



Mobile Law Office - "We Come To You"

Ph: 204-808-0418

Website: www.mobile.legal

Call us or click on our website today

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

NPCanada.ca

Nurse Practitioner House Call Services

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

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

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



# Senior Scope

FREE COPY

Join Senior Scope on:



Available in Winnipeg and rural Manitoba - over 700 locations

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

For info or advertising: 204-467-9000 | kelly\_goodman@shaw.ca

Vol. 16 No. 1 Aug 9 - Aug 30/17

## Using Taoist arts to age in a healthier way on the Waterfront in Selkirk, MB



inside Remembering **Kenny Shields (Streetheart)** and **Bruce Rathbone** - both icons in the Canadian music industry See pages 10 and 11.

Tai Chi fall registration is open for beginner classes with the Fung Loy Kok Institute of Taoism at the Gordon Howard Centre in Selkirk, MB. This group is enjoying a session outdoors on the Waterfront by the Red River just steps from the Centre. Call 204-785-2332 for information or to sign up.

Fung Loy Kok Taoist Tai Chi® arts contribute to the health of seniors and communities by providing healthy physical activity, opportunities to volunteer and a sense of belonging. The decline in health usually associated with aging is not inevitable. Instead, practicing the Taoist arts reverses this process of degeneration, enabling practitioners to age in a healthier way.

We are a volunteer-based, chari-

table organization that has been helping people improve their physical, mental and spiritual well-being for over 47 years in 26 countries, with over 40,000 participants worldwide, including 12,000 in Canada and 360 in Manitoba. We are dedicated to passing on the teachings of our founder, Master Moy Lin Shin, who asked us to help others to improve their health in the spirit of compassion. ■



Advertise HERE! Call 204-467-9000

Adaptive Clothing For Men and Women 204-691-7771 1320 Portage Avenue Winnipeg MB

WEEKLY SPECIALS ALL SUMMER LONG

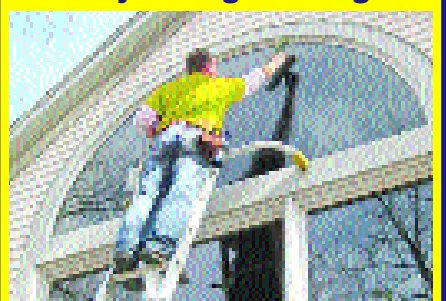
- ◆ Wheelchair Capes & Shawls
- ◆ Front-opening Brassieres
- ◆ Wrap-around Skirts
- ◆ Open-back Dresses
- ◆ Adaptive Pants, Capris, Shorts
- ◆ Diabetic Socks
- ◆ Slippers & MORE



Our Adaptive Clothing is Made in Canada With Love

www.AdaptiveClothingStore.ca

LAMB'S Window Cleaning Residential Eaves Cleaning Vinyl Siding Washing



Residential & Commercial Window Cleaning Specialists

\$20.00 OFF

204-226-2046



## Because family matters.

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

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

Glen Eden Funeral Home & Cemetery by Arbor Memorial

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

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

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

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

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



## Creating Independent Living with Your Safety and Comfort in Mind

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

**Call 1-866-458-8208 or visit [www.thewalkintubcompany.ca](http://www.thewalkintubcompany.ca)**



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

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

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

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

*American Standard*

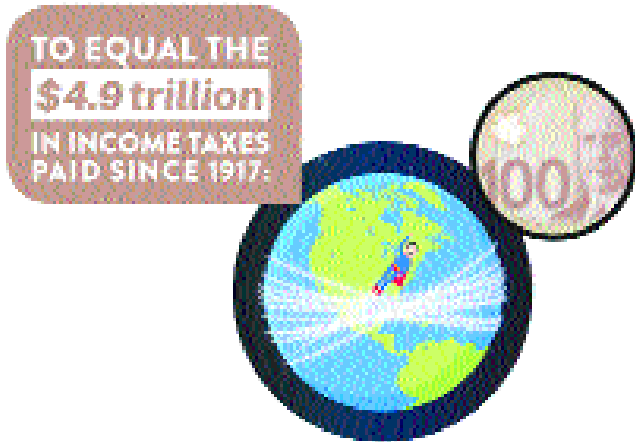
# Federal income tax introduced 100 years ago - July 24th, 1917

- Canadians have paid \$4.9 trillion in income tax since 1917
- \$100 bills worth that much laid end to end would reach around the circumference of the earth 186 times

OTTAWA, ON: The Canadian Taxpayers Federation (CTF) noted that the proposal for a 'temporary' War Tax Upon Incomes (which later became the Income Tax Act) was first introduced in the House of Commons by Conservative Finance Minister Sir William Thomas White on July 25, 1917, 100 years ago.

"Sir White brought in the income tax to pay for the cost of World War I but unfortunately Canadians have been stuck with it ever since," said CTF Federal Director Aaron Wudrick. "His original 11-page law with a four per cent tax rate has ballooned into today's 3,100-page behemoth."

The Canadian Taxpayers Federation has crunched the numbers and Canadians have paid a cumulative \$4.9 trillion in federal income taxes over the past 100 years. To put this into context, this amount in \$100 bills laid end to end would circle the earth at the equator 186 times.



\$100 BILLS LAID END TO END WOULD CIRCLE THE CIRCUMFERENCE OF THE EARTH 186 TIMES!  
7,467,600km VS 40,075 km

**Taxpayer.com**  
Canadian Taxpayers Federation

The CTF is Canada's leading non-partisan citizens' advocacy group fighting for lower taxes, less waste and accountable government. Founded in 1990, the CTF has more than 123,000 supporters and seven offices across Canada. The CTF is funded by free-will, non tax-receiptable contributions

Records of House of Commons debates from 1917 show Sir White's fear that his 'war tax' would become permanent – a fear which ultimately came to pass. By 1948 the Income Tax Act had grown to 88 pages, and by 1970 many argued it had become too complicated for the average Canadian at 424 pages.

"To paraphrase Milton Friedman, there is nothing so permanent as a temporary tax, and Canadians still paying a 'war tax' for a war that ended 99 years ago is a clear example," said Wudrick. "Canadians should bear this \$4.9 trillion number in mind every time a politician proposes to introduce yet another new tax." ■

For more information:  
Federal Director Aaron Wudrick  
Phone: 613-234-6554  
Email: [awudrick@taxpayer.com](mailto:awudrick@taxpayer.com)  
Twitter: @awudrick

## 2017 Manitoba 55 Plus Games 18 Hole Golf Results

Event Name or Team Region

### 18 Hole Golf Net

Women 65+		
Gold	Lana Martin	Westman
Silver	Judy Vanrobaeys	Westman
Women 75+		
Gold	Carol Dubnicoff	Lord Selkirk/ W. Kildonan
Silver	Ida Theodore	Parkland
Bronze	Verna Miller	Parkland
Women 80+		
Gold	Gisele Treffin	Assiniboine Park/ Fort Garry
Silver	Gladys Rea	Parkland

Men 55		
Gold	Dan Robertson	Westman
Silver	Doug Graham	Eastman
Men 65+		
Gold	John Erickson	Norman West
Silver	Roy Seidler	Eastman
Bronze	Dan Deonarine	Parkland
Men 75+		
Gold	Roy Laycock	Parkland
Silver	Jim Ticknor	Eastman
Bronze	Andre Dacquay	Pembina Valley
Men 80+		
Gold	Wilf Hudson	Parkland
Silver	Frank Porada	Central Plains
Bronze	Jack Dubnicoff	Lord Selkirk/ W. Kildonan

### CORRECTION

Due to the Golf results not being available at time of press for the July 6 issue of *Senior Scope*, we miscounted the total number of medals won by Jack and Carol Dubnicoff. We said they won 14 Medals combined, but they actually **won 16 in total**. Our apologies!  
In addition to Jack's four silver medals in track and a gold medal in swimming, he received a bronze in 18 Hole Golf (Men's 80+ category). And Carol received a gold medal in 18 Hole Golf (Women's 75+ category) in addition to the five golds in swimming and four golds in track.

The **2018 55 Plus Games** will be held in **Glenboro, MB, June 12-14, 2018**.  
For info: <https://www.facebook.com/55Plus.Glenboro2018/>  
**NOTE:** You must attend these Games to qualify for the **2018 Canada Senior Games in St. John, New Brunswick, August 21-24, 2018**.

## SUNDAY MORNING BREAKFAST

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

**\$8.95**

- AN HISTORIC 50 YEARS IN BUSINESS
- OVER 1000 PARTIES DONE
- ENJOY OUR SAMOVAR ESPRESSO HOUSE
- ESPRESSO & BAKLAVA -
- CATERING MENU AVAILABLE

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

## MANITOBA DRAGON BOAT FESTIVAL

event sponsored by FMG

**SEPT 8-10, 2017**  
[fmgfmgdragonboat.com](http://fmgfmgdragonboat.com)

**SENIOR SCOPE**  
All Senior Team Division

FMG Cancer Care Manitoba Children's Hospital Foundation

# ABILITY SOLUTIONS

"Removing Barriers"

We repair and rent wheelchairs and walkers.

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

**SALE**

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

**204-471-1533**  
Email: [lavallee@mymts.net](mailto:lavallee@mymts.net)

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

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

**MNP LTD**

FREE CONFIDENTIAL CONSULTATION. FLEXIBLE APPOINTMENTS. IMMEDIATE ASSISTANCE.

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

\* Resident Office

[MNPdebt.ca](http://MNPdebt.ca)  
Licensed Insolvency Trustees - Trustees in Bankruptcy

## Will your retirement savings last?

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

The time to call is now.

SHIRLEY HILL CFP, Executive Financial Consultant  
Investors Group Financial Services Inc.  
Tel: (204) 2-57-0777 | 514 York St. | 11th Floor | Winnipeg, MB

In connection with our services, we may receive compensation from the issuer of the financial product or service we are recommending. This compensation may be in the form of a fee, commission or other benefit. We are not providing this information to you for the purpose of influencing your decision to invest. Please read the prospectus for the financial product or service we are recommending. © 2017 The Investor Group. All rights reserved. This is not an offer to sell securities. Please read the prospectus for the financial product or service we are recommending. RFP 1002-1003-1004



Calvin J. Friesen

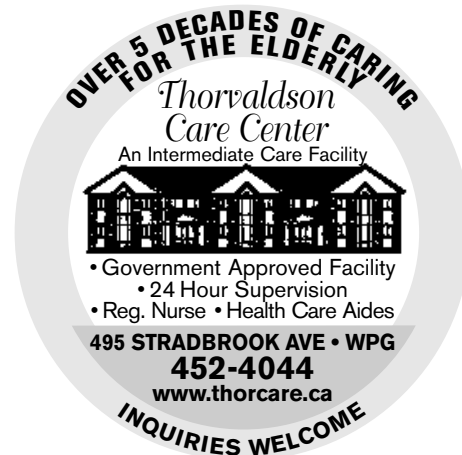
200-1630 Ness Avenue, Wpg  
Madison Square

direct line: 204-944-7967  
email: cjf@mlo-llp.com

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

**Estates** - for deceased persons

- fees as set by the Court, please inquire



# Moving your Money to the Next Generation

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

As the baby boomers enter retirement, intergenerational wealth transfer is one of the most overlooked financial issues of our time. The amount of wealth in Canada that is on the verge of being released when one generation passes the torch to the next is staggering. Some estimates have the total value of these assets at over one trillion dollars. That's right, trillion with a "T". Why does this matter? It matters for you, as it does for the entire country. Protecting this wealth as it changes hands in the family is absolutely critical. If done poorly, government coffers benefit at the expense of your children or your favourite charity.

It matters because the transfer of wealth from one generation to the next is not seamless and it is not without huge financial and fiscal obstacles. As the old adage goes, there are two constants in life: death and taxes. This is true to such an extent that without appropriate

children, and even great-grandchildren. This article will also endeavour to provide meaningful insights into some of the most sensible ways to address these issues head-on.

And as with most things in life, if you want something of value, you need to be prepared to pay. In other words, the financial tools that exist, such as insurance, that are needed to ensure a smooth transfer of wealth may appear to be expensive. Compared to the alternative tax impact, these costs are often negligible and even inconsequential. Would you pay \$50,000 to save \$500,000? Most likely, yes. You get what you pay for. If you do nothing, then the Tax Man: the Canada Revenue Agency is the first in line in the settlement of your estate.

Why is the CRA involved? Whether gifted before death or not, assets such as investments, second properties like cottages, farm land, and other precious valuables are taxed at their fair market value upon disposition. Fair market value is basically the value of an asset if it was sold today. When one spouse dies, most (if not all) assets are generally rolled over to the surviving spouse tax-deferred. When both die, an estate is created.

So what creates a tax liability? A principal residence is disposed of usually tax-free, while other investments like RRSPs, RRIFs, non-registered investments, and other holdings create tax liabilities.

Registered investments, like RRSPs/RRIFs, are fully taxed, so when passed to the next generation possibly half of their value is lost to taxes as the total value is considered income and therefore taxed at the deceased's marginal tax rate which could be the highest rate. Consider if you retire with \$1M in RRSPs, which is more common than you might think. As you whittle this portfolio down to pay household and lifestyle expenses, it may be only worth \$200,000 once both spouses have passed away - with \$100,000 owed to taxes as the estate is resolved, that's still \$100,000 in lost estate value. Gone, instantly. Never mind that we can no longer assume such an asset

pool would actually be used up before death; many seniors have large investment portfolios they will never ever need due to healthy private or public sector pension plans sustaining them through retirement. So the estate tax bill grows and grows, rather than shrinks.

Non-registered investments (which may be in mutual funds, for example) as well as second properties are taxed based on the capital gain, which is a fancy way of comparing the current fair market value of the asset versus what you originally paid for it. In short, if you paid \$20,000 for that lakeside cottage in 1970, and today it would sell for \$520,000, the difference of \$500,000 is considered a capital gain. Half of this is taxed at your marginal tax rate, so this can be roughed out to 25% of the \$500,000, or \$125,000 in taxes to be paid for by the estate. If the estate has enough money inside of it to cover this tax bill, then the result is the estate has shrunk, drained by taxation, but it remains intact. If the estate has insufficient funds left in it to cover this tax bill, the assets must be disposed of. This is when the family cottage becomes difficult to pass along to the kids. They need to pony up the money themselves to pay this tax bill, either from their own savings or by mortgaging the property, again. And if neither is an option, the property is sold and is lost as a family heirloom or legacy.

Indeed, anyone who is currently between the ages of 60 and 85 should be reviewing the most tax efficient manner in which to move assets to the next generation, by

**“As the old adage goes, there are two constants in life: death and taxes. This is true to such an extent that without appropriate and diligent financial planning, the CRA may become your largest beneficiary of these assets, leaving less for the surviving generation than you had intended.”**

appropriate and diligent financial planning, the CRA may become your largest beneficiary of these assets, leaving less for the surviving generation than you had intended.

This article is not a course on taxation. That is a discussion for your accountant. It is, however, a discussion on some of the key issues facing seniors who are concerned with transferring their wealth efficiently to their children, grand-

**“... anyone who is currently between the ages of 60 and 85 should be reviewing the most tax efficient manner in which to move assets to the next generation, by reducing the impact of taxation upon death.”**

## HAIRCARE MOBILITY CO.



Specializing in:  
• Seniors,  
• Disabled, and  
• Homebound  
Individuals.

