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Society Helps Family Through the High Waters of Dementia

Courtesy of Alzheimer Society of Manitoba



Arlene Sinclair and her husband Christopher

Arlene Sinclair's family, including her father, Vernon Spence, were evacuated to Winnipeg from their home at Peguis First Nation during the 2011 flood in Manitoba. Although Vernon had been showing signs of dementia before this upheaval, it was during the extended stay in Winnipeg - 190 kilometers south of Peguis - that his symptoms became more obvious.

"He would get out of bed at 5 am and go outside in the cold - he thought he was in Peguis," says Arlene. "One time, we were at Polo Park mall, and we lost him. A security guard found him - it was really scary."

When the family returned to Peguis, Vernon went back to his home, where he lived alone. At first, Arlene checked in on him regularly, but eventually her role changed to one of caregiver. "Sometimes it was really tough," says Arlene. "The hard side of his personality would come out, and he'd get mad and swear at me."

At the time, Arlene admits that she and her family didn't know much about dementia and its effects. Her dad's reactionary behaviour made her frustrated and upset.

Then she made contact with the Alzheimer Society of Manitoba, and all that changed.

A Calming Effect

After attending Telehealth education sessions offered in the community, Arlene learned new ways to communicate with her father, who now lives in a care home. She talks quietly to him, standing directly in front of him so he can clearly see her and feel her presence. She touches his hand, gently rubbing the skin between his thumb and forefinger.

"It calms him," says Arlene.

Arlene and her husband of two years, Christopher, have twice attended

Continued on page 2

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Any chance marijuana might help me walk better?

By Roger Currie

Nothing much to report just yet, but I am embarking on a personal journey to see if medicinal cannabis can improve the life of a 71 year old man who is quite seriously disabled. Regular readers will recall that I suffer from spinal stenosis. Luckily there's little in the way of pain, but it has left me seriously weakened to the point that I rely on a walker to navigate most of the time. Traditional medicine has been unable to help very much, so I have decided to explore the possibilities of cannabis which has been legal across Canada for three whole months.

One of the players in Manitoba is a company called Delta 9. They actually started in the field of medicinal cannabis, a few years before recreational pot became legal. My contact at Delta 9 in Winnipeg is Jehna Grobety whose title is Manager of Learning and Development. They have a large retail outlet in St. Vital, plus a medical clinic on River Avenue in the heart of Osborne Village.

Their website www.delta9.ca includes a page called "A crash course in cannabis". It briefly details the various ways the drug can be consumed: smoking, vaporizing (the American spelling), oils and extracts, and edibles. That latter form will not be legally available in Canada until later this year. Recent reports and surveys suggest that edible cannabis is likely to quickly become the most popular way to ingest the drug, and Jehna Grobety agrees. "People are coming in for medical reasons, especially those over 60. They're trying to take care of their health, and they're not interested in smoking anything" she says. I can definitely relate as someone who was a package a day cigarette smoker from age 18 to age 46. I celebrated

quitting tobacco as one of my proudest achievements, and I'm very reluctant to do anything that might lead to falling off the wagon.

The medical clinic at Delta 9 has three doctors who visit regularly to discuss the various options with patients and write the necessary

effective in treating people with seizures, and there are also stories of the drug helping to relax pets who suffer from high anxiety. We should note that veterinarians are not authorized to prescribe CBD products "Grobety says.

The whole cannabis field has a



Delta 9 workshop.

prescriptions. Interest is growing rapidly in the oils and extracts. Cannabidoil (CBD) does not include THC, the active drug that helps pot smokers get 'high'. Jehna says "CBD is processed quite differently in the body with longer lasting effects than smoking or vaporizing dry cannabis. If people are looking for products that contain just CBD, then the oils are definitely preferred by many. They come in liquid droplets, and we're also starting to see soft gel capsules" she says.

Somewhat surprisingly, the demand for medical consultations continues to grow, despite the higher level of attention now being paid to the recreational pot market. Some of those who will be consuming high CBD oils going forward may have four legs! "The products have proven

'wild, wild west' aura and atmosphere about it. It is dominating the business news as new players are joining the field almost daily. Some fortunes have been made by investors whose timing was good, while others have gambled and lost.

For people like me who live with a serious problem that traditional medicine seems unable to help, the willingness to experiment becomes more real than ever before. But I caution that like everything in life, especially as one passes 70, the key to happiness and peace of mind is low expectations.

I will definitely tell you more as the adventure moves along.

Roger Currie is a Winnipeg writer and broadcaster.

The Alzheimer Society helps family, cont'd from front page

the Society's annual Care4u Family Conference. Christopher also wants to learn as much as he can about dementia so he can assist Arlene in caring for her father.

"When I met Vernon, it was the first time I'd ever known a person with dementia, and I just didn't understand," says Christopher. "The sessions helped me figure out how to support Arlene better."

Both say they appreciate being with other families at the conference who know what they are going through. "I want to spread the word about the Alzheimer Society to others in my community whose family members are getting older," says Arlene.

Today, Arlene's dad is at the stage where he sleeps a lot and doesn't talk. Still, Arlene is convinced that

somewhere down deep, he knows who she is. ■



Celina Patel, President

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Manitoba Coin Club members celebrate at year-end windup dinner

Courtesy Manitoba Coin Club / Photos by Howard Engel



Our year-end 'Christmas' dinner, December 6/18, was well attended and members had a good time. I would like to thank Aaltos (Club Regent) for their hospitality, the chefs for the great food, and the servers for taking great care of us. May you have a terrific 2019 in Health, Wealth and Prosperity. Thank you Howard Engel for the great photos taken to keep our history alive.
- Metro Hnytka, Barrie Hall - your publicity directors - Manitoba Coin Club
Thank You!



