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Where can we shop in 2017?

By Roger Currie



The way we shop is changing. Are you ready to change with the times?
Left to right: Polo Park, The Bay downtown, online shopping, small town stores in Stonewall - Deals for Dollars, red apple.

The end of summer vacation used to be the occasion for major shopping expeditions for families on the prairies. There were long lists of school supplies to take care of, most of which had nothing to do with digital electronics.

Clothing for all of us had to be replenished, and for those who lived in rural Manitoba, that might mean a journey to Brandon, or possibly Winnipeg, either to the downtown Bay or Eaton's stores, or to that wondrous collection of shops at Polo Park.

We still need all that stuff, but the way we acquire it has changed dramatically. Robert Warren is a Winnipegger who is recognized as one of North America's leading experts in the world of retailing and merchandising. He used to teach at the Asper School of Business at the University of Manitoba, but these days he commutes across the border to Grand Forks, teaching at the University of North Dakota.

Warren says the death of Eaton's in 1999 provided stunning confirmation, if we needed it, that the world was changing and the days of the big department store were probably numbered. In 2017, rather than a shopping cart, the most important consumer tool for many of us would be the computer screen and before too long, the smart phone.

He says "Some retailers continue to be very busy. Rather than department stores or big box stores, it tends to be businesses with a more narrowly focused product line". The biggest driver for all of this has been the relentless increase in shopping online, or e-commerce.

Rob Warren says this transition has been embraced with great enthusiasm by consumers between the ages of 18 and 50 - Generation X and the so-called Millennials - and us Baby Boomers are quite a bit slower at getting with the program. "The over 50's

have not embraced mobile technology to the same extent as the younger groups. They also still want to get out and walk the aisles of the stores and handle the merchandise. Besides wanting to find good bargains, they love the social aspect of shopping," Warren says.

In a way, this major shift in the world of shopping is connecting with some of what people in small rural communities have done for a long time. Whereas in the 1970's, residents of places like Stonewall and Teulon would eagerly await the arrival of the catalogues put out by Eaton's and Sears, today they have a similar purpose in surfing

Continued on page 3

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American Standard

Where can we shop..., cont'd from front page

the online world. It is helping in a way to level the playing field when it comes to shopping.

Warren says "This actually opens them up to more styles, sizes and colours than if they came to Winnipeg because most retailers don't put their entire selection on display in a given store. It's far too expensive to carry that much inventory, but they will definitely offer it to customers online."

The implications for employment in retail are enormous. In the 1950's, Eaton's was in the top five when it came to providing jobs in Manitoba. As these words are being written, Sears is in the process of closing 59 stores across across Canada, including one of their three outlets in Winnipeg. It will mean the loss of more than 2,000 jobs.

Rob Warren says it won't be a total negative. "Online giants like Amazon



Robert Warren

are adding lots of new employees at their distribution centres. If you're working in retail today, it may well be as a 'fulfillment person' in a warehouse somewhere, rather than standing beside the merchandise waiting to greet customers" he says. Indeed,

wages for folks working in those warehouses may even provide a better income than traditional retailing did in days gone by.

Like everything else in the 21st century, our grandchildren have learned to accept the notion that nothing is likely to stay the same for very long, and they must be ready to change with the times. Warren says "The only thing I can guarantee you is that all of this will continue to be unstable for at least the next five years".

In Canada, he predicts another major shake-out involving *Hudson Bay Company*. But don't hold your breath waiting for something to happen with the 91 year old Bay building at Portage and Memorial in Winnipeg. In recent years, the company has tried to give the building away to organizations like the nearby University of Winnipeg,

with no takers. The cost of 're-purposing' such a facility would be hugely expensive, not unlike the problem of the empty building north of Polo Park that was very briefly one of the homes of *Target* in Manitoba.

Timing is everything, and boy did that U.S. retailer get it wrong! ■

Roger Currie is a Winnipeg writer, and the news director on CJNU, 93.7 FM.

Vital Seniors teams win Gold & Silver at the 55 Plus Games

Photos by Margaret Morris

Vital Seniors (St. Vital / St. Boniface - Winnipeg) sent two non-cued carpet bowling teams to the 55+ games in Killarney. Both teams scored metals. After the competition, all members joined Bill and his wife in the campground for lunch (supplied by Safeway on St. Annes' Road). The three important guidelines of Carpet Bowling are have fun, get exercise, and avoid hitting anyone with a ball. The volunteers in Killarney were helpful and considerate. Three cheers to them all!



Silver medallists Bill Cooper, Jess Reid, Lesley Smith, Karen Irvine



Gold medalists Robin Morris, Margaret Morris, Co-Captain Rose Petry, Captain Richard Smith

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Secure your nest before going south

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

Key Points:

- Taking care of your financial affairs before leaving the country is very important, considering the potential financial repercussions if they are not properly in order.
- Health insurance, taxes, investments and bills are just some of the items you should have in order before you leave for the U.S.

If you have any questions about securing your retirement nest before going to the U.S., I would be happy to help.

may be planning opportunities to take advantage of. This is specially important since a death in a foreign country can complicate estate issues. Your relatives or executor should know where to find your will.

