



Hip or Knee Replacement?
 The Disability Tax Credit allows for a
\$2,500 Yearly Tax Credit
\$20,000 Lump Sum Refund (on avg)

COPD, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

For Expert Help: **204-453-5372**

CONGRATULATIONS to all the participants, organizers, volunteers, sponsors and the host community of Brandon, MB for another Successful Manitoba Lotteries 55 Plus Games!

Senior Scope

Available in Winnipeg and rural Manitoba - over 700 locations
 Get your copy at your **local public library** or read online at: www.seniorscope.com
 204-467-9000 | kelly_goodman@shaw.ca

Vol. 14 No. 13
 Jun 14 - Jul 6/16

FREE COPY

Join Senior Scope on:

[f](#) [t](#) [Linked in](#)



LIBERTY
 Athletic + Medical Supplies

- BRACING & SUPPORTS
- COMPRESSION SOCKS
- MOBILITY AIDS
- CUSTOM ORTHOTICS

Direct billing available

264 TACHE AVE • WPG (204) 272-9640
LIBERTYMED.CA



GETTING OLDER • GETTING FIT • GETTING HEALTHY • GETTING IT TOGETHER
GETTING THE MOST OUT OF LIFE BY GETTING ACTIVE

Taoist Tai Chi® members gather in Winnipeg to celebrate Seniors Day across Canada



80 members from Winnipeg, Brandon, Steinbach and Portage la Prairie gathered in Winnipeg on June 9 at 401 Henderson Hwy - the Taoist Tai Chi® Society - enjoying good company, good food and good exercise.

If you've ever wondered what Taoist Tai Chi® is and if it is something you would like to try, the answer is... come and see for yourself.

There are seven locations in Manitoba - three in Winnipeg, one in Brandon, Portage la Prairie, Selkirk and Steinbach - and the members are 'absolutely wonderful and friendly' as described by many recent new members.

About 80 Taoists (15 of which were new members) from across the province gathered at the Taoist Tai Chi® Society centre at 401 Henderson Hwy. in Winnipeg on June 9th from 10 a.m. until 4 p.m. They were cele-

brating Seniors Day shared across Canada by other Taoist groups.

A live video feed around noon came in from Vancouver, Calgary, Ontario and Halifax and everyone practiced Tai Chi® together at the same time.

Taoist Tai Chi® is an ancient martial art oftened referred to as a soft-style, low-impact health exercise. It cultivates health and harmony in mind and spirit. There are 108 moves (not all different) in a set practiced by members. There is an adaptive (seated) form of practice for those with mobility issues as well.

Health benefits of Taoist Tai Chi® Arts include improved circulation,

better balance and posture, increased strength and flexibility, and reduced stress. Although it cannot replace professional medical treatment, Tai Chi® can help people suffering with high blood pressure, arthritis, back pain, joint immobility, respiratory issues, digestive disorders, Parkinson's disease, multiple sclerosis, fibromyalgia and much more.

Master Moy Lin-Shin arrived in Canada in 1970 bringing his art and knowledge of the Taoist Arts he learned while growing up in China and Hong Kong to share with Canadians. He started out in a park-

Continued on page 2



Adaptive Clothing
 For Men and Women

204-691-7771
 1320 Portage Avenue
 Winnipeg MB

FATHER'S DAY SPECIAL
 UNTIL JUNE 30th



**BUY ONE MEN'S TOP
 GET ONE HALF OFF**

- ♦ Adaptive Pants, Capris, Shorts ♦ Open-back Dresses ♦ Wrap-around Skirts ♦ Undershirts ♦ Front-closing Brassieres ♦ Nightgowns ♦ Wheelchair Capes and Shawls ♦ Slippers ♦ Diabetic and Compression Socks ♦

www.AdaptiveClothingStore.ca

LAMB'S Window Cleaning
 Residential

Eaves Cleaning
 Vinyl Siding Washing



Residential & Commercial Window Cleaning Specialists

\$20.00 OFF

204-226-2046

The PRAIRIE DOG CENTRAL RAILWAY

is back on track for an exciting, fun filled season.



More than just a train ride!

www.pdcrailway.com | 204-832-5259

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
Shirley Hill - Financial News
Adrian Powell - Crosswords
Rick Goodman - Travel Diary

Contributing Submissions:
Lesley Smith (Vital Seniors)
Ed Arndt
Janice Skene

.....

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, Gimli, Arborg, Fisher Branch, Hodgson, Poplarfield, Winnipeg Beach, Petersfield, Beausejour, Oak Bank, Dugald, Anola, Pine Falls, Victoria Beach, Pinawa, Lac du Bonnet, Stony Mountain, Stonewall, Balmoral, Argyle, Marquette, St. Eustache, Warren, Woodlands, Ashern, Roblin, The Pas, Steinbach, St. Anne, Ile des Chenes, Lorette, Niverville, New Bothwell, Blumenort, St. Adolphe, St-Jean Baptiste, Morris, Morden, Winkler, Carman, Roseau River, La Salle, Headingley, St. Francois Xavier, Starbuck, Elie, St. Eustache, Portage la Prairie, Holland, Hamiota, Notre Dame de Lourdes, Killamey, Neepawa, Brandon, Virden, Altona.

.....

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 650 locations in all. Available online at www.seniorscope.com or by mail (\$29.40/yr) or email subscription (FREE) - email request to 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.

.....

Send your
LETTERS...
to the editor or story submissions
to kelly_goodman@shaw.ca
or mail to: Senior Scope
Box 1806, Stonewall, MB R0C 2Z0

Taoist Tai Chi® members gather ... cont'd from front page

ing lot in Toronto. His goal was to help people with his knowledge and have them pay it forward through volunteering and doing other acts of kindness in their communities and beyond.

And that's what the Manitoba Taoists continue to do. Everyone volunteers, even the instructors. Recently the Manitoba Taoist Society raised \$100,000 to be donated to Fort McMurray to help in the recovery of their burned out community. They also fundraised for Haiti and Indonesia in their times of need. Locally, they help out with the Walk for MS, the Christmas Cheer Board, Winnipeg Harvest and with Canada's effort to feed the homeless.

If Master Moy was here today, he would be very proud that his members were continuing with the three main aspects of Taoist practice: performing good deeds, rituals and ceremonies, and arts of transformation (internal alchemy). *He* even raised \$100,000 for the hospital where he died. He was often ill as a child and credits Toaist Tai Chi® for long out-living his life expectancy.

Pat Kuchma, a continuing instructor in training at the Henderson Hwy. location, worked with Master Moy for 35 years until his death in 1998.

Tai Chi is great for all ages and all walks of life. This art is catching on with children and especially the elderly with the oldest being 93, locally.

As a new member, you will get introduced to the Taoist art, eventually learning 108 moves of a set.

To become a member, just show up to one of the locations or call the number associated with that centre in the list at the end of this article.

Tai Chi is a universal art. When you become a member, you can drop in to any Taoist Tai Chi® centre in 28 countries if you are travelling.

The Henderson Hwy. location is open 6 days a week - Monday to Saturday. Membership is reasonable - only \$40/month and you can attend a session at any location.

Become a member of one of the Taoist 'families' in Manitoba and start your journey to having physical, mental and emotional wellbeing. Check out their website at www.taoist.org/winnipeg.



Doing a Tai Chi® set of 108 moves at Taoist Tai Chi® Society - 401 Henderson Hwy.



Aneita Kogan-Gunn, a continuing instructor in training demonstrating an adaptive version of Tai Chi® seated.



Pat Kuchma (front)- continuing instructor in training.

SUMMER SPECIAL
\$40 for the whole summer!
July 4 - August 31, 2016
Winnipeg Centre, Winnipeg South and
Winnipeg West locations only.
For beginners only.
Register early!

TAOIST LOCATIONS:

- Winnipeg Centre:**
401 Henderson Highway
204-453-1349

Winnipeg South:
St. Eugene Roman Catholic Church
1007 St. Mary's Road
1-204-453-1349
- Winnipeg West:**
2700 Portage Avenue
(St. Andrews Anglican Church Hall -
across from the Courts of St. James)
1-204-453-1349

Selkirk:
Gordon Howard Senior Center
384 Eveline Street
Antonio +1 204 785-2332
Elaine 1-204 482-3499
Sharon 1-204 482-3041

Steinbach:
Pat Porter Active Living Centre
10 Chrysler Gate
1-204-326-1713

Portage la Prairie:
Herman Prior Centre
40 Royal Road North
1-204-239-1346

Brandon:
St. Matthew's Anglican Cathedral
403 - 13th Street
1-204-571-0684

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
Licensed Insolvency Trustees - Trustees in Bankruptcy

Bathrooms of Distinction

The Walk-in Bath Specialists

We install all types and models of walk-in bathtubs. This will ensure that you get the right one for your needs.

Safety provides peace of mind to you and your family.

Dignity - No need for health care workers to bathe you.

Longevity in your home.

These tubs are made to take the place of your existing bathtub.

In business for 21 years.
Specializing in walk-in tubs for 10 years.

Serving Customers Everywhere

Dion Tetrault
Bathrooms of Distinction
677 Dunning Road
Narol, Manitoba
bathroomsfordistinction@shaw.ca
204-292-6676

That's a Wrap on the 2016 Manitoba Liquor and Lotteries 55 Plus Games!

MORE ON THE
55 PLUS GAMES
IN THE NEXT ISSUE
OF SENIOR SCOPE

- Submitted by ALCOA

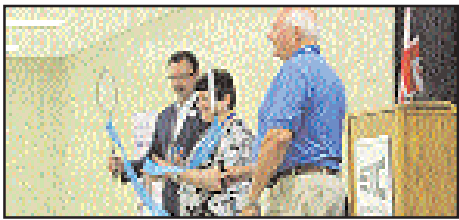
The 34th annual Manitoba Liquor & Lotteries 55 Plus Games were held in Beautiful Brandon, MB June 14-16, 2016. Approximately 975 athletes from all across Manitoba enjoyed 3 days of friendly competition with the help of nearly 300 local volunteers including many Rotary/UCT members. Events held at various venues all over Brandon attracted many spectators and (mostly) reasonable weather for all 3 days.

55+ Manitobans participated in everything from floor shuffleboard and pickleball to golf and slo-pitch. Lawn Bowling and Bocce Ball made a comeback this year, and card events

were also popular. Other indoor events included bowling, floor curling, scrabble, and arts and crafts.

Opening Ceremonies were held Tuesday morning including a Parade of Athletes following behind their regional banners. The theme of the Games this year was "Young at Heart". Local dignitaries welcomed the participants and the Brandon Host Committee declared, "Let the Games Begin!" It was also announced that the 2017 MB 55 Plus Games will be held in Killarney, MB.

A variety concert was held Tuesday evening at the Keystone Centre with a mix of local performers ranging from



Opening ceremonies - Announcing, "Let the Games Begin!"

a "Red Green" comedy act to a young local star known for talented hula-hooping. A highlight of the Games was the Wednesday evening Athletes Banquet & Dance with the old time country band, "The Fugitives". The crowd was also treated to a few exceptional

words from special guests and Olympic Medallists, MLL Impact team members Janine Stevens and Kaitlyn Lawes.