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

Call Angie: 471-1948  
Winnipeg

Groups  
Welcome

## OCD CLEAN

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

Call or Text  
**204-651-1182**

## Readings by Wendy

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

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

## ERINVIEW CONSTRUCTION

### LOTS FOR SALE IN THE TOWN OF TEULON

Approx. 30 min. north of Wpg on Hwy #7

**NEW DEVELOPMENT** ONLY 6 LOTS LEFT

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

110' x 167.4' SOLD	152' x 152' AVAILABLE	150' x 150' AVAILABLE
110' x 110' SOLD	110' x 110' AVAILABLE	110' x 110' AVAILABLE
110' x 110' SOLD	110' x 110' SOLD	110' x 110' SOLD
BLOCK 1	BLOCK 2	BLOCK 3

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

## DAVE'S MOVING

Moving Furniture & Small Items  
**204-746-4318**  
**204-746-6141**

**SENIORS DISCOUNT**

## Dave's Cleaning & Janitorial Services

- Residential & Commercial
- 15 Years Experience

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

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

Call or email  
troy@tcexchange.com  
**204-295-9473**  
tcexchange.com

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



*Lifestyles*  
Real Estate Ltd.

**Charlene Urbanski**  
Realtor, Senior Real Estate Specialist

204-612-6655  
charlene.urbanski@gmail.com

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

**Steerable Knee Walker**

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

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

**RENT OR BUY**

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

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

Join a centre in your area

Centres are places where older adults come for:

- SERVICES / PROGRAMS
- PERSONAL INDEPENDENCE
- COMMUNITY INVOLVEMENT

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

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

MASC

**SHELARD MANOR**  
200 Adsum Drive • Wpg

Fully renovated, spacious 1 BR, 1 BR + den & 2 BR suites available including all utilities.

- ◆ Full appliances
- ◆ Sunken living room
- ◆ Tennis courts
- ◆ Window coverings
- ◆ Parking available
- ◆ Seasonal pool & sauna
- ◆ No pets / No smoking
- ◆ **MOVE-IN BONUS**

Office Hours: Mon-Fri, 9 am-5 pm  
**204-633-0716**

Ask about our **FREE Parking move-in bonus**

Professionally managed by **Globe Property Management**

## Moving your Money... cont'd from page 4

reducing the impact of taxation upon death. How do you do this in an easy way?

Before jumping down that rabbit hole, remember one thing: life insurance is paid out tax-free to whomever or whatever is the beneficiary of the policy. And one more thing: Permanent life insurance (the only sensible type to use for estate planning) comes in two forms – Universal Life or Whole Life – and both can shelter the growth of assets inside these plans entirely from taxation as well. Overall, life insurance is an extremely powerful planning tool, especially for seniors concerned about the tax liability their estate presents to their children. Furthermore, an insurance plan can create an estate instantly, where perhaps none existed. So if you feel all this seems irrelevant because you suspect your estate is too small to matter, well fear not – a life insurance strategy can be used to create one for you and there's no cheaper way to leave a meaningful legacy than by purchasing life insurance.

There are two life insurance strategies that are easy to understand, easy to implement, and generally very advantageous from a financial and fiscal perspective.

The first would be the industry default strategy, which carries many names depending on who you talk to, which insurance company you might deal with, and so forth. The truth is, the default strategy is to implement a joint-last-to-die life insurance policy. This type of plan insures both spouses simultaneously, but is not about paying life insurance benefits to the other spouse, but rather for the heirs of the estate – the children. A joint-last-to-die insurance plan pays out on the last death, when the tax implications come into play. The life insurance is therefore a buffer or shield against the otherwise massive erosion in estate value from taxation. The policy can pay out to the children, who are then able to use it to compensate for the drop in value of the estate from taxes, or to pay the tax bill to be able to keep physical assets – such as that lake-side cottage – in the family. Alternatively the beneficiary of the policy can be the estate of the last-to-die spouse enabling the executor will have adequate tax-free funds to pay the estate liabilities including income taxes.

Two little known facts about a joint-last-to-die life insurance are, firstly, that this type of plan can be implemented well into your 70s (issue ages cap out at 85 years) and therefore not just intended for the recently retired crowd; and secondly, that it can be obtained even if one of you is uninsurable. Obviously, a normal life insurance plan is issued to healthy people, those the insurer deems to have a high prob-

ability of reaching the standard life expectancy (currently in mid-80s for most men and women in Canada). However, a joint-last-to-die plan can be issued and approved based on the insurability of the healthier of the two.

The second, less common, strategy can be done in conjunction with a joint-last-to-die policy but is especially valuable if both spouses are no longer insurable and therefore could not qualify for an insurance plan. This might be due to health reasons or even due to age. Many seniors really only realize the extent of these problems so far into retirement – even into their 90s – that most will tend to give up, assuming nothing can be done other than ensure their will is in good order. This is simply untrue. Furthermore, it's usually at this very late stage in life that most people will realize they will not need all of their investments any longer and figuring out what to do with that money becomes a concern. If it was not a concern before, it certainly becomes one in your 90s!

Again, there are many names for this strategy and one is a "cascading life" insurance strategy. The idea is actually quite simple and not only ensures a tax-efficient transfer of wealth to the next generation, it also indirectly magnifies the value of the estate over the lifetime of the strategy, which could positively impact multiple generations. In some cases, an estate valued at \$500,000 originally might one day leave an impact of five or ten times this value using this strategy. So how does it work?

As an uninsurable senior couple with an estate comprised largely of non-registered assets, you would obtain insurance policies on your own children, and perhaps even your grandchildren. You retain ownership of the life insurance policies, but insure the child or grandchild. When you and your spouse die, the torch is passed and ownership is transferred to the insured; in other words, the child or grandchild who you insured becomes the owner of his or her own life insurance policy at that point in time. You may have pumped tens if not hundreds of thousands of dollars into these policies over a period of time, but as soon as you die, they acquire ownership and all of those policy values (normally called "cash value") become theirs. They inherit these policies on a tax-deferred basis. This strategy however does not create any life insurance proceeds for the payment of estate liabilities upon the death of the uninsurable senior couple.

The children can use these values for their own needs in a variety of ways. When they too die one day, the life insurance pays out to their beneficiaries, likely their own children. And so the money rolls over, or cascades to the next generation.

The strategy unfolds over time, each change of policy ownership from the uninsurable senior person to the life insured child or grandchild and then the life insurance proceeds subsequently paid tax free to that person's beneficiary precipitating no taxation under the current provisions of the Federal Income Tax Act, resulting in a gradual movement of the estate through the hands of multiple generations. The main point of all of this is if you're not able to insure yourself, you can consider insuring your heirs and reposition large portions of your non-registered investments into life insurance to ensure it's passed along tax-efficiently.

Call it what you want, but it's smart and highly effective. Doing something to preserve your estate will help ensure your heirs will receive what you want them to receive, rather than taking the unnecessary risk of allowing your estate to be dangerously eroded by the dreaded Tax Man. Instead, let's keep it in the family.

As a financial planner who has been in the industry for 29 years – I have seen families accumulate large wealth. We nickel and dime many of the items we buy and we try many ways to decrease the yearly tax bill. If there is any way we can obtain a refund or receive anything for free – we're first in line. What saddens me the most is that after all this hard work of savings is done, we quit at the 99% completion line, The transfer of our Wealth.


### SHIRLEY HILL Executive Financial Consultant Shirley Hill & Associates Private Wealth Management

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



Commissions, fees and expenses may be associated with mutual fund investments. Read the prospectus before investing. Mutual funds are not guaranteed, values change frequently and past performance may not be repeated. GICs issued by Investors Group Trust Co Ltd., and/or other non-affiliated GIC issuers.

  
**Epilogue**  
Estate Services Ltd.

**Downsizing, Cleanouts and De-cluttering:**

- Homes, cottages, basements, garages, shops, (including hoarding).
- Assist with distribution and/or sale of contents.

**Assist Estate Executors:**

Immediate needs such as:

- House/yard security & maintenance, pickup mail, pet care.
- MPI-related paperwork.
- Assist family, lawyers, and realtor in creating and executing an action plan.
- Locate, inventory, and assist with physical distribution of items to heirs, and/or sale of assets.
- Charitable benefits.
- Prepare house for sale by realtor.

www.epilogueservices.com  
204-202-1789  
dan@epilogueservices.com

**JIM'S CLASSIC CORNER**

**STORAGE:**  
Heated Indoor / Unheated Indoor



Jim Higham  
204-997-4636  
Email: jimhigham@shaw.ca  
www.jimsclassiccormer.com

A selling service for classic & antique automobiles

**Keyboard Ventures**  
Music Centre

Exercise your mind, coordination, concentration and motor skills.

**ONSITE or MOBILE**  
**Music Lessons for Children, Adults & Seniors**

Piano • Organ • Keyboard • Guitar • Voice

Serving Winnipeg, Stonewall, Selkirk & area

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

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

Karaoke & Instrument Rentals

**SALES & SERVICE:**

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

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

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

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

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

**310 Weitzel Street • Winnipeg**  
**324 Main Street • Stonewall**



# Coin Collecting: Economics Meets Numismatics - PART II

By: Barre w. Hall B.Sc, J.D., LL. M. (Northwestern)



## Introduction

In last year's monograph (*Senior Scope July 7-August 3, 2016*) we looked at coin collecting and coin collectors in a broad context and then narrowed our focus to precious metal content of coinage and its potential economic usefulness. At this point we will further narrow our focus to bullion coins, their collectibility and the body of collectors interested in this area. Specifically we will look at the origin and nature of bullion coins, availability, buying and selling, liquidity and practical implications.

Please note that the items covered herein (or at least many of them) will likely be available at the Manitoba Coin Club's 63rd Annual Coin & Stamp Show- to be held Sept 20 & Oct 1/17 (Sat/Sun) at the Sunova Centre just North of the Perimeter Highway at Main Street (first left when Northbound on Main) Kapelus Drive, West St. Paul. You are invited to come down, check things out and satisfy your curiosity.

## Leafs, Eagles & Buffaloes

Canadian coinage subdivides into three fairly distinct categories, the first being "business strikes" – small denominations used in everyday circulation. Next we have "special coins" struck by the Royal Canadian Mint or the U.S. Mint especially

for collectors, accumulators and investors. Finally there are "bullion coins" struck by our mint (or foreign mints) for investors or "bullion hedgers". All categories are monetized and are legal tender i.e. can be used in commercial (day to day) transactions but in practice only the business strikes are used in this manner.

Specifically, what are bullion coins? In the sixties and early seventies inflation flared to high levels primarily as a result of misdirected government policies and general ineptitude. (The unctuousness of governments knows no bounds.) Some thoughtful citizens met this challenge by acquiring gold or silver as currency protection or a "hedge". Very often the gold or silver was obtained in coin form the earliest example being the gold Krugerrand, containing one ounce of gold (alloyed with a little copper & silver). Krugerrands were the only game in town for 20 odd years and millions were produced by the South African Mint. At the time the Krugerrand stood sui generis!

But it was not to last as the RCM (counterattacking with unabated ferocity) introduced, in 1979, the gold maple leaf coin. It was one ounce of pure (.999 or "three nine") gold. Later purity was increased to .9999 and recently a .99999 version

became available. The gold maple leafs were and remain hugely popular and world class. Millions having been produced at a recent rate of about one million per year.

Not to be outdone the U.S introduced its gold bullion coin (the Eagle) in 1986. It was alloyed with silver and copper and was about .9167 pure gold. While it was popular in the U.S. it was easily beaten out by the Canadian Maple Leaf in world markets as foreign prefer investors "pure" gold!

In 2006 the U.S introduced a one ounce .9999 gold bullion coin (the "Buffalo") to try to cut into the "Four Nine" market but the Maple Leaf and Eagle easily beat it out each with five or six times as many produced annually.

Along the way the RCM and the U.S. Mint each introduced one silver bullion coins, pure .9999 silver, which became hugely popular. Each version (Leaf and Eagle) runs in the tens of millions produced every year.

As well, fractional versions of both the gold Maple Leaf and the gold Eagle were introduced. Both are available in 1/10, 1/4, and 1/2 ounce coins which also are very popular as they are considerably less expensive than the one ounce version.

## Economics

Economics deals with the production and distribution of goods and services in society, hopefully equitably. An economy functions best when overall government expenditures roughly balance with revenues over a given time period (usually a fiscal year). A "balanced" budget, in average times, will generally lead to a near optimal economic growth of 2-4% annually which will create job growth and lower unemployment.

Unfortunately, in practice, fiscal balance is rare as most governments are, ipso facto, afflicted with a "living beyond your means" mentality i.e. saying "yes" to special interests gets more votes than being responsible. Examples abound at all levels of government involvement.

Let's start off with the largest debtor – Canada! The accrued National Debt is an attention getting, approximately \$750 billion

and growing at \$29 billion a year (despite a campaign promise to be at or below \$10 billion for only three years and then balance). The Auditor General says balance won't happen until 2050 (that's right-33 years from now.) Next on the list is Ontario weighing in with an eye-popping \$350 billion dollar debt, the highest "sub-sovereign" debt in the world. Manitoba is similar; debt is an impressive \$30 billion and still growing at about one billion a year. Annual interest around \$850 million will really grow as interest rates continue to rise. (\$1 billion annually would buy a lot of new hospital emergency rooms) Finally, Alberta, racking up over \$10 billion a year in debt will total over \$70 billion (up from \$19 billion) at the end of this government's term, likely resulting in the government's departure as well. These situations have become a concern as interest rates are in a rising trend and will greatly increase debt-service expenditures!

An uninformed observer might be tempted to say "so what?" But this debt is serious and will affect everyone. Why? Because it will heavily suppress the economy; growth will stall or go into reverse; taxes will rise as will deficits leading to cuts and threatening social services, benefits and especially unfunded pensions (which for governments is most of them). Carbon taxes and cap-and-trade schemes will only aggravate the situation.

How can governments deal with these dangerous and outsized debts? There are only a few approaches: borrow more, increase taxes or default are all obvious-but highly irritating to the electorate. The more likely result though will be a time honoured deception-create inflation. Inflation is effectively a tax but is hard to spot (at least at first) and is less irritating to the public. Regretfully this is most likely where we will, sooner or later, be heading.

Bottom line: Government over-indebtedness is a balloon in search of a pin. It is unlikely to reverse until a crisis is reached resulting in an economic "blow-off" of some sort.

"Numismatics" cont'd in next issue of *Senior Scope* (Aug. 31/17 edition) Stay tuned...

## \*Summer Promotion\*

First month free rent upon signing a 13 month lease



## FIFTH AVENUE APTS.

### Beautiful Carman, Manitoba

Situated in a serene setting with tree lined streets, a recreational pathway and the Boyne River running through the town. Close to Downtown. Nearby amenities include a hospital, medical clinics, grocery store, bowling alley, golf course and a beautiful park. Residents of the building can access services such as the local handi-van or the meal program at Parkview Lodge. There is also a Seniors Centre nearby. Cat friendly.

- Security system
- Mail service direct to the building
- Elevator
- Large balconies/patios
- Multi-purpose rooms on 2nd and 3rd floors
- Laundry facilities on each floor
- Parking available

For more information, please call (204) 751-0039  
5thavenueapartments.ca

## Moving is Our Business



Moving is our business,  
service is our promise.

905 Berry Street  
Winnipeg  
204-291-8221

SERVING WINNIPEG and AREA



10%  
Seniors  
Discount  
MON-FRI

riverbendmovers@mymts.net • riverbendmovers.com

# 2017 Communities in Bloom

In 2017, hundreds of Canadian communities will be participating in the national and provincial editions of Communities in Bloom (CiB), along with municipalities from the United States, Italy, Ireland, Belgium, Croatia and Northern Ireland in the International Challenge.