Manitoba Churches - Kola - Church of the Advent - Anglican - 1884

Manitoba Municipal Heritage Site No. 99

Tyrrell Mendis has photographed more than 700 places of worship in Manitoba over the past 35 years. It is an ongoing project to record the fast-disappearing relics of our heritage. His travelling exhibition of 48 pieces, **Testaments of Faith**, Manitoba's Heritage Churches is now available for booking. If you would like a particular church featured in **Senior Scope**, or would like to make a booking for his exhibition, email Tyrrell Mendis at tymendis@shaw.ca. (204) 774-0677 / (204) 794-1909 / www.theimpressionists.ca (Seen Things)

www.theimpressionists.ca/ManitobaChurches/ (Testaments of Faith) <http://ozimages.com.au/portfolio/tmendis.asp> / <http://www.portfolios.com/TyrrellMendis>

This simple wood frame church is in the unincorporated community of Kola, approximately 31 kilometres (19 mi) west of Virden and three kilometres (1.9 mi) east of the Saskatchewan boundary.

It is considered to be one of the oldest churches in southwestern Manitoba

having been built in 1884 by the first British settlers to arrive there from Ontario. The area then known as the Arawana district it is now the Rural Municipality of Wallace.

A stone monument erected near the church in 1977 commemorates those early settlers.

The church is an example of early Gothic-influenced design that is reflected in such features as the small bellcote, the east window tracery, and the natural wood furnishings.

The church's well-preserved condition is due to renovations completed under the Manitoba Prairie Churches Project of the 2000s. The project was jointly funded by the Thomas Sill Foundation and the J.M.Kaplan Fund of New York



"to help identify and preserve outstanding examples of heritage churches in rural Manitoba. Kaplan provided

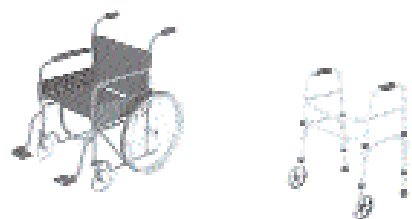
\$159,430 and (Thomas Sill) contributed \$140,514 for a total of \$299,944. The provincial Historic Resources Branch provided technical expertise and funds from existing programs." The Church of the Advent in Kola was one of 37 historic churches included in the program. It received \$1,000.

The church had already been designated a Municipal Heritage Site in 1993.

Photographed in 1991

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FINANCIAL PLANNING:

Many Parts to Consider When Growing and Protecting Family Wealth PART ONE

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

At **Shirley Hill and Associates Private Wealth**, we are always increasing our knowledge and skill levels to grow and protect family wealth, while working with second and third generation beneficiaries preparing them for the responsibility of growing and preserving the family wealth for their future heirs.

As I write these articles, I reference the latest research material I have received from different speakers I have heard at educational sessions I have attended. I also reference many of the articles I read to ever increase our knowledge and skill level while keeping track of trends.

I just finished attending a four day seminar in Palm Springs where Keith Sjogren was one of the speakers. He is part of *Investor Economics' Senior Management Team* working in the field of High Net Worth. He has authored articles in Canada, the US and United Kingdom while lecturing at a number of Canadian Universities. He is a Fellow on the Institute of Canadian Bankers.

So why are his credentials important and why do I keep writing about senior wealth and the very real importance of financial literacy in the senior's community? Why do I keep referencing that how decisions were made in the past does not serve you or your families' (heirs) anymore? The past is the past, it is time to move on. The rules have changed and situations have changed. The stakes are higher for consequences if bad decision making occurs.

In his presentation, Sjogren showed us slides where Canadian Wealth Distribution sits relative to the world in US Dollars. Canadians in the \$100,000 to 1 Million range hold 46.6% of wealth. In the 1 Million plus we hold 4.5%. This amount is also increasing with time.

Does this create concern? If not, it should. If we as Canadians hold so much wealth relative to Global Wealth Distribution, then it is even more important that we pay attention to what we do with our wealth and now we preserve it. As we are all aging, including myself, there is greater urgency that we have our financial house in order.

He identified many of the client issues I have written about several times in past articles.

Gender Equality is a big issue where there is little attention paid - financial decisions may still be male dominated in the High Net Worth Family Groups. However, there is increased evidence that family wealth will be increasingly controlled by women. Women live longer.

It is very important that women increase their comfort level and

financial literacy plus be involved with financial planners and the decision making process. According to Michelle Schriver's in the September 21st article in the Advisors Edge, women still rate themselves less knowledgeable about finances than how men rate themselves.

But is this true? Is this reasoning based on false premises? Studies on risk reveal more nuances among risk takers than what gendered headlines might suggest. The difference in women's and men's self-reporting of financial knowledge could well be a product of overconfidence on the part of men.

However enlightened we think we are as a society, implicit biases held by both women and men remain entrenched. Both women and men don't associate women with finance and investing "especially in the high net worth space" says Sarah Kaplan professor of strategic management and director of the Institute for Gender and the Economy at the University of Toronto's Rothman School of Management.

