Call us today
(204) 390-1000
www.prairiedentureclinic.ca
- Complete Denture Service
- All Dental Plans Accepted
- Free Consultation
- Senior Discounts
In-Home Visits available.
Where we come to you!

WE BUY HOUSES!

$500 Reward
All cash, quick close.
No realtor, no fees.
Any location, any condition.
204-782-5806
or
1-888-WE-BUY-44 ext. 102
www.7daycashoffers.com

SENIORS ROMANTIC DINNER ON VALENTINE DAY AT THE BEAUTIFUL CIPPRIANI’S
$25.00
1199 FIFE STREET • WPG
204-633-0008

INSIDE:
Scott Taylor:
- Saying Goodbye to Media
Legend John Robertson
- ‘The BUZZ’
Roger Currie:
- ‘Currie’s Corner’
- Encounters with Healthcare
Sharon Blady, Minister of Healthy Living and Seniors:
- Celebrate Grandparents
Shirley Hill - Investors Group:
- Protecting your estate from taxes and fees
William Thomas (HUMOUR):
- Men and Big Balloons...
Nick Thomas: ‘Stuart Whitman: A Class Actor’

INSIDE:
Rally at the Legislature

INSIDE:
Rick Goodman:
Journey to...
Thailand
The beauty and the humour of it.
PART II

SIDE STORY
The Scooter

GLEN EDEN FUNERAL HOME and CEMETERY
4477 Main Street, West St. Paul
204-982-8300

SA V E CANADA POST!
Rally at the Legislature

Regent Park Shopping Centre,
142-701 Regent Ave. West • Winnipeg
In-Home Visits available.
Where we come to you!

Scott Taylor:
- Saying Goodbye to Media
Legend John Robertson
- ‘The BUZZ’
Roger Currie:
- ‘Currie’s Corner’
- Encounters with Healthcare
Sharon Blady, Minister of Healthy Living and Seniors:
- Celebrate Grandparents
Shirley Hill - Investors Group:
- Protecting your estate from taxes and fees
William Thomas (HUMOUR):
- Men and Big Balloons...
Nick Thomas: ‘Stuart Whitman: A Class Actor’

INSIDE:

INSIDE:
Rally at the Legislature

INSIDE:
Rick Goodman:
Journey to...
Thailand
The beauty and the humour of it.
PART II

SIDE STORY
The Scooter

GLEN EDEN FUNERAL HOME and CEMETERY
4477 Main Street, West St. Paul
204-982-8300

SA V E CANADA POST!
Rally at the Legislature

Regent Park Shopping Centre,
142-701 Regent Ave. West • Winnipeg
In-Home Visits available.
Where we come to you!

Scott Taylor:
- Saying Goodbye to Media
Legend John Robertson
- ‘The BUZZ’
Roger Currie:
- ‘Currie’s Corner’
- Encounters with Healthcare
Sharon Blady, Minister of Healthy Living and Seniors:
- Celebrate Grandparents
Shirley Hill - Investors Group:
- Protecting your estate from taxes and fees
William Thomas (HUMOUR):
- Men and Big Balloons...
Nick Thomas: ‘Stuart Whitman: A Class Actor’

INSIDE:

INSIDE:
Rally at the Legislature

INSIDE:
Rick Goodman:
Journey to...
Thailand
The beauty and the humour of it.
PART II

SIDE STORY
The Scooter
By Roger Currie

It was exactly one year ago that I stayed overnight in hospital to keep first time in more than 60 years. I spent three nights at the Grace in Winnipeg. It was my first time in a hospital. This lady did not feel good and went to the Grace Hospital. She was told she needed emergency rooms open, especially in rural communities with a significant number of seniors. Here are some examples why...

CASE #1

This lady did not feel good and called the hospital. She was told to phone ‘Health Links’. She was advised to go to the nearest hospital. She went to Beausejour Hospital and a nurse took her vitals. No doctor on call, was told to call an ambulance and go to Pine Falls because Selkirk would not accept her medical history. She was taken by ambulance and had pain in the abdomen. She was told she needed surgery. She was told she needed an emergency room in Beausejour.

CASE #2

This lady did not feel well and was taken to the hospital. She was told she needed surgery. She was told she needed an emergency room in Beausejour.

The reasons to come see us are totally reassuring.
Nobody ever plans to make the taxman a beneficiary of their will.

Planning ahead can help you avoid leaving your loved ones with a tax burden, ensuring they receive the maximum amount from your estate.

Call me to learn how The Plan of Investors Group® can help you provide for the people you care about... now and ever after.

SHIRLEY HILL CFP
Executive Financial Consultant
shirley.hill@investorsgroup.com
(204) 257-0999

Key Points:

- Because there are significant tax implications for capital assets sold upon your death, it is important to take measures in place to avoid the erosion of your estate.
- Consider options such as life insurance and second-to-die policies, as well as bequeathing capital property to a spouse or common-law partner.

If you have any questions about protecting your estate from taxes and fees, I would be happy to help.

Are you aware of the fact that income taxes and probate fees in common-law jurisdictions can be deferred until the death of the surviving spouse or common-law partner, thereby preserving your legal estate? The tax implications of these deemed dispositions can be significant. For example, if the cottage you purchased 30 years ago for $50,000 has appreciated in value to $250,000, upon your death, your estate could face a tax bill of approximately $45,000 on the cottage alone. An RRSP or RRIF containing $300,000 of assets would also be taken entirely into income. The result? It too could be cut almost in half once it’s taxed.

In common-law jurisdictions with relatively high probate fees, such as Ontario, Nova Scotia and British Columbia, these fees can further reduce your estate by thousands of dollars.

Delaying the inevitable

Canadians can bequeath capital property directly to their spouse or common-law partner on death, thereby avoiding immediate tax consequences. The proceeds of registered plans can also be rolled over to a surviving spouse or common-law partner and remain sheltered from tax. As a result, many tax liabilities can be deferred until the death of the surviving spouse or common-law partner.

Unless the surviving spouse or common-law partner enters into a new relationship, the tax deferral ordinarily comes to an end upon his or her death. In these circumstances, estate assets may have to be sold in order to pay long-deferred taxes.

However it is important to know that subject to certain conditions, farm property and fishing property can be transferred to a second-to-die-deferred basis from parent to child or grandchild prior to or at the time of death. While selling assets to pay taxes is an option, it may not always be an ideal solution. Unfavourable market conditions could force the sale of assets at depressed prices, limiting the proceeds available to your estate.

Transaction costs incurred upon these sales could further reduce these proceeds.

Finally, some assets cannot easily be sold. For example, it is not feasible to sell off an entire portion of your cottage to cover taxes. This could put someone in the unenviable position of having to raise large amounts of cash if they hope to retain the property they inherited.

