Kenny Shields: Still Filling Buildings After All These Years

By Scott Taylor

Long before Michael Jackson ever thought about wearing a single glove on stage, Kenny Shields fronted the classic Canadian band Streetheart with one black leather glove on his right hand.

Just check out YouTube. There’s Kenny back in 1979, blasting out Under My Thumb in front of keyboardist Daryl Gutheil, bassist Ken (Spider) Sinnaeve, lead guitarist Paul Dean and drummer Matt Frenette with one leather glove on the microphone. It was so cool.

Of course, this was a band based in Winnipeg that had six gold albums, four platinum albums and one double platinum album. It was a band that won a Juno, two Ampex Golden Reels, and a Chimo Award from Music Express. It was named Canada’s most popular band at the Canadian People’s Choice Awards.

In the late 1970s and early 80s, Streetheart filled every major venue in the country. They had hit after hit -- Under My Thumb, Action, What Kind of Love is This, Hollywood, Teenage Rages, Tin Soldier. They were staples of Canadian radio along with Harlequin, Rush, Max Webster and April Wine. They were huge, and the front man was a tiny ball of energy from Nokomis, Sask., named Kenny Shields.

“We recorded our first album in a studio in Toronto,” said Shields, drinking a Diet Coke in the Pony Corral at Grant Park late last month. “I just can’t remember the name of that studio. You know, I can remember all of the chicks, but I can’t, for the life of me, remember the name of that studio.”

With that, Shields laughed. It’s that little staccato laugh that his wife of 12 years, Elena Conci, comes to expect from her happy, healthy 65-year-old rock singer husband.

While there have been some very dark times during the six-decade life of Kenny Shields, that life isn’t dark today. After all, when you talk about Kenny Shields, you don’t ever say, “former front man,” or “former rock star.” While Shields might not sell out Northlands Coliseum or Maple Leaf Gardens or Winnipeg Arena anymore, he still sells out the venues he plays and yes, he is still a rock star. A little wrinkled and a tad more paunchy, but that voice is still as loud and crisp as ever and when the Kenny Shields Band or Kenny Shields and Streetheart come to a bar or casino near you, you’ll be damned lucky to find a ticket.

Fact is, Kenny Shields and Streetheart has already enjoyed a great run in December. They sold out a venue in Surrey, B.C. on Dec. 6, and then returned to Winnipeg to play to a full house at the Roar of the Rings at the RBC Convention Centre on Dec. 7. On Dec. 21, they’ll rock The Oak in Transcona and the room is already SRO. Not bad for a guy who auditioned for his first Rock ‘n Roll band in 1965.
I was born and raised in Nokomis, Sask., and at the age of 14 I knew exactly what I was going to do with my life," Shields said with a grin. "I grew up listening to WLS out of Chicago and then, when the British Invasion arrived, that sealed it."

"At 17, I left Nokomis and went to Saskatoon and joined the 125 Witnesses. It was a band that got its name from the radio station 1250 CRFM. We had five singles and became Witnesses Inc. Funny, but when I was 17, my three goals in life were to be in a band, make a record and hear it on the radio and I did that in a year and a half. It was kind of like, 'Wow what?'"

He played with Witnesses Inc. from 1966-1970 and then tragedy struck. A passenger in the back seat of a car that Shields was T-boned, Shields right side was crushed. He spent 100 days in traction in a Saskatoon hospital and it took five major surgeries and almost two years for him to learn to walk again.

When he recovered, he joined A Group Called Mudd out of Saskatoon, but didn't stay long. He decided to take a gig together. He's still my harmony guy. With the first song, I knew I had found. Later, that sealed it.

Winnipeg to audition for a band that was NOT looking for a singer. "The band was Wascana and it featured Daryl Gutheil on keyboards and Spider Sinnave on bass," Shields said. "I got there and said, 'I want to audition,' and they said, 'Well, we don't need anybody, but what do you do?' I said, 'I sing.' They let me do one song and that was it."

Shields, Gutheil and Sinnave went back to Regina and arranged for a warehouse in order to rehearse. Dean and Prentice joined them and they worked through the winter in the warehouse, playing together from midnight to eight in the morning.

"We were dedicated as hell," Shields said. "During those sessions, we wrote Meanwhile Back in Paris. From humble beginnings..."

In 1978, they arranged a 16-week tour of the bars of Ontario. They were now Streetheart and they were damned good. By the time they got to Toronto, about four weeks into the tour, there was no need to go any further.

"Right away we sold out the bag rooms," Shields said. "We sold out Piccadilly Tube, Larry's Hideaway and The Gasworks. We cancelled the rest of the tour and just stayed in Toronto."

"One night, an A&R guy from Warner Bros. Records was checking out the Toronto clubs and he got to The Gasworks. We were playing that night and the lineup was down the street and around the corner. What a good time we had. Anyway, he saw us play and offered us a record deal instantaneously."

That was it. Meanwhile Back in Paris was recorded and Streetheart became a staple of Canadian rock radio and a fixture on stages from coast to coast to coast. Continued on next page.
Edmonton to Toronto. They recorded four more albums. In Canada, Streetheart was huge.

"But then everything crashed and burned in 1984," Shields recalled. "We had ineffective management and we couldn’t get a deal in the States. We were making great music, but we didn’t pay attention to the business end of the deal. Because of that, we really didn’t know what was wrong until it was over."

Shields returned to his home in Winnipeg and eventually formed a band called Strawdog with Lou Petroech, Alex Chuaqui from Queen City Kids, Greg Gardner and Stan Berndjack.

“It was a pretty good band,” Shields admitted. “Bruce Rathbone brought me back with the band for his New Year’s Eve Show in 1986. We toured that summer and by 1989 it had turned into the Kenny Shields Band. “By that time, I was 40 and I’d finally figured it out. It took me a long time to get over Streetheart.”

In 1992, Shields quit drinking. He’d already given up smoking and it’s likely that because he hasn’t had any bad habits for a lot of years, his voice still sounds fresh today.

He has a new album out, a collection of his favorite covers, including Angie, I’m Sorry (the old Brenda Lee hit), The Thrill is Gone, Best of My Love and To Love Somebody. The record also includes a Streetheart song from 1982 that never appeared on any Streetheart album.

“It’s called I Wanna Be With You and it just comes out of leftfield,” he said laughing. “It’s the first solo album in my life and I’m excited about it. I’m still excited about performing, too. We get a great demographic at our shows. It’s from 18-65.”

Back in the day.

Kenny Shields, cont’d from page 2

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Last month as we paused on Remembrance Day, someone reported that roughly 500 Canadians who served in Canada’s armed forces in World War Two are dying each month. By the end of this decade there will only be a relative handful left.

Among those with Winnipeg connections who passed away this year were Brigadier General Hugh Comack of the Queen’s Own Cameron Highlanders who I’ve written about more than once on these pages. Now comes Cliff Chadderton who died at the age of 94. It’s hard to know where to begin in describing the importance of Cliff to our country, and to me personally. Until a very few years ago when his health became very shaky, Cliff was known as Mr. Veteran to many Canadians, but that doesn’t tell his whole story.

Like me, he was a journalist. We also attended the same high school, Kelvin in Winnipeg. Cliff graduated 30 years before me, in the mid-1930s. While studying at the University of Manitoba, he worked at Canadian Press and the Winnipeg Free Press. That understanding of the media world served him well in later life after the War.

Cliff was a pretty good hockey player, wearing the uniform of the Winnipeg Rangers. As he was fond of telling the story, had it not been for the life-changing events that began in 1939, his story, had it not been for the life-changing events that began in 1939, he might have had a shot at playing for the Big Apple, along with the Hextall boys who were also from Manitoba.

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**Rememering Cliff Chadderton, a true Canadian Hero, who went to Kelvin in Winnipeg**

By Roger Currie

All of that was put on hold on Labour Day weekend in 1939 when Nazi Germany invaded Poland. Cliff Chadderton joined the Royal Winnipeg Rifles as a non-commissioned officer. Four years later he was a Company Commander. The regiment saw a lot of action with many casualties, beginning with the D-Day landing on Juno Beach on June 6, 1944. Three months after that, Cliff’s war came to an end during the battle for the Scheldt Estuary in Holland. He lost part of his right leg, and for most of the next 69 years, he was in fairly constant excruciating pain. I never once heard him complain, but I can barely imagine what some of his worst times must have been like.