Your Power of Attorney (called a Mandate in anticipation of incapacity in Quebec) must also be current. Through a Power of Attorney, you designate someone to make financial decisions for you should you become incapacitated. If necessary, you can appoint someone you trust to manage your domestic finances while you are away or out of reach.

an ATM. It's a good idea to obtain duplicate ATM card in case your original is lost or stops working. And investigate other means such as a U.S. dollar money market account that carries chequing privileges.

The best way to ensure you've thought of everything is to sit down with me before your trip starts. ■

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It's especially important that those leaving the country for an extended vacation make appropriate arrangements including snowbirds who split their retirement between Canada and the southern U.S. Here are some issues to discuss before making your next trip:

- Health insurance**
- Make sure you have adequate out-of-country health insurance coverage. If you run into a medical emergency, you can run up massive debts without insurance coverage. Be sure you are familiar with the terms of your policy - particularly the sections concerning existing medical conditions (which may not be covered).
- Wills and Powers of Attorney**
- Your will should be up to date so that all of your bases are covered. If you have assets outside Canada your will should be reviewed to ensure these assets are properly dealt with. There

Manage your investments

Make arrangements in advance to deal with term investments that might come due in your absence, such as Guaranteed Investment Certificates (GICs). If you have mutual funds or securities in your portfolio, speak to your financial advisor about how to best handle them while you're away. If you have a computer and you're willing to tear yourself away from leisure activities, you may be able to manage most of your finances via the Internet. Check with your financial institution.

Income Taxes

Unfortunately, you can't take a holiday from the taxman. Make arrangements to file your yearly income-tax return if you are absent at the end of April. If required, make sure quarterly income tax payments are made in your absence.

Pay bills

Pay outstanding bills before you leave, and make arrangements to have those that arrive in your absence paid. Again, you may be able to take care of these through Internet banking.

A host of other details should be taken care of before you travel, such as arranging for access to cash through

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Gord is at the Victoria Beach (VB) Country Market, a local weekly 3-hour event at the Beach, where he has a cottage. Thanks to his daughter and son-in-law-, Gord Bryce, who lives in Winnipeg, got the chance to show off his wood carvings and other items he creates from his surroundings. Before closing time, Gord was packing up to go home to find more things to bring back for the last Saturday of the summer

 Gord Bryce, (left photo) carves out a name for himself with his creations (right) which he sells at the Victoria Beach Country Market.

Continued on next page

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Coin Collecting: Economics Meets Numismatics - PART II, Cont'd

By: Barre w. Hall B.Sc, J.D., LL. M. (Northwestern)



Correction: The Manitoba Coin Club's 63rd Annual Coin & Stamp Show will be held September 30th (not Sept. 20) & October 1/17 (Sat/Sun) at the Sunova Centre, West St. Paul.

Introduction

In last year's monograph (*Senior Scope July 7-August 3, 2016*) we looked at coin collecting and coin collectors in a broad context and then narrowed our focus to precious metal content of coinage and its potential economic usefulness. At this point we will further narrow our focus to bullion coins, their collectibility and the body of collectors interested in this area. Specifically we will look at the origin and nature of bullion coins, availability, buying and selling, liquidity and practical implications.

In the Aug. 9-Aug. 30/17 issue of *Senior Scope*, three categories of Canadian coinage was discussed, plus the Economics of coin collecting. If you missed it, you can read it online, visit www.seniorscope.com, and 'click to view' the **Aug. 9-Aug. 30/17 issue** link below the cover image on the home page.

PART II, Cont'd Numismatics

Numismatics deals with the collecting, preservation and display of coins, bank notes, tokens and share certificates. Coin collecting, in particular has been around for centuries and has taken many forms most commonly collecting "date sets" or "type sets" of general circulation coins. More recently, however a different coin has entered the mix and that is the bullion coin. Bullion, primarily gold and silver but also platinum and palladium, in specified measures, has become popular to hold as an investment, speculation or currency insurance. These coins, Leafs, Eagles, Buffaloes and so forth were described earlier.

Bullion coins have become artistic, more attractive in appearance even than general circulation coins. And, they now have become collectible in their own right, individually, or, in "rolls" of 20 or 25 coins. They have a high gold or silver content and are easily identifiable and evaluated. In addition there are earlier "business strikes" of Canadian and U.S. origin, namely the \$2 1/2, \$5, \$10 and \$20 dollar gold coins and both Canadian and U.S. silver dollars and lesser denominations of high silver content. Finally, there exists a wide and numerous varieties of gold, silver, platinum and palladium coins, both Canadian and U.S., struck by each country's mint especially for collectors.

All of the aforementioned gold and silver versions contain precise quantities of metal and in very many cases are obtainable near the "melt" or "spot" gold or silver price. They are very reasonably priced with little numismatic value priced in.