EXAMPLE OF A TYPICAL SITUATION... TAXABLE PORTION

<table>
<thead>
<tr>
<th>ASSET TYPE</th>
<th>CURRENT MARKET VALUE</th>
<th>ORIGINAL COST</th>
<th>CAPITAL GAIN OVER 20 YEARS</th>
<th>TAX PAYABLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Registered Funds</td>
<td>$ 300,000</td>
<td>$ 120,000</td>
<td>$ 90,000</td>
<td>40.50%</td>
</tr>
<tr>
<td>Vacation Property</td>
<td>$ 130,000</td>
<td>$ 100,000</td>
<td>$ 30,000</td>
<td>35.00%</td>
</tr>
<tr>
<td>RRSP/RRIFs</td>
<td>$ 400,000</td>
<td>$ 100,000</td>
<td>$ 300,000</td>
<td>50.00%</td>
</tr>
<tr>
<td>TOTALS</td>
<td>$ 1,060,000</td>
<td></td>
<td>$ 620,000</td>
<td>278,000</td>
</tr>
</tbody>
</table>

*(assumes taxable portion equals 50 per cent of [current market value minus original cost]), and is taxable at a personal rate of 45 per cent.

*Assumes marginal tax rate of 45 per cent.

Another option

Rather than selling assets or borrowing cash to pay fees and taxes, consider purchasing a joint second-to-die life insurance policy to preserve your estate.

These policies insure the lives of both spouses, with proceeds payable upon the death of the surviving spouse. This type of insurance is much less expensive than insuring only one spouse. The proceeds can then be applied to cover your estate’s tax liabilities and other debts, thereby preserving your legacy for the benefit of your heirs.

Another option is to designate a charity or charities as the beneficiary(ies) of a life insurance policy having proceeds on death equal to the taxable income that would be incurred by your estate. The life insurance proceeds would be a gift by the deceased policy owner. The resulting charitable tax credit would offset the income tax liability.
Celebrate Grandparents

I always begin a year the same way — by looking appointments into my new planner. That’s when I noticed the first Saturday in September is a special occasion called Grandparents Day. This celebration encourages both younger and older people to take advantage of the benefits of intergenerational connections.

My grandparents have always been an important part of my life. I’m pleased to see how important they are to my children too. That is why I decided to write a column reflecting on some of the best aspects of older adults as mentors and grandparents.

Older adults can offer a sense of history and belonging. They can present a bigger picture and broader perspective on certain situations. Grandparents can provide comfort, humour, skills and support. They can be positive role models for making healthy lifestyle choices. They can also make a big difference by listening.

Older adults can offer a sense of history and belonging. They can present a bigger picture and broader perspective on certain situations. Grandparents can provide comfort, humour, skills and support. They can be positive role models for making healthy lifestyle choices. They can also make a big difference by listening.

I encourage the importance of establishing and maintaining long distance relationships with younger people through writing, Skyping, telephone calls, emailing or even text messaging and keeping up-to-date on new technology. For more information and education about information communication technologies, contact the local seniors’ organization, the local library, your local seniors’ organization, the local university or other educational institution.

In other cases, grandchildren live fairly far away. I have seen older adults doing a fantastic job of establishing and maintaining long distance relationships with younger people through 1-888-856-5180. Manitoba Family Services and Housing provides a guide with a useful guide on how to access their free referral service. It can be downloaded in PDF format.

In my eyes, there are no ordinary stories. Health care is the ultimate! Just take the annual Grandparents Day to make your own decision about going home. With my new bionic knee, I managed to cross the road using a walker. That was considered a minimum requirement. The hospital was a whirl of activity because guess what.. ‘shift change’ was approaching. I decided it was better to make my escape as soon as possible. So, Janice was called and all went relatively smoothly. It was sooo good to be home.

I couldn’t help thinking though if that I had been older, possibly with cognitive issues like dementia, perhaps not having English as my first language, it could easily have become a different and more difficult story. Health care is the monster that devours more than half of our tax dollars in Canada. The demands on the system are enormous. Let me say once more that the staff at Grace Hospital are fantastic. I admire all of them, especially the support staff who do a variety of menial repetitive jobs that must be done each and every day.

Taylor told me that he and the family were not done pursuing the matter, and he promised to keep me informed. He also said his father is doing fine, and suffered no additional long lasting problems after his discharge in the summer of 2011. Flashing back to our own experience at the Grace, I was discharged after a three night stay on February 9, 2013. It was the middle of a busy Saturday and I was basically left to make my own decision about going home. With my new bionic knee, I managed to cross the road using a walker. That was considered a minimum requirement. The hospital was a whirl of activity because guess what.. ‘shift change’ was approaching. I decided it was better to make my escape as soon as possible. So, Janice was called and all went relatively smoothly. It was sooo good to be home.

I couldn’t help thinking though if that I had been older, possibly with cognitive issues like dementia, perhaps not having English as my first language, it could easily have become a different and more difficult story. Health care is the monster that devours more than half of our tax dollars in Canada. The demands on the system are enormous. Let me say once more that the staff at Grace Hospital are fantastic. I admire all of them, especially the support staff who do a variety of menial repetitive jobs that must be done each and every day.

In my eyes, there are no ordinary stories. Health care is the monster that devours more than half of our tax dollars in Canada. The demands on the system are enormous. Let me say once more that the staff at Grace Hospital are fantastic. I admire all of them, especially the support staff who do a variety of menial repetitive jobs that must be done each and every day.

I encourage the importance of establishing and maintaining long distance relationships with younger people through 1-888-856-5180. Manitoba Family Services and Housing provides a guide with a useful guide on how to access their free referral service. It can be downloaded in PDF format.
The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes had made it impossi-ble for Robbie to run, anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes had made it impossible for Robbie to run, anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes had made it impossi-ble for Robbie to run, anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes had made it impossi-ble for Robbie to run, anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

For years, even after a series of small strokes had made it impossi-ble for Robbie to run, anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.

The great John Robertson passed away last week at the age of 80. For years, even after a series of small strokes had made it impossible for Robbie to run anymore, he was there at the Marathon finish line with his beloved wife Betty, handing out the medals to the finishers.

He loved the Marathon, but he made his mark with ink.
A large group of supporters of the 'Save Canada Post' cause braved the frigid temperatures on January 25 at the Manitoba Legislature to rally for the rights and need of door-to-door mail delivery service in urban centres across Canada including Winnipeg.

Canada Post is planning to phase out this service within 5 years starting in September or October, 2014, and set up community mailboxes, although it is unclear, even to them, as to how they will implement this in dense urban areas.

Retailers, such as pharmacy chains, have expressed an interest in providing community boxes on their premises to draw potential customers.

The most affected by this decision will be those with mobility issues, many of whom are seniors. Canada Post claims they are working on alternative solutions to address this despite CEO Deepak Chopra's claims that seniors are telling him they want more exercise.

Most businesses won't be affected by the service cut. Announcements will be made soon as to what areas will be first to lose home delivery service. It is expected that several thousand households in suburban areas will be affected in 2014.