CONGRATULATIONS to the host community, volunteers, all who participated and of course, all the medalists. These winning medallists may now choose to represent the province and join TEAM MANITOBA on the road to the Canada 55+ Games, happening August 16-19th in Brampton, ON.

Next year ALCOA-MB is proud to be hosting the 55 Plus Games with Killarney, MB. Come help us celebrate 35 years of the spirit of the Games by attending as a participant or checking out the action as a spectator! ■

Communauté Francophone News:

Le Fonds pour l'accessibilité DEMANDEZ DES FONDS DÈS MAINTENANT

Aidez à créer un milieu de travail accessible à tous

Un financement est maintenant offert pour améliorer l'accessibilité et la sécurité au sein de votre milieu de travail ou de votre collectivité

Une possibilité de financement intéressante pour vous ou votre réseau est maintenant offerte. Vous pourriez recevoir jusqu'à 50 000 \$, grâce au Fonds pour l'accessibilité du gouvernement du Canada, en vue d'aider à améliorer l'accessibilité de vos installations.

Jusqu'au 26 juillet 2016, les demandes de financement soumises au Fonds pour l'accessibilité par des entreprises et des organisations seront acceptées dans le cadre des volets portant sur l'accessibilité en milieu de travail et l'accessibilité dans les collectivités. Si votre entreprise compte moins de 100 employés ou que vous êtes un employeur du secteur communautaire, vous pourriez être admissible à un financement dans le cadre du volet portant sur l'accessibilité en milieu de travail, en vue d'aider à éliminer les obstacles à l'accessibilité au sein de votre environnement de travail, grâce:

- à des travaux de rénovation;
- à des travaux de construction;
- à des travaux de réaménagement;

- à la mise en place de technologies favorisant un milieu de travail accessible.

L'installation de dispositifs d'ouverture automatique des portes, la construction d'un bureau de conception universelle, l'achat de logiciels à commande vocale ou le réaménagement des salles de toilettes en vue de les rendre accessibles ne sont là que quelques exemples des projets admissibles. L'objectif de tous les projets financés doit viser la création d'opportunités d'emplois ou le maintien en emploi de personnes handicapées.

Le gouvernement du Canada versera aux demandeurs retenus un montant équivalant à 65 % des coûts admissibles du projet, jusqu'à concurrence d'un montant maximal de 50000\$ par projet financé.

Si vous souhaitez présenter une demande de financement ou en apprendre davantage sur ces volets de financement, rendez vous sur le site Web du Fonds pour l'accessibilité à l'adresse: www.canada.ca/fonds-accessibilite.

The Enabling Accessibility Fund APPLY NOW FOR FUNDING

Help build an accessible workplace for everyone

Funding is now available to improve accessibility and safety in your workplace or community

We wish to inform you of a funding opportunity that may be of interest to you or your network. You could receive up to \$50,000 through the Government of Canada's Enabling Accessibility Fund (EAF) to help improve accessibility in your facility or venue.

Until July 26, 2016, the EAF is accepting applications for funding from businesses and organizations through its Workplace Accessibility Stream and Community Accessibility Stream. If you are a business with less than 100 employees or a community-based employer, you may be eligible for funding from the Workplace Accessibility Stream to help remove barriers to accessibility in your workplace through:

- renovation;
- construction;
- retrofit activities; and
- providing accessible workplace technologies.

Examples of eligible projects include installing automated door openers, constructing a universally designed office, securing voice-activated software or retrofitting washrooms to make them accessible. All projects funded must aim at creating and/or maintaining employment opportunities for persons with disabilities.

The Government of Canada will provide successful applicants with 65 percent of eligible project costs, up to a

maximum of \$50,000 per funded project.

If you would like to apply for funding or learn more about these funding streams, visit the EAF website at: www.canada.ca/accessibility-fund

FAFM

La Fédération des aînés
franco-manitobains inc.

Tournoi de Golf Lucien Guénette Golf Tournament

le jeudi 11 août 2016 /
August 11, 2016

Parcours de golf
La Vérendrye Golf Course

La Broquerie MB

Date limite d'inscription /
Register by: 2 août / August 2

100 \$ par personne /
\$100 per person

204-235-0670
855-235-0670

info@fafm.mb.ca



LOOKING FOR A GREAT DENTURIST?

We can help!

10 Main Street South (at River) / renamed 10 Queen Elizabeth Way

MINUK
DENTURE CLINIC
& DENTAL IMPLANT CENTRE

- We are the only trained and certified Geneva 2000 Clinic in Manitoba
- Denture Repairs (*while you wait*)
- Complete and Partial Dentures
- Metal Free Partials (*totally natural*)
- Cutter Bars (will offer you a better chewing experience)
- Ultra-Suction Valves (*reduce coverage of palate for better suction*)
- Implant Supported Dentures - Dental Implants are giving pleasure to thousands of denture wearers worldwide. Ask us for more information.
- Denture Relines (*same day*)
- Partial Upper and Lower Dentures
- Repelling Magnetic Dentures (*tighten loose dentures*)
- Soft Cushion Denture Base (*for more comfort*)
- Tooth Extractions and Dental Implants performed in office
- Home and Institutional Visits Available



Call us today for your free **consultation** or **second opinion**

www.minuksmile.com | Ph: (204) 589-6329

*We'll make
your smile
a Masterpiece*

MR. ROBERTS LAW OFFICE LLP

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

CORA BARIS TLC Services Ltd.

Certified ILA Senior Home Care Services

12 YEARS OF PROVIDING CARE TO THE COMMUNITY
Health Care Aide | Personal Care Attendants | Home Support Worker | Companions | Laundry
Grocery | Cooking | Appointments

7 DAYS A WEEK - DAY AND NIGHT

WE CLEAN HOMES - Reasonable Price -
Call 204-589-2852

certified.ILA@gmail.com
(204) 228-6397 or 589-2852

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

Group Discount

Looking... for more customers?

Want... better cash flow?

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

THE COMMERCE EXCHANGE

DAVE'S MOVING OR CLEANING SERVICES

- Moving Furniture & Small Items
- Move-in / Move-out Cleaning & Janitorial
- Commercial or Residential Cleaning
- 15 Years Janitorial Experience

204-746-4318
204-746-6141

SENIORS DISCOUNT



CREMATION URNS



- Various Designs •
- Low Prices •

204-339-3228

Investors Group **SHIRLEY HILL & ASSOCIATES** **PRIVATE WEALTH MANAGEMENT**

Yes, you can pay less tax on retirement income.

Drawing income from traditional non-registered investments can create a sizeable annual tax bill. Now there are alternatives. Call now for details.

(204) 257-9100 | hill.associates@igprivatewealth.com
10 Island Shore Blvd • Winnipeg



Shirley Hill
Executive Financial Consultant
Investors Group Financial Services Inc.

Investors Group Financial Services Inc. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company. Trademarks, including Investors Group, are owned by IGM Financial Inc. and licensed to its subsidiary corporations. (02/2014)

Healthy Seniors at Home Nutrition Services

Expert nutrition care in the comfort of your own home

As we get older our food habits change; this can be due to things such as: multiple medications, chronic disease, changes in chewing or swallowing, dehydration, digestive issues, weight loss, or eating, shopping or cooking for one.

Dietitian services are covered by the majority of health insurers. Check with your provider today.

Tiffany Nicholson RD, MSc.
Registered Dietitian specializing in geriatric nutrition
Call **204-471-4777** for info

healthyseiniorsathome@gmail.com




What is the value of a life?

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

Many years ago clients suggested that I should write a book about my experiences as a financial planner as I had many stories to tell. Some of these experiences are coming out as I write these articles. As I write these articles I realize how today's actions in many ways tie back to events and relationships developed many years ago.

While my Associate Colin and I were taking a course called "Preparing Heirs for the Transfer of Wealth", one of our instructors asked a very interesting question. He asked "How much do you really know about clients after they leave your office?" This question made me think about the quality of client relationships. I knew we routinely had very personal conversations, but all of a sudden I was not so sure I could adequately answer the instructor's question for every client.

Our instructor followed up with another question - "If you left here today and called 10 clients - would you know what their greatest wish is and how much would you know about their day to day life?" This raised another question of not only how much did I know about clients but also how much do we really know about our own families. This line of questioning led me to wonder - what is a life worth? The interpretation of worth can mean many things. You can decide after you read this story about a client family group.

The main client was an elderly widow who had a reasonable amount of money. She was infirm, but still mentally capable, so two of her three children were acting as her Powers of Attorney. With time, I got to know and developed a strong relationship with these two adult children. Twice a year we met as a group and strategized about how we would deal with the mother's investments. As she had a larger RRSP/RRIF portfolio, and was not spending any of her money, I emphasized tax, investment and estate strategies. As part of the process, the question came up - "Who will really benefit from these funds?" The money was always the mother's, as the beneficial owner, but since she wasn't spending the funds we knew the adult children would eventually be the heirs. Therefore, we invested it and managed it with a longer time frame for the adult children who would be the future heirs. With the accountant's help, we would optimize withdrawals from her RRIF holdings and position the investments in a tax efficient way, getting them ready for a future inheritance.

When Mom eventually passed away, the two daughters who had been the Powers of Attorney became the executrixes. The third daughter whom I had not previously met became a client at this time. This is often the case when proper estate planning is done. Many second and third generation family members

become clients as in many cases it's more cost effective to transfer the ownership of the shares rather than selling the assets and distributing cash.

As I met with the beneficiaries, I coached them on applicable tax laws and principles of investing. The third daughter, whom I had not met before went from a passive inheritor of investments to a very active client. As she learned more, not only did we work with what she inherited, but she also consolidated the funds she had at other institutions under my care so that she would have a coordinated approach for her financial affairs. We developed an investment strategy for her by discovering ways that many tax dollars could be saved. Her former advisor at her financial institution that was previously managing the family money did not look at income splitting, nor when one should be deregistering RRIF dol-

“Financial planning is based on who you are, what you value and what you want to accomplish. It's based on your story. I often say it includes “the good, the bad and the ugly, it's all about you.” So if my team, with a smaller number of clients, struggles with knowing our families well and what concerns them, what are the chances that the institution you deal with could answer these personal questions about you and your family?”

lars, and in what order accounts should be drawn down while keeping an eye on the OAS clawback. There was no systematic or strategic approach. With a strategic plan in hand, we also consolidated her husband's investments under our umbrella as well thus creating a comprehensive financial plan for her entire family. When the assets were viewed as a family, we were able to coordinate the amount of income that was needed and then determine from whom and from which accounts the funds should be withdrawn.

Part of the family estate planning extended to the third generation which allowed us to meet the granddaughter and niece. She was a fun loving woman but did not have a financial plan in place and she would soon be turning 40. She did the work I had asked of her and was on track to develop financial independence. She was so proud that she was organized and positioned to move forward in a very positive way.

It wasn't long before I learned that this young lady - a valued client of mine, and a beloved daughter and niece to two other clients - had suddenly become terminally ill.