Communities in Bloom is proud to celebrate Canada's 150th Anniversary. There are three levels of competition: Provincial, National, and International. In July and August, qualified volunteer judges will visit participating communities and evaluate each one on its overall performance within the following criteria: tidiness, environmental action, heritage conservation, urban forestry, landscape and floral displays. As community involvement is the essence of the program, the evaluation, which provides guidance on further steps of improvement, is based on the local conditions and achievements of citizens, businesses, organizations, institutions and the municipal government working together towards common objectives. The communities will be rated from 1 to 5 Blooms, based on the scoring obtained. Also, the National and International Communities will aim to obtain Bronze, Silver or Gold levels in their 5-Bloom rating. For a complete list of National & International Finalists, please visit [www.communitiesinbloom.ca](http://www.communitiesinbloom.ca). The National and International results

will be announced in Ottawa/Gatineau, National Capital Region from September 13 to 16, 2017 during the Symposium and Awards Ceremonies with the theme of "Communities and Green Spaces ...Celebrating Canada's 150 Anniversary". Communities in Bloom

is a Canadian non-profit organization committed to fostering civic pride, environmental responsibility and beautification through community involvement and the challenge of a national program, with focus on the enhancement of green spaces in communities.

Within the context of climate change and environmental concerns, all those involved in the Communities in Bloom program can be proud of their efforts which provide real and meaningful environmental solutions and benefit all of society. ■



Photo: communitiesinbloom.ca



Style, comfort, convenience.

Welcome home.



**Read in Print**  
25,000 COPIES PRINTED  
**or Online**  
READ ANYTIME IN YOUR HOME  
[www.seniorscope.com](http://www.seniorscope.com)  
USEFUL AND ENTERTAINING INFORMATION  
**204-467-9000**  
CALL FOR INFORMATION



## Ruth Gardens

Luxury Adult Apartment Living in the Heart of North Kildonan

**Move up to a higher standard of living.**  
Two bedroom suites currently available in Ruth Gardens, offering quality and convenience in a luxury setting. Featuring:

- Underground Parking • In-Suite Laundry • Breakfast Bars • Stainless Steel Appliances • Walk-in Closets • Ensuite Bathrooms • On-Site Management • Security Entrance • Private Covered Balconies • Fitness Room

1167 Rothesay Street  
[www.RuthGardens.ca](http://www.RuthGardens.ca)  
(204) 515-5529



Visit [www.EdisonProperties.ca](http://www.EdisonProperties.ca) to see all suites for rent.

# Senior Scope

www.seniorscope.com

**Publisher/Editor:**

Kelly Goodman  
204-467-9000

kelly\_goodman@shaw.ca

**Circulation:** 25,000 print

**Printed at:**

Derksen Printers, Steinbach, MB

**Advertising:**

204-467-9000

**Regular columns / Submissions:**

Scott Taylor - The BUZZ

Roger Currie - Currie's Corner

Adrian Powell - Crosswords

Angela Temple - Prairie Talk

William Thomas - Humour

Drive On: Canadian Super Shop  
(Auto News & Tips)

**Contributing Submissions:**

Barré Hall

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

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

Mail cheque or money order payable to:

**Senior Scope, Box 1806**

**Stonewall, MB R0C 2Z0**

**Available in Winnipeg and the rural Manitoba communities**

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

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

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

Send your **LETTERS...** to the editor or story submissions to [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) or mail to: **Senior Scope** Box 1806, Stonewall, MB R0C 2Z0

# Enjoying swimming and other stuff that's harder in the winter

By Roger Currie

Labour Day weekend is the transition that marks the end of summer for most of us. Don't look now but it's less than a month away, and I have yet to have a swim in the great outdoors. My wife and I are creatures of habit in our senior years, and our swimming takes place at the *North Centennial Recreation and Leisure Facility* in Winnipeg, soon to be renamed in memory of Tommy Prince, one of Canada's most decorated war heroes. It can almost be regarded as one of Winnipeg's hidden treasures, located just north of the Arlington Bridge near the Old Ex Arena. It features one of the few Olympic-sized pools in Winnipeg and we have never found it too crowded for the deep water aqua-sizing that helps keep us moving on days when our muscles and joints would rather not.

Most communities across Manitoba have indoor pools, and we should make sure we use them at least now and then. Maybe make a plan to make it part of your routine after Labour Day, so that you'll be there on those winter days when it becomes very easy to become a couch potato instead. The *Active Living Coalition for Older Adults in Manitoba* (ALCOA-MB) remind us that Sunday September 25th to Saturday October 1st has been set aside as *Active Aging Week*. The goal is to connect those of us who are 50 and older to age-friendly programs, events and services that encourage a healthy lifestyle. Organizers at a wide range of host sites are being encouraged to come up with creative ways to involve older adults in experiences that are both healthy and fun. Tell me about any new programs you might be involved in at [roger@mymts.net](mailto:roger@mymts.net), and I'll be pleased to include details in a future article.

In the meantime, while that beautiful summer weather is still with us, let's hit the water with warm sun on our bodies, but take steps to make sure that safety is top of mind. There's nothing quite as



Aqua-size - a great way to exercise.

tragic as a beautiful summer day that ends with the drowning of a child. While the kids are in the water, grandparents, parents and other adults must have a clear and definite understanding of who is responsible for watching them, and don't take your eyes off them until they are safely out of the water. If they are not qualified swimmers, make them wear approved flotation devices, much as they will surely complain about it.

Ideally, the really young ones should be kept within arm's reach of a responsible adult. It takes only seconds for a drowning tragedy to happen, and the emotional pain that results will never end.

Here in Manitoba, we are blessed with thousands of lakes, many of which have beaches, but most a lot of us don't realize that almost none of these areas have staff that make it safe to ever take your eyes off loved ones in the water. Kevin Tordiffe of the Manitoba Lifesaving

Society says it's easy to be fooled into a false sense of security by statistics. Drownings have actually gone down in the past 20 years, even though there are almost no traditional lifeguards on provincial and community beaches. Tordiffe says "Most drownings in Canada happen in unsupervised environments. Most often, they happen out on a lake, or off a dock at someone's cabin".

It was in the early 1990's, after a number of highly-publicized drowning tragedies, that provincial *lifeguards* were re-classified as *Beach Safety Officers* in Manitoba. Special attention is paid to Grand Beach, Winnipeg Beach and Birds Hill Park which see the heaviest use each summer. A total of almost 50 safety officers are working at those three beaches this year, at a total cost to the province of more than \$900,000. They are equipped with inflatable Zodiacs and defibrillators, and their training is very extensive. Kevin Tordiffe says he would like to see more resources devoted to water safety, but he's realistic about the chances of it happening. In the end, it comes down to common sense and taking personal responsibility, especially for our younger loved ones. With that in mind, maybe we'll see you in the water before the leaves start to turn.

Roger Currie is a Winnipeg writer and broadcaster. He is heard regularly on CJNU, 93.7 FM

## Call for Nominations - 2017 Manitoba Council on Aging Recognition Awards

It is time to start nominating Manitobans making outstanding contributions in your community for the Manitoba Council on Aging Recognition Awards!

All Manitobans may make a nomination for:

- Senior volunteers ages 65+ making extraordinary contributions to individuals of any age
- Intergenerational groups making extraordinary contributions to the community through collaborative activities; and

- Journalists making extraordinary contributions promoting positive images of aging

The nomination deadline is Tuesday, September 12, 2017. Nomination forms are available online at [www.gov.mb.ca/seniors/mca](http://www.gov.mb.ca/seniors/mca) or may be requested through the Seniors Information Line at 204-945-6565 / 1-800-665-6565 or [seniors@gov.mb.ca](mailto:seniors@gov.mb.ca).

Awards will be presented at a ceremony in Seniors' & Elders' Month (October) 2017. If you have any questions, please contact the Seniors and Healthy Aging Branch.

A COMMUNITY TRADITION FOR OVER THIRTY THREE YEARS

### 33rd ANNUAL STONEWALL QUARRY DAYS

## August 18, 19, 20

Past the Perimeter Beer Gardens Friday, Aug 18th

**SUNOVA CREDIT UNION**  
**FREE STAGE**  
Friday Entertainment  
Sponsored by WISC,  
southwest of Main St.

**Amazing FIREWORKS**  
Friday, Aug 18th  
10PM at VMSC  
South End of Main Street

**DOG WALKER**  
Winnipeg's premier dog walking service  
(Multi-Jobs Available)

**Annual PARADE Sat. Aug 19 11am**  
3rd Ave S. & Main to 5th St. West

**WonderShows Midway** all weekend  
**Street Vendors • Beer Gardens**

**FREE Family Entertainment All Weekend**  
Pelling Zoo • Slo-Pitch Tournament  
Show 'N Shine Car Display - Sunday, August 20  
Sponsored by Stonewall Family Foods  
& So much more!

**Stonewall QUARRY DAYS**

For more information call 467-7979 • [www.stonewallquarrydays.ca](http://www.stonewallquarrydays.ca)  
Only 15 minutes North of Winnipeg • Off Hwy #7 or Hwy #236

## MacKenzie FUNERAL HOME

Tradition You Can Trust! Serving All Faiths!

Chapels at Stonewall, Teulon & Arborg  
Serving the Interlake for 118 Years

204-467-2525

Toll Free: 1-800-467-0024  
[mackenziefh.com](http://mackenziefh.com)

General Manager: Michelle MacKenzie-Kowczyk | Chaper: Erik Nordal

- Traditional Burials
- Cremation Services
- Prearrangements



# MudRun Warriors Get Dirty for Dementia

Courtesy of Alzheimer Society of Manitoba, Parkland Region

Dauphin, MB – **MudRun Warriors GET DIRTY for Dementia** on Saturday, August 12th at this year's Catalyst Credit Union Manitoba MudRun taking place at the site of Dauphin CountryFest!

When participants go the extra mile after they've registered for the Manitoba MudRun, they can choose to fundraise for the *Alzheimer Society* by creating a personal page to raise pledges online while earning the rights to being called a MudRun Warrior! The Alzheimer Society is proud to be chosen as the MudRun's partnering charity this year.

"We are elated to have been chosen as the partnering charity this year [for the MudRun]," says Wanda Sime, Regional Coordinator of the Alzheimer Society of Manitoba's Parkland Office. "It's important for us to grow our awareness as an

organization as Manitobans are increasingly being diagnosed with dementia each year. The MudRun is a great way for our MudRun Warriors to test their limits, get physically active and cheer each other on for a worthy cause. Every bit of fundraising counts!"

With more than 22,000 Manitobans having Alzheimer's disease or another dementia, we heavily rely on donor's support. The Alzheimer Society of Manitoba provides valuable programs and services for people affected by dementia, while funding research to help find a cure.

The challenging 10 km course has 25 obstacles that test the limits of both body and mind.

For more information on the event, visit [alzheimer.mb.ca](http://alzheimer.mb.ca) or connect with us on social media! ■



Participants from 2014 event.



Testing the limits of body and mind.



**KEITH'S  
TREE SERVICE**

*Specializing in  
Dangerous Trees*

- Licensed & Insured -

- Pruning
- Trimming
- Removals
- Debris Clean-up

**30 YEARS EXPERIENCE**  
**FREE ESTIMATES**

**204-588-3236**

**HYDRO-SEED®**  
**YOUR LAWN or ACREAGE**

• ANY TYPE OF TERRAIN •  
**FASTER • CHEAPER • THICKER**

Call for a **FREE** personalized  
quotation on your property.  
*Warranty on all work.*

Serving Winnipeg and Rural MB  
**204-898-2685**

**GROUND + UP**  
**ENTERPRISES**

"WE BEGIN AT THE ROOT"




# Standing for Seniors

 <p><b>Jim Maloway</b> MLA for Elmwood 204-415-1122 <a href="http://JimMaloway.ca">JimMaloway.ca</a></p>	 <p><b>James Allum</b> MLA for Fort Garry-Riverview 204-475-2270 <a href="http://JamesAllum.ca">JamesAllum.ca</a></p>	 <p><b>Bernadette Smith</b> MLA for Point Douglas 204-414-1477 <a href="http://Bernadette.Smith.ca">Bernadette.Smith.ca</a></p>	 <p><b>Nahanni Fontaine</b> MLA for St. Johns 204-582-1550 <a href="http://NahanniFontaine.ca">NahanniFontaine.ca</a></p>
 <p><b>Greg Selinger</b> MLA for St. Boniface 204-237-9247 <a href="http://GregSelinger.ca">GregSelinger.ca</a></p>	 <p><b>Matt Wiebe</b> MLA for Concordia 204-654-1857 <a href="http://MattWiebe.ca">MattWiebe.ca</a></p>	 <p><b>Andrew Swan</b> MLA for Minto 204-783-9860 <a href="http://AndrewSwan.ca">AndrewSwan.ca</a></p>	 <p><b>Tom Lindsey</b> MLA for Flin Flon 204-687-3246 <a href="http://TomLindsey.ca">TomLindsey.ca</a></p>

# THE BUZZ



Story by Scott Taylor

Early in July, one of our dear friends here at *Senior Scope*, **Kenny Shields**, the lead singer of Winnipeg-based rock band **Streethart**, has passed away at age 69. He had been battling heart problems for a number of years and was no longer able to tour with the band at the time of his death. He died quietly at St. Boniface General Hospital.

Streethart was known for a number of hit songs during the late 1970s and early 1980s, including "Action," "Look in Your Eyes," and a cover of the Rolling Stones classic "Under My Thumb."

The band was inducted into the Western Canadian Music Association Hall of Fame in 2003.

Back in the fall of 2013, Shields sat down with *Senior Scope* and spent more than five hours reminiscing about his life in Rock 'n Roll. This is result of that interview:

## From Senior Scope - December 2013

Long before Michael Jackson ever thought about wearing a single glove on stage, Kenny Shields fronted the classic Canadian band Streethart 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, Streethart filled every major venue in the country. They had hit

# The Canadian Rock World Mourns the Passing of Kenny Shields

Photos courtesy Kenny Shields



Back in the day

after hit — *Under My Thumb, Action, What Kind of Love is This, Hollywood, Teenage Rage, 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 Streethart come to a bar or casino near you, you'll be damned lucky to find a ticket.

Fact is, Kenny Shields and Streethart 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 CKOM. 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, now what?"

He played with Witnesses Inc. from 1966-1970 and then tragedy struck. A passenger in the back seat of a car that 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 more time off.

"I just needed to go back to Regina and do more convalescing," he admitted. "The accident had affected me in so many ways."

By 1975, he was ready to get back to performing, but he needed a band. So he hopped in his car and drove to Winnipeg to audition for a band that was NOT looking for a singer.



Kenny in 2013.



Kenny with Streethart in the 1980's



Kenny Shields

"The band was Wascana and it featured Daryl Gutheil on keyboards and Spider Sinnaev 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. Daryl and I still gig together. He's still my harmony guy. With the first song, I knew I had the gig."

The band played the clubs in Winnipeg, went back to Regina and re-formed as Witness and then moved to Edmonton for a better bar scene. In Edmonton, they met guitarist Paul Dean and drummer Matt Frenette. Not long after, something big started to happen.

Shields, Gutheil and Sinnaev went back to Regina and arranged for a warehouse in order to rehearse. Dean and Frenette 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 Streethart 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 big 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 Streethart became a staple of Canadian rock

*Continued on next page*



**FRED DOUGLAS HERITAGE HOUSE**  
Uniting Health, Heart and Home

## Fred Douglas Heritage House

"One of Winnipeg's Best Kept Secrets"

**Supportive Housing centrally located in downtown Winnipeg**

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



One bedroom suites at Heritage House are the largest of all Supportive Housing sites in Winnipeg

WRHA assessment required to qualify for supportive housing.

100 The Promenade

(behind Portage Place)

Take a virtual tour at [www.freddougllassociety.com](http://www.freddougllassociety.com)

For information contact Shauna at 204-949-9027 | E-mail: [sgladish@fdl.mb.ca](mailto:sgladish@fdl.mb.ca)



QUALITY CARE MOVING

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

Services include:

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

Phone - 990-4341 Wpg

Email: [qualitycare@mts.net](mailto:qualitycare@mts.net) Website: [www.qualitycaremoving.net](http://www.qualitycaremoving.net)

## The BUZZ...

Kenny Shields... cont'd

radio and a fixture on stages from Edmonton to Toronto. They recorded four more albums. In Canada, Streeheart 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 Petrovich, 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 Streeheart."