Economics Meets Numismatics

The impact of severe government over-indebtedness is obviously problematic. It can be addressed by spending constraint, raising taxes (is that a carbon tax I see?) or outright debt default-but it won't be because all are toxic to voters. Rather, in the face of a farago of misleading commentaries by various governments, inflation will likely emerge and grow. Some of the public will detect sinuosity yet governments will still inflate as this is "least painful" for the architects of the debt fiasco.

What to do? You can bet that governments (i.e. politicians) will prefer "circus plate spinning" or "tap dancing" to any workable solution. Governments want to spend, not solve problems; they are truly sui generis and will likely do nothing. The result will be depreciating currencies, i.e. inflation, which we can

expect to accelerate. (I.e. like chewing on a mouthful of tin foil)

How to address this coming problem of diminished purchasing power? Prospectively is better than "ex post facto". The best approach would be to own assets that will hold value or actually increase. A useful asset class would be precious metals, primarily gold or silver. Such a holding could be viewed as a form of "currency insurance" or "currency protection" should inflation really take off or if a country or its currency actually collapses under an unsustainable burden of debt. All of this is primarily common sense of course. Bullion coins offer a potential solution.

Conclusion

The problems of unsustainable government debt have clearly lurched into view bringing obvious concerns. A modest gold or silver holding would be helpful to acquire to offset potential inflation and currency issues which seem likely to ensue. A defensive position could include gold or silver bullion coins (earlier described) or alternatively gold or silver "business strikes" such as earlier circulating issues, for example, silver dollars, or Canadian or American gold \$5 and \$10 coins previously used in general circulation.

And now there is really great news! Many of the foregoing will be available at the Manitoba Coin Club's 63rd Annual Coin, Stamp & Collectibles Show to be held Sat/Sun Sept. 30 / Oct 1/17 at the Sunova Centre, West St. Paul (Winnipeg); simply take the first left just North (at Kapelus Drive).

Many dealers will be there with coins, tokens and stamps to offer and to answer your questions. Make a day of it. Come with paper, leave with gold!

If you have any questions (or comments) feel free to contact the writer, Barre Hall, at **204-296-6498**. ■

Victoria Beach Country Market, cont'd

market. He sold out... and was tuckered out, but you won't hear that from him.

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THE BUZZ



Story by Scott Taylor

Scott Walker was Dragon Boat Racing in Manitoba. Of course, he was much more: Family man, friend, bad golfer and tremendous businessman.

However, in 20 years at the helm of Dragon Boat Racing, mostly in Manitoba and Saskatchewan, Walker raised more than \$50 million for various charities all over North America.

Scott Walker passed away on May 21/17, at the age of 67 after a courageous battle against cancer.

"For Scotty, it was all about the charities," said his wife Denyse. "As Scott always told the Dragon Boat racers, it doesn't matter who wins on the water, it's all about the charities."

"When we started Dragon Boat racing in 1995, we ran the races all over North America and raised money at various events for Make-a-Wish, Children's Wish, Heart & Stroke Foundation, Canadian Cancer Association, Cancer Care Manitoba and various Rotary Clubs. He made friends all over North America and in Manitoba alone, Dragon Boats raised \$10 million, first for the Canadian Cancer Association and then for Cancer Care. Being on this Dragon Boat ride with Scotty was like being in the circus."

Scott was born in Regina on May 2, 1950 and grew up in the Queen City. He entered the Canadian military at 17 and met Denyse when he was 21.

"We met at a youth group," Denyse said. "We were in a band. Scott was the drummer and I was the singer. We met in May, got engaged in June and married the following May. We were married for 45 years and were partners in everything."

Scott worked all over Canada running theatres, hotels and convention centres in Calgary, Regina, Saskatoon, Hamilton and Kitchener-Waterloo.

Scott arrived in Winnipeg in 1992, after accepting the job as general manager of the Winnipeg Convention Centre. Right away, he had loads of ideas including a plan to build an arena for the Jets attached to the original Convention Centre. It was an excellent idea but didn't fly politically because the Mayor, the Premier and Winnipeg Enterprises Corp. were not about to build an arena for the Jets' owners.

When he left the Convention Centre, he stayed in Winnipeg and formed Facility Marketing Group. Back in 2015, Walker told Senior Scope how Dragon Boat Racing started.

"Back in the early 90s I was running a small events management company and a good friend of ours, Ray Blumenfeld, ran the idea past me," Walker said. "We thought it was a great idea so we contacted a firm that rented equipment. We had our first one in Winnipeg in 1994 and we had 26 teams. We thought that was successful enough and in 1995, we bought our own boats and our own docks."

"By the end of the 1990s, we were doing Dragon Boats in 22 cities and had eight employees. It was big and it

Walker Raised More Than \$50 million for Charity



Scott Walker - FMG Dragon Boat

was fun. And it was all being done out of Winnipeg."

Walker believed that he and Denyse had the best jobs in the world. However, as Scott and Denyse got older, as their two daughters, Kim and Kelly, grew up, got married and gave them grandchildren, the Dragon Boat couple decided to cut back. When Scott passed away, they were operating only in Winnipeg and Saskatoon. They spent most of the rest of the time at the lake or in Phoenix.