When the family informed me that the daughter had passed away they invited me to the funeral. This is where the story becomes very hard. I was just getting to know what a lovely, young woman she was. She was only 40 years old.

This caused me to reflect deeply on what our course instructor was asking - "What do you know about clients after they leave your office?" By design, I have a relatively small client base and there is a team of 5 of us that looks after this small client base. Many clients have been with me for over 20 years. As illustrated, I also have many of their children and grandchildren as clients. Financial planning is based on who you are, what you value and what you want to accomplish. It's based on your story. I often say it includes "the good, the bad and the ugly, it's all about you." So if my team, with a smaller number of clients, struggles with knowing our families well and what concerns them, what are the chances that the institution you deal with could answer these personal questions about you and your family?

The invitation only wake was held in a hotel so that her chosen friends, family and co-workers could attend. Laid carefully on each chair was an agenda of the program to come. Just before the designated time, the crowd started to pour in. The service started with the poems, stories and songs sung by her friends and co-workers. This young woman lived more in her short 40 years than most of us will in our life time. This young woman had a heart of gold and the stories told demonstrated that this young woman was love itself. The love was expressed by those who spoke, that was the real story.

So to answer my instructor - what did I really know about a client when she left my office? I knew lots and yet maybe not enough. Yes, I knew that she wanted to get her life in order. We did that. I knew she was a very proud young woman who now had a great sense of accomplishment. But my accomplishment in teaching her and getting her on track was pale in comparison to the skill this woman had with helping others, caring for others and getting many other people on track with their lives. Maybe that is the message. Celebrate life. Give yourself to others as there is a great reward in the love and loyalty that you will in turn receive. Take risk and trust in the goodness of people. We can always find the negative but some-

OVER 5 DECADES OF CARING FOR THE ELDERLY

Thorvaldson Care Center
An Intermediate Care Facility




- Government Approved Facility
- 24 Hour Supervision
- Reg. Nurse • Health Care Aides

495 STRADBROOK AVE • WPG
452-4044
www.thorcare.ca
INQUIRIES WELCOME

JIM'S CLASSIC CORNER

A selling and buying service for classic & antique automobiles.



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

YEAR ROUND STORAGE

Your MOBILE LAW OFFICE

Wm. B.K. Pooley B.A., L.L.B.
Lawyer, Notary Public

Service at **YOUR PLACE** of convenience:
Home or Office Visits (in Wpg)

DAY - EVENING - WEEKEND
APPOINTMENTS AVAILABLE

837 Downing Street
783-1632

Exclusively DENTURES

Dr. George Cadigan
204-999-8000
235-500 Portage Avenue • Wpg
exclusivelydentures.ca

**FULL/PARTIAL DENTURES
SURGICAL IMMEDIATE DENTURES
ONE-DAY DENTURES
IMPLANT SUPPORTED DENTURES
RELINES AND REPAIRS**

Bruce the Mosasaur returns home to Morden, MB

Frank Hadfield from Inwood, Manitoba, husband of Chris Magwood from Balmoral, Manitoba now lives in Drumheller, Alberta - known as the Dinosaur Capital of the World and home of the world's largest dinosaur model standing 25 metres (86 ft.) tall - the Tyrannosaurus Rex.

Hadfield is a lifelong enthusiast of dinosaurs. It's no wonder that he has chosen Drumheller as his home and that he opened Dinosaur Valley Studios there to pursue a career in replicating dinosaurs on commission from various museums across the country and beyond.

Recently, Hadfield delivered his latest project - Bruce the Mosasaur - created with the help of his team at his Studio in Drumheller to the Canadian Fossil Discovery Centre in Morden, Manitoba on June 3, earlier this month. This Centre boasts having the largest collection of marine reptile fossils in Canada.

There have been several Mosasaur fossil discoveries in the area, but Bruce is the most significant being 13.10 metres in length.

About 65-70% of Bruce's fossil remains were discovered in Thornhill, just outside of Morden in 1974.

Bruce is a Tylosaurus Peminensis, the largest of the Mosasaurs that lived during the late Cretaceous period over 80 million years ago. He was a ferocious marine reptile feared by all.



Frank Hadfield brings Bruce home to Morden, MB from Drumheller, AB.

Be sure to include a visit to the Canadian Fossil Discovery Centre in Morden with your summer travel plans. Bruce will be celebrating his 80,000,040th birthday on July 26th, at noon where he will be presented with a medal made by the children from the Centre's Dino Day Camp. There will be free cake, face painting, a water balloon toss and children's activities throughout the day.

The Canadian Fossil Discovery Centre is located at:
111 Gilmour St. Morden, MB.
Phone: 204-822-3406
Hours: 10 am - 5 pm.



Teeth of a Mosasaur

What is the value of a life?, cont'd from page 4

times we have great difficulty finding the goodness.

So how do you measure the value of a life? I would say that this young woman's life was measured by the love expressed in the songs and stories told at her wake. It was a very short life but a life well-lived. I am sorry that I did not have a chance to get to know her better. Not only did she teach and look after all those who filled the room in the hotel, but she also taught me a very important lesson in humanity. May you rest in peace. You did your job well.

On another note - the Shirley Hill Private Wealth Management Team was involved with the Age and Opportunity trade show held Monday May 30th at the Victoria Inn. My Associate Consultants, Shannon Surgeoner and Colin Popham, would like to thank all those who stopped by our booth to introduce themselves and to tell us how much you appreciate our articles. Your support is much appreciated. Both Shannon and Colin really appreciated meeting you personally. They also really appreciate hearing some of your personal stories. As usual, if we can be of service to you or your family please feel free to call our office. We will try our best to see if we can help. ■

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



 **SHIRLEY HILL & ASSOCIATES** 

The purpose is to advise you of current developments, not to provide legal advice. Clients must consult their professional advisors for advice based on their specific circumstances. It is not intended to provide personalized tax, legal or investment advice, and is not intended as a solicitation to purchase securities. Shirley Hill is solely responsible for its content. For more information on this topic or any other financial matter, please contact Shirley Hill. Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company.

WEST END WINNIPEG

MURAL TOURS

JUNE - AUGUST



Murals, Area History, Culture, Games, Trivia
\$5 (\$2 Kids Under 12)

Monday - Saturday
Flexible Start & Finish Times
Refreshment Included!

To book a Walking Tour, Call 204-945-7900
www.westendbiz.ca

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

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

Ask about our Move-in Bonus

Professionally managed by  **Globe General Agencies**

NORTHWOOD OAKS
1452 Jefferson Avenue • Wpg

Fully renovated, spacious 1 BR, 1 BR + den & 2 BR suites available

- ◆ Full appliances
- ◆ Window coverings
- ◆ Seasonal pool
- ◆ In suite storage
- ◆ Parking available
- ◆ No pets / No smoking
- ◆ Smart card operated laundry on-site

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

Ask about our Move-in Bonus

Professionally managed by  **Globe General Agencies**

DISABILITY TAX CREDIT

A STEP BEYOND & ASSOCIATES
Call Peter 204-663-4651
www.astepbeyond.cc

DO YOU HAVE ANY OF THESE DISABILITIES?

- Suffer from mood disorder, bipolar or other mental functions?
- Difficulty walking, managing your bowel or bladder, having impairments?

We help individuals, parents, families and caregivers to complete all of the necessary DTC forms.

My service is to look after you.

 **A+ Rating**

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

Fusion 2-in-1 Walker and Transport Wheelchair



← Wheelchair to Walker →

- Padded Seat & Backrest
- Side Folding
- Swing & Lock Footrests
- Supports up to 300 lbs
- Available in 3 Seat Heights
- Lightweight - 17.1 lbs

\$425.00

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

BE ACTIVE

Join a centre in your area

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

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



THE BUZZ



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

If anyone claimed that Gordie Howe was the greatest hockey player of all time, you would no doubt get an argument. However, if you suggested that he was the soul and conscience of the game, it might be hard to dispute.

He was, after all, Mr. Hockey.

Friday morning, June 10th, 2016, Gordie Howe passed away quietly in Toledo, Ohio, at the age of 88. He had been sick for a while. He'd suffered two strokes and his days as the greatest ambassador the game has ever known had already come to an end.

But his legacy is permanent. He came out of tiny Floral, Sask., and to no one's surprise developed quickly into a magnificent NHL player.

He played 1,767 regular season NHL games and 419 games in the World Hockey Association. He scored 801 NHL goals and 1850 points. In the WHA, where he played from the age of 45 to the age of 52, Howe had 174 goals and 508 points. He began the 1979-80 season with the Hartford Whalers of the NHL and played in all 80 games. He had 15 goals and 26 assists. He was 52 when the season ended. He wasn't just the oldest player to ever play in the league, he was still one of the best.

"With the passing of Gordie Howe, the game of hockey has lost an icon," said Donald Fehr, executive director of the NHL Players Association.

Gordie Howe dies Mr. Hockey gone at 88

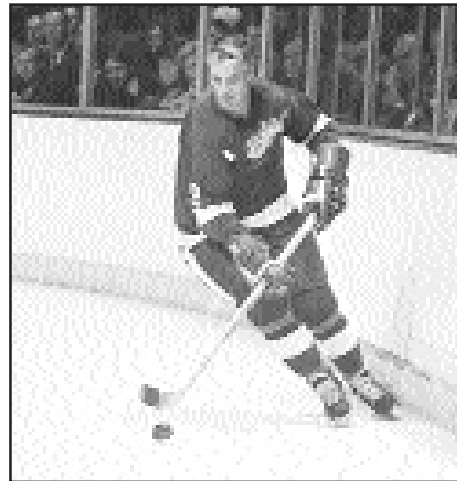


Gordie Howe

"Gordie, or 'Mr. Hockey' as he was known to legions of fans, was a true legend who had an immense impact on the game, the Players who followed him and the fans who revered him. On behalf of the Players and staff of the NHLPA, we join Howe's family, friends and fans on mourning his loss."

He played a total of 32 seasons – 26 in the NHL and six in the WHA – and even played four seasons with his sons Marty and Mark on the Houston Aeros where he never scored fewer than 24 goals in a season. In his late 40s, Howe had seasons of 31, 34, 32, 24 and 35 goals from 1973-1977. He received huge ovations every time the Aeros or New England Whalers played at the old Winnipeg Arena and he got to face off against his career-long nemesis, Bobby Hull.

However, to almost all hockey fans, Howe was the heart and soul of the NHL's Detroit Red Wings. He played on four Stanley Cup championship



Gordie Howe with the Detroit Red Wings

teams with Detroit and was a six-time winner of the Art Ross (NHL scoring champion) and Hart (MVP) Memorial Trophies.

In his 2014 autobiography, Howe wrote about his love for the game.

"I love the game. It was good to me and when I stop to think about it, I like to believe I gave a little back as well. One thing is for certain, I never got tired of lacing up my skates. If I could take a few turns around a sheet of ice right now, I would."

Mike Illitch, the current owner of the Detroit Red Wings release the following statement:

"There is no nickname more fitting for him than 'Mr. Hockey.' He was tough, skilled, and consistently earned success at the highest level. His achievements are numerous and his accomplishments immeasurable... He will be deeply missed."