Can you see the problem we must deal with? We, as Canadians have more wealth especially in the High Net Worth Space. If both Women and Men have entrenched bias on how women in the family unit manage and make decisions, than as a society, family groups, and companies who manage wealth, we collectively have a serious problem which may be bigger than is identified as they will be the ones who will be the future holders of family wealth.

So what is the problem? Maybe it's all in the presentation. Barbara Stewart, a CFA (Chartered Financial Analyst), charter holder and researcher on women and finance, says corporate and family culture needs to change to serve women better. For example, the industry's masculine communication style, with its rote listing of figures, isn't engaging. Women engage with stories. So maybe it's not that women don't understand but they can't relate to how the messaging is being delivered. Each sex has a different way of relating to information which will influence the decision making process. By present day processes, women just disengage so don't develop the expertise and wisdom necessary to be full participants.

Does gender make a difference in choosing a planner? All the evidence is showing that upon the death of one partner (usually male), there will be a major shift in planners. Who will manage the money? Wives change planners. If there is a desire to find a female advisor, this may pose a problem. Global market data from Mercer show that women's exit

rates from financial services at mid-career are not only higher than men's but also 20 - 30% higher than other industries.

So all in all there is a huge disconnect between what is perceived as financial competence and when a change needs or wants to be made, an availability of women in advanced planning positions with superior education and credentials with years of experience and wisdom may be in short supply. I am very pleased to say that **Shirley Hill and Associates Private Wealth** is very well positioned with two women who are licensed with another addition soon to become a reality as part of the practice. All these women have many years of experience with the principle - **Shirley Hill** for many years having her CFP credentials and the remaining two soon to have achieved theirs.

According to Keith Sjogren in the last ten years the High Net Worth families are have a change of priorities to the following:

- A) Choice in investing remains the same at approx. 50%.
- B) Tax planning or preservation of wealth has increased from 18% to 24%.
- C) Passing on Wealth has increased from 17% to 28%.
- D) Philanthropic Giving has increased from 15% to 22%.
- E) Inheritance Management has increased from 15% to 19%

Through the years the families in my practice have been very successful with investment growth plus the tax planning and preservation of wealth. I am very proud to say that we also have multi generations in the practice. It is not unusual for us to have Grandparents, parents, grandchildren and in some cases great grandchildren in our family groups. We actively practice what I write about. We run family conferences and seminars for Executors and Powers of Attorneys. We actively prepare the next in line heirs so that the transitional wealth is tax effective and smooth. The heirs are well positioned to take on the responsibility of stewardship of the Family Wealth.

What else have the High Net Worth Identified as issues they worry about? You will notice the themes repeat themselves. These are the issues I have been writing about for several years. Do they apply to you and your family? If the answer is yes, then what have you, or are you doing, about them?

- Preservation of Wealth is at the top of the list
- Income security - will they have enough month to month
- Market volatility
- Minimizing tax

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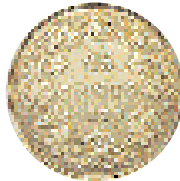
1858 - 10¢

Issued for the Dominion of Canada before we were Canada as a country. I obtained this coin in 1957 in change and realized it was almost 100 years old. This instantly made me a coin collector. My passion for collecting has not diminished.



1870 - 25¢

This coin was issued when Manitoba first became a province in 1870. It probably came to Manitoba through St. Cloud, Minnesota and then on a flat-bottomed steamboat or ox cart.



1874 - 25¢

Winnipeg was incorporated in 1873. The coin was made at the Heaton Mint in England and I would like to think it had a terrific adventure from it being minted to the time I received it. It might have been brought by trappers or by merchants from Minnesota by boat or ox cart as there were no trains into Winnipeg until 1877.



These coins may have gone through some notable people of this time. Such as James H. Ashdown (Ashdown's Hardware), A.G.B. Bannatyne (business man), Louis Riel, Hudson's Bay Company, Andrew McDermot (business man), Fred Cornish (Winnipeg's first mayor), Eaton's Store, General Sam Steele, Vendome Hotel, Woodbine Hotel, Garrick Hotel, Windsor Hotel, Marlborough Hotel, and many immigrants and labourers.

I have to thank all the people who handled my coins and kept them in great shape. I hope I can do this for future generations.

- Metro Hnytko, Manitoba Coin Club

...Growing and Protecting Family Wealth *cont'd from page 4*

- Education of heirs
- Legacy planning
- Charitable giving

The High Net Worth seek the following:

- Integrated wealth management – not just holding investments but a financial plan. Do you have a plan or do you just have investments? Do other family members know about your plan? When was it updated as your circumstances change? Does your Power of Attorney know what you want to achieve or are they left to guess? Has your POA and Executor met your advisor? Or will that happen when the family is in a very stressful situation? Have your heirs met your advisor?
- Customized solutions - Does the planner know your family history? Does this person know the family dynamics? If there are family issues, has a plan been built to meet all the competing interests or have you just bought investments? Do you know what you own and why? Will what you own meet the family needs?
- Greater Value for fees – what are you receiving for the fees you are paying? Everyone charges fees. We all charge about the same amount but what are you receiving for the cost? There are those in the industry if you walked into their facility the first thing out of their mouths would be comparing the cost. Nothing else but cost. Yes, we know an entry level Ford costs less than a BMW but there is a difference.