He was shipped home to Winnipeg’s Deer Lodge Hospital. Doctors told him it might be the last home he would ever have. Cliff almost immediately joined the War Amputations of Canada, the organization that would dominate the rest of his working life. With their encouragement and his own determination, Cliff walked out of that hospital on crutches a few months later. He became CEO of the War Amps in 1965, and he could see that the future was somewhat limited. Looking beyond the needs of injured veterans, Chadderton latched onto the idea of helping children who had the misfortune to lose a limb in an accident.

The result was the Champs program which Cliff started in 1975. Thousands of youngsters have benefited from Roy Safe and other programs, and the Canadian public have responded with great generosity. Cliff Chadderton was by no means a ‘background’ figure. His smiling face was all over their video messages, along with kids.

I can’t remember when Cliff Chadderton and I first spoke in a telephone interview on the radio. We talked many times over the years, when I was working in Winnipeg and Regina, as well as Kensora. The first time it happened in each place, I received a follow up letter which literally blew me away. It was a copy of a personal letter he had sent to the manager of the radio station. It said something like… "I just wanted to tell you what a pleasure it was to be interviewed by your employee Roger Currie. What a Knowledgeable professional he is...".

Needless to say, Cliff Chadderton quickly became my ‘Go To Guy’ on any story relating to Canada’s veterans. We always spoke on or around November 11th. A couple of times he was on a cellphone, standing on a former battlefield in France or Belgium. Once he called from Hong Kong.

Little did I know that the best was yet to come. In 2004, I received the Queen’s Golden Jubilee Medal. The citation read “In recognition of his efforts to tell stories about Canada’s War Veterans.” I was nominated for the honour by Cliff Chadderton.

We only met face to face once. It was in 2004, a couple of years before his last, now not long before Cliff’s 90th birthday. Once he had completed other projects, including my former colleague Larry Updike, made it onto Chadderton’s ‘special list’. Cliff knew how to work media like no one else I have ever encountered. I never felt used in any way. The stories Cliff wanted to shine a light on were terrific worthwhile stories. I was pleased to help tell them, and I will continue to write about Canadian heroes in the future.

It was also during the last 20 years or so of his life that Cliff became an accomplished documentary producer. Using historic footage from a variety of sources, the War Amps produced a series called Never Again. The series included lots of stories about Manitobans who served and made the ultimate sacrifice.

One episode dealt with Jeff Nicklin, a former star with the Winnipeg Blue Bombers who was killed in March 1945, while serving as a Canadian Para trooper. Then there was a final acknowledgement of Cliff’s Kelvin connection. ‘The Boys of Kelvin High: Canadians in Bomber Command, was produced in 2005. It tells the story of several graduates of the school who were killed in missions over Germany. A few of them had been Cliff’s own classmates before the war. The documentary has won several international awards, and is available at public libraries in Winnipeg, and through the War Amps organization.

Through projects like that, and the fabulous youngsters who have benefit ed from the Champs program, it can truly be said of Cliff Chadderton that ‘Old soldiers never die’... nor will their memory fade away.

Roger Currie is a regular contributor to Senior Scope. He is heard regularly on CBLN, 93.7 FM. In 2004, he received the Queen’s Golden Jubilee Medal.
In 2007, the federal government announced one of the biggest changes to tax law since the introduction of the RRSP. If you or your partner receive qualified pension income, the federal government’s pension income-splitting provisions could mean extra money in your pocket when you file your income-tax returns.

Pension income splitting allows couples to potentially reduce their overall tax bill by shifting income from one partner (the higher income earner) to the other (the lower income earner) who is taxed at a lower rate. This is just an allocation for tax reporting purposes and the actual income does not have to be paid to the partner.

Achieving the optimal split

Pension income splitting can be an effective tax minimization strategy for many Canadians, but before you dive in, you should talk with your Consultant to get a good understanding of the potential limitations and tax implications to ensure the optimal “split” is made.

Both you and your partner must be Canadian residents and living together as a married or common-law couple to be eligible. Up to 50% of qualified pension income can be split. The type of income which qualifies for pension income splitting is different if you are under 65 years of age or over, but generally includes pension, annuity, RRSP (including life income fund, locked in retirement income fund and prescribed RRSP income), and RRSP annuity payments.

In terms of potential tax implications, pension income splitting may have an impact on the following tax calculations:

- Quarterly tax instalments – If you split income, you might have your quarterly tax instalment payments reduced or eliminated. But your spouse may now have to start or increase their instalment payments.
- OAS and Age Credit clawbacks – By splitting income, you may be able to reduce or eliminate these clawbacks. But your spouse may start having them.
- Spousal credit – Could be reduced or eliminated if you pension income split. But, your spouse will be able to claim their own basic personal credit if they have to file a tax return.
- Medical expense credit – By increasing the income of the lower taxed spouse, are you reducing the amount available for this credit? Does it save taxes overall?
- Medical premiums (applicable only in Ontario and Quebec) – By increasing the income of the lower taxed spouse, you may be reducing the overall amount your household has to pay for medical premiums.
- Pension income credit – If your spouse doesn’t have pension income, pension income splitting can be advantageous as it may allow your spouse to claim this credit.

The tax advantage of a Spousal RRSP

The emergence of pension income splitting, it is important not to forget the potential tax benefits of a Spousal RRSP. In this case, the spouse who anticipates having the higher income in retirement can make and claim the tax deductions for RRSP contributions that will eventually be taxed in the hands of the spouse with the lower retirement income. Spousal RRSPs are useful in many circumstances such as, if you anticipate retiring prior to age 65 since RRSP income cannot be split until age 65 or if you have a younger spouse and wish to continue making RRSP contributions past age 71.

Pension income splitting is a complex tax-reduction strategy that can change from year to year based on your situation. The key is to determine what amount would best optimize taxes for both spouses. I’ll be in touch soon, to set up a meeting where we can determine if pension income splitting is right for you and then you can contact your tax accountant to determine what the optimal split would be. From there we can discuss how you can use this “found” money to solidify other aspects of your financial plan.
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Introduction to the Minister

As you are aware, Premier Greg Selinger recently reappointed the provincial cabinet, a seat I was appointed to and I look forward to working with Manitobans of all ages to create environments that support health and wellness in our communities. A healthier lifestyle can have a profoundly positive impact at any age. I am constantly inspired by the wonderful work happening in my own neighbourhood to help seniors eat healthier, stay active and connected and remain in their own homes longer. As minister, I look forward to continuing my personal commitment to health and well-being and broadening my scope to look at how we can better support all Manitobans to achieve their own healthy living goals.

As my first official duties as minister was to attend the Manitoba Council on Aging (MCA) Recognition Awards Ceremony. This annual event celebrates the exceptional contributions to the lives of older Manitobans. It also pays tribute to Manitobans who have helped shape our communities and continue to do so. It was so inspiring to celebrate with the winners and learn about their dedicated efforts to enhance the well-being of seniors in our province. The MCA also serves as an advisory body to me as Minister of Healthy Living and Seniors. I have already come to value their input and expertise as we work together to make life better for Manitobans and their families.

Last month, it was my pleasure to announce a significant milestone in our work as we welcomed 14 new communities to the Age-Friendly Manitoba Initiative. A total of 100 Manitoba communities across the province are now dedicated to supporting the well-being of older Manitobans by developing environments, programs and services that make life better for people of all ages. We can’t be prouder in the fact that Manitoba is recognized as one of the most age-friendly provinces in the country.

The MCA Recognition Awards and the Age-Friendly Manitoba Initiative are just two examples of the great work done by the Seniors and Healthy Aging Secretariat in my department. The secretariat-coordinated efforts across government that support seniors in staying healthy, active and engaged in their communities. Whether connecting seniors with valuable resources or working with communities to eliminate elder abuse and falls among older adults, the Seniors and Healthy Aging Secretariat is helping seniors and their families across the province.

I believe that Manitobans are healthier and living longer than ever before. We are making more informed choices about nutrition and leading more active lifestyles to prevent future illnesses. These steps continue to make life better for everyone. As minister, I look forward to working with the secretariat, the Manitoba Council on Aging, Manitoba’s age-friendly communities and a host of other partners as we continue to make progress on our shared goal of supporting Manitoba seniors and their families.

As I continue in my new role, I wish you a joyous holiday season and all the best in 2014. I invite you to contact the Seniors Information Line with any comments or questions at 204-945-6565 in Winnipeg or toll free at 1-800-663-6565.

Coffee Break in Rural Manitoba

Springfield News... with Marion Clemens of Oak Bank MB

Hello everybody and welcome to the last column of the year 2013. Like always - I feel like - ‘Where and how fast did the many months go?’ I don’t know whether anyone else feels the same but for myself I heard the prediction and discarded it the same moment.