Ben Zorn, President of the Canadian Union of Postal Workers (CUPW), says that there will be 6,000-8,000 job cuts in Canada with 200-300 cuts right here in Winnipeg.

He says that the rural areas are not immune to reduced services, cutbacks and job losses either.

Zorn does not understand the reasoning for this decision by Canada Post. He says that from an economic perspective, it will be devastating in an economy that is already in recovery mode.

"Parcel delivery growth offsets the letter mail decline," he states. He adds that there has been only one year of losses – 2011 – in the last eighteen years, likely due to lawsuits, rotating strikes and lockouts. It was estimated that there would be a $100 million loss in 2012, but there ended up being a $90 million profit.

Canada Post attributes their decisions on mounting financial losses and a drop in letter volumes. Stamps are to increase to 85 cents from 63 on March 31, 2014.

Zorn says that there are creative ways for Canada Post to increase revenues and services where everyone wins, instead of increasing prices and lowering services. Diversifying, In Great Britain, France and New Zealand, partnerships are made with financial institutions to offer banking services successfully.

What’s next? Zorn is hoping Canada Post will implement open public consultations in the next few months as soon as they complete their Postal Charter Review. If Canada Post doesn’t, then Zorn says they (CUPW) will organize it. So far, there has been no transparency in Canada Post’s discussions and decisions. 

Harry Paine, above, referred to himself as a trouble-maker in the past, but now is considered a seniors’ advocate. He has been working on behalf of seniors’ rights for a very long time. Today, he pointed out that seniors fear isolation. He credits the mailperson for often noticing first if a senior’s mailbox hasn’t been emptied for some time, and hence, has saved many a life. He firmly states, "Support for the Postal Workers is the line in the sand and not only deserves support, but it is our responsibility to take active sides to block this war against working people everywhere." He also suggested that Canada Post’s decision is a conspiracy for privatization.

What’s next? Zorn is hoping Canada Post will implement open public consultations in the next few months as soon as they complete their Postal Charter Review. If Canada Post doesn’t, then Zorn says they (CUPW) will organize it. So far, there has been no transparency in Canada Post’s discussions and decisions. 

A union member holding a Chopra doll hoarding money, and a sign that says, "Mr. Chopra, seniors don’t need more exercise...THEY NEED MORE RESPECT."

Jesse Turner speaks on behalf of the Manitoba League of Persons with Disabilities.

"HE SAID WE WERE THROUGH."

"Save Canada Post!"

Glenn’s Moving Service • 204-218-4949

For more information, Call 204-218-4949

THE PARKWAY II Retirement Community
Independent Living Suites with Services and Seniors’ Apartments

Our onsite maintenance team will make unpleasant winter chores a thing of the past.
Display suite open Monday-Saturday 10am-4pm.

98 Page St. (off Sterling Lyon Parkway)
204-487-8500 TheParkway.ca

Because there’s more to life
Hello there front-end baby boomers. The question before the house is, “What shall we do with our windfall of $8.30 a month?” That’s the total of the increase I received when I added together my Canada Pension Plan and Old Age Security cheques in January. Once a year Ottawa adjusts the payments for inflation. Let’s see .. $8.30 would buy one senior’s ticket at the movies, plus a small popcorn if you go on Cheap Tuesday. It would buy a hotdog at a Jets game or a Roughrider game, but not a beer to wash it down. Luckily in my case, there’s more money coming in than OAS and CPP, but thousands of Canadians are not so lucky. Roughly a third of the people who responded to a survey conducted by the Bank of Montreal said they will be heavily dependent on government pensions once they stop working.

Close to 60% said they would likely go out and find a part-time job. 40% are counting on an inheritance, and 34% said their financial plan for the future includes winning the lottery!

How about the younger generations who are coming up behind us? Most of the 20-somethings and 30-somethings that I talk to are not expecting anything when it comes to publicly-funded retirement pensions. They regard the CPP as nothing more than a payroll tax.

When Lester Pearson’s government created the CPP back in the 1960’s, we didn’t give it a great deal of thought. Some of us had student loans to pay off, but nothing like the mountain of debt that today’s graduates face.

As they roll out the advertising for RRSP’s, we’ll be reminded once again that we need a nest-egg of at least half a million dollars to generate enough income to replace what we lose when we retire. I’m thinking we might just as well put that eight bucks into lottery tickets, and dream the impossible dream.

---

I’m Roger Currie

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, Nostalgia Radio www.cjnu.ca/c-corner.shtml

Many people 50+ are discovering their lifestyle options expanding, and are seeking new ways to stay healthy, active and informed. Join us at the Cottage Country Show for a vibrant, colorful event all in the comfort of one room.

The cottage Country Show is now entering its 5th year at Red River Exhibition Park, Winnipeg MB. We strive for quality, exhibiting companies from all over Canada and the U.S. to bring you new products and services. This is where you will find all the latest products and services for buying, building, renovating, and maintaining your cottages, country homes, and backyard spaces.

Cottage Country has everything you need for outdoor living: outdoor furniture, canoes, kayaks, railings, stone works, gazebos, counter tops, cabinets, docks, decks, and so much more – all the latest in backyard and cottage products and services.

It’s winter outside but it is summer at the 5th Annual Cottage Country Show, March 7, 8 & 9th, 2014 at the Red River Exhibition Park, in the Exhibition Hall. The Place To Be! OH YEAH, TONS OF HASSLE-FREE PARKING!

Cottage Country Show, the largest of its kind in the west! Looking for great deals and discounts? We’ve got you covered. Make sure to clip the ad below and bring it with you to save $2.00 off the door admission. ■

---

“Good friends, good books, and a sleepy conscience: this is the ideal life.” ~ Mark Twain
BTO Headed to Hall; T. Kent has great stories; Benny retires; Softball inducts a new class of Hall of Famers; Levy honored at CMHR; Charles and Camilla coming:

It has taken more than a decade, but finally, Winnipeg’s Bachman-Turner Overdrive (BTO) will be inducted into the Canadian Music Hall of Fame.

In mid-January, the Canadian Academy of Recording Arts and Sciences announced that the band would be inducted into the Hall at the 43rd Juno Awards at MTS Centre in Winnipeg on Sunday, March 30 on CTV.

The band was at its peak between 1973 and 1979 with chart-topping hard rock hits such as “Let It Ride,” “You Ain’t Seen Nothing Yet,” and “Takin’ Care of Business.”

Nick Knysh and an entrepreneur triggered.

prevented CARAS from pulling the trigger.

The band won seven Juno Awards in the 1970s, including Most Promising Group of the Year (1974), and Group of the Year in both 1975 and 1979.

CARAS was all set to induct the band more than a decade ago, but a spat over which of the members held legal claim to the name “BTO” prevented CARAS from pulling the trigger.