The same thing happens in financial institutions. I just heard from a former senior manager that at the prominent institutions if you have 2.5M or less then a robust advisor

and services will not be presented. Yet, these institutions are the first to measure fees of their competitors. To evaluate value, has someone looked at your tax return, your pension papers, your expenses, your notice of assessment? Have they told or showed you what tax bracket you are in? If you are a senior, review what the implications are for you if your partner dies. Have they reviewed what the implications are if you need to go to a nursing home, what the costs will be? What the tax implications will be if one partner dies and then what the tax will be on the estate upon the last death?

If none of these assessments have been done and yet they lead with Fee comparison – is there really value for money? Maybe you already are with a firm which provides BMW like services but the comparing institution is valuing and comparing a Ford for like quality. Is the comparison equal in quality? Ask the questions!

- Consistent returns – Do you buy the hot new tip? Does the company sell you the newest and latest without a proven track record? Do you sit in front of the computer reading all the investment bulletins you receive or are you watching CNBC? Are you all over the map without a consistent plan? Do all your investments go up and down together? Or are your investments strategically purchased per asset class, currency, volatility and tax efficiency?
- Technical Expertise – Does the person you are dealing with know tax and family law? Can they translate your personal information onto a computer software program and play what if games with you? Can they anticipate what the outcome may be if there is a change in circumstance? Can they show you?

- Long term advisor relationship – Ask about the tenure of planners in the institution. How many corrections have they weathered? It is not unusual for those in **IG Wealth Management** to have a very long term relationship with the company. I now am in my 31st year and that is not unusual. I still have my very first clients. Can other institutions you may be working with say the same? Can you say that you still have the same advisor who knows you and all the relevant issues about your family?

PART TWO continued in Feb. 10/19 issue.

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THE BUZZ



Story by Scott Taylor
Editor, Game On Magazine

Photos by Rusty Barton
and courtesy
Assiniboia Downs

Study Says Things Looking Up at Downs

In the winter, Assiniboia Downs is a haven for Manitoba seniors. In fact, more than 2,000 showed up for the pre-Christmas Bingo extravaganza on Dec. 19.

In the summer, seniors flock to Manitoba's exceptional little race track to do everything from bet the horses, play the VLTs or enjoy one of Chef Gerardo's award-winning buffet dinners.

During the past few years, however, there were many things done to the Downs to stunt its growth. At the top of the list was a constant harangue about funding even though the Downs employs thousands of Manitobans (the most during live racing season) and contributes in countless ways to the agricultural industry in the province.

However, times have changed. It appears the provincial government now has a new love for one of Manitoba's most beloved sporting destinations.

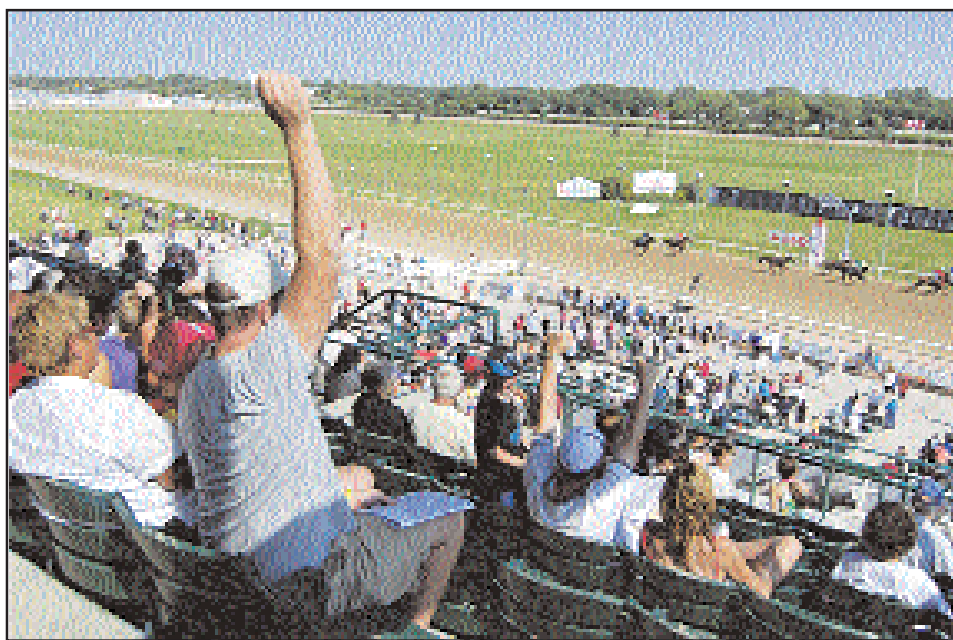
Last year, Manitoba's Minister of Agriculture Ralph Eichler commissioned a report on ways to sustain horse racing in Manitoba. BluSlate Inc., the Toronto-based consulting firm headed by former Woodbine Entertainment COO Sean Pinsonneault produced a 125-page report with some reasonable recommendations.

It also praised Winnipeg's little track for doing so many things so well.

"Manitoba is unique in the relative harmony and cooperation between horsepersons, breeders and the Manitoba Jockey Club," the report stated. "Manitoba Jockey Club operating costs are at or below industry



The horses will run for 50 days this summer.



Reasons to be happy at Assiniboia Downs.

norms and revenue enhancement from events at Assiniboia Downs exceeds industry norms and the races we attended attracted larger audiences than we have experienced at similar tracks throughout North America."

All that resulted in the news that Downs CEO Darren Dunn wanted to hear.

