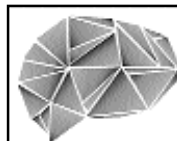


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Team Manitoba 2014

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Manitoba Director Lois Dudgeon is recruiting anyone and everyone who qualifies in Brandon and is interested in joining "Team MB 2016" to represent the province of Manitoba at the national games.

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These Games are all about FUN, Fitness & Friendship! By participating

in the Games, you're not only getting active, you're staying active long after the Games are over. It's also about being part of the FUN and making new friends for life. Not to mention renewing the many friendships from Games past. And so, 4 FUN-filled days of friendly competition.

If you are interested in joining "Team MB 2016", please see Lois at Games Headquarters in Brandon June 14-16 under the Canada flag to register BEFORE you or she leaves Brandon June 16 at 6 pm. Be part of the "FUN & Games" in Brampton!

"The Canada 55+ Games are these older adults Olympics 2016!"

For more information on "Team MB", Please contact:

**Lois Dudgeon**, MB Director  
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[www.c55plusgames2016.ca](http://www.c55plusgames2016.ca)

"Keeping active my way every day for life"

## The Winnipeg Flashbacks inducted into Softball Hall of Fame

Senior Slow-pitch became popular in Manitoba in the late 1980's. As part of these activities there were a series of provincial championships. And there was some good ball that was played. We thought we were pretty good. But a small group of people, headed by our manager Ross MacIver, felt we should test ourselves against the best in the world. So a committee was organized to send the best Manitoba had to offer to compete against the American teams. The best American teams competed in a tournament called the Senior Softball World Championships.

In 1995 we sent 7 teams in age categories starting at 55+ to compete in the World's at Kansas City.

The Manitoba contingent played a total of 42 games. Results: 4 wins, 38 losses. A disastrous start. We thought prior to that tournament that we were pretty good.

We had to learn the fine points of the game - pace hitting, lifting the ball over the infielders, hitting the holes. Defensively, strategically shifting our fielders; We charted the hitting patterns of the opposing teams. Things like that.

In subsequent years Manitoba continued to send teams to participate in the World Championship Tournament and started to win a few more games. However, it all came together in 2004, when we assembled a Manitoba group of age 70+ players who travelled to Las Vegas where we struck gold. The nucleus of the same group won again 4 years later as a 75+ group in Phoenix.

What did winning the World Championships mean? We proved

*Continued on page 2*

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# House and Home

By Alfred Davies

At every age most of us desire to have a place to call home, to have a space that allows us to entertain, share good times with family and friends, to feel secure and comfortable.

### Location

Choosing where to live is very important. For seniors there are a number of options, ranging from low to medium to high rentals, co-ops,

condominiums and life leases. The first criteria is affordability. The cheapest rent may in fact be less affordable. Reduced rent in a location that is only accessible by cab will drive up transportation costs. Being located on a bus route is a significant factor. For seniors who have family support in the neighbourhood location may be less of an issue.

For those who can afford life lease

or condominium housing, location may eventually effect the value of the property.

### Design/Ambiance

Although many older seniors have been used to smaller spaces, a large number of the 60-70 age group have been used to large spaces. Downsizing is an issue. Home/apartment design has gone through a number

Continued on next page

## Winnipeg Flashbacks inducted into Hall... cont'd from front page

the little dogs can run with the big dogs.

In playing a US team, such as from California, with a population of 35 million and with Manitoba having only a shade over 1 million.

The one ingredient that most winning teams have is chemistry. Chemistry is something that sports writers, players and fans talk about. It's elusive and hard to describe. It's that mystical ingredient that makes every player perform to the maximum of his capabilities. This team had it.

It's been said that the greatest honour that can be bestowed on a person is that bestowed on you by your peers, and our peers – the Selection Committee – has selected our team to the Manitoba Softball Hall of Fame. We thank them, not only for the selection, but even more so for the timing – at a time when most of us are here to enjoy the moment.

We have lost only one player from the 2004 team - Ray Gariepy. You will notice our team is wearing black ribbons on our chests and that is in memory of Ray.

We also thank the founding members of this organization. Approximately 16 years ago a group of people had the initiative, vision, and perseverance to recognize the contribution of those who made softball the sport that it is today in Manitoba.

I've had the good fortune of meeting some of these people during my past 22 years in playing senior softball and I'd like to acknowledge them. Firstly, Kent Morgan - our historian, Steve Bergson from Portage who found a building for the Hall, Al Sharpe - our researcher, our current president Murray Blight, and Secretary Les Newman. Folks like these deserve a big 'Thank You' for their diligence and dedication. Just think, if it hadn't been for these peo-



The Flashbacks in Vegas - 2013



2016 induction ceremony.



Cathy Gauthier - Emcee

ple, there would be no Softball Hall of Fame nor a banquet here tonight.

And a big thank you to all our friends and relatives who have joined us tonight for this special moment.

I want to relate a short story to you:

I was channel surfing on TV a week ago and came across the movie, "Field of Dreams". This is where an Iowa corn farmer, played by Kevin Costner, hears this voice, "Build it and they will come." So he tears up part of his corn field and builds a baseball diamond. And who should come back from the past but the 1919 Chicago White Sox. Coming

back from the dead is hokie, but hey, this is Hollywood. At the end of the game, one of the players says to Kevin Costner's character, "Playing on your ball field is just like being in heaven." I pondered this statement for a moment and felt it odd that I never had such a heavenly experience playing on some of the great ball fields in Arizona, California, or Las Vegas, Nevada. But then it occurred to me that perhaps being elected to the Manitoba Softball Hall of Fame does give you a taste of being in heaven.

- Will Tishinski  
(Speech from 2016 Induction Ceremony)

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Communauté Francophone News:

LA LUMIERE DE MON PÈRE

Soumis à la FAFM par Colombe Fafard Chartier

C'est quoi, un père? Un père c'est celui qui a un ou plusieurs enfants. C'est aussi le titre de civilité donné à un religieux. Un père poule est un père qui entoure ses enfants exagérément. Mais pour moi le mot père veut dire Papa. Dans le dictionnaire de ma tête, Papa représente un père fort, courageux, brave, fidèle et loyal. Il est le Papa qui n'avait pas peur de nous faire rire quand il se lançait à quatre pattes sur le plancher de la cuisine et qui nous laissait grimper sur son dos pour nous donner des petites randonnées chacun notre tour avant d'aller se reposer même s'il avait travaillé toute la journée sur la ferme. C'est après ce jeu qu'on le trouvait agenouillé près de son lit entrain de prier avant son repos bien mérité.

Si on avait la bonne chance de trouver son harmonica, on allait tout de suite lui demander de nous jouer un air de musique qu'il ne refusait jamais de nous offrir. Nous étions émerveillés de son talent car il pouvait jouer la même chose sur son violon aussi.

En présence de Papa, je me sentais toujours en sécurité. Je savais qu'il serait là pour me protéger de tous les malheurs. Sa présence m'enlevait la peur de toutes situations pénibles et tristes. J'avais confiance qu'il pouvait écarter la noirceur simplement parce qu'il était mon cher Papa.

Les mélodies sortant de son harmonica et de son violon transfiguraient la lumière sur nos visages. Nous circulions et nous respirions

dans ce monde de lumière qu'il projetait dans nos vies et cette lumière apparaît encore sur nos visages à la seule mention de ton nom Papa!

Après son départ subitement pour l'autre rive, sa présence et sa clarté chante toujours dans nos cœurs! Le mois de juin lance un hommage à tous les pères de familles. Seulement un jour par année est réservé et dédié à tous les pères, mais pour moi le Papa que j'ai connu mérite d'être célébré à tous les jours! Merci Papa! Fais que je découvre ta lumière en moi! Voici un poème en ton honneur :

Mon père  
Un poème de lumière  
Mon père  
Un poème d'espérance  
Mon père  
Un vivant poème de force  
Mon père  
Une lumière qui écarte la noirceur  
Mon père  
Un poème d'amour  
Mon père  
Inspirait dans nos vies  
Un incessant désir de réussir  
et d'aider aux démunis  
Mon père  
Illuminait avec ses sons quand  
il sifflait une chanson  
Mon père  
Savait nous joindre avec une  
tendresse exaltante  
Et avec son éclatant et charmant  
Sourire de lumière!

MY FATHER, A SHINING LIGHT

Submitted to FAFM / translated to English by Colombe Fafard Chartier

What is a Father? A Father has one or more children. It is also a title given to a man of religious ministry. An overprotective father is one who watches over his children in an exaggerated manner like a hen with her baby chicks.

