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Merry Christmas and All the Best for a Joyous New Year full of Prosperity, Peace and Good Health.



Thank you to everyone who helps make Senior Scope possible - old and new Advertisers, Derksen Printers with quality service, my loyal Delivery team, Volunteers, staff at Canada Post who put up with me, and especially all you readers who keep on giving me motivation to put in the long hours required to make it happen issue after issue.

- Kelly Goodman
 Publisher, Senior Scope

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The Most Wonderful Time of the Year

By Roger Currie

"It's the Most Wonderful Time of the Year" .. is it not? That was the title of a huge holiday hit, recorded by Andy Williams back in 1963. It was featured on Andy's Christmas album, released in mid-October, just over a month before an American President was gunned down on the streets of Dallas. Almost immediately, many radio listeners must have wondered about it.

My *'Father Knows Best'* life was going just fine in Winnipeg in 1963. We had a wonderfully festive family Christmas, with gifts galore, far too much to eat. There was lots of love and sharing, and nary a thought about those who were missing such things.

There was no food bank then, but the *Christmas Cheer Board* did its thing, and Dad gave at the office to support them. By 1963 I was 16 and had pretty much outgrown toys and such. Just a block down our back lane in River Heights was the *Assiniboia Residential School*. I had no idea there were kids who were stuck there over the holidays, hundreds of miles from home. If I had, I might have thought about giving them some of my things. I certainly had no suspicion that any bad was going on at the school, that might require a formal apology from the Prime Minister 45 years later.

Prairie communities back then were pretty much white and middle class. We said *The Lord's Prayer* in



'Father Knows Best'

the classroom and even read from the bible. Illegal drugs were unheard of, and the letters *L G B Q T* were probably only seen as part of an eye test at the doctor's office.

Christmas shopping in 1963 involved trips to downtown Winnipeg with visits to *Eaton's* and *Birks* and other stores that have disappeared. *Polo Park*, Winnipeg's first major shopping mall, had a *Simpsons-Sears* store, and now it's gone. The Christmas season was 'make or break' time for retail merchants. A disappointing season was difficult to make up over the rest of the year, but it's different in 2017.

My 'go to' guy on all things retail is Rob Warren, a Winnipegger who teaches these days at the University of North Dakota in Grand Forks. He says "Retailers these days have managed to spread sales more throughout the year, however there's no question that the weeks leading up to Christmas are the busiest time of the year". Also, buying on credit was much less common in the 1960's, whereas today people tend to buy what they want regardless of the season, including gifts for loved ones.

Warren also says there's a growing group in society that doesn't really follow the gift-giving patterns

of days gone by. "There are three main factors. The first is that we're more *multi-cultural*, with a growing group for whom Christmas is not a major celebration. Secondly, the traditional nuclear family (a la *'Father Knows Best'*) has changed, and parents tend to buy gifts for the kids

Continued on page 6



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Business continuation planning is the key to protecting what you've built

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▶ A business continuation plan, tailored to your specific business, is vital to your continued success in the event unexpected circumstances arise.

▶ Protecting yourself in order to protect your business can be done in more ways than one, including critical illness insurance, disability insurance and creditor protection.

If you have any questions about business continuation planning, we'd be happy to help.

supported your family will temporarily disappear. Do you have a contingency plan in place?

There's no need to gamble with your future financial health when you can take some essential steps right now to protect what you've built. It's called business continuation planning and it's the process of identifying issues that could put your business at risk and adopting strategies to help mitigate or eliminate those risks.

Protect your most important asset - yourself

As a business owner, you understand the need to protect against risks to your capital assets - that's why you have fire, theft and other forms of insurance. But one of the major yet often overlooked risks faced by nearly every business is the temporary loss of vital human capital - a business owner due to a disability as the result of an accident or an extended illness, perhaps even a life-threatening critical illness.

The risk is more likely than you think:

- 90 per cent of Canadians have at least one risk factor for heart disease or stroke.¹
- The disability rate increases steadily with age beginning around age 25 - adults aged 45 to 54 have a disability rate of 15.1 per cent.²
- On average, 500 Canadians will be diagnosed with cancer every day.³

But with the right business continuation plan, you'll protect your business and your income by:

- Supporting continued business performance, profitability and productivity,
- Assuring that business debts can be serviced,
- Retaining employees who will continue to view the business as viable,

- Having the resources to fund recruitment,
- Maintaining good supplier relationships, and
- Preserving your customer/client base.

Insuring effective risk management

The risks posed by the temporary loss of a primary business owner can be economically managed with critical illness and disability insurance - the cornerstones of an effective business continuation plan.

Disability insurance allows an owner to fund the payment of ongoing essential office expenses such as salaries of employees, rent, utilities, and property taxes (office overhead expense disability insurance) and replacement of personal income to pay family expenses during the period of the disability with tax-free dollars (personal disability insurance).

Critical illness insurance pays a one-time tax-free lump sum to help cover losses created by the owner's absence. When the insured person is diagnosed with a critical illness or condition as defined in the policy, the benefit is paid - and how it is used is totally up to the recipient business. It can be a vital injection of cash to pay recurring business expenses or to make payments on loans or to suppliers.

The other keys to continuation

Personal protection is key to every business continuation plan - here are some other plan elements to consider:

- Key person life insurance ensures there will be a timely injection of tax-free capital should your business suffer the loss of a top producer or other essential employee.
- Buy-sell life insurance can fund your purchase of a deceased partner or shareholder's financial interest in the business.

Readings by Wendy

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You've worked hard to make your business a success. There may have been times when you gambled on a business strategy and won - but, for the most part, you stuck to the meticulous business plan that has been your blueprint for growth and achievement. Now, it's time for a new plan.

What would happen to your business if you were taken away from it, even temporarily? Would it survive? If you're like most small business owners, the odds are that your years of careful nurturing and building could come tumbling down without your energetic hands on the reins - because you are your business.

You're a professional - a dentist, for example - and you get hit with a sudden, extended illness. Your entire practice will stop but salaries, operating costs and other fixed expenses won't. How will you pay them until you're back in the game?

You're not only the owner of your small business, you're also the primary salesperson, accountant and everything else and you're in a car accident that leaves you injured and unable to work for months. Your entire business will stop but the bills won't and the income that

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¹ Risks include smoking, alcohol, physical inactivity, obesity, high blood pressure, high blood cholesterol, diabetes. Tracking Heart Disease and Stroke. Heart and Stroke Foundation. Released June 2009.
² Statistics Canada, Participation and Activity Limitation Survey, 2006.
³ General cancer statistics at a glance, Canadian Cancer Society, May 8, 2012.



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SJÖGREN'S SYNDROME – Have you ever heard of it?

By Phyllis Hirota

Can you imagine walking through Costco and not being able to try any of the free samples because you have left your water bottle in the car and can't swallow without liquids?

Can you imagine being at dinner with friends or family and being afraid to smile because of the fear of having food stuck to your teeth?

Can you imagine answering the telephone and having the person on the other end of the line not recognizing your voice because with dry mouth you can't speak properly?

These are only a few examples of the daily manifestations of Sjögren's that we must learn to live with. I live with these daily.

I have been living with Sjögren's for over 20 years; I was diagnosed in 2004. For me, Sjögren's Syndrome started with dry eyes which required the use of many different eye drops. Some years later I developed a dry mouth and I now have to drink sips of water frequently and need to drink



Phyllis Hirota

fluids when eating anything. My water bottle has become my buddy; we go everywhere together. I also experience joint and muscle pain and can experience debilitating fatigue. I see a Rheumatologist, Ophthalmologist and Dentist regularly.

This chronic autoimmune disease (pronounced SHOW-grins), identified in 1933 by a Swedish physician, Dr. Henrik Sjögren, affects up to 430,000 Canadians, 90% being women. Dry eyes and dry mouth are

the hallmark symptoms of Sjögren's, although being a systemic disease, any part of the body can be affected. Sjögren's is a disease in which your body turns against itself, mistaking your own tissue for foreign invaders. The major targets of the autoimmune process in Sjögren's are the exocrine glands which are the moisture producing glands. Dry eyes can feel like there is something gritty in your eyes, can itch, and become red and sensitive to light. Eye drops are needed frequently. Because of a lack of saliva, you may have difficulty in swallowing and speaking; for this reason patients are continually sipping water. Severe dental problems can arise including loss of fillings, decay, and loss of enamel. Along

“ Along with dry eyes and dry mouth, joint pain, and chronic and debilitating fatigue can occur. Approximately one in 20 will develop lymphoma, cancer of the lymph nodes. ”

with dry eyes and dry mouth, joint pain, and chronic and debilitating fatigue can occur. Approximately one in 20 will develop lymphoma, cancer of the lymph nodes. 50% of patients with Sjögren's may also have another autoimmune disease such as Rheumatoid Arthritis (RA), Lupus and Scleroderma.