2014 SOFTBALL HALL OF FAME INDUCTEES

In mid-January, the Manitoba Softball Hall of Fame and Museum announced their latest inductees. It’s quite a lineup...

The Athletes...

Greg Bouchard: Greg grew up in a softball family. He was a dominating pitcher in Manitoba softball, taking his teams to many Western and Canadian Championships. In 1979, he was named Softball Manitoba’s Male Minor Player of the Year, in 1980, the top Senior Player, and in 1989, Top Male Player.

Garth Gorman: Garth was a talented softball player who was born and raised in Brandon. At 13, he had already played men’s softball with Modern Dairies. In Winnipeg, from 1975-2002, he has played with teams that won 20 provincial championships and represented Manitoba or Canada 30 times.

Bob Taylor: Orthodox pitcher Bob Taylor is a legend in Western Canadian fastball. At 16 and 17 in 1954-55, he pitched in the Senior Men’s Merchants League and was selected an All-Star in 1955. In 1956-57 with Rivels in the Senior A Men’s Fastball League, his team won the championship and he was selected an All-Star both years. During these same years – 1957, 58 and 59, he managed and coached the Dominion Bridge Bridge Steelworkers of the Men’s Industrial League where the team finished second, in 1958 and he was selected league all-star all 3 years.

Fred Taylor: One of the last great orthodox pitchers, Fred Taylor was one of the greats of Winnipeg Senior A Men’s Fastball. In 1954, he started pitching as teen in the Men’s Senior League with West End Paint Spots. He pitched for 28 years and finished his career in 1982 in the Industrial League with Shell Oil.

The Builders...

Keith King: Keith played, coached and managed before becoming a respected umpire. Grown up, he played ball in Lac Du Bonnet before moving to Winnipeg in the early 1960s where he played in the Men’s Industrial Fastball League. For 25 years, Keith served as an umpire in the Industrial League, the Winnipeg Fastball League, the Winnipeg and District Senior Ladies League and the Western Major Fastball League.

Greg Bouchard.

Continued on next page

What do you know about funeral options?

By Susan Vincent

Eternal Grace Funerals is the result of a seasoned funeral director, Nick Knysh and an entrepreneur, Susan Vincent, getting together and seeing what we can offer to families in funeral services.

Eternal Grace is running many seminars on funerals and preplanning throughout the year. Watch for upcoming events. We are always available for questions, information and tours of our facility. Call us to put on a seminar for your group or organization. There is no cost and we can do a seminar for as little as three people up to twenty. A lot of information is provided.

Funerals are a tough topic, but one that needs to be discussed. Children need to know what their parents’ wishes are, and they need to be written down. It can also help avoid family conflict when the time comes. Too often, when a family is just lost at this time, – both emotionally and financially – every child can have a different opinion on how things are to be dealt with.

Our business continues to grow on referral and good service. Let us show you how we can help your family. We are locally owned and operated.

We are hiring staff representatives from the different communities. As well, we support community clubs, as giving back is very much a part of what we do.

Eternal Grace Funerals is located at the corner of 10-1111 Logan Avenue (corner of McPhillips). Phone: 204-505-4859 (Winnipeg) or 204-461-2961 (Stonehall).
Moses Levy.
Cal Swenson back in the day.
Jim Benzeleck with the Quebec Nordiques.
Prince Charles and wife Camilla, the Duchess of Cornwall.

THE BUZZ, cont’d from page 8

The Coaches...
Joe Nespor: Joe was born July 6, 1923, in Hrníček Czechoslovakia and emigrated to Sprague, Manitoba in 1936. He loved sports, and after serving in the RCAF in WWII, he settled in Lac Du Bonnet where he operated the Bonnet Beach team to a Northeastern Fastball League Championship. In Winnipeg, from 1965-70, his teams continued to do well in senior men’s league play as well as compete significantly in National Junior Softball Championships.

Nick Piszka (deceased): Nick was born in Portage La Prairie in 1919. As a youth, he played baseball, hockey and football and as an he participated in fastball and slo-pitch. After the Central Manitoba Intermediate & Fastball League was formed in 1950 and expanded to four teams in 1951, the Portage Mercurs recruited him as their coach in 1953. He soon established a fastball dynasty that repeatedly won league and provincial championships for the next 11 years. In 1981, the Manitoba Softball Association awarded him with a Long Service Award.

All Around...
Ron Witkowski: Great as his playing days were, it was not until he retired from active play that he made his huge contribution to the administration of softball. From 1974 to 1987, he along with the likes of Jim Adams and T. Kent Morgan significantly grew the Eastman Fastball League which had competitors in Winnipeg Senior Softball. Since recreation in these years focused primarily on softball and hockey, player and fan involvement was loyal and intense. In 1927, this newly formed team won the Intermediate League Championship; this newly formed team won the Manitoba Fastball Tournament in Minneapolis.

51-year-old Moses Levy.
51-year-old Moses Levy.

Eastern Manitoba softball. They repeatedly won league championships in a league with Pinawa, Lac du Bonnet, Whitemouth, Seven Sisters and Beausejour. They won the provincials in 1967 and 1970.

1994-1996 Smitty’s Terminators Midget Girls: The 1994-96 Smitty’s Terminators Midget Girls won an unprecedented three successive National Championships. Only two other provincial Manitoba teams have won the Nationals – CUAC in 1965 and Molson’s in 1967. This was one great team both on and off the field.

LEVY HONOR A FIRST FOR CMHR
The first public gala held at the brand new Canadian Museum for Human Rights, will honor local community leader, philanthropic executive and business person Moses (Moe) Levy.

The Hebrew University of Jerusalem will present Mr. Levy with the prestigious Scopus Award on Tuesday, May 13.

The Hebrew University of Jerusalem, founded in 1918 and opened official- ly by Mt. Scopus, is Israel’s premier university as well as its leading research institution. Mr. Levy will receive the 2014 Scopus Award “for his dedication and leadership in fostering business innovation and entrepreneurship, his extensive professional career, and commitment to promoting human rights.”

“Manitoba has benefited enormously from Moe’s dedicated and strategic philanthropic focus, as demonstrated by his successful career in both Jewish and general communities,” said Margaret Shuckett, CMHR’s President and CEO.

“Manitoba has benefited enormously from Moe’s dedicated and strategic philanthropic focus, as demonstrated by his successful career in both Jewish and general communities, said Margaret Shuckett, CMHR’s President and CEO.

The Olympic Exhibit.

For more information, please contact Sharon Zalik, Executive Director of CFHU Manitoba Region, at 204-942-3085 or szalik@cfhu.org.