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 favourite 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 Streeheart song from 1982 that never appeared on any Streeheart 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. You should come to the show on the 21st. We always have fun at The Oak."

We should, you know. We should all go to the show. After all, it's not everyday you can hear a Western Canadian Rock 'n Roll Hall of Famer sound just as good at 65 as he did at 30. ■

# Bruce Rathbone Passes Away at 70

By Scott Taylor  
Photo from Twitter



Bruce (Bones) Rathbone.

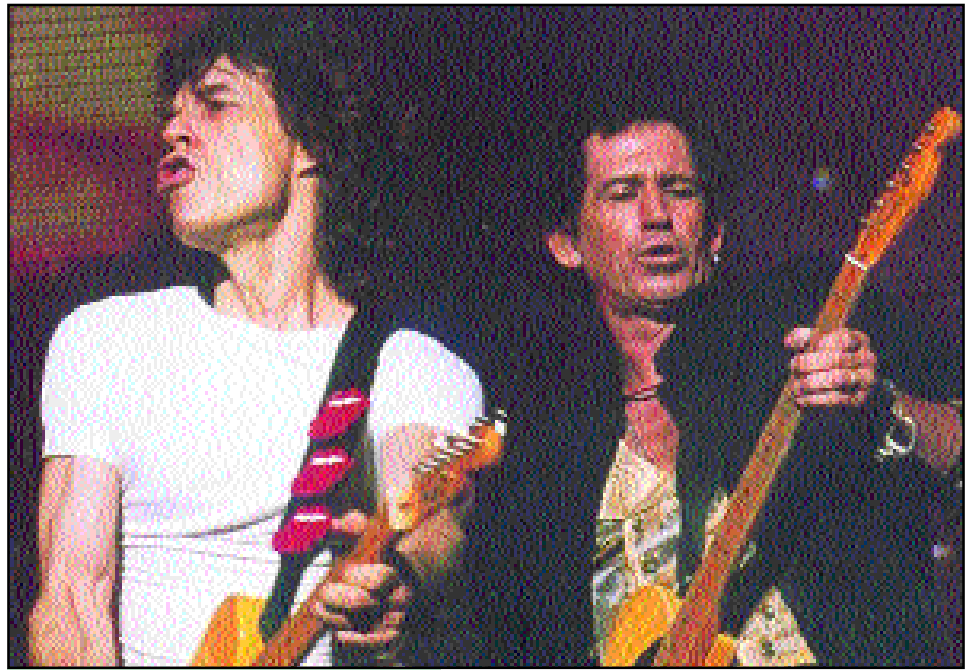
There was a time from the late 70s to the early 90s when Bruce Rathbone was synonymous with entertainment in Winnipeg. Rathbone, who was also a personal friend and a man who was always tremendous to my children, passed away on July 2nd, 2017 at age 70. His close friend and former business partner, Sam Katz, remembers the experiences he had with a man he calls, "Bigger than life."

One of the giants of the Canadian—and especially the Winnipeg—music industry, **Bruce (Bones) Rathbone**, passed away this July 2nd, 2017 at age 70.

At a time when the big names in music always seemed to skip Winnipeg, it was Rathbone with his partner Sam Katz and their employees Gilles Paquin and Kevin Donnelly who convinced the biggest names in the industry to come to town.

"I'm just very sad to hear of his passing," said his former partner in *Nite Out Entertainment*, Sam Katz. "I hadn't seen him much in the last year and a half but we talked often on the phone. He was a friend and his passing makes me sad.

"Bruce was a unique individual, a guy who worked hard and played just as hard. With *Nite Out Entertainment*, Bruce put Winnipeg on the entertainment map. We were doing business when nobody want-



The Rolling Stones in Winnipeg.

ed to come to Winnipeg and Bruce was instrumental in convincing the biggest acts to stop in Winnipeg and, more importantly, to come back."

Nite Out Entertainment brought the Rolling Stones to Winnipeg in 1994. They also convinced David Bowie, the Doobie Brothers, Stevie Wonder, Paul Simon, Def Leppard and Tina Turner to play Winnipeg Arena when they were the hottest acts in show business.

"Our first show was Alabama and Kenny Rogers back when they were huge," recalled Katz. "They liked working with us so much we took them right across the country. Those were wild and crazy times.

"To this day, people still talk about one of Bruce's biggest ideas, Sunfest in Gimli with Pearl Jam. Bruce was a guy who always thought outside the box. We were the first to bring Tragically Hip to Winnipeg. We did sporting events: NBA basketball, professional boxing and Major League Baseball pre-season games. We had to fight to get these shows to come to Winnipeg but Bruce was a fighter."

One of the lasting effects of Rathbone's career came the day he hired a kid out of Regina named Kevin Donnelly. These days, Donnelly is senior vice-president of *True North Sports and Entertainment* and one of the most dominant forces in Canada's entertainment industry.

"I remember when he hired Kevin," said Katz with a laugh. "He was a kid out of Saskatchewan and Bruce used to call him Deli Tray Donnelly. He certainly has come a long way. He isn't Deli Tray Donnelly anymore."

Rathbone had a reputation for convincing big acts to make Winnipeg a stop and for selling venues out. He also believed in the theory that you fought to sell tickets until the last possible moment because, "They don't have any value tomorrow."

"Bruce was a larger than life personality," said Katz. "He loved being on the water, he loved boats, he loved snowmobiling and I remember when we used to have the Nite Out Entertainment boat on the river all summer. What a time that was. Bruce was a force of nature and he was a really good man." ■

**SHARK CLUB**  
gaming centre

2nd FLOOR CITYPLACE  
233 HARGRAVE ST.

# 140 SLOT MACHINES

ROULETTE, BLACKJACK, DOUBLE DECK AND EZ BACCARAT™

---

LIMITED TIME OFFER!

## \$10 FREE PLAY\*

**SENIOR SCOPE**

Join us today at Winnipeg's only downtown gaming centre and lounge, located on the 2nd Floor of the newly renovated CityPlace shopping centre!

Present this voucher at the players' booth for \$10 in free play credit toward slot machines at the Shark Club Gaming Centre.

Must be 18 years of age or older to play.

OFFER VALID:  
AUGUST 1-31, 2017

**18+** ENJOY RESPONSIBLY

\*Valid Photo ID is required to claim this offer, a Casinos of Winnipeg Club Card is required to use this offer, it's free to join. One coupon per person per promotional period of August 1 to 31, 2017. Free Play is only valid at the Shark Club Gaming Centre. Visit the Shark Club Player's Booth to redeem.

# CURRIE'S CORNER

By Roger Currie



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

## Made in Mexico

I am totally dazzled right now by the brand new Smart TV that we bought, and it got me thinking about another of the pricey toys that have long been popular with us boys. I can't help but wonder what kind of car we'll be driving in five years, and where might it be made?

The answer to the last part of that may depend on those NAFTA talks that will be getting underway this month. Half a century ago, Lester Pearson scored what was perhaps our greatest trade victory when he got Lyndon Johnson to agree to the Canada-U.S. AutoPact.

What a different world it was then, with almost no foreign-made vehicles sold in North America, and Canadian plants getting a guaranteed share of the vehicle business.

Donald Trump's people are not even mentioning automobiles in their list of American objectives at the bargaining table, but it's not hard to figure out just what is at stake. What we could see will be Canada and the U.S. forming a

united front against Mexico. The key states where Trump won that election last year included Michigan and other places which have been steadily losing auto industry jobs to Mexico, along with thousands of jobs that used to employ Canadians.

Since NAFTA was signed 24 years ago, Mexican jobs in auto-making have grown to 45% of the North American industry, even though Mexico buys only 8% of the vehicles that are produced. Four assembly plants have closed in Canada since 1994, along with ten plants in the U.S, while eight new plants have opened in Mexico.

You don't need an MBA from either Harvard or Queens to figure out one of the main reasons. Autoworkers in Mexico earn an average of four dollars an hour, compared to wages of \$30 to \$35 an hour in Canada and the U.S.

Oh and did I tell you, my smart TV was also assembled in Mexico? It must be 2017. ■

## "It ain't over.."

Remember the good old days in the Canadian Football League when you went to the stadium to watch a game. Tickets were 4 or 5 dollars, and what you saw on the field was all there was? Instant video replay was invented here in Canada in 1963, and 43 years later the CFL head coaches got to toss a yellow flag on the field, and demand a video review to see if the officials got it right.

This year, things got a bit out of hand, and the new CFL Commissioner, Randy Ambrosie, had to step in to speed things up a bit. Now the coach only gets to throw the flag once, and even if his challenge is successful, he doesn't get to do it again.

One of the problems with the video challenge is the thousands in the ball park who get to watch the play over and over on a giant screen, and offer their own noisy opinion. I still say that in a substantial majority of cases, the video

review has proven that the guys in the striped shirts get it right most of the time.

No one is perfect. I guess we'll never be able to turn back the clock, but it sure would be nice if the whistle tooters got a bit more respect.

Hey, with a third of the season now in the bin, has it not been a fabulous year for three down football? The western teams continue to dominate, and Kent Austin's Hamilton Ti-Cats were hugely humiliated when the Calgary Stampeders machine walked all over them by a score of 60-1.

Other than that, Yogi Berra's words were never more true - "It ain't over till it's over". ■

## An ABBAolutely Spectacular Show!

TICKETS NOW ON SALE:  
LITTLE SHOP OF HORRORS  
JUNE 22 - JULY 14  
MAMMA MIA!  
AUGUST 10 - AUGUST 31

Show Tickets Starting At \$25

# MAMMA MIA!

RAINBOWSTAGE.CA  
204.989.0888

STARRING  
Ma-Anne  
Dionisio

"Kites rise highest against the wind, not with it."

- Sir Winston Churchill

*Read more inspirational quotes at Values.com*

Senior Scope

## CONGRATULATIONS

### TO THE 2 WINNERS

### of Senior Scope's

### Annual Contest

Celebrating Senior Scope's 15th Birthday and Canada's 150th both on July 1st, 2017.

## 150TH CELEBRATION

**Winner of Draw #1** on July 1st was  
Kirk Montgomery of Winnipeg.  
(Total prize value approx. \$280)

Two tickets to Little Shop of Horrors - Rainbow Stage; \$50 Gift Certificate - Eliminator RC Hobby Supply; \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West).

**Winner of Draw #2** on August 1st was  
Debbie Smith of Winnipeg.  
(total prize value approx. \$1010)

Trip for Two for 3 days/2 nights to Temple Gardens Mineral Spa in Moose Jaw, SK - Red-White & Blue Get-A-Ways; Two tickets to Mama Mia - Rainbow Stage; \$100 Gift Certificate - Eliminator RC Hobby Supply; \$50 Gift Certificate - Assiniboia Downs (Terrace Dining Room or Club West)

**Both answered the Canada Trivia questions correctly.**

1. Canada is a name derived from the Huron-Iroquois word 'kanata' meaning, a village or settlement.
2. Sir John A. Macdonald was Canada's first prime minister.
3. Canada touches three oceans: Pacific, Atlantic and Arctic.
4. Canada has ten provinces (British Columbia, Alberta, Saskatchewan, Manitoba, Ontario, Quebec, New Brunswick, Prince Edward Island, Nova Scotia, Newfoundland), and three territories (Yukon, Northwest Territories, Nunavut).
5. Canada has six time zones (Pacific, Mountain, Central, Eastern, Atlantic, and Newfoundland Standard Time).

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

**Rainbow Stage**  
Kildonan Park - North Main, Wpg.  
204-989-0888  
1-888-989-0888  
RAINBOWSTAGE.CA

**Eliminator RC Hobby Supply**  
120 Higgins Ave. Wpg.  
204-947-2865  
www.e-rc.ca

**Assiniboia Downs**  
140 VLTs open year round  
9 am - 2 am  
3975 Portage Ave., Wpg.  
www.ASDowns.com

# Conservation-minded cyclists pedal for clean water and healthy wetlands

Courtesy Ducks Unlimited Canada

On July 21/17, a passionate group of cyclists made a 10-hour, 221-kilometre trek to Kenora from Winnipeg (*Ride to the Lake*) to raise funds for Ducks Unlimited Canada's wetland conservation efforts.

Wetlands are powerful ecosystems that not only provide essential habitat for wildlife, but also naturally filter water before it reaches our lakes and rivers. Wetlands also help prevent floods and droughts by

storing water on the landscape.

To date, the *Ride to the Lake* fundraiser has generated \$15,500. Donations can still be made online at [www.ducks.ca/ridetothelake](http://www.ducks.ca/ridetothelake).

Ducks Unlimited Canada (DUC) is

the leader in wetland conservation. A registered charity, DUC partners with government, industry, non-profit organizations and landowners to conserve wetlands critical to waterfowl, wildlife and the environment. ■



Pedalling for clean water and healthy wetlands



Arrived in Kenora

(MB News Release July 31, 2017)

## PROVINCE APPOINTS THREE NEW MEMBERS TO ADULT ABUSE REGISTRY COMMITTEE

The Manitoba government has welcomed three new members to its Adult Abuse Registry Committee, Families Minister Scott Fielding announced.

"The additions of two registered nurses and a police officer will help the committee fulfil its requirements and bring new expertise and diverse skill sets to support effective operations," said Fielding.

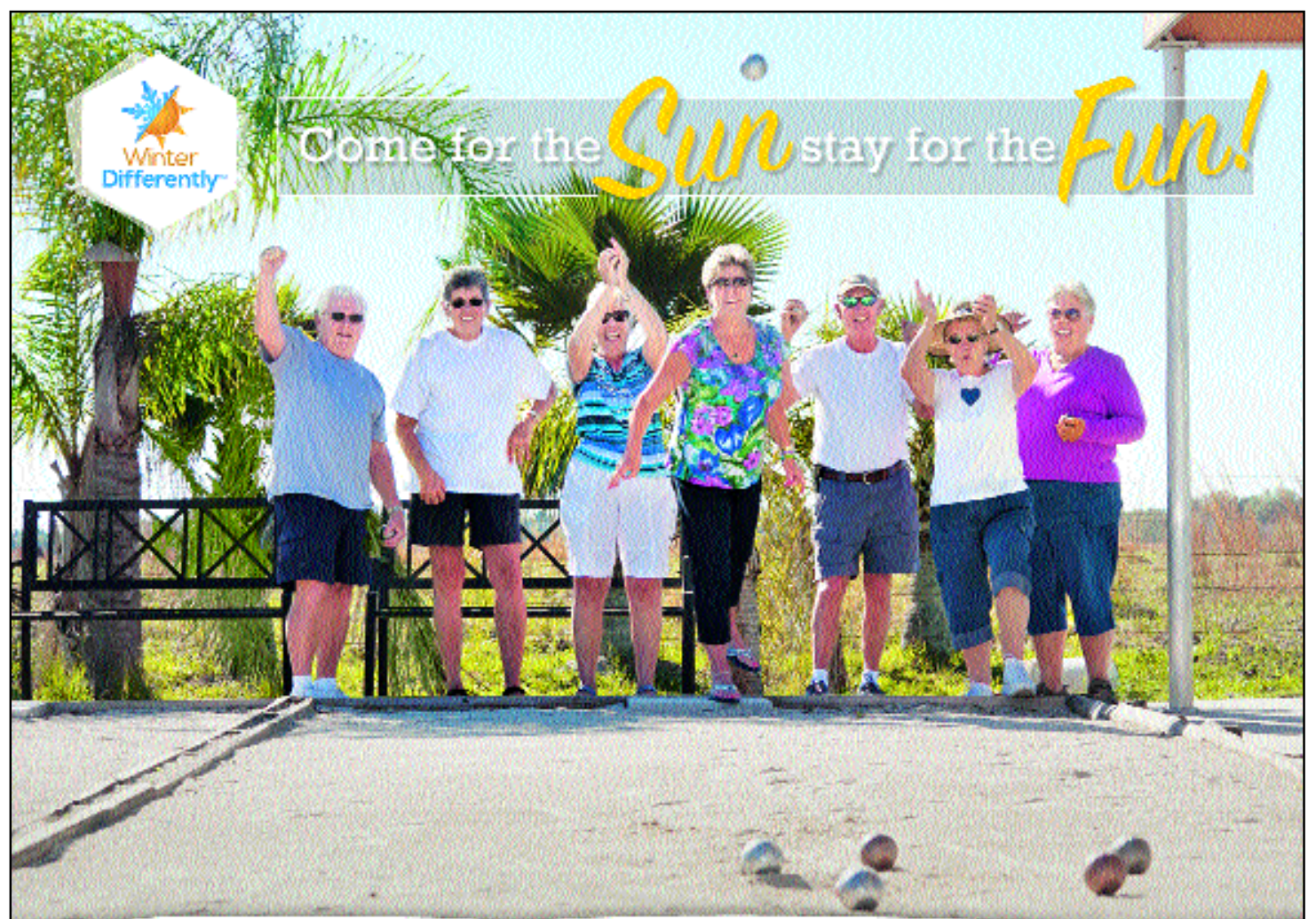
The Adult Abuse Registry records and tracks the identity of individuals found to have abused or neglected an adult, and is primarily used as a tool for employers to screen potential staff or volunteers. The committee reviews reports of abuse or neglect for potential referral to the registry.