The exact cause of Sjögren's is unknown. It is believed that people inherit a genetic tendency to develop an autoimmune disease and something in your surroundings or environment triggers the disease. These triggers could be a virus or bacteria or chemical exposure.

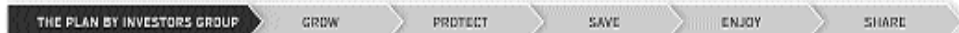
Sjögren's is more common than the better known autoimmune diseases such as multiple sclerosis and lupus yet diagnosis can take up to 6 years because any part of your body can be affected and symptoms vary among patients.

Living with Sjögren's can be challenging. Fortunately there is a support group in Manitoba. For information contact the leader of the **Manitoba Sjögren's Support Group, Phyllis Hirota, at phirota@shaw.ca**

For more information about Sjögren's Syndrome visit www.sjogrenscanada.org

Business continuation plannings ...

cont'd from page 4



- Disability and/or critical illness buy-out insurance provides a lump sum tax-free payment to fund your purchase of a disabled partner or shareholder's financial interest in the business.
- Potential creditor protection by use of personally owned segregated investment funds.

You spent a lot of time developing and implementing your successful business plan. It wasn't easy and it continues to evolve as your business grows and prospers. Your business continuation plan demands the same attention to detail. Talk to us today to be sure your goals and needs are matched to the right insurance products for your situation.

Protect what you've built with a business continuation plan tailored to your business – it's vital to your continued success, come what may. ■

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Metro Hnytka

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The Most Wonderful Time of the Year, cont'd from page 3

throughout the year. The third factor which is probably growing quicker than anything else is the shift to online shopping from traditional stores" he says.

Warren says the struggles we're seeing in Canadian retailing are even more evident in the U.S, with department store chains like *Macy's* and *J.C. Penny* downsizing in many places. Even *Walmart* is shifting rapidly. I spoke to Rob just a day after Walmart had announced plans to close more than 150 U.S. stores resulting the loss of thousands of jobs. What about Canadian Walmart stores in places like Selkirk and Flin Flon? Warren says they may be safe for a while, but there will come a time when online orders, including



Janice and Roger

groceries, will be delivered to customers in rural Manitoba in less time that it now takes for those people to drive to a Walmart in a larger place like Winnipeg.

All of this raises interesting and somewhat worrisome implications for economic growth that has historically been measured in terms of things like retail sales.

If I may close this on a warmly personal note, this will be my sixth Christmas since returning from my second life in Saskatchewan, and it's also Christmas #6 since meeting my beloved Janice. She has truly been my most 'priceless' gift, and I value what we share more and more as each day passes.

The best of the season to all of you, and I look forward to bringing you more stories and thoughts in 2018. ■

Roger Currie is a Winnipeg writer and broadcaster.

December 4, 2017

Canadian Taxpayers Federation launches campaign to end federal tax grab on liquor

By Aaron Wudrick, Federal Director, Canadian Taxpayers Federation (CTF)

- **No Escalator Tax campaign opposes federal government automatically raising taxes on beer, wine and spirits each year**
- **Automatic tax hikes undermine political accountability and set a troubling precedent for tax policy**

OTTAWA, ON: The Canadian Taxpayers Federation (CTF) today launched the No Escalator Tax campaign demanding the repeal of the federal government's legislation that automatically raises taxes on beer, wine and spirits each year based on the rate of inflation.

"Canadians are already being gouged every time they have a drink," said CTF Federal Director Aaron Wudrick. "They deserve a

break - not a hidden annual tax hike put in place by politicians too afraid to take the heat for raising them."

Depending on the province, taxes already account for approximately 80 percent of the final price of spirits, 65 to 70 per cent for wine and nearly 50 per cent for beer.

The CTF's campaign includes the website, NoEscalatorTax.ca, where Canadians can send a message to Finance Minister Bill Morneau and their own MP asking them to remove the escalator tax. The CTF has also created drink coasters that will be distributed across the country in establishments interested in participating in the campaign to raise consumer awareness about alcohol taxes.

"Aside from soaking Canadians just trying to enjoy a drink, this escalator tax is a clear violation of ministerial accountability. If the Finance Minister wants to raise taxes on Canadians, he should have

to go back to Canadians each year and face the music, not bury it in a hidden, automatic regulation," said Wudrick. "Even worse, if an escalator tax on alcohol is allowed to stand, who knows what tax they'll try it with next? Gas taxes? Income taxes? The GST?" ■

For more information:
**Aaron Wudrick -
CTF Federal Director**
cell: 613-295-8409
email: awudrick@taxpayer.com

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 134,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receptable contributions.

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Jingle Jingle Jingle

By Metro Hnytka

At this time of year, the 'jingle' relates to Sleigh Bells. But to a coin collector, it means coins that could be needed in his or her collection. With it is the year of Canada's 150th Birthday and the mint has given us plenty of options.

There are four new toonies, three new loonies, four quarters, two dimes, and two nickels.

The ordinary 2017 coins are only in a proof like set. The other coins are all out there in change somewhere.



150 Regular coin collectors set

Happy hunting and have a great Christmas season.

- Metro



Some new collector coins for Canada's 150th Birthday

The Manitoba Coin Club - Annual Winter Holiday Party

Photos by Howard R. Engel, Manitoba Coin Club Show Chair, and Bruce Taylor, former Bison Tales, Manitoba Coin Club Newsletter Editor



Past president, Susan Poseluzney, handing the gavel to Esther Juce.



Far right, Metro Hnytka with Jennifer Ramshaw. Metro has been very active in promoting the Coin Club.



Members enjoying dinner and conversation.



Howard R. Engel, Chair

The Manitoba Coin Club held its annual Holiday Celebration on Nov. 30th at Jag's Restaurant in Club Regent Casino.

A good time was had by all.

Past president, Susan Poseluzney, handed over the gavel to Esther Juce who is stepping in as the new president.

The Coin Club meets every fourth

Wednesday except for July, August and December, in the Golden Rule Seniors club room at the Ft. Rouge Leisure Centre, 625 Osborne St.

Next meetings are: Jan. 24, Feb. 28, Mar. 28, Apr. 25, May 23 and June 27, 2018, 7 pm.

For information, visit www.manitobacoinclub.org Or call Barré W. Hall: 204-296-6498



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Matt Wiebe
MLA for Concordia
204-854-1857
MattWiebe.ca

THE BUZZ



Story by Scott Taylor

Merry Christmas and Happy Holidays to All

This year, Christmas greetings go out to all my old, and I mean that with all due respect, and retired friends, with a nod and a wink to the late Jack Matheson, who made these 1,400-word columns popular 60 years ago...

Peter Young, Don Percy, Mike Fabian, Don Windsor, Ron Kizney, Hal Sigurdson, Eddie Dearden, Patti Dawn Swanson, Ron and Roxanne Taylor, Robert McGregor, Howard Kroeger, Willie Plaetinck (who is 70 and isn't retired, but deserves the chance), Arnold Asham (both of them), Bob Picken, Tom McGouran, Ford Gardner, Howard Mandshein, Barry Halipchuk and Randy Hunt, Brenda Fulsher, Curt Keilback, Lynda Jaworski, T. Kent Morgan, Roger Currie, Donny Lalonde, Bob Irving, Scott Oake, Charles Adler, Fort Rouge Ted, Kris Row, Ned Sanders, Clay Young, Jimmy Young, Robert Young, Marty Goldstein, Ted Allan, Joe Pascucci, Les Lazaurk (although, he'll broadcast Saskatoon Blades games until he's 100), Brian Gunn, Terrance Lacquette and Ralph Levenstein.

