



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click on our website today

- ✓ Wills & Powers of Attorney
- ✓ Probate & Estates
- ✓ Healthcare Directives (living wills)
- ✓ Notary Public Services

Wishing You a Happy Seniors' and Elders' Month - October

FREE COPY

Join Senior Scope on:



Senior Scope

Available in Winnipeg and rural Manitoba - over 700 locations

Get your copy at your local public library or read online at: www.seniorscope.com

For info or advertising: 204-467-9000 | kelly_goodman@shaw.ca

Vol. 16 No. 3
Sep 22 - Oct 12/17

Keep Moving!

ALCOA wants us to keep moving as much as we can, and to reach out to seniors who are becoming 'isolated'

By Roger Currie

60% of older adults are inactive .. sitting or lying for long periods of time is a serious health risk .. comparable to smoking!



Participating in the 55 Plus Games is a great way to 'keep moving'.

What a fabulous summer it turned out to be in Manitoba.

There were almost no mosquitoes, and the weather was perfect for a wide range of outdoor activities. For many of us who are limited by mobility problems and other issues, the focus is now shifting to indoor activities, and ALCOA is offering lots of encouragement and information.

Those letters stand for the Active Living Coalition For Older Adults. It's a partnership of more than 40 organizations across Manitoba who are committed to encouraging 'active aging'.

Besides 'encouragement', on their website (www.alcoamb.org) they

quickly hit us with some cold hard facts about the situation.

.. 60% of older adults are inactive .. sitting or lying for long periods of time is a serious health risk .. comparable to smoking! They go on to tell us that failure to take action can result in "a decline in bone strength, muscle strength, heart and lung fitness and flexibility".

Talk about sounding an alarm.

Jim Evanchuk is executive director of ALCOA, working out of an office at the Wellness Institute at Seven Oaks Hospital on Leila Avenue in Winnipeg.

From September 24th to September 30th, Jim and his staff

will be out supervising and encouraging a wide range of activities during Active Aging Week. It takes place across this province, and in many other places in the world.

Evanchuk says "This year's theme is *ignite your passion*. Another key word is *inclusion*. We want to see all community activity centres to make sure

Continued on page 3

Advertise **HERE!**
Call 204-467-9000

NPCanada.ca

Nurse Practitioner House Call Services

Donna Alden-Bugden, RN(NP), MN, DNP,
Nurse Practitioner, Doctor of Nursing Practice

\$80/visit + \$40 for each additional patient
Cell/Text 204-770-2977

Available in Winnipeg and suburbs
Medical Care in the comforts of your Home
<http://NPCANADA.CA/DRUPAL8/HOUSECALLS>

Adaptive Clothing

For Men and Women

204-691-7771
1320 Portage Avenue
Winnipeg MB

Fall/Winter Collection

- ◆ Adaptive Pants
- ◆ Open-back Sweaters and Blouses
- ◆ Undershirts & Nightwear
- ◆ Wheelchair Capes & Shawls
- ◆ Front-opening
- ◆ Slippers, Diabetic Friendly Socks

Promotion on Outfits: Top & Pants for \$89
More offers available in store!

LAMB'S Window Cleaning

Residential

Eaves Cleaning
Vinyl Siding Washing

Residential & Commercial Window Cleaning Specialists

\$20.00 OFF

204-226-2046



Because family matters.

We offer everything you need for final arrangements in one convenient location, including funeral, cemetery and reception.

Call 204-982-8300 today to start your pre-arrangement plans.

Glen Eden Funeral Home & Cemetery
by Arbor Memorial

4477 Main Street, West St Paul, MB • www.glenedenmemorial.ca

Cremation Lots for 2 People
\$48/month over 48 months*

Indoor Cremation Niche for 2 People
\$82/month over 48 months*

Traditional Burial Lots for 2 Caskets
\$111/month over 48 months

*Everyone is approved. Limited time offer.
Arbor Memorial Inc.



Creating Independent Living with Your Safety and Comfort in Mind

Experience independent and safe bathing with an American Standard Walk-In Bath. Free in-home consultation, installation by a licensed professional and financing available.

Call 1-866-458-8208 or visit www.thewalkintubcompany.ca



Present this ad during our visit
AND SAVE \$1500
 on your WALK-IN TUB

American Standard offers a special discount of \$1,500 to provide one of our high quality walk-in tubs at a reduced price. If you or a loved one has trouble bathing, you may qualify for these savings!

Save \$1,500 per qualified individual.
Other discounts may also apply at time of visit.

Act now and take advantage of this very special limited time offer by calling us to book your no-obligation appointment today.
(204) 914-6557 or 1(866) 458-8208

American Standard

ALCOA wants us to keep moving..., cont'd from front page

that older adults feel included and welcome in everything they do".

On Sunday October 1st comes *Seniors' and Elders' Day* across Canada, beginning an entire month of programming aimed at Seniors.

"We're wanting seniors to do their part, by taking stock of what's available in their own community and connect in a meaningful way" says Evanchuk.

As with many activities in our busy lives, a lot of worthwhile programs fall by the wayside because too few people know enough about them to take advantage.

A key partner in all of this is the *Manitoba Association of Senior Centres* (<https://www.manitoba-seniorcentres.com>). ALCOA is also teaming up with libraries in Winnipeg and elsewhere. "When we say *ignite the passion*, obviously reading is part of that. Local community centres provide a host of other opportunities for seniors" Jim says.

It's well known that people in this age group are both eager and available when it comes to volunteering, and organizers of any age would be foolish not to engage such people.

Everything these days seems to include brief and catchy phrases. For ALCOA the phrase that began in 2016 is *'Connect With Respect'*.

Sounds a bit like a dating website, but not so says Jim "It varies a great deal from one community to another. Some places have become hotbeds of *Pickleball*, a lively game



Slo-pitch is another way to keep moving...

played frequently on badminton and tennis courts. For the less active, there are knitting and cooking programs" he says.

Project Linus, a reference to the popular *Peanuts* character, encourages the making of blankets and quilts in places like Stonewall. Floor curling has become another popular game in places like Winkler.



Pole Walking keeps you moving too.

Evanchuk says "Our enemy is social isolation of older adults".

Inter-generational is another key word in all of his, and we'll take a detailed look at what it's all about another time. ■

Roger Currie is a Winnipeg writer. He's also news director of CJNU, 93.7 FM.



Join ALCOA-MB in celebrating Seniors & Elders Month October 2017!

'Connect with Respect'

Plan an event that is geared to engaging older adults, register with us and be eligible for \$300 for program support!

For more information, or to register give us a call at 204-632-3947, email us at: info@alcoamb.org or check out our website: www.alcoamb.org.



SUNDAY MORNING BREAKFAST

Sunday morning is the most glorious time of the week and nothing is as joyful as a Sunday Breakfast in a beautiful, relaxing dining room. You will never be sorry and will be thrilled to discover this Romantic Breakfast Place.

\$8.95

10 PERCENT SENIORS' DISCOUNT FOR SENIORS' MONTH - OCTOBER

THROW 3 COINS IN THE FOUNTAIN, CLOSE YOUR EYES, TAKE A DEEP BREATH AND MAKE A WISH. IT MIGHT COME THROUGH!

- ENJOY OUR SAMOVAR ESPRESSO HOUSE
- ESPRESSO & BAKLAVA -
- CATERING MENU AVAILABLE

CIPPRIANI'S
1199 Fife Street • Wpg
204-633-0008
10:30 am to 2:30 pm

ABILITY SOLUTIONS
"Removing Barriers"

We repair and rent wheelchairs and walkers.



We also install Grab Bars, Railings and other mobility aids.



SALE

Reconditioned wheelchairs on sale starting **AS LOW AS \$150 & up.**

204-471-1533
Email: lavallee@mymts.net

LIFE-CHANGING DEBT SOLUTIONS
Get out of debt once and for all



"I dreamed of a debt-free retirement. MNP made it happen."

MNP LTD

FREE CONFIDENTIAL CONSULTATION. FLEXIBLE APPOINTMENTS. IMMEDIATE ASSISTANCE.

Winnipeg* or Steinbach | Brandon*, Portage, Virden, Souris, Neepawa
877.231.6167 | 800.774.8377

* Resident Office

MNPdebt.ca
Licensed Insolvency Trustees • Trustees in Bankruptcy

OVER 5 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility



- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca
INQUIRIES WELCOME

HAIRCARE MOBILITY CO.



Specializing in:

- Seniors,
- Disabled, and
- Homebound Individuals.

- Reasonable Rates
- Professional Products
- Hrs: 7 am - 4 pm Monday - Friday

Call Angie: 471-1948
Winnipeg

Groups Welcome

DAVE'S MOVING

Moving Furniture & Small Items

204-746-4318
204-746-6141



SENIORS DISCOUNT

OCD CLEAN

SATISFACTION GUARANTEED


DISCOUNTS \$\$ AFFORDABLE
CHEMICAL FREE AVAILABLE (NORWEX)
BASIC / DEEP / CLEANING & ORGANIZING



Call or Text
204-651-1182

Looking...
for more customers?
Want...
better cash flow?

Call or email
troy@tcxtrade.com
204-295-9473
tcxtrade.com



Readings by Wendy



Palmistry

Private Appointments:
1 Person Reading \$40
2 for \$75, 3 for \$100

Call or Text:
204-206-0081
to book an appointment




WHEEL OF FORTUNE Tarot

Will your retirement savings last?

Are you retired and unsure where you stand financially?
If you're concerned about ensuring your money will last as long as you need it, I can help.

The time to call is now.

SHIRLEY HILL, CFP, Executive Financial Consultant
Investors Group Financial Services Inc.
Tel: (204) 257-0777 | S.Hill@igfinancial.com



TIME TO SELL THE FAMILY HOME AND 'RIGHTSIZE' INTO A SMALLER HOUSE, CONDO OR APARTMENT?



Lifestyles Real Estate Ltd.
Charlene Urbanski
Realtor, Senior Real Estate Specialist
204-612-6655
charlene.urbanski@gmail.com

MANAGING YOUR TAXES -

Claiming the principal residence exemption

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

The **principal residence** exemption is a potentially **significant tax savings**. It allows you to **exempt from taxation** some or all of the **capital gains** you realize when you **sell** your principal residence. Here's how it works.