His friend, the player who looked up to him more than any other, Wayne Gretzky, said he was in tears today.

"Unfortunately we lost the greatest hockey player ever today, but more importantly the nicest man I have ever met," Gretzky tweeted. "Sending our thoughts and prayers to the Howe family and to the millions of hockey fans who, like me, loved Gordie Howe. RIP Mr. Hockey."

NHL Commissioner Gary Bettman released the following statement:

"All hockey fans grieve the loss of the incomparable Gordie Howe.

"A remarkable athlete whose mastery of our sport was reflected by the longevity of his career and by his nickname, 'Mr. Hockey,' Gordie's commitment to winning was matched only by his commitment to his teammates, to his friends, to the Red Wings, to the city of Detroit and - above all - to his family. His devotion

to Colleen through her illness and the fact that he extended his playing days into a fifth decade so he could play with his sons are only two examples of that true priority in his life.

"Gordie's greatness travels far beyond mere statistics; it echoes in the words of veneration spoken by countless players who joined him in the Hockey Hall of Fame and considered him their hero.

"Gordie's toughness as a competitor on the ice was equaled only by his humor and humility away from it. No sport could have hoped for a greater, more-beloved ambassador.

"On behalf of the generations who were thrilled by his play and those who only know of his legend, and on behalf of all the young people and teammates he inspired, we send heartfelt wishes of condolence, comfort and strength to the Howe family and to all who mourn the passing of this treasured icon of our game."

For me, Gordie Howe was a brilliant hockey player, but more importantly a wonderful man. Over the years, I've done more than a dozen interviews with Mr. Hockey and he was honest, insightful and intriguing every time.

I first met him when he and Pat (Whitey) Stapleton spoke at my bantam hockey dinner at the Kenwick Terrace in Sarnia, Ont., in 1965. He was a big man with the biggest hands I'd ever seen. In fact, when he shook my hand, I wasn't sure I'd get it back. I was 14 at the time and he was the greatest player I'd ever met. On numerous occasions I got to watch him play in the old Olympia Stadium in Detroit and every game was miraculous and bigger than life.

Later, when he moved over to the WHA, I got to watch him play live a lot more often and it never got old. He was, after all, Mr. Hockey, and yet he never acted as if he was bigger than the game.

I don't believe I've talked to him in nearly a decade, but I'll always remember him as the soft-spoken man who believed he had the "privilege" of playing the greatest game anyone could be allowed to play.

Depending on your point of view, Hull, Richard, Orr, Beliveau, Gretzky, Lemieux, Crosby, Toews or Messier might have been or will become better players. Who knows? Who cares? The fact is, no one left a larger footprint on the game at the time of his death than a man who will always be, Mr. Hockey. ■

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!

204-344-5675

dannyswholehog.com

where people send their friends

Corey's Computing

Unit 12A-2188 McPhillips Street
Winnipeg, MB
204-586-7953
www.coreyscomputing.com

COUPON
\$40 OFF
Computer/Laptop Repairs
or the purchase of
Used Computers & Laptops
Cannot be combined with
any other offer. Coupon
has no cash value.
Offer expires August 31/16

We also fix Macs!

- Computer & laptop repairs
- We make house calls.
- New and used laptops & computers
- Computer training
- Services for Home & Business

CURRIE'S CORNER

By Roger Currie



Remembering Howe

My first memory of Gordie Howe goes back to the 1950's, when there were six NHL teams, and we only got to watch two periods on Saturday night, on a tiny black and white screen. Neither my older brother nor I cheered for the Leafs or the Habs. When we played board hockey, he always had to be Chicago, and I was Detroit.

I liked the uniforms the Red Wings wore, and they had Gordie.

It was many years later before I learned anything about his humble childhood on the edge of Saskatoon, how he shared a pair of skates with his sister after their mom came home with a box of junk that nobody wanted, even in the depths of the Great Depression. The man who came to be known as *Mr. Hockey* had a start in the game that was light years away from the pampered nurturing that today's top draft picks like Connor McDavid enjoy.

Luckily, Gordie was a big strong

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

kid, and early on he learned some very useful skills, particularly with those famous elbows when the striped shirt wasn't looking.

I got to interview *Mr. Hockey* a couple of times. The most memorable was in 1993 when I was hosting the CJOB morning show in Winnipeg. His wife Colleen was with him, and they were supporting a charity on behalf of *Zellers*. Before the red light went off, Gordie made sure he said to me "Do you like what I'm wearing? Every item came from *Zellers*". I couldn't help but think how sad that was, and what a rotten criminal Alan Eagleson was for stealing from the pension fund that should have allowed guys like Gordie to relax a little more in their golden years.

Gordie Howe was a great husband, a wonderful father and grandfather, and a true Canadian hero. Think good thoughts about him in a few years when you drive across the Gordie Howe Bridge that will connect Detroit and Windsor. ■

Walmart vs Visa

I'm coming up to an important anniversary this summer. It will soon be four years since I last used a credit card. Guess what .. I really don't miss those troublesome pieces of plastic.

As a result, I'm a somewhat disinterested spectator as Walmart does battle with Visa in Canada. The world's largest retailer has served notice that beginning next month, they will begin refusing to accept Visa cards in their Canadian stores. The company says it pays more than \$100 million in fees to all Canadian credit card companies every year, and Visa is the worst offender.

The Visa folks responded with an open letter that they placed in several major Canadian newspapers. They accused Walmart of using Canadian shoppers as pawns in a fight that should be resolved by the suits behind closed doors.

The story has further illustrated some rather unflattering facts about how we behave in the great marketplace. We're told that credit card

interest rates in Canada are five times higher than they are in Europe, and three times higher than they are in Australia. Does this sound familiar? Other consumer watchdogs wonder why Canadians willingly pay substantially higher rates than others in the world for internet and wireless phone service.

Why do these companies do this to us? The answer is my very favourite three word phrase .. "Because they can". Like those gasoline prices, we sometimes get the level of competition we deserve, because no one is prepared to do anything about it.

Can you imagine what might happen to the Canadian economy if everyone did what I did four years ago and took the scissors to the plastic? It's highly unlikely that we'll ever find out, and that is truly unfortunate.

Still the best mantra I ever heard .. "Pay as you go, and if you can't pay, don't go". ■

2016 Award of Commitment (Organization) - St Mary Magdalene Anglican Church - Home of the Vital Seniors

Article submitted by Lesley Smith

Photos by Alan Forrest

St. Mary Magdalene Anglican Church received the 2016 Award of Commitment (for an organization) from M.A.S.C. (Manitoba Association of Senior Centres) on Friday, June 3rd. President Tom Farrell presented the award to Reverend Mary Lysecki.

St. Mary's has provided the 165+ members of Vital Seniors, (not just



Right: Rev. Mary, Warden Brian Crow and some of the Vital Seniors Carpet Bowlers including the 2015 Manitoba 55+ Gold champs Richard Smith, Rose Petrie, and Robin and Margaret Morris.

Continued on page 9

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"

2600/2610 PORTAGE AVE. in St. James

204-832-3693 • 2600/2610 Portage Ave.

26002610portage@ladcocompany.com



1 & 2 Bedroom apartments include:

- Heat & water
- Central air conditioning
- Fridge & stove
- Elevators
- Bus service at door
- One parking stall
- Large priv. balconies
- Close to shopping, schools & recreational facilities
- On site laundry facilities
- On-site management
- Pet-friendly (cats)

BIRCHWOOD TERRACE in St. James

204-837-6911 • 2440 Portage Ave.

birchwoodterrace@ladcocompany.com



1 & 2 Bedroom apartments include:

- Heat & water included
- Central air conditioning
- Walk-in closets
- Fridge & stove
- Draperies throughout
- Mail delivery to each door
- Elevators
- Balconies
- On site laundry
- Bus service at door
- 1 parking stall included
- Seasonal pool
- Underground parking
- Conveniently located close to bus & shopping
- On-site management
- Pet-friendly (small dogs & cats)



LAKEWOOD AGENCIES
200-40 Lakewood Blvd. 204.982.5959



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

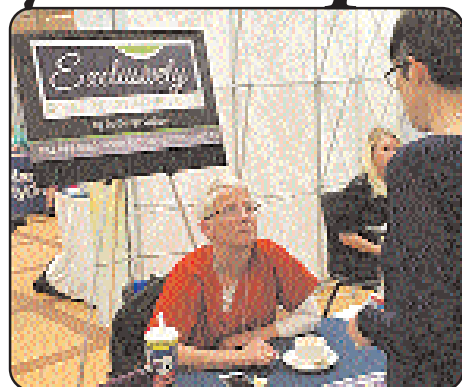
AS LOW AS

\$150 & up.

204-471-1533

Email: lavallee@mymts.net

Age & Opportunity 2016 55+ Housing & Active Lifestyles Expo



BOB'S MAINTENANCE TIPS!

Seven Oaks Transmissions - Tips On Choosing the Service Mechanic for Your Vehicle

Here are some tips from Bob DeGrave and his sons Kyle and Garret on how choosing an honest mechanic over someone who doesn't have your best interest at heart can save you hundreds or even thousands of dollars, not to mention the wasted time and personal aggravation that can come from making the wrong choice. Below are some hints to assist you in selecting a dependable source for motor vehicle repairs.

Ask Around

Your friends and neighbors can be an excellent source for discovering a skilled repairman because they are usually unbiased and eager to share their stories. Be especially alert for bad experiences, as these could be indicators of a shop you should avoid.

Avoid Unkempt Mechanics

While it's true that auto repair can be a dirty business, a sloppy or disorganized work area should be a red flag to the consumer. A well-maintained and uncluttered garage is a good indication of a mechanic who takes pride in his work.

Find a Specialist

Just as you wouldn't go to a surgeon to receive treatment for a head cold, you shouldn't expect a shop that mainly does automobile oil changes and tune-ups to repair the transmission in your RV. Shop around until you find a mechanic who is experienced and knowledgeable about your type of vehicle and the service it needs.

Ask Questions

It's your vehicle and your money, so don't be shy about asking for

clarification of anything you don't find clear. A good mechanic should be able to explain any problem in layman's language so the customer can understand. If he can't or won't do so, find another mechanic.

Be Prepared & Be Patient

You noticed something that led you to seek professional assistance, and it would be helpful if you shared that information with your mechanic. It will assist him in diagnosing your problem sooner rather than later. And understand that a comprehensive repair diagnosis takes time. Be patient and allow your mechanic enough time to give your vehicle a thorough inspection. ■



A & O Expo, continued on next page

COMPLETE TRANSMISSION SUMMER SPECIAL. ALL INCLUDED... NO HIDDEN COSTS

TRANSMISSION SERVICE & COMPLETE FLUSH

PRICE INCLUDES:

- Road Test, Adjust Bands & Linkage as applicable
- 21 Point Inspection
- Clean Pan
- Replace Pan Gasket & Filter (as applicable)
- Flush Entire System with Trans Action 2.5
- Install Petro Canada Hydro Treated Fluid

\$159⁹⁵

SAVE \$30 TO \$60

Most Cars. (Light Trucks & 4x4's Extra). Valued at approx. \$210.00. Expires July 31, 2016.