"I've been in event management all my life," he said in 2015. "I started out as a sales rep at the Regina Inn in 1970. I was 20-years-old. I've been in this business for 43 years. In both Winnipeg and Saskatoon, we've been

blessed with some great volunteers. Dragon Boating is the fastest growing water sport in the world and we're the largest on-water event in Manitoba. We've been blessed."

This year's event will be held from Sept. 8-10. There will be a dedication to Scott during the Festival. In 21 years. Together, Scott and Denyse put more than three million people into Dragon Boats. It will be hard to imagine this year's event without Scott Walker.

"Listen, I've been married since 1976 and Denyse has given me two daughters, three grandchildren, six Dragon Boats, three safety boats and 280 feet of dock," Walker once said with a laugh. "What more could a man ask for?" ■

A Celebration of Life for Scott Walker will be held on the water at the Dragon Boat Festival on Sept. 10th, around 10:30 am for those who want to pay their respects.

Bobcats' Legend Jerry Abernathy Passes Away

By Scott Taylor and Jude Kelly / Photos courtesy Jude Kelly



Jerry Abernathy, top right, with Marquess Haines and the Harlem Wizards.

Recently, one of the greatest Canadian university basketball players to ever play the game, Jerry Abernathy of the Brandon Bobcats, passed away after a

long battle with cancer in his home in New York City.

In 2009, Abernathy was inducted

Continued on next page



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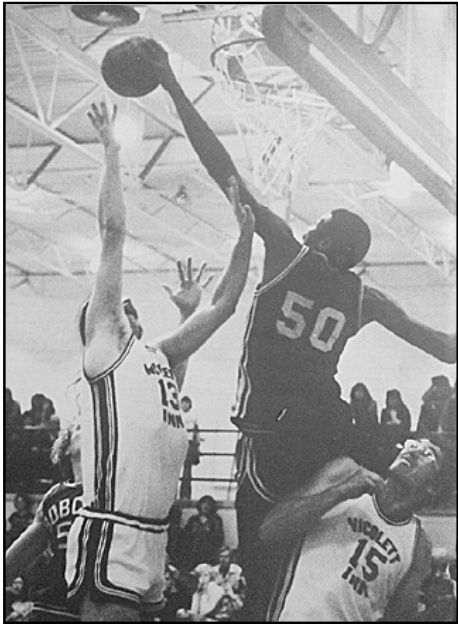
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Jerry Abernathy Passes , cont'd from page 6



Jerry Abernathy blocks the great Darryl Rumsey in a Bobcats-Nicolett Inn battle in 1981.

three-time All-Canadian, and three-time conference all-star. He was a CIAU/CIS tournament all-star in 1980, helping the Bobcats to the national championship game, where they lost to the University of Victoria. Ab led the Bobcats to their first-ever Great Plains Athletic Conference title in 1980.

He was inducted into the Brandon University Hall of Fame in 1997, and the Manitoba Basketball Hall of Fame in 2009.

"Abernathy's defensive play and shot blocking was regarded as legendary in the late 1970s and early 80s," said former Bobcats head coach Jerry Hemmings. "(He) was the beginning of the foundation of great Bobcat teams."

During the 1978-79 season, Abernathy averaged 17.3 points, 16 rebounds and five blocked shots per game. He still holds the Brandon record for most rebounds in a game with 29.

After Brandon, Ab played professionally for the Harlem Wizards basketball team, a globe-trotting troupe that blended basketball with comedy. He later worked for the New York City Department of Education, where he was a Substance Abuse Counsellor.

Ab has quietly departed for his new home in the sky, that heavenly hard-court where he's probably playing one-on-one with the angels – and blocking their shots too. ■

into the Manitoba Basketball Hall of Fame. His biography reads like this:

"A member of the Brandon University Bobcats from 1977-1981, Jerry was a proficient scorer and high percentage shooter, but made a name for himself as an exceptional shot-blocker and a strong rebounder. He was affectionately known as "Mr. Eraser" throughout the Great Plains Athletic Conference. His presence and intimidation on defense ranked second to none in the country. Abernathy was a CIAU/CIS/U Sport All-Canadian in 1980 and 1981. He was also a three-time Conference All-Star in 1979, '80, and '81 and a CIAU/CIS/U Sport National Tournament All-Star in 1980. He also provided strong veteran leadership to some young Bobcat teams."

I knew Jerry as a reporter and broadcaster but never as a teammate. One of his dearest friends and favorite teammates, Jude Kelly, who is now Canada's Ambassador to the World Masters Games in Auckland, N.Z., knew Abernathy as well as anyone and remembers him this way:

By Jude Kelly:

It is with profound sadness that I announce the death of one of the greatest players who ever suited up for a Canadian university, my friend, Jerry Abernathy, who passed away in New York City on Monday, July 10, from lung cancer. He was 62, 63 or 65 years old. He never told anyone his real age.

"Big Ab" or "Abbey" or "The Eraser," as he was known, was a dynamic 6-foot-10 centre who led the country in rebounding and blocked shots while he played with Brandon University Bobcats in the late 70s and early 80s.