For me, the word father means Papa. The dictionary in my head defines father as a "Papa" who is always strong, courageous, faithful and loyal. Our Papa was dedicated to making us laugh with a mischievous light in his eyes when he would get down on the floor, on all fours, so we could take turns climbing on his back for a makeshift pony ride before he took a well deserved rest after working on the farm all day. Later we would find him kneeling by his bed saying a prayer before getting the sleep he needed so much.

If we were lucky enough to find his harmonica, we would immediately bring it to him and he never refused to play us a few tunes. We were amazed at his talent because he could play the same tunes on his violin.

When Papa was present, I always felt safe. I knew that he would protect me from all harm. His presence always assured me that he could protect me from all sad and fearful situations. I had confidence that he could even make the darkness disappear just because he was my dear Papa.

The melodies that he sculpted from his harmonica and his violin immediately brightened our faces. My siblings and I circulated and breathed in this world of light which he projected into our lives. That light still appears on our faces at the very mention your name Papa!

After his sudden departure for another world, his presence and his light are forever engraved in our hearts. The month of June dedicates one day a year to all the fathers, but I feel that my Papa should be celebrated every day of the year! Thank you dear Papa! Help me to discover your light in myself!

My father  
A poem of light  
My father  
A poem of hope  
My father  
A living poem of strength  
My father  
A light who made the darkness  
disappear  
My father  
A poem of love  
My father  
Inspired our lives with an  
incessant desire  
To succeed and help others in need  
My father  
Illuminated with his sounds  
When he whistled a song  
My father  
Knew how to reach us with his  
exulting tenderness  
And with his bright and charming  
smile  
Filled with an energy producing  
a sensation of  
Brightness that made the dark  
disappear!

House and Home cont'd from front page

of changes. This can be both a benefit and a liability. The 'open' layouts come and go. The builders love it and the advantage for residents is that open area designs create the illusion of a larger home.

Suites should be designed to accommodate wheelchairs.

Flooring is an important consideration. They may want to have carpet - less possibility of slipping as on hard flooring such as tiles or laminate.

Most units are painted in neutral colors. As we age some color definition is an advantage. Combined with a new look at lighting fixtures this will create an opportunity.

Laundry areas should have smaller units raised off the floor because residents can't reach down and into a unit as easily.

Lighting and amenities

Often ignored are the simple appliances and amenities in the space. As we age, for example, we can't get down on the floor to reach into a cupboard for pots and pans. Plugs need to be raised to at least counter level. Hardware details need to be considered as our hands become less flexible.

Bars and rails are a must in the bathroom, and actually can be introduced to the kitchen.

Security

Security is a major issue. Attention should be paid to the availability of on-site management, proper alarm systems and individuals should equip themselves with monitoring devices.

Communications

If possible, the building should offer Wi-Fi and/or cabling for television and internet to keep seniors connected to family and information.

Parking

Sufficient parking should be available. Lack of parking can actually be a reason why families don't visit.

Food preparation, catering.

As we age we can become less interested in preparing our food, and this can be very unhealthy. Access to a dining room for one or more meals per day is a valuable asset. Often the dining room can conveniently host family gatherings as leaving the building becomes more difficult.

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# The Great Wealth Transfer – Are You Ready?

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

Are you as a family ready to fully participate in the Great Wealth Transfer? According to the course we attended in Toronto, presented by the Institute for Preparing Heirs, the management of the estate by the next generation does not go well in most cases. Not only are the assets lost, but family harmony is disrupted, sometimes permanently. The estate plan is set, but typically the family is NOT prepared.

The needs of affluent clients are changing. Typically, parents in their 60s and 70s are most concerned about a smooth and successful transfer of assets to their heirs. When problems arise, they are seldom the result of estate planning technicalities. Unresolved issues among family members are most often the cause of the failure of estates following a successful transfer.

The research shows that the beneficiaries receive the assets successfully. It's after they receive the inheritance that the problems begin. The key reasons are:

- Lack of trust and communication between the beneficiaries
- Heirs not prepared for their roles and what inheritance brings
- The family did not have an agreed upon mission statement for its wealth that identifies shared family values and priorities

The research is showing that the need goes beyond the money. Family wealth includes resources and assets in all forms - cash, bonds, equities,

plain language? As I mentioned in last month's article, I believe that we are in a real pivotal time. However you define wealth – for most people this is the first generation that will

**“However you define wealth – for most people this is the first generation that will have real wealth and financial independence.”**

have real wealth and financial independence. For most people, they may be the only one in this state. Their family and friends may not have as much money or assets as they do. So how do you craft a plan in a different way? The following story is an example of what I mean.

I have this incredible family in my practice. I will refer to my main character as Kate. Kate was a very spry early 80 year-old when I met her. She was not the oldest member of the family but was definitely the connector. She had three siblings that were still alive and well – one other had predeceased them. Many years ago she persuaded all of her siblings living in Winnipeg to start investing with a representative who ran a group plan in the company where she worked. This disciplined approach led to all three siblings, now in their late 80s and 90s, having accumulated substantial portfolios.

All three of these seniors had no children of their own, but cared for the daughter of the fifth sibling who had passed away at a very young age. The aunts and uncles thought they were doing the responsible thing in looking after their adult niece and her family by making her the beneficiary of all of their collective wealth.

At the beginning of my relationship with Kate, I had no idea of the extent of the wealth. Kate, being the organizer of the family, knew that all the wealth needed to be consolidated under the direction of one planner. Because of my relationship with her and because I increasingly talked about how the transition was going to occur to her niece and the various effects on the family, Kate decided to bring all the assets together under my direction. No assets were sold, no taxes triggered, no detrimental effects were created for the aunt's and uncle's tax returns. The original investments were transferred “in kind” under my management and not scattered over many institutions.

With a full understanding of all of the aunt's and uncle's holdings, I knew that the unsuspecting and unprepared recipient (young niece) was going to have a really hard time. The niece would have been in her

early 40s at this time. These aunts and uncles would be the trail blazers. There would have been no others before them who would have amassed this kind of wealth in their family. Their planning would have to be different than that of those before them and most of the people they would have known, as they had outlived many of their peers. Because of their longevity, time would have been on their side for growing even greater wealth.

It took me eight years to persuade Kate to introduce me to her niece. Finally, Kate agreed to gather her niece and her husband for an appointment. Aunt Kate was present in this ‘discovery appointment’, where I asked questions about their investment history. I discovered that the niece and her husband had never dealt with a financial planner and knew virtually nothing about the concepts of money. They diligently went to work, paid their bills and educated three children. At this point, they were beginning to care for their Aunt Kate and her two elderly siblings. Other than knowing the mechanics, the niece and her husband had no clue what effect this wealth was going to have on their family.

In the first several appointments with the niece and her husband, who I will call Sally and Tim, we talked about the role of an Executor and Power of Attorney. We talked about the content of a well-structured Will and Power of Attorney from a financial planning perspective. We talked about tax structures and how proactive planning could work in a family's favour.


Without revealing the exact details of the forthcoming wealth transfer, I started working with the niece and her husband, teaching them about the growth potential of investments plus the effects of taxation on Interest, Dividends and Capital Gains. They were very receptive to the information. As their learning and confidence grew, Kate now felt that she could start passing over the reins because another step had been taken in looking after her niece.

As Sally and Tim's knowledge grew, I then went back to Kate and told her she needed to tell them the full story. There was some money in the bank, but also substantial money that I had under management. Full disclosure was needed at this stage. There was going to be serious implications for the entire family which had nothing to do with security. It's very much like a lottery winner – the same emotional trauma comes. There is a reason why most lottery winners do not do well. The same process often occurs for beneficiaries of wealth.

Continued on page 5




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Advertising Feature

# LIGHT DOWN THE TUNNEL



By Peter J. Manastyrsky

Most likely by now all Manitobans completed their Income Tax return. Hopefully, you received a refund from Canada Revenue Agency and a Notice of Assessment letter explaining your income and benefit return.

Other than that, the summer season is approaching, we are thinking about the warmer weather, and looking forward to an enjoyable year. Great!

Unfortunately there are people in our community that have disabilities that are severe and prolonged. They are suffering a debilitating illness for a number of years. Their lifestyle has changed because of a serious injury or a persistent mental or physical condition. Their situation is not getting better. What can be done in the coming months to make the year more rewarding? Fortunately our Canadian government benevolently attempts to assist people with disabilities in whatever way they can.