- 01** | When you own two personal-use homes during the same period, one of them will be subject to taxation on the capital gains.
- 02** | Your principal residence does not have to be designated until you sell it or die.
- 03** | If applied appropriately, the principal residence exemption can result in significant tax savings for you.

during your annual vacations, as long as the vacation home was not primarily an income-producing (rental) property to you.

There are many types of properties that could qualify as a principal residence including your:

- House
- Apartment
- Cottage
- Mobile home
- Trailer
- Houseboat
- Farm
- Share in a co-operative housing corporation

If during your lifetime, you and your spouse have only ever owned one personal-use home at a time, you will usually be able to exempt all the capital gains on those sequentially owned homes. However, if you and your spouse ever owned two personal-use homes during the same period - i.e., your "city home" and your "vacation home" - then at least some of the capital gains on one of those homes will eventually be subject to taxation. When you sell the first home, you must decide whether you will designate it as your principal residence and exempt the capital gains on that first home, or whether you will pay the capital gains taxes on that sale so that you will be able to fully exempt the gains on your second home when you eventually sell it. This decision could be one of the most significant financial decisions you will make.

Definition and rules

Tax legislation defines a "principal residence" as an accommodation owned by a taxpayer (either solely or jointly), and ordinarily inhabited by the taxpayer, the taxpayer's spouse or common-law partner, former spouse or common-law partner, or child. Whether a property was "ordinarily inhabited" in a given year is determined based on the facts of each case, but generally a property need only be inhabited for a short period of time in the year to meet the test. For example, you would be considered to ordinarily inhabit your vacation home even if you only used it

For farms, the principal residence generally will be deemed to include the first half-hectare of land on which the property is situated, and in certain cases can include surrounding land in excess of a half-hectare.

You can only designate one property as your "principal residence" for any given year, even if you own more than one property that could qualify. Also, you must share that designation with your spouse or common-law partner and your children under the age of 18. (Prior to 1982, spouses could "double up" on the principal residence exemption).

You do not have to designate a property your principal residence until you actually sell the property or are deemed to have sold it (as you would be in the year of death). However, if you do sell or transfer your property, then you must report the sale on Schedule 3 of your tax return, regardless of whether or not there was a taxable gain. If the gain is completely exempt, the principal residence designation may be made directly on Schedule 3. If the gain is only partially exempt, then Form T2091 "Designation of a Property as a Principal Residence by an Individual (Other than a Personal Trust)" must also be completed. In situations where you were deemed to have disposed of the property because you died, your legal representative must complete a T1255.

"Designation of a Property as a Principal Residence by the Legal Representative of a Deceased Individ-

dual" and attach it to your terminal year return. In Quebec, you must attach Form PT/274, even if the capital gain is entirely exempt.

If you own two homes during the same period that could qualify for the principal residence exemption, then at least some of the capital gains on one of those homes will be subject to taxation. When you decide to sell the first home, you must decide whether the principal residence exemption should be used on that home. To make that decision, you will need to estimate:

- The number of years you will continue to own and occupy the second home, and
- The future capital gain on the second home.

Example

Anne and Henry are married, and they own two homes that could qualify as "principal residences" for all years of ownership - i.e., their "city home" and their "vacation home." They purchased the city home 10 years ago and the vacation home five years ago. Their marginal tax rate, now and in the future, is and will be 40 per cent. They were both residents of Canada at the time they purchased both properties.

Anne and Henry are selling the vacation home today, and will realize a capital gain of \$100,000. They will not be buying a replacement vacation home, but will continue to own their city home. They expect to continue to live in the city home for a further 10 years, and when they sell it in 10 years time, they expect to realize a capital gain of \$250,000.

They have two choices.

Choice #1

They could designate the vacation home as their principal residence for four of the five years they owned it, meaning that when they sell the city home, they will at most be able to designate it as their principal residence for 16 of the 20 years they will have owned it.

On the vacation home sale, the exempt portion of the capital gain will be: [\$100,000 *(4 + 1)/5] = \$100,000, meaning they will have a tax bill of \$0.

FIGURE 1 - PRINCIPAL RESIDENCE EXEMPTION FORMULA

TO DETERMINE THE AMOUNT OF THE CAPITAL GAIN THAT IS EXEMPT FROM TAXATION, USE THE FOLLOWING FORMULA:

EXEMPT PORTION OF CAPITAL GAIN	=	Realized gain x # of years designated as principal residence after 1971 + 1*	
			# of years of ownership after 1971
THE TAXABLE CAPITAL GAIN	=	(Realized gain - Exempt portion of capital gain) x 50 per cent	

*If the owner was not a resident of Canada in the year of acquisition, '+1' does not apply.

Continued on next page

BE ACTIVE Find a centre near you
Visit our website
www.manitobaseniourcentres.com

Join a centre in your area

Centres are places where older adults come for:

- SERVICES / PROGRAMS
- PERSONAL INDEPENDENCE
- COMMUNITY INVOLVEMENT

Be Active all around. Exercise your body and brain to stay active and alive all year long.

Manitoba Association of Senior Centres
204-792-5838
info@manitobaseniourcentres.com

MASC

Living Made Easy Ltd.
Home Healthcare Products • New & Used

Steerable Knee Walker

RENT OR BUY

Rental \$50/month plus deposit
Or purchase for 450.00 plus taxes

- Great alternative to crutches
- Ideal if recovering from lower leg or foot injury
- Dual braking system
- Tool-free height adjustment
- 300 lb capacity

665 Archibald Street • Wpg
(204) 231-1746 Mon-Fri 9-5 | Sat 10-2

Affordable Senior Housing

SAM
MANAGEMENT INC.

Call 204-942-0991 to find your new home
www.sam.mb.ca

FREE GOLD/SILVER EVALUATION

.....

COLLECTIBLES CANADA
2211 McPHILLIPS ST.
WINNIPEG
204-586-6263

DRIVE ON! SENIOR SCOPE AUTO NEWS, TIPS, REVIEWS, LAWS...

Risk of Saying "Skip It"! **CANADIAN SUPER SHOP**
Common Vehicle Maintenance Requirements.

Courtesy Canadian Super Shop – www.canadiansupershop.ca

The current car owner's manual is relatively easy to understand, yet it still ranks up there with the website terms and conditions in the category of the "most neglected documents." That is why most service department advisors take the time to point out the required repairs and maintenance to nearly every client who visits them.

Often, car owners on a tight budget are tempted to delay an appointment to an auto repair shop or even skip some routine vehicle maintenance services. However, poorly maintained cars cause numerous wrecks every year.

Even if you're very lucky to avoid a crash, dismissing your vehicle's routine maintenance may lower the lifespan of your car. Also, the real cost of failing to maintain

your car may increase the cost of repairs for failed emission tests, bad brakes, or even a failed engine.

Without further ado, let's look some of the standard maintenance requirements for cars and the costly problems which may occur if not considered.

1. Tire Rotations

Many drivers think that skipping a few tire rotations will cause premature wear on the front rubbers of a four-wheel drive car. They would be right, but two major problems which don't always come to mind are chopped wear patterns on the rear tires and the noise produced when tires are rotated to the front.

Most front-drivers (particularly minivans) have rear suspensions which only get a real work-out when one or two occupants are in the car. That means the rear tires will take more of a beating than the springs and shocks. Thus, causing an irregular wear pattern on the interior part of the tread face.

Unfortunately, when those tires make it to the front, they'll create a droning noise, loud enough to make you want to play your music loud to drown it out. If you rotate tires as recommended, you will not hear any disturbing noise from them.

2. Engine Oil Changes

Although this one might appear to be a no-brainer to many drivers, you would be

Continued on page 8

Principal residence exemption... cont'd from page 4

On the city home sale 10 years from now, the exempt portion of the capital gain will be: [\$250,000 * (16 + 1) / 20] = \$212,500, meaning they will have a tax bill of (\$250,000 - \$212,500) * 50 per cent * 40 per cent = \$7,500.

Choice #2

They could designate the vacation home as their principal residence for one of the five years they owned it, meaning that when they sell the city home, they will be able to designate it as their principal residence for 19 of the years they will have owned it.

On the vacation home sale, they will be able to exempt the following portion of the gain: [\$100,000 x (1 + 1) / 5] = \$40,000, meaning that \$60,000 will not be exempt. The tax liability will be calculated as \$60,000 x .5 x .4 = \$12,000.

On the city home sale 10 years from now, the exempt portion of the capital gain will be: [\$250,000 * (19 + 1) / 20] = \$250,000, meaning they will have a tax bill of \$0.

In other words, it is a choice between:

- Pay \$0 in taxes today and \$7,500 in taxes 10 years from now.
- or
- Pay \$12,000 in taxes today and \$0 in taxes 10 years from now.

In this case, it makes sense to use the principal residence exemption on the vacation home for four years of ownership. But if they expected that they might sell the city home sooner, or for a higher capital gain, it might have made sense to "save" the exemption to use it against the city home. ■

If you have any questions about the principal residence exemption, I would be happy to help.

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

Investors Group Financial Services Inc.
10 Island Shore Blvd.
Winnipeg, Manitoba R3X 0E7
Phone: (204) 257-9100 / (204) 257-0999
Toll Free: (866) 574-7901
Shirley.Hill@igprivatewealth.com



Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company. Written and published by Investors Group as a general source of information only. Not intended as a solicitation to buy or sell specific investments, or to provide tax, legal or investment advice. Seek advice on your specific circumstances from an Investors Group Consultant.
Trademarks, including Investors Group, are owned by IGM Financial Inc. and licensed to its subsidiary corporations.
© Investors Group Inc. 2013 MP1392 (08/2017)

M. ROBERTS LAW OFFICE LLP Calvin J. Friesen

200-1630 Ness Avenue, Wpg
Madison Square
direct line: 204-944-7967
email: cjf@mlo-llp.com

Wills - for a couple \$295.00
- individual \$200.00

Estates - for deceased persons
- fees as set by the Court, please inquire

ERINVIEW CONSTRUCTION
LOTS FOR SALE
IN THE TOWN OF TEULON
Approx. 30 min. north of Wpg on Hwy #7

NEW DEVELOPMENT **ONLY 6 LOTS LEFT**

- No time frame to build
- Paved streets
- Underground hydro, gas, telephone & sewer to property line
- Open to developers as well

110' x 167.4' SOLD	152' AVAILABLE	152' SOLD	150' AVAILABLE
110' SOLD	4th St. S.W. AVAILABLE	SOLD	3rd St. S.W. AVAILABLE
110' SOLD	SOLD	SOLD	SOLD
BLOCK 1	BLOCK 2	BLOCK 3	

For more information:
204-886-7632
jgoodman415@gmail.com

Dave's Cleaning & Janitorial Services

- Residential & Commercial
- 15 Years Experience

Call For Rates
204-746-4318
204-746-6141
Can provide references.
(Seniors' Discount)

KEITH'S TREE SERVICE

- Pruning
- Trimming
- Removals
- Debris Clean-up

30 YEARS EXPERIENCE
FREE ESTIMATES

204-588-3236

Specializing in Dangerous Trees
- Licensed & Insured -

MANITOBA Wild
Scenic Secrets of Manitoba

Pick up a copy at your local bookstore today!