THE NOTEBOOK:

Manitoba is in for another Royal Tour of Canada this spring. This time Prince Charles and his wife, Camilla, will tour several provinces including our own. The Prince of Wales and the Duchess of Cornwall will not only visit Manitoba, Nova Scotia and Prince Edward Island in May, The last time Manitoba had a royal visit was in July 2010, when Queen Elizabeth II and Prince Philip were in Winnipeg… Our old pal Jim Benzeleck, 66, has retired from his sales job at Rogers Radio. For those who don’t know Benny well, you can bet he’ll enjoy every minute of retirement. For those who don’t know Benny, he was one of the best young hockey players to come out of Manitoba in the late 1960s. He never played in the NHL, but he did play 106 games in the World Hockey Association with the Quebec Nordiques, the Alberta Oilers and the Chicago Cougars. He went on to be a fixture in Manitoba radio sales most notably with CJOB and 92-CITI FM… Local hockey writer T. Kent Morgan has another terrific column in the latest edition of Manitoba Hockey News. He also had a note about original WHA Jet Cal Swenson, who died in Edmonton on New Year’s Day. Swenson scored 43 goals for the Brandon Wheat Kings of the MJHL in 1966-67 and 44 more the following season when he played for the Flin Flon Bombers of the WCJHL on a line with Bobby Clarke and Reggie Leach. In 102 games with the Jets Cal had 12 goals… Don’t forget, a special exhibit opened at the Manitoba Sports Hall of Fame (located in the Sport for Life Centre at 145 Pacific Avenue) on Jan. 29. The Olympic Exhibit presented by the Johnston Group will be on display until June 8, 2014. Admission for the exhibit is just $3.00 for seniors.

ABILITY SOLUTIONS

“We repair, buy, sell and consign new and used wheelchairs and walkers. We also install Grab Bars and other mobility aids.

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

“Removing Barriers”

For more information, please contact Sharon Zalik, Executive Director of CFHU Manitoba Region, at 204-942-3085 or szalik@cfhu.org.
At reception they said, "You pay now!" So I did and a man showed us to our bungalow. This was part two of my continuing education in the fine points of advertising. The man opened the door, walked in throwing the key on the bed and knocked us out of the way as we were trying to bump our stuff into the room. I could see his point. The evil raw funk that came rushing out at us nearly knocked us to our knees. Paint was peeling off the walls and the bed looked and felt like it had been worn out and left for trash out behind a bordello... There was NO AIR CONDITIONING!

I went out to reception and said, "There is no air conditioning, you advertised air, I WANT AIR!"

They said, "No refund, air extra, you pay now."

I said, "You #$$@&%# under my breath, smiled and politely inquired.

"How much extra?"

To which he replied with a straight face, "1800 baht. A night."

And took three smart steps backward.

Thailand is known as the land of smiles. Nobody was smiling when I took off our sad bag and the man started waving it around. We settled on 1000 baht a night extra and were given a room with air and a good bed. The closet doors had been kicked off the rails at some time in the past and leaned in a corner. There were more flying, biting bugs than our lone house-gelder could handle and I could pass water faster than the shower could. At my age that's quite an accomplishment.

Other than that the room was perfect.

Which brings us to part three of my continuing education in the fine points of advertising. The resort brochure said, "RIGHT ON KLONG KHON BEACH!!! Anybody reading that would be glad they finally had an opportunity to experience something like that. What better than a dip in the warm clear waters of the Andaman Sea after the journey we had just endured?" We put on our swimming duds and headed out to find... a swatch of gravel surrounded by jagged rock as far as the eye could see. A couple of people were trying to make the most of it and had fought their way out about a hundred meters. It looked like they were up to their necks until one stood up. Wet to the knees.

A herd of cows wandered by but didn't stick around. They were just out to show the kids what slumming looked like. We followed them the next day and found a good beach.

Don't get me wrong, Koh Lanta is a pretty island but the really good stuff is offshore. It's a great spot for diving and snorkeling. Pretty as it is, we found Ao Nang, Railay, and Phra Nang to be much nicer beaches.

Any journey is what you make it though. On this one we met a tuk tuk driver by the name of Mr. Konee. He took us around for a good price and showed us the sights without a hard sales pitch for anything. His English was pretty good but he liked to talk, so it turned out he was a wealth of information. We talked about pensions, "Not good," he said. "At age 60 the King pays you 500 baht a month and my power bill for a fridge, fan and TV is 700 baht. You work, work always like this. And he stood up, bent over holding his back and laughed.

A major tsunami had hit here in 2004. Around 20 people were killed and a lot of beach front property was damaged and destroyed. At the time I'd watched the news and never dreamt I would stand in a resort beach front bar where some of the video had been shot. It was the strangest thing. People had stood in the bar watching the ocean. Suddenly it stood up and started rolling in bigger and faster the closer you got. People were quiet, an awed silence hung over the place. Then you could hear a few nervous comments until suddenly everyone realized that this thing wasn't going to stop at the bar steps. This thing was big and it was not about to get over-charged for air conditioning was going to be the least of this day's problems... And when that hit perfectly clear to everyone the whole thing came undone. There was running. There was screaming. Video cameras were left on as people sprinted up the path between the bungalows trying to get out of the way of this thing that wanted to roll over them. There was a quick shot of a dog, tail between his legs sprinting thru the crowd and he was definately not man's best friend that day. He was in it strictly for himself and that was THAT. It looked like he had no plans of stopping until he reached the mountaintop.

That's as personal as it got at the time. You watch, you feel bad for the victims, glad for the survivors but it doesn't really register. You do the same if you're honest with yourself, there's the thought in the background, "Boy, I'm glad I wasn't there." Mr. Konee personalized it for us. "I like Canadians," he said. I used to fish, 4000 baht, 5000 baht every day. Tsunami, boat gone, all gone, no more.

This is a country where they don't use insurance as near as can figure. Or if they do, it doesn't cover big waves rising up out of the ocean to flush everything you ever worked for out to sea.

That upshot was, he said, that a Canadian gave him a small stake to get started again - with that and with small loans from friends, $1000 baht, 2000 baht, here, here, I pay back. I pay back here, I pay back here. I bought himself a small motorcycle tuk tuk and now makes a living driving tourists around.

Now, I doubt that he would make more than 1500 baht on a very good day. Good sea going is hard to come by in mind that high season is just four months long and for the rest of the year bookings are probably pretty slim. He's no doubt getting by but he is certainly not getting rich.

There are worse ways to make a living though. In Bangkok the minimum wage is supposed to be around 175 baht but employers bring workers in from northern Thailand or even Laos and Cambodia and pay them considerably less. The guest house we had been staying at was undergoing expansion and the owner had bought some under-the-table Longtail boats: They are the ferry service. The fare is 100 baht which is around $3.00 each.

These are big motors out of cars that are rigged up with a long shaft to the propeller. You steer by swinging the whole motor. A perfect setup for navigating shallow water. The throttle is a piece of rubber on the steering shaft. You pull the rope to go faster. In fact, these boats go pretty quick. You could even water ski behind them.

Koh Lanta, Thailand
Thailand, cont’d from page 10

Maenam River cave.

A Pufferfish.