Reading an article in the *Senior Scope* (issue April 27 – May 22) entitled “Engaging Minds in Winnipeg and Scotland - Tax Deductible Dementia Cognitive Care” by Alison Kennedy of Kennedy Cognitive Services, Inc. particularly about the generic term ‘DEMENTIA’ inspired me to touch base about this common disorder which can lead to progressively decreasing mental functions and lead to severe financial and emotional hardship for both the patient and their family.

Presently, as there is no cure for dementia, the least you can do when caring for a loved one who is suffering is to apply for the DISABILITY TAX CREDIT program to assure the person who is the caregiver can afford the best care available. The Disability Tax Credit is an often overlooked credit that should be received by a spouse or family member who is considered a supporting individual.

The Disability Tax Credit is a non-refundable tax credit which allows qualifying individuals to lower their taxable income and this

credit can be transferred to the legal guardian. The criteria is that the qualifying individual has severe and prolonged impairment – physical (walking, bladder and/or bowel function, etc.) and/or performing mental functions necessary of everyday life.

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## The Great Wealth Transfer, cont'd from page 4

It was very interesting to see Kate reveal all that would unfold. You could read the fear and amazement on Sally's and Tim's faces. It was predictable. After the initial shock, they realized that because of our already developed relationship and that Kate trusted me they were not alone. They knew that there was someone there to guide them. At this point, with full disclosure, the niece and her husband also realized that their role as POA (power of attorney) for both aunts and uncles had greater implications.

Over time, Kate started to pass over more and more of the decision making regarding family assets to her niece and husband. As we continued to meet and foster family discussions, everyone's understanding grew. The reality of what the aunts and uncles had accumulated started to dawn on Sally and Tim. The family had a chance to talk, grieve and plan. The aunt had an opportunity to tell her niece how much she meant to her and that even though she had no children of her own, that Sally was like her own child. Kate also saw Sally's kids as her own grandchildren and took many opportunities to help them out. There were a number of deep and meaningful family conversations. Some I was present for and many I was not.

The power of these discussions was heartwarming. All members of this family now started to sit up and take notice of the human sacrifice to build this wealth. Sally, Tim and their children had a chance to realize the

love that was felt for them by the aunts and uncles.

To move along with the story – because of the amount of the wealth – we had to develop a family, tax and estate plan. We worked in a collaborative way with a wonderful tax lawyer and one of the senior partners with one of the big 5 accounting firms. Having all three of us involved in a collaborative way was invaluable. Each of us understands and respects the roles that the others play. Because of the last two or three budgets, the plan we originally embarked on has been amended a few times. We have done planning and have transferred some of the wealth through three generations. Each of Kate's grandchildren are learning to work and understand wealth too.

Through my stories I hope that you will understand that what was acceptable in the past is no longer the case. The sacrifices you have made to accumulate wealth have been great. The responsibility to transfer this wealth is great as well. I have been trying to show you another way. I feel that the story above truly exemplifies what Wealth Management is all about.

Should you wish to review your plans for wealth transfers please contact us at (204) 257-9100. **Our next Tax & Estate Planning Seminar is being held on Wednesday, June 15th at 7:00 pm.** Please contact our office for registration details ■

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# THE BUZZ



By Scott Taylor  
Editor, *Game On*,  
Manitoba's Hockey Magazine  
gameonmag.ca

One of the true giants of Manitoba racing and one of the most innovative men in Canadian business, Winnipeg's Phil Kives, has died at age 87.

Kives was a horse owner and breeder for more than four decades. He passed away on the morning of April 27 after a long hospital stay.

"We lost a giant in the racing world and an icon in the Manitoba breeding industry," said Assiniboia Downs CEO Darren Dunn. "His contributions to this sport will never be forgotten. The list of stakes winners and champions he owned or produced will never be matched."

Kives made his fortune as the

# Horse racing and business giant dies at 87



Phil Kives

"Gadget Man." An innovative marketer of household appliances, strange inventions and compilations music records and tapes, Kives' company K-Tel was the original "as-seen-on-TV," marketing scheme.

With the voice of Winnipeg radio legend Bob Washington urging viewers to buy his products, Kives called his greatest success, "The Miracle Brush." He often claimed that he sold more than "29 million units."

He also sold more than 10 million copies of the album *Hooked on Classics*.

Born on a Jewish colony farm outside tiny Oungre, Saskatchewan, on February 12, 1929, Kives arrived in Winnipeg in 1957 to make his fortune. Quiet, unassuming, he was completely the opposite of his company's TV hard-sell.

On the K-Tel International website, Kives told the story of his business career:

"In 1957 I left the farm for good for the lights of the big city of Winnipeg, Manitoba. I had various jobs: from taxi driver to short-order cook. Then I tried my luck selling door-to-door, such items as cookware, sewing machines and vacuum cleaners. I had difficulties making sales at first. But, in approximately six months, I became a top salesman and ran a crew of sales people of my own. In 1959, I made \$29,000. This was like a million dollars to me, as only a few years earlier I was barely making \$1000 a year on the farm.

"By 1961, my brother Ted and I made our way to the Boardwalk in

Atlantic City. I was demonstrating in the Woolworth Store facing the Boardwalk. This wasn't quite as good as being on the Boardwalk itself, but it had the advantage of being protected from bad weather. I learned quickly that only the strong survive. If you did not produce, you were out of the Woolworth Store in a flash, as other people were waiting to take your place. I was a keen observer and learned the art of demonstrating a variety of products.

"In the spring of 1962, I returned to Winnipeg and came to the realization that instead of demonstrating to a few people at one time, I could try television, where I would demonstrate to masses of people all at once. I made a live 5-minute T.V. commercial on a Teflon non-stick fry pan. To my surprise, sales took off at a remarkable pace. I quickly spread the T.V. advertising throughout Canada and this five-minute commercial became the world's first infomercial ever. (From that point, I always wrote and directed all of the K-Tel commercials). Unfortunately, teflon was a new product, and the teflon peeled off the fry pan leaving a lot of teflon-coated eggs. Although this product had problems, I learned a valuable lesson... the power of T.V. advertising.

"I then bought some great products from a supplier named Seymour Popiel, who is the father of Ron Popiel of the company Ronco. I went on to sell these products, such as the Dial-o-matic, the Veg-o-matic and the Feather-Touch Knife, with great success through T.V. advertising.

"In August 1965, I left for Australia and within 10 days I was on T.V. with the Feather-Touch Knife. I was a one-man show, and operated from a hotel room with no staff or office. However, the girls at the front desk of the hotel were very nice to me, and were kind enough to answer my business calls and take all my phone orders.

"By Christmas I had sold one million knives and netted a dollar a knife. All I did was sell the product into the store and buy the television time. After the difficulties of farming, I couldn't believe how easy this was. By the end of 1965, Seymour Popiel, said to me that he would not sell me any more products as I was getting 'too big.' That was when I was forced to find and develop my own products. Consequently, I entered the music business.

In early 1966, I returned to Winnipeg from Australia. My father was ill and passed away shortly after. Around this time I released the first compilation TV record, 25 Country Hits with a Bobby Darren give-a-way.

"Then, I released a Rock album, followed up by the big hit 25 Polka Greats, which sold a million and a half in Canada and USA. In the late sixties I started my company K-Tel and the rest is history."

A farm lad, Kives loved horses and was a huge success all over the racing world, but his home track was Assiniboia Downs. The owner of K5 Stables, he was so successful that the Downs honoured nine of his champion horses during stakes races last year (including Island Fling, Proven Reserve, Plenty Chilly, Coral Prospect and Corporate Shuffle).

He also bred the magnificent Goldencents, the grandson of his famed Body Works. Goldencents won two Breeders' Cup races. According to Dunn, "Since 2000, Mr. Kives' K5 Stables produced 253 wins from 1,377 starts and his horses earned \$3.76 million."

He was inducted into the Manitoba Jewish Athletes Wall of Honour at the Rady Centre in the horse racing builder's category and certainly should be in the Manitoba Sports Hall of Fame. ■

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## CURRIE'S CORNER

By Roger Currie



### Licence to Print Money

It was almost 60 years ago that Roy Thomson boldly declared that "Having a license for a radio or TV station is like having a license to print money". If he were alive today, the Lord of Fleet Street would surely be in the wireless phone business where the profits in Canada border on 'obscene'.