The Adult Abuse Registry Committee is required to have its membership include law enforcement officers, lawyers, health professionals and people with experience in adult care or service provision.

The 16-member board now includes three new members:

- Det. Sgt. Nathan Kocis (Winnipeg) is a 20-year veteran of the Winnipeg Police Service and is currently the co-ordinator of the Vulnerable Persons Unit.
- Kristen Legrange (Winnipeg) is a home-care case co-ordinator and nursing co-ordinator with the Winnipeg Regional Health Authority and a former visiting nurse and nurse clinician. She has served on multiple boards, such as the Kidney Foundation of Canada (Manitoba Chapter), and is a former chairperson of the Narol Children's Centre.
- Maryana Thorsteinson (Winnipeg) is a registered nurse and community case co-ordinator for the Winnipeg Regional Health Authority with more than 20 years of experience providing community health services and care solutions for elderly patients and their families. Her volunteer experience includes the Juvenile Diabetes Research Foundation and Folklorama.

The minister thanked all outgoing members for their service and all remaining members for their dedication. ■



**\$198 PER MONTH**

7 Yuma, Arizona RV Resorts

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

Mention promo code: **SCOPE1**

**\$299 PER MONTH**

10 South Texas RV Resorts

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

Mention promo code: **SCOPE2**

**\$499 PER MONTH**

Pioneer Village RV Resort North Fort Myers, FL

Offer valid on a standard RV site until December 31, 2017.

Mention promo code: **SCOPE3**

To Enjoy These Specials, Book Your RV Site Before 8/30/2017.

Call us to book!  
**(855) 336-8841**

**ENCORE**  
RV RESORTS

Visit  
**RVontheGo.com**

You must book by August 30, 2017. Offers are subject to availability. Reservation required. Offers valid on new reservations only. Offers valid on standard RV sites. Yuma offer is valid for reservations between October 1, 2017 through December 31, 2017 with a minimum/maximum length of stay of 90 days at Arroyo Azules, Cactus Gardens, Copal, Desert Paradise, Foothill Village, Mesa Verde and Sun Sands. South Texas \$299 offer is valid at Alamo Parks RV Resort, Country Shoreline RV Resort, Fun-N-Sun RV Resort, Lakewood RV Resort, Paradise Park RV Resort, Paradise South RV Resort, Southern Comfort RV Resort, Shoreline RV Resort, Tropic Winds RV Resort and Victoria Palms RV Resort for stays completed by July 1, 2018, with a minimum/maximum length of stay of 30/91 days. Pioneer Village offer valid until December 31, 2017 with a minimum/maximum length of stay of 30/91 days. All rates are in US dollars. Stays of 30 days or less are subject to a \$1 per day resort fee. Electric is not included for stays of 30 days or longer. Rates do not include taxes. Amenities vary by resort. Cannot be combined with any other offer or promotion.

# PRAIRIE TALK - Now & Again

By Angela Temple



Courtesy of Diane Unger, here's the scoop of how the balls have been rolling this summer for the Beausejour Seniors Bowling Gang!

Tuesday, June 13th, before the predicted nasty rain and wind storm hit, the Beausejour Gang arrived ready and willing to Rock and Bowl. Though there were few in number once more, we still had a lot of fun and laughter. There were bedposts and headpins sprinkled here and there but there were gutter balls galore!

Sandra scored the first strike along with the one and only Double Double. Strikes were few in number today which means, we rolled a lot of balls...with a few 'roll-through' that simply wouldn't connect to pins.

The High Single was held by Sandra with 154 along with the High Triple with 414 but with Ted hot on her heels with his 413.

Tuesday, July 27th was another bright sunny day for Rocking and Bowling for the Beausejour Gang. 'Twas a very small group but in spite of, laughter and cheering bounced off the walls. There were many gutter balls, head pins, bedposts along with cool looking but a tad frustrating when one left both corner pins and headpin standing.

And here's a load of firsts: Alfred had the first strike as well as the first headpin but also scored first Double double and all in the first string. Ted had the first gutter ball as well as the first spare along with his Double double and also all in the first string. Ted walked away with not only the High Single with his 175 but also the High Triple with 454. 'Rocket Man'... where are you... we miss the snap, crackle and pop at the end of the alley?

On Tuesday, July 25th The Beausejour Gang gathered once more to Rock and Bowl. Our boisterous laughter echoed with sounds of snap, crackle and pop, compliments of Conrad, the Rocket Man.

Conrad was the Double double man that day, scoring one in the first string and another in the second string. All of us scored at least one strike along with spares here and there and of course, our old faithfuls... gutter balls and headpins were also present

Conrad ran away with the High Single with 192 as well as the High Triple with 510 and the rest of us couldn't do anything about it...but wait until next time.

Our next bowling is slated for Tuesdays August 8th and 22nd.

*Cheers for now,  
Angela Temple*

# 55 Plus Summer Picnic - Sri Lankan Association Manitoba

By Senaka Samarasinghe



Participants from 2014 event

The 55 Plus Group of the Sri Lanka Association of Manitoba (SLAM) organized their annual one day Summer Picnic on Saturday, July 22nd at Assiniboine Park. Although they planned for a trip away from the City finally the Board of 55 Plus decided to have the picnic with short travel and within the City.

The morning session started with games. Game planner Daya selected several games to contribute easily to all participants for few hours. These games facilitated all of members to enjoy as well as to get to know the newcomers of the Group.

The Board of Directors of 55 Plus agreed to bring Sri Lankan traditional rice and curry dishes for lunch. All of them are veterans to prepare appropriate dishes to match tasty picnic healthy meals for elders. They always use homemade

spices to get better taste and to maintain healthy meals. Other members also brought Sri Lankan sweetmeats for dessert, and for tea breaks during morning and evening.

Upali was the music organizer who chose more than ten party songs (old Sinhala hits). As those were so popular, all were to singing and dancing to those oldies. Upali never forgot to arrange a guitar and Dolack (hand-drum) to provide background music.

The Group planned an event for the Fall Season as well. All of them decided to conduct a cookery class to prepare a selected Sri Lankan traditional sweetmeat with nominal charge for the rent of the venue and for the ingredients. The 55 Plus Board assured that they will select the venue, date and time. ■

## For your SAFETY

### Water & electricity - A deadly summer combo

Water and electricity are a dangerous mix because water is an excellent conductor of electricity. With swimmers enjoying backyard pools, kids playing with garden hoses, summer rains, and outdoor yard projects underway, the opportunities for water and electricity to mix are numerous. Injuries and fatalities do happen. Take a moment to teach your family how to avoid the deadly hazard of electrocution:

- Keep electrical appliances away from water at all times. Don't have a radio or phone charger near the pool for example.
- Never touch electrical cords, switches, or appliances when you are wet, standing in water or have wet hands.

- If an electrical cord or appliance falls into the water do not try to retrieve it or pull the plug until you turn off the power at the main switch.
- If you are using electrical tools, appliances or cords, keep them away from wet or damp areas including the grass or deck.
- Outdoor electrical equipment should only be used if a ground fault circuit interrupter (GFCI) has been installed by a certified electrician.
- Sump pumps, power washers and wet/dry vacuums should only be used on grounded outlets.
- Have a licensed electrical contractor install and maintain your pool wiring, underwater lighting and upgrade protection equipment.

Visit [hydro.mb.ca/safety](http://hydro.mb.ca/safety) for more information.



## Travel / Leisure / Activities Get Noticed here by those who are active and young-at-heart.

**Kinsmen Jackpot Bingo** SATURDAYS at 5:30PM on CTV-TV

**Guaranteed JACKPOT of \$5,000**

Cards available at selected stores or by mail through head office

**The Bigger the Jackpot, The Easier it is to WIN!**

\$1 from every card goes to the Jackpot Blackout in 50 Numbers or Less.

**Kinsmen Jackpot Bingo**  
161 Rue Grandin  
Winnipeg MB R2H 0A8  
Ph: 204-233-6365 Fax: 204-233-6415  
Email: bingo@kinsmenclub.com  
Web: www.kinsmenjackpotbingo.com

UNIVERSITY OF MANITOBA | Richardson Centre for Functional Foods and Nutraceuticals

**Do you have high blood pressure?**

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

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

- Aged 40 - 70 years
- Elevated blood pressure
- Not currently taking blood pressure lowering medication
- Non-smokers

Participants will be compensated for their contribution to this study.

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

**MANITOBA COIN CLUB 2017 FALL COIN, STAMP & COLLECTIBLES SHOW**

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

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

Admission: \$5.00 per day, per person  
**BOURSE, EXHIBITS, FREE GIFTS & PRIZES!**

For more information call **204-253-0419** or email [hrengel@mymts.net](mailto:hrengel@mymts.net)

See You There!

**BRANSON MEMPHIS NASHVILLE**

Oct. 26 - Nov. 8 - 2017  
\$2500.00 pp dbl occ

Tour Includes: 14 Days Motorcoach Transportation, 13 Nights Lodging, 7 Branson Shows including Daniel O'Donnell, Grand Ole Opry Ticket, Country Music Hall of Fame, Studio B, Graceland Tour Featuring New Exhibits, Casino Packages, 11 Breakfasts, 4 Suppers, Luggage Handling and Tour Director Accompanying Tour.

Daniel O'Donnell and owner of Red-White & Blue Get-A-Ways, Alison McDonald

**Red - White & Blue Get-A-Ways**  
**1-866-846-3795**  
[rbwgetaways@hotmail.com](mailto:rbwgetaways@hotmail.com)  
[www.rbwgetaways.com](http://www.rbwgetaways.com)

*Things To Do* **IN WINNIPEG**

**EVENTS**

**63rd Annual Coin, Stamp & Collectibles Show** - Sat/Sun, Sept. 30-Oct. 1 at the Sunova Centre, West St. Paul, MB. Take first left, just north of the North Perimeter Route on Main St. at Kapelus Drive. Come with paper, leave with gold.

**The Manitoba Coin Club** - meets 4th Wed. each mo. (except Dec, July & Aug), 7:00 pm (1-1/2 hrs approx.), at the Fort Rouge Leisure Centre, 625 Osborne. Frequently there is a Coin auction. Call Barré W. Hall: **204-296-6498**

**Red River Coin & Stamp Shows** - 2nd Sunday ea. month except July & Aug., 10 am-4 pm, at the Charterhouse Hotel. Free adm. All welcome. Coins, Bank Notes, tokens, bullion, Canadian and Foreign, Buy or sell. Come with paper, leave with Gold. Call Andy Zook: **204-482-6366**

**Winnipeg Public Library** - Summer hours now in effect: Closed Sundays. Some branches closed Saturdays. Visit <http://wpl.winnipeg.ca> for details. To view the programs, many which are free, view the newsletter by clicking on the 'At The Library Newsletter' link under 'What's Happening' along the left side of the home page. View the calendar under this link as well. Sign up for the TD Summer Reading Club at any branch and receive a free reading kit for your child/grandchild. Register for other programs online. Note the St. Vital Library on Fermor will be closed for renovations, opening early 2018

**Forum Art Centre** - Art in the Park, Sat. Aug. 19, 11-5, at the Forum Art Centre, 120 Eugenie St. Fun for all ages. Artists will be under the big top with the Swords and Sabres Festival in Coronation Park, St. Boniface sponsored by the Norwood Grove BIZ. We'll be celebrating all things trees this year so bring your young artist with you to paint their own art tree or family history tree. Genealogists from the Manitoba Genealogical Society ([www.mbgenealogy.com](http://www.mbgenealogy.com)) & artists from the Forum Art Centre will show you how, 1-4 pm. Help us celebrate our Canada 150 project - RAH Trees 150; Roots, Art, Heritage. Drop in for a project, watch art demos or register for fall art classes at our Open House & Registration. **204-235-1069** or [www.forumartcentre.com](http://www.forumartcentre.com)

**Gwen Sectar Creative Living Centre** - (1588 Main). Join us for our Wed. Simcha Program. Aug. 16: comedienne Ruth Hepner. Aug. 23: Speaker - Oleksander Shevchenko. Aug. 30: performance by Rabbi Matthew Leibl. Lunch \$10. Lunch w/transportation \$15. Everyone welcome. Bring a friend. **204-339-1701**

**Grands N' More Winnipeg** - Art from the Attic, Sun. Sept. 24, 10:30 am-4 pm, Norwood C.C., 87 Walmer St. (off St. Mary's Rd.) Through the Stephen Lewis Foundation, in support of the African grandmothers caring for their AIDS-orphaned grandchildren. FREE Adm. Donations of art accepted 'til Sept. 1. To donate, call **204-770-6131**. [www.grandsnmore.com](http://www.grandsnmore.com) or [www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

**Pembina Senior Curling** - We curl 2 days/wk: Mon., Wed., or Fri, starting 1 pm. Registration Sept. 6, 1-3 pm, at the Pembina Curling Club, 1341 Pembina Hwy. Fees: \$200 plus curling fee \$6 for 40 games. Social \$10, spares \$5 per game. For info: [pembinaoldtimecurling.ca](http://pembinaoldtimecurling.ca) or call Herman: **204-253-7633** or Bob: **204-261-3033**

**Mothers Against Drunk Driving (MADD) Manitoba Chapters** - 2nd annual Memorial Service Sun. Aug. 27, 2 pm, at the MADD Monument at Glen Eden Cemetery, 4477 Main St., West St. Paul. The Monument currently holds the names of 54 Manitobans who lost their lives in a crash caused by an impaired driver. Contact Gillian Phillips at [gphillips@madd.ca](mailto:gphillips@madd.ca) or call toll free **866-461-4077** for details if you have suffered the loss of a loved one in such a crash and wish to have that person's name etched on the MADD Monument. There are no costs to the family.