A Pufferfish puffed.

construction guys in. These guys and their families lived in three walled tin huts right on the site. They shaved sand and tied rebar and worked with cement bar-handled and in sandals for 300 baht a day. The owner supplied the huts for free.

On fishing he said, “Work, work, save money, maybe fish.” Then he went on to add that he had spent five years looking for a good wife and now he had a family. Babies and wives are expensive he said. “More work,” and then he laughed.

They have a rig for smoking here that’s kind of like a cigarette. It looks like a little sheet of bamboo or some other flexible kind of wood. People put a little string of dark tobacco in it, roll it up and puff away. It looks like the tobacco burns inside without taking too much of the wood with it. After Mr. Korn had fired one up I asked him, “Good?”

He replied, ‘Cheap.’

If I understood him right you can get a big bundle of papers and a can of Cat brand tobacco for around 5 baht. A can of Cat brand white is around 10 baht. An ordinary pack of smokes costs for sale. Local people must have a rig for smoking here and in sandals for 300 baht a day.

And friends, appreciate the ones you have and never be afraid to talk to people because you never know where you will find a good wife.

Lastly, and this is important... If you ever set out on a long journey in an overheated minivan, do not sit beside a guy who is turning colors before the trip even starts. I mean it!!

We’ve been humming around Thailand’s beaches for around three weeks now and all that time I couldn’t help feeling that something was missing in our life over here. We were staying in a small, out-of-the-way hotel in the town of Krabi, and to get to the beaches we either had to walk 20 minutes to catch a mini bus or 30 minutes to get to the dock to catch a longtail boat. This morning I was standing at the bus stop after a 20 minute uphill climb when I suddenly realized that a set of wheels were all we needed to make our lives comfortable and complete. A bus stop here is anywhere along the road the bus travels on. You just flag it down. The driver will honk at you if you even look like you want a ride. So if you do and they pull over. You ring a buzzer when you want to get off. You pay at the end of the trip. It’s not a bad way to get around or damaged their scooter then I am not responsible, but if I lost or damaged their scooter then I would have to pay for it. Likewise any third party damages. They are not big on insurance here.

Family, do you what you have to do to take care of them.

Spirit, you do it with a smile, grateful for what opportunities you have.

“Oh the world is a book and those who do not travel read only one page.” — Augustine of Hippo

Quality Care Moving

• Conscientious and Clean Service
• Competitive rates and Adjustable Prices
• Ongoing Damage Prevention Trained Movers

Services include:
• Local and long distance moves
• Very qualified seniors service
• Pick-up and delivery
• Office and commercial moves
• Packing and unpacking
• Removal and donation service

Phone: 990-4341

Email: qualitycare@mts.net
Website: www.qualitycaremoving.net

You are invited...

to attend a book launch for Antonia Paulencu Nelson’s new book

Short Conversations • March 23, 2 pm, at McNally Robinson Booksellers in Grant Park Shopping Centre.

Antonia Nelson

$20.00. Available at Chapters bookstores and McNally Robinson Bookstores.

Short Conversations

By Antonia Paulencu Nelson

Local author Antonia Paulencu Nelson recounts the stories her father told her over the 91 years of his life.

In 1911, Nicolai Paulencu emigrated from Romania to Canada. He planned to work only a short time in Canada’s coal mines and return to his small village of Voloca, Romania, as a rich young man. It took sixty years to return to his homeland.

Imagine an Asian squat toilet.

Have you ever noticed that there’s sometimes a difference between reality and perceived reality?

We’re ripping down the road, passing everything on two legs. I’ve got wind in my hair and “Born to be Wild” playing in my head. There’s 75 cubic centimeters of raw power snarling under me and a big load of Momma hanging on behind.

There’s a brand new tattoo on my arm that was supposed to say ‘Tad Grandpa,’ but the guy couldn’t spell it so it sorts of says ‘Sad Grumper,’ but what the heck, who cares, because we are CRUISING!

That’s how I perceived it. In actual fact this scooter is so small it all but disappears when we get on it. About the only things showing is the headlight and part of one mirror. Our butts are nearly dragging on the ground, our knees are up to our chins, our elbows are so high it looks like I’m picking my teeth with both hands.

Imagine an Asian squat toilet.

Now imagine it in tandem.

That my friend is the reality of it. Two old fat people wobbling down the road on a motorized squat toilet, blowing blue smoke and squealing like little girls every time the front wheel comes off the ground.

“My story is my homeland.” — Victoria Paulencu’s Cover features Nicolai & Victoria Paulencu’s...
Stuart Whitman: A Class Actor

By Nick Thomas

Strange because he would give up major pieces just to save his pawns! Well known film is probably Those Magnificent Men in Their Flying Machines in 1965. That was the first big money I made in a movie – $500,000,” he said. Money, however, was never an issue for much of his later career. From his humble beginnings in St. Petersburg, Florida, Whitman went on to make millions from real estate investments. “I didn’t need to set to make a living, but had a real passion for it – I just loved to act.”

After some 200 film and TV roles, Whitman, now 85, retired to his 30-acre ranch in Santa Barbara. “I’ve lived there for 45 years, in between the mountains and the ocean. It’s a beautiful spot.” In 2006, he married his third wife, Julis, a Russian. The two met when Whitman traveled to St. Petersburg to be best man at a friends’ wedding. “After returning to the U.S., I got a phone call from Julis, who was living in Pasadena and could we meet. I’m sure glad I said ‘absolutely!’

**Red-White & Blue Get-A-Ways**

- **August 29th to September 10th**
  - Fly Winnipeg to Fairbanks, 2 nights Fairbanks + 2 nights Denali + 1 night Anchorage • 7 nights at sea on princess cruise Lines. Fly Vancouver to Winnipeg. Call for complete tour details! $3995.00 pp dbl occ.

**Moose Jaw Mineral Spa Bus Tours**

- **2014 Daily departures**
  - Feb. 17-18 & 20 • $399.00 pp dbl occ
  - March 16-17 & 18 • $249.00 pp dbl occ
  - May 26-27 & 28 • $399.00 pp dbl occ
  - Bus Depart: Winnipeg, Portage la Prairie, & Brandon.