Not much of anything has changed in general. Humankind seems to be unable to change for the better. There are still the same harsh feelings of prejudice around in regards to race, religion, class, and everything that the great leaders have told us but the feelings of too many people seem to remain the same. The saddest thing in this case is that it all boils down to: If somebody feels or lives different from others, they will always be judged as being weird or unacceptable. Different means just that - different, not better and not worse. So why are far too many people opposed to it and often downright afraid of it? Well, I know there is no answer to all this, so let’s move on.

Winter is coming in and will arrive in a few days. During the month of November we thanked our soldiers for risking their lives fighting for freedom.

Now: 25 we were urged to vote which was no easy task this year here in Manitoba. To me it looks that interest in politics is gradually disappearing on account of having no strong personalities worth voting for.

Here in Springfield we have a new face as leader of the Manitoba Liberal Party with Rana Holden, a 36 year old lawyer taking over Jon Gerrard’s job. Everything known about Borkar sounds that she is in this position for the long haul, starting to win over more Liberal voters, to create a strong foundation and then to build on that. In her very first speech Borkar has said: “There is a promise that I will make to all of you - that this will be a more active and engaging Manitoba Liberal Party after today.” Sounds positive for the Liberals. It gets me very enthusiastic about the party’s involvement... And see if and how much the numbers of Liberals will grow. Politics will forever be unpredictable due to the fact that during election campaigns new people will get involved. I wish all a very Merry, blessed Christmas - celebrating with family and friends - and always remember that the fact that the reason for Christmas is that we are celebrating the birth of Jesus.

Best wishes - drive safely on winter conditioned roads.

Till next year... Marion

Life is not a race, but a journey to be savoured and each step of the way... Yesterday is history, tomorrow is a mystery and today is a gift.
More than 1000 Manitoba senior participants and athletes will converge in the vibrant community of Neepawa, Manitoba June 17th to 19th, 2014 for three days of fun and competition at the 2014 Manitoba Liquor & Lotteries 55 Plus Games.

The Games are an exciting way for seniors in Manitoba to have fun, meet new friends, show off their skills and continue to live active, healthy lives.

A buzz is already starting in Neepawa - the organizers are busy and excited to welcome 55 Plus Games participants back to their beautiful community. The last time Neepawa hosted the 55 Plus Games was back in 2005 when they greeted over 1400 senior participants.

Participants at the Games will compete in over 20 events, ranging from swimming, cribbage and slo-pitch to floor curling, golf and the fastest growing court sport event: Pickleball!

Athletes aged 55 to 100 years young will come to play at the Games from all across the province. Neepawa has also selected two exciting demonstration events for 2014: Disc Golf and Archery. The Games also boast exciting entertainment, including a variety concert packed with local talent and a dinner and dance where everyone can dance the night away!

The 2014 Games mark the 32nd anniversary of the event, which is held in a different community around the province every year. The Games are again being organized by ALCOA-MB, a provincial non-profit organization, which supports a positive image of seniors by promoting healthy, active aging.

Our holiday wish for you this year: stay warm and stay involved this winter season – get out your cribbage or Scrabble boards after dinner, take your grandkids snowshoeing or even join in a friendly game of Pickleball and we will see you in Neepawa in June!

For more information on the Manitoba Liquor & Lotteries 55 Plus Games, please visit the Games page on the ALCOA-MB website at www.alcoamb.org or phone the Games office at (204) 261-9257 or toll-free: 1-855-261-9257.
Finding a Little Piece of the Holidays

For many people, the holiday season is a time of joy, anticipation and most importantly, a deep, living connection with family and friends. Unfortunately, that is not the reality for many people this time of year. For some of us, December brings with it loneliness, disappointment, apathy, regret, and sadness. Past hurts seem to rise to the surface between family members, only to create tension and conflict. One culprit that plays a part in ruining the holiday season is addiction going on in the family, among friends, or with the individual. Whether the addiction is with gambling, alcohol, prescription drugs, or any other drug, the negative impact on the experience of the holiday season is mostly the same.

Older adults who are spending too much money and time gambling, drinking too much alcohol too often, keeping themselves groggy or “dopey” from too much drug use tend to be so focused on involvement with these things that they lose track of the significance of the holiday season. Gifts do not get purchased for grandchildren, family get-togethers are missed, important dates are remembered in passing, and do start with small changes that are do-able and realistic can help prevent fatigue and regrettable situations from happening.

Finding that little piece of the holidays that provides a sense of joy, tranquility and love is within everyone’s grasp. Those who have been touched by addiction in one way or another can do start with small changes towards better lives during this challenging time of year. As one 85 year old woman said, “I find contentment by starting my day looking out my window, gazing at the beautiful tree in my yard.”

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Gift ideas for frail loved ones
Practical presents for the hard-to-buy-for

By Lisa M. Petsche

Relatives of seniors who are home-bound or reside in a care facility typically find it difficult to come up with suitable gift ideas. They must take into account, for example, any sensory impairment - such as vision or hearing loss - the recipient may have, as well as dietary restrictions resulting from a medical condition, dental issues or a swallowing disorder. Gift shopping for someone who is mentally impaired due to a cognitive disorder may also come on when the power fails.

Practical items
- Toothbrushes such as moisturizing lotion; bar soap and deodorant; a toothbrush and toothpaste; or denture cleaner; conditioning cream; facial toner; lipo- stick and nail polish; a hand mirror.
- Apparel such as track suits, pyjamas or reversible terry cloth and socks. Consider adaptive clothing - such as Velcro-closing dresses and slacks - which can make dressing much easier.
- Toilet items should be easy-care. A lap blanket. Velcro-closing running shoes or slippers with non-skid soles.
- A personalized drinking cup or mug. Adapted dishes and utensils - such as plates with rims - can be another good idea, to maximize independency with eating. These can be found at medical supply stores.
- A reacher (from a medical supply shop) for picking up things off the floor or retrieving items on high shelves.
- Food items and treats that take into account dietary restrictions. Bring enough so your relative can share with caregivers or fellow residents if he or she wishes.
- A portable telephone or a phone with an emergency button. Look for one with a programmable memory for frequently used numbers.
- Writing paper and envelopes or a set of all-occasion cards, along with a matching postage stamp.
- Hearing aid batteries. A night-light (decorative ones can be found in gift shops).
- A rechargeable flashlight that automatically comes on when the power fails.

A Most Unusual Christmas

The year was 1967, and I was a student at St. John’s College at the University of Manitoba. I lived a very comfortable life with my family in River Heights. Most homes in the area, including ours, should have been the scene for a Canadian version of Leave it to Beaver or Father Knows Best. Mom stayed home and at Christmas time she organized a festive dinner for what we affectionately called ‘the geriatric club’. It included my three surviving grandparents, a step grandmother, a widowed great aunt and a widower great uncle.

While my brother and I dove into our Christmas treasures, playing endlessly with the new hockey board game or other similar amusements in the pre-digital era, our mother, Thelma Currie, spent the day in the kitchen. There was no automatic dishwasher, so my father seemed to have an apron on and dishshowered over his shoulder for much of the day.

The feast was truly grand and very traditional. There was a beautifully stuffed turkey, mashed potatoes and gravy, boudin onions and at least one other vegetable, and tomato aspic. Desert included mince tarts and plum pudding with two different sugary sauces. The menu seldom varied, and the meal was always to die for. There was not an abundance of alcohol served, out of deference to one grandfather who was a lifelong teetotaler, but once the geriatrics were out the door mom would kick off her shoes and knock back a couple stiff gins. Dad was still drying dishes.

By 1967 the cast had changed somewhat. Gone to their reward in the great beyond were two of the grandparents. Gone to their reward in the great beyond were two of the grandparents. Great aunts and the great uncle. Dad was still drying dishes.

Hallock Minnesota. In today’s world one might easily be described as a ‘寂寞’, but 45 years ago she was merely ‘representative’ of her generation. Did I mention that she loved to talk? From a relatively young age I have always enjoyed sitting the pot, so I conspired to inven the geriatric feast by adding a ‘person of colour’, to the table. Her name was Fitzroy Clarke and he was fellow student at the University of Manitoba. He came from the island of St. Vincent in the Caribbean, and like many foreign students he was des- tined to be alone and thousands of miles from home at Christmas.

We gave no one advance warning that Fitzroy would be joining the festiv- ies. In retrospect, given the average age of the group, that might have been a wise thing to do. Polite greetings were exchanged and dinner was served. Aunt Marie had little to say, but her face spoke volumes. Fitzroy held forth on a wide range of topics. My older brother David laughed heartily through all of it, shooting me many a knowing glance.