**Trip to Israel** - Tour to The Land of Promise in 2018 and celebrate Israel's 70th Year. Great value price out of Winnipeg. For info contact Ken: **204-9425433**, visit website [www.TolIsraelWithLove.com](http://www.TolIsraelWithLove.com) or e-mail [k4mcghe@gmail.com](mailto:k4mcghe@gmail.com)

**Helen's Melons Merchandise Bingo** - Sept. 10, Doors open at 1:30 pm, First Game 2:30 pm, Notre Dame Rec Centre, 271 Avenue de la Cathedrale. All proceeds are raised for the Run for the Cure (Canadian Breast Cancer Society). Reserve your table for 8! Call or text Rachele **204-955-5746** or Helen **204-**

**479-4835**. \$25 fully refunded deposit. Prizes include TV's, Electronics, Drones, Gift Cards... and much more!

**Pembina Active Living (PAL) 55+** - Annual Community Picnic, Tue. Aug. 22, 11 am-3 pm, St. Norbert Farmers' Market, 3514 Pembina Hwy. Program demos, entertainment, flea market, BBQ items for sale, vendors' tables. PAL memberships available. Register for fall activities beginning Sept. 11. New members welcome. Info: [www.pal55plus.ca](http://www.pal55plus.ca), email [office@pal55plus.com](mailto:office@pal55plus.com).

**Wildewood Senior Men's Curling** - New curlers and spares are invited to join us every Mon. and Wed., 1-3 pm at Granite Curling Club. For info and applications: Charlie **204-269-7998**.

**A.N.A.F. Unit #1 John Osborn** - 100th Anniversary celebration, Sept. 22, 300-1395 Elice Ave. Everyone is welcome, member or not. Bud, Spud and Steak dinner for \$25. Or just come out hear some stories and have a good time. For info or tickets: **204-294-6078**

**Winnipeg Male Chorus** - invites you to join them for the upcoming season. We sing classical, pop, religious, folk and show tunes throughout Manitoba. We have two major concerts a year, and entertain at Personal Care homes, Senior Citizen's homes and Charity groups. Rehearsals Mondays, 7-9:30 pm, beginning Sept. 11, at Fort Garry United Church, 800 Point Rd. Contact: Director, Helen Bergen: [h.bergen@mymts.net](mailto:h.bergen@mymts.net) or President, Hugo Unruh: [chunruh@shaw.ca](mailto:chunruh@shaw.ca).

**Farmer's Harvest Market** - Hosted by Knights of Columbus, Canon Luhovy Assembly #0374. Locally Harvested Fresh Vegetables by the pound or the bag, Sun. Sept. 9, 10 am-4 pm, at the LUBOV SSMI Foundation parking lot, 1085 Main St. Supplied by Neumann's Market, 2659 Henderson Hwy. Also Homemade jams/jellies, pickles, condiments. Wild rice, fresh pickerel filets, fresh farm eggs, etc. Special: Hot Corn on the Cob & Hot Dog Platter for \$5. (UCWLC, KUCA) Proceeds to Lubov SSMI Foundation & Community Charities

**Farmer's Harvest Market** - Hosted by Canon Luhovy Assembly #0374, In support of Holy Family Home Project. To reserve a pre-order package at \$10 each: 1.) Include your name, phone no., Parish, No. of pre-order packages required x \$10 ea. 2.) Place your info/order & payment in an envelope marked 'Canon Luhovy Assembly'. 3.) Drop it into the Parish Office or Collection plate. 4.) Support/Donate a package to our local community charities: The Welcome Home, Siloam Mission, Agape Table, Wpg. Harvest, or Youth Crisis Centre. Deadline to submit your pre-orders is Wed. Sept. 6. Orders can be picked up Sat. Sept. 9, 10 am-4 pm at The Lubov SSMI Foundation Parking Lot, 1085 Main St. Pre-Order Package Includes: 5 lbs. Red Potatoes, 3 lbs. Onions, 2 lbs. Carrots, 2 lbs. Beets, 1 Head of Cabbage within Carry Bag. (Neumann's Market, UCWLC, KUCA)

**The Friendly Settlers Senior Club, St. Michaels** - 40th Anniversary Tea, Sat. Sept. 16, 1:30-3:30 pm, 400 Day St. (Transcona). Everyone welcome.

**Slo-Pitch players invited** - It's that time of year when great change happens to older men and ladies. SPINGTIME: Men and women become the boys and girls of summer and take up baseball for by fall they will be back to being men and women again. Call Bob: **204-261-3033** or Betty: **204-997-8043** for your yearly renewal.

**Pembina Oldtimers Curling Club** - 1341 Pembina Hwy. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$195 for 40 games. League starts Oct. 5 - 4 rounds of 10 games. Call Bob: **204-261-3033** or visit [pembinaoldtimerscurling.com](http://pembinaoldtimerscurling.com)

**Deer Lodge Wednesday Ladies Curling** - Wednesdays, 1 pm, at Deer Lodge. New curlers, intermediate curlers and Skips needed for our League. Full- or part-time or 1/2 year spots avail. and a Spare List too. **204-837-6679** or [pthgeh@yahoo.ca](mailto:pthgeh@yahoo.ca)

**VOLUNTEERING**

**Caregiving with Confidence** (formerly Rupert's Land Caregiver Services) - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Also to provide respite for Caregivers of older adults in all areas of Winnipeg. Call **204-452-9491** or email: [volunteer@caregivingwithconfidence.org](mailto:volunteer@caregivingwithconfidence.org) for info or other volunteer opportunities.

**Misericordia Health Centre** - Volunteers needed to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Parking provided. Call **204-788-8132**, or apply in person or online at [www.misericordia.mb.ca/volunteer](http://www.misericordia.mb.ca/volunteer)

**Misericordia Health Centre** - Gift Shop volunteers needed for summer and regular shifts in fall. Free parking provided. Call **204-788-8134**. Apply in person or online at [www.misericordia.mb.ca/volunteer](http://www.misericordia.mb.ca/volunteer)

**South Winnipeg Seniors Resource** - Seeking Meal Program Volunteer Assistant, Mon., Wed. & Fri. 11 am-1:45 pm, at Delta Manor, 100 Adamar Rd. Call Samantha **204-478-6169**.

**University of Manitoba** - Looking for volunteers over age 60 to participate in the approved study "Age and Spatial Reorientation" at U of M. Study consists of a few questionnaires and a virtual reality based task. Participants receive \$15 as a token of appreciation. Call Megan Siemens: **204-390-1171**, email: [siemen17@myumanitoba.ca](mailto:siemen17@myumanitoba.ca) or web: <http://home.cc.umanitoba.ca/~kellyd/agingstudyrecruitmentposter.pdf>

**Victoria Lifeline Home Service Representative** - Volunteers needed to explain and set up the Lifeline equipment in people's homes in Wpg. Must have car, mileage reimbursed. Melissa: **204-956-6773** or email [msitter@vgh.mb.ca](mailto:msitter@vgh.mb.ca)

**Deer Lodge Centre, 2109 Portage Ave.** - Daytime volunteers needed to assist in the Physiotherapy department, cafeteria, coffee program, PRIME and Get-a-way community programs. Call Joy: **204-831-2912** or email: [jtanchuk@deerlodge.mb.ca](mailto:jtanchuk@deerlodge.mb.ca)

**Meals on Wheels** - If you got the wheels, we got the meals! We are looking for volunteers in the following areas: Downtown, Point Douglas, Seven Oaks and Transcona. Drivers receive an honorarium. **204-956-7711** or [www.mealswinnipeg.com](http://www.mealswinnipeg.com)

**The Bereavement Care Program of Concordia Hospital** - seeking Grief Support Volunteers to provide telephone grief support to family members of people who have died at the Hospital. Ideal for a person with a health care, ministry or counseling background. Flexible 4 hrs/wk. Work from home. Bob Milks: **204-661-7402**, [bmilks@concordiahospital.mb.ca](mailto:bmilks@concordiahospital.mb.ca)

**Travel Manitoba Visitor Information Centre** at The Forks - Come volunteer this spring and summer in the Visitor Information Centre. Provide helpful advice, recommendations and directions to the province's top tourist attractions/destinations. Email: [sbason@travelmanitoba.com](mailto:sbason@travelmanitoba.com)

**Kildonan MCC Thrift Shop** - Volunteer in a professional environment and have fun! Located at 445 Chalmers Ave. Call or email: [meaganvarndell.kmts@gmail.com](mailto:meaganvarndell.kmts@gmail.com) and **204-668-0967**

**Manitoba Institute for Patient Safety** - Volunteer opportunities. Visit [mips.ca](http://mips.ca) 'About Us' to learn about our Volunteer Program. [admin@mips.ca](mailto:admin@mips.ca) or **204-927-6477**.

**Middlechuch Personal Care Home** - Volunteers needed to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or [matt@middlechurchhome.mb.ca](mailto:matt@middlechurchhome.mb.ca)

**Southeast Personal Care Home** - volunteers needed to assist with recreation programs at 1265 Lee Blvd - days, eve's, wknd's. Call **204-269-7111** Ext. 2225

**Vista Park Lodge Personal Care Home in St. Vital** - Volunteers needed. Contact: Caitlin Liewicki: [cliewicki@extendicare.com](mailto:cliewicki@extendicare.com)

**HSC Winnipeg** - Volunteers welcome in patient and support areas, 7 days a week. Free parking or bus tickets. Call **204-787-3533** or email: [volunteer@hsc.mb.ca](mailto:volunteer@hsc.mb.ca)

**South Winnipeg Seniors Resource Council** - Volunteers needed for Meal Program in Osborne Village 2-6 hrs/wk. Call **204-478-6169** or email [swsrc@mymts.net](mailto:swsrc@mymts.net)

**Parkview Place, Long Term Care by Southeast Personal Care Home** - is looking for volunteers during the day, evening or the weekend to assist with the recreation programs. Call **204-269-7111** ext. 2247

**PROGRAMS / SERVICES**

**Gwen Sectar Creative Living Centre** - (1588 Main) Looking for Bridge Players, Tuesdays, 1-3 pm. **204-339-1701**

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

**Good Neighbours Active Living Centre** - Are you a senior 55+ in the Elmwood/East Kildonan area who is feeling bored, isolated? Call the Outreach Worker for various activities and functions that are available to you: Julie **204-996-0750**

**Pembina Active Living 55+ (PAL)** - Summer activities (membership required - must register): PALputters (golf), PALpedallers (cycling), Yoga class in the Park (must register), Lunch PALS, movie PALS. PAL Picnic and fall registration: Aug. 22. [www.pal55plus.com](http://www.pal55plus.com), [office@pal55plus.com](mailto:office@pal55plus.com) or **204-946-0839**

**Gwen Sectar Creative Living Centre** - (1588 Main St.) Shuttle Bus runs Wed. mornings for \$15 from the north end and \$15 from the South End (members). Transportation from Seven Oaks, Garden City, West Kildonan, Maples & South End. Get lunch, bingo, entertainment, refreshments & transportation home. **204-339-1701**

**Archwood 55** - Come and join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our web-site or pick up a 2017 Spring Program Guide from the office for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or [archwood55mail@gmail.com](mailto:archwood55mail@gmail.com) [www.archwood55plusinc.weebly.com](http://www.archwood55plusinc.weebly.com)

**Brooklands Active Living Centre** - Zumba Gold, Aqua-fit, Line Dancing, Floor Curling. Drop-in fees avail. Bingo Mondays, 1 pm. #License LGA 1143-B1. FREE Games. **204-632-8367**

**Golden Rule Seniors** - Fort Rouge Leisure Centre, 625 Osborne St. Mon. Bingo 1 pm. Tues. Bridge 2 pm. Thurs. Singalong 10 pm. Floor shuffleboard 1 pm. Bridge 1 pm. Fri. China painters 10 pm. Carpet bowling 1 pm. Wanted Cribbage players for Wed. 1 pm. Call Terry: **204-453-1085**

**Charleswood Adult Day Program** - Social Day Program for seniors Transportation and hot lunch provided. Members \$8.85/day. Referrals made through WRHA. **204-889-4608** or call your Case Coordinator

**Lions Manor Adult Day Program (Pacesetters)** - 320 Sherbrook Street. A social program Tues-Fri for isolated seniors in the community living with Alzheimer's/ Dementia. Transportation and hot lunch provided for \$8.85/day. Call **204-784-1378**. Referrals for the program made through the WRHA home care case coordinator.

**Prendergast Seniors Club** - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Mon. luncheons 4th Wed., 12-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

**Ukrainian Cdn Veterans Br # 141** - Dance to a live band every Sat., 1-4:30 pm. Adm. Includes lite lunch. Chase the Ace Draw ea. Sat. Tickets on sale 3:30-4:25 pm. Draw 4:30 pm. Also 60/40 draw. Call **204-589-6315** ext 103 for future events and information.

**Seine River Seniors** - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Luncheons, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, A Trolley City Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

**Fraternal Order of Eagles** - 3459 Pembina Hwy. Cribbage Tues. 1 pm. \$100 for a 28 or better hand. Free Coffee; Wed. Bingo, doors open 11:30 am, games 12:55 pm; Sun. Bingo, doors open 5:30, games 6:30 pm. **204-269-4332** after 4:30 Mon-Fri.

**The Friends of Library Book Club** - Seeks new members. Meet 3rd Tue. ea mo at 10:15 am on 2nd Floor of Millennium Library. Books chosen are available through the library. Membership is free. Call: **204-452-3369** or **204-254-6697** for info.

**Lion's Place Adult Day Program** - Social day program for seniors. Transportation & hot lunch provided. Members \$8.75/day. Call **784-1229**. Referrals made through WRHA at **788-8330**, or call Case Coord.

**The PROBUS Club of Winnipeg** - is a group for the retired or semi-retired. Info: **204-489-2882**, or [winnipegprobuss85@gmail.com](mailto:winnipegprobuss85@gmail.com)

**Dakota 55+ Lazers Senior Centre** - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. **206**. WHIST, Wednesdays, 1-3:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

Continued on page 17

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). FREE for non-profits and current advertisers. Include duration for listing to run. Format: Who (what company or organization is holding the event), What the event is, date, time, place, about the event, contact info.

# HEARTSPACE WRITING SCHOOL

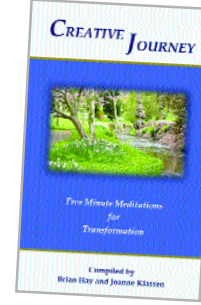


**Joanne Klassen, founder of Heartspace**, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: [www.write-away.net](http://www.write-away.net)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

# CREATIVE JOURNEY

- Compiled by Brian Hay and Joanne Klassen

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



### Five Minute Meditations for Transformation

**CREATIVE JOURNEY** is available as an e-book for \$ 4.99 at Amazon: <https://www.amazon.ca/dp/B011Q0N9AS> and in print for \$ 18.95 at McNally Robins Bookellers, Winnipeg, MB [www.mcnallyrobins.com](http://www.mcnallyrobins.com) Tel. 204-475-0483 or 1-800-561-1833

## Excerpts from CREATIVE JOURNEY:

### RISK

By Pat Cloutier (PC)

*You must do the thing you think you cannot do.*  
**(Eleanor Roosevelt)**

Fear holds my hand and will not let it go. It controls, stifling the tiniest germ of an idea that makes me come alive with joy and pride.

How will "they" react to what I have expressed? Should I have taken a different path? What would the outcome be if I had?

Have my own insecurities, the dream squelchers, stymied my confidence forever? Or will a simple comment boldly penned by my teacher on a story I wrote years ago in Grade 5 prevail?

Two words: "Very creative!" These words which have often inspired me to believe that a different approach is the seed of new ideas, bringing joy to others, simply because it is welcome change, fresh and invigorating. (PC)

*I risk sharing my unusual viewpoints and creativity with the world, bringing joy to others and to myself.*

**BIO: Pat Cloutier (PC)**

Pat is a retired teacher who loves to explore her creativity through a variety of artistic mediums, including writing. She delights in extracting an unusual viewpoint from any ordinary object or situation and fashioning it into an exciting and meaningful interpretation. Her passion is whittling the peel of a plump orange into a variety of intricate designs after savouring its delicious fruit. So far, she has met only one person who shares her fancy. ■



### CONFIDE

By Wilma Walker (WW)

*Oh the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor measure words but pour them all out, chaff and grain together knowing that a faithful hand will take and sift them, keep what is worth keeping and with the breath of kindness, blow the rest away.*  
**(George Eliot)**

I recall a work colleague with whom I shared leisure interests and time as well as work space, asking why I seemed so sad. Since I had been unable to reach an old friend and confidant by phone, (she lived a great distance away), in a spell of weakness I shared my intimate troubles with my colleague.