"The Manitoba Jockey Club, the Manitoba Horse Racing Commission and the Manitoba Great Western Harness Racing Circuit will have their funding maintained at current levels for the next three racing seasons to provide adequate time to develop a long-term strategy," said Eichler.

With that, the future of horse racing in Manitoba—even for more harness racing (operated by the Red River Ex?) – will be guaranteed.

"This revised agreement means further stability for the industry and an ability to plan," said Dunn. "To be clear, we understand the need for government to be fiscally responsible so it is very important to understand that this deal does not reflect any new funds that were not already committed to the industry in the original agreement. I also believe that it is very important to remind everyone that the vast majority of the funds allocated in the agreement are created right here onsite at Assiniboia Downs. The balance is reflective of an investment in an industry that is overwhelmingly 'net positive' in tax contributions to Manitoba."

The 2019 live racing season has also been announced. The 50-day 2019 Meet will open on Sunday, May 12 at 1:30 p.m. and run to Sunday, Sept. 8. The final race day

Continued on next page

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Winnipeg Police Service 2018 Holiday Season Overview

If you ever wonder what police officers do on the job, here is an overview of the holiday season alone in 2018.

The following is a snapshot of the demands on our Service from

Dec. 24/18 to Jan. 1/19:

- 7,559 9-1-1 calls
- 3,412 non-emergency calls (total 10,971 calls for service)
- Dec. 27 had the highest 9-1-1 call volume (995) with 1439 total calls
- Dec. 28 had the busiest hour where between 2200 – 2300, 121 calls for service were received

Overall call type summary totals:

5064 Domestic calls: 424; Wellbeing: 425, Shots: 12, Stab: 16, Gun: 24, Weapon: 48, B&E(total): 168, Homicides: 2

Dec 24-25

- Arrests: 21
- Notable Incidents: Assault w/ Weapon, Arson x 2, Commercial Robbery, Fire x 2

Dec 25-26

- Arrests: 14
- Notable Incidents: Assault with Weapon x 2, Homicide, Attempt Murder, Strong-arm Robbery

Dec 26-27

- Arrests: 29

Dec 27-28

- Arrests: 36
- Notable Incidents: Home Invasion, Assault Cause Bodily Harm, Strong-arm Robbery

Dec 28-29

- Arrests: 17
- Notable Incidents: Assault with Weapon

Dec 29-30

- Arrests: 26
- Notable Incidents: Aggravated Assault, Sexual Assault

Dec 30-31

- Arrests: 30
- Notable Incidents: Assault Peace Officer, 8 Weapons arrests (82 rounds of various ammunition)

Dec 31- Jan 1

- Arrests: 51
- Notable Incidents: Strong-arm robbery, Commercial robbery x 2, Assault Peace Officer x 6, Assaults x 8, Drug arrests (3 suspects; \$1100 cash, \$2000 methamphetamine), Weapons arrests x 5, Assault Cause Bodily Harm, Transit Driver finds a sawed-off rifle, Home Invasion in the Shaughnessy Park neighbourhood (10:00 a.m.), Intoxicated male at a downtown hotel caused \$10,000 in damage to a suite, threw a table out a 7 story window. Male assaulted police officer during arrest. A series of escalating, violent and concerning calls for service were received at the same downtown hotel bar. Police encountered subjects with weapons, several fights, and an over-intoxicated & unruly crowd. At one point officers were surrounded and assaulted. This raised serious concern for overall public safety. Central District General Patrol Officers decided to issue an Emergency Closure Order of the bar. Over 20 police officers and cadets were involved. Michael Caribou arrested on a 2nd degree murder warrant in above melee.

Jan 1-2

- Arrests: 43
- Notable Incidents: Homicide (male shot, 400 block Nairn Ave)
- MCU investigated a string of armed commercial robberies, 15 separate incidents throughout the city

THE BUZZ, cont'd from page 6



The Downs.

of the season will also go to post at 1:30. The 2019 Manitoba Derby will run on Monday, Aug. 5, and there

will be a special Monday evening live racing card on July 1. There will be nine Wednesday race dates this season – one on May 29, on June 5, 19 and 26, on July 10, 17 and 24 and on Aug. 14 and 21.

Post times, once again, will be 7:30 p.m. on Wednesdays, Fridays and Saturdays and 1:30 p.m. on Sundays and Holidays with the exception of Canada Day which will feature a special 7:30 p.m. start.

In 2019, the Downs will once again be a haven for Manitoba's seniors and finally, with real and committed provincial government support, it should be bigger and better than ever. ■

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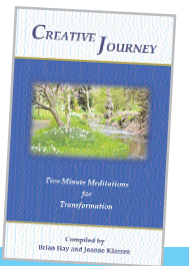
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Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, 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:

DECIDE

(Bertha Fontaine)

Most folks are as happy as they make up their minds to be.
(Abraham Lincoln)

Our minds are very powerful if we choose to believe in something or someone. Only recently has research shown that treatment or therapy can be ineffective if an individual does not believe they are going to get well. We only have to look to children to see how a strong belief system works.

This past Christmas my youngest grandchild told her brother, "You have to come home with us to sleep tonight for sure. If Santa doesn't see you sleeping in your bed he may think you no longer live there, and so he won't leave you any gifts."

Although he preferred to stay with his grandparents, my grandson's belief in Santa overpowered his desire to stay with us. After trying to persuade him all evening to go home with his family, he quickly changed his mind and put on his coat.

Sometimes, I think, we as adults need to practice our belief systems like children in order for them to work for us.