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

Senior Scope

www.seniorscope.com

Publisher/Editor:

Kelly Goodman
204-467-9000

kelly_goodman@shaw.ca

Circulation: 25,000 print

Printed at:

Derksen Printers, Steinbach, MB

Advertising:

204-467-9000

Regular columns / Submissions:

Scott Taylor - The BUZZ
Roger Currie - Currie's Corner
Shirley Hill - Financial News
Adrian Powell - Crosswords
Rick Goodman - Humour
Angela Temple - Prairie Talk

Contributing Submissions:

Susan Hurrell

Senior Scope is FREE at over 700 locations and by email subscription.

Mail-out Subscriptions: 29.00 + 1.45 gst (30.45 total) for 14 issues/yr.

Mail cheque or money order payable to:

Senior Scope, Box 1806

Stonewall, MB R0C 2Z0

Available in **Winnipeg** and the rural Manitoba communities of Birds Hill, Middlechurch, Lockport, Selkirk, Teulon, Komarno, Fraserwood, Winnipeg Beach, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Clandeboye, Beausejour, Garson, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, St. Laurent, Lundar, Ashern, Roblin, Russell, Dauphin, The Pas, Flin Flon, Lynn Lake, Leaf Rapids, Snow Lake, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Altona, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Eile, St. Eustache, Portage la Prairie, Brandon, Mariapolis, Holland, Hamiota, Notre Dame de Lourdes, Pilot Mound, Killarney, Neepawa, Minnedosa, Brandon, Hamiota, Boissevain, Virdean.

Note that copies are concentrated in Winnipeg.

Senior Scope is available at all Winnipeg public libraries and many rural libraries, 55 plus centres, grocers, hospitals, clinics, Legislative Building, The Forks Market, Manitoba Tourism at the Johnston Terminal, restaurants, 55 plus apartments/complexes/condos, various merchant locations - over 700 locations in all. Available online at www.seniorscope.com or by mail (\$30.45/yr - gst included) or email subscription (FREE) - email request to kelly_goodman@shaw.ca.

The content or advertising in this publication does not necessarily reflect the views and/or opinions of Senior Scope. We do not make any warranty as to accuracy of material published. © Copyright 2016 Senior Scope. All rights reserved. NO PORTION OF SENIOR SCOPE MAY BE COPIED OR PUBLISHED WITHOUT WRITTEN PERMISSION FROM THE PUBLISHER. Contact Senior Scope by email at kelly_goodman@shaw.ca.

Send your
**LETTERS...
or STORY
SUBMISSIONS**

to the editor:

to kelly_goodman@shaw.ca

or mail to: Senior Scope

Box 1806, Stonewall, MB R0C 2Z0

THE BUZZ



Story by Scott Taylor
with notes from Ric Brownlee
Photos courtesy the Manitoba
Sports Hall of Fame

Sandra Carroll was never the tallest or biggest player on the court. She wasn't the strongest and didn't have the highest vertical jump. She wasn't the fastest, although she could have been the quickest. And as you left a University of Winnipeg women's basketball game, you would have to be reminded that she led all scorers - by a wide margin.

There was nothing eye-popping about Carroll on a basketball court, but there were three things upon which every coach, teammate and spectator could count: she was almost always the leading scorer, she dished out the most assists and her team usually, if not always, won.

Carroll led the University of Winnipeg Wesmen to three consecutive U Sport (former CIAU, formerly CIS) national basketball championships between 1992 and 1995. In 1993, 1994 and 1995, she was the Nan Copp Award Winner as collegiate player of the year. She was the most valuable player at the 1994 and 1995 national championship tournament and was an Ascademic All-Canadian for four straight years.

She was also a major reason why the Wesmen of that era won a then-North American record of 88 consecutive games.

And now she will lead the 2017 Class of Inductees into the Manitoba Sports Hall of Fame. On Nov. 4, five athletes, three builders and one team will be inducted into the Hall at the 38th Annual Induction Ceremony at the Victoria Inn in Winnipeg.

Along with Carroll, there will be an Olympian from badminton, an all-round female athlete who represented her province in four different sports at the national level, a male athlete who did so in six sports and the most decorated Winter Olympian in our country's history.

The Builder category is made up of a barrier-shattering leader in university athletics, a pioneer in both sport medicine and Special Olympics, and a former national President in golf. Our first female world junior curling championship team will round out the new slate of inductees.

This year's slate is made up of Carroll, Jaimie Dawson from Badminton, Cindy Klassen from Speed Skating, all-around athlete Bobby Kraemer and all-around athlete Jamie (Hancharyk) Jones. The builders' list includes former University of Manitoba athletic director Coleen Dufresne, sports medicine expert and Special Olympics organizer Wayne Hildahl, and Arthur Johnston* from golf. The 1995 Kelly MacKenzie curling team will be the only team

Carroll, Klassen, Dufresne Lead 2017 Hall of Fame Inductees



Sandra Carroll



Jaimie Dawson at the Olympics

inducted this year. (*Posthumous)

"These eight individuals and one team join an exclusive club of Manitoba's finest in sport," said Jamie Kraemer, Chair of the Hall of Fame's Board of Directors. "We strive to collect, preserve, celebrate and showcase the history and heritage of sports excellence and achievement and these eight recipients and one team have earned their place in Manitoba's sport history."

Tickets for the Induction Dinner went on sale on June 27. Ticket and event information can be found at: manitobahalloffame.ca or by calling Rick Brownlee at 204-925-5736.

Let's meet the new inductees:

Sandra Carroll, Basketball/Athlete:

Sandra Carroll led the University of Winnipeg Wesmen to three consecutive CIAU (now U SPORT) national titles during her remarkable four year college career. The four time All-Canadian point guard also won the Nan Copp Award as the CIS Player of the Year three times and was a key part of the Wesmen's North American record of 88 straight wins.

Jaimie Dawson, Badminton/Athlete:

Born in Geneva, Switzerland, Jaimie Dawson moved to Winnipeg at the age of five and attended school at St. John's Ravenscourt and the University of Manitoba. A national champion several times over at both the Junior and Senior levels; he represented Canada at both the 1994 Commonwealth Games (Victoria, BC) and the 1996 Olympics in Atlanta.

Coleen Dufresne,

All Round/Builder:

Born in Halifax and raised in Quebec, this former national team basketball player and Olympian came to Manitoba in 1984 to coach the University of Manitoba (U of M) Bisons. She built a career that lasted more than three decades before recently retiring. She was named

Athletic Director at the U of M in 2001 and spent the next 15 years at the helm of another four national championships and nine conference titles.

Dr. Wayne Hildahl, Sport Medicine and Special Olympics/Builder:

A member of consecutive Vanier Cup championship football teams at the University of Manitoba, Hildahl was already inducted with his team mates back in 1998. While attending medical school he worked with the Winnipeg Blue Bombers and later was a team doctor for the Winnipeg Jets. His dream of a dedicated sport medicine clinic came to fruition in 1985 with the opening of the Pan Am Clinic. He has spent the last three decades providing medical care for athletes at all levels of competition. He was also the founding President of Manitoba Special Olympics.

Arthur (Art) Johnston,

Golf/Builder:

The late Art Johnston gave back to the game he loved provincially, nationally and internationally and his dedication and attention to detail were second to none. A member of the Royal Canadian Golf Association Board from 1957-65, he served as RCGA President in 1964. He served as chairman of the RCGA rules committee and became the only Canadian member of the Royal & Ancient rules committee from 1968 to 1976. He was inducted into the Manitoba Golf Hall of Fame in 2005.

Jamie (Hancharyk) Jones,

All Round/Athlete:

Born in Winnipeg, Jamie Jones (nee Hancharyk) represented Manitoba at Nationals in four different sports including: volleyball, golf, softball and speed skating. Her illustrious volleyball career at the University of Winnipeg included three consecutive CIAU (now U SPORT) titles and MVP honours twice in 1983 and 1984. Hancharyk was selected an All Canadian sever-

Enjoy Great Food & Fun On Our Year Round, Overnight And Day Bus Trips.

Contact Our Bus Tour Coordinator Today!

1-877-775-8259

SOUTH BEACH CASINO & RESORT
Simply Irresistible!

Hall of Fame Inductees , cont'd from page 6



Coleen Dufresne



Cindy Klassen, speed skating



Kelly Scott (today) curling

al times and female Athlete of the Year at U of W three times.

Cindy Klassen, Athlete/Speed Skating:

Simply the greatest winter Olympian Canada has ever produced, Klassen won a total of six Olympic medals in long track speed skating over her career, including five at the 2006 Games in Torino, Italy (gold in the 1500m race, silver in the 1000m and the Team Pursuit event along with Christine Nesbitt, Clara Hughes, Kristina Groves and Shannon Rempel, as well as bronze in the 3000m and 5000m races) and her first in Salt Lake City, Utah, USA in 2002 (a bronze in the 3000m). She was also the flag bearer for the Canadian team at the 2006 Olympic Games closing ceremonies. She was recently inducted into Canada's Sports Hall of Fame.

Bob Kraemer, All Round/Athlete:

After growing up in the north end of Winnipeg, Kraemer went to the national championship in six different sports. In baseball he went to the 1969 nationals with the Carman Goldeyes. In 1970 he defeated future world champ Merv Deckert in handball and won the consolation final at Nationals. He quarterbacked the two-time Vanier Cup champion University of Manitoba Bisons (named 1969 College Bowl MVP) before joining his hometown Blue Bombers as a record breaking receiver in the early 1970s.