Within a couple of days my quandary was detailed around the staffroom, causing speculation to abound. I became the butt of oblique asides and gossip.

It took me many years to again feel comfortable in sharing confi-

dences, even with my old and trusted friends. Whilst visiting one of these friends she made a point of saying she still trusted me, could I still trust her? I was indignant, of course I could! My sense of trust was finally renewed but I learned to be patient. (WW)

*I follow my inner instincts and wait for the right person to confide in.*

**Wilma Walker (WW)**

Following retirement from the Careers Service Wilma completed a "Mencap" challenge to Peru, establishing a school for disabled children, then walked the Inca trail to Machu Picchu. In 2005 she was part of a Quaker study tour to Cuba. Joys, woes, and decisions are worked out through writing. Her sons, their families, Life Writing for Transformation™ workshops, reading group, yoga, walking her dogs and caring for her disabled husband fully occupy her. ■

**NOTE:** If you'd like to participate in the **Dragon Boat Festival** but don't have a team, submit your name, email and phone number to **Senior Scope** by email to [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca) and we will try to match you up with a team that may need members. If you have a team that needs more members, check with us by email. We may be able to help you out.

**MANITOBA DRAGON BOAT FESTIVAL**  
Event organized by FMG

**55 Plus Category Added!**

**SEPT 8-10, 2017 AT THE FORKS**

The perfect 55 Plus adventure has arrived in Winnipeg. Have a blast, challenge yourself, make new friends and compete with people your own age and ability in a brand new 55 Plus category being introduced at the annual FMG Manitoba Dragon Boat Festival. No experience - no problem; it's easy, safe and loads of fun! Participate in this age friendly competition and help raise much needed funds for cancer research in Manitoba.

Senior Scope and FMG Manitoba Dragon Boat Festival are introducing a 55 Plus category for Manitobans who are 55 years of age or older. FMG Manitoba Dragon Boat Festival has been operating for over 25 years, generating over 5.5 million to local charities specifically CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba.

**What is dragon boating?** It's the world's fastest growing water sport for all ages, a team of 20 paddlers, a steersperson and drummer move a 44' Chinese dragon boat down a 500m Red River course at The Forks.

**How do we register a team?** - FMG makes it easy to get your dragon boat team underway. Select a competent, well organized, communicative Team Manager and sign up to join the team. FMG will guide your Team Manager all the way, including your three one-hour practices before the event and on Festival Weekend.

Check out the FMG Dragon Boat website at [www.facilitymarketing.com](http://www.facilitymarketing.com) or email us [fmg@fmgdragonboat.com](mailto:fmg@fmgdragonboat.com) and be part of the 'first wave' of 55 Plus participants in the FMG Manitoba Dragon Boat Festival.

Endorsed by: Senior Scope, MASC, ALCOA C.V.A.A., CancerCare Manitoba Foundation, FMG, Children's Hospital Foundation of Manitoba

Working together for Manitoba kids with cancer.

**DANNY'S BARBEQUE & SMOKEHOUSE**  
*We'll bring the flavour!*

**Full Menu Catering**  
offering pork, turkey, beef, chicken, ribs or steak

**Pick Up Meals - Whole Hog BBQ**

Find our Pulled Pork & Turkey in stores now!

**CO-OP Red River**

204-344-5675 [dannyswholehog.com](http://dannyswholehog.com)



## Things To Do

## IN WINNIPEG, cont'd from page 15

**Manitoba Christian Writer's Assoc.** - Writers of all levels welcome. Various activities. Membership \$25. Drop-in \$3/mtg. **204-256-1614** or **1-204-326-7286**

**Manor Adult Day Cub** - 320 Sherbrook St. We are a pacesetters adult day program specifically for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. \$8.65/day includes lunch. Email: [keziatoews@hotmail.com](mailto:keziatoews@hotmail.com) for info.

**The St. James-Assiniboia 55+ Centre** - 3-203 Duffield St. The Centre offers a variety of different programs and services to adults 55+. Visit [www.stjasc.com](http://www.stjasc.com) to view programs and services. **204-987-8850**

**55+ Men's Club** - meets Wed. & Thur. afternoons, 1-4 pm, at 3172 Portage Ave. Various activities: art and hobby classes or just enjoy a cup of coffee. **204-987-8850**

**Fort Garry Legion** - Hard Card Bingo - Tues. 1:15, Paper Bingo, Fri. eve, Early Bird 7:15 pm, and Sat., Hard Card and Ladies Auxiliary Lucky Star. All Welcome. Kitchen open for Lunch. 1125 Pembina Hwy.

**St. Chad's Anglican Church** - Services at 472 Kirkfield St. Service of Holy Eucharist and Sunday School, Sunday at 9 am. Fellowship with tea and coffee after service.

**McBeth House Centre** - 55+: Tues.: Quilting, 9-2 pm; cribbage; Thur.: porcelain painters, etc., 10-2 pm; Fri.: whist, 7-10 pm; Sat.: bridge, 1-4 pm. Bridge players needed: **204-334-0432**. House avail. for rental.

**The Friendly Settlers Senior Citizens Club** - 400 Day St. (Transcona), Meet Mondays, 10 am for cribbage, lunch and bingo. Special events /group trips offered. **204-222-7504** or [ganyadel4@mymts.net](mailto:ganyadel4@mymts.net)

**Senior Achievers** - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Pat: **204-414-5360** for more info.

**Vital Seniors** - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet Bowling: **204-452-2230**, Line Dancing: **204-334-3559**, Exercise Class: **204-253-0555** (Judy), Monthly Luncheon: **204-255-7508**, Scrabble: **204-257-4014**, St. Mary Magdalene Church, 3 St. Vital Rd.

**Bleak House Senior Centre** - 1637 Main St. - Mon. 1 pm whist, Tue. 10 am coffee and conversation, 11.45 am Lunch, 1 pm Bingo - Ceramics Thur. 1 pm Cribbage, Friday 9:30 am Quilting. Info: **204-338-4723**

**Elmwood-East Kildonan Active Living Centre** - 180 Poplar @ Brazier in Elmwood. Membership \$15/yr. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. Call **204-669-0750** or **204-890-3282**

**Norberry-Glenlee CC** - Programs for seniors. Play Pickleball at 26 Molgat Ave., St. Vital. Call **256-6654**

**Dufferin Senior Citizen Inc.** - 377 Dufferin Ave. Mon: shuffleboard 9:45 am, Bingo 1 pm; Wed noon: soup and perogy lunch. All welcome. Perogies for sale. Every 2nd Sat: noon-3:30 pm dance with a 4-piece band (full lunch). **204-986-2608**

**The Salvation Army Barbara Mitchell Family Resource Centre** - Seniors 55+, 51 Morrow Ave, St.Vital. Tues S.T.A.R.S. 9:30-11:30 am, FREE Tea/Coffee, Snacks, Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. **204-990-2339**

**Weston Seniors Club** - Programs: computer training, cooking, guest speakers, presentation, luncheons, etc. Meet Tuesdays at 1625 Logan. **204-774-3085**

**Assiniboia Wood Carvers Association** - Woodcarving every Fri. 1-3 pm at Valour CC-Clifton Site, 1315 Strathcona St. Call Mel: **204-661-2213** or Wayne: **204-783-7340**

**Le Conseil des francophones 55+** - ensures the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up living in Wpg. French only: Tai Chi Chih, light Yoga, Line dancing and Pickleball. **204-793-1054**, 107-400 Des Meurons St., St-Boniface, Wpg., [conseil55@fafm.mb.ca](mailto:conseil55@fafm.mb.ca)

**Mensheds Manitoba Inc.** - peer run program by men for men at Woodhaven Community Club, 200 Glendale Blvd, Woodhaven in St James, Tue. and Wed. afternoons, 1-4 pm. Call Doug: **204-832-0629** or **804-5165**

**Good Neighbours Active Living Centre** - Lunch and Bingo. Lunch \$6, Bingo 5c per card. Transportation provided within the RiverEast (Elmwood, E.K., N.K. areas) Call Julie at Seniors Outreach: **204-996-0750**

**High Steppers Seniors Social Club** - We meet Wednesdays & Thursdays for fun and activities. New members and volunteers welcome. Winakwa Community Centre, 980 Winakwa Rd. **204-619-8477**

**Manitoba Genealogical Society** - Check out our -'MANI' online database with 1.5 million records of Manitoba names. "Problem corner" to help solve roadblocks in your search. <http://mbgenealogy.com/>

## Things To Do

## IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

**East St. Paul 55+ Activity Centre** - (262 Hoddinott, behind curling club) - 2 Floral Workshops: Sept. 11, 1:30, \$15 (Fall Floral Arrangements), Dec. 11, 1:30, \$18 (Christmas Floral Arrangements). All supplies provided. Take home your arrangement. **204-654-3082** (msg).

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Meet & Greet, Sept. 21, 1 pm. We invite everyone 55+ to come and join us as we showcase the many activities offered and the facility features (kitchen, sitting & dining areas, etc.) **204-654-3082**

**Gimli - Gimli Annual Craft & Trade Show** - Sept. 30, 10 am-3 pm, Gimli Rec Centre, 45 Centennial Road. Silent auction/Free admission. Tables still available. For more info: **204-642-6670**.

**Gimli area - Farmers Hall Old Time Dance Schedule (formerly United Farmers Community Hall)** - Hwy 231, 2miles west from Hwy turn off. Dances last Wed. afternoon each month, Aug. 30, Sep. 27, 1-4. Featuring Country Pride live band. Adm. \$15 includes light lunch, tea and coffee. **204-296-0540**.

**Komarno - Harvest Dance** - Sun. Aug. 20, 1-5 pm, Komarno Community Hall, Music: Canadian Rhythm Masters. Tickets \$20 ea. Call Mona: **204-886-2994**. Hot lunch included. All proceeds go to Komarno Hall Renovations

**Selkirk - Fung Loy Kok Institute of Taoism** - 2017 Tai Chi Fall Registration Beginner Classes. Tues.'s 6 pm, Thur.'s & Sat.'s 9 am, Gordon Howard Centre, 384 Eveline St. Call **204-785-2332**. Reg. Charitable Org. #11893 4371 RR0001.

**Springfield - Springfield Seniors** - Let's Talk! About living with hearing loss this fall - Speech (Lip) Reading. Sept. 15- Nov. 3, 1-3 pm, Springfield Library, 60 024, Hwy 206, Dugald, MB. Cost \$35. For info: Gladys Nielsen [g.nielsen@icloud.com](mailto:g.nielsen@icloud.com) / **204-975-3037**, or Diane Dumas **204-853-7582** / [springfieldseniors@mymts.net](mailto:springfieldseniors@mymts.net). Canadian Hard of Hearing Association, Manitoba Chapter

**Warren - United Church Fall Supper & Bake Sale** - Sun. Sept. 17 - 3-6 pm, Warren Memorial Hall, Warren, MB, 15 min.

north of the Perimeter on #6 Hwy. Adults: \$15, 6-10: \$6. Wheelchair friendly! No reservations required.

### VOLUNTEER

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

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

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

### PROGRAMS / SERVICES

**Beausejour - Beau-Head Senior Center** - Mon. Chi Gong, Chair Exercise, 10 am. Crib 7 pm; Tues. Crib, 1 pm; Wed. Line Dancing 10 am. (beginners welcome) Bingo 1 pm; Thur. Whist 1 pm. 645 Park St. Beausejour **204-268-2444**, [beauhead@mymts.net](mailto:beauhead@mymts.net)

**Dauphin Multi-Purpose Senior Centre-Seniors 55+** - members and non-members welcome. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, Folklorama trip, dinner and a movie night, dances. The congregate meal program at the Centre is Tue, Wed, Fri. We also offer: Lifeline, cancer society Transportation Program, fee for service contact list, Erik Kits, help filling out paperwork. *Our facility is also available to rent, so remember us for your next function.* [www.dauphinse-niors.com](http://www.dauphinse-niors.com), **204-638-6485**

**East St. Paul 55+ Activity Centre** - (262 Hoddinott) - Area residents welcome to play cribbage Tues., whist Fri. Also: pool, quilting and stitchery, art group, table and floor shuffleboard, book club, yoga, potluck suppers and casino trips. **204-654-3082** (msg).

**Emerson-Franklin Senior Services** - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clin-

ics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

**Interlake North Eastman** - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Eriksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lundar Community Resource Council **762-5378**; Riverton & District Seniors Resource **378-2460**; St. Laurent Senior Resource Council **646-2504**; Selkirk - Selkirk & District Senior Resource Council Inc. **785-2737**; Stonewall - South Interlake Seniors Resource Council **467-2719**; Springfield Services to Seniors **853-7582**; Teulon and District Seniors Resource Council **886-2570**; Two Rivers Senior Resource Council, Lac du Bonnet **345-1227**, Pinawa **753-2962** or Whitemouth/Reynolds **348-4610** or Winnipeg River Resource Council **367-9128**

**Montcalm - Montcalm Service to Seniors (S.A.A.M)** - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551** or email: [jbarnabe@hotmail.ca](mailto:jbarnabe@hotmail.ca)

**Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi** - Services : parking permits, congregate meal programs 5x a week at the manor, internet research, information/health sessions, light house-keeping, Alzheimer's support group, palliative care, transportation services, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Contact coordinator Bev Collet at: **204-248-7291** or [ensemble@mymts.net](mailto:ensemble@mymts.net). Our goal is to

assist seniors and the disable to maintain their independence. We are **always looking for volunteers** in helping us make these programs a reality for our seniors in Notre Dame de Lourdes and Saint-Léon.

**Seine River Services for Seniors** - The Philips Lifeline Medical Alert Service provides simple, fast access to highly trained, caring Response Associates at the push of a button, 24 hours a day, 365 days a year. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Juliette Rowan: **204-424-5285**.

**Les services rivière seine pour aînés** - Lifeline est un service d'alerte médicale simple et conçu pour réduire les risques lorsqu'on vit seul. En cas de chute ou d'urgence, de l'aide est à votre portée en appuyant sur un bouton. Le bouton d'aide de Lifeline vous met en communication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

**Springfield Seniors Community** - Congregate Meals are available to all community seniors. **Oakbank:** Mon/Tues/Fri - 5 pm. Wed/Thurs, noon. Call **204-444-3132**. **Dugald:** Mon/Wed/Fri - 5 pm. **Cooks Creek:** Mon/Wed - 11:30. Call **204-444-6000**. **Anola:** Mon-Fri, 11:45 Call **204-866-3622**

**Springfield - Support Group for Caregivers.** 3rd Thur. of month 1-3 pm at that Springfield Library. Call Jackie at **204-268-4752** or email [alzne@alzheimer.mb.ca](mailto:alzne@alzheimer.mb.ca) to register

**West St. Paul Seniors Programs** - Yoga/Pilates; Zumba Gold 55+; Stitch 'n B\*\*\* - Knitting / Crochet Group. Info: Sunova Centre: **204-336-0294**, or [recreation@weststpaul.com](mailto:recreation@weststpaul.com)

Email ready-to-print electronic PSAs to: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca). **FREE** for non-profits and current advertisers. Include duration for listing to run. Format: **Who** (what company or organization is holding the event), **What** the event is, date, time, place, about the event, contact info.