If we needed a dramatic demonstration of greed with the historic name *Bell* attached to it, we got it in Manitoba recently. It's fairly well established that Canadian wireless users are paying substantially more than we rightly should, thanks to a classic *oligopoly*. Rogers, Telus and dear old Bell set the rates and divide the spoils, but Manitoba and to a lesser extent Saskatchewan, were the exceptions.

Manitoba Telecom Services is the 4th player in the land of the Jets and Blue Bombers. The result is Manitoba customers pay about 30% less than their relatives in Ontario. But that will soon change. Bell is putting almost \$4 Billion on the table to take MTS out of the game. They are wait-

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

ing with their sticky fingers extended for the so-called 'friendly' take-over to be approved by the CRTC and the Competition Bureau.

In the meantime, the guys running MTS have quietly boosted a number of charges in preparation for the arrival of their new bosses. Customers in Winnipeg and Brandon will immediately pay an extra five bucks a month for basic landline phone service, and features like call waiting and call forwarding are being jacked by nickels and dimes. There are similar increases for parts of MTS TV, and suddenly *skinny basic* is gaining weight.

These higher charges were quietly posted on the MTS website, less than 48 hours after the Bell takeover deal was announced with great fanfare. 'Disgusting' would seem to be a word that barely covers the situation.

The NHL Jets play their games at the MTS Centre. Team owner Mark Chipman should maybe come up with a new name for the building before the first puck drops in September. Perhaps he should consult his 'deep pockets' partner. His name is David Thomson, and Lord Roy was his grandfather. ■

### Remembering Morley Safer

You will know by now that genuine journalists are an 'endangered' species in our digital age. May 19th, we lost one of the legends of the trade. 84 year old Morley Safer has been given a fitting send off on *60 Minutes*, the landmark TV show that has been his home for most of the past half century.

He was born and raised in Toronto, and before he headed south in 1964, Morley worked for the CBC. Joining CBS, he quickly established himself as a worthy member of the rogues gallery that included earlier legends like Edward R. Morrow who had just died, and guys like Walter Cronkite and Eric Sevareid. Down the street was fellow Canadian Peter Jennings at ABC.

Almost immediately, Safer made his bones in Vietnam with a report about the burning of straw huts in the villages of Cam Ne by American soldiers with zippo lighters. It may well have been the beginning of the end for Lyndon Johnson whose

presidency was doomed by that unwinnable war.

The President was outraged, accusing Morley Safer and others at CBS of being communists or worse. He ordered J. Edward Hoover to get out of his cocktail dress and do a security check. When he was told that Morley was "not a communist, but just a Canadian", LBJ apparently said "Oh well, I knew he wasn't an American".

Shortly before that, Johnson met Prime Minister Lester Pearson, and called him 'Mr. Wilson', confusing him with the leader of Great Britain. We just don't get no respect.

Some things haven't changed much in 50 years. *60 Minutes* still enjoys a huge TV audience in a media landscape that's much more fragmented than it was when the show debuted in 1968. I very much doubt that one American viewer in ten would know that Morley Safer came from Canada, even right now when Justin Trudeau is still the flavour of the moment. ■

# Are you a Lois?

Are you a Lois? If Lois is your name – first, middle or surname – there is a club just for you.



Lois Dudgeon first heard about it in 1997 from her dad who listened to Peter Gzowski on CBC Radio talking about this Lois Club in P.E.I., Canada.

Lois called and got the details and approached a co-worker named Lois. The two of them planned their first 'Lois Lunch' together and during that lunch, they made a list of all the Loises they knew. And the rest is history. 35 Loises showed up at the next annual Lois Lunch the following year.

Today there are between 280-290 members from across Manitoba – Langruth, Pilot Mound, Gimli, etc. – but most are from Winnipeg.

Members range in age – from 6 to 86. That's 80 years of Loises! There are grandma-granddaughter teams as well. One six year old girl has

been coming with her grandmother since she was born. Another 13-year-old has been coming for the past 9

years.

Lois Lunches are on the last Saturday in April each year. Next year will be the 20th Anniversary for the Manitoba Lois Club of which Lois Dudgeon is proud to have perfect attendance, coming to every Lois Lunch. There will be lots planned for this special event in April of 2017, although all he details aren't ironed out yet.

What happens at a Lois Lunch you ask? Well mainly the Loises get together at the Charterhouse restaurant in downtown Winnipeg and have lunch together. Besides the camaraderie, they'll sometimes bring in a guest speakers or hold a Lois fashion show.

There is an annual national Lois

Continued on page 9



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Advertising Feature

# Enriching a Man's Life and Tickling My Mind

by Alison Kennedy - B.A., Cert. Ed., M.Sc.  
President, Kennedy Cognitive Services, Inc.

At **Kennedy Cognitive Services, Inc.**, we provide one-on-one cognitive stimulation and emotional support to individuals with dementia in their place of residence. As you can imagine every moment is unpredictable and we have to take it as it comes. Just one true story to brighten your day...

I once had a client who was in and out of consciousness. He had suffered a major stroke and was on tube feeding. I sensed he needed emotional support more than anything. I decided to hold his hand and read inspirational passages to him when I arrived each time. When he tired I would put on beautiful music so he could rest. One day when his eyes opened I was a bit startled when he asked if I was married. I said "No, why?" He hesitated, cleared his throat and said he was thinking of asking me. I said that is quite an honour. He then asked why I wasn't married. I stumbled trying to think of how to explain it all to him and wondering why I hadn't told a fib. We dropped the subject for a few visits but I felt it would be better if I didn't hold his hand. One day I arrived and he was propped up in his Brodie chair sitting in the lounge in the nursing home. He had just been visiting with a fellow patient. He turned, smiled warmly, and introduced me to his friend. He called me Mrs. Kennedy. I smiled back and wondered what was going through his mind. His name was Mr. Kennedy...

Father's Day will soon be upon us. Do you have a special father in your family who lives in a personal care home or supportive housing unit or who is receiving support at home? Is he depressed, withdrawing from the world, and lacking stimulating conversation and engagement? Does he need help remembering or expressing himself so he can be understood? Has he been diagnosed with dementia? Do you feel stressed seeing him decline but not having the personal time to be with him as often as you would like?

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# CONNECTING COMMUNITIES - Centro Caboto Centre (Wpg) welcomes Pilot Mound and Crystal City seniors.

- Story submitted

- Photos courtesy of Committee of Italian/Canadians of the Third Age



A group of about 85 seniors from Winnipeg, Pilot Mound and Crystal City, MB enjoyed lunch and activities at the Centro Caboto Centre.

Seniors from the communities of **Pilot Mound** and **Crystal City, Manitoba** made a much anticipated visit to the Seniors of the **55+ Program** of the **Centro Caboto Centre** in Winnipeg on April 20, 2016. Their bus pulled up to the front doors of the Centro at 11:15 a.m. Led by **Carol Simpson** of the **Louise Community Support Services**, they were enthusiastically welcomed by the Centro Seniors, Staff of the 55+ Program and members of the **Committee of Italian/Canadians of the Third Age**.

The group of approximately 85 people made its way into the Mauro Hall where they sat down to a lunch prepared by **Chef Roberto** of the Centro. Prior to eating, our visitors were formally welcomed to the Centro by **Mario Audino** the Acting Executive Director. In his welcoming remarks Mario referred to the positive and developing relationship between the seniors of the Centro Caboto and the seniors of the Pilot Mound, Crystal City and Clearwater communities. For the luncheon Chef Roberto prepared - especially for the seniors - **Spezzetino di Miale**. Everyone enjoyed the spezzetino made from meat donated by **Clinton and Pam Cavers** of **Harborside Farms** in the Pilot Mound district making every effort to provide food products as free from chemicals as possible. Thank you Clinton and Pam. Accompanying the Spezzetino were dishes

of pasta, grilled zucchini, salad and, of course, Chef Roberto's wonderful bread. For dessert, the seniors enjoyed Tiramisu and coffee. Roberto and his staff outdid themselves on this occasion and their skills and service are much appreciated. While they were relaxing with coffee and dessert, the seniors were serenaded by the two strolling minstrels - Mario Audino and Cam Hartley. As they visited each of the tables, Mario and Cam sang a medley of Italian songs and invited us to join in. It was a bravura performance and even though this is the first time Mario and Cam performed together one gets a sense that we at the Centro will see Cam again. After lunch and entertainment all of the seniors organized themselves into groups and took part in a variety of activities - some went off to experience and learn the game of Bocce; others settled themselves in the Resource Room for a lively game of Bingo and still others got together for a satisfying game of "7 Up and 7 Down". By 2:15 p.m. we were all back in the Mauro Hall for coffee and a mid-afternoon snack and more visiting. The group of 85 then gathered together for a group photo. After a protracted leave taking, our guests boarded their bus for the drive home. It was a great and cordial visit and we look forward to more of these kinds of exchanges in the future. ■

See more photos on next page



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**PPMA**



***Seniors connect  
at Caboto Centre,  
cont'd from page 8***



**Mario Audino and Cam Hartley serenading the crowd.**



A friendly game of Bocce.