A larger than life character, Ab had an easy laugh and was an engaging story-teller. The Brooklyn, NY native had an inquisitive, curious nature and was always willing to try new things and experiences. After each season, he would give away his size 19 sneakers to local fans, where they wound up as flower pots, door stops, or in one case as a burglar deterrent.

True story: One woman in Brandon put his sneakers outside her front door every evening, thinking that no robber in his right mind would dare to step inside this house – after all, there's a giant inside. She was right.

Another tale: During his first year at university, a local First Nation artist made him a custom pair of size 19 moccasins as he could not get winter boots. That same winter the city went through 127 straight days of below zero weather. Ab never complained during that cold stretch and was always grateful for the support he received from the local First Nation's community for this gracious gift.

During his three years with Brandon, from 1978-81, Jerry was a

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Things To Do **IN WINNIPEG, cont'd from page 8**

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

The Canadian Hard of Hearing Association - MB Chapter - Fall programs: speechreading/lip reading classes, support groups, presentations and displays. Learn about assistive devices to accommodate your hearing loss. Learn to advocate for better hearing in public venues. Visit www.chha-mb.ca or email: mbchha@mymts.net. 204-825 Sherbrook St.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Things To Do **IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING**

East St. Paul 55+ Activity Centre - (262 Hoddinott, behind curling club) - Meet & Greet, Sept. 21, 1 pm; 2 Floral Workshops: Sept. 11, 1:30, \$15 (Fall Floral Arrangements), Dec. 11, 1:30, \$18 (Christmas Floral Arrangements). Supplies provided. Take home your arrangement. 204-654-3082 (msg).

Gimli - Gimli Annual Craft & Trade Show - Sept. 30, 10 am-3 pm, Gimli Rec Centre, 45 Centennial Road. Silent auction/Free admission. Tables still available. For more info: 204-642-6670.

Interlake - Prairie Oak Regional Art Council: South of the Lakes Art Tour - Sat. Sept. 16, 10 am-5 pm & Sun. Sept. 17, noon-4 pm. 'Made in Manitoba' self-guided event takes you to individual artist studios and centres in Rosser, Grosse Isle, Stonewall, Balmoral, Teulon & Selkirk. Maps avail. at local Hallmark stores, online & Facebook.

Komarno - Fall Supper & Dance - Sat. Sept. 30, Refreshments 5:30 pm, Supper 6 pm. Dance to follow. Music by Female Beat. Tickets \$25 ea. 204-886-2994. Proceeds to Komarno Hall renovations.

Selkirk - Fung Loy Kok Institute of Taoism - 2017 Tai Chi Fall Registration Beginner Classes. Tues.'s 6 pm, Thur.'s & Sat.'s 9 am, Gordon Howard Centre, 384 Eveline St. Call 204-785-2332. Reg. Charitable Org. #11893 4371 RR0001.

Springfield - Springfield Seniors - Let's Talk! About living with hearing loss this fall - Speech (Lip) Reading. Sept. 15- Nov. 3, 1-3 pm, Springfield Library, 60 024, Hwy 206, Dugald, MB. Cost \$35. For info: Gladys Nielsen g.nielsen@icloud.com / 204-975-3037, or Diane Dumas 204-853-7582 / springfieldseniors@mymts.net. Canadian Hard of Hearing Assoc., MB.

Stonewall - South Interlake 55 Plus - Oddfellows Hall, 374-1st Street W. Events: Sept. 23, 7 pm: Corny Rempel Elvis impersonator. Tickets \$20 avail. at Oddfellows Hall or Korner Kutz; Sept. 13, noon: Monthly Luncheon at Oddfellows Hall, \$10 at door; Sept. 22, 1:30 pm, Alzheimers Coffee Break at Stonewall Legion, sponsored by SI55 Plus and Stonewall Legion. Presentation by the Alzheimers Assoc., bake sale with coffee & tea at 2:30; Line Dance Classes, Tuesdays 11:15 am, Thursdays 11 am. \$2/class plus yearly SI 55

Plus membership. Call 204-467-2582 Thursdays 11 am. \$2/class plus yearly SI 55 Plus membership. Call 204-467-2582

Victoria Beach Seniors - Stay healthy and active indoors at the Victoria Beach Community Centre: Pickleball until curling season starts mid-October. Stick curling, Annual Fish Fry (pickerel) Oct. 7, 4-7 pm, \$20 pp at door; Rummage Sale Sept. 22-24; Christmas season of Craft Sales and parties. Many volunteer opportunities. For info: email Margaret at mmurrayhaddad@gmail.com

Warren - United Church Fall Supper & Bake Sale - Sun. Sept. 17 - 3-6 pm, Warren Memorial Hall, Warren, MB, 15 min. north of the Perimeter on #6 Hwy. Adults: \$15, 6-10: \$6. Wheelchair friendly!

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 Mutcheson for info: 204-482-5469 ext. 20956 or mmutcheson@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.

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lori: 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

PROGRAMS / SERVICES

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

Continued on outside back page

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. **FREE** for non-profits and current advertisers. Include duration for listing to run.