SEVEN OAKS TRANSMISSIONS
2377 McPHILLIPS ST. WPG (NEXT TO THE HOME DEPOT)
204-338-7067



ERINVIEW CONSTRUCTION

LOTS FOR SALE IN THE TOWN OF TEULON

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

NEW DEVELOPMENT

ONLY 4 LOTS LEFT

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

167.4'	152'	152'	150'
110'	AVAILABLE	SOLD	SOLD
110'	AVAILABLE	SOLD	AVAILABLE
110'	SOLD	SOLD	AVAILABLE
4th St. S.W.		3rd St. S.W.	
BLOCK 1	BLOCK 2	BLOCK 3	

For more information:

204-886-7632

jpgoodman415@gmail.com

A & O 55+ Housing & Active Lifestyles Expo - May 30th, 2016



A & O: Support Services for Older Adults hosted another successful event - **9th Annual 55+ Housing & Active Lifestyles Expo**.

This event was held Monday, May 30th, 2016 and ran from 10 am - 8 pm offering a unique combination of exhibitors and presentations for

those looking for support services, lifestyle options and of course, housing information. Entertainment and draws were also available.

St. Mary Magdalene Anglican Church receives award, cont'd from page 7

parishioners), a safe place to come together for 24 years. The church provided the group a retired minister, Father Bob English, for pastoral care.

St. Mary's provides space for 26 other groups that include Girl Guides of Canada, Scouts Canada youth organizations, The South Glen Fiddlers, The Senior Melody Group, Kindermusik, dance, exercise, and self help groups. In total, St. Mary's has provided over 110,000 hours of space to 27 community groups.

The church assists in community development. The have partnered with Asian Christian Fellowship (Winnipeggers from India and Pakistan) to use the church facilities on Sunday every month.

St. Mary's supports various local, national, and international outreach programs including the St. Matthews-Maryland Community Ministry, The Bishop's Fund, Jubilee Fund, Christmas Cheer Board, Habitat for Humanity, the Primate's World Relief and Development Fund (PWRDF) and Youville Clinic. A team from Youville holds a class, teaching seniors how to cook healthy.

The church has a long history of refugee sponsorship as well.

The Vital Seniors would like to thank St. Mary Magdalene Anglican Church for providing a safe space for community members to gather and for community development and congratulate their public recognition in receiving the 2016 Award of Commitment from M.A.S.C.

For more information, please visit <http://www.stmarymagdalenewpg.org/monthly-calendar.html> ■

Manitoba/NW Ontario Snowbird Event

For FREE TICKETS register at <http://mns-snowbirds.eventbrite.com> or call 1-800-506-7675
Tickets \$10 at the door

Brought to you by:

Coffee, Snacks & Door Prizes

Stay for the day. Speakers start at 9:00 A.M.
Breaks throughout the day for exhibits & lunch.

Puzzled?

Join us at our Educational Seminar

LEAVE YOUR \$ AT HOME
There's nothing to buy!

Wednesday, July 20
9AM - 4PM
Victoria Inn
1808 Wellington Avenue
Winnipeg

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 Website: www.qualitycaremoving.net

SHARK CLUB gaming centre

2nd FLOOR CITYPLACE
233 HARGRAVE ST.

140 SLOT MACHINES

ROULETTE, BLACKJACK, DOUBLE DECK, MONEY WHEEL
PLUS TRY THE NEW EZ BACCARAT!

SENIOR SCOPE \$10 FREE PLAY*

OFFER VALID: JUNE - AUGUST 2016

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.

*Valid Photo ID is required to claim this offer. A Casino of Winnipeg Club Card is required to use this offer. It's free to join. One coupon per person per day. Free Play is only valid at the Shark Club Gaming Centre. Visit the Shark Club Player's Booth to redeem.

SUNDAY SPECIAL \$15 FREE PLAY*

OFFER VALID ON SUNDAYS ONLY, JUNE - AUGUST 2016

Present this voucher at the players' booth for \$15 in free play credit toward slot machines at the Shark Club Gaming Centre.

Must be 18 years of age or older to play.

*Valid Photo ID is required to claim this offer. A Casino of Winnipeg Club Card is required to use this offer. It's free to join. One coupon per person per day. Free Play is only valid at the Shark Club Gaming Centre. Visit the Shark Club Player's Booth to redeem.

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 review the Heartspace website: www.write-away.net or contact Joanne Klassen at: jklassen@write-away.net

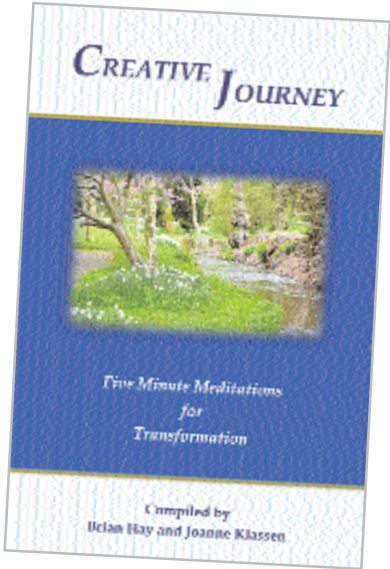
CREATIVE JOURNEY

Five Minute Meditations for Transformation

- 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 balance of healthy self-care, parenting, coping with unwanted change, and the healing forces of nature. Join thirty-one **CREATIVE JOURNEY** writers from seven countries as they reflect on 80 universal themes. Meet Mary, a retired nurse in England; Jeremy, a Canadian teen; Fitsum a

young mom from Africa; Ray and Denise, who live in North Wales; Jayelle, a poet in a small town on the Canadian prairies; Farrukh, a university lecturer in London, England; Bertha, an Ojibway elder; Anna, a nature writer in Scotland—and many others. No matter where you are in your life, on this **CREATIVE JOURNEY** you'll learn how five minutes is all it takes to shift your perspective to empower your transformation, the path to your own best self.



Some excerpts from CREATIVE JOURNEY:

CHERISH

By Astrid Schuhmann

A thing of beauty is joy for ever.
(John Keats)

There are places that from the very first glance seem familiar and make me feel inexplicably at ease. The Alsterarkaden mall in the Northern-German city of Hamburg, where I grew up, is such a place. Tourist guides might simply call it an open-air shopping mall, but its cafés and restaurants, its boutiques, and its white colonnades with their view of a serene canal always invited me to slow down and linger rather than hastily consume. In my mind I can still hear buskers playing their music that would drift through the 170-year-old arches and make strolling visitors feel as if they were travelling back in time or away to somewhere Mediterranean—Venice, maybe.

When I saw a photograph of the building in a newspaper, I instantly wanted to draw it. This was strange, because I cannot draw. Undeterred, I resolved to cheat a bit by employing a grid, copying the photo square

by tiny square. My little “work-of-art that could” has found a home on a wall in every place I have lived since. Reflecting on this experience reminds me to look at the world with an inspired eye and to heed creative impulses for their own sake, using the best of my abilities. I'm not discouraged by projects that refuse to gel, knowing that sometimes something meaningful is meant to come into being quite unexpectedly. (AS)

I notice beauty and surrender
to its inspiration.

WRITER'S BIO

Astrid Schuhmann (AS)

Astrid's adventuresome spirit led her from her native Germany to Winnipeg, where she has applied her passion for organizational systems in several settings. After completing a Transformative Writing™ program, she was trained as a facilitator and has led groups for seniors. Astrid has coordinated two training manuals and three books, including this one. Her passion for language led her to transcribe her father-in-law's journals and translate them from their original German into English.

E-mail: astrid.schuhmann@mtsmail.ca

SHIFT

By Ted Klassen

Joy is always just a thought away.
(Unity, The Daily Word)

I walked from the parking lot to my office after a daily radiation treatment, aware of feeling depleted and worn out. As I dragged my feet to where I wanted to go, a conversation began in my head. “How are you Ted?” “Feeling the pits,” came my instant reply. “Let's take that from the top, again. Ted, how are you?” This time I answered, “Terrific, great!” Immediately I felt a surge of energy. My thoughts turned to the kindness of the staff at Cancer Care, then to the supportive, caring faces of my co-workers. By the time I reached the familiar comfort of my office chair, I was aware that my steps were lighter

and the day had suddenly become brighter. I acknowledged the shift with a silent thank you. (TK)

Optimism is always possible.
What I focus on expands
to become my reality

WRITER'S BIO

Ted Klassen (TK)

Ted began his career in a one-room rural Manitoba school. He then worked as a consultant, human resource manager and general manager. He is an advocate of life-long learning and transformation. Ted logged many miles on his motorcycle trips with his sons across North America and with his friend to Alaska and the Yukon. He is passionate about Joanne, his wife, five children, extended family, Plautdietsch (Low German), golf and the Cindy Klassen Recreation Centre.

E-mail: tgk@mymts.net

“Always do your best. What you plant now,
you will harvest later.”

~ Og Mandino (1923-1996) - Essayist, Psychologist
Read more quotes at values.com

6 Week
Introductory
Offer - \$85
Free use of
Keyboard

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, MB*

English and Ukrainian Speaking Instructor | Karaoke & Instrument Rentals
We sell... Keyboards, Guitars, Recorders, Music accessories, etc.

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

**COMPUTER
SUPPLIES & SERVICE**

- USB flash drives, SD cards, CDR's, DVR's, etc.
- Batteries - All types:
 - hearing aids
 - fireplaces,
 - remote car starters, etc.
- Printer cartridges
- **Computer virus removal**

Do the Downs!

- Live Racing May - September
- 140 VLTs!
- Facility rentals for meetings, socials, weddings & more
- Fabulous dining
- \$10 buy-in poker with cash prizes
- Open year round

ASDowns.com
3975 Portage Ave, Winnipeg, MB
(204) 885-3330

ASD
Assiniboia Downs
GAMING & EVENT CENTRE

“A VANISHING SPECIES”

Written by a former permit teacher - Ed Arndt

Whenever we hear or speak of the term, “A Vanishing Species” we are inclined to confine our thinking to that of a vanishing plant or animal species. There are several other vanishing specie of the “Homo Sapiens” variety.....World War II Veterans and Permit Teachers....and the two are connected much more closely than most people expect. Although the history of permit teachers dates back prior to the 1940's it was during the war years of 1939-1945 that the move to employ permit teachers was accelerated as replacements for regular teachers because many qualified teachers enlisted in the military or had taken military assignments. According to Margaret (Szwaluk) Lesperance who taught at Keyes Union School, “It was the patriotic and popular thing to do.” Cathy (Madill) Orchard taught at Excelsior School from 1945-46. “It seems strange to thank the war for anything, but I can say that if it hadn't happened the way it did, I might not have experienced teaching and the enjoyment I have had during my years in the classroom.”