Bingo was one of the activities.

## Lois Lunch, cont'd from page 7

Convention as well. Lois Dudgeon and 5 other Loises from Manitoba attended one in Ottawa in 2004.

The name 'Lois' has several meanings and goes back to biblical times. Lois also is someone who leads victorious armies into battle. And if you are aware that Lois Dudgeon is in charge of the Canada 55 Plus Games, you'll know that she is the right Lois for the job as she will undoubtedly lead Team Manitoba to victory in Brampton, ON.

*If you'd like to become a Lois Club member, you can call:*

Lois D. @ **204-822-6207** - Morden

Lois H. @ **204-837-8087** - Wpg

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**Lois Club members from all over Manitoba got together on Saturday, April 30th, 2016.**

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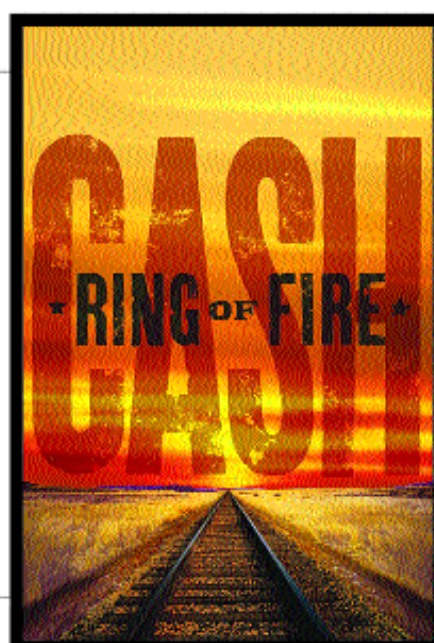
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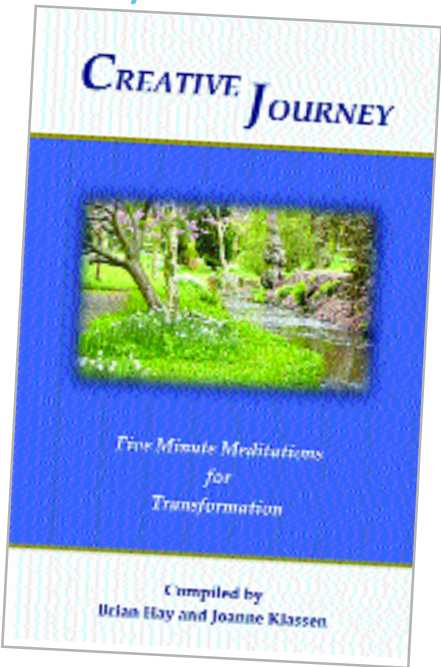
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe.

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- Compiled by Brian Hay and Joanne Klassen

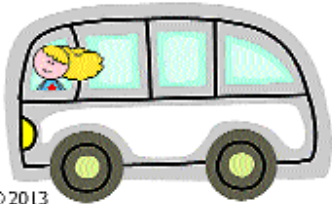
This collection of personal meditations will help you see everyday moments from fresh vantage points. You'll discover helpful insights into relationships, career challenges, dealing with illness, maintaining a bal-

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By Margaret Tatlock

Some excerpts from CREATIVE JOURNEY:

LEARN By Brian Hay

And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom. (Anais Nin)

I don't like change. I'm a creature of habit, "if it ain't broke don't fix it." Leave everything the same, don't make me learn a new way of doing an old thing. Change is hard, difficult, tasking. I feel lost at sea when going through change, a new building, a new home, a new address. New pathways to walk and roads to drive. I already knew my way home and back. Why do I have to learn new ways? And oh, this is so true for me with technology. I'm sure that the new programs are dreamt up by 20-year-old geeks and kids who are just trying to make it harder and harder for

my generation to keep up. I've got a new computer and everything is different. Nothing works like it used to work. Today's programs are much more detailed and different-looking. I have no idea what button to push just to do the same function that I used to do with a simple click. Yet, I bought that new computer for myself, so I could give my three-year-old computer to my friend who needed one, but couldn't afford it. Meanwhile, I thought the most current computer out there would speed up my work. And so the change was made for the right reasons, to help my friend and, supposedly, also make it better for me. So, I try not to fear learning—and instead embrace it. Now, what button do I push to save and close this file again? (BHH)

I embrace learning, to make life better. Continued on page 12

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# CREATIVE JOURNEY excerpts, cont'd from page 10

## REDO By Beverley Johnston

Change the fabric of your  
own soul and your visions,  
and you change all. (Vachel Lindsay)

I am aware that beyond this space the weather is unsettled. The dark foreboding clouds in the north are contrasted by the bright, setting sun in the west. The wind is whipping the trees and rain drops are bright splashes on the window. But I am inside. I am settled.

As I begin to write, a seam "pick-er-outer" from amongst an array of sewing notions nearby draws my attention. It guides my awareness, becoming a metaphor for my life.

How very easy life would be if it was possible to unpick all the wrong stitches made in a lifetime. Things incorrectly bonded could be quickly

parted, and sewn again with surer stitches, stronger stitches.

Do-overs! It is hard for me to remember all the do-overs I would like to have redone. But they remain, stitches of the past, clumsily attached or loosely basted.

I choose to concentrate on seams that are sure and tightly bound. (BJ)

Life mirrors my every thought.  
As I keep my thoughts positive, life  
brings me more good experiences.

## WRITERS' BIO's

### Beverley Johnston (BJ)

Beverley Johnston taught school in four provinces and has travelled extensively in Canada and abroad. Her most prized accomplishments involve her family, having

been honoured as Unicef Canada's Volunteer of the Year (1999) in Toronto, being awarded first prize in the Writers' Collective of Manitoba/Free Press contest (2009) at Winnipeg's Millennium Library, and first prize for a children's story in Helen Isobel Sissons/P.A.C.E. Award in Toronto (2013). She writes to feed her soul.

### Brian Hay (BHH)

Brian Hay is a retired lawyer and a writer. He completed Transformative WritingTM studies at Canadian Mennonite University and received facilitator certification at Woodbrooke Quaker Study Center, European Centre for Life Writing for TransformationTM, in Birmingham, England. Brian took motorcycle lessons after he turned 60, consistent with Michelangelo's motto: "I'm always learning ..." He loves reading books about writing and daily personal/spiritual reflection. Since 2012, he has envisioned and helped guide this book to completion.

E-mail: brianh171@mymts.net

# CREATIVE JOURNEY BOOK LAUNCH



McNally Robinson Booksellers & Heartspace Writing School presented the launch of *Creative Journey - Five Minute Meditations for Transformation* on Wednesday, May 4, at McNally Robinson on Grant Ave., Winnipeg.

Featured readers at the launch included Beverley Johnston (pictured above), Jeremy Schick, Irma Nadeau, Bertha Fontaine, Astrid Schuhmann, and Cynthia Booden-Firth.

*CREATIVE JOURNEY* is available at McNally's. ■

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**St. Michael's Parish** - "BABA'S KITCHEN", featuring an Authentic Ukrainian Menu on Sat. June 4, 12 noon -3 pm, at 400 Day St.

**The Family Violence Consortium of MB** - Silent Witness Project Memorial, in honour of women murdered by their partners, Thur. Jun. 2, 11:30 am-1 pm, at the West End Cultural Centre, 586 Wellington. Lunch to follow.

**Aboriginal Senior Resource Centre** - Cash Bingo, Wednesdays - Jun. 8, 22, Jul. 6, 20, Aug. 3, 17, 31, Sep. 14, 28. Doors open 12 pm. At 45 Robinson St. Proceeds to Senior and Elders programs.