The passage of 46 years has dimmed the memory of what exactly was said that evening. In today’s context, I’m sure it was nothing particularly start- ling. The only people who are still around from that occasion are my younger brother and I, and hopefully Fitzroy.

In recent years I have tried google and other means to try and find him, without success. It appears that he does not live in Canada. My wish is that he be well and that he has lived a wonderful life, doing lots of worthwhile things.

I remember him fondly every Christmas.

Roger Currie is a regular contributor to Senior Scope. He does news and commentary on CJNU (Nostalgia Radio) 93.7 FM.
Winnipeg - Imagine receiving the terminal diagnoses of ALS. Then finding out the cost for equipment alone during the next two years can be $200,000 - $400,000 if you needed to pay for it out of pocket, with nursing cost ballooning to ten times that amount. How would you feel leaving your family with the financially burden long after you have passed?

"Quality of life is important for everyone. Living with a life limiting disease such as ALS means every moment matters," says Executive Director, Diana Rasmussen, "we need your help to make moments matter."

The ALS Society of Manitoba’s Annual Lite Up a Life Campaign kicked off on December 1 and the donations are rolling in but there is still time to help. From now until January 31, donate to the ALS Society of Manitoba and literally light up a holiday tree in front of Canada’s only ALS House at 106 Kirby Drive. Bulbs are 3 for $5.00 or 7 for $10.00 or lite up a whole tree for just $150.00. (Donations of $10 or more will receive a tax receipt)

On December 10, Students from Vincent Massey School braved the cold weather to help set up all 12 trees for our lighting ceremony. “Our ongoing partnership with the staff and students at Vincent Massey School is so important to the success of this campaign,” Diana says, “and without the generous donation from Lacoste Garden Centre this wouldn’t even be possible.”

The Official Lighting Ceremony was on December 11 at the Brummitt Feasby ALS House located at 106 Kirby Drive.

For more information or to donate contact:
Leila Dance
Event & Fundraising Coordinator
ALS Society of Manitoba
Office: 204-837-1270
ldance@alsmb.ca

The 59th Annual Fall Show (Coins, Collectibles and Stamps) is now “in the books” and, as usual, was a solid success, with many happy collectors attending. The show, sponsored by the Manitoba Coin Club, is held each year on the first weekend in November and draws coin and stamp dealers from around Winnipeg and neighbouring provinces.

A wide range of material was available in both the numismatic and philatelic areas – and the dealers had lots of time to discuss items with collectors and to deal among themselves with a view to building inventory.

Curiously, perhaps, this year there seemed to be more discussion among collectors and dealers about economic matters and the usefulness of numismatic and bullion strategies to hedge against potential economic and financial headwinds. High (and growing) levels of government and personal debt may not bode well for our finances and could propel the headwinds to “gale force” sooner rather than later. Gold and Silver have traditionally provided some form of refuge in protecting purchasing power for investors and collectors and what better way to hold such protection than numismatic or bullion coins? Unfortunately only a very few individuals have “connected the dots” to arrive at the appropriate strategy. However, a number of the more knowledgeable in this area attended the show and were occasionally involved in passionate discussions of the potential challenges and useful defensive strategies. Such participatory involvement was open to all at no charge, other than the nominal attendance fee of two dollars.

While the content, presentation and participation at this show was excellent, the level of attendance stayed pretty much unchanged from prior years. This area could always be increased for the benefit of all.

Just why attendance seems to be static is unclear. However the 59th Show did have to compete (the same weekend) with ComicCon (attendance 35,000 for each of 2 straight days) a Bomber game (attendance 25,000) on the Saturday, and a Jets game (attendance 15,500) also on the Saturday. Shopping, community sports and other weekend activities also compete for attendance.

All in all however a good time was had by all at the show and the Club is already planning next year’s “60th Annual” version. The possibility of a spring (mid-term) show is also under active consideration.

If readers have any suggestions for further improving the MCC Show please feel free to contact the writer at: 204-289-9176 or at bhall49@shaw.ca. The Manitoba Coin Club meets on the 4th Wednesday of each month (except December, July and August) at the Fort Rouge Community Centre on Osborne Street (7.30pm to about 9.00pm). Visitors, Guests and new members are welcome to attend.

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LEARN MORE: BANCANADA.BANKOFCANADA.CA/BANKNOTES
Message from the Publisher...
May everyone have a Beautiful Christmas and the Best of the Best of the Holiday Season!

Thank you once again to everyone who helped make Senior Scope and Boomer Buzz possible - writers, distribution team, printers, and anyone else who has contributed.

But especially to my advertisers and the readers who support them.

Have a Safe and Happy New Year!

The next issue of Senior Scope and Boomer Buzz will be available mid-January, 2014.

- Kelly Goodman

Laugh a Little...
Did you read the book called...
“What Did I Do Wrong THIS Year?”

by Cole N. Stocking

What do you get when you cross a dog with a snowman? Frostbite.

Why Santa might be a woman...
Most men only shop on Christmas Eve. Never mind delivering the gifts too!
A man would get lost up in the clouds and wouldn’t ask for directions.
Men can’t pack a bag.
Men don’t answer their mail.
A man wouldn’t be caught wearing red velvet.

Get Home Safe this Holiday Season!
Operation Rednose is at your service with its FREE designated driver program to get you AND your vehicle home safely throughout the holidays.
For the Winnipeg, Headingley and St. Norbert areas, call the Red Nose hotline...

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Visit www.rednosewpg.ca for the Winnipeg schedule.
Consider becoming a Red Nose volunteer!
Winnipeg volunteers, call: 204-794-7339.

Operation Red Nose operates 9 pm to 3 am, from the last weekend in November through December 31, most Fridays and Saturdays and an occasional Thursday.

For the Selkirk area, call
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For the Gimli area, call
204-642-9000

For the Portage la Prairie area, call
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For the Steinbach area, call
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For the Arborg/Riverton areas, call
204-376-NOSE (6673)

Visit www.safetyservicesmanitoba.ca/rednose/ for information on these rural areas.

Thank you to all the volunteer drivers who help keep us and our communities safe throughout the holidays.

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Some Holiday Fun!

Tough Tongue Tanglers


Your Eggnog is too Strong

If you see a fat man who’s jolly and cute, wearing a beard and red flannel suit, and if he is chuckling and laughing away, while flying around in a miniature sleigh, with eight tiny reindeer to pull him along, then lets face it... YOUR EGGNOG’S TOO STRONG!

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Home for the Holidays

It must be a Herculean task for Santa Claus to deliver all the Christmas presents to the children across the globe during only one day. This challenge, I am sure, is the reason why Santa Claus traditionally visits some children earlier, namely just after dark on Christmas Eve. So happens that for many years German children have benefited from this arrangement. When I was growing up in Germany, Santa Claus simply rang our bell and dropped off the presents at the door — no need to squeeze down a narrow chimney in the middle of a cold dark night. The delivery happened very quickly, too quickly for a four-year-old little girl waiting sequined in her room at the end of the hallway. By the time I made it out of my room after the door bell rang, the presents were already inside our apartment, and the very busy Santa Claus had left. Although happy about the presents, all I really wanted was to talk to Santa Claus. Promises were made that the following Christmas my parents would ask him to stay for just one minute, but by the time Christmas came again, my parents, in their own excitement, forgot to invite him in, and again he had left in a hurry. Grown ups...

My parents would arrange the presents underneath the Christmas tree in the living room, and we would gather to open them. What a blessing it was to be four years old, aware only of the here and now, knowing only one safe reality and all its wonder. Our Christmas tree was magical to me. It was as much mom’s interpretation of beauty as an artistic reflection of her. Dad would set up the tree on December 23rd, and mom would decorate it in the evening and late into the night. Standing on a small table, the tree was of modest elegance. Individual strands of golden tinsel were hanging lightly on the branches among the strategically placed ornaments, glass balls, some bold and lustrous like mirrored gateways to a forgotten wonderland, some frosted, their indents reflecting subtle hues of lights, and others mottled with faint etched patterns. A few shy teardrop-shaped baubles were hiding among the fragrant fir branches. Climbed on the sturdier branches, delicate wax candles stood like gymnasts on a beam. Only when watchful eyes were in the room would the candles be lit. Responding to the radiant heat of the flames, the timsel swayed gently while the lambent light was glinting off the ornaments in ever-changing patterns. As if breathing silently, the tree seemed alive.

During this, my 27th, holiday season in Canada, I will again fix myself a plate of potato salad and knackwurst, mom’s traditional festive Christmas-Eve fast food fare. Then, I close my eyes and travel back in time and space. I smell candle wax and fragrant fir; I see the gleaming lights and, if only for a moment, I am home for the holidays.