Sam Katz (who should be retired but has too many young kids), Jim Daly (who is 90 and still coaches track), Colleen Chamberlin, Leo Desilets, my book writing collaborator Roy Rosmus, Dan Chase (who also deserves to experience the joys of retirement), Bill Anderson, Aubrey Ferris, Ken Ploen, Rod Hill, Chris Walby, Bob Cameron, Lyle Bauer, Trevor Kennerd, Bill Todd, Don Jonas, Dieter Brock, David and Ruth Asper, Jim Heighton (who is still winning track and field medals in his 70s), Roy Seidler, Wayne Seidler, Denyse Walker, Lisa Merritt, Glen Munford, Harold Neufeld, Paul Bennett, Nick Miller, Henry Janzen, Gord Rowland, Dave Knechtal, James West, Bud Grant, Brian Dobie (a well-deserved retirement can't be that far off), George and Marcie Van de Vorst, Ken Bentley and Garth Pischke.



Don Percy



Jack Dubnicoff



Ray St. Germain



Sam Katz



Andrew Dunn

Rick Watts, Doug Freeth, Brian Rumsey, Ken and Linda Opalko, Bruce Enns, Hank LeMoine, Doug Orr, Dale and Heather Bradshaw, Ron and Sophie Paseshnik, Cal and Doreen Botterill, Maureen Orchard, Bob Town, Ted Stoesz, Tom and Gail Kendall, Bruce Pirnie, Cliff Bishop, Coleen Dufresne, Dennis Nord, George Fraser, Wayne Hildahl, Grant Watson, Jill Mathez, Mike Burchuk, Kevin Kessler, Harry and Joanie Fehr, Karen McCarthy, Scott Swail, Gary and Janice Filmon, Paul Chartrand, Colleen Koop, Rick Lambert, Nedra Anderson, Mark Olson, Tony Condello, Walter Shefchyk, Paul Ullrich, Shelly and Bruce Paton, Cathy Garski, Paul Robson, Tom Milroy, Dennis Nord and Nils Ling.

Roger Belton, Ted Konyk, Barry Arnason, Harvey and Edie Warner, Sharon Gulyas, Darren Dunn, Ivan Bigg, Michael Gobuty, Susie Sourwine, Kirt Contois, George Williams, Sheri Glendinning, Robin Kissock, Gerry Tummillo, Abbi Church, Derek Corbel, Ray Miller, Manley Chan, Russ Passey, Shannon and Dustin Davis, Tom Gardipy Jr., Rohan Singh, Adolfo Morales, Dale Bruzell, Daryl Rothwell, Roger Bamburak, Dawn Forbes, Jeff Goy, Barry Tuckett, Dr. Norm Elder, Bob Gates, Ardell Saylor, Emile Corbel, Gerry Hart, Don Schnell, Shelley Brown, Jerry and Lise Pruitt, Tanya Lindsay, Marvin Buffalo and Kelly and Mel in the dining room at the Downs.

Barry and Rena Shenkarow, Bill Davis, Mark Chipman, Joe Daley, Jimmy Mann, Ted Foreman, Grant

Ledyard, Steve and Carrie Patrick, Les Lazaruk, Jordy Douglas, Reggie Leach, Ted Irvine, Thomas Steen, Butch Goring, Ab McDonald, Bill Lesuk, Chris Dant, Scotty Bowman, Dan Belisle, Bruce Johnson, Kerry Goulet, Bobby Hull, Val Johnston, David Langford, Marty York, Shadoe Davis, Stacy Bell, Neil Boisclair, Ian Heather, Ray Peters, James Carey Lauder and Nicole Bouchard, Laurie Anderson, Tom Heffner, Larry Updike, Bruce McRae, Allan Nichols, Yvon Barrette, Marshall Quelch, Rudy Arias, Freddie Giles, Cal Howard, Bob Sokalski, Rick Henkewich, Murray Allen, Greg Bouchard and Kirk Koppers.

Scott Davidson, Whitey Stapleton, Archie Henderson, Al Tuer, Vaughn Karpan, Janet Walker, Ida Sutherland, Heather Hlady, Theresa Worton, Harvey McFarland, James Kinaschuk, Jack McKenzie, Bill and Ross Wedlake, Ron Arnst, Chris Pasterfield, Bob Magel, Wanda Guenette, Ray Blumenfeld, Cam Patterson, Ron Foxcroft, Garney Henley, Lloyd Louie, Roy McGregor, Morris Glimcher, Danny Kleinsasser, Wayne Babych, Dave Babych, George Sigurdson, Steve Hrousalas, Gord Cooke, Jim MacGregor, Ferdi Nelissen, Valstik Cerny, Les Sulzer, Lorraine McLeod, Todd MacCulloch, Harvey Rosen, Bernie Bellan, Dan Kinsachuk, Emory Wells, Angela Sanche, Kevin Arnst, Larry McKay and Tanya McKay.

Mike and Roz Moore, Faye Finch, Gladwyn Scott, Resby Coutts, Jerry Hemmings, Jude Kelly, James Murphy, Marc LaBossiere, Gail Cabana-Coldwell, Stephen Eric McIntyre, Kenny Dusang, Terry Petrishen, Frank McLean, Murray Burt, Robert Campbell, John Sullivan, John (the King) Vernaus, Jane Edstrom, Marilyn Fraser, Larry Fitzgerald Sr., Peter Oland, Ray St. Germain, Marnie Strath and Bob Friesen, the great Mickey Steen, Eric Robinson, Dennis Pierson, Dennis Wiebe, Jack Dubnicoff, Marvin Terhoch, Kenny MacDonald, Scotty McVicar, Miles and Suzanne Walton, Stan Mikawos, Kevin Klein, Julian Klymkiw, Ken Dryden, Randy Gilhen, Russ Romaniuk, Trevor Kidd, Dennis Beyak and Jeff and Syd Thompson.

And a load of folks who aren't that old, it's just that they seem that way.

Let's call it wise, shall we? Andrew Collier, Regan Katz, Dave Petrishen and Karen Webster, Hal Anderson, Kevin Klein, Ed Tait, Joe Aiello, Jamie Leach, Tick Rowson, Kathy Kennedy, Sandi Caputo, Neil Dalrymple, Gayle Zaratany, Kelly McCrimmon, Bernie Plett, Grant Heather, Rob Wozny, Ryan Cyr, Paul Dyck, Billy Keane, Blake Spiller, Dave Cameron, Larry Bumstead, Monte Miller, Lee Stubbs, Andy Kollar, Ron East, Chief Glenn Hudson, Wally Langfellow, Eric Nelson, Tom Tuttle, Paul Edmonds, Paul LaPolice, Jamie Thomas, Mike Kelly, Devon Daley, Richard Burr, Kelly McCrimmon, Colton Orr and Tara Maslowsky.

Kerry Lines, Ken Pearson, Jeff McWhinney, Maria Consentino, Jeff and Tara Miller, Daren Jorgenson, Sarah Zacharias, Jennifer Pawluk, Dean Court, Cynthia Wandowich, Greg Pindera, Al Castell, Lisa Frederick, Ann Topp, Tom Scott, Dan Vandal, Tim and Michelle Muys, Doug Sinclair, Peter Woods, Andrew Harris, Troy Westwood, Eddie Steele, Reggie Abercrombie, Shirley Retzlaff, Sean Seywright, Kim Davis, Maggie Pearson, Mike Bergmann, Les Kletke, Darren Boyko, Travis Daley, Mike and Beverley Wynne, Barb McTavish, Kirby Schepp, Dave Crook, Olivia Doerksen, Jon Waldman, Glen and Lisa Tinley, Travis Golby, Gary Michalik, Jeff Woods, Adam Decker, Mel Whitesell and Sonny Albert.

Catherine-Grace Peters, Dave Beakley, Chris McDole, Chris Driedger, Harley Garrioch and Tara Lacquette, Greg Dick, Doug Hedley, Kelly Kirch, Paul Krueger, Stan Pierre, Byron Spriggs, Crystal Vickers, Ray Walker, Reid Carruthers, Greger Buer, Daniel Fink, Colin Matheson, Brenda Johnstone, Ken Robertson, Morgan de Pena, Brenda Horz, Judy Owen,

Alfie Michaud, Craig Schroepfer, John McKinnon, Mike Richards, Dave Bastl, Don Oramasionwu, Ogo Okwamabua, Darren Ford, Susanne Dandenault, Yadali Okwamabua, Andrew Dickson, Ryder Lee, Michael Hunt, Larry and Shelley McIntosh, Mike and Joey Sutherland, Denis Van Laeken, Theresa Brick, Rod Shwaykosky, Jason McRae-King, Trevor Ahluwalia, Samatha Shefchyk, Don Sicotte, Robin Henderson, Darren

Continued on next page

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A Legend in the Hall

By John Ploszay with notes from Scott Taylor
Photo by Bruce Fedycyk

With Christmas almost upon us, it's time to give a shout out to one of the most influential coaches at the junior hockey level in the history of the game here in Manitoba.