Reduced Speeds in School Zones

Reminder: Starting Friday, September 1, 2017, reduced speeds in school zones are back in effect. Watch for these signs:



Enforcement of these reduced speed zones, in compliance with the Reduced-Speed School Zone Regulation found in the Manitoba Highway Traffic Act, will include both traditional and photo enforcement to ensure the safety of our children. Further information, including a list of the schools and roads affected, may be found

online at www.winnipeg.ca. Remember, children are our most precious resource and the seconds lost travelling at these lower speeds is nothing in comparison to the possible loss of even one life. ■

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.

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Today's Recipe



Larry McIntosh

Hearty Fish Chowder

| Metric | Ingredient | Imperial |
|--------|--------------------------------------|----------|
| 30 ml | butter | 2 tbsp |
| 1 | onion, finely chopped | 1 |
| 3 | potatoes, diced | 3 |
| 1 | carrot, finely chopped | 1 |
| 500 ml | water | 2 cup |
| 500 ml | milk | 2 cup |
| 500 g | fish of your choice, cut into chunks | 1 lb |
| 250 ml | kernel corn | 1 cup |
| 5 ml | salt | 1 tsp |
| .5 ml | pepper | 1/8 tsp |

In heavy saucepan, melt butter. Add onion, potatoes and carrots. Cook over medium heat, stirring occasionally for 5 minutes. Add water, cover and simmer until vegetables are nearly tender, about 15 minutes. Stir in milk, fish and corn. Simmer for 5 to 10 minutes or until fish flakes and is opaque. Add salt and pepper to taste.

Serves 6 www.PeakMarket.com

WORDSEARCH - JOBS By Senior Scope

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| Catering | Director | Librarian | Surgeon | Welder |
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SOLUTION ON NEXT PAGE

CROSSWORD

Happy Grandparents Day By Adrian Powell

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ACROSS

1 Float tilted to the side

5 Quick swims

9 Where rheas roam

14 "Can you put it ___ words?"

15 Actor Palladino of "ER"

16 One style of Greek column

17 Argon's glowing cousin

18 Book in the making

20 How to describe dad's dad when he gets really old?

22 Playful river rompers

23 Final Greek consonant

24 Sex symbol West

27 Brain activity tracing

29 Posts on the stairs

32 Something to do when mom is taking her folks along for the ride?

36 Get to one's feet

38 Soft, sticky, gross gunk

39 Having an irregular edge

40 Author's elderly relative?

43 Something in the Arctic night

44 Old U.K. record label

45 Where to grow flowers

46 ___ Moines, Iowa

49 Churchill's successor

54 Some things to fend off your doting grandfather, say?

57 Female flight attendant, once

60 "Don't count ___"

61 Gives the thumbs up

62 Rival of "Vogue"

10 Tennyson was one

11 "Wheel of Fortune" request

12 Wee drink

13 Thanksgiving mth.

19 "Roxanne" singer

21 He just keeps his head above water

24 Passe inter-office notes

25 High spots of a Swiss tour

26 To be, to Latin scholars

28 Rock group's bookings

30 Solitary monk, maybe

31 Twist out of shape

32 Highland landowner

33 Latch ___

34 Yuletide libation

35 Author Vidal

36 Take a DNA sample, perhaps

37 Factual

41 "M*A*S*H" company clerk

42 Stockpiled

47 Ceased

48 Inscribed stone slab

50 Bunch of baboons

51 Fencing move

52 "Milk" actor Hirsch

53 Fruity-smelling carbon compound

54 Nell ___: Charles II's love

55 Totally demolish

56 Gull breeding locale, often

57 Cry convulsively

58 Ref's bout-stopping decision

59 Spock's pointy part

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SUDOKU EASY By Senior Scope

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HUMOUR



Rick Goodman
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Camping With Kids

I was laying around naked on the bed in the middle of the afternoon when I heard the door starting to open. There was just enough time to sit up and jam a pillow into my lap before my 7-year-old granddaughter burst into the room.

"Papa," she informed me, "Momma says you're old, fat, and broke! Is it true?"

And then she disappeared without waiting for an answer. I could hear her hollering as she went outside," Momma, Momma, Momma, Papa's wearing a pillow!"

The kid was having a good day rattling everybody out.

Suddenly there was a stranger with a big red beard standing in the doorway.

"Okay, buddy," he said, "I'm going to have to repo that pillow."

"Something isn't right here," I thought to myself. "I'm not THAT broke." But when the gunfire erupted outside I knew exactly what was going on.

"Bea," I hollered, "I thought you said you paid the water bill. They're shooting at us!"

And that's when I woke up. We were in our big tent out on the river. Bea was sitting straight up in bed. Rain was pounding down. The ground was shaking to the roar of thunder and every time the lightning flashed the tent would light up like the inside of a lightbulb. The smell of ozone and wood smoke filled the air.

"Thank God," I thought to myself, "I'd rather be electrocuted than give up my pillow to some stranger."