Winnipeg, November 07, 2013 - "A Holiday Thought..."

A Holiday Thought...

STRESSED is just DESSERTS spelled backward.
Christmas tree facts

By Maurice Allard, Century 21 Carrie.com Realty

This month, I am trying something a little different. Here are some important facts everyone should know about Christmas trees.

- Christmas trees are mainly with homemade tree farms.
- 34 to 36 million Christmas trees are produced each year and 95 percent are shipped or sold from Christmas tree farms.
- The best selling trees are Scotch Pine, Douglas Fir, Fraser Fir, Balsam Fir, and White Pine.
- You should never burn your Christmas tree in the fireplace. It can contribute to creosote build-up.
- Thomas Edison's assistants came up with the idea of electric lights for Christmas trees.
- In the first week, a tree in your home will consume as much as a quart of water per day.
- Tinsel was once banned by the government. Tinsel contained lead at one time, now it's made of plastic.

While the winter months tend to be a little slower in the real estate world, it is still a great time to buy or sell a home. After visiting friends with new homes at Christmas, many people make the decision to upgrade in the New Year. Inventories are low and home prices are strong. If you or someone you know is interested in buying or selling, give me a call. The $900.00 cash incentive is still available for home buyers. Also, if a buyer is short of funds for a down payment, it can be received as a gift from the seller. If you need any information on this, give me a call. As always, market evaluations are NO cost and NO obligation. I'm waiting for your call…

And to all, I sincerely wish you and your families and friends a very Merry Christmas and a prosperous 2014.

Maurice Allard
Century 21 Carrie.com
Cell: 204-791-8178
Office: 204-987-2100
Seniors Real Estate Specialist
mauricellard@icm.com
www.mauricellard.com

The press box, located at the Northwest corner of the building, will never be authorized by the Football Reporters of Canada so a $100,000-plus renovation will have to be made. And the parking at the University of Manitoba campus is still a concern for the CFL.

Regardless, the city has made a $1 million contribution to the Bombers bid.

"Hosting the Grey Cup is a great opportunity to showcase our city, as well as provide a boost to the local economy," said Winnipeg's 62-year-old mayor Pat McFadden. "Winnipeggers are ready to show, once again, why our city is known for its warm hospitality, passionate volunteerism, and tremendous spirit.

From the $1 million grant, $680,000 will go to the Winnipeg Football Club as part of its hosting grant, and $320,000 will be an in-kind contribution of city services.

The city, province and Winnipeg Blue Bombers collectively announced their bid for the Grey Cup on October 31.

Run into the season of giving. Phil Kives offered, Daly looks great, CNIB Needs Volunteers

The Buzz

Grey Cup on its Way, Foreman still Golfing, Simmons at MTYP, Baseball Hall Announces Inductees, Ward Passes Away, Congratulations Pat, Phil Kives honoured, Daly looks great, CNIB Needs Volunteers

The buzz

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Bred-owner-and-breeder, product-innovator-turned-thoroughbred-racing fan, Bill Davis, has passed away. He died peacefully in Cancun on Nov. 24 after a lengthy illness. At a time when journalism was an honorable profession, he was one of the greats. He was 77. Hey, remember Bill Davis, the former CEO of Mofat Communications and Chairman of the Board of the old Winnipeg Jets 1.0? He's retired and living in Houston. Tex. His son Tim will be an important cog for Rogers Sportnet's new $5.2 billion TV deal with the NHL.

Phil Kives with track announcer Kirt Contois.

On June 7, 2014, the Manitoba Baseball Hall of Fame and Museum will induct a new class of honourees. Last month I had the honor of introducing the newest members of the Hall to the Winnipeg media. Here is the Class of 2014.

The players are: Brian Coates (1932). From Roland, MB. Coates was an outstanding batter, fielder, pitcher, competitor, and leader by example, for the great Carman Goldeyes Junior and Senior dynasties of the 1970’s and 80’s. Brain also enjoyed a successful professional baseball career after being drafted by the Boston Braves in 1972. Ab Hansford (1936). Ab started playing organized baseball in Norwood in 1948 and was always recognized as the heart and soul of the Norwood teams and the premier stopthrow in his league. He led Norwood to baseball championships in the midget, juvenile, and junior ranks and later played with the Elmwood Giants in the senior league from 1965-66. In 1966 he was named the MVP of the Winnipeg, Junior League and also played a game with the professional Northern League’s Winnipeg Goldeyes that season. Kris Holmstrom (1973). Kris played more than 20 years of highly competitive baseball in Winnipeg. Homer” was one of the most feared and productive left-handed hitters in his time and a key member of championship teams while being named to many all-star teams at the midget, junior and senior levels.

Bob Kutzan (1944), Kutzan began his senior career with the Dauphin Redbirds, 1958-59, pitching in both starting and closing roles and helping them capture the 1961 MSBL, and Manitoba titles. In 1963, only 19 years old, he pitched for the Redbirds against the great Satchel Paige’s Kansas City All-stars, allowing only five hits and recording six strikeouts but losing 2-1. Dennis Wiebe (1947), My old teammate with the Carouz A’s, Dennis was an outstanding team player on many championship teams in all levels of play from local Little League to Provincial and National Senior and Twilight. He was a left-hander who was considered a sure fielder and consistent hitter at first base while also pitching and perfecting the “Wiebe Pickoff.” He was a member of no less than four teams already inducted in the Manitoba Baseball Hall of Fame... Wilbert Funk (1928), Funk umpired for 40 plus years in all categories from Novice to seniors in Altona and surrounding area until well into his 70’s, including 73 games the year he turned 73 years old. It is estimated he umpired nearly 2500 games including tournaments, league, regional, provincial, and Western playoffs. Wilbert was honoured as Altona’s Citizen of the Year in 1998 for his lifelong contribution to sports and quality of life, especially for young people, in the community.

The builders are: Sam Katz (1951). In 1994 Katz signed a deal to start an independent professional Northern League expansion team. The Winnipeg Goldeyes were re-born with Sam as owner and president and the team was both an immediate and ongoing success on the field and at the box office. They captured the Northern League championship in their first season of 1994 and most recently were the 2012 champions of the American Association of Independent Baseball Clubs. In 1999 Sam completed the first phase of construction of Canwest-Global Park (Shaw Park today) and the Goldeyes continue to entertain 300,000 fans a year... Gordon Riddell (1940), Builder Gordon began his baseball career in Warren and was catcher for the Warren Juniora when they won the 1957 Winnipeg League title and he continued... Continued on page 16

Let Your Legacy Live On

Life is better with a legacy. Whether you plan for the future, or wish to bequeath in life, he will help create a legacy to help keep smiles on the faces of sick kids, even in difficult times. Find out how you can make a bequest in your will, or other legacy gift to the Children’s Hospital Foundation... BECAUSE SICK CHILDREN NEED US NOW.

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Call us at 204-977-8278 today for a complimentary meal and visit. Welcome to Holiday. Welcome Home.
A & O: Support Services for Older Adults hosted the Holiday Fundraiser event at the Clifton Community Centre this past Tuesday, December 3, 2013. This was the perfect way to kick off the month of December and to get people into the spirit of the season.

Holiday music played softly in the background as those in attendance spent time with each other and enjoyed the offerings from the canteen and bake sale as well as food samples from the Epicure Selections table and tea samples from Steeped Tea.

The Stradbrook Avenue Show Choir gave everyone singing along with them on the holiday favorites and brought to the offerings from the canteen and spent time with each other and enjoyed the music played softly in the background as those in attendance spent time with each other and enjoyed the offerings from the canteen and bake sale as well as food samples from the Epicure Selections table and tea samples from Steeped Tea.

The West End Senior group raised money from sales at the canteen as well as from donated holiday baking. Several staff members of A & O took more than made up for the quantity of the people in attendance of an upcoming storm, the attendance was very excited to get the tickets was very excited to get the Epicure Selections and Tupperware samples from Steeped Tea.

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FAMILIES NOW HAVE CLEAR RIGHT TO SCATTER CREMATED REMAINS OF LOVED ONES ON PROVINCIAL LANDS, WATERWAYS

Manitoba Government Clarifies Policy to Ensure Families Can Fulfil Last Wishes, Follow Religious Customs: Premier

Families that wish to honour the last wishes of a loved one or follow cherished cultural or religious traditions now have the clear right to scatter the cremated remains of loved ones on Crown lands and waterways in Manitoba, Premier Greg Selinger said today.