By the way, Santa did arrive at my grandchildren's home to deliver some Christmas excitement. The children? They were very happy. (BJF)

I decide to believe in my hopes and dreams, with all my heart.

Bertha Fontaine (BJF)

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors.



WHISPER

(Margaret Harms)

And when we whisper, then the stars fall down; to be partakers of our honey talk.

(Christopher Marlowe)

I hear the whisper of the snow as it swishes through the frigid air. Its whisper at the window pane seems to tell me to stay inside where it's warm and snug.

The partridges whisper their soft "kee-uck" to each other under the snow-laden branches of the evergreen tree on our front lawn, wondering when the man of the house will again spread the oats on the ground for their supper.

The black cat comes from the animals' house to gaze into the garden doors to see what I'm doing. I open the door and welcome him into my arms. I whisper love into his soft, thick, furry coat and his audible purr whispers back, "I love you too."

When our daughter was a baby, she would wiggle and squirm while I tried to change her diaper. If I whispered sweet nothings in her ear she became

very still and the expression of wonder on her face spoke of magic. My husband and I softly whisper comforting thoughts to each other before falling asleep. With the children all gone from the nest, we don't need to be concerned about disturbing anyone with our bedtime discussions but we whisper anyway. I've discovered that speaking softly, as in a whisper, can be comforting and soothing. It often speaks the language of love. (MH)

Today I whisper words of encouragement to someone who needs it.

Margaret Harms (MH)

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

LIEUTENANT-GOVERNOR REQUESTS NOMINATIONS FOR ANNUAL HISTORICAL AWARD

Lt.-Gov. Janice Filmon is encouraging the public to nominate a worthy Manitoban who has provided prolonged and meritorious service in the preservation and promotion of Manitoba history for an award, presented in consultation with the Manitoba Historical Society.

"Since 2011, this award has formally recognized Manitobans who have spent countless hours preserving and promoting the history of this great province for the benefit of us all. It is my pleasure to continue to celebrate these caretakers of our past, for the role they play in ensuring the memory of the community remains intact for future generations." said Lt-Gov. Filmon.

The Lieutenant Governor's Award for **Historical Preservation and Promotion** is presented to those with experience in such endeavours as:

- the writing of historical publications and documents;
- stewardship of museums and archives;
- raising of public education, advocacy, and awareness;
- committee or community service;
- preservation of historic sites / buildings; and
- art and media.

As the oldest historical organization in western Canada, founded in 1879, the Manitoba Historical Society (MHS) presents awards to businesses, farms, and organizations that have operated for over 100 years, recognizes important historical books with its Margaret McWilliams Awards and encourages school children to learn about Manitoba's past through its Young Historians Awards. It publishes the Manitoba History Journal and operates a comprehensive website with information on all facets of Manitoba history and heritage.

The MHS will receive nominations from the public and will recommend up to five people to receive awards this year. Nominations to be considered for 2019 must be received by Friday, March 1, 2019. The selected award recipients will be presented at Government House in the spring.

Nomination forms and further details of the award program are available on the websites of the Lieutenant Governor of Manitoba (www.manitobalg.ca) and the Manitoba Historical Society (www.mhs.mb.ca).

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Toasted Barley with Veggies

Metric	Ingredients:	Imperial
125 ml	uncooked barley	1/2 cup
1	can (14 oz / 398 ml) chicken broth	1
125 ml	red onion, chopped	1/2 cup
50 ml	fresh mushrooms, chopped	1/4 cup
50 ml	carrot, chopped	1/4 cup
50 ml	green pepper, chopped	1/4 cup
15 ml	fresh dill weed, chopped	1 tbsp
-	salt & pepper to taste	-

In a large lightly greased skillet over medium heat; cook barley, stirring constantly, for approximately 8 minutes or until lightly brown. Stir in broth, onion, mushroom, carrot, green pepper, dill, salt and pepper. Heat to boiling. Spoon mixture into lightly greased 2 quart (2 L) casserole dish. Cover and bake in preheated 350 F (180 C) oven for 50 minutes or until vegetables are tender. Sprinkle with green onions.

Serves 6

www.PeakMarket.com

WORDSEARCH - FOOTBALL

By Senior Scope

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

CROSSWORD

Wintry Blast

By Adrian Powell

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
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54	55					56	57				58		
59					60	61			62	63			
64					65				66				
67					68				69				