Anne Yanchyshyn, another permit teacher of this era is quoted as saying, “Simply put, they are the teachers (mainly teenagers) who kept our schools open during World War II to aid Canada's war effort. Without the Permit Teachers, many

schools would have had to close.” Many of the Permit Teachers had completed their Grade 11 or Grade 12 and some were fortunate enough to enroll in a six week “quickie” Teacher Training Course to prepare them for the “adventure ahead”. Others went directly from being a student in the previous year to becoming a teacher the following year. One aspiring young teacher expressed his experience this way, “I was working on the CN Railroad as a section hand pounding spikes one day and several days later I was pushing chalk at a one room rural school called Tartakiw, located northwest of Gilbert Plains.” The experiences these novice teachers endured varied as did their number, some estimated as high as 250 during the peak war years. There is however a common thread of shared experiences shared by these young aspirants to the teaching profession. Irene (Arnall) Kuhl shared this experience, “At seventeen and a half, I began my teaching career in a one room rural school in the Glenboro district. I had sixteen students from grades one to nine. This was quite a challenge but very enjoyable. I had come from a home that had electricity and running water, so the lack of these in my school presented a challenge. I was faced with the challenge

Continued on next page

Here’s Why Everyone in Winnipeg is Flocking to South Texas to “Winter Differently” This Year!

Waking up slow to the rising sun. Drinking a cup of coffee on your porch or in the recreation hall with friends. Swimming in the resort pool or a morning of fishing. An afternoon of bike riding or trail hiking to spot rare bird species. Playing a game of bocce ball or pickleball. Enjoying a show or dancing the night away with your friends. This isn't just a vacation. This is a lifestyle for many “Winter Texans” who head to South Texas from all over Canada and the U.S. to spend the winter months. South Texas is also known as the “Rio Grande Valley”. South Texas is an increasingly popular destination and is known for its weather, food & culture, citrus orchards, world class birding, top notch hospitals, and friendly people. South Texas is not only beautiful but it is a lively and affordable place to spend one’s golden years. South Texas has been consistently rated as one of the least expensive places to live in the U.S.

Down here, the folks that come to live in South Texas are called, Winter Texans, which is not to be confused with the Snowbirds of Florida, Arizona, and Southern California. Many of them come down for the warm climate because the warmth eases joint pain, there’s no snow to shovel, and the outdoor activities are abundant. There are many things to do and reasons to stay in South Texas to escape the cold. Many Winter Texans,

approx 10,000, choose to stay at a Encore Resort. There are ten age-qualified Encore RV Resorts to choose from in South Texas. All are gated communities and most offer amenities and activities like pools & spas, fitness centers, shuffleboard, pickle ball courts, woodworking clubs, and much more.

Winter Texans are also trailblazers who love living their life on the road with the freedom to go anywhere and see anything whenever they want behind the wheels of their RVs! After retiring early, Kathy and her husband, who have been coming to an Encore Resort in South Texas since 2003, bought a new rig and headed out to see the country. Kathy and her husband found that having the freedom to go wherever you wanted was the best way to spend their winters. “The lifestyle of an RVer, you just cannot imagine the freedom that you experience to see things that are out there that other people don’t see when you stay in a hotel,” she says.

South Texas has lots of tourism to offer. A favorite among residents and visitors is South Padre Island which has popular landmarks and destinations like the Port Isabel lighthouse and the Sea Turtle Rescue center. The Sea Turtle Rescue is a non profit organization whose mission is to “rescue, rehabilitate, and release injured sea turtles, educate the pub-

lic, and assist with conservation efforts for all marine turtle species.” It is a great place to bring the grandkids who will surely love the live interaction with sea turtles. Be sure to check seaturtleinc.org for more information on hatchlings, releases, and onsite activities. Other landmarks in South Texas include the Laguna Atascosa National Wildlife Refuge, Santa Ana National Wildlife Refuge, and the Bentsen-Rio Grande Valley State Park.

Named one of the Top 10 sport fishing destinations in 2014 by Sport Fishing Magazine, Port Mansfield is a popular place for fishermen to visit. Whether you head out on your own fishing boat or embark on a chartered fishing trip, fishing in the Gulf of Mexico is a treat for fishermen where there are multiple large fish species waiting to be caught! Nearby at Port Isabel, there are hundreds of activities for visitors, but fishing is also a popular one. Port Isabel is home to Pirate’s Landing the longest fishing pier in Texas. Pirate’s Landing extends out into the Queen Isabella Causeway that leads to South Padre Island and fishing poles and tackle are always available to rent here.

South Texas is a popular and world renowned location for birders. The region has more than 500 species of birds & butterflies and is also home to the World Birding Center, which has 9 locations in

South Texas, with each location offering unique birding trails and excursions throughout the area. It is also the site of the Rio Grande Valley Birding Festival which draws world class birders for speaking engagements, field trips, and special events every year. The 23rd Annual Rio Grande Valley Birding Festival will take place on November 2, 2016 and will feature speaking engagements by world class wildlife photographers and prominent birders, plus field trips to places like South Padre Island and the Upper Rio Grande. Visit rgbvf.com for more information about field trips and tickets.

Winnipeggers - ready to join the ranks of the Winter Texans? Trek south to this laid back area with a low cost of living and big city amenities. Take advantage of some of our new customer specials offered by Encore. Rates are \$1,433 for a 3 month stay on a standard RV site at Sunshine RV and \$1,338 for a 3 month stay on a standard RV site at Paradise Park. No RV, no problem, Park Model rentals are also available! Visit RVontheGO.com or RVSouthTexas.com to find out more information or call (877) 957-2778. ■

Permit Teachers - A Vanishing Species, cont'd from page 10

of learning how to light gas lanterns, coal oil lamps and fetching water from a well.”

Other challenges and new experiences faced by these teachers would fill volumes and could hardly be related in an article such as this. Some of the common themes included homesickness, being overwhelmed trying to teach 8 or 9 grades in a classroom, disciplining students, some not much younger than the teacher, getting to school, enduring cold classrooms...malfunctioning or temperamental stoves.....remember the “Waterman Waterbury Stoves? Of course teachers also had to prepare a Christmas concert that rivalled other schools nearby and also make sure the students kept up the requirement for sports excellence at the local Field Days! Sometimes the living quarters known as teacherages left much to be desired.... no indoor plumbing, poor construction, etc.

Another event during the school

year was the dreaded visit(s) by the school inspector who always seemed to manage to show up at the most inopportune times!!!! Many were kind, understanding educators but there were some who could almost be described as tyrannical. One teacher recalls his days as a student in northwestern Manitoba seeing his teacher sitting at her desk sobbing after a visit from one of these latter type inspectors.

Despite many of the difficulties faced by Permit teachers in their initial year of teaching, they were not dissuaded from continuing on to “Normal School/Teachers College” to become qualified teachers and have left a legacy of quality education delivered to hundreds of Manitoba students.

To commemorate the contribution of Permit Teachers, Dr. Louisa Loeb, a retired University of Brandon professor who once taught on permit initiated in 2005 a Permit Teachers

Reunion, solicited articles about Permit Teachers’ experiences and compiled them into a book called, “Manitoba Permit Teachers of World War II”.

These Permit Teachers’ Reunions have continued on an annual basis since the initial one and this year Permit Teachers are gathering for their Dr. Louisa Loeb 12th Annual Permit Teachers of Manitoba Reunion on July 14 at the Viscount Gort Hotel, 1670 Portage Ave., Winnipeg. All former Permit Teachers and former students of Permit Teachers are invited to attend, hence the theme, “Students and Teacher Together Again”.

For more information on this reunion, please contact the Registrar, Edith Alexiuk at 204-256-6484.

This article submitted by Dr. Louisa Loeb, 12th Annual Permit Teachers of Manitoba Reunion Committee

It's Yesterday
Once More on

93.7

NOSTALGIA

CJNU RADIO

Before streaming Internet video and the 1000 channel television world, radio was the primary entertainment media. People listened to tunes by artists such as Frank Sinatra, Rosemary Clooney, Perry Como, and Patti Page. And they listened to live play-by-play broadcasts of baseball games. Those traditions live on at 93.7 CJNU Nostalgia Radio. We play all those wonderful tunes from yesteryear, and carry live broadcasts of  all home and away Winnipeg Goldeyes games.

Nostalgia Broadcasting Cooperative



JUNE 23-JULY 15, 2016

Definitely Broadway
Uniquely Winnipeg

RAINBOWSTAGE.CA

FOR TICKETS CALL:
204.989.0888 OR 1.888.989.0888

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



Interlake Barn Quilt Trail - Quilting our Roots Together

By Janice Skene

While touring Manitoba, take a detour off the main highway and see the barn quilts that are popping up throughout the Interlake. The Interlake Barn Quilt Trail was officially opened in July 2015. Two local quilters who had travelled in the USA and Ontario had seen barn quilts decided it would be a great addition to tourism in Manitoba to develop their own Barn Quilt Trail. With the support of the Arborg Agricultural Society, the guidance of the Interlake Tourism Association and a grant from Manitoba Tourism, Culture, Heritage, Sport and Consumer Protection, the Barn Quilt Trail began.

Many hours of painting produced several barn quilts. You may ask, "What is a barn quilt?" Well, it is a

quilt block which has been painted either directly on a building or more commonly on a sheet of lumber and then mounted on a building or posted like a sign. Some barn quilts are even painted on metal. The quilt blocks are painted in such a way that they are weather resistant, bright and easily visible. The block may represent the location such as "Fisherman Fred" in a fishing community or replicate a block that is on a favourite quilt that may have been made by a grandmother or mother. The colours may also be important to the design.

History

Paintings on barns have been around for hundreds of years but the idea of organized Barn Quilt trails began in 2001 in Ohio by Donna Sue

Groves when she painted a barn quilt for her mother. Her idea evolved as the community wanted to paint several barn quilts and create a driving tour to encourage people to come to the county. The idea of the barn quilt trails grew and it is now reported that there are barn quilt trails in at least 47 states and seven provinces.

Interlake Barn Quilt Trail

The grand opening of the Interlake Barn Quilt Trail was at the Arborg and District Multicultural Village in July 2015 which was well received and attracted a large gathering of people. The 2014 issue of Harris' Farmer's Almanac stated that Barn Quilt Trails "is the biggest public art project since the WPA (Works Project Administration)" in the 1930s during the depression

Currently, there are 21 barn quilts on the Interlake Trail from Ashern in the north to Matlock in the south. Other towns include: Fisher Branch, Arborg, Gimli, Winnipeg Beach, Ponemah, Silver, Sandy Hook and Arnes. Many more Barn Quilts are being painted this summer which will increase not only the number of barn quilts but expand the areas in which they will be displayed. Oak Hammock Marsh, one of Manitoba's very well known attractions, will be installing a barn quilt on a newly constructed building later this year.

Barn quilts are placed in such a way that they can be viewed without going onto private land. However, many owners will encourage visitors to take a closer look and some businesses



may wish to have the viewers come onto their land, visit their site and hopefully purchase their wares. Barn quilt trails help create community spirit, showcase local artists, increase tourism, and create connections.

Barn Quilt Trails have generated so much interest throughout the US and parts of Canada. People are asking for more information and how one might go about joining this international phenomenon.

A display of the newest barn quilts will be at the Arborg Fair and Rodeo at Silver, MB, 7 kms south of Arborg on hwy 125 just east of hwy 7, July 16 and 17 prior to their installation.

