace it. Yes, folks. They are replacing the Roomba that ran over dog poop and then died a poopy, watery death in the bathtub - by no fault of their own, of course.

So, mad props to Hammacher Schlemmer. If you're buying anything expensive, and they sell it, I recommend buying it from them. And remember - don't let your Roomba run over dog poop... ■

Thank you to Facebook users for sharing this story.

Solution to **Canadian CyberQuotes** :

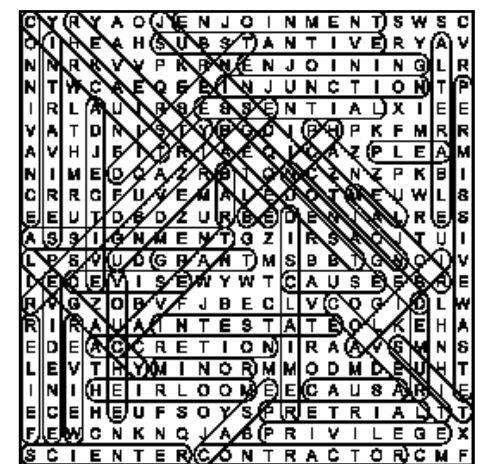
Canadians work hard all their lives so that they can finally purchase things which they are too old to enjoy.

— Richard J. Needham (1912-96, Gibraltar, in Canada from 1928. Author, humour columnist and editor)

CROSSWORD - Solution

U	F	O	S		C	A	U	L		N	O	V	A	S	
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O	N	A	I	R		M	I	T	E		A	C	E	S	
R	E	N	D	S		I	R	I	S		D	A	R	T	

WORDSEARCH - Solution



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