ACROSS

1 Left one's chair

6 Mama's main man

10 One kind of chatter

14 Sleep (pref.)

15 Crocus' bigger cousin

16 Lampblack

17 Shoot down to the farboards

19 Middle East sultanate

20 Ring dog's call, at times

21 Dreaming sleep phase

22 Mohammed's daughter

24 Blackjack player's strategy

27 B, to a chemist

28 Last gasp effort for the Bombers, maybe

33 Post meridiem period

36 Really slow, musically

37 Old college cheer word

38 "The King" of Graceland

40 Thing full of beans

41 Utter an oath

44 Symphony audience

47 Big-footed vegetarian beast that wears a different coat in winter

49 Old Greek fable teller

50 Wanted poster offer

54 Fine, shiny fabric

56 Kraft's cheese partner

58 Three Stooges projectile

59 Got off

60 Bribe money

sources, perhaps

64 Songs for one

65 '65 Beatles movie

66 Small stream

67 Eyesore?

68 SW US tribe

69 Yearbook grouping

DOWN

1 Tiny tantrums

2 In poor taste

3 Popular cream-filled cookies

4 Big mth. for pumpkin farmers

5 Major scale's first note

6 Church organ part

7 One type of lily

8 Instagram posting, perhaps

9 Solirid

10 Carbon-14, for one

11 Upper hand

12 Ideal potting soil.

13 Sicily's highest point

18 Expensive, white fur

23 Benzene-based chemical gp.

25 Fill in ___ blanks

26 Spike of wheat

27 Send into exile

29 Walk bouncily

30 Netflix offering

31 White dwarf, e.g.

32 "The Brady Bunch" threesome

33 Circle segments

34 Forest deity

35 In a guttural way

39 Collar stiffener

47 Honeysuckle

43 To be, to Latin scholars

45 Prior to, to poets

46 Freshly created

48 Mount Fuji's isle

51 Snorer's problem, often

52 Goes by cab

53 Classroom furnishings

54 Be saucy

55 A few thousand, to most

56 Sal from the Erie Canal

57 Cold-blooded Egyptian killers

61 Allow

62 US TV-regulating agency

63 Web page address

SOLUTION ON NEXT PAGE

- | | | | | |
|----------|----------|--------------|----------------------|-----------|
| Albion | City | Huddersfield | Raith | Toffs |
| Alloa | Clyde | Hull | Rams | Torquay |
| Arsenal | Cobblers | Jays | Reds | Town |
| Blues | County | Lincoln | Robins | Tranmere |
| Boro | Crewe | Luton | Rushden and Diamonds | United |
| Brechin | Dons | Magpies | Saints | Walsall |
| Brighton | Exeter | Millwall | Stoke | Wanderers |
| Burnley | Gulls | Oldham | Sutton | Wigan |
| Bury | Gunners | Owls | Tigers | Wolves |
| Cardiff | Hammers | Pompey | Toffees | Wrexham |
| Celtic | Hearts | Preston | | York |

FACEBOOK FINDS

The oldest computer was owned by Adam and Eve. It was an Apple. Just 1 byte and everything crashed.

This too shall pass. Maybe like a kidney stone, but it will pass.

SUDOKU VERY EASY

By Senior Scope

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

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.

Introducing... 'Snowbird Sketches' by Jerry Maryniuk of Arborg, MB



This book is inspired by Jerry and Sharon's youngest son, Steven.

Along with his great sense of humour and his positive outlook on life, Steve inspired and helped many. Those who knew him are better because of it. And they miss him dearly.

Steve's spirit continues to inspire many to do and be better. And to never waste a day.

This book is dedicated to him.

Steven was diagnosed with terminal brain cancer in 2009. Like a warrior, he lived a very full 4 and a half years. He NEVER let that cancer define him. He dealt with it with honesty and always on his own terms. He continued with a positive attitude and a tremendous zest for life.

Sadly, he died in December of 2013 at the age of 31.

Jerry and Sharon powered on to honour their Son. His strength inspiring them to keep going through health issues of their own. Sharon, already a 30 year cancer survivor, needed a third joint replacement surgery. And a scare for Jerry when he had a stroke.

It would be easy to complain about life being unfair. Or, if you take the cup is half full approach, as Steve did, you could find some humour in it all.

Jerry says, "It just gave me more material for the book and it evolved from there." A good example was his neurologist, who just happened to have "Jesus" as a first name. This inspired the cartoon of Emil outside the doctor's office. "With a doctor named Jesus, I think my chances just improved."

There is no doubt that Steven is watching with great pride from up above.

When it came to giving a name to this new cartoon character, Jerry looked to his ancestry for inspiration. His maternal grandfather came to Minnesota from Sweden, and eventually settled in Saskatchewan, Canada. His name was Emil.

It is no coincidence that Emil, and his creator, Jerry, are much the same. Many of the cartoons are a reflection of Jerry's life.

This cannot be said for the character of Gladys and Jerry's wife, Sharon. Gladys is a composite of a lot of people. And Sharon is much nicer than Gladys !!

Jerry says jokingly, "That should keep the peace at home."

Besides cartooning, Jerry also enjoys both creating and teaching a variety of art mediums including clay sculptures (theme trolls), painting and carving gourds (especially thunder gourds), live edge wood and rock acrylic paintings, ceramics, chalk pastels, and caricatures. He has also done some wood and stone carving, water colors, scrimshaw, oils and pencil/charcoal drawings. Samples of this art can be seen on Jerry's Facebook account "Jerry Maryniuk Art".

Jerry did some freelance forensic art after retirement, as well as lectured on the topic. Jerry says most people find the forensic/police art field fascinating. He adds they are often amazed at how close you can get to the likeness of a suspect just from a description. There are some interesting stories that go with that job.

He says, "I am proud of what I did, but am glad that my attention is now cartoons, trolls and wildlife."

Jerry says being retired and travelling as a "Snowbird" is really a great life for both him and Sharon.

Seniors have new found energy that really is contagious. One of his favorite pastime's is hiking. Working with his wife Sharon on this book also turned into an exciting and very enjoyable time. Jerry says, Sharon is really a much nicer person than Emil's wife Gladys. Emil however is very much like Jerry.

The books are \$20.00 and can be purchased directly from Jerry & Sharon. They can be contacted at snowbirdsketches@gmail.com or by phone/text, cell 204-981-9797.