1995 Kelly MacKenzie Team Curling/Team

Kelly Scott (nee MacKenzie) skipped a foursome that included Joanne Fillion at third, Carlene Muth at second and Sasha Carter (nee Bergner) that won a World Junior Championship. In 1995 they won the Manitoba and

Canadian titles and then, at the World Juniors in Perth, Scotland, Team MacKenzie posted a 7-2 round-robin record, losing games to Scotland and Sweden. In the playoff round, they

avenged both losses with an 8-6 semi-final win over Scotland and a final game 6-5 victory over Sweden. Joanne Fillion was named the World Championship All-Star Third. ■

Travel Presentation at the Portsmouth



Rick Goodman giving an informative 'travel' presentation, with a splash of humour, to a group of curious tenants at the Portsmouth retirement residence in Winnipeg on September 11th. Rick, accompanied by his wife Bea, travelled from northern Saskatchewan to share their experiences in Vietnam and other Asian destinations onscreen with full commentary.

For info, email: rickgoodmansk@hotmail.com

NOW RENTING

555 Ellice Place

Age in Place with Affordable Assisted Living



A NEW SOCIAL HOUSING ASSISTED LIVING OPTION FOR WINNIPEG SENIORS

Newly renovated studio suites
Daily meals

Social and recreational activities
Housekeeping and linen services



Located at 555 ELLICE

A convenient and transit accessible downtown Winnipeg location

RENTAL INFORMATION:
204-945-4663

Manitoba.ca/elliceplace



QUALITY CARE MOVING

- Conscientious and Clean Service
- Competitive Rates and Adjustable Prices
- Ongoing Damage Prevention Trained Movers

Services include:

- local and limited long distance moving service
- packing and unpacking service
- certified senior moving service (ask about our other services for seniors)
- pick-up and delivery service
- removal or storage service
- short and easy free in-home estimates



Phone - 204-990-4341 Wpg

Email: qualitycare@mts.net

Website: www.qualitycaremoving.net

CURRIE'S CORNER

By Roger Currie



Where's the beef... grown?

Labour Day weekend I drove from Winnipeg to Regina and back, as I have done so many times in the past 55 years. This time, for reasons of romantic nostalgia, we spent the night in Moosomin. I awoke in the middle of the night with cravings for a Papa cheeseburger, but the A & W outside our window was closed, sadly.

As my waistline can attest to, I've had a bit of a lifelong relationship with that particular fast food company. I grew up within easy walking distance of their very first outlet to open in Canada, just over 60 years ago.

The burger business has taken a bit of a beating in recent years as we have strived as a society to pay more attention to health and nutrition needs. Things really took a dive in 2003 when the entire beef industry was tarnished by the 'mad cow' crisis, and politicians had to prove to the world that all they ate at every meal was 100% grade A Canadian beef.

A & W remained strong throughout all that, thanks in part to a bril-

Roger Currie is a Winnipeg writer and broadcaster.

He is heard regularly on CJNU, Nostalgia Radio

liant ad campaign that emphasizes their use of beef that's raised with no artificial hormones.

It's a bit of smoke and mirrors really, because nothing they do will ever turn my beloved Papaburger into a healthy meal, but the campaign is cleverly presented with the help of a charming nebish of an actor named Allen Lulu. He's actually from New Jersey, but Allen has made a good living for almost 20 years as the face of A & W in Canada.

Then last week, the burger grill received some extra greasing from Saskatchewan Premier Brad Wall, who will soon be heading home to stay in Swift Current. Uncle Brad had the nerve to suggest that raising beef that way is somehow "un-Canadian" .. really?

He pointed out that most Canadian beef IS raised with the help of hormones, and he seemed to be suggesting that A & W might be buying theirs elsewhere?

All in all, it said more about lame duck politicians than it did about hamburgers. ■

Playing the Trump card in N.D.

For those of us who choose to live in either Manitoba or Saskatchewan, the closest piece of America is the state of North Dakota. Now and then, we enjoy a weekend of shopping in Grand Forks or Minot, or maybe catch a bargain flight at the airport in one of those cities.

Not surprisingly, American Presidents have not visited North Dakota all that often. Teddy Roosevelt dropped by in 1903, and he sufficiently impressed the locals that they named a rather nice park after him. His distant cousin Franklin made it to the state 4 times during his lengthy stay in the White House.

Harry Truman made a couple of whistle stops in the early 50's, but never really got off the train. Eisenhower flew into Minot in 1953 to help dedicate the Garrison Dam.

John Kennedy spoke at UND in Grand Forks on September 25 1963, just two months before he died on the streets of Dallas. Lyndon Johnson never came, but Richard Nixon made a speech at a Governors conference in Fargo in 1970.

Ronald Reagan and both Presidents named Bush made it that far north.

Barack Obama was there for one day three years ago, and this week Donald Trump brought daughter Ivanka with him. He spoke to a carefully-chosen group at an oil processing plant in Mandan, just across the river from the capital of Bismarck.

Trump spoke for 40 minutes on tax reform, and the crowd hung on every word. He didn't cut any ribbons, or sign any big cheques. He didn't have to. Last November, Trump got 63% of the vote in North Dakota, the largest margin of victory in the longtime Republican stronghold since Reagan in 1980.

If another election were held tomorrow, chances are Trump might get 70% or more. They love his tough talk on immigration, and they don't believe a word of the 'fake news' that's out there about funny business with Russia.

It's not surprising that mainstream media paid almost no attention to 'Mr. Trump Goes to Bismarck'.

Less than two hours after he arrived, Air Force One was off the ground, and the Donald was back on his Twitter account. ■

PRAIRIE TALK - Now & Again

By Angela Temple



Hope your summer has been fabulous!

Here are the August scores from the 'lanes of laughter':

Tuesday, August 8th was a wonderful sunny day for bowling and the Beausejour Gang stepped right up ready to Rock and Bowl. T'was another boisterous day...with laughter bouncing off the walls.

Sandra was the big winner today starting off by hitting the first strike in the first string then proceeded on to the third string during which she scored the High Single with 235, bowled a Turkey and ended up running away with the High Triple of 558.

Ted scored a Double Double in the second string and Conrad scored his Double Double in the third string (now I want a coffee!). There were many gutter balls along with a sprinkling of head pins in the mix.

Tuesday, August 22nd was another Rock and Roll day for the Beausejour Gang filled with laughter and the sound of bowling balls roaring along hoping for the crashing sound of falling pins. Alas, unseen warps in the alley floor deviated many of our bowling balls as they floundered in the gutter.

In spite of, Conrad left many in his dust as he scored a Double Double in the second string as well as in the third string. Needless to say, he walked away with the High Triple with 537. Ted also scored a Double Double in the second string giving him the High Single with 240.

Hello RM Springfield!

As an eastern newcomer to Manitoba, I'd like to share with you my latest in a series of "Prairie Poems". This past summer my eyes couldn't stare long enough at all the brilliant sunflowers that grew in massive crops across the RM. This is my thanks to all the sunflower growers!

Yellow Bonnets

By Angela Temple

Our heads are all brown and hanging down; We've lost our Yellow Bonnets!

We had such fun in the Manitoba sun, When we had our Yellow Bonnets.

What fun it was to watch people stare, Wondering why we would only look east,

The morning sun warmed our faces, of course, Ensuring we always looked sweet.

But now most of us are all dried up, And waiting for our harvest.

All our seeds and oil are waiting to be gathered; And in summer we gave our best.

So don't be sad for what we've lost, We fulfilled their crop goals, honest.

This winter we'll sleep and dream of next summer, When we'll show off new Yellow Bonnets!

Sir William Temple, 1st Baronet (25 April 1628 – 27 January 1699) and no known ancestry to Angela or James Temple of Cooks Creek, had this to say, **"The first ingredient in conversation is truth, the next good sense, the third good humor, and the fourth wit."**

DRIVE ON! SENIOR SCOPE AUTO NEWS, TIPS, REVIEWS cont'd from page 5

surprised at the number of engines which develop problems due to lack of fresh oil. Several modern engines use a lot of lightweight aluminum and alloys as well as narrow oil passages.

If you leave engine oil to its own devices for an extended period, it can form a sludge which may block passages. Thus starving specific internal components that require a high amount of lubricant.

Leading to high oil consumption, surface scoring, and bearing failures just to name a few. If you need engine repair under the warranty of the car manufacturer, you'll be asked to produce a complete set of routine maintenance invoices showing that your vehicle did not miss any oil changes and that the recommended grade of oil is used.

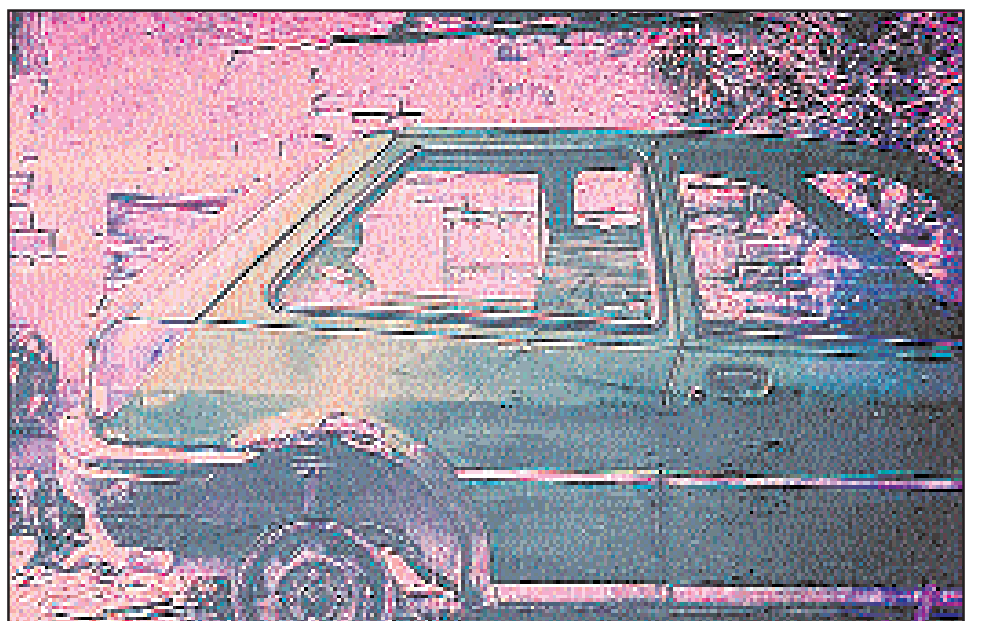
3. Replacement Of Coolant

This chemical has evolved more than any other fluid under the hoods of our cars. Even though the use of plain, the old green-glycol mix isn't popular nowadays, there is still a high number of cars which uses it.