---

**Evelyn’s Wigs**

- **February 1st to February 28th**
  - **RED HOT SPECIALS ALL MONTH**
  - **Because Love is in the air!**
  - **No GST on Fashion Hair**
  - **Modern Headwear**
  - The selection of styles and colors have never been better. Conveniently located in Lorette, MB. For your very special appointment, call 204-878-2351
  - www.EVELYNSWIGS.COM

---

**Heart Healthy Foods for Life**

- **lead author** Leslie Beck
- **award winner** Maximilian Schell
- **co-star** Maria, Whitman’s co-star in "The Mark.
- **title** "María told me she didn’t know who to vote for that year."
- **quote** "I was living in North Hollywood, in Letters From An Unknown Man in 1964."
- **quote** "My patience and perseverance paid off with a Best Actor Oscar nomination for his performance in the 1961 film, "The Mark."
- **quote** "Stuart, you’re going to get an Oscar, or at least nominated." They were partly correct.
- **quote** "I didn’t read the script until I got to my hotel room in London," he said. "My first thoughts were ‘I can’t do my hotel room in London.’"
- **quote** "I did win against stiff competition that year including Spencer Tracy, Paul Newman, and Charles Boyer. The award went to Maximilian Schell in "Judgment at Nuremberg."
- **quote** "Maria told me she didn’t know who to vote for that year."
- **quote** "I was living in North Hollywood, in Letters From An Unknown Man in 1964."
- **quote** "I found him beautiful, but popular TV series, "The Cimarron Strip" in 1967, and films such as "The Comanches" co-starring with John Wayne in 1961.
- **quote** "Director Michael Curtiz wanted me for the part of Paul Regret in the film, but said it had already been cast. He suggested I go talk to Wayne," said Whitman. "I found him on the Paramount lot coming out of his trailer. I’d never met him before, but walked right up to him and spurted something in his ear. Finally he said ‘Okay kid, you’ve got it.’ That’s the kind of power John Wayne had. He loved to play chess between scenes and we had many games. His strategy was strange because he would give up major pieces just to save his pawns!"

---

**In Heart Healthy Foods for Life, lead author Leslie Beck explains** how foods work—how often, in what amounts, and how to add them to your diet—to prevent heart disease. This indispensable diet plan includes:
- **everything** You need to know about foods that fight heart disease;
- **Guidelines** on what to eat for a diet that’s rich in fibre and low in saturated fats;
- **Handy tips** for buying, storing, preparing, and incorporating heart healthy foods into your diet;
- **Exercise** for preventing heart disease;
- **Over 100** delicious and easy-to-make recipes with complete nutritional analysis.

---

**Health at Home**

- **February 1st to February 28th**
  - **RED WHITE & BLUE GET-A-WAYS**
  - **FREE HOME EVALUATION!**
  - **Jennifer Davis**
  - **204-392-4924**
  - jen@deltacanada.com
  - **“NOT JUST A REALTOR®”**
  - **10% DISCOUNT FOR THE MATURE CLIENT (55+)**
  - **204-930-9163**
  - admin@angeldeliverys.ca
  - www.angeldeliverys.ca

---

**Evelyn’s Wigs**

- **February 1st to February 28th**
  - **RED HOT SPECIALS ALL MONTH**
  - **Because Love is in the air!**
  - **No GST on Fashion Hair**
  - **Modern Headwear**
  - The selection of styles and colors have never been better. Conveniently located in Lorette, MB. For your very special appointment, call 204-878-2351
  - www.EVELYNSWIGS.COM

---

**Heart Healthy Foods for Life**

- **lead author** Leslie Beck
- **award winner** Maximilian Schell
- **co-star** Maria, Whitman’s co-star in "The Mark.
- **title** "María told me she didn’t know who to vote for that year."
- **quote** "I was living in North Hollywood, in Letters From An Unknown Man in 1964."
- **quote** "I found him beautiful, but popular TV series, "The Cimarron Strip" in 1967, and films such as "The Comanches" co-starring with John Wayne in 1961.
- **quote** "Director Michael Curtiz wanted me for the part of Paul Regret in the film, but said it had already been cast. He suggested I go talk to Wayne," said Whitman. "I found him on the Paramount lot coming out of his trailer. I’d never met him before, but walked right up to him and spurted something in his ear. Finally he said ‘Okay kid, you’ve got it.’ That’s the kind of power John Wayne had. He loved to play chess between scenes and we had many games. His strategy was strange because he would give up major pieces just to save his pawns!"
To come in as a table sponsor or wine
sponsorship is Mondays, 1:30-3:30 pm.

The Happy Homesteaders men’s
Fundraiser, Wed. Feb. 19, 7:30 pm, at the
Forest, Winnipeg, R3G 2W4. Call John:
204-957-1567. Email: swarc@mymts.net for more info.

Volunteering
Misericordia Health Care Centre - accepting
volunteer applications for Spiritual Care volun-
teers. Involve supporting a safe environment
for Seniors by accompanying those wishing
to attend services. Call: 204-
583-8124, volunteer@misericordia.mb.ca

Kleinburg Town Centre - Bluebird
Coin Program, 97 Kenaston St, seeking volunteers
to help with the 4:30 meal - 3 hours once a week.
Call 204-774-3085 for details.

Vista Lodge Personal Care
Home for Seniors. Call: 204-257-6688, Bethania Personal Care Home
Pembina Place - volunteers needed for
Meal assistance, 1 hr. time commitment. Training
provided. Call: 204-654-5035 or
dianne.nixdorf@bethania.ca

Southeast Personal Care Home -
looking for volunteers during the day, or the weekend for evening volunteer programs.
Call: 204-297-1111 ext. 2247

Rupert’s Land Caregiver Services - Ring-
24-7 hot line for help with a lack of nutritional diet.

Bridge, Mondays:
55+ Men’s Club - meets Wed. & Thur.
5:30 pm, 1-1/2 hrs. at 204-334-3559;
Mensheds Manitoba Inc. - peer run program
by men at Woodhaven Community Church - 1315 St James St, Winnipeg, Wed. Th, Wed. and Wed. at 5:30 p.m.
Call Doug: 204-932-0623 or 804-1456

Archwood 55+ offers - plus offers of programs/activities starting Jan to
March; for info, visit www.archwood55plus
inc.web.ny.gov for more info.

Lion’s Place Adult Day Program - Social
 programs for seniors - physical, mental,
recreational programs, Transportation &
hot lunch provided. Membership: $86/day.
Call 784-1229. Referrals to the program are
made through WPHA at 940-2565, or call
your Home Care Coordinator.

A & O Support Services for Older
Adults - West End, 37-501 Main St.,
Winnipeg, R3C 1T9. Call: 204-467-8000 for
info. Call: 204-467-8000. 

Mensheds Manitoba Inc. - peer run program
by men at Woodhaven Community Church - 1315 St James St, Winnipeg, Wed. Th, Wed. and Wed. at 5:30 p.m.
Call Doug: 204-932-0623 or 804-1456

Archwood 55+ offers - plus offers of programs/activities starting Jan to
March; for info, visit www.archwood55plus
inc.web.ny.gov for more info.

Lion’s Place Adult Day Program - Social
 programs for seniors - physical, mental,
recreational programs, Transportation &
hot lunch provided. Membership: $86/day.
Call 784-1229. Referrals to the program are
made through WPHA at 940-2565, or call
your Home Care Coordinator.

A & O Support Services for Older
Adults - West End, 37-501 Main St.,
Winnipeg, R3C 1T9. Call: 204-467-8000 for
info. Call: 204-467-8000. 

