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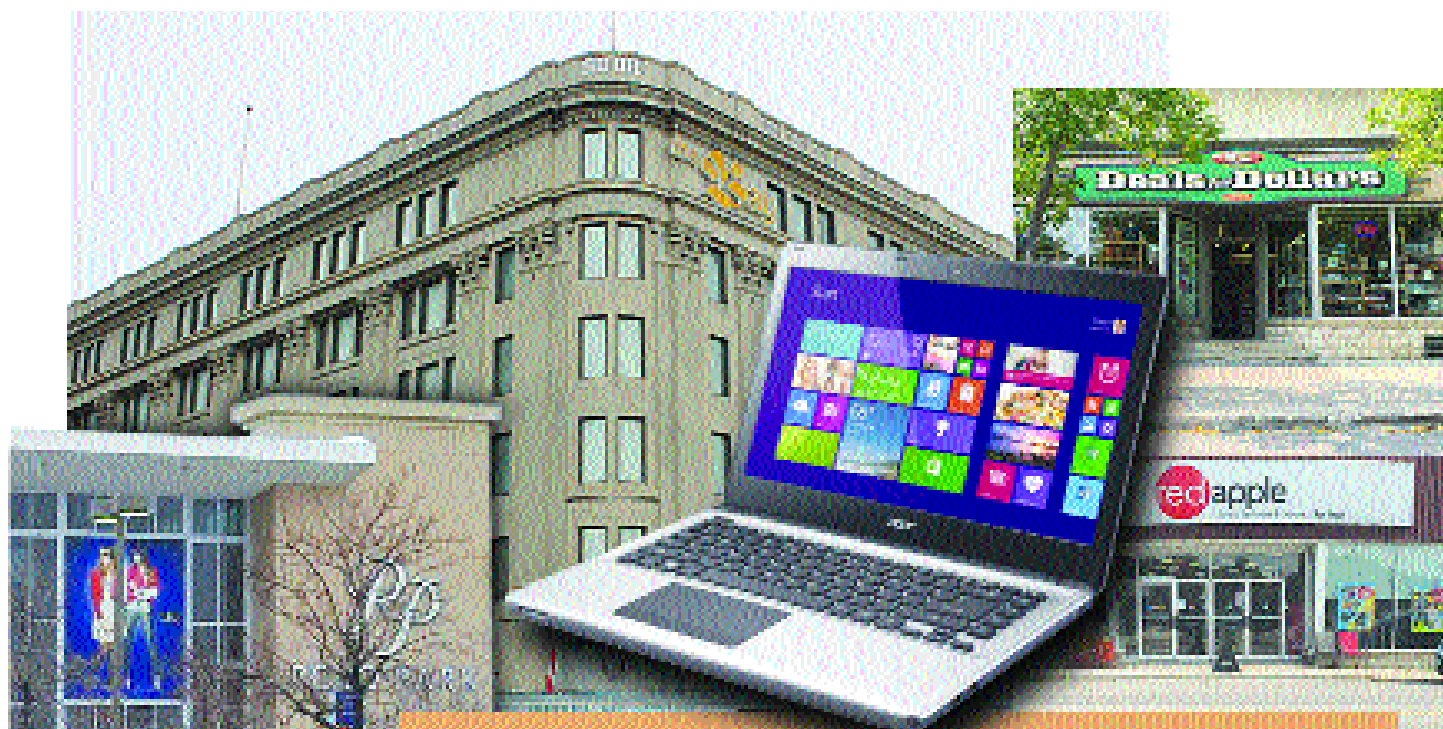
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Where can we shop in 2017?

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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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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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.

When you travel, the last thing you want to worry about is finances. But, if your finances aren't in order before you leave Canada, you could return to a money mess.

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

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.

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

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. ■

SHIRLEY HILL CFP, RRC

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'HI, NOT BAD FOR 92,...EH? I'M A VET! PLEASED TO MEET YOU.'

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. ■



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Victoria Beach Country Market, cont'd

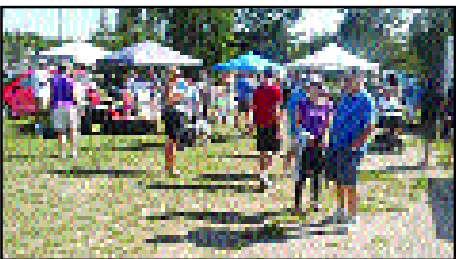
market. He sold out... and was tucked out, but you won't hear that from him.