Together we are decorating the Interlake with beautiful quilt block replicas that celebrate Interlake culture, heritage, communities, art, agriculture, and tourism.

The Interlake Quilt Show Trail includes four locations. Travel through the Interlake and spot the barn quilts in various locations. Visit www.interlakebarnquilts.com or call Janice: 204-376-2649 or Donna: 204-389-3976 for more info.

ENTER TO WIN GREAT PRIZES

with Senior Scope's Annual Birthday Contest.

All you need to do is help us do a little market research.

What is your favourite vehicle?
(ie. make, model, car, truck, suv)

Name _____

Address _____

Why is this your favourite vehicle?
(ie. comfort, mileage, reliability)

Phone _____

Have you purchased a new or used vehicle in the past 5 years.
Circle Yes or No

Email _____

Will you purchase a new or used vehicle in the next 5 years.
Circle Yes or No

What is your age?

Circle 45-55 | 56-65 | 66-75 | 76 or older

Senior Scope

Read online at www.SeniorScope.com
or get your copy at one of over 700 locations in Winnipeg and rural Manitoba including your local Winnipeg public library.

Draw Date Extended - JULY 10, 2016. One Entry Per Person Please

PRIZES WILL ACCUMULATE UNTIL DRAW

Quadcopter Drone from Eliminator RC Hobby Supply
Approx value - \$120
120 Higgins Ave. Wpg.
204-947-2865
www.e-rc.ca



2 Tickets to CASH - Ring of Fire @ Rainbow Stage
Show runs until July 15/16
Approx value - \$180
Kildonan Park - North Main, Wpg.
204-989-0888
1-888-989-0888

RAINBOWSTAGE.ca

2 Passes aboard the Prairie Dog Central Railway's Vintage Train
Approx value - \$60
Private charters now avail.
Inkster Junction Station.
204-832-5259
www.pdcrailway.com



Gift Certificate for Terrace Dining Room or Club West @ Assiniboia Downs
Value - \$50
140 VLTs open year round 9 am - 2 am
3975 Portage Ave., Wpg.
www.ASDowns.com



Total Approx. Value \$410

MAIL ENTRIES TO: Senior Scope Contest
Box 1806, Stonewall, MB R0C 2Z0

MANITOBA Wild
Scenic Secrets of Manitoba

Pick up a copy at your local bookstore today!

Join local Manitoba writer & photographer Bill Stilwell on a photographic exploration of some of Manitoba's most scenic sites. Bill will provide Manitoba's little known, yet outstandingly beautiful places. Scenic secrets—for you to enjoy.

Ph: (204) 476-5210 Email: bills@mts.net www.manitobawild.ca

TRAVEL & ACTIVITIES

Have an event or tourist destination? Advertise it here at a reduced price. Share the space, share the cost. Call 204-467-9000 or email kelly_goodman@shaw.ca for details.

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

Guaranteed JACKPOT of \$2,000

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

The Firefly Café
Located in
Birds Hill Campground Store
Birds Hill Provincial Park

High Tea Thursdays
Come join us every Thursday 2:30 to 4 pm for our High Tea - Tea sandwiches, fruit, cheese, house baked dainties.

eat in or take away
Call 204.222.4715

Reservation required for High Tea
204-222-4715

Enjoy a full cafe menu:
coffee
smoothies
breakfast
lunch & dinner

Open May thru October

50 Years
MANITOBA HIGHLAND GATHERING
July 2 & 3, 2016
Legacy Park, East Selkirk, MB
(Behind East Selkirk Arena)

Gates Open 7:30 am
ANAVET Pancake Breakfast - 8 am
Scottish Foods & Pub - 11 am

EARLY BIRD TICKET PRICING AVAILABLE AT:
One Insurance - Selkirk
Gordon Howard Seniors Centre - Selkirk
Library & ANAVETS - Selkirk
Rennie's Full Service - East Selkirk
Lockport Grocery - Lockport
Baron's Meats - Lockport
Shops of St. Andrews - St. Andrews
Beach Handimart - Wpg Beach
Clandebye Store - Clandebye
Jacobs Trading - Beausejour
Online at: manitobahighlandgathering.org
Or call Joyce at 204-794-6587

• Highland Dance Competition
• Pipe Bands
• Heavy Games
• 25th MB Canoe & Kayak Marathon Championships
• Pancake Breakfast
• Scottish Foods & Pub
• Ricklyn Petting Zoo
• MB Living History (1812)
• Sons of Lugh Viking Living History (600-900 AD)
• Barony of Castel Rouge (Medieval)
• Wee Folk Face Painting
• Wee Folk Heavy Games
• Scottish Market
• Wee Willie's Pub
• Live Entertainment
• MUCH MORE

RAIN OR SHINE - BRING A CHAIR. SHUTTLE FROM PARKING LOTS

BRANSON

October 28-November 5
\$1399.00 pp dbl occ
Brandon departures add \$25.00 pp

Tour includes: 9 days motorcoach transportation, 8 nights lodging, 7 top shows including Daniel O'Donnell and Million Dollar Quartet, 6 hot breakfasts, 5 suppers, \$20.00 food credit, 3 casino packages, Christmas light tour, luggage handling (1 per person) & snacks/drinks on the bus!

DANIEL O'DONNELL
RETURNING TO BRANSON 2018

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

EVENTS

South Winnipeg Seniors Slo-pitch - SENIORS HAVING A BALL, May-Oct. To join or for more info, call Bob: **204-261-3033** or Metro: **204-256-4074** or Janice: **204-831-5641**, or visit swssp.coffeecup.com

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’s Historic Seven Oaks House Museum - opens for 2016 season. Experience one of the Red River Settlement’s most prominent families of 1851. McGowan Park near Main & Rupertsland. www.facebook.com/SevenOaksHouseMuseum for info.

Royal Winnipeg Ballet - presents “Ballet in the Park,” Jul. 27, 28, 29, 7:30 pm, outdoor at the Lyric Theatre, Assiniboine Park. Free admission.

Interlake Barn Quilt Trail - Open all the time. Travel through the Interlake and spot the barn quilts in various locations. See page 12 for details. Visit www.interlakebarnquilts.com or call Janice: **204-376-2649** or Donna: **204-389-3976**

Lakeside Quilt Show and Sale (4 locations) - Aug. 13 & 14. 1) Gimli Curling Rink, 45 Centennial Rd. Sat. 10-6, Sun. 10-4. Quilts, lunch, raffle. Email: lakesidequiltersinterlake@gmail.com 2) Heidi Hunter – Runs with Scissors Studio, 3044 Prout Road (17E) off 299 between Hwy 7 and 8, Sat. & Sun. 11-5. <http://www.runswithscissors.ca>. 3) Thera-Piecers Quilt Show, Ponemah Beach Central, 27 Central Ave at Railway St., Sat. & Sun. 10-5, Betty: 204-389-5682. 4) Matlock “Sew’n Sews”, 77 Matlock Road off Hwy 9, Matlock, Sat. 11-5, Sun. 11-4, Betty: 204-389-5682.

Hope Nicholson, owner of Winnipeg’s comics publisher **Bedside Press** - presents the First Prairie Comics Festival, July 30, 10:30 am-5 pm, Millennium Library. Over 30 comics, webcomics, zines, and graphic novel creators showcasing their works in digital and print formats. For info: hope@prairiecomics.com or www.prairiecomics.com. Sponsored by the City of Winnipeg and Winnipeg Public Library.

VOLUNTEERING

Deer Lodge Centre, 2109 Portage Ave - Volunteers needed to assist with daytime recreation programs : manicures (simple), playing piano, visiting, outings, coffee, cards (rummy, crib, bridge), bowling, bingo, etc. Call Joy: **204-831-2912** or email: jtanchuk@deerlodge.mb.ca

Highland Gathering Team - Call for Volunteers. Join us for a fantastic Scottish experience! VOLUNTEERS are required for both our organizing committee (secretary and media person) and to assist at our 50th Anniversary Event, July 2 & 3, 2016. Call Joyce: **204-794-6587** or email communications@manitobahighlandgathering.org

Brandon Seniors for Seniors - One Day Bus Trips: July 5 to Boissevain for Arts, History & Heritage Tour; July 19 to Lower Fort Garry. Call **204-571-2050** to register or for more info.

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

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**

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**.

College of Pharmacy, U of M - Research Survey for Caregivers who assist family or friends with dementia with medications and the issues they face when managing their medications. Survey involves an online, anonymous survey (about 15 min). The study is being conducted by researchers at the U of M College of Pharmacy. Survey is at: <http://fluidsurveys.com/s/medsurvey/> Contact: Danielle Chu, Research Assistant: **204-975-7742**, email: umchu9@myumanitoba.ca for info

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

Middlechuch Personal Care Home - Volunteers needed for special events, evening bingos, meal assisting and to assist in the rehab dept.Call: **204-336-4138** or 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

Meals on Wheels Inc. - Now recruiting for rewarding volunteer opportunities for 2 or more hrs/wk in Downtown, E.K., Seven Oaks & St. Vital. Training and honorarium provided. Call **204-956-7711** or visit www.mealswinnipeg.com.

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Call Janet Paseshnik: **204-257-6688**

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. Sam: **204-956-6773** or email skidd2@vgh.mb.ca

HSC Winnipeg - Seasonal volunteers welcome in patient and support areas. Free parking or bus tickets. Call **204-787-3533** or email: 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

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 Secter Creative Living Centre (1588 Main) - offers weekly Wed. lunch, bingo, entertainment & shuttle. Simcha Program, Wed. Jun. 29 featuring “Bellows & Fellows.” Lunch \$10. Lunch w/transportation \$15. Also, daily fitness for older adults, kosher take-out food, computers, bridge, tai chi, & more. Shuttle service Wed. mornings for \$15 from North Wpg., \$15 from the South End (members). Call: **204-339-1701** ext. 205

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.

Pembina Active Living (PAL) 55+ - Drop-in activities continue all summer (membership required): men’s breakfast, PAL putters (golf), PAL pedallers (cycling), lunch PALS, movie afternoon, bridge/cribbage. Special event: Still Bloomin’ gardening club - Backyard honey bees (Jun. 30). Info: www.pal55plus.ca or **204-946-0839**.

Wpg Polish Legion Br #246 - 1335 Main St., Tuesdays Senior Lunch/Dance 12-3 pm, \$10, and Blues & Jazz Band/Jam Sessions evgs. 8-11 pm, Fridays Karaoke 8 pm-midnight, Sats. All Request 8 pm- midnight. Band Sat. Jun. 28, Zabawa last Thurs., \$10 supper 5:30-7:30 pm, Dance 7-10:30 pm. Info: **204-582-9263**.

Seine River Seniors - Southdale C.C., 254 Lakewood Blvd - Mon. Bridge: **204-452-5439**; Mon. Outdoor walking: **204-253-4599**; Cheapy Movies 1st. Tue.: **204-452-5439**; Brunch 3rd. Tue.: **204-231-1529**; Celebrations Theatre matinees: **204-452-5439**; Catered lunches 2nd Wed. til end of June, \$12/member, \$15/non-member. Register Sun. prior: **204-253-4599**; Friday Canasta, drop-in 9:30-11:30 til end of June, silver collection.