Four of our grandkids were scattered around the tent sleeping as only kids can. The smallest one snored. The second biggest sat straight up in bed and said, "Spiders!" and then went back to sleep, and the other two never even twitched. Every time there was a particularly vicious blast of thunder Bea would say, "OOOHH," like she really meant it.

A couple of years ago I'd bought a big canvas tent and built a platform for it out on our river lot. It's a nice setup with a deck on each end where you can sit out and watch the sun set in the evening and soak up the morning sun over coffee. There's a wood stove for those cool nights and lots of ventilation for those warm evenings. The idea was to bring the kids out and let them experience living under canvas. Swimming, fishing, berry picking, story telling and marshmallows around a campfire. No PS4's, no tablets, no electronic games. The first time we did it the shock nearly killed them. They actually had to talk to each other face to face. But after they got acquainted things went pretty smoothly.

This time was no different. There was a period of electronic withdrawal and then they started finding things to do. The second morning of this trip they made a plan to go picking blueberries for the next morning's pancake breakfast. Six minutes later everybody was bored so they waited for a victim to

go to the outhouse and then locked her in and beat on the walls with sticks while making bear growling noises. When you're a kid nothing is as funny as terrified, hysterical screaming coming out of a locked outhouse. Any of the closely supervised activities like swimming and fishing went alright but papa spent a lot of time saying, "No," when they were acting on their own initiative.

No you can't run through the bushes with burning home made torches. No you can't dig a hole on the path to the outhouse to catch bears. No you most certainly cannot shoot a marshmallow off your sister's head with a bow and arrow. I came up from the river to find that in the three seconds they had been out of my sight the two smallest girls had discovered my axes out by the woodpile. They had smeared campfire charcoal on their faces and were chasing each other around camp. It looked like a battle scene out of the movie "Braveheart." Meantime, the biggest one was lurking out behind the outhouse with a sharp stick hoping to bushwhack a zombie. Scared the bejesus out of Bea. The second biggest one was sitting quietly in the screen tent all by herself.

"God bless her," I thought. I didn't discover she'd been trying to improvise a lethal weapon out of a sock, a forked stick, and all the elastic out of her sister's panties until she came to me for some knot tying advise.

"What did you think you were going to do with a slingshot?" I asked her.

"Shoot spiders," she replied, "And anybody that tries to lock me in the outhouse again."

Just before we turned off the lamp for that night a wee, tiny spider slowly let himself down over the second biggest one's bed. We had no idea she was really that terrified of spiders. After the screaming stopped she spent twenty minutes telling us just what spiders are capable of doing while you are sleeping. Apparently they will eat all your fingers and toes and then crawl up your nose and eat your brain, at which point you are dead forever. Until they start eating your innards. You get resurrected for that. These were just some of the nicer things spiders do. By the time she was done I was scared of spiders.

Eventually the whispering, and the scratching on the floor like giant spiders, and the nightly parade of little people that had to be accompanied on last minute trips to the outhouse died down and everybody faded away to sleep.

And then sometime in the night the storm hit. Bea spent a couple of hours sitting straight up in bed saying, "OOOH!"

I drifted in and out of sleep, and the kids never even twitched. Toward morning the storm played itself out and we both settled down to get some badly needed shut-eye. And then something was hitting me on the head.

"Spiders!" I hollered, and opened my eyes.

The something turned out to be the second smallest girl swinging a doll by the leg. Both her and the smallest one

were sitting straight up in bed with wide panicked eyes. The littlest one was armed with a stick of firewood. They weren't going down without a fight.

"Papa," they whispered, "There's a bear outside and he's scratching to get in!"

Bea was awake by this time. We both listened and all we could hear was water dripping off the leaves onto the tent fly and a small branch rubbing on the side of the tent.

"There is no bear. What made you think it was a bear?" Bea asked.

"It was roaring," they said. "Well when did it stop roaring?" she pressed them.

"When Papa woke up," they answered.

She looked at me and said, "Don't you have anything better to do than lay around scaring the kids?"

"I was sleeping," I said.

"You were snoring. There is no bear, kids, it was just Papa snoring."

On the third morning I taught the biggest one, who is ten, how to drive a truck. We have a little used dirt trail out by the lot and we spent the morning puttering up and down while he figured out steering and brakes and accelerator and not driving into trees with only a little hollering on my part. Actually he did so well that, against his Momma Bea's better judgement, I let him talk me into giving him the truck so he could take his sisters and cousin for a ride down that old dirt trail.

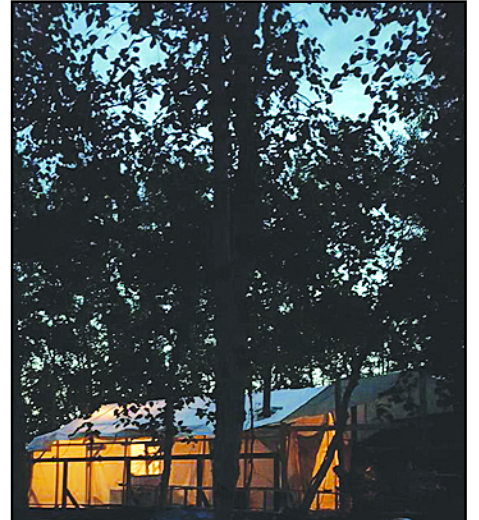
They were back in an hour.