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tions. To round out the shopping experience, licensed product vendors are also included, bringing the complement to an average of 20 each week. Parking at the Community Centre is free, and accessible washrooms are located inside. For additional information, contact Margaret Haddad, mmurrayhaddad@gmail.com. Vendor Registrations for next year will be available in the new year. The Market runs from June 16th to September 1st,

Saturdays 10 a.m. to 1 p.m. ■



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Box 1806, Stonewall, MB R0C 2Z0

Get your copy of Senior Scope at Co-op Grocery stores, and other grocers (Customer Service), all Winnipeg libraries, The Forks (Tourism & Pancake House), restaurants, clinics, hospitals, advertisers' locations, etc.

Or call 204-467-9000 for locations.



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

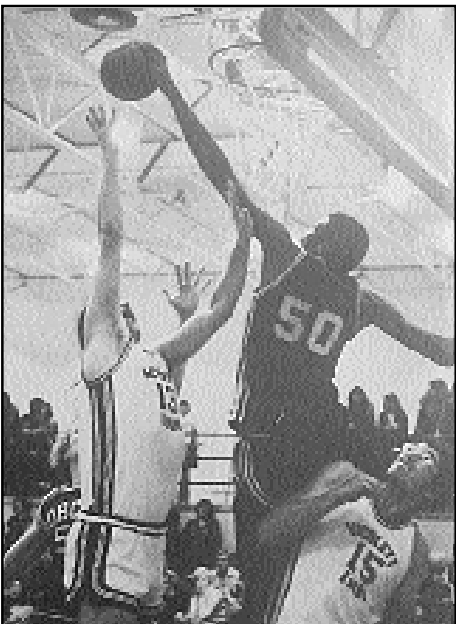
Continued on next page

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Jerry Abernathy Passes , cont'd from page 6



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

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

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. ■

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Things To Do

IN WINNIPEG

EVENTS

63rd Annual Coin, Stamp & Collectibles Show - Sat/Sun, Sept. 30-Oct. 1 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold.

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

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

Transcona Council for Seniors Inc. - Annual Health Fair, Thur. Oct. 5, 9 am-3 pm, Kildonan Shopping Mall, 1555 Regent Ave. W. Free event. Theme is 150 Steps to Good health. 50 organizations participating. Free activities: Pickleball, Chair exercises, Zumba, Yoga, floor curling. Prize draws. New: info on neurological diseases, Multiple Sclerosis & Fibromyalgia.

Manitoba Mega Train Show - Sept. 23-24th, 9-5 pm at Red River Exhibition Park. Adults \$7, 4-12 \$5, 3 & under Free, Family pack \$20 (2 adults and up to 3 youth). Lego display, also boats and airplane hobbies. Parking is free.

Riverbend Seniors - Huge multi-family Garage Sale, Sat. Sept. 16, 10 am-1 pm at 400 Osborne St. Furniture, household goods, Plants etc.

Westminster Concert Organ Series - Sun. Nov. 12, 2:30 pm, Westminster United Church, Westminster at Maryland, presenting Joshua Stafford, winner of the Longwood Gardens Organ Competition from New York. **204-784-1330, www.westminsterchurch.org**

St. Michael's Ukrainian Catholic Parish - Fall Supper at Parish, Sun. Sept. 24, 400 Day St. Transcona. Traditional Ukrainian Cuisine. Adults \$15, 6-12 \$6, 5 & under FREE. No take outs on FREE tickets. Advance Tickets only. Ann **204-222-9003** or Jean **204-222-1433**.