And make no mistake, Barry Bonni's influence has been felt all across Winnipeg and throughout the province in the 36 years he's been at the helm of the River East Royal Knights.

For those who don't know him, Bonni is a hockey guy. And that's probably the best reason why the 36-year veteran of the Manitoba coaching ranks was inducted into the Manitoba Hockey Hall of Fame back on Oct. 7.

The River East Royal Knights hockey club is his baby. He's the owner, President, GM, Head Coach, Chief Cook and Bottle Washer and has been a mentor to thousands of Manitoba hockey players over the years. This is a bona fide hockey man and his love for the Royal Knights has lasted 36 seasons.

In April of 1981, the East Kildonan Knights of the Manitoba Major Junior Hockey League folded after nine years in the league. Upon hearing of the Knights demise, Bonni approached Knights President John Haasbeek and asked him for assistance in keeping junior hockey alive in East Kildonan. After some discussion—and some persuasion from John's wife Julie—he agreed to help.

First they adopted the name River East instead of East Kildonan because it better defined the area of the city and went to work saving junior hockey in the neighborhood. Then,



Barry Bonni

after finishing the regular season in fourth place with a record of 22-20-0, the Royal Knights went on to capture the MMJHL Championship in their very first year in the league.

From that season on, Barry Bonni has been the face and voice of the Royal Knights.

In a recent interview with one of his players, Tristan Ezako, the Royal Knights' centreman described Bonni as "old school and very, very knowledgeable about the game."

Late last season, Bonni was asked if it was time to retire, maybe sell the team and give someone else the inherent headaches that come from running a hockey team. Bonni made it clear he'd be back behind the bench this season and that's where Game On Magazine photographer Bruce Fedycyk found him in early October. He's deep into planning for the season and while he knows he's got a huge challenge ahead of him having experienced his first losing season as a coach in 2016-17, he has not wavered in his love for the Royal Knights and the game of hockey.

"Yeah it was the worst season in my history," he said. "I've been involved with this team for 36 years and as a coach I went to the playoffs 25 years in a row. Now I'm 25-1, and I don't like that."

Bonni liked what he had at the beginning of last season, but then the wheels fell off when injuries ravaged the team. It wasn't pretty.

"Tristan Ezako went down after being hit from behind, then Michael Cooper and Jayden Pollock," said Bonni. "Then we lost Mike Sabourin and Thomas Petrick with cracked ribs, and Lucas Henry with a broken hand. We were done by Christmas. But we still had to compete."

At times Bonni indicated it was getting to the point where he'd had enough. But that's not Barry Bonni.

"There are more and more days where it starts wearing on you," he said.

"But I'm here for now. I might consider selling the team someday, but I'm here for now."

And you can bet, as he has been for 36 years, Barry Bonni will always bleed the purple of the River East Royal Knights. ■

More, Piper and Tachan Named to Manitoba Golf Hall of Fame

By Scott Taylor
Photo (pg. 11) courtesy Manitoba Golf Hall of Fame

Terry More was both Manitoba Junior and Manitoba Amateur champion. Pat Piper was a three-time member of Manitoba Womens' Golf Teams (1960, 1961 and 1973). And Joe Tachan was a three-time Manitoba IOpen Champion and one of the finest club pros in the province's history.

This year, those three Manitoba golfers and, for the first time ever, one Manitoba golf team were added to the Manitoba Golf Hall of Fame and Museum.

Included in the 2017 induction class were More and Piper – who were inducted in the Athlete category; Tachan, who was inducted in the Athlete and Builder category; and the members of the Canadian Ladies Golf Association's championship team from 1962 – Marg Homenuik, Heather Telfer, Merlene Netterfield, and Ann Tachan.

"The Manitoba Golf Hall of Fame is proud to welcome its first team as

Continued on page 11

The BUZZ, cont'd from page 8

Brown, Robert Broten, Jim Ringer, Rebecca Foat, John Makie, David Bedarf, Deb Belinsky, Jordin Tootoo, Neal Prokop, Chris Zuk, Jennifer Nickel, Chris Poponick, Troy Leslie, Bruce Fedycyk, Jon Cara, Jen Saunders, Steve Gould and Darryl Wolski.

Kevin Kaiser, Greg Stuart, Ken Wiebe, Dorian and Kim Morphy, Zach Peters, Scott Unger, Scott Brown, Mike Davidson, Lisa Lester, Jeff Dyck, Mike Keane, Tanya Dubnicoff, Mike Birch, Chris Dell, Ken Whitecloud, Jim Timlick, Carter Brooks, OV Suvajac, Deb Dunmall, Ken Waterman, Kareen McConnell, Laura Cooper Janik, Dave Schioler, Mike Sirant, Larry and Scott Furman, Trevor and Kyle Prystupa, Dustin

Stewart, Jessica Rosenbaum, Larry Finnsen, Kevin Kaiser, Lisa Soloman, Frank Burggraf, Chad Balmer, Jaret Hannah, Jill Christie, Melissa Schlichting, Chasity Wells, Kevin Saurette, Adam Wedlake, Dave Shorr, Yvette Milner, Brad Purdie, Rob Smith and Jay and Linda Averbach.

Jess, Kyla, Devlin, Betsy and Kane. The spectacular Sally. The Manitoba hockey community, everyone we've written about here at *Senior Scope* and of course, my good pal, *Senior Scope* publisher Kelly Goodman.

Happy Holidays to everyone and Merry Christmas to all the folks who celebrate it. 2018 is going to be a great year! ■



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Please call 30 to 45 minutes prior to your preferred pickup time to request a ride.

OTHER OPTIONS: call a cab, take the bus, or have a dedicated driver.

2017 Festive Season Checkstop Program

The Festive Season Checkstop program came into effect Friday, December 1st and will run every day for the month of December, including New Year's Eve. Motorists can expect to see an increased presence of police officers on Winnipeg roadways, enforcing Impaired Driving legislation.

Impaired driving is the number one criminal cause of death in Canada, yet it is 100% preventable. We take this opportunity to remind citizens that we all have an important role to play in preventing impaired driving and the all too often human costs often associated with this crime.

Our message is simple, **if you choose to drink or do drugs, DON'T DRIVE.**

Last year's campaign resulted in:

- 4472 Vehicles Stopped
- 168 Approved Screening Device tests administered
- 27 Approved Screening Device warnings (72 hr suspension)
- 46 Drive Impaired / Drive Over 80mg% / Refusal charges

The Winnipeg Police Service would like everyone to have a safe and enjoyable festive season.

The Festive Checkstop program is made possible through a partnership with Manitoba Liquor and Lotteries. ■

Public Advisory - Avoid Auto Theft

With snow already on the ground and colder than normal temperatures, many motorists are heating up their cars before heading out on the road. The Winnipeg Police Service is reminding motorists that there are several things you can do to keep your vehicle safe.

- Never leave your vehicle unattended, running or not, for any length of time while the keys are in the ignition
- Never leave children or pets in an unattended vehicle, especially one that is running.

- Don't leave your spare keys and garage door opener inside your vehicle
- Never leave valuables on display inside your vehicle
- Install a remote starter
- Use a steering wheel lock
- Install an alarm system
- Use common sense

Most property crimes are preventable. Take away the opportunity and help keep your vehicle and contents safe. For more information and additional safety tips, please visit:

http://www.winnipeg.ca/police/TAkeAction/auto_theft.stm ■

Winnipeg Police Service E-WATCH - Crime Prevention Tip

Shopping Safety and Crime Prevention

- If you shop at several stores in one day, lock your purchased packages in the trunk of your car.
- Never overload yourself with packages. You make yourself an easy target for a criminal to grab from you and get away.
- If you must shop after dark always have a friend or relative with you.
- Always park in well-lit areas and as close as possible to the entrance of the store. Be particularly aware of persons loitering in the parking lot, especially if they are near your car.
- Always lock your car and make sure all of the windows are closed.
- Carry only the charge cards you will actually need.
- Never carry or flash large sums of cash.