Modern cars use a red or orange-colored long-lasting mix. No matter what your vehicle uses, it is following a proper replacement interval is imperative. It will create blockages in the HVAC heat exchange unit of the cabin (popularly known as a heater core) if not replaced for an extended period.

With time, it can also become acidic and deteriorate seals, gaskets, plastic and metal cooling system components.

Continued on next page



Fred Douglas Heritage House

"One of Winnipeg's Best Kept Secrets"

Driving Health, Heart and Home

Supportive Housing centrally located in downtown Winnipeg

- ◆ Tenant companions onsite 24/7
- ◆ Wheelchair accessible suites
- ◆ Nutritious meals prepared daily, in-house
- ◆ Individually temperature controlled suites
- ◆ Emergency pull cords
- ◆ Daily activities & exercise programs
- ◆ Weekly housekeeping & laundry service
- ◆ Limited number of low income subsidies available
- ◆ Access downtown destinations through skywalks, & MORE!
- ◆ Secured facility

One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg
WRHA assessment required to qualify for supportive housing.

100 The Promenade
(behind Portage Place)
Take a virtual tour at www.freddouglassociety.com
For information contact Shauna at **204-949-9027**
E-mail: sgladish@fdl.mb.ca

Explore New Ideas for Your Body, Mind, and Spirit



Susan Hurrell

I'd like to think that as I'm getting older, I'm getting better. I've never worked so hard, or with so much intention, to maintain the status quo while still seeking improvement in all areas of my life. (full disclosure - I'm 57 - a senior to the 20-somethings I work with, but still a young whipper snapper to my Mom's generation.)

BODY. Like many of my Baby Boomer contemporaries and senior friends, I'm increasingly concerned about my physical health, trying to fight off aging and postpone my eventual mortality. I eat mostly organic food, flirt with supplements, smoothies and shakes, and work out several times a week, with a Hot Yoga chaser on Tuesdays. I'm gaining strength, getting fit, feeling healthier.

MIND. I've always had a hungry mind, and am a voracious reader of books, blogs and email newsletters on an ever-expanding range of topics. I have the cosmic library at my fingertips via the internet. New ideas, challenging concepts, and the occasional video game should help keep my mind sharp. Some of what I learn, I transform into articles for The Aquarian Newspaper - like why My Little Pony is a spiritual movement or the phenomenon of coloring books for grown-ups.

SPIRIT. When I think about my mortality (sometimes after a workout!), I ponder the mystery of divine connection and life after death. My spiritual journey has been a long and winding road. I've always been a spiritual seeker - knocked on a lot of doors to find the place where the

Divine lived. I try to be open to what Spirit (as I know it) is attempting to teach me, sometimes through tools like sacred writings, through prayer, and meditation, sometimes using oracle or tarot cards or holding beautifully polished crystals like Rose Quartz or Amethyst.

Body. Mind. Spirit. We Baby Boomers and Seniors matured at a time of great awakening, starting in the late 1960's through to today, a time that became known as the Age of Aquarius. The world shifted on its axis, and so many new beliefs and global ideas were introduced to our staid post-war North American culture. This New Age of ideas has remained a growing part of our culture for 50 years, and many of us have retained an interest in these esoteric ideas - many have become part of our way of life, nurturing and/or challenging our Bodies, our Minds, and our Spirits.

If you are interested in these kinds

of things like I am, we are not alone! There is a thriving holistic, spiritual community in Winnipeg - practitioners, vendors, craftspeople, healers, teachers of concepts that are mainstream to some and unusual to others. No matter what part of New Age culture you are interested in, as a seeker, shopper, client or curious bystander - there are others just like you. It's time to come together - for serious exploration or just for the fun of it.

On Oct. 22, at the Caboto Center on Wilkes, you can explore all things holistic and new sge at the Fall Body, Mind and Spirit Show. This is the second locally produced Body, Mind and Spirit Show this year, explicitly programmed in conjunction with The Aquarian Newspaper to celebrate the Silver Anniversary of Winnipeg's longest running Alternative Thought publication.

There will be over 50 booths, featuring everything from card readings to crystals to health-related practi-

tioners of various physical wellness modalities like massage, acupuncture and Chinese Medicine. The Show runs from 10am to 5pm, and admission is free, so bring a friend or two and make a day of it. I'll be at the Aquarian table. I hope you stop by to say hello if you have time, while you explore the best of what Winnipeg has to offer for your Body, Mind, and Spirit.

Susan Hurrell sees the Sacred in strange and unusual places in popular culture. Fascinated by connection, community and new spiritual movements, Susan is a Contributing Editor to *The Aquarian*.

For More Information:
The Body Mind Spirit Show - <http://www.bodymindspiritshow.ca>
Enlighten Up with The Aquarian - <http://www.aquarianonline.com>

DRIVE ON!, cont'd from page 8

Luckily, flushing a blocked heater core to boost its performance is often cheap. But replacement of leaking cylinder head gaskets is quite expensive.

4. Transmission Fluid Changes

If you own a car fitted with any transmission, this high-priced and crucial component starts wearing off the day you drive it off the lot. That is why there is a magnet in the oil pan that collects any metal filings and keep them out of the fluid. The transmission fluid in a car runs under very high temperatures. Due to age and continuous use of this fluid, it'll quickly darken in color and takes on a toasty smell. If you skip the recommended fluid change, you will risk hydraulic control lock ups, internal clutch failures, and several other expensive repairs.

For a transmission with a cleanable or replaceable filter, it should be serviced during a fluid change to increase the life span of your gearbox and avoid wastage of money. Dropping the pan to replace the fluid and the filter will not help. With many automatics, this will only remove about half of the fluid.

A power flush should be carried out to change the entire volume of fluid. Perhaps, getting a fluid flush will worsen the situation if you have waited until you experience shifting problems and slippage.

Following vehicle manufacturer's recommendations for tire rotations, oil changes, and other routine checkups need relatively small upfront cost. Nonetheless, the benefits can pay off in the long term with an engine which operates well, better fuel economy and most importantly, a longer car life. So, if you think you can afford to skip these maintenance items, think again! ■



Come for the *Sun* stay for the *Fun!*

\$198 PER MONTH

7 Yuma, Arizona RV Resorts

When you book a 3 Month Stay. Offer valid on a standard RV site from October 1 - December 31, 2017.

Mention promo code: **SENIOR7**

\$299 PER MONTH

10 South Texas RV Resorts

New customers only. Offer valid on a standard RV site until July 1, 2018.

Mention promo code: **SENIOR8**

\$399 PER MONTH

Forest Lake Village RV Resort Zephyrhills, FL

Offer valid on a standard RV site until May 31, 2018.

Mention promo code: **SENIOR9**

To Enjoy These Offers, Book Your RV Site Before 10/12/2017.

Call us to book!
(855) 336-8841



Visit
RVontheGo.com

You must book by October 12, 2017. Offers are subject to availability. Reservation required. Offer valid on new reservations only. Offer valid on standard RV sites. Yuma offer is valid for reservations between October 1, 2017 through December 31, 2017 with a minimum maximum length of stay of 90 days at Arroyo Verde, Cactus Gardens, Copper Desert Paradise, Foodfest Village, Mesa Verde and Sun Garden. South Texas \$299 offer is valid at Alamo Lake RV Resort, Country Sunshine RV Resort, Fun-N-Sun RV Resort, Lakeside RV Resort, Paradise Park RV Resort, Paradise South RV Resort, Southern Corridor RV Resort, Sunrise RV Resort, Texas Woods RV Resort and Victoria Palms RV Resort for stays completed by July 1, 2018 with a minimum maximum length of stay of 30/31 days. Forest Lake Village offer valid until May 31, 2018 with a minimum maximum length of stay of 30/31 days. All rates are in US dollars. Stays of 30 days or less are subject to a \$4 per day resort fee. Welcome is not included for stays of 30 days or longer. Rates do not include taxes. Amenities vary by resort. Cannot be combined with any other offer or promotion.

HEARTSPACE WRITING SCHOOL

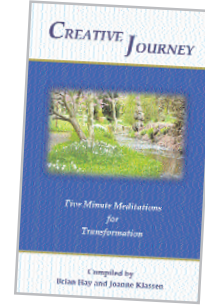


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

A collection of personal meditations from thirty-one **CREATIVE JOURNEY** writers from seven countries that will help you see everyday moments from fresh vantage points.



Five Minute Meditations for Transformation

CREATIVE JOURNEY is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robinson Booksellers, Winnipeg, MB www.mcnallyrobinson.com Tel. 204-475-0483 or 1-800-561-1833

Excerpts from CREATIVE JOURNEY:

COMPARE

By Joanne Klassen (JK)

Be yourself; everyone else is already taken.

(Oscar Wilde)

This week I met Tony, whose hair I admired from across the room in a high school Transformative Writing™ class. I strolled over and told him, "That looks like an expensive hair cut."

"Nope. Not if you've got a family member who knows how. You could even do it yourself if you had the clippers," he said. Tony has a perfect Mohawk—wide, black and standing straight up on top with the sides neatly shaved. I asked how he got it to stand up like that, a little in awe.

"It's like this when I get out of the shower; it's natural," he said.

I have short blonde, thin, fine, lazy hair. It just lays there. That very morning I'd washed, dried, and curled my hair, but still it just lay there, flat as a pancake.

I know it's not a good idea to compare ourselves with others.

That can be a dead-end street. My husband would say, "Be glad you've got hair." He jokes that he has eleven hairs in seven rows. It's not true; he's just self-conscious of a small bald spot. He's got nice hair and a beard.

Today I resolve to appreciate the differences between myself and others, focusing on gratitude instead of deficiencies. (JK)

I am delighted by the rich design of our differences in the tapestry of life.

BIO: Joanne Klassen (JK)

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

E-mail: jklassen@write-away.net ■

CONNECT

By Astrid Schuhmann (AS)

A hidden connection is stronger than an obvious one.

(Heraclitus)

Through my living-room window a warm Fall breeze carries the sound of chewing made by an ill-mannered giant having a picnic on my front lawn. The inquisitive child inside of me peers out the window: The lawn is black—an iridescent black with hues of green. I'm looking at a flock of black birds, countless, gorging themselves on a fresh crop of acorns. The myriad of their individual sounds blends into a concoction of chirping and chewing.