"Thanks to the work of my colleague, Mohinder Saran, the MLA for Maples, the Manitoba government has clarified the rules surrounding the scattering of cremated human remains," the premier said. "Families can rest assured they have the right to scatter cremated remains on lands and waterways owned by the province."

In May of this year, Saran introduced a motion in the legislative assembly noting that cremated remains may be easily scattered on Crown lands and waterways in other provinces, but there was no clear policy for Manitoba families. This is especially important for Manitoba's growing immigrant communities and inspired the provincial government to clarify the policy, said the premier.

Under the policy, human remains that have been properly cremated may be scattered on unoccupied provincial government-owned Crown land or water, including provincial parks, without official government approval. Care must be taken to ensure that cremated remains are not scattered near drinking water or recreational water activities, such as swimming areas.

"While it was never against the law, families were uncertain about their rights at a time when they were mourning the loss of loved one," Saran said. "Now they can be true to their cultural and spiritual heritage and honour their deceased family members without worrying whether they are breaking the law."

Mohinder Saran, the MLA for Maples

The new policy only applies to provincially owned lands and waterways. Manitobans wishing to scatter ashes on municipal land or water should first consult their local governments.

Santa's Steel Sleigh...

Rudolf with your nose so bright... and big!

This was a float in the Stonewall Christmas parade on December 6.

NEW YEARS EVE at the STONEWALL LEGION BRANCH No. 52

Come Party with "Past the Perimeter"

- Stonewall Legion Hall -

Doors open at 8 pm + Tickets $25.00

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Clemesas from getting hold of their people. They stage all out legal war to prevent unions from becoming too powerful and they cut employees too much money. Walmart because they've been paying their 'World's Largest Retailer', but it's not a Ford story. "I've lost track of who is advising .. this is a Ford column, but the listener and reader discretion is advised .."

"One of the key lessons that Henry Ford learned and passed on to other industries is that companies can afford to buy the product and hire the best hands if they are running Walmart these days, but it sounds like they need to re-read the Ford story."

"It was more than a little embarrassing when we learned recently that a Walmart in Canton Ohio was asking low wage employees to donate food, so that their co-workers who make even less could enjoy American Thanksgiving."

"North America became the envy of the world while Henry Ford was still alive thanks to the rise of the middle class, the people who bought cars and homes in the suburbs, and raised their families to follow a similar pattern. In 2013, we have a middle class that is rapidly disappearing as we race to the bottom."

The Ford Example

Memories of the year 1968. I turned 21 and was legally allowed to drink alcohol. It was also the year that I last received a letter in the mail on a Saturday, and the stamp on it cost four cents. 45 years later, the stamp costs 63 cents, but we ain't seen nothing yet. By the end of March the cost of that stamp will jump more than 30% to 65 cents, and another jump in June. It's a thing of the past within five years.

Hard to believe it was less than a decade ago that Canada Post was that rarest of creatures, a crown corporation that showed a healthy profit. But even then it was clear that mail service as we have known it for decades was doomed. The digital world has taken over, both in business and our personal lives. The question becomes a simple one. If postal service is doomed to die, should it be a slow lingering death, or an execution? The latter route seems to have been chosen. Customer service is to be killed almost immediately without so much as a few kind words. How else can you explain making such an announcement on the 11th of December? By the way, did you know that was the last day to ensure that your gift parcels are delivered before Christmas?"

Most of us will grumble and accept the new reality without giving it a great deal of thought, but that reality will be a hardship for a lot of people. For the handicapped, getting to a community mailbox is not easy in the middle of summer. Imagine the joy in weather like we're having right now on the prairies. I live on a computer, and I seldom give it much thought, but there are thousands of Canadians who don't. It will be a very difficult and expensive adjustment.

Merry Christmas from Canada Post.

Right ..

The Ford Example

Listener and reader discretion is advised .. this is a Ford column, but it's not about Rob, it's about Henry Ford. He was a true giant of North American free enterprise. He struck gold in 1908 when he manufactured the first Model T, and sold it for $825 in gold in 1908 when he manufactured the first Model T , and sold it for $825. Eight years later Ford was selling a quarter of a million Model T's a year, and the new reality without giving it much thought, but there are thousands of Canadians who don't. It will be a very difficult and expensive adjustment.

Memories of the year 1968. I turned 21 and was legally allowed to drink alcohol. It was also the year that I last received a letter in the mail on a Saturday, and the stamp on it cost four cents. 45 years later, the stamp costs 63 cents, but we ain't seen nothing yet. By the end of March the cost of that stamp will jump more than 30% to 65 cents, and another jump in June. It's a thing of the past within five years.

Hard to believe it was less than a decade ago that Canada Post was that rarest of creatures, a crown corporation that showed a healthy profit. But even then it was clear that mail service as we have known it for decades was doomed. The digital world has taken over, both in business and our personal lives. The question becomes a simple one. If postal service is doomed to die, should it be a slow lingering death, or an execution? The latter route seems to have been chosen. Customer service is to be killed almost immediately without so much as a few kind words. How else can you explain making such an announcement on the 11th of December? By the way, did you know that was the last day to ensure that your gift parcels are delivered before Christmas?"

Most of us will grumble and accept the new reality without giving it a great deal of thought, but that reality will be a hardship for a lot of people. For the handicapped, getting to a community mailbox is not easy in the middle of summer. Imagine the joy in weather like we're having right now on the prairies. I live on a computer, and I seldom give it much thought, but there are thousands of Canadians who don't. It will be a very difficult and expensive adjustment.

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Right ..
The Reading Room @ J.W. Crane Memorial Library, Deer Lodge Centre

International Men's Day - November 19 - Recognizes Important Role of Men, Boys To Community, Family, Child Care: Ministers Bjornson, Irvin-Ross

The Government of Manitoba is supporting the work of the Men’s Resource Centre in Winnipeg as it helps men escape from abusive and unhealthy relationships.

Meet Nikolai - a man with Parkinson’s disease. Nikolai invites readers to learn about Parkinson’s from his perspective, helping them to understand how Parkinson’s affects his daily life and why some tasks can be especially challenging for him. He also gives advice on how to help someone with Parkinson’s when they have difficulties with physical movements and memory. With such topics as “Feelings and pain”, “Exercise and being positive” and “Ways people can help”, this book is an excellent resource for anyone, including children, who would like to have a better understanding of Parkinson’s Disease and how it affects their loved one.

“It sometimes feels like my feet are glued to the floor.”

Dr. Hultquist has a doctorate in educational psychology and worked in education for 33 years as a special education teacher and educational psychologist. He was diagnosed with Parkinson’s shortly after turning 50.

Is it delirium or dementia? Older people are at great risk of permanent cognitive and physical decline if delirium is not diagnosed early and treated. It is important for family members to recognize the symptoms of delirium and advocate for their loved ones. It is family members who can communicate to health care providers what the older adults usual behaviour is and their medical history. Delirium is a sudden onset of mental confusion causing changes in behavior. The underlying cause could be an infection, medication, recent surgery, dehydration, stress, grief, etc. Delirium is not dementia and can often be reversed.

“Older patients, their families and healthcare providers seem to think that getting confused goes hand in hand with getting older and that’s just not the case.”

Delirium in the older person:

Family guide.


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**Things to do in Winnipeg**

**RURAL PROGRAMS / SERVICES / VOLUNTEERING**

**The St. Eustache Hall Community Centre** - sponsoring a New Year’s Eve Social Party, Dec. 31, at the St. Eustache Hall from 8 p.m. to 12:30 a.m. Art, craft, entertainment live band - the CROSSROADS. Pre-sale tickets are $11.50 and $15 at the door. Call 204-301-3712.

**East St. Paul 55 Plus Activity Centre** - Acting for actors - shaping future stars! 204-661-2667 or 204-654-3082 (msg).


**Bethania Personal Care Home and Pembina Place** - volunteers needed for the following services: 1. Floor time commitment. Tandering required; 204-654-5305 or email: uketh@bethalir.org.

**Southeast Personal Care Home** - is looking for volunteers during the day, evening or weekend to assist with the resident’s programs. Call 204-299-7111 ext. 2247.

**Rupert’s Land Caregiver Services** - programs need paid volunteers to assist clients residing in Southwest Winnipeg to assist with shopping, cooking and social outings. Call 204-452-9421 or email rls_volunteers@mts.net.