St. Charles Catholic Church - Harvest Supper, Sun. Sept. 24, 4:30-7 pm, doors open 3:30 pm, at 320 St. Charles St. Adults \$15, 5-12 \$7, under 4 Free. Call or text Rita: **204-229-1383** for takeout orders. Tickets and info, call St. Charles Parish: **204-889-3248** or Laura, phone: **204-837-7157** / text: **204-880-6504**

Fung Loy Kok Taoist Tai Chi - Open House, Mon. Sept. 18 & Wed. Sept. 20, 9:30-Noon, St.Eugene Parish Hall, 1009 St Mary's Rd. Join us for tea and tai chi. **204-453-1349**

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays starting Sept. 11, 10 am-12 noon at McClure Place, 533 Greenwood Place south off Portage Ave., behind CNIB. No auditions. This is not a sing-a-long. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Also, prior to Annual Concert, will perform at local seniors complexes and PCH's. Under direction of Richard Greig with accompanist Kerrine Wilson. Info, Gerda or John: **204-669-5570** or **www.seniorschoralsociety.ca**

Osteoporosis Canada - Break Through: An Education Program for the Prevention, Treatment and Management of Osteoporosis, Mon. afternoons, Sept. 11-Oct. 30 (7 wks), 1-3 pm, at Fort Garry Access Centre, Room 219, 135 Plaza Dr. Register in advance: **204-772-3498** or **Manitoba@osteoporosis.ca**

Post Polio Network - General Mtg, Sept. 26 (speaker Dr. D. Biehl, topic Anesthesia and PPS) & Oct. 31 (speaker TBA, topic Assistance & Resources), both mtgs 1-2:30 pm, at Caboto Centre, 1055 Wilkes Ave.

Order of St. Luke - MB Healing Conference - Fri. Sept. 15, 7-9 pm & Sat. Sept. 16, 9 am-3 pm at St. Andrews Church, 2700 Portage Ave. Speaker OSL Manitoba Director Raymond Knight. Cost: Free will offering. Contact: OSL Secretary Hazel Birt: **hgbirt@shaw.ca, 1-204-888-6743**.

Grand Trunk Nostalgia Club - Big Fall Antiques & Collectible Sale, Fri. Sept. 29, 4-9 pm & Sat. Sept. 30, 10 am-4 pm, Assiniboia Downs, Adm. \$5, 12 & under Free. Info: **204-478-1057**, Free Parking

The Women's Canadian Club of Winnipeg - Luncheon, Tue. Sept. 12, 12 noon, at RBC Convention Centre. Presentation by Dr. Gordon Goldsborough "My Historical Work." Cost \$25. Reservations and info: **204-663-5657**

Palliative Manitoba - 26th Annual Palliative Care Conference,"The Hidden Faces of Palliative Care," Sept. 14, 7:30 am-5 pm & Sept. 15, 7:30 am-4:30 pm, at the Victoria Inn Hotel & Conference Centre. This is the largest event for Palliative Manitoba and attracts a high caliber of speakers. For more information, visit **www.palliativemanitoba.ca**

Winnipeg Public Library - The Windsor Park Library is projected to open in Oct. It will re-open at 1195 Archibald St. The former location - 955 Cottonwood - will close permanently in Sept./Oct. Project updates will be posted at **winnipeg.ca/library** under "What's Happening"; 'Be a Waste Ace!' program: we are partnering with Call2Recycle to compete to see which library can collect the most weight in spent batteries, to earn the title of Winnipeg's "Waste Ace." Visit a branch Oct. 16-29 and drop off household batteries that are less than 5 kg. ea. in the Call2Recycle boxes; To view library programs, many which are free, visit **http://wpl.winnipeg.ca** to view the newsletter by clicking on the 'At The Library Newsletter' link under 'What's Happening' along the left side of the home page. View the calendar under this link as well; Note the St. Vital Library on Fermor will be closed for renovations, opening early 2018.

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

Trip to Israel - Tour to The Land of Promise in 2018 and celebrate Israel's 70th Year. Great value price out of Winnipeg. For info contact Ken: **204-9425433**, visit website **www.TolsraelWithLove.com** or e-mail **k4mcghie@gmail.com**

Helen's Melons Merchandise Bingo - Sept. 10, First Game 2:30 pm, Notre Dame Rec Centre, 271 Avenue de la Cathedrale. All proceeds raised for the Canadian Breast Cancer Society. Reserve your table for 8! Call or text Rachelle **204-955-5746** or Helen **204-479-4835**.

Wildewood Senior Men's Curling - New curlers and spares are invited to join us every Mon. and Wed., 1-3 pm at Granite Curling Club. For info and applications: Charlie **204-269-7998**.