And yet, for all their apparent sameness, I notice a diversity of manners: some picking, turning over every leaf lest they overlook a special morsel; others, feeding in stoic repeat motions; there are those who appear overwhelmed by the abundance, fluttering about, barely eating at all; and the agitators, who, seemingly ever unhappy with what is before them, just must

disrupt another's peaceful meal. Which of these birds am I? At times perhaps, a bit of each.

A short spectacle it is. After all, how many acorns does it take to fill a bird's belly? As if summoned by a distant call, the flock lifts in unison, becomes a dark cloud that drifts southward, no particle left behind.

During these minutes, I witness a curious shift as an apparent whole first reveals glimpses of its distinct parts, then reintroduces itself as a coherent ensemble. (AS)

I connect freely, assured I belong to the earth and the sky.

Astrid Schuhmann (AS)

Astrid's adventuresome spirit led her from her native Germany to Winnipeg, where she has applied her passion for organizational systems in several settings. After completing a Transformative Writing™ program, she was trained as a facilitator and has led groups for seniors. Astrid has coordinated two training manuals and three books, including this one. Her passion for language led her to transcribe her father-in-law's journals and translate them from their original German into English. E-mail: astrid.schuhmann@mtsml.ca ■

Crime Prevention Tip

Courtesy Winnipeg Police Service

It is autumn already... Wow!! Stay Safe!!

- Use caution when driving as deer are out and about during the fall season. Deer are easily spooked and run across the roadways /highways without fear of cars. This can be a very dangerous situation for drivers as well as the animals.
- The term Hydroplaning is commonly used to refer to sliding of car tires across a wet surface. It has been a wet couple of days, slow down when driving especially while passing puddles.
- Bikes are a convenient way of getting around, seeing the city and getting in outdoor exercise. Unfortunately, bike thieves are still out there. It is advisable to invest in a sturdy bike lock and make sure you have the serial numbers written down.
- Opportunist thieves will target doors left ajar. Avoid these unwanted visitors by ensuring your doors and windows are locked whenever you are not in- even if you are just stepping out for a couple of minutes.

Travel / Leisure / Activities

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

Free Multi Media Presentation

- Sri Lanka -



Topic

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

Content

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

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

Keyboard Ventures Music Centre

Exercise your mind, coordination, concentration and motor skills.

ONSITE or MOBILE Music Lessons for Children, Adults & Seniors

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

Ask about **CASUAL LESSONS** at your own pace

6 Week Introductory Offer - \$95
Free use of Keyboard

Karaoke & Instrument Rentals

SALES & SERVICE:

MUSIC: • Keyboards, Guitars, Recorders, Music Books/Accessories, etc.

COMPUTER: • Printer cartridges, USB flash drives, SD cards, CDR's, DVR's, etc. **Computer virus removal**

HOME: • Batteries (hearing aids, fireplaces, remote car starters, etc.)

Now Offering **GARAGE BAND lessons on iPad!**

Call Terry:
204-955-5428
terry@keyboardventures.com
www.keyboardventures.com

310 Weitzel Street • Winnipeg
324 Main Street • Stonewall

MANITOBA COIN CLUB

2017 FALL COIN, STAMP & COLLECTIBLES SHOW

Saturday, Sept 30 10 am - 5 pm
Sunday, Oct 1 10 am - 4 pm

THE SUNOVA CENTRE
48 Holland Rd.
West St. Paul, Manitoba
(West of Main St. off Kapelus Dr., left just after N. Main & Perimeter)

Admission: \$5.00 per day, per person

BOURSE, EXHIBITS, FREE GIFTS & PRIZES!

For more information call
204-253-0419
or email hrengel@mymts.net

W ←

Sunova Centre
X Kapelus Dr.
North Perimeter

Take Kapelus Dr.
OR
Take 101 West Exit

Main St.

101 West Exit

North Perimeter

Main St.

↑ N

See You There!

Treat your body to a soak in the Rich Mineral waters in Moose Jaw!

.....

Moose Jaw Mineral Spa Tours

October 22-24th
\$255.00 pp dbl occ

November 26-29th
\$359.00 pp dbl occ

December 31-January 3rd
New Year's Tour
\$499.00 pp dbl occ

Tour Includes:
Motorcoach transportation, Lodging at Temple Gardens Mineral Spa, Unlimited Access to Mineral Waters, Casino Package

.....

Red - White & Blue Get-A-Ways
1-866-846-3795
www.rwbgetaways.com

The Body, Mind & Spirit Show

Sunday, October 22, 2017

FREE ADMISSION

10 am to 5 pm ~ Centro Caboto Centre at 1055 Wilkes Ave.

bodymindspiritshow.ca ~ aquarianonline.com

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**

Downtown Connection 55+ Resource - Sessions: Anxiety, Healthy Aging on a Budget, Changes in Vision with Age, Being Prepared in case of Emergency (Wpg Paramedics), Studio Central Art Class, Oct 17, 18, & 19, 10 & 11 am, Cindy Klassen Recreation Complex, 999 Sargent Ave; Sessions: Cooking and Grocery Shopping for 1 or 2, Fitness with Helen, Being Prepared in case of Medical Emergency (Wpg Paramedics), Line Dancing, Declutter, Zumba, Oct 24, 25, & 26, 11 am & 12 pm, Edmonton Court, Portage Place Shopping Centre. Free adm., in celebration of Seniors and Elders' Month. Call the Healthy Aging Resource Team **204-940-8140**.

Osteoporosis Canada Manitoba Chapter - presents Caribbean Dreamin: Appetizer & Wine Pairing, Thur. Oct. 19, 7-9 pm at Riverwood Square Retirement Living, 1778 Pembina Hwy. Wpg. Tickets: **204-772-3498** or manitoba@osteoporosis.ca

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

Manitoba Genealogical Society - Culture Days, Sat. Sept. 30, 10 am-3 pm, at Unit E - 1045 St. James St. at Ellice Ave. Join us at our Family History Open House. For beginners: Resource tours, ask a researcher, free assistance, family tree art tree project for younger visitors, intro to new searchable MANI database with 1.5 million Manitoba name records. Info: www.mbgenealogy.com or **204-783-9139**

Manitoba WISE Inc. - 2017 Equality Breakfast, Fri. Oct. 20, 7:15-9 am, at RBC Convention Centre. Theme: Life Journeys for Equality and Justice. Guest speakers: Senator Kim Pate and lawyer Loretta Ross. Tickets are \$30 avail. at McNally's, **1-800-561-1833**, Manitoba Status of Women, **204-945-6281**, **204-453-1379** or mbwiseinc@mymts.net

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

Crestview United Church - Free Presentation on Medical Assistance in Dying, Sept. 26, 7-8:30 pm at Crestview Church, 316 Hamilton Ave. Guest Dr. Kim Wiebe, Physician and Administrative Lead, Man. Medical Assistance in Dying Clinical Team, consultant WRHA Palliative Care Program. If you miss this presentation, please get the conversation going and discuss this topic among family and friends.

Forum Art Centre - Free activities for Culture Days Manitoba, 120 Eugenie St. Fri. Sept. 29: What is Acrylic Painting All About?; Sat. Sept. 30: Critter Creations with Sculpting Medium & Whimsical Watercolour Cards and Bookmarks. Details: <https://culturedays.ca/en/2017-activities>

culturedays.ca/en/2017-activities. Search Manitoba, Winnipeg or R2H 0X7 & enter Forum Art Centre for Activity Organizer.

Mary, Mother of the Church - Fall Garage & Rummage Sale, Sat. Sept. 30, 8 am-1 pm at 85 Kirkbridge Drive. Items may include toys, books, household items, quality used furniture, etc. Sponsored by the Knights of Columbus and Catholic Women's League with all proceeds to charity. Lunch available

Canadian Celiac Association - MB - Annual Fall General Meeting, Oct. 7, 11 am-1 pm, at the Maranatha Church 910 Sturgeon Road. There will be a Gluten Free 101 session for the newly diagnosed from 9:15-10:30 am. For the Pot Luck Cold Lunch, bring a GF dish to share. Gluten Free food items to donate to Winnipeg Harvest are welcome. Info: www.manitobaceliac.com

Kildonan Community Church - "Desserts at Kildonan" afternoon, Oct. 14, 2-4 pm, 2373 Main St. Home baking, handicrafts and a silent auction.

"Celebrating Life: Music Therapy for Health & Wellbeing" - Presented by Rachel MacEwan, MTA, sponsored by area congregations. This Community Health & Wellbeing Program is on Wed. Oct. 4, 1:30 pm at Temple Shalom, 1077 Grant Ave. All welcome, especially those 55+. Free adm. Refreshments provided.

St Charles United Church - Paint Party Fundraiser, Sat. Oct. 21, 1:00-3:30 pm, St. Charles Church, 673 Isbister St. (North off Portage Ave). Tickets \$40, supplies included. Max. 40 painters. Rita: thbarker@mymts.net or **204-889-4002**

Tuesday Ladies Who Bowl - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface starting Tues. Oct. 10 and weekly thereafter until end of April. All ages and levels of play invited. Contact: Lynne Ducharme **204-231-0279** or lducharm@live.ca

Transcona Council for Seniors Inc. - Annual Health Fair, Thur. Oct. 5, 9 am-3 pm, Kildonan Shopping Mall, Regent Ave. W. 50 organizations participating. Free activities: Pickleball, Zumba, floor curling. Prize draws. New: info on neurological diseases, Multiple Sclerosis & Fibromyalgia.

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

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Also, prior to Annual Concert, will perform at local seniors complexes and PCH's. 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 - Meeting, Oct. 31 (speaker TBA, topic Assistance & Resources), 1-2:30 pm, at Caboto Centre, 1055 Wilkes Ave.

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

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.

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

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**.

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.