**ARCHWOOD** 55 Plus Centre 065, Gull Lake St. - Offers programs: Nordic Pole Walking, Yoga, Tai Chi, wheelchair chair exercise, Yoga, Chair Aerobic, Bowling. Belly Dance, Line Dancing, Water Exercise, Zumba, Zumba Gold, Yoga Fit, Ring- Fit, Elbow-Morning Light, 8:00-9:00 a.m. at the Clifton Village Community Centre, 1050 Westminster Ave., Winnipeg, 204-956-6440 or email archwood55@gmail.com.

**Lion’s Place Adult Day Program** - Social day program for seniors: physical, mental, and recreational programs. Transportation & hot lunch provided. Membership $80/day. 784-1299. Referrals to the program are made through WRHA at 940-2665, or call your Home Care Case Coordinator.

A 60 + Seniors Centre Without Walls program - Free program for 55+ in Manitoba. The program operates entirely over the telephone and provides older adults with a variety of presentations, tours and activities. Call 204-956-6440 and speak with Silvia Del Vecchio to receive more info.

**A 60 + Support Services for Older Adults** - West End at the Clifton Community Centre, 1915 Strathcona St. For activities, call 204-955-6167. Visit www.aeofopportunitiesmb.ca for more info.

**Derfuer Senior Citizens Inc.** - Social Club for seniors. Every second Sat: Dance 1-4 p.m., with a 4-course meal. 204-422-3281.

**Elmwood-East Kildonan Active Living Centre** - 180 Poplar Ave. & Bracket. Various scheduled and drop in activities. Call 204-669-0730 to confirm if activity still on.

**Dakota 55+ Lazers Program** - Programs at 26 Midgale AVE., St Vital. 204-266-6564

**Le Conseil des francophones 55+** - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. 792-1054. 400-101 Des Mornes St. St. Boniface, Wpg., conseil55@famf.mb.ca

**The St. James-Assiniboia 55+ Centre** - 3-203 Duford St. The Centre offers a variety of different programs and services to adults 55+. Visit www.stjasc.com to view programs and services. (204) 867-8850.

**NEW!!!**

**ARCHWOOD** 55 Plus Centre 065, Gull Lake St. - Offers programs: Nordic Pole Walking, Yoga, Tai Chi, wheelchair chair exercise, Yoga, Chair Aerobic, Bowling. Belly Dance, Line Dancing, Water Exercise, Zumba, Zumba Gold, Yoga Fit, Ring- Fit, Elbow-Morning Light, 8:00-9:00 a.m. at the Clifton Village Community Centre, 1050 Westminster Ave., Winnipeg, 204-956-6440 or email archwood55@gmail.com.

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While driving to have dinner at the home of a friend recently, my tooth began to ache. I asked my husband, Ted, to stop at a drug store so I could pick up some oil of clove. Oil of clove? Why don’t you just take an aspirin?” he asked.

“It’s Mya’s home remedy,” I told him. I got some; it helped. Although I ended up smelling spicy.

When we got home as I was putting the tiny bottle on the shelf of the medicine cabinet, I wondered if oil of clove had any other uses. I went to the computer; searched Google and found out this little $4.99 bottle packs quite a punch.

Besides numbing pain, oil of clove turns out to be anti-viral, anti-bacterial and anti-fungal. It has been known to cure yeast infections and is used to rid people and pets of parasites, inflammation, breath problems, and stomach upset. It has been used for immune system building, treating inflammation, breathing difficulties and skin conditions. It is even an aphrodisiac... the ancient Viagn.

I still had to check: I pictured an unsuspecting person like me with a terrific tooth ache, dabling a drop on their sore tooth and finding their upset stomach, allments and discomfort disappearing, bugs no longer bothering them and becoming suddenly, powerfully sexually aroused. And to think I might have taken an aspirin.

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Winter had arrived during the night. The morning saw a thick crust of snow covering the landscape. I was looking for the first evidence of clandestine movement on my property, but nothing was visible. As I took my next step, I became aware of the cold nature’s briefest gift of serenity... a myriad of lights. It was nature’s finest gift of serenity, certainty and connectedness. He slowly turned his head away again and quietly disappeared among the trees on the riverbank.

For a while, I stood entranced until suddenly I became aware of the cold again. Still preoccupied, I tightened the grip on my mittens, turned around and slowly leapt off the deck, stopped in the driveway and quietly entered the house. The reindeer had eaten the oats. I was ready for the children to go to bed, but it wasn’t even twelve o’clock. I plugged in the Christmas lights.

I finished eating the angel cookie and left Caden’s Christmas tree cookie, coated in camouflaging green icing and decorated with bright, colorful Smarties, for Robert. I trusted that he would also pick up the carrots on the deck.

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I was nubbling on one of Santa’s cookies, an angel that Jaylene had coated with thick purple icing, when the words of an old familiar poem tumbled around in my mind.

Twas the night before Christmas When all through the house Not a creature was stirring Not even a mouse

The stockings were hung by the chimney with care In Santa Nicholas soon would be there The children were nestled All snug in their beds While visions of sugar plums danced in their head.

The children were snug in their beds, hopefully sleeping, and it wasn’t even ten o’clock. We had hung up our stockings, not by the chimney, but on the entertainment unit. Of course, their visions would be of things other than sugar plums. Caden’s visions would be of computer games and hock-ey gear. Jaylene would be dreaming about a real white mouse. Throughout the day we had tracked Santa’s progress on the internet. We watched the Santa icon move from country to country on a radar screen. Around six o’clock, there was an important bulletin. Weather conditions for sleigh travel were perfect, Santa was far ahead of schedule. Children must go to bed early.

So we set out cookies and a cup of Coke for Santa. Then, we went outside with carrots and reindeer food that Jaylene had made at daycare - a mixture of oatmeal and green food colouring. Caden broke up the carrots and put them on the driveway. Jaylene scattered the food all around the yard. Caden taped a sign on the front door - Santa Enter Here – and I plugged in the Christmas lights.

I was ready for the children to go to bed but they weren’t. Robert wouldn’t be home until after bedtime. Actually, I especially missed his Dad when he had to work the evening shift.

The children were climbing and jumping on the furniture like mountain goats and running around the house with Zippy barking at their heels. I made popcorn, put on a DVD and finally herded them into the family room. “Off to bed, my darlings,” I said, “I’ll be on the front floor to eat the carrots, les sucre was eating the carrots, and I’ll be there.

I heard a noise not exactly a clatter, but a sound of rustling and what seemed like breathing. It was the night before Christmas. I was ready for the children to go to bed, but they weren’t. Robert wouldn’t be home until after bedtime. Actually, I especially missed his Dad when he had to work the evening shift.

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I heard a noise not exactly a clatter, but a sound of rustling and what seemed like breathing. I turned on the Christmas lights. As I closed the door behind me, I went to the kitchen compost pail, full to the brim, in one hand. The second hand I held by the chimney with care.

The magnificent animal was standing there, behind him, engrossed and curious like a small Paddington Bear. His glance hesitated, his glance crossed the road and disappeared among my neighbour’s evergreens. He slowly turned his head away again and quietly disappeared among the trees on the riverbank.

For a while, I stood entranced until suddenly I became aware of the cold again. Still preoccupied, I tightened the grip on my mittens, turned around and quietly entered the house. The reindeer had eaten the oats. I was ready for the children to go to bed, but it wasn’t even twelve o’clock. I plugged in the Christmas lights.

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93.7 CJNU Nostalgia Radio

Where Your Musical Memories Can Still Be Heard

Remember those great songs you loved to listen to in days gone by? You can hear them again by tuning your radio to 93.7 CJNU. You’ll hear all the very best easy listening music from seventy plus years of her life.

Astrid is training as a MASC Life Writing Peer Leader. She currently facilitates co-facilitates a Life Writing Workshop at the Heartwood Seniors Centre in Winnipeg, MB.
The holiday season should be a joyous time for all members of the household, even the four-legged ones. Unfortunately, cats only reluctantly seem to embrace the Christmas spirit. So if you have a kitty that starts pouting over the holidays, don't blame him or her entirely — pet owners might bear some of the responsibility.

Consider our cat for instance. Each Christmas, he usually finds himself decorated with a brightly coloured, cheerful holiday hat and matching multicoloured studded collar adorned with numerous festive brass bells, by a family member who has threatened to do the same with me if I identify her. Personally, however, decorating a cat seems rather pointless. After all, they can't see color as distinctly as we do, so they just don't appreciate the sartorial splendor of such glamorous body ornamentations. Then there's the perpetual, shrill jingling will maintain its dignity, let alone a good disposition, with a constant tingling tormenting it day and night as it searches the neighborhood for some privacy to attend to matters of nature.