"Oh my God!" was all Bea could say. "Oh my God, Oh my God, Oh my God!"

What? I said, trying to make the best of it. "It's mostly just cosmetic damage. There's still one door on the truck and the glass even goes up and down on it."

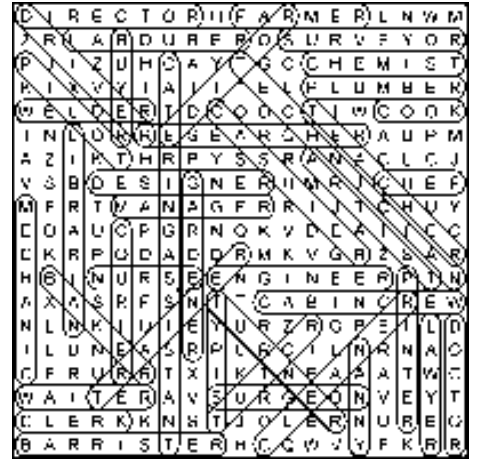
"Boy Papa," the second biggest one said, "Is he ever a good driver. We hit trees and everything."

I'll look for the doors tomorrow. For right now I think we will give the kids their tablets so Bea and I can catch a nap. ■



“We were in our big tent out on the river. Bea was sitting straight up in bed. Rain was pounding down. The ground was shaking to the roar of thunder and every time the lightning flashed the tent would light up like the inside of a lightbulb.”

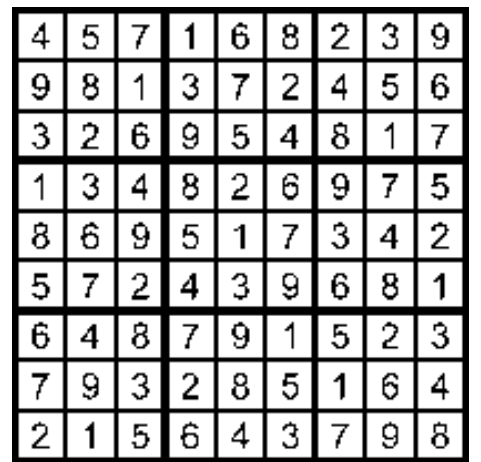
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Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING, Cont'd from pg. 9

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

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

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Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: Arborg and District Seniors Resource Council 376-3494; Ashern Living Independence for Elders 768-2187; Brokenhead/Beausejour Outreach for Seniors at 268-7300; East Beaches Resource Center (Victoria Beach) 756-6471; Eriksdale Community Resource Council 739-2697; Fisher Branch Seniors Resource Council 372-8703; Gimli Seniors Resource Council 642-7297; Lundar Community Resource Council 762-5378; Riverton & District Seniors Resource 378-2460; St. Laurent Senior Resource Council 646-2504; Selkirk - Selkirk & District Senior Resource Council Inc. 785-2737; Stonewall - South Interlake Seniors Resource Council 467-2719; Springfield Services to Seniors 853-7582; Teulon and District Seniors Resource Council 886-2570; Two Rivers Senior Resource Council, Lac du Bonnet 345-1227, Pinawa 753-2962 or Whitemouth/Reynolds 348-4610 or Winnipeg River Resource Council 367-9128

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

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Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregare 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.

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

Les services rivière seine pour aînés - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24,

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7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au 204-424-5285.

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

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

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

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North Centennial Seniors Association's "Grandma and Grandpa Swim Program"

Photo courtesy The Winnipeg Foundation



Some volunteers of the 'Grandma and Grandpa Swim Program'

The preschoolers from participating north end daycares can't wait for Tuesday mornings. That's when they get to spend fun one-on-one time with their "grandma" or "grandpa" in the water at the North Centennial Pool and Recreation Facility at 86 Sinclair Street in Winnipeg. Whether it's playing with pool noodles, kicking and splashing or riding in a floating car, the preschoolers have a great time and their laughter echoes through pool area. The smiles are just as big on the faces of the seniors who volunteer for the weekly program.

The North Centennial Seniors Association of Winnipeg (NCSA) has been offering the program for almost 35 years. The swim program helps preschoolers gain confidence in the water, provides a safe environment for healthy activity and allows them to build strong relationships with caring individuals.

It wouldn't be possible without the commitment of the community. The City of Winnipeg provides the pool space and life guards at no charge, and the seniors volunteer their time (some of them have been doing so almost since the program began). A grant from North End Revitalization Incorporated helps cover the cost of an annual carnival and Christmas party including prizes, presents, snacks and lunches. The program also has been the recipient of a grant from The Winnipeg Foundation to cover transportation expenses by chartered school buses.

The program has won awards for community service, both from the City and the Province. The biggest reward is *laughter, hugs and happy memories.

If you'd like to volunteer for this program, please call NCSA at 204-582-0066 or visit NCseniors.ca. ■



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