**Northern Lights Lacemakers** - 7th Annual Lace Day, Jun. 4, 1-4 pm, at St. Peter's Anglican Church, 755 Elm St. Lace displays and demos, and items for sale. Refreshments avail. Donation at door.

**Grace Hospital Auxiliary** - Really Big Used Book Sale, Wed. & Thur. Jun. 22 & 23 - 10 am-7 pm; Fri. Jun. 24 - 10 am-6 pm; Sat. Jun. 25 - 10 am-4 pm, at Grace Hospital. 35 categories including games and puzzles. Proceeds toward addition of new MRI and Emerg. Dept.

**The Post Polio Network** - Summer Celebration Luncheon, Jun. 20, starts 11:30 am at the Canad Inn Polo Park, 1405 St. Matthews Ave. Free for members of the PPN; guest \$5. Email **postpolionetwork@gmail.com** for info.

**Royal Winnipeg Ballet School** - Adult Summer Dance, Jun. 27-Jul. 28, 380 Graham Ave. 5-week Recreational Division program for adults of all ages and skill levels. Contact RWB School at **204-957-3467** or **school@rwb.org** for costs.

**Winnipeg's Historic Seven Oaks House Museum** - opens for 2016 season. Experience one of the Red River Settlement's most prominent families of 1851. Open House BBQ June 12. Live entertainment. Location in McGowan Park near Main & Rupertsland. **www.facebook.com/SevenOaksHouseMuseum** for info.

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**College of Pharmacy, U of M** - Research Survey for Caregivers who assist with medications for family or friend with dementia and the issues they face when managing medications for their care recipient. Participation involves completing an online, anonymous survey which takes about 15 min. of your time. The study is being conducted by researchers at the College of Pharmacy at the University of Manitoba who are interested in learning more about caregiving and medication responsibilities. The survey is available at: **http://fluidsurveys.com/s/medsurvey/** For info, contact: Danielle Chu, Research Assistant: **204-975-7742**, email: **umchu9@myumanitoba.ca**

**Misericordia Health Centre** - Looking for Gift Shop volunteers for summer and regular shifts in fall. Free parking provided. Call **204-788-8134** for info or apply in person or online at **www.misericordia.mb.ca/volunteer**

**Rupert's Land Caregiver Services** - 'Time-out for Caregivers' program needs volunteers to visit local seniors. Call **204-452-9491** or **rlcs\_vol@mymts.net**

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PROGRAMS /SERVICES

**Ukrainian Cdn Vets Br # 141** - Old Time Dance, Saturdays, 1-5 pm, R.C.L. Br. #141, 618 Selkirk Ave. Live Band. All Welcome.

**Wpg Polish Legion Br #246** - 1335 Main St., Tuesdays: Senior Lunch/Dance 12 noon-3 pm \$10, Blues & Jazz Band evgs. 8-11 pm; Fridays: Karaoke 8 pm-midnight; Sats.: All Request 8 pm-midnight. Zabava last Thurs. every month: \$10 supper 5:30-7:30 pm, Dance 7-10:30 pm. Info: **204-589-5493**

**Pembina Active Living (PAL) 55+** - Drop-in activities (membership required): men's breakfast, PAL putters (golf), PAL pedallers (cycling), lunch PALS, movie afternoon, bridge/cribbage. Still Bloomin' gardening; AGM - Jun. 16, 1 pm. Info: **www.pal55plus.ca, office@pal55plus.com** or **204-946-0839**

**Seine River Seniors - Southdale** - Mon. Bridge - **204-452-5439**; Mon. Outdoor walking - **204-253-4599**; Cheapy Movies 1st. Tues. of mo. - **204-452-5439**; Luncheons 2nd. Wed. of mo. - **204-253-4599**; Fri. Canasta.

**Ft. Garry Women's Resource Centre** - Dream Interpretation Workshop, Mon. Jun 13, 6-8 pm at 1150A Waverley St. Space is limited. Pre registration required: Call **204-477-1123**. This is a women only event. Childcare not available. Giveaway Provided!

**The PROBUS Club of Winnipeg** - is a group for the retired or semi-retired. Meeting Tue. Jun. 21, 10 am, at the Masonic Memorial Temple, 420 Corydon Ave. Guests welcome. Ed: **204-489-2882**, or **winnipegprobus85@gmail.com** for info.

**Springs Senior Drop-in** - June 14 & 28, 1-4 pm, 725 Lagimodiere Blvd. Join us for an afternoon of games and fellowship. Refreshments are. All welcome.

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

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

**Senior Achievers** - Meet every 3rd Thursday, 1-3 pm at 406 MacGregor St. Join us for bingo, 50/50, meat draws, door prizes, coffee, and socializing. Call Rose Manulak: 338-3833 for more info.

**Prendergast Seniors Club** - 906 Cottonwood Rd. Rm.20 - Crib Mon. & Wed., 1-3:30 pm; Whist Thurs., 1-3:30 pm; Exercise class Tues. & Fri., 9:15-10:30 am; Mon. luncheons 4th Wed., 1130 am-1 pm. All welcome. Call Joe/Mary: **204-254-8390**

**St. Vital Streamliners** - meet Tuesdays, 6:45 at General Vanier School, 18 Lomond Blvd. Fun group with focus on weight loss and healthy living. Exercise suitable for all fitness and mobility levels. Modest membership fee. Call Carol at **204-269-4097**.

**Vital Seniors** - Monthly Book Club: **204-257-4014**, Monthly Board Games: **204-261-8236**, Bridge: **204-256-3832**, Carpet

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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 for year. Wood shop, Floor Curling, Scrapbooking, Darts, Carpet Bowling and other activities. See Facebook page : Elmwood\_Active, for more info or call **204-669-0750** or **204-890-3282**

**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**

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

**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**

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

**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**

**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, Fun & Games, Outings. Wed. 10 am-noon FREE Steppin' Up Exercise Class. Thur. 10 am-noon FREE Pickle Ball. **204-990-2339**

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

**Dakota 55+ Lazars Senior Centre** - various programs: Cribbage, whist, floor curling, floor shuffle, quilting, fitness programs, etc. Jonathan Toews Sportplex, 1188 Dakota St. **204-254-1010** ext. **206**

**Archwood 55 Plus** - Archwood C.C., 565 Guilbault Street - exercise classes, pickle ball, pool, line dancing, arts, social activities (monthly luncheons, games, legal clinics), bus trips & more. **204-416-1067**, **www.archwood55plusinc.weebly.com**

**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** to view programs and services. **204-987-8850**

**A & O: Support Services for Older Adults** - Visit **www.ageopportunity.mb.ca**

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Gimli Rec Centre** - Summer Craft Sale, Sun. Jul. 3, 10 am-4 pm, at Gimli Rec Centre. Vendor tables \$50. Various crafters. Call to register **204-643-6670**

**Stonewall Fifty-Five Plus** - Presents 'Stay Tuned' featuring Kari Kinley & Lori Grandmont, Music of 50's, 60's & 70's, Sat. May 28, 7 pm, 5 Keith Cosens Drive. Tickets \$15 avail. at Korner Kuts or call 55 Plus: **204-467-2582**

**East St. Paul 55+ Activity Centre** (262 Hoddinott Ave.) - Area residents are welcome to join and take part in playing cribbage on Tuesdays, whist on Fridays. Other activities include quilting, shuffleboard, book club, yoga, potluck suppers and casino trips. Call **204-654-3082** (msg).

**Ile des Chenes Seniors/Grande Pointe** - Yoga, Mondays, 10 am. Indoor Walking, Mon., Wed. & Fri, 9-10 am. Seniors Lunch,

Mar. 17, 11:30, \$7 ea, tickets: **204-878-3482** or **878-2728**, **253-0856**, **878-9562**.

**La Broquerie - Seine River Services for Seniors:** Victoria Lifeline, E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping trips. Call Juliette: **204-424-5285**

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

**Ritchot - 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, house-keepers etc. Call Janice: **204-883-2880** or email: **Ritchotseniors@mymts.net**

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

**South Interlake 55 Plus** - Beginner Line Dance, Wednesdays 6:45-7:30 pm, Regular Line Dance, 7:30-9 pm and Mondays 11:30 am-1 pm at South Interlake 55 Plus on Keith Cousins Drive, Stonewall. Call Verna: **204-467-5090** or email: **verrod1@mymts.net**

**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**

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By Senior Scope

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CROSSWORD Boing... Boing... Boing!