A.N.A.F. Unit #1 John Osborn - 100th Anniversary celebration, Sept. 22, 300-1395 Ellice Ave. Everyone is welcome, member or not. Bud, Spud and Steak dinner for \$25. Or just come out hear some stories and have a good time. For info or tickets: **204-294-6078**

Winnipeg Male Chorus - join them for the upcoming season to sing classical, pop, religious, folk and show tunes at Personal Care homes, Senior Citizen's homes and Charity groups throughout MB. Two concerts a year. Rehearsals begin Sept. 11. Email: **h.bergen@mymts.net** or **chunruh@shaw.ca**.

The Friendly Settlers Senior Club, St. Michaels - 40th Anniversary Tea, Sat. Sept. 16, 1:30-3:30 pm, 400 Day St. (Transcona). Everyone welcome.

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

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

VOLUNTEERING

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

Caregiving with Confidence (formerly Rupert's Land Caregiver Services) - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Also to provide respite

for Caregivers of older adults in all areas of Winnipeg. Call **204-452-9491** or email: **volunteer@caregivingwithconfidence.org**

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

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

University of Manitoba - Volunteers over age 60 needed for approved study "Age and Spatial Reorientation" at U of M. Consists of a few questionnaires and a virtual reality based task. Megan Siemens: **204-390-1171**, email: **siemen17@myumanitoba.ca**

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

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

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

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

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

Middlechuch Personal Care Home - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or **matt@middlechurchhome.mb.ca**

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

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

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

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

Parkview Place, Long Term Care by Southeast Personal Care Home - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111 ext. 2247**

PROGRAMS /SERVICES

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

Deer Lodge Community Centre - Yoga with Doreen Wuckert, Certified Yoga Instructor. Mondays, Sept. 11-Dec. 4 (12 classes), at 323 Bruce Ave. E. \$8 per class for registered, \$10 per class for Drop In. To register, call Doreen: **204-837-9613** or email **dwuckert@shaw.ca**

Pembina Active Living 55+ (PAL) - Fall Programs Open House - Thur. Sept. 7, Grace Christian Church. You are invited to try out our fall programs beginning Sept. 11. 9:15 am Seniors fitness; 10 am Bridge; noon Afternoon movie; 12:15 pm Line dance; 1:15 pm Zumba gold; 2 pm painting; 2:15 pm Restorative yoga; 3:15 pm Seniors yoga. Other programs offered: Resistance training, men's breakfast, PinPALs (bowling), writing, pilates. New memberships and class registrations still avail. **www.pal55plus.com, office@pal55plus.com** or **204-946-0839**

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

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

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

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

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

Charleswood Adult Day Program - Social Day Program for seniors Transportation and hot lunch provided. Members \$8.85/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

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

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

Seine River Seniors - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, A Trolley City Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

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

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

Lion's Place Adult Day Program - Social day program for seniors. Transportation & hot lunch provided. Members \$8.75/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

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

Dakota 55+ Lazars Senior Centre - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Manitoba Christian Writer's Assoc. - Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**

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

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

Fort Garry Legion - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

Continued on next page

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.nielsen9@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!

VOLUNTEER

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

Ritchot Senior Services - (serving seniors 50+ in the RM of Ritchot and Lorette) - Need people to be on our list of available

drivers, friendly visitors, housekeepers etc. Call Janice: **204-883-2880** or email: **Ritchotseniors@mymts.net**

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt 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.

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 traveling 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



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

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SOLUTION ON NEXT PAGE

CROSSWORD Happy Grandparents Day By Adrian Powell

ACROSS

1 Floattilted 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"

DOWN

1 Parlance

2 Generally non-reactive

3 Summer emine

4 1,000 kilos

5 Transferred

6 Where Hussein once ruled

7 Rita Hayworth was one in the '40s

8 Predatory gulls

9 Cause of some head-scratching

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 Refs bout-stopping decision

59 Spock's pointy part

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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3				5		8	1	
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Each 3x3 cell has the digits 1-9.

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

SOLUTION ON NEXT PAGE

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HUMOUR



Rick Goodman
rickgoodmans@hotmail.com

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 rat-tling 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, "OOOOH," 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 reacquainted 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

Camping With Kids

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 shuteye. 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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Visible in over 700 locations in Winnipeg and in over 65 rural Manitoba communities and online at www.seniorscope.com.

Things To Do

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), congregate 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**.

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

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

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

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

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

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

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

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

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

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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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