- Women should always carry purses close to their body with the purse flap against them. Men should carry their wallets in the front or inside pockets.
- Always be aware of your surroundings and the people around you. Never allow your attention to become distracted from your purse, packages or your young children.
- Teach your children to go immediately to a store clerk, cashier or security guard and ask for help if you become separated in a store or shopping mall.
- Never hesitate to notify store security if you see suspicious activity.
- If you have to wait for a ride, wait in a busy, well-lighted place.
- If you are a victim of a crime, report it to the Police immediately.

How to protect yourself when you're shopping online

- An indicator that a website should be secure is the lock icon or unbroken key in the bottom right corner of the screen or a website address that begins with https://.
- Double check that the website address begins with https:// ("s" is for "secure").
- Pay by credit card if you can. Do not send cash.
- Be on the lookout for prices that are too good to be true. They're likely counterfeits.
- Don't use public Wi-Fi to shop online.
- Read the privacy policy and find out how your information will be used.
- Don't respond to an email or pop-up message that asks for financial information.

Legitimate companies don't ask for this information this way.

- Read your credit card statements and check for unauthorized charges.
- Make sure your firewall is "on". For example, Windows Firewall is on by default on the latest version of Windows, but make sure it isn't turned off: • Open Windows Firewall by clicking the Start button then the Control Panel • In the search box type "firewall" then click Windows Firewall • In the left pane, click Turn Windows Firewall on or off.
- Don't allow auto fill for your passwords or personal information, like your address, and never allow a site to store your credit card information. ■



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Do you have high blood pressure?

The University of Manitoba is conducting a study to investigate the effects of aged garlic extract on high blood pressure

The study is open to men and women who meet the following criteria:

- Aged 18 - 75 years
- Elevated blood pressure
- Non-smokers

Participants will be compensated for their contribution to this study.

For more information:
Phone: (204) 474-9989
Email: garlictrial@umanitoba.ca
Website: www.rcffn.ca
Dr. Peter Jones, Principal Investigator

Do you have high cholesterol?

The University of Manitoba is conducting a study to investigate the effects of natural plant compounds on blood cholesterol concentrations

The study is open to men and women who meet the following criteria:

- Aged 18 - 70 years
- Have elevated cholesterol
- Not taking medication to lower cholesterol
- Non-smokers

Genetic testing will be done in this study
Participants will be compensated for their contribution to this study

For more information:
Phone: (204) 474-7091
Email: GenePredict-PS@umanitoba.ca
Website: www.rcffn.ca
James House, PhD, Principal Investigator

...Golf Hall of Fame, cont'd from page 9



Inductees to the Manitoba Golf Hall of Fame. Left to right: Nicole Wanshaw, grand niece of Joe Tachan; Pat Piper; Terry More; Merlene Netterfield, Marg Homenuik

an honoured member, and there could be no better choice than the first Manitoba team to win a Canadian provincial team championship," said Don MacDonald, President of the Manitoba Golf Hall of Fame and Museum Inc. "Each of the individual inductees demonstrated exceptional golfing ability over a sustained period of time and have earned their place as Honoured Members."

The Manitoba Golf Hall of Fame and Museum provided the following bios of this year's inductees:

Terry More

- Manitoba Golfer of the Year (1978)
- Manitoba Junior Champion (1964)
- Manitoba Amateur Champion (1967)
- Harold Eidsvig Trophy – Low Amateur, Manitoba Open (1976, 1977, 1978 and 1981)
- Manitoba Rural Senior Champion (2004, 2005, 2006 and 2007)
- Canadian Junior Semi-Finalist (1964)
- Canadian Junior Quarter-Finalist (1965)
- Four-time Municipal Champion

Pat Piper (Nee Kiggins)

- Saskatchewan Junior Champion (1958 and 1959)
- Manitoba Junior Champion (1961)
- Canadian Junior Team Championship (with Marion Lawrence) (1961)
- Runner-Up Canadian Women's Senior Championship (1992) and was Low Canadian
- Manitoba Senior Champion (1994)
- 3-time Member of Manitoba Women's Teams (1960, 1961 and 1973)
- 4-time Member of Manitoba Senior Women's Teams (1991, 1992, 1993 and 1994)

- Ranked in Top 10 of Canadian Senior Women's Golfers (1992)
- Finalist Manitoba Golfer of the year (1992)

Joe Tachan

- Born in 1914
- Started playing and caddying at Elmhurst in 1931
- He "managed" the club during the Second World War and along with Walter Kurylko, the "...two men kept the clubhouse open and the golf course playable..."
- Was Elmhurst pro from 1945 to 1963
- Won Manitoba Opens in 1946, 1951 and 1957; also Western Manitoba Open in 1946
- Commonly referred to as "pint-sized pro", the "mighty-mite from Elmhurst", "Joe the pro", "the debonair Elmhurst pro" or the "dapper little pro from Elmhurst"
- Played a match against Bobby Locke with Joe, Harold Eidsvig and Allan Boes playing a best ball against Locke (who won 2 and 1)
- Credited with developing games of Wilf Homenuik and Jim Doyle and others, including Marg Homenuik and Anne Tachan

Manitoba Team Winners of Canadian Ladies Golf Association Team Trophy – 1962

- First Manitoba Provincial Golf Team to win a National Championship
- Members were Marg Homenuik (Rossmere), Heather Telfer (nee Lawrence) (Niakwa), Merlene Netterfield (Niakwa) and Ann Tachan (Elmhurst)
- Conducted over 36 holes at Southwood ■

It's the most wonderful time of the year... and our elves can help busy shoppers!

Since 2008, volunteers have been wrapping gifts and checking coats all in support of St.Amant.

"This year, most of our volunteer shifts filled up in a 24-hour period, we have so many return volunteers who love to support St.Amant, get in the holiday spirit and help busy people!" said Juliette Mucha, Director of St.Amant Foundation. Only a few shifts are available on December 24th.

"We wrap all gifts – whether purchased at the mall or not. We've had some folks who bring in carloads of gifts and we count on their support every year," said Mucha.

The gift wrap and coat check shop, sponsored by Desjardins Financial

Security Investments – St. Vital Branch, is open during mall hours at St. Vital Centre from December 1 – 24 and is located in a store next to Hudson's Bay.

All donations support recreation and leisure activities, education and technology, specialized equipment for over 1,600 children & adults with developmental disabilities and autism supported by St.Amant.

Those interested in volunteering can sign up at www.stamant.ca/giftwrap.

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CURRIE'S CORNER

By Roger Currie



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

Managing marijuana

I used to enjoy grocery shopping, although I wasn't really very good at it. I tended to push the cart around on an empty stomach, making sure that all the unhealthy stuff jumped right in, and the last thing I tended to worry about was the price of anything.

My beloved Janice does the shopping now and what a strange retail world it has become. Today's case in point, *Loblaws*, which operates under a number of different brand names. They also own *Shoppers Drug Marts*, and that label is leading them in some new and interesting directions.

This week, *Loblaws* announced the closure of 22 supermarkets that they say have been 'under performing'. They didn't say the stores were losing money, and I would be surprised if that were true.

Along with the closure announcement, *Loblaws* released their third quarter financials, showing that profits had more than doubled over the same quarter last year. Selling

food and other household goods will always be profitable, but as time goes by it's the big guys who seem to be getting even bigger.

Like so many other retail businesses, more and more grocery shopping is being done online and delivered to our door. *Amazon* was the leader, and I'm sure we ain't seen nothing yet.

Speaking of *Shoppers*, it's looking more and more as though that's where we will be heading beginning July 1st if 'Mary Jane' is your pleasure. *Loblaws* and *Shoppers* are pushing hard to be a major player in Canada's marijuana business. What an interesting and perilous road this may turn out to be. Recreational pot has been legal for quite a while now in Washington and Colorado, and the cops there tell us that illegal weed is still readily available also. What about those poor *Loblaws* folks who will be looking for jobs? At this very moment, *Shoppers* is advertising for a *medical marijuana brand manager*.

Who woulda think it? ■

The neverending story

As the holiday season draws closer, I've decided that we need to anoint some new national heroes in Canada – folks who are worthy of a statue on *the Hill*. Since people like *Sir John A.* are now considered 'incorrect' and inappropriate by some, why don't we celebrate people like Max Henderson, J.J. McDonnell and Sheila Fraser. They could be founding members of a brand new heroic group that we might call *Whistleblowers Extraordinaire*. They all held the job of Auditor General in Ottawa, and they all managed to do what a dwindling number of politicians seem to be capable of, namely telling the truth.