By Adrian Powell

ACROSS

1 Agatha Christie and Judi Dench, e.g.

6 Chip's chipmunk pal

10 Wallop

14 "Pagliacci" for one

15 Great flair

16 Flexible sword

17 Start of a nonsensical phrase fitting for this time of year (with 64A, 28A, and 48A)

20 Tetris shape

21 Tragic fate

22 Cobbler's forms

23 Watermelon discard

25 Where baby rocks, in verse

28 Third part of phrase (cont. from 64A)

33 Swamped

36 "Sting like a bee" pugilist

37 Hyena's home

38 Some chess pieces

41 Like dirty eyeglasses

44 Eritrea's neighbour, in brief

46 Use a gun sight

47 Cambodian coins

48 End of phrase (cont. from 28A)

53 Women's rowing crew, perhaps

54 Wearing

58 Meter reader's reading

61 Eight, in combos

63 Mysterious sight in the night

64 Second part of phrase (cont. from 17A)

68 James \_\_\_\_ Jones

69 "The Grapes of Wrath" figure



70 "Filthy" money

71 Clog or mule

72 Bonnie young girl

73 \_\_\_\_ side of the tracks

DOWN

1 Prescription info

2 Okanagan export

3 Nashville's Haggard

4 Strong, extra-soft Indian silk

5 You might find it on the beach

6 Poll cattle

7 Island city in San Francisco Bay

8 \_\_\_\_ Vegas

9 Each inning has three

10 Six-winged angel

11 Fine classical piece

12 Very small price to pay

13 Toga party centre pieces

18 Attend

19 Turn over some earth

24 Pot luck item

26 Sinuous swimmers

27 Quickie haircut

29 Which person?

30 Tiniest of winning margins

31 Highland dance

32 Finishes

33 Help in a heist

34 In the company of

35 1975 Wimbledon champ

39 Split up

40 Left, or right

42 Fake "nail bender" Geller

43 One type of brake

46 Cell division process

49 Stupefy

50 Wedding-cake artisan

51 Engraves with acid

52 \_\_\_\_ bad example

55 "The Addams Family" butler

56 Flaming away

57 Earthmover, briefly

58 Old Navajo rivals

59 Persian emperor's title

60 Canadian chocolate bar

62 Sonja Henie's town

65 "You've got mail" co.

66 Reggae's close cousin

67 Clean a fish

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Cache	Forum	Keyword	Ping	Tag	Wi-Fi
CGI	FTP	Linux	Podcast	TCP/IP	Wiki
Chat	GIF	Login	POP	Telnet	Worm
Cookie	Gigabyte	Modem	Post	Threaded	WWW
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SOLUTION ON NEXT PAGE

SUDOKU MEDIUM By Senior Scope

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

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



TRAVEL DIARIES  
WITH A TWIST OF HUMOUR



By Rick Goodman  
rickgoodmansk@hotmail.com

After touring the old Marine firebase at Khe Sanh we climbed back on the bus and headed east to the coast. We were going to see the tunnels at the little fishing village of Vinh Moc. Vinh Moc was a quiet village of around sixty families nestled into the coast of the South China Sea north of the Ben Hai river, which you may recall was the dividing line between North and South Vietnam from 1954 until Ho Chi Minh reunited the country after the Vietnam war. During this conflict it became the target of intense American bombing because it was thought to be a supply point for food and arms to Con Co Island which was located 28 km off the mainland coast. The feeling at bomber command was that if the residents of Vinh Moc and surrounding area could be encouraged, through the liberal application of high explosives and shrapnel and whatnot to their persons, to move out of the area, then Con Co Island would wither on the vine. With this objective in mind the powers that be dropped over 9000 tons of ordinance in the area. They figured that once supplies dried up on the island the troops there would quit shooting up the B-52's engaged in bombing Hanoi. The B-52 crews didn't like being shot at. But like it or not they were just going to have to get used to it.

The village wasn't going anywhere. There was no place to go. This was a country at war. There were no aid organizations or safe areas. The only way to escape the bombing was to go underground. Starting in 1965 the villagers started digging and in 13 months dug the majority of 2.8 km of tunnel through dirt and rock with nothing but agricultural hand tools. And 8 km of trench around the village as well. It's what they had. Hoes, shovels, picks, these guys dug tunnels at 12, 18, and 22 meter depths. They displaced over 6000 cubic meters of material by hand. The entire complex had 13 separate entrances. It had water wells, kitchens, and a hospital. It even had a maternity ward. Seventeen babies would be born in the tunnels. People lived down there until 1972. It must have been an experience for a child born down there to see the sun for the first time after living in the dark for years. Up to 400 people lived down in the tunnels. Troops moving to and from the ground fighting south of the Ben Hai river sheltered here and in other tunnels in the area. Apparently there were 114 separate tunnels in the region.

These tunnels say something about the determination and resilience of the Vietnamese people. They had resisted China for 900 years. It took them a hundred years to rid themselves of the French. And it was going

Vietnam - PART 6 - The Vinh Moc Tunnels



Top left: Tunnel entrance along the coast. Counter Clockwise: Going down, seawall, babies born in tunnels, anti aircraft gun displayed in museum.

to take more then a rain of bombs to defeat them now. Not only did they manage to survive, they fought back and ultimately won a hard and dirty war.

It was a hot and humid afternoon when we got off the bus and were led down a stone path to a small museum at the center of the complex. Inside there were maps of the tunnel complex. Tools used in the digging were on display. Shovels and picks. Stopping through the tunnels later I found it nearly incomprehensible that these guys could of accomplished so much with these implements. And then I thought back to when we had gotten back from Laos. We'd seen the craters from the bombing up around Phonsavan and I got it in my head that it would be important to find out how hard it would be to dig a foxhole with an entrenching tool. The thing is maybe two feet long with a wedge shaped shovel on the end that can be folded over to 90 degrees to serve as a sort of mattock for loosening up really hard dirt. Otherwise it's really just a glorified garden trowel. [But handy for hand-to-hand fighting I'm told.]

Anyway, back home at the lake I started digging and found it hard, hot, and slow going. What was needed was a little motivation so I fixed Bea up a jug of Margaritas and set her up on the deck with a nine iron and a bucket of golf balls. Her job was to simulate incoming fire by shooting balls at me every time the digging slowed down. Half way through the jug the balls were coming thick and fast. The grandkids

cheered like little heartless fiends every time their Momma scored a direct hit. I'd stagger around until the world quit spinning and then go back to work. I was a welter of sweat, lumps, bruises, and blisters, but was digging like a fiend. So, yeah, I can see getting bombed would be a powerful motivator.

Pictures from those times lined the walls. Black and white photos of men with rifles hunkered down in the tunnels waiting for nightfall. Women ramming shells into artillery pieces. Captured American airmen on their way to a hellish imprisonment in the north. There were no bystanders, everybody was a combatant.

Outside the museum was a collection of bombs that had not exploded They'd been defused and put on display. Short fat ones, tall skinny ones, and everything in between. I had no idea there were so many types. Apparently blowing things up is a lot more complicated than you might think.

Walking through the tunnels themselves was a sobering and powerful experience. It was hot. It was humid. It was dark. The ceilings were low. I had to walk in a crouch to keep from ramming my head into living rock. Every now and then I would forget and for a while the pain in my head would balance out the pain in my back. It was a cycle that would be repeated many times.

There wasn't much to see down there. A dark, narrow, low ceilinged hallway carved out of rock, with little cubby holes and smaller hallways dug out from it. These were living quarters for entire families. Stairs cut in the stone went from level to level.

The hallway twisted and turned and went up and down. It wasn't so much what you saw as what you felt down there. It was claustrophobic and disorientating. We shuffled through in single file, panting in the darkness. I don't think there was a person in our group that wasn't glad to finally come back out into the light and breath the fresh ocean air and watch the waves roll in on the beach below us. People lived down there to survive but I've got to tell you that those tunnels would have been a hard place to call home. I couldn't imagine living down there for years at a time. Did the ground shake when a bomb fell? Would you get used to imagining all those tons and tons of rock above you collapsing and burying you alive in the heat and darkness?

I don't think our tour guide saw it that way. He grew up on the south side of the Ben Hai river and survived the ground fighting there. He told stories of seeing helicopters shot down and of American troops patrolling through the village. They had been taught how to ask for identity papers but because Vietnamese is a tonal language they would end up getting it wrong and demand to know who was watching the cow. People found this stressful. Some guy pointing a gun at you demanding to know who is watching the cow? What cow? Where? Don't shoot!