Signed copies can be mailed out for an additional \$5.00 (shipping). They can also be purchased in Winnipeg at Artists Emporium on St. James and McNally Robinson Booksellers (Grant Ave), online at mcnallyrobinson.com or in the Interlake at Arborg Pharmacy, Hnaua General Store, and Tergesen's in Gimli.

Jerry and Sharon are also available for a visit to your community (re: book signing).

Book #2 is currently underway and promises to be a hit. If you are a snowbird, retired or are just having some health issues and need a laugh this will fit the bill." We all get old, we can cry about it, or do as we did, laugh about it."

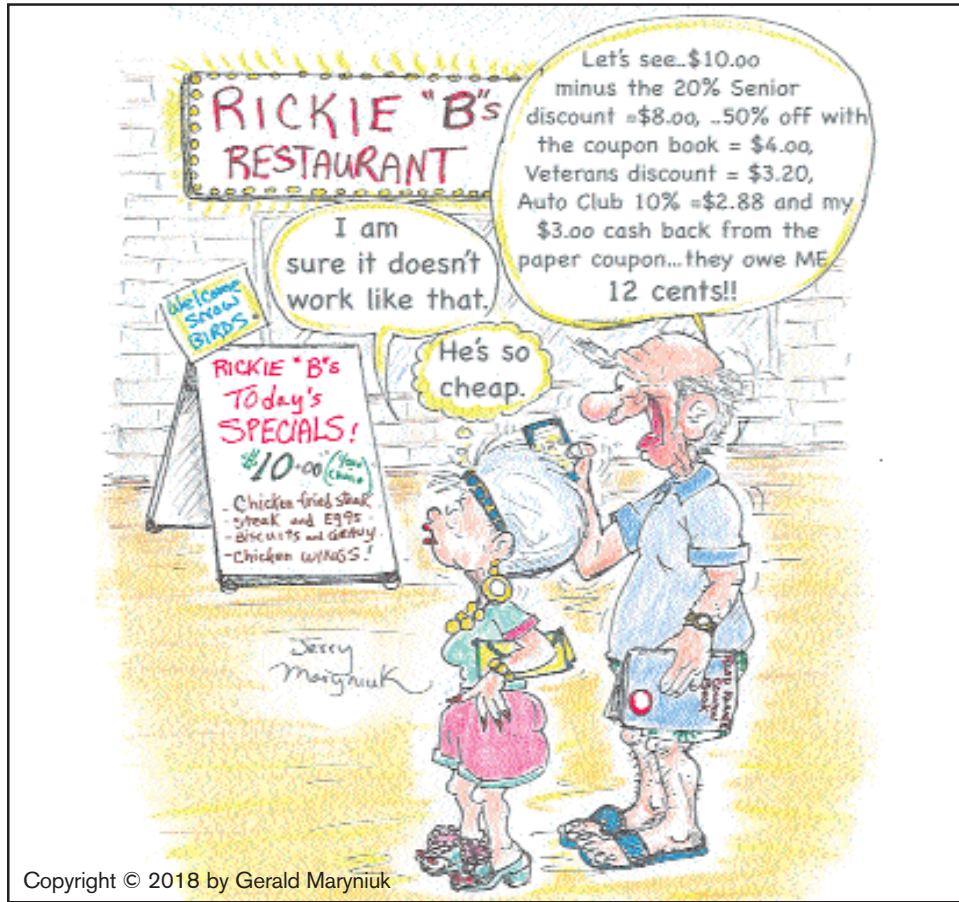
Most important of all, Jerry says is that the book and for that matter how Sharon and Jerry live their lives (The cup is half full approach) is inspired by their son Steven.

Steve was an inspiration to all that knew him. All his life he strived to be the best he could be. This he asked of his friends and family too. Those that knew him are better for the experience. Steve was diagnosed with terminal brain cancer in 2009. He never let the cancer define him. He dealt with it with honesty and always on his own terms. He continued with a positive attitude and a zest for life. He died in Dec. of 2013, he was 31.

No doubt Steve has helped Jerry and Sharon along their journey and is proud of what they have accomplished.

Jerry likes to sign off by saying, "Never waste a day."

FACEBOOK FINDS



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CROSSWORD - Solution

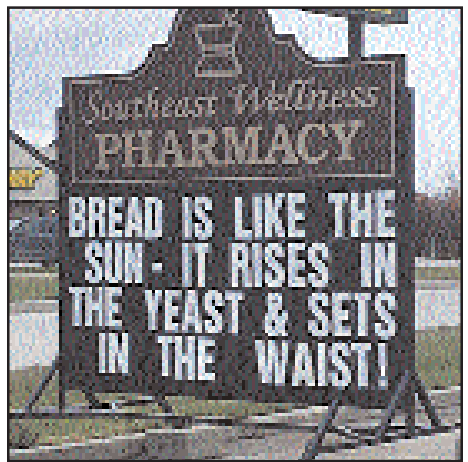
S	T	O	O	D	P	A	P	A	I	D	L	E
N	A	R	C	O	I	R	I	S	S	O	O	T
I	C	E	T	H	E	P	U	C	K	O	M	A
T	K	O	R	E	M	F	A	T	I	M	A	
S	Y	S	T	E	M	B	O	R	O	N		
	H	A	I	L	M	A	R	Y	P	A	S	S
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R	A	H	E	L	V	I	S	C	A	N		
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S	N	O	S	H	O	E	H	A	R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

SUDOKU - Solution

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

WORDSEARCH - Solution

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



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