The perpetual, shrill jingling will disrupt other essential daily activities too, such as maintaining personal hygiene and the satisfaction derived from a session of vigorous scratching. And as far as stalking is concerned, mice can hear such as maintaining personal hygiene and the satisfaction derived from a session of vigorous scratching. And as far as stalking is concerned, mice can hear...
**Recipe of the Day**

**Spinach Dip**

**Metric** | **Ingredient** | **Imperial**
--- | --- | ---
280 g | package frozen spinach, thawed & drained | 10 oz
375 ml | sour cream | 1 1/2 cup
250 ml | mayonnaise | 1 cup
1 | package vegetable soup mix | 1
1 | small can water chestnuts | 1
3 | green onions, chopped | 

Stir all ingredients together until well mixed. Cover and chill.

Serves 8


**Tortilla Black Bean Bake**

**Metric** | **Ingredient** | **Imperial**
--- | --- | ---
500 ml | onions, chopped | 2 cup
2 | garlic cloves, crushed | 2
375 ml | green peppers, chopped | 1 1/2 cup
175 ml | salsa | 3/4 cup
2 | cans diced tomatoes | 2
2 | cans black beans, drained & rinsed | 2
500 ml | monteray jack cheese, shredded | 2 cup
250 ml | cheddar, shredded | 1 cup
125 ml | fresh cilantro, chopped | 1/2 cup
1 | package corn tortillas 10 inch (25 cm) | 1

In skillet; combine onion, green peppers, tomatoes, salsa and garlic. Simmer 10 minutes; add beans and cilantro stirring well. Put half of bean mixture in a casserole dish, top with half tortillas and half cheese. Add remaining bean mixture and top with tortillas and cheese. Bake at 350 F (180 C) for 35 minutes and serve with fresh sour cream.

Serves 6


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**Christmas Holidays**

**SUDOKU - EASY**

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

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 in each cell and each line.

**SUDOKU SOLUTION**

```
 1 8 9 6 4 3 7 5
 9 7 3 1 6 5 2 4 8
 6 1 8 5 4 7 9 2 3
 2 4 6 9 8 1 3 7 5
 3 7 1 4 2 8 6 5 9
 4 5 2 7 9 3 1 6 8
 7 9 5 3 6 2 4 8 1
 5 6 7 2 8 1 4 9 3
 8 3 4 5 1 9 7 6 2
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**NEW YEARS**

Another fresh new year is here... Another year to live! To banish worry, doubt and fear, To love and laugh and give!
**HUMOUR COLUMN:**

By William J. Thomas • Humour Columnist

So I’m reading this newspaper article on how a state and our driverless cars will be ready to take to North American roads in less than four years. That’s right, well before the end of this decade you will be motoring down the highway in a car using its own operational system with reflexes and road etiquette that are way better than yours.

Driverless cars are equipped with sensors, radar, GPS systems, Google mapping, stereo cameras, accelerometers, gyroscopes, algorithmic equations and two drink holders, one for the passenger and one for the guy who’s not driving my car but seriously, if it gets rid of my backseat driver … I am all for it. However if that genius Prius thinks for one minute it’s going to select the tunes, I’ll be forced to put a Club lock on its steering wheel.

So much for clear, if you’re driving in the States and you come up beside a van with a bunch of guys drinking beer and eating pizza in the back, that’s not a self-driving vehicle. And that’s a Buffalo Bills tailgate party in motor mode.

Still questions about the self-driving vehicles remain. For instance, could you nap in the backseat while your car drives you home from work? Could you pre-program the itinerary so that instead of going to London, Ontario for the day you in fact send the in-laws instead of going to London, Ontario for the day you in fact send the in-laws to Tierra de Fuego, Chile? If your autonomous car refuses to follow your instructions and dismisses you as a "stupid human" is there a button you can push to blow it up? Could over-sized car seats be installed in the back of the car for guys to sit there looking at the scenery and playing “I Spy” because that think would be a really cool way to travel? If you do get into an accident, would you be obligated to go to court and testify against your own car? At Tun Hinton’s Drive-Through your driverless car has to remind the server to stir the coffee and cut the bagel in half.

And of course the question that has plagued men for 25 years while watching a movie curled up on the backseat, going 65 miles down the highway sucking on a Shurpee could you actually tape another movie on another channel at the same time? If, as scientists claim, that humans will one day have sex with robots and we all know how much men love their cars … well, do you think self-driving cars will one day be able to reproduce? Not going birth to full-size vehicles obviously, but maybe little go-carts or hybrid bumper cars?

As I’m reading about all these incredible features that the futuristic self-driving vehicle will have and I thought … hey! Wait just a New Yorker minute. My brother-in-law Danny already has one of these. Really. In fact just the other day we were sitting in his brand new Toyota Rav 4 and Dan was showing me how he could watch his car move on the dashboard screen with sensors that show how close he was getting to the curb and a brightly-coloured graph that shows him how much fuel he has in the tank and how many kilometers he can go before he runs out and the “blue tooth” voice-activated communications system that serves as a cell phone and the alarm clock that pop up on the screen to indicate the song, the artist and some of the words and the GPS and the memory stick that gives you unlimited pre-recorded CD’s and … and all of this would have been line if we had been sitting in his car, sitting in the driveway. Unfortunately we were travelling at a speed of 100 kilometers per hour down Highway 5 between Buffalo and Dunkirk, New York as oncoming cars were taking to the shoulder and drivers – yes – his cars were drivers – who were watching us the finger or pointing excitedly to our side of the road. And normally if Dan had not been completely absorbed by all the new, flashing gadgets on a dashboard that looks more like the instrument panel of a 747 passenger jet.

At one point I yelled: “The car Dan! You have to steer the car too!”

Yeah, my brother-in-law Dan has a driverless car mainly because he’s so completely absorbed with all the bells and whistles on his new car that he forgets to steer and work the pedals.

Can somebody tell me how a man with a brand new shiny toy is not designated as a distracted driver even before he gets the damn thing off the lot?

In four years when the real driverless cars become available, the automobile industry would be wise to give one to my brother-in-law for free. It seems the vehicles are programmed for the road, particularly a few hundred Western New York drivers who failed to make it to the nearest rest stop.

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**Laughter is the Best Medicine**

If TVs and BUs were candies and nuts, we’d all have a Merry Christmas.

A Christmas shrug is a shrug that is still longing. Christmas is a race to see which give out first - your money or your feet. Even before Christmas has said Hello, it’s saying ‘Buy Buy’.

“Just so to be clear, if you’re driving in the States and you come up beside a van with a bunch of guys drinking beer and eating pizza in the back, that’s not a self-driving vehicle. That’s a Buffalo Bills tailgate party in motor mode.”

— Robert Paul

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**THE CLASSIFIEDS**

**Health Products & Equipment**

Electric hospital bed for sale: 1-204-746-4318. For thieves, mattress for people who are bedridden. (mattress value $1500), will/should include rails, guss up/down, head up/down, feet up/down, like new, $1100 or OBO. Call 1-204-417-9065.

**Miscellaneous - FOR SALE**

FOR SALE: 2006 Craftsman 825 Snowblower, Ready to go for $250. Call Dave 1-204-746-4318.

**Miscellaneous - WANTED**

Apartment for Senior WANTED - Senior, 70 in good shape with small 2 bdrm. house. Looking to rent bachelor apt. In Transcona or close to Concordia area. $500-$600 available for December. Call Colin: 204-287-8901.

WANTED Used Boards: good cond, 8 ft. long, any width to repair fences. $400 to remove. Reasonable prices. 204-748-4318.

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**Mr. Odds & Ends**

**BUYING & SELLING Used Items**

Retirement Living In Manitoba At Its Best!

We set the standard for Age-In-Place living by delivering support services needed to ensure ongoing quality of life throughout the years at any of our beautiful facilities.

- Nurse on staff in each residence
- Delicious, nutritionally balanced meals prepared fresh daily
- Trained staff on-site 24 hours a day, 7 days a week
- Active and vibrant lifestyle
- Warm and supportive family environment

STRESS FREE / COST FREE MOVE
Let us take the stress out of moving!
At no extra charge our team of professionals will work with you in your home to organize your belongings, plan your move, facilitate your move, and get you settled in your new suite. Call us today to arrange a FREE consultation.

All Seniors Care™
Living Centres
Where Caring is Our Number One Concern™

www.allseniorscare.com  PROUDLY CANADIAN

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707 Setter St.
204.885.0303

River Ridge
50 Ridgecrest Ave.
204.589.CARE (2273)

Shaftesbury Park
905 Shaftesbury Blvd.
204.885.7272

Winnipeg

Seine River
1015 St. Anne's Rd.
204.256.8877

Brandon