A promising newcomer is the current head of the AG's department, Michael Ferguson. He has actually been there for seven years, but he made headlines this week with his report on the never-ending fiasco known as the *Phoenix Pay System*. Most of us are familiar by now with the basic facts. The lives of thousands of federal public servants have been turned into an ongoing

nightmare because of a fabulous new computer program that was supposed to solve all the problems of government payrolls, more efficiently and at a lower cost than ever before! And the company that created it was part of the *IBM family*. What more did we need to know.

It began under the regime of Stephen Harper, and Justin Trudeau and company have used that as a shield to divert most ongoing questions. In his report, Mr. Ferguson is critical of the Liberals for underestimating the cost, as well as the time it might take to finally fix things. He also noted that the *Phoenix* problem in our country is remarkably similar to what happened in Australia, where the nightmare continues.

Right now, the personal finances of close to 150,000 Canadians are still messed up beyond belief, and there's no light at the end of the tunnel.

Before we order more tunnel, we should be doing a lot better, and paying better attention to the Auditor General. ■

December 5, 2017

MANITOBA INTRODUCES MEASURES TO RESPONSIBLY CONTROL RETAIL SALES OF CANNABIS

The Manitoba government is introducing new legislation that would set out where and how legal cannabis may be sold, with additional measures to protect young Manitobans and empower municipal decision-making, Justice Minister Heather Stefanson announced.

"Manitoba continues to put responsible measures in place to respond to cannabis legalization, which includes ensuring the appropriate safeguards are there for legal retail sales," said Stefanson. "This new legislation sets out the regulatory framework, enforcement structures and compliance provisions that will help keep cannabis out of the hands of our youth and away from the black market."

The safe and responsible retailing of cannabis act would amend The

Liquor and Gaming Control Act and The Manitoba Liquor and Lotteries Control Act to authorize and regulate the retail sale of cannabis in Manitoba as soon as it is permitted under federal law. Once in place, all businesses selling cannabis in storefronts or online must be provincially licensed.

Manitoba Liquor and Lotteries (MBLL) would be responsible for acquiring all cannabis for retail sale, and only cannabis sourced through them may be sold. MBLL would be authorized to enter into agreements with licensed cannabis distributors. The Liquor and Gaming Authority would be renamed the **Liquor, Gaming and Cannabis Authority**. It would be responsible for licensing cannabis stores and distributors, and its inspectors would be respon-

sible for compliance enforcement.

The minister noted growing cannabis at home for recreational purposes will be prohibited. Once retail cannabis sales are legal, individuals must be aged 19 or older to buy, possess and use it. Similar to the provisions already in place for liquor sales, it would be illegal for retailers to sell cannabis to a person who is intoxicated.

"By setting the legal minimum for purchase and recreational use of cannabis at 19 years of age, the Manitoba government has demonstrated its commitment to safe and healthy school communities where students can continue to grow and learn through to graduation," said Ken Cameron, president, Manitoba School Boards Association. "Along with the power to consider the location of schools, parks and playgrounds as part of the process to approve cannabis retailers, government can ensure that all children are not unduly exposed to the potential harms of cannabis."

The new legislation would also include provisions that would:

- establish the ability of municipal governments to prohibit retail

cannabis sales within their boundaries by holding a plebiscite,

- ensure only cannabis grown by federally authorized producers is sold at retail locations,
- confirm all cannabis products sold in Manitoba are packaged and labelled according to federal requirements, and
- increase penalties for offences under The Liquor and Gaming Control Act, now proposed to be renamed the Liquor, Gaming and Cannabis Control Act, to a maximum fine of \$100,000 or one-year imprisonment or both for individuals and a maximum fine of \$500,000 for corporations for offences such as selling product from an unlicensed producer or selling as an unlicensed retailer.

A request for proposals for the private sector to operate one or more retail cannabis stores remains open until Dec. 22. The Manitoba government has also introduced The Cannabis Harm Prevention Act to address impaired driving and other road safety issues related to cannabis legalization, which is expected to occur in July 2018. ■

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November 27, 2017

The CRA fails Canadians in more ways than one

By Aaron Wudrick, Federal Director, Canadian Taxpayers Federation (CTF)

(This column originally appeared in the Toronto Sun)

The release of an Auditor General's report is rarely a happy occasion for the government of the day, and this fall's offering from federal Auditor General Michael Ferguson was no exception: from a stinging indictment of the billion-dollar Phoenix payroll system boondoggle, to a clear failure by immigration officials to properly track key indicators about Syrian refugees, to evidence of poor governance at the Royal Military College of Canada.

But perhaps most surprising was Ferguson's audit of the Canada Revenue Agency (CRA)'s call centers and their staggering inability to handle taxpayers' calls, and to answer questions properly.

Ferguson found that last year, a full 54% of calls made to the CRA – 28.9 million in all – were blocked by the agency; add in another 14% of calls directed to an automated menu, and any Canadian calling had less than a one in three chance of speaking to a human being.

Was the CRA simply overloaded? Not exactly. As Ferguson noted, the number of CRA agents answering calls rose by 23% over the last five years. But because the CRA has a "service standard" requiring it to keep call wait times to under two minutes, when the average wait time started to get close to two minutes, the CRA's call centre traffic team came up with a simple trick to help keep the average down: they would simply block additional calls.

Even if you are lucky enough to get through to an agent, be wary about the answer you get: Ferguson found that almost 30% of the time, agents were giving incorrect answers to basic queries. For example, in response to a question about when interest owed would begin to accrue, the wrong answer was given by the CRA agent a shocking 84% of the time.

As if all this weren't enough, the CRA's quality control system – designed to catch inaccurate responses by agents – didn't work properly, meaning the CRA remained blissfully unaware of the extent of the problem.

For the many Canadians who already have a hate-hate relationship with the taxman, such terrible customer service adds insult to injury.

And to be fair to the CRA, it is probably unrealistic to expect every agent to have a comprehensive grasp of our tax code (the Income Tax Act alone runs over a million words on 3,000 pages.)

The best long-term solution would be to simplify the tax code, making it easier for Canadians to figure out their taxes themselves and reducing the number of calls made to CRA in the first place.

In the meantime, the CRA needs to get its act together and start treating Canadians with a lot more respect by not blocking their calls, and ensuring that if agents can't answer their questions correctly, they pass them along to someone else who can.

Canadians work hard to pay their taxes. Is it too much to expect decent service from the people collecting them? ■

For more information call:

Aaron Wudrick,
CTF Federal Director
Cell: **613-295-8409**
Email: **awudrick@taxpayer.com**

November 28, 2017

PROVINCE BEGINS CONSULTATIONS ON NEW POVERTY REDUCTION STRATEGY

Families Minister Scott Fielding and Education and Training Minister Ian Wishart are inviting Manitobans to share their thoughts on how to prevent and reduce poverty as they announced the launch of consultations that will guide the development of a new poverty reduction strategy.

"The reasons for poverty are complex and multi-dimensional and we want to hear Manitobans' diverse experiences so we can develop an innovative, inclusive and people-focused strategy that includes meaningful measurement and targets," said Fielding, who co-chairs the province's Poverty Reduction Committee with Wishart. "Consultations will focus on pathways to move Manitobans out of poverty, and input from citizens and stakeholders will help us identify priorities."

The process will start with targeted consultations of Manitobans who have experienced poverty to hear about the daily challenges and critical realities they face, as well as an invitation for all Manitobans to provide written submissions. These

conversations will inform the development of an online survey that will be available early in 2018.

Beginning today, the province is consulting people with lived experience in Winnipeg, moving to Brandon, Selkirk, Thompson and other locations in the coming months. The process will engage a variety of community organizations, advocates and experts to help guide the renewal of Manitoba's poverty reduction strategy. Key areas of discussion include basic needs, education and training, employment, health and well-being, and sense of belonging.

"All Manitobans should have access to the resources and opportunities they need to achieve a better quality of life," said Wishart. "Poverty reduction requires a collaborative, co-ordinated effort across government and community. We look forward to hearing from Manitobans on their ideas and experiences on how we can work across society to alleviate the impact of poverty."

The comprehensive approach supports The Poverty Reduction Strategy

Act, which requires the Manitoba government to review and update its plan every five years.

The ministers confirmed progress or stability on 17 out of the 21 indicators Manitoba had established to track progress on poverty reduction, as required by the act's regulation. They noted the forthcoming strategy will feature a renewed set of indicators to measure progress.