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 swsrc@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

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Oct. 7, Nov 4/17, Jan. 10, Feb. 3, Mar. 3, Apr. 7, May 5, Jun 2/18, 1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Annual membership fee \$25. Drop-in \$3. MCWA contact: Frieda **204-256-3642** or Bev **204-326-7286**

Pembina Active Living (PAL) 55+ - Fall 10-week classes began Sept. 11. Drop-in activities: men's breakfast, PinPALS (bowling), bridge, movies, LunchPALS. Special events: Still Bloomin' Gardening Club - Sept. 28, topic "Pollinators" by Prairie Originals; Wine Pairing Fundraiser - Oct. 26, 7 pm, Riverwood Square Retirement Living, 1778 Pembina Hwy. Info: www.pal55plus.com or **204-946-0839**

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

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**

Continued on page 13

Sponsored by HUMN Pharmaceuticals

Humn Pharmaceuticals introduces Safe Pain Relief Cream By Haidita Celestine

Safe pain relief may seem a contradiction to some, but a small Canadian company in Winnipeg is working hard to change that perception. Humn Pharmaceuticals is dedicated to creating safe and effective products blending pharmaceuticals with natural ingredients. TPR20 is the company's first offering: a combination of lidocaine – a pharmaceutical analgesic – and menthol – a natural anti-inflammatory.

Dr. John Kindle, a GP for more than 35 years, first used TPR20 when a strained calf muscle threatened to interfere with a squash game. He played without any significant pain; and now recommends it regularly to his patients. "I like this cream because it is safe. When I prescribe oral anti-inflammatories I need to be cautious about gastric irritation; I have unfortunately seen the side effects of Non-Steroidal Anti Inflammatories (NSAIDs). That is never a worry for me when patients use TPR20."

Dr. Daniel Vandervoort, a long time Ottawa area Chiropractor recommends TPR20 to his patients at his Rockland & Beacon Hill Chiropractic Clinics. Dr. Vandervoort was surprised at how quickly word has spread as avid local golfers come in regularly to purchase TPR20 to help them enjoy their golf game pain free. Dr. Vandervoort recommends TPR20 because it is effective with most people in a very short time.

At higher concentrations, dentists, dermatologists and plastic surgeons have used lidocaine as an anesthetic since the 1940s. Topical lidocaine is extremely safe. Formulated as a cream with menthol to help the lidocaine get through the skin, TPR20 is applied right at the point where pain is felt; it doesn't go through the stomach, liver or kidneys before it starts working.

"I have had experience with other topical medications," says Kindle, "most are designed to mask problems (counterirritants), however

TPR20 goes to the source of the problem and blocks the pain. I find it works particularly well for serious pain such as post herpetic neuralgia (shingles) and osteoarthritis, especially arthritic knee joints."

Dr. Vandervoort finds that even patients with chronic arthritis notice a difference in their pain level and mobility within a few days. Of course with chronic problems TPR20 use should continue for an extended period until some healing can take place at a deeper level.

TPR20 has been circulating in Canada and the United States largely through word-of-mouth, receiving strong praise from patients and medical professionals alike.

Humn Pharmaceuticals is pleased with how quickly patients have spread the word about TPR20 and is planning clinical trials to prove a number of the claims reported by patients, while formulating a broader line of safe and effective pain relief products.

It's only human to suffer the pains of age.
And to stoically smile despite it.
An acceptable penalty for days lived.
In tribute to youth gone.
Then there's that other human reaction.
Make the freaking pain go away.

Available at:


www.humnpharmaceuticals.com

DIN #02309076



Things To Do

IN WINNIPEG, cont'd from page 11

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 Luncheons, 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**

Please mention Senior Scope when contacting our advertisers.

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 winnipegprobust85@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.

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.

The Canadian Hard of Hearing Association - MB Chapter - Fall programs: speechreading/lip reading classes, support groups, presentations and displays. Learn about assistive devices to accommo-

Please mention Senior Scope when contacting our advertisers.

date 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**

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

Please mention Senior Scope when contacting our advertisers.

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) - Floral Workshop: Dec. 11, 1:30, \$18 (Christmas Floral Arrangements). Supplies provided. Take home your arrangement. **204-654-3082** (msg).

Headingley Senior Services - 11th Annual Christmas Arts and Craft Sale, Fri. Oct. 13: 11 am-7 pm, Sat. Oct. 14: 10 am-4 pm. Headingley C.C., 5353 Portage Ave. Unique Blend of crafts, jewellery, woodwork, potter, toys, stained glass and more. Adm. \$2, 12 & under Free. Free Parking. Proceeds to senior services.

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.

Steinbach - The Bethesda Regional Health Care Auxiliary - Fall Book Faire for used books, Thur. Oct. 19, Fri. Oct. 20 & Sat. Oct. 21 at the Clearsprings Center, Hwy #12 north in Steinbach, MB. Thur. & Fri. 9 am-9 pm, Sat. 9 am-4 pm.

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**

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

VOLUNTEER

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

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

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

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

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

PROGRAMS / SERVICES

Beausejour - Beau-Head Senior Centre - 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

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**

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

Interlake 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 Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lunder 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

Please mention Senior Scope when contacting our advertisers.

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, 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 spécial. 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

Victoria Lifeline - Independence on the Go

NEW! GoSafe Mobile Help Button



The freedom to go where you want, when you want.

(204) 956-6777

victorialifeline.ca



Foot Care for Seniors

Mobile Foot Care Nurses
204-837-6629

- Blue Cross & DVA Providers
- Sterilized Instruments
- Gift Certs Available, Visa/MC



Tomato Herb Bread

Metric	Ingredient	Imperial
750 ml	all purpose flour	3 cup
12 ml	baking powder	2 1/2 tsp
2 ml	baking soda	1/2 tsp
30 ml	fresh tarragon, snipped	2 tbsp
15 ml	fresh parsley, snipped	1 tbsp
15 ml	granulated sugar	1 tbsp
250 ml	cheddar cheese, finely grated	1 cup
2 ml	salt	1/2 tsp
2	large eggs	2
250 ml	milk	1 cup
50 ml	canola oil	1/4 cup
30 ml	tomato paste	2 tbsp
1	small onion, finely chopped	1
5 ml	ketchup	1 tsp
125 ml	provolone cheese, grated	1/2 cup

In a large bowl, blend together flour, baking powder, baking soda, tarragon, parsley, sugar, cheddar cheese and salt.
 In a medium bowl, beat eggs until foamy, then beat in milk, oil, tomato paste, onion and ketchup. Combine wet and dry mixtures until dry ingredients are moistened. Scrape batter into greased loaf pan and sprinkle with provolone cheese over top. Bake in preheated 350 F (180 C) oven for 55 to 60 minutes or until top is golden and a toothpick inserted into centre of bread comes out clean. Remove bread from oven and cool on wire rack for 5 to 10 minutes before removing from pan.

Serves 6

www.PeakMarket.com

WORDSEARCH - SUSTAINABLE ENERGY By Senior Scope

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

- | | | | | |
|-----------|------------|------------|---------------|--------------|
| Aviation | Car | Heating | Oil Price | Transport |
| Battery | Chernobyl | Hydrogen | Power Station | Uranium |
| Biodiesel | Dams | Hydropower | Propane | Wind Energy |
| Biofuel | Demand | Industry | Rail | Wind Power |
| Biogas | Fuel Cell | Insulation | Solar Cell | Wind Turbine |
| Biomass | Fuel Tax | Investment | Storage | |
| Bus | Gasohol | Meter | Tax Credits | |
| Butane | Geothermal | Methanol | Thermal Mass | |

SOLUTION ON NEXT PAGE

CROSSWORD

Well, Enjoy Thanksgiving Dinner! By Adrian Powell

ACROSS

1	2	3	4	5	6	7	8	9	10	11	12	13	
14				15				16					
17				18				19					
20							21			22			
23				24		25				26			
27	28	29				30				31			
32				33					34	35	36	37	
38			39	40				41	42				
43							44					45	
46				46		47	48			49	50		
51	52	53				54				55			
56						57				58	59	60	61
62				63				64	65				
66								67					68
69								70					71

DOWN

1 Droops in the centre	2 Don't include	3 Basilica centre	4 First hit for The Four Seasons	5 "Sis-boom-bah!" kin	6 Word of greeting from Caesar	7 Solace	8 Prime rib or T-bone	9 Before, quaintly	10 Argued against	11 Fancy type of coffee	12 Put a hex on	13 1981's "My Dinner with ___"	14 Hadfield were there	15 Scientific force unit	16 Copenhagen native	17 Afternoon affairs	18 Israeli round dance	19 Just help oneself	20 Lays down the lawn	21 It's rolled out in a rain delay	22 General locality	23 Action at an auction	24 "All Seats Occupied" theatre sign	25 Belted out a tune	26 Knickknack case	27 Long for	28 Lugs laboriously	29 The Red, the	30 Dead or the Med.	31 Gang turf nick	32 Where Dubuque is	33 Ancient Egyptian astronomer	34 Grapes grow on it	35 Changed a few words	36 Assistant of Young Frankenstein	37 Smooched	38 Ancient Britons	39 Love to pieces	40 Bright yellow	41 Argonauts' patron	42 Tatum O'Neal's dad	43 Latin for "to be"	44 Majors in acting	45 Soldier material?	46 Hopi cousin
------------------------	-----------------	-------------------	----------------------------------	-----------------------	--------------------------------	----------	-----------------------	--------------------	-------------------	-------------------------	-----------------	--------------------------------	------------------------	--------------------------	----------------------	----------------------	------------------------	----------------------	-----------------------	------------------------------------	---------------------	-------------------------	--------------------------------------	----------------------	--------------------	-------------	---------------------	-----------------	---------------------	-------------------	---------------------	--------------------------------	----------------------	------------------------	------------------------------------	-------------	--------------------	-------------------	------------------	----------------------	-----------------------	----------------------	---------------------	----------------------	----------------

SOLUTION ON NEXT PAGE

SUDOKU MEDIUM By Senior Scope

7			2					
3					6	1		
		6		5	1			
	4	3			6			5
				1		8		
	5		2					7
		2		8		4		
			9					
	1				4			7

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

DAVE'S MUSIC

D.J. SERVICE

Music for any occasion
 Socials • Weddings • Parties • Bar music
PLAYING TOP 30, plus the Hits
 of 50s, 60s, 70s, 80s, 90s, 2000 & Up

New Laser Light Show Available - Professional Equipment
 Excellent Sound - 25 Years Experience - Special Rates

SPECIAL OFFER:
 Book a Social and get \$100 OFF your wedding.

Bookings and info, call
1-204-746-4318
 (Morris, MB)

Book for your
 Spring and Summer
 events NOW!
 Seniors Discount
 on any event.

HUMOUR

The Duck Hunt



Rick Goodman
rickgoodmansk@hotmail.com

Bea and I were doing some late fall camping out on the Canoe River up in northern Saskatchewan.