You would have to make your own decision, but, speaking for myself, if given the choice, I'd stay above ground and talk livestock before I'd take my bed roll and head back down into the darkness. ■

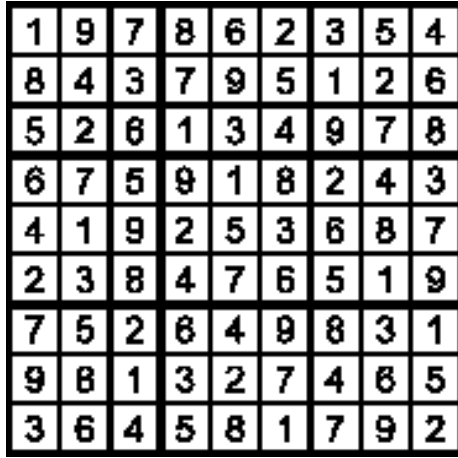
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# Humn Pharmaceuticals makes Lidocaine available as a Topical Pain Relieving Cream

By Haidita Celestine

Many people may be suffering in pain needlessly according to Rowan Hamilton, Research Director of Humn Pharmaceuticals of Winnipeg. “Despite the fact that lidocaine is on the World Health Organization’s list of Essential Medicines [a list of the most important medications needed in a basic healthcare system] most people are unaware of how well it relieves a wide range of pain conditions,” says Hamilton.

For those who know Hamilton, a herbalist, holistic dermatologist, student of Traditional Chinese Medicine and a graduate of the School of Herbal Medicine in England, it may come as a bit of a surprise to hear him speaking of the benefits of a synthetic drug. Hamilton notes, however, that while some people almost always prefer ‘natural’ alternatives, the only naturally occurring Local Anesthetic is cocaine.

In the late 1880s cocaine was in fact the very first local anesthetic used in dentistry and an improvement on the previous approach: copious amounts of alcohol. People liked

it because it acted quickly and didn’t last too long; they also noticed the feeling of euphoria that went with cocaine use and many dentists developed a dependence on the substance. In the early 1900s, Procaine / Novocaine was introduced with all the desired benefits of cocaine but without its addictive and heart racing side effects. Lidocaine, however, became the dentist drug of choice when it was made commercially available in the late 1940s.

Lidocaine was first synthesized under the name xylocaine by Swedish chemist Nils Lofgren in 1943. A major difference between lidocaine and earlier local anesthetics was its stability in water. In practical terms this meant that lidocaine, unlike procaine, did not need to be prepared freshly before each injection. Further, lidocaine was the first amino amide-type local anesthetic; until its discovery local anesthetics were all “esters”. Amide-type anesthetics have a major patient care advantage Hamilton says. “Ester type anesthetics are much more likely to

cause allergic reaction compared to the amide type local anesthetic.”

In the search for ever-improving pain relievers, though, the benefits of lidocaine seem to have been largely forgotten. The medical marketplace for pain treatment since lidocaine’s creation has been dominated by pills delivering Non-Steroidal Anti-Inflammatories (NSAIDs) and Opiates. Consumers, however, are increasingly concerned and aware of the dangers and limitations of these drugs.

As Hamilton puts it, “All that, is a long way of saying that lidocaine works very well to locally prevent pain signals not only from travelling to the brain, but from being initiated at all. And it does that without addiction, fewer unwanted side effects and much fewer allergic reactions.”

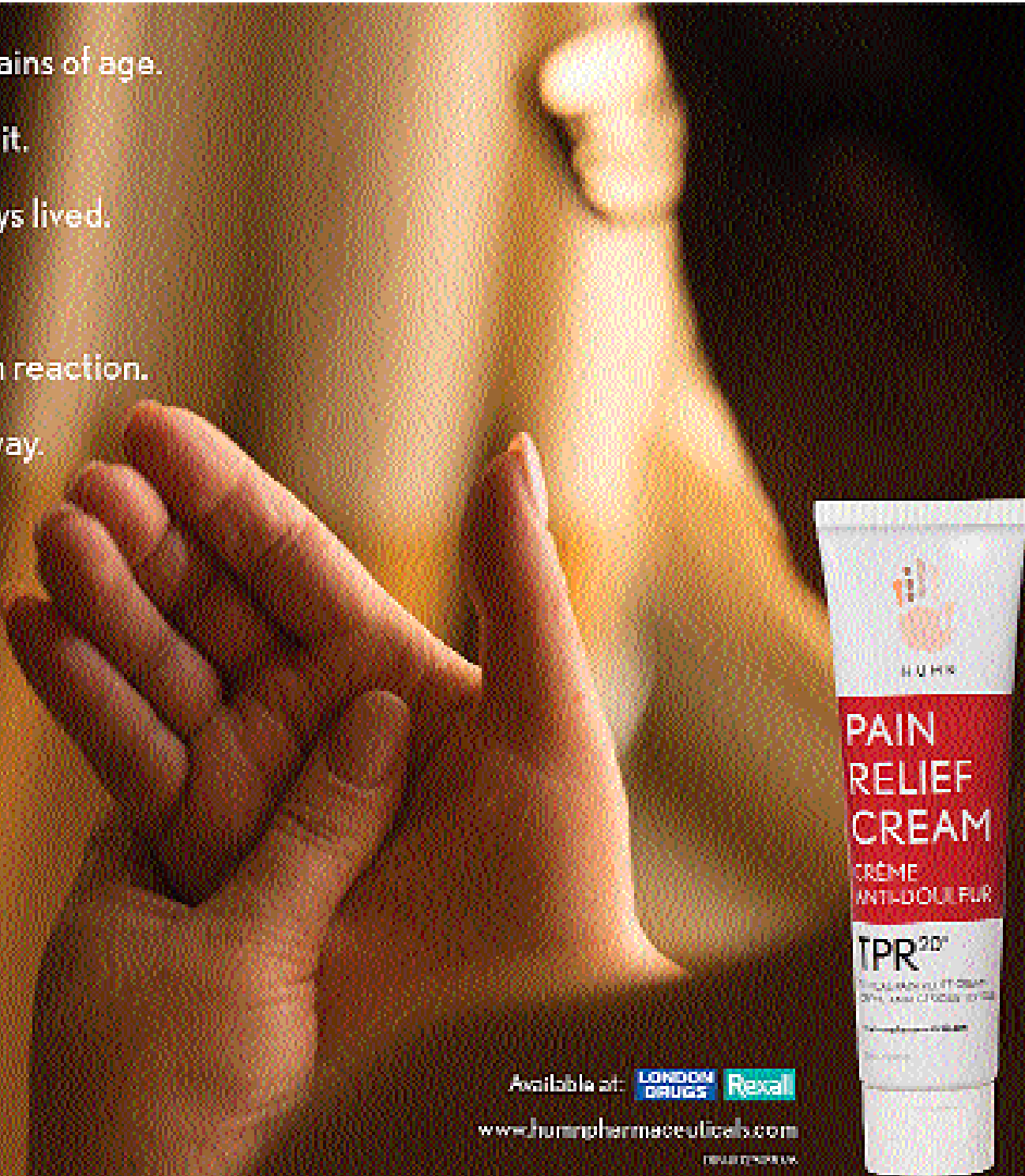
Humn Pharmaceuticals believes that new isn’t always better when it comes to pain medication. They have chosen to re-introduce lidocaine to the consumer in a topical cream formulation along with

other complementary ingredients including menthol. “TPR stands for Topical Pain Relief,” says Hamilton. “As a medicated cream, it goes where it is needed, when it is needed. It is applied on the skin, at the point where pain is felt, that way it doesn’t go through the stomach, or the liver or the kidneys, where many drugs leave a trail of damage.”

The American Geriatrics Society Panel on the Pharmacological Management of Persistent Pain in Older Persons has also recognized the value of Lidocaine. In their 2009 Clinical Practice Guideline, they strongly recommended that “all patients with localized neuropathic pain are candidates for topical lidocaine.”

“I’m very happy to be associated with Humn Pharmaceuticals,” says Hamilton. “Humn created TPR20 topical lidocaine cream to ensure people have access to this proven, safe and effective pain reliever. Go Humn!”

It’s only human to suffer the pains of age.  
And to stoically smile despite it.  
An acceptable penalty for days lived.  
In tribute to youth gone.  
Then there’s that other human reaction.  
Make the freaking pain go away.



Available at: **LONDON DRUGS** **Rexall**  
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