Mensheds Manitoba Inc. - peer run program
by men at Woodhaven Community Church - 1315 St James St, Winnipeg, Wed. Th, Wed. and Wed. at 5:30 p.m.
Call Doug: 204-932-0623 or 804-1456

Archwood 55+ offers - plus offers of programs/activities starting Jan to
March; for info, visit www.archwood55plus
inc.web.ny.gov for more info.

Lion’s Place Adult Day Program - Social
 programs for seniors - physical, mental,
recreational programs, Transportation &
hot lunch provided. Membership: $86/day.
Call 784-1229. Referrals to the program are
made through WPHA at 940-2565, or call
your Home Care Coordinator.
Cinnamon Squash

Metric Ingredient Imperial
500 ml rice 2 cup
30 ml vegetable oil 2 tbsp
1 butternut squash, peeled & cubed 1
15 ml cinnamon 1 tbsp
30 ml fresh rosemary, thyme, parsley, chopped 2 tbsp
30 ml butter 2 tbsp
50 ml parmesan cheese, grated 1/4 cup

Cook rice according to package directions; set aside and keep warm.

Heat oil over medium heat and saute squash cubes until tender.

Dust squash with cinnamon. Fold squash into cooked rice, toss with herbs, butter and cheese.

Serves 4

www.PeakMarket.com

SUDOKU - EASY

Each 3x3 cell has the digits 1-9. Each vertical and horizontal line also has the digits 1-9. Enter each digit (1-9) only once each in each cell and each line.

SOLUTION NEXT PAGE

CROSSWORD - Answers

GATOR ALICE BRAN
AMAZE CONGALINE
BOX OF CHOCOLATES
SKIN HIKE BREWS
IDEE FIE
ADOZENREDROSES
WOMEN ADEN RIB
RYAS BUTTE DANE
YEN CONE MUTER
NIGHT ON THE TOWN
AAH ROTC
OKAPI DAUB HAVE
VALENTINES SYMBOL
AVERSIONS RALLY
LASS PRAT SNEES

The third book written by author Marianne Clemens "Medley" is a collection of short stories, covering seventy plus years of her life. Available at: Winnipeg: McNally Robinson - Grant Park Shopping Centre
Oak Bank: Oakbank Food Fare, Country Town ‘N Dollar/Postal outlet, and 698 B Main Street, apartment 111.
Author’s first and second books are also available: "A Childhood lost in War - Growing up under Nazi rule" and "A beautiful Life - A journey of Love and Rebirth in Canada."

Both are biographical works, with the first book covering the years from 1933 to 1957 in Europe and the second, 1957 - 'til 2002 in Canada.
Men And Big Balloons - A Very Bad Mix

By William J. Thomas - Humour Columnist

Just as men with brooms begat curling, men with balloons cause crashes. It happened again last fall. American Jonathan Trappe from Caribou, Maine on a Thursday, hoping to become the first person ever to cross the Atlantic in a balloon, passed through the air by a bunch of party favours. I must say, the photograph of him rising above the ocean under a colourful cluster of 300 helium-filled balloons was spectacular. It was eerily reminiscent of Up, a beautiful little animated film in which an old man sets off to see South America from the front porch of his house which is also suspended by a huge bunch of balloons.

The next day Royal Canadian Mounted Police were rescuing Jonathan Trappe from the wilds just inland from York Harbour, Newfoundland. Fortunately the man was thrown clear in the crash. The irony of the headline “Trappe was trapped in his own contraption” might have been too much to bear.

Trappe was not the first to trip the light fantastic, skyhigh, on helium and big on risk. By far, the best complete wisdom in thought and for many years ago I wrote a newspaper article urging Time Magazine to name Larry Walters as their Man of the Year. For revealing that Larry North Hollywood, California. Many ballooning is still Larry Walters of pioneer in the sport of gas-driven balloons and big on risk. Larry was paid $1,000 for the sight of a man in a lawn chair airborne over L.A. International Airport. Drug-testing being what it is in the airline industry, I don’t think any of us can imagine the courage it took those pilots to make those calls. Had a passenger made the spotting, you could be sure those tiny airplane liquor bottles would be the first to go under lock and key.

At 16,000 feet going higher and getting dizzy in the cold thin air, Larry began shooting out the weather balloons with his pellet gun. His theory worked only too well and he came down out of the sky faster than … well … faster than a guy strapped in a lawn chair and attached to a lot of milk jugs filled with water.

He was headed for a crash landing on a golf course until the balloons’ leathers wrapped themselves around high-voltage lines. Larry, as the miracle and legend goes, was not killed. United like a tangled-up pup, Larry was rescued by some extremely surprised golfers.

He later appeared in magazine ads for Timex, the maker of the wristwatch he was wearing during his flight. There’s no doubt that Larry’s Timex was still ticking and his face still twitches every time he spots a lawn chair.

Larry was paid $1,000 for the Timex ad and fired $1,500 by the United States Federal Aviation Administration for entering international airspace without an airplane. My 1964 Man of the Year – free-falling from 16,000 feet in a lawn chair – guys like Larry do not fold.

For comments, ideas and copies of The True Story of Wainfleet, or to book William as a speaker, go to williamthomas.ca or www.prospeakers.com/speakers/William-Thomas
Working for Your Family

Greg Selinger
MLA for St. Boniface
Premier of Manitoba
204-237-4247
GregSelinger.ca

Clarence Petterson
MLA for Flin Flon
204-467-3367
ClarencePetterson.ca

Andrew Swan
MLA for Minto
204-783-0890
AndrewSwan.ca

Gord Mackintosh
MLA for St. Johns
204-492-1566
GordMackintosh.ca

James Allum
MLA for Fort Garry-Peelview
204-475-2270
JamesAllum.ca

Kerri Irvin-Ross
MLA for Fort Richmond
204-475-0433
KerriIrvinRoss.ca

Matt Wiebe
MLA for Concordia
204-954-1867
MattWiebe.ca

Greg Dewar
MLA for Selkirk
204-482-7095
1-855-955-1961
GregDewar.ca

Dave Chomiak
MLA for Kildonan
204-934-5000
DaveChomiak.ca

Ron Lemieux
MLA for Dawson Trail
204-676-6144
RonLemieux.ca

Sharon Blady
MLA for Kildonan Park
204-832-2318
SharonBlady.ca

Nanoy Allan
MLA for St. Vital
204-237-8771
NanoyAllan.ca

Jim Rondeau
MLA for Assiniboia
204-899-7373
JimRondeau.mb.ca

Jennifer Howard
MLA for Fort Rouge
204-649-0272
JenniferHoward.ca

Ron Kostyshyn
MLA for Souris River
204-724-4300
RonKostyshyn.ca

Peter Bjornson
MLA for Gimli
204-642-4167
1-855-250-0255
PeterBjornson.ca

Theresa Oswald
MLA for Seven Oaks
204-250-1640
TheresaOswald.ca