We have a huge canvas tent all rigged up with a wood stove, table, chairs, and a big old soft bed. The whole shooting match sits on an oversized deck raised up above the river. After the wood is split and the wood box is full, water carried up from the river, supper dishes cleaned up and the camp bear-proofed for the night you can sit out there in the evening, sipping coffee and watching the wild rice grow. It's wonderful. The aromas of wood smoke and canvas. A good cigar, and just the tiniest smidgen of whiskey sweetening the coffee and keeping out the dew. The sun setting red over dark water. Flights of ducks coursing up and down the river, their wings sounding above the hiss of the gas lantern.

A person sitting out there, smelling the smells, listening to the evening setting in, drinking coffee to keep that darn dew at bay can't help but get caught up in the romance and mystery of the wilderness. Why just think of the original people who once lived right where the camp is now. The voyageurs who paddled down this very river. In circumstances like this it's easy to imagine yourself back in those long ago times, living off the land, maybe wrestling bears for fun and sitting around a campfire at night gnawing on a moose leg while your adoring and faithful wife takes a break from preparing hides to fetch you another cup of tea. I was so caught up in the notion that I ended up talking out loud.

"Bea," I said, "Why don't you quit chewing on that beaver skin and fetch me another coffee?"

"Are you fricken nuts?" she replied.

That sort of ruined the mood. So much for adoring.

Right then and there I determined that if I couldn't go back to that glorious era where men were men and bears were nervous I'd at least step back as far as I could. I would dust off the canoe. I would exchange the 4 stroke internal combustion, gasoline powered engine for a paddle. None of that soft sissy stuff for this pioneer. I would blow the cobwebs out of the old double barrel 12 gauge, paddle up the river and into the rice with my trusty canoe and shoot some ducks. The old fashioned way. No women allowed. It was going to be great. Never mind that it had been 20 years since I'd last sat in the old Misty River canoe. 20 years and a whole lot of pork chops. It's like riding a bike.

The next evening I dragged the canoe down to the river and loaded up all the duck hunting essentials.

A paddle, a push pole, a life jacket, a water bottle, and a bailing can. I was amazed at how much that canoe had shrunk over the years. The seat especially. And how tippy it had become. It's a good thing us old time frontier types don't scare easy. Around 400 yards into the hunt a duck flew over and I reached for the shotgun.

"Aah for Pete's sake!"

I'd hoped to sneak back to the dock but Bea was waiting with the gun case and shell bag.

"Forget something?" she asked.

"Oh, no, no," I replied, "Just wanted to get the feel of this baby again. Practice some power stroking you know. See how she feels."

Bea laughed. You just can't lie to that woman.

Later that evening, deep in the rice I found out that hunting out of a canoe is not at all like riding a bike. It's important to pay a great deal of attention to a physical property known as the center of gravity. Not to mention one of Newton's laws that says something like for every action there is an equal and opposite reaction. Newton must of been a duck hunter.

Now without all the scientific mumbo jumbo, what it all boils down to is that if you're old and fat and sitting in a tippy canoe you should pay attention to something I like to call the shoot/no shoot zone. The shoot zone is directed down the length of the canoe. The no shoot zone is, for all practical purposes, anywhere else. If, for example, a duck should come barreling head on into you from either the port or starboard side I would most strongly recommend that you resist the impulse to bag it. Here's why. Upon swiveling your butt sideways in that skinny little seat and squeezing the trigger on your intended dinner the gun recoil will move your center of gravity out of the canoe and out over the river. Just before you hit the water panic will set in causing you to fire off the other barrel. At nothing at all. The extra recoil speeds up your rate of roll and helps drive you under water. This happens incredibly quickly but in some perverse way you experience it in slow motion. I felt myself going over and had time to think, "Oh, oh."

The duck was in a tight bank above me. He had never seen anything like this and didn't want to miss a moment of the show. And then the world went black. And wet.

I don't know how many people have ever found themselves wedged into a canoe, upside down in 3 feet of water and 2 feet of silt. But I'm willing to bet that everyone of them experienced a moment of B.P.P. That's right, butt puckering panic! I was right on the edge. B.P.P. was setting in.

"Fight it Rick, fight it!" I encouraged myself. And then opened my mouth and tried to say, "AHHHH!" That didn't work. Wiggling, thrashing, and kicking, however will get you out of a tight spot if you apply these techniques in a calm enough manner.

When my head finally broke water beside the overturned canoe there were 4 ducks circling the shipwreck. The one I'd shot at and missed had called up some buddies and they seemed to all be enjoying the show. True, I had fought my way to the surface, but was tiring quickly. The trashing, kicking, gasping technique, though effective, is exhausting. Something had to be done or it would all end here. If it did I could only hope that my lovely, adoring wife would someday overcome her grief and find someone else to chew beaver hides for. Having exhausted all other options I did the only possible thing that had a chance of saving Bea from that awful fate of widowhood. I stood up!

The canoe had rolled right side up, all I had to do was bail it out, get in and paddle home. But that was not to be as easy as it sounds. The more I bailed, the higher the canoe rode in the water. And the more my feet sunk in the mud. I'd work one foot free, only to have the other one sink a little deeper. In the end I used the life jacket as a sort of snowshoe and managed to get both feet off the ground at the same time, so to speak. Then I had to sink the push pole into the muck and tie it to the side of the canoe so I could crawl aboard without tipping the thing



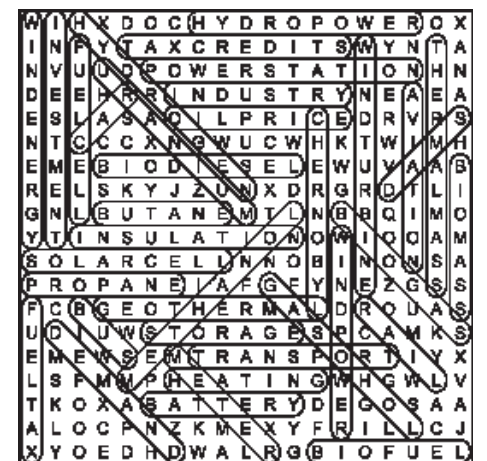
On the Canoe River in the Misty River canoe.

over again. Getting shipwrecked is a lot of work.

Later that night I came squelching up the path to our camp. Wet, covered in silt, leaving a trail of slimy duckweed behind me like some sort of mutant slug, I oozed into the lantern light.

"Get any ducks?" Bea asked. ■

WORDSEARCH - Solution



CROSSWORD - Solution

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

SUDOKU - Solution

7	8	1	6	2	3	9	5	4
3	2	5	4	7	9	6	1	8
4	9	6	8	5	1	7	3	2
8	4	3	7	9	6	1	2	5
2	6	7	3	1	5	8	4	9
1	5	9	2	4	8	3	6	7
5	3	2	1	8	7	4	9	6
6	7	4	9	3	2	5	8	1
9	1	8	5	6	4	2	7	3

POP-UP FLEA MARKET

AVAILABLE TO SET UP AT YOUR EVENT OR IN YOUR PARKING LOT in Winnipeg or Rural Manitoba (Great attraction - Brings people in)

AMAZING SELECTION - 20 TABLES
EVERYTHING GUARANTEED IN WORKING ORDER
(Collectibles, One-of-a-kind items)

Call for Details:
MR. ODDS & ENDS
1-204-746-4318
Percentage of profit to charity of your choice.

Frídays, Saturdays & Sundays at Mohawk Gas in Morris, MB, across from Tim Hortons (formerly 3 blocks south) - weather permitting

THE CLASSIFIEDS

Downsizing? Sell those unused items!!! Call for details.

For personal items / private sales OR for existing paying advertisers of Senior Scope.
All listings must be pre-paid: cash, cheque, money order. No credit cards. Listings and payment must be received min. 7 days prior to printing.

LISTINGS ONLY \$10 plus gst
Approx. 30 words.
GARAGE SALE ITEMS ACCEPTED

For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

BUY • SELL • TRADE • RENT • NOTICES

MISCELLANEOUS

INSULATED TARP SALE: 12'x20' Heavy Insulated Tarps, gently used, Canadian made. Nearly HALF PRICE! 25 @ \$45 ea. 50+ @ \$40 ea. 100+ @ \$37 ea. 250+ @ \$32 ea. 500+ @ \$27 ea. Call 204-898-2685 or email contactus@groundupwinnipeg.ca. Visa/MC accepted.

WANTED: New Release Movies, 2015 & Up (DVD/BR) and PS3 games. Reasonable price. Call Dave 1-204-746-4318 (Morris, MB)

FOR SALE: 2 cemetery plots, vaults included, at Chapel Lawn Memorial Gardens. \$6000 OBO. Porcelain dolls: \$20-\$50 ea., Plate glass mirror: 24" x 36" new: \$50, Info: 204-889-3770.

FOR SALE: Two Winnipeg Blue Bombers tickets for the Hamilton Tiger Cats game on Oct.6th, 2017. On the twenty yd. line sec. 126 row 28, plus \$20 parking pass. Total \$135 asking \$75. Ph: 204-275-3288

FOR SALE: 1 cemetery plot at Chapel Lawn, W. Winnipeg, MB. Will hold 3 urns. \$2000 plus transfer fee. Call 204-888-8144.

MAIL LISTINGS with payment payable to: Senior Scope, Box 1806 Stonewall MB R0C 2Z0.
NOTE: Senior Scope reserves the right to reject listings not suitable for its readership.

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

You can have ... You choose



Wilder Resorts **Resort Living at Its Best! Year-round or winter only!**

The **Gold Standard** of the RGV

JOIN A WILDER RESORT FOR AN ADVENTURE AND ENJOY ALL THE AMENITIES YOU DESERVE!

Choose from one of our Rio Grande Valley Resort locations!



S. Alamo Road
Alamo, TX 78516
956-783-2600



800 FM 495
Alamo, TX 78516
956-787-7717



600 FM 495
Alamo, TX 78516
956-781-1358



501 W. Owassa Rd.
Pharr, TX 78577
956-787-6538



101 E. Sioux Road
Pharr, TX 78577
956-787-9959

PARK PLACE ESTATES



5401 Business 83
Harlingen, TX 78552
956-428-4414



3366 N. Bentsen Palm Dr.
Mission, TX 78574
956-585-7630



1401 S. Cage Blvd.
Pharr, TX 78577
956-787-5957

Now Taking Reservations for 2017-2018 Season!