## Victoria Lifeline - Independence on the Go

**NEW! GoSafe Mobile Help Button**



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

**(204) 956-6777**


[victorialifeline.ca](http://victorialifeline.ca)



## Foot Care for Seniors


**Mobile Foot Care Nurses**  
**204-837-6629**

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



## Today's Recipe

Larry McIntosh



### Pasta Salad with Peppers & Dill

Metric	Ingredient	Imperial
875 ml	rotini noodles	3 1/2 cup
125 g	snow peas	1/4 lb
750 ml	cauliflower, in small pieces	3 cup
250 ml	carrots, thinly sliced	1 cup
2	peppers, chopped (red, yellow and/or green)	2
2	green onions, chopped	2
50 ml	fresh dill, chopped	1/4 cup
-	<b>DRESSING</b>	-
2	cloves garlic, minced	2
75 ml	red wine vinegar	1/3 cup
15 ml	sugar	1 tbsp
75 ml	corn oil	1/3 cup
40 ml	water	3 tbsp
-	salt & pepper to taste	-

In a large saucepan of boiling water, cook pasta until tender but firm. Drain, rinse under cold running water and drain again. Blanch snow peas in boiling water for 2 minutes. Drain, rinse under cold running water and drain again. In large bowl, combine cauliflower, carrots, peppers, green onions, dill, peas and pasta; toss to mix. Dressing: In small bowl, combine garlic, vinegar and sugar; mixing well. While whisking, gradually add oil and water; mix well. Pour as much as required over salad and toss to mix. Add salt and pepper to taste.

Serves 6 [www.PeakMarket.com](http://www.PeakMarket.com)

## WORDSEARCH - Herbs & Spices

By Senior Scope

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

## CROSSWORD

### Summery Judgement

By Adrian Powell

- ACROSS**
- 1 Honolulu's locale
  - 5 \_\_\_ Palmas
  - 8 Where Eiffel built something big
  - 13 Satyr's relative
  - 14 "Exodus" hero Ben-Canaan
  - 15 Bigot to the elderly
  - 16 George Gershwin's opinion about summertime
  - 19 In Canada, we all have one (abbr.)
  - 20 Letters they used to type blood with
  - 21 Month preceding Yom Kippur
  - 22 Had lunch
  - 25 Small barrel of beer
  - 27 Tiny six-footer
  - 29 Place that you can safely drive off
  - 30 Donna who warbled she would "Love to Love You Baby"
  - 34 Slugs
  - 35 Israelfs \_\_\_ Aviv
  - 36 Where L.A. is
  - 37 Social science course, in brief
  - 39 Pioneer's building material
  - 41 Cut a plank again
  - 45 "See!"
  - 47 Steal
  - 49 "M\*A\*S\*H" actor
  - 50 Description of the days of summer, according to Nat King Cole
  - 53 Chinese meta-physical concept
  - 55 Tokyo's old name
  - 56 Prohibition, e.g.
  - 57 Today's answer, usually
  - 58 Orchestral staple
  - 60 Divining gizmo
  - 62 Really early hour
  - 64 Middle of summer, to a Brisbane chap

1	2	3	4	5	6	7	8	9	10	11	12	
13				14			15					
16				17			18					
19				20			21					
22	23	24		25		26		27		28	29	
30			31			32			33			
34				35			36					
37			38		39		40		41	42	43	44
		45		46		47		48		49		
50				51			52					
53	54			55			56			57		
58		59		60		61		62		63		
64			65		66		67		68			
69				70			71					
72				73			74					

- DOWN**
- 1 Quite frequently
  - 2 Response to a relaxing backrub
  - 3 Subtle tints
  - 4 Dissimilar to
  - 5 Loo, in Leeds
  - 6 Opera solo
  - 7 Storied sailor of legend
  - 8 Ballet's \_\_\_ de deux
  - 9 "A Death in the Family" writer
  - 10 Name of many an old theatre
  - 11 Copy of "Time"
  - 12 What Fred Astaire had
  - 17 Not active at all
  - 18 Like classical Greek columns
  - 22 Rush job letters
  - 23 Rolands alternative
  - 24 TV actor's award
  - 26 Skedaddles
  - 28 Red Square
  - 31 Timmies choice
  - 32 Foreign minister
  - 33 Not cloudy or grey
  - 38 Smog, basically
  - 40 Snooze
  - 42 Knock off, so to speak
  - 43 Totem carver's tool
  - 44 Techniques
  - 46 Dam builder, often
  - 48 "Don Juan" poet
  - 50 Coin introduced in 1987
  - 51 Like cattle and reindeer
  - 52 Vancouver iceman
  - 53 Things in the Valley of the Kings
  - 54 Call off
  - 59 Italian attraction that really blows?
  - 61 Muslim spirit (var.)
  - 63 Rake in
  - 65 Tailor an edge
  - 66 Nicole's "Cold Mountain" role
  - 67 Model T's old rival
  - 68 Bow maker's wood

- |             |          |          |            |             |            |
|-------------|----------|----------|------------|-------------|------------|
| Aconite     | Betony   | Comfrey  | Goose foot | Nutmeg      | Sea fennel |
| Agrimony    | Borage   | Cress    | Grass      | Oregano     | Senna      |
| Angelica    | Camomile | Cumin    | Henbane    | Orpine      | Sesame     |
| Anise       | Caraway  | Dill     | Hyssop     | Parsley     | Simple     |
| Balm        | Chicory  | Endive   | Lovage     | Penny royal | Sorrel     |
| Basil       | Chilli   | Galangal | Mace       | Rue         | Tansy      |
| Bay         | Chives   | Garlic   | Mint       | Sage        | Thyme      |
| Bear's foot | Clary    | Gentian  | Mustard    | Samphire    | Turmeric   |
| Bennet      | Cloves   | Ginger   | Myrrh      | Savory      | Vanilla    |
|             |          |          |            |             | Woad       |

## SUDOKU VERY EASY

By Senior Scope

SOLUTION ON NEXT PAGE

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

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

# DAVE'S MUSIC

## D.J. SERVICE

**Music for any occasion**  
Socials • Weddings • Parties • Bar music

**PLAYING TOP 30, plus the Hits of 50s, 60s, 70s, 80s, 90s, 2000 & Up**

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

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

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

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

# HUMOUR

By William J. Thomas



## The Brad & Muffin Tragedy - Romeo & Juliet It Ain't.

As love notes go, it wasn't exactly the words of Ludwig van Beethoven "Oh, go on loving me - never doubt the faithfulness of heart. Of your beloved. Ever thine. Ever mine. Ever ours."

It wasn't even close to President Ronald Reagan's mushy missive to his beloved Nancy: "I more than love you, I'm not whole without you. You are life itself. When you're gone, I'm waiting for you to return so I can start living again."

And it wasn't as well crafted as the first love letter kicked out by a

**“... it wasn't as well crafted as the first love letter kicked out by a computer: "My lust tempts your fond ardor. My liking ardently cares for your hunger." It was simply a scrap of paper floating end-over-end down a narrow alleyway when I picked it up.”**

computer: "My lust tempts your fond ardor. My liking ardently cares for your hunger."

It was simply a scrap of paper floating end-over-end down a narrow alleyway when I picked it up, probably dislodged from a car windshield or the back door of a house. Hand printed on a small, slender memo it was a story of tragedy, lust and revenge in a mere 15 words.

"Brad, my cell phone not working. Come sleep over. Kids with their Dad tonight. Muffin." A happy face appeared above Muffin's signature and "XO" underneath it. It was a beautiful thing this epigram -

an intriguing little story told in fewer words than you might find on a grocery list.

Sadly, "Cell phone not working" in today's world is a real tragedy. Unable to "selfie" herself, the useless cell phone could provoke suicide making Muffin every bit a tragic Shakespearean figure as Macbeth. The only difference is Muffin is apparently sleeping with Brad, not her mother.

"Come sleep over." The line drips of Frank Sinatra's erotic invitation to love. "Come fly with me, let's fly, let's fly away." But it's gotta be a real short flight because ...

"Kids with their Dad tonight." Okay so this is not the story of Ozzie & Harriet. It's more like Stud & Muffin which would make an excellent name for a Stag & Doe party. Yet, Muffin's separation sounds rather amiable unless the kids are real hell raisers and the night at Dad's is more like *Night Of The Living Dead* with the father preferring the company of zombies to his own offspring.

For the movie, I'm thinking Brad Pitt as Brad, Jennifer Lawrence as Muffin and Phil and Sal Fondacaro, Hollywood's most famous dwarf twins as the kids. Bill Murray would be Dad.

The film opens with Brad, a grinning, beer-swilling hunk watching an afternoon Jays game on TV while constantly looking at his cell phone for the booty call that will never come. Outside, next to his shiny Camero a stranger picks up a note that has been separated from the windshield wiper blade by a slight breeze. Upon further inspection, the audience learns that this is not just any stranger but one in desperate need of a column idea and three hours from deadline.

Meanwhile in a three-bedroom clapboard in nearby Humberstone where people still believe *An Officer And A Gentleman* was a true story, Muffin rifles through her closet trying on a dozen teddies in order to select the perfect one for a tryst that will never take place, the invitation having gone with the wind.

At the same time in an apartment above the City Hotel, wearing a helmet and hockey gear, Dad has locked himself in the bathroom where he alternates between stabbing pins into his Brad Pitt doll and speed-dialing Muffin who forgot to drop off the box of chocolates that are laced with Demerol to knock the little buggers out cold. But her cell phone is not working. And he can't drive to her apartment because the twins have jammed the fridge and stove against the bathroom door. As he screams for help from neighbors, the children proceed to drop potted plants and small appliances on people walking on the sidewalk below the living room window.

Phil laughs hysterically as Sal opens his mouth to reveal the tiny B-disc battery from their mother's cell phone, this while they're using skewers to spear fish for snowflake eels in Dad's aquarium. They stop long enough to sing the movie's theme song *Brad Pitt Won't Get Lucky Tonight*.

With the boys using his La-Z-Boy recliner as a trampoline and the cat embedded in the living room ceiling, Dad jumps out the bathroom window into the dumpster below. He's done this before when bad dates ended up staying the night. He drives his rusted-out beater to the house he still owns but can't live in, fully expecting to interrupt his ex-

wife bench pressing a new boyfriend on the kitchen table but no, she's alone and crying. She's never been without her cell phone before.

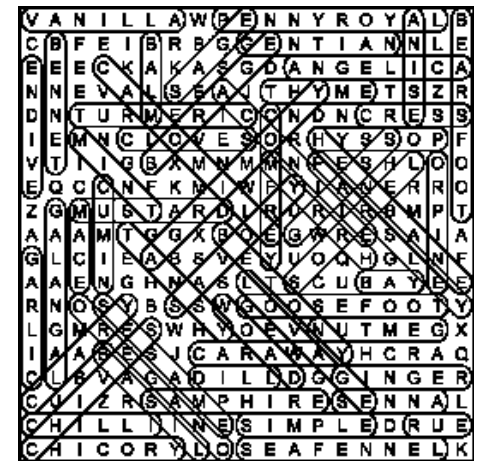
He fixes her cell phone, she fixes him dinner and together, they sing: "If you like pina colodas and getting caught in the rain. If you're not into yoga, if you have half a brain." They take a selfie of themselves and while Muffin goes to get more chocolates, Dad sends the photo to Brad.

No, Brad will most definitely not - "What about the boys?!" "It's alright, they'll be in custody by now." - get lucky tonight.

For the lack of a cell phone, the note was written. For the loss of the note, the boyfriend was abandoned. For the unruliness of the children, the parents were reconciled. For poor supervision, a school of fish died. *Selfie Love* - the movie - *A Multi-Malfunctioning Thing*.

For comments, ideas and copies of *The True Story of Wainfleet*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

### WORDSEARCH - Solution



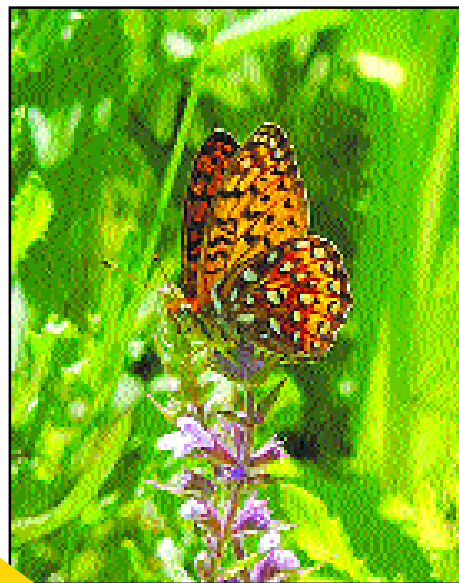
### CROSSWORD - Solution

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

### SUDOKU - Solution

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

## Picture this!



Thank you to Mary Harms of Steinbach, MB for sending in these lovely butterfly photographs taken in August, 2016.

## TRAVELLING GARAGE SALE

Over 5 Years set up in Morris, MB on Main Street

AMAZING SELECTION - 20 TABLES

Collectibles, One-of-a-kind items.

EVERYTHING GUARANTEED IN WORKING ORDER

Call for Details:

**MR. ODDS & ENDS**

1-204-746-4318

### MISCELLANEOUS

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

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

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

Visible in over 700 locations in Winnipeg and in over 65 rural Manitoba communities and online at [www.seniorscope.com](http://www.seniorscope.com).

## THE CLASSIFIEDS

**LISTINGS Only \$10 plus gst**

**DOWNSIZING? Sell those unused items!!! Call for details.**

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

For details, call: 204-467-9000 or Email: [kelly\\_goodman@shaw.ca](mailto:kelly_goodman@shaw.ca)

**BUY • SELL • TRADE • RENT • NOTICES**



**FOR SALE:** Security Pole & Curve Grab Bar, white colour, adjusts 7-10' height, tension mounted ceiling to floor. Great for any room. New - never been used. \$180 OBO. Call 204-791-5476 (Stonewall)

# 1 year. Unlimited number of trips.\* 1 low price.



When you travel, be sure to pick up MEDOC® Travel Insurance through Johnson Insurance. Secure a multi-trip annual plan that packs all the essentials – coverage for medical emergencies, trip cancellation<sup>1</sup>, lost bags, and more.

## What you get with MEDOC®

- Up to \$8,000 trip cancellation, interruption, and delay benefits<sup>1</sup>
- Up to \$5 million in emergency medical coverage
- Up to \$3,000 for lost, stolen, or damaged bags
- Access to coverage regardless of age or health status<sup>2</sup>
- Access to 24-hour Claims Assistance Centre
- Additional 5% savings on Home insurance through Johnson Insurance<sup>3</sup>
- Flexible payment options

Get your quote: **1-877-989-2600** | [Johnson.ca/medoc](http://Johnson.ca/medoc)



[www.mbgovretirees.ca](http://www.mbgovretirees.ca)



[www.rtam.mb.ca](http://www.rtam.mb.ca)



If it happens to you, it happens to us.

Johnson Insurance is a trademark of Johnson Inc. ("Johnson") and operates as Johnson Insurance Services in British Columbia. Johnson is a licensed insurance intermediary. MEDOC® is a Registered Trademark of Johnson. This insurance product is underwritten by Royal & Sun Alliance Insurance Company of Canada ("RSA") and administered by Johnson. The eligibility requirements, terms, conditions, limitations and exclusions, \*(including but not limited to trip duration and intra-provincial trips), which apply to the described coverage are as set out in the policy. The MEDOC policy year is from September 1 until August 31. Policy wordings prevail.

<sup>1</sup>For a trip to be covered for Trip Cancellation, MEDOC® coverage must be in effect on the day of booking your trip or purchased, a) within 5 business days of booking your trip, or b) prior to any cancellation penalties being charged for that trip.

<sup>2</sup>A 90-day Health Stability Clause applies to pre-existing medical conditions and other restrictions may apply.

<sup>3</sup>Home policies are primarily underwritten by Unifund Assurance Company ("Unifund"). Discounts on home insurance applicable only to policies underwritten by Unifund.

Eligibility requirements, limitations and exclusions apply.

0935\_0617