Fielding also noted the Manitoba government is awaiting details of a federal poverty reduction plan to identify areas where alignment may be possible.

For information on Manitoba's poverty reduction strategy and what to include in written submissions, visit www.gov.mb.ca/allaboard or call **204-945-3469**.

Manitobans are invited to send feedback prior to Jan. 31, 2018, to povertyreduction@gov.mb.ca or by mail to:

**Poverty Reduction Strategy Team
Manitoba Families
400 – 352 Donald Ave.
Winnipeg, MB R3B 2H8.**



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Lions Place Toastmasters members and friends launch book for Canada's 150th Birthday

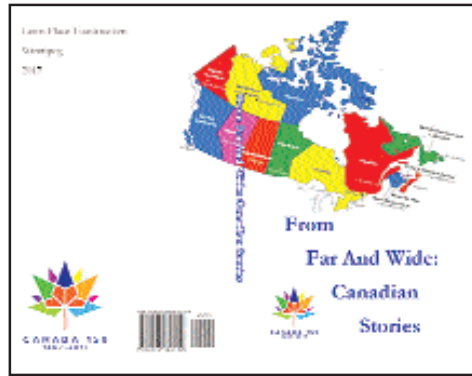
By Hazel Birt

'From Far and Wide: Canadian Stories' was launched on November 4th, 2017 at Lions Place, 610 Portage Avenue in Winnipeg. The light hearted stories were written by members of the Lions Place Toastmasters and friends for Canada's 150th.

You will read about a Winnipegger fantasizing about life on the West Coast, a British immigrant confused about the use of a bathroom (*No, I don't want to take a bath, I want a "loo"*), and a brave 19-year-old woman who sets off by herself from Winnipeg to experience the 1967 Expo in Montreal. Twenty-three stories to inform and entertain you. The book is available for \$10. from

Prairie Sky Books, 871 Westminister and from Neighbourhood Book Store and Café, 898 Westminister.

For information: 204-470-1917



Writers: Back row, L-R: Judy Fijal, Anna Olson, Jenet Pidgeon, Theresa Murie, James Tepper. Front, L-R: Hazel Birt, Ardythe Basham, Barbara Lange. Not in the picture: Gerald Brown, Kathryn Hollier, Odney Johnson, Delza Longman, Kirsten Solmundson, Susanna Wiebe.

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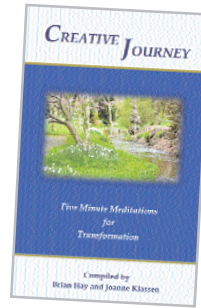


Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

WELCOME

Eleanor Chornoboy (EC)

Small cheer and great welcome makes a merry feast.

(William Shakespeare)

Since 2008, my friend Joanne and I have made an annual sojourn to Woodbrooke, the Quaker Study Centre in Bourneville, U.K. We have travelled from Canada to Britain for the past several Springs to facilitate Life Writing for Transformation™ at the Centre. On each of those trips, Joanne's daughter, son-in-law, and their young son have swung their doors wide open to invite us inside.

On our first visit, we were greeted with a sign, "Welcome Mama and Friend." The sign held by a blue eyed, blond cherub, learning to greet his grandmother with, "Welcome Nana," would have lifted the spirits of any traveller, be they seasoned or novice.

Our hosts extended us the ancient hospitality of sharing their food, giving us a warm and comfortable place to sleep and making their

home our home where the rhythms of the day are not interrupted by visitors. Instead, guests are included in the day to day goings on. They are embraced and made to feel essential.

I have been blessed by the gift of hospitality. It has taught me to hold a candle high to offer the visitors in my life a warm welcome. (EC)

I welcome guests from afar, opening my heart and doors to my humble home, making them a part of my day, a part of my life.

Eleanor Chornoboy (EC)

Author of *Faspa* and *Faspa with Jast*, Eleanor writes to capture moments in history. Through co-facilitating Life Writing for Transformation™ classes, she has had the joy of joining writers on their journey as they put their stories on the page. To delight the child in her, she has authored *Snow Angels* and *Pajama Tears*. Eleanor and her husband Larry live in Winnipeg, Canada. ■



OFFER

Joanne Klassen (JK)

'Tis the gift to be simple, 'tis the gift to be free, 'Tis the gift to come down where we ought to be. And when we find ourselves in the place just right, 'Twill be in the valley of love and delight.

(Joseph Brackett)

Hanukkah begins at sunset. Christmas is a brief week away. There's excitement in the air and a bit of tension about finding the right gifts to offer the ones receiving them.

An image from when I was four pops to mind, clear as the day it happened. I can even smell and feel it. I ached to have a present for my mom. I frantically searched around our small, crowded house looking for just the right thing. Then I found it—a wrapped bar of Ivory soap in the bathroom closet. I folded it into a yellow wash cloth. Bubbling and bouncing with excitement, I pictured Mama's smile of happiness as

she opened my gift. The anticipation of her joy filled my body and mind. I still feel the buzz as I recall that long ago moment.

Venturing forth into this day, I know the exact sensation I want to recapture. It is the pure, child-like pleasure of unselfconsciously offering the best I can find, however humble, to express my heart-felt caring to those around me. (JK)

The child within shows me how to multiply joy by offering my gifts freely.

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 ■



November 16, 2017

Sweet Nothing: Fat and Sugar Taxes Don't Reduce Obesity

By Aaron Wudrick, Federal Director, Canadian Taxpayers Federation (CTF)

- **New CTF study surveys the impact of fat and sugar taxes in various jurisdictions**
- **Chicago recently repealed two-month old soda tax due to overwhelming opposition**

OTTAWA, ON: In the midst of continued debate in Canada about the imposition of fat and sugar taxes, the Canadian Taxpayers Federation (CTF) today released a new study, *Sweet Nothing: Real-World Evidence of Food and Drink Taxes and their Effect on Obesity* which analyses the track record of food and drink taxes around the world.

"While theoretically appealing to many public health activists, food and drink taxes simply don't work as advertised," said journalist and study author Peter Shawn Taylor. "Evidence from the real world shows taxes on fat or sugar don't reduce obesity and don't make people healthier – they do, however, dis-



proportionately harm the poor, fill government coffers and cause substantial unintended negative consequences."

Among the study's key findings:

- In Mexico, a 2014 fat tax caused a temporary decline in soda consumption. However, sales are now rising

again, and there's been no reduction in national obesity rates.

- In Philadelphia, a new soda tax in 2017 reduced grocery sales within the city, and led to a spike in sales outside city limits, hurting downtown grocers and benefiting their suburban peers.
- Despite a decline in soda consumption in Canada between 2004 and 2015, obesity rates continue to rise. This suggests there is no causal link between soda and obesity.
- Polls showed 90 per cent of Cook County (Chicago) residents opposed a new soda tax imposed earlier this year, leading to its prompt repeal.
- A fat tax in Denmark in 2011 led to an increase in cross-border grocery shopping to Germany to avoid the tax, and caused substantial Danish job losses.

"Public health is an important concern, but the experience of numerous jurisdictions shows fat and sugar taxes aren't achieving what their proponents claimed they would," said CTF Federal Director Aaron Wudrick. "Governments may enjoy the additional revenue they generate, but if a tax designed to reduce obesity doesn't reduce obesity, it's hard to see how it's anything but a shameless tax grab."


For more information: CTF Federal Director Aaron Wudrick cell: **613-295-8409** email: awudrick@taxpayer.com Study author: **Peter Shawn Taylor** phone: **519-884-7692** email: petershawn.taylor@rogers.com

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Today's Recipe



Glazed Chicken

Metric	Ingredient	Imperial
30 ml	butter	2 tbsp
1	large onion, thinly sliced	1
4	boneless skinless chicken breasts	4
250 ml	chicken broth	1 cup
50 ml	honey	1/4 cup
30 ml	orange juice	2 tbsp
10 ml	cornstarch	2 tsp

In a nonstick skillet, melt 1 tablespoon (15 ml) butter until sizzling; add onion. Cook over medium heat, stirring occasionally, until onions are golden and caramelized (5 to 7 minutes). Remove from skillet, set aside. In same skillet, melt remaining butter until sizzling; add chicken. Cook over medium heat, turning once, until chicken is golden and no longer pink (12 to 15 minutes). In small bowl, stir together broth, honey, orange juice and cornstarch, mixing well. Add to chicken, stirring constantly, until slightly thickened. Stir in onions.

Serves 4 www.PeakMarket.com

WORDSEARCH - FRUIT

By Senior Scope

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

CROSSWORD

A Jolly Old Time of Year!

By Adrian Powell

ACROSS

1 Rip off*

5 Seasonally named Hostess snack*

9 Makes sharper*

14 Brunch scraps

15 Sheriff of "Funny Girl"

16 Out in the open

17 King Tut's mummy had one

19 Country retreat near Rome

20 Drunkard

21 "Sweet!"

22 British regatta site

23 Tiny energy unit

25 Where sailors on leave go

28 Dwellings*

30 Pueblo dwelling natives, once*

31 Sweltering*

34 Corrida cheers

35 Chick watcher?

36 Supermodel Campbell

38 Bright star in the Swan constellation

40 Chicago airport's three letter code

41 Homeless boy

42 "Sorry, ___ go!"

43 Mid-management deg.

44 US campus mil. org.

45 Something on Superman's chest

46 Capt. Hook's minion

48 "The Planets" composer*

49 It's often under fire

51 John's Yoko

52 Something Santa would say parts of which are scattered over the puzzle

55 Ball, poetically

57 Procured

60 African herbivore with a striped rear

61 Daily reading for many*

64 Girder fastener

65 Tobacco kiln

66 Inning's threesome

67 Must-have items

68 Barely gets by

69 Whispered "Hey, buddy!"

DOWN

1 Bricklayers carry them*

2 World's best-selling cookie

3 Month end bank mail outs

4 Winter hrs. for NYC

5 Human genius*

6 A Normandy beach

7 Owns

8 Mork's birthplace

9 What 'copters are good at*

10 Like sheep

11 Dudley Do-Right's love

12 Perry's creator, Stanley Gardner

13 Basic canine order

18 Harleys, in bikers' slang*

22 Bounce on one leg*

24 Change back to 000

26 Frozen fruit puree

27 Toyota competitor*

28 Patricia who played Erskine-Brown in "Rumpole of the Bailey"

29 Butter substitutes

31 Having similar positions or structures*

32 Leaves out

33 Slight hint of colour

35 Mr. Simpson*

37 Elvis' middle name

39 Singles and doubles

47 60's Red Guards' leader

48 Quoits pegs*

49 Had expectations*

50 Roy's Trigger, e.g.*

52 Unicorn's pride*

53 Depression era drier

54 To ___ and to hold

56 Withers on the vine

58 Decides

59 Trial balloon

61 Ground-breaking tool*

62 Squirmel's preferred haunt

63 Guy with a beat?

Akee

Almond

Ananas

Apple

Apricot

Arnot

Betel

Blackheart

Blueberry

Bullace

Cedrate

China orange

Crab

Cubeb

Date

Drupe

Egriot

Eleot

Fig

French berry

Gage

Gean

Grape

Grout

Hastings

Haw

Hep

Hip

Kaki

Leathercoat

Lemon

Lichee

Lichi

Lime

Mango

Mast

Medlar

Melon

Merry

Morel

Morus

Nut

Ogen

Olive

Papaw

Peach

Pear

Plantain

Pome

Prune

Quandong

Quince

Rasp

Rennet

Samara

Skeg

Sloe

Sweeting

Tangelo

Ugh

Uva

Whort

Whurt

Winter citron

SUDOKU EASY

By Senior Scope

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

SOLUTION ON NEXT PAGE

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

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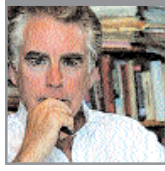
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HUMOUR

By William J. Thomas



To the ICE FISHERMEN - MAY YOU NEVER NEED A HELICOPTER TO GET HOME

I keep a pair of binoculars on my desk by my lakeside office, mainly to keep an eye on the ice fishermen, a half mile out on Sunset Bay. They're a quirky lot, these men who huddle over holes in the ice, freezing in the chill of wind waiting, hoping, praying for a plastic stick to dip, and I would know... I used to be an ice fisherman.

When I first moved to the north shore of Lake Erie I had this romantic notion of joining the boys of winter on a frosty February afternoon and returning home in time for a supper of fresh-caught yellow perch.

To be an ice fisherman you need an auger which is a five-foot long ice drill - the kind of instrument you imagine the dentist will whip out after he grins and says the words "root canal." You need a strainer to remove floating ice from the hole you drill with the auger. You need hooks and spreaders, tip-ups and tiny poles, a bait bucket with a minnow net and above all - bobbers.

Bobbers are small, red and white plastic floats that clip on the top of your line, suspend your baited hook off the lake floor and most importantly when the fish bites at the bottom, the bobber bobs atop your little hole in the ice. A bobber to an ice fisherman is like a puck is to a hockey player or a stone to a curler.

Ice fishermen spend hours a day standing stupefied and staring into a dark hole watching red and white bobbers not bob. I quickly discov-

ered that if you jump up and down real hard right next to the hole you can make the bobber bob, but after a while the excitement just isn't the same as a real bite.

When a fish does bite and the bobber does bob, you instinctively yank the line to set the hook then haul the line in, hand over hand until you hoist that perch out of the hole and onto the ice's surface. This I'm sure of, because I have seen others do it many, many times.

Besides watching my bobber not bob and the hole freeze over every 15 minutes, I mastered yet another technique of ice fishing - lying to other fishermen about your catch. "I already ate them" is a tough one to swallow. "No, no ... true sportsmen ... catch and release is my game." "I've been robbed" never ever worked.

Some fisherman erect ice fishing huts out there, for protection. Really? The one I was in had three holes, a kerosene heater, a food basket, lawn chairs, a battery-operated television set with the ball game blaring. These are not ice fishing huts, these are halfway houses for wayward husbands. Show me three guys whooping it up in an ice fishing hut here on Sunset Bay and I'll show you three Wainfleet wives storming around the house complaining that the garbage never gets taken out.

So ice fishing is like that - a little beer, no bites, more beer, bobbers not bobbing, rebait the hooks, "a beer? Yes, and thanks for asking"

and staring into dark holes freezing your cheeks knowing you can never pull a toque down that far on your body. Talk about nothing happening at a snail's pace - it's like watching government workers on Valium. Ice fishing is a sport the way snoring is opera.

One day close to spring, an off-shore wind whipped up. Miller Time turned to search and rescue and fishermen got to see their tax dollars in action as the Canadian Armed Forces helicopter swoops down from Trenton to pluck them from their island of ice, now approaching Dunkirk, New York.

On the day the copter hovered above a guy from Welland who was attempting to mount the rope ladder while still holding on to his auger: "No equipment," came the order from above. "Get on the ladder!"

Again he tried to climb up, the auger in his hand. "No equipment! Leave the auger!" bellowed the officer with the bullhorn.

That's when the guy waved the helicopter away and yelled: "You might as well leave me here. It's my brother-in-law's auger and if I don't bring it back, he's gonna kill me anyway!" After they stopped laughing the boys in uniform hoisted him aboard, auger and all.

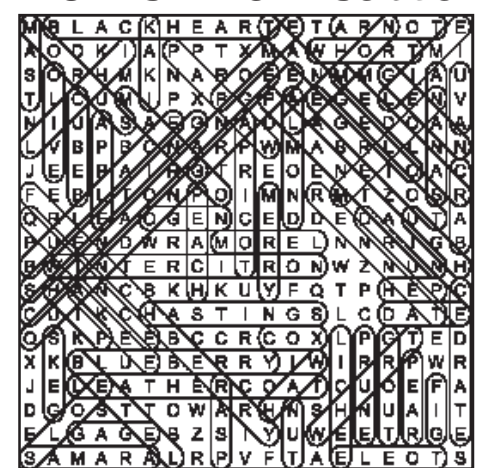
At some point - oh yeah, it was the day I was standing at my kitchen door with frost bite and a few fish slightly larger than the bait I used to catch them, scraping dead minnows off the bottom of my boots and try-

ing to staunch the bleeding after removing a non-twist beer cap with my bare hand and - I gave up ice fishing for good.

It took about three years to figure out that I could phone for a great perch fry from Minor Fisheries in Port and have a beer at The Belmont while waiting for my order. And that's why I still like to pick up the binoculars and keep a close eye on those guys. They make me very, very nervous. ■

For comments, ideas and copies of *The Legend of Zippy Chippy*, go to www.williamthomas.ca

WORDSEARCH - Solution



CROSSWORD - Solution

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

SUDOKU - Solution

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

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