Eastern Star Chalet (ESC) - 525 Carthcart St., Congregate Meal Program to area, 55 plus. Must register. Volunteers needed for 1 hour per week cleanup. **204-889-3687**. Leave msg for Lesley.

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. **987-8850**.

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**

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.

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**

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.

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

Springs Senior Drop-in - June 28, 1-4 pm, 725 Lagimodiere Blvd. Afternoon of games and fellowship. 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 /group trips offered. **204-222-7504** or ganyadel4@mymts.net

Lion's Place Adult Day Program - Social day program for seniors. Transportation &

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

Please mention Senior Scope when contacting our advertisers. It helps them track their ad effectiveness in Senior Scope. Thank You.

hot lunch provided. Members \$8.06/day. Call **784-1229**. Referrals made through WRHA at **940-2655**, or call Case Coord.

Senior Achievers - Meet 3rd Thur. 1-3 pm at 406 MacGregor St. Bingo, 50/50, meat draws, door prizes, coffee. Call Rose: **204-338-3833** 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. Suitable for all fitness and mobility levels. Modest membership fee. Call Carol: **204-269-4097**.

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. See Facebook page : Elmwood_Active,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, 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**

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



Victoria Lifeline... Empowering Independence

You take care of yourself, exercise & eat well. You're doing everything to maintain your independence. Let Lifeline help you prepare for the unexpected. Call today & ask about our fall detection button, the AutoAlert.

(204) 956-6777

www.victorialifeline.ca

Mention this ad and receive one month free monitoring





OCD CLEAN

SATISFACTION GUARANTEED

DISCOUNTS \$\$ AFFORDABLE
CHEMICAL FREE AVAILABLE (NORWEX)

BASIC/DEEP/CLEANING & ORGANIZING

Call or Text
204-651-1182



“The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others.”

- DeAnn Hollis
Visit Values.com for more quotes

Downsizing?



WE BUY HOUSES!

- Flexible possession dates

- No realtor commissions

- Sell "as is", no hassle to you

- Fair offers, guided process

- Any area, any condition, estates

- Sell the house, enjoy yourself!

Call today! 204-808-8861

CROSSWORD

The Manly Man of the House

By Adrian Powell

ACROSS

1 "Scram!"

5 Violet's cousin

10 "Gone With the Wind" plantation

14 Kappa's Greek forerunner

15 Japanese cartoon style

16 Revered image

17 50's TV show with dad Jim Anderson

20 Steelhead or rainbow

21 Allow

22 Political assistants

23 Weed-whacking tool

25 Traditional Jewish wedding dance

27 90's TV show with dad Hank, Dallas

33 Wind quartet member

34 They're up your sleeves

35 Goddess of the dawn

38 Small bell sound

39 Beast that provided Samson's weapon

40 Superhero's garb

41 Gushing piece of verse

42 Statesmanship, basically

44 Starving artist's quarters

46 70's TV show with dad and widower Mike, the architect

49 Best selling cookie

50 Rhea's Aussie cousin

51 Low-voiced choir ladies

54 ID you send with your taxes

56 Throw dough around

61 60's TV show with dad Ward Cleaver

64 Fruit from a palm

65 Judicial remarks

66 Father a foal

67 Not at all close

68 Had a flu symptom

69 Unhurried

DOWN

1 Use a sieve

2 Frost created from frozen dew

3 Popular old Prussian name

4 3rd largest Hawaiian isle

5 A birdie will beat it

6 Bobby sock

7 Very early bed time

8 ___ Brothers, Dick & Tom

9 Bowmaker's wood

10 Relating to the shin bone

11 Waltzed through, as a test

12 Pale pink hue

13 Echidna's will eat them

18 Underlying community morals

19 Bollywood garb

24 O'er and o'er

26 Measure of resistance

27 13-string Japanese zither

28 Ditto in a footnote

29 Any group of 9

30 "Rush" booking

31 "___ la vista!"

32 Soak up the facts

36 Gp. of crude countries?

37 Actor Green of "Austin Powers"

39 Puzzle involving a quote

40 Expensive wine bottle word

42 Concise

43 US gent on a cent

44 Where to do a lot of reps

45 Mistreat

47 Electrolux rival

48 Represent

51 Swift's M*A*S*H co-star

52 Toronto hockey player

53 So long, in Soho

55 Gnat bite result

57 Where to head 'em off

58 More than malicious

59 Fiddling emperor, they say

60 Sketched

62 TV's Mrs. Morgenstern

63 Awful

SOLUTION ON NEXT PAGE

WORDSEARCH - Card Games

By Senior Scope

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

- Aunt Agatha

Blackjack

Brag

Bridge

Bunko

Canasta

Canfield

Carlton

Crib

Demon

Ecarte

Euchre
- Fan-Tan

Faro

Fish

Free Cell

Gin

Grab

Hearts

Hi-Low

Misere

Nap

Ombre

One Foundation
- Patience

Pinochle

Piquet

Poker

Pontoon

Red Dog

Rummy

Seven Card Stud

Sevens

Skat

Solo

Spades
- Spider

Spit in the Ocean

Stop

Streets

The Clock

The Regiment

The Star

Twenty-one

Whist

SOLUTION ON NEXT PAGE

SUDOKU SUPER EASY

By Senior Scope

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

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

HUMOUR



By Rick Goodman
rickgoodmansk@hotmail.com

Bea and I were heading out of town not long ago and happened to meet one of the first bicycle riders of the season heading into school on her spiffy 10 speed ultra lite bike. All togged out in shiny super slick wind-cutting day-glow clothing. Colour co-ordinated helmet and shoes, ear buds, the 'right' sunglasses. Wow!

It wasn't like that in my day. Us kids were lucky to have a 1 speed bike. Balloon tires and no fenders made hitting a fresh cow pie an experience we couldn't wait to share with our unsuspecting city slicker cousins. Nothing is as hilarious as a narrow line of fresh cow poo thrown up by the tires, painting a narrow line up some poor suckers back when you're around 12 years old. We were an unsophisticated bunch and were content to enjoy life's simple pleasures.

Chain guards were unknown. What you did was wrap up your

pants leg with bailer twine on the chain side to keep from getting caught up in the chain. It worked most of the time.

Safety gear wasn't an issue back then either. You could do a pretty good power brake stand by peddling hard and then sticking your toes into the spokes below the forks that held the front wheel on. The wheel would stop dead and if you did it exactly right you could actually flip the thing end over end, get your toes untangled from the spokes, and land on your feet. Usually this didn't happen. One of two other things happened with startling regularity though. Either you would forget to wear boots and pretty much break both your toes on the forks or you wouldn't be able to get your feet clear in time to stop from going face down in the gravel. There would be that one golden moment, just before you stuck your toes in the spokes, where you just KNEW it was going to work out this time. Followed instantly by

yet another spectacular wreck where you'd cartwheel down the road, pull yourself out of the wreckage, and limp home leaking blood, snot, and tears with reckless abandon. Not only were we unsophisticated, we were stubborn to boot.

Nobody back then even knew what a helmet was and wouldn't of been caught dead wearing one even if we had known. We laughed at the thought of brain injuries. Goodness knows, I've had my share of them and have suffered no ill effects whatsoever other than a tendency to shout, "Rabbits," and drool uncontrollably at socially awkward moments.

But at least we had roads. Bea grew up on a small island. If you wanted to go anyplace you traveled by boat. Her and her sisters had a bike though, and would take turns riding it around and around the house. A kid could get anywhere she wanted to go that way with a little imagination. There was a practical side to this as well. Her Mom could

tell when it was time to take the baking out of the oven by counting how many times a kid rode past the kitchen window. If Yvonne was riding the bannock was done in 35 revolutions. Bea was a regular speed demon. You didn't even think of taking it out at anything less than 42 passes!

Bikes, kids, and imagination. You could hop on a bike and travel anywhere your imagination would take you and not even leave the yard. Or in the case of the grandkids not even leave the basement. Not long ago I went downstairs and found Alexis on the exercise bike, peddling for all she was worth. Her cousin was sitting on the seat behind her and her little sister was perched on the handlebars eating a yogurt cup.

"Papa," she hollered, "You're just in time. We're going for ice cream and you're buying!"

I'll give her this... She knows a soft target when she sees one. Two scoops all around please. Chocolate dipped. ■

Things the grandkids say

By Rick Goodman ©Copyright 2016

Back in the day a fellow named Art Linklater hosted a radio show called, "Kids Say The Darndest Things." It was hilarious. You never know for sure what is going to come out of a child's mouth.

I think about it from time to time and have kept a little notebook of things the grandkids have come up with over the years.

Back when Nathan was three he came over and spent the night. He ended up sleeping between Bea and I. He did the sleeping. We spent most of the night trying to stay out of his way. He was what you would have to call a restless child. I'd close my eyes and get wacked in the nose with a backhand out of the darkness. He'd twist around sideways and kick Bea in the ribs. I think the kid actually bit me once. It went on and on.

Anyway, around three in the morning Bea had had enough. She sleepwalked him into the spare bedroom, flipping on the lights as she went. At which point Nathan hollered,

"Leave the lights on! I'm gonna read *The Three Little Pigs*!" Then he fell face down on the bed and was back asleep before his head hit the pillow.

A couple of years later Alexis came home from preschool with her shoes full of earthworms. Rain had driven them to the surface so they were easy pickings.

Bea met her at the door and while she was taking her shoes off she said, "AAAAH! ALEXIS, HOW COME YOU HAVE WORMS IN YOUR SHOES?"

Alexis looked up and replied, "Because I don't have pockets."

You just can't argue with logic like that.

Or how about a couple of years ago when Nathan watched a Remembrance Day service with Bea. The camera panned a close-up of the bagpipe player and Nathan asked his Momma if Papa played the bagpipes. Bea asked him why in the world he would think I played the bagpipes.

To which he replied, "Because he has big cheeks like that guy!"

We had a houseful of kids a while back celebrating a birthday. One of the kids asked me what my favorite x-box game was. I explained that I didn't like those games and had never even played one in my entire long and hoary life.

At this point Alexis decided to clarify the situation for everybody.

"Papas don't play games," she said. "They just sit on the couch and watch TV. Right Papa?" Which isn't completely true by the way. Papas like to fish and drink beer too.

Kids do say the darndest things. ■

WORDSEARCH - Solution

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

CROSSWORD - Solution

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

SUDOKU - Solution

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

MR. ODDS & ENDS

BUYING & SELLING New & Used Items

Specializing in items people need. Will trade items /Cash for some.

Currently Available: Bicycles, Lawnmowers, Air Conditioners, Fridges, Couches, Beds (like new), Furniture, Collectibles & More. Snowblowers and Shovels also available.

ATTENTION! Looking for partner with space, preferably in Winnipeg, to share operations for **BUY & SELL** business of **NEW & USED** and **COLLECTIBLE** items. Call 7 days/week

Call Dave 1-204-746-4318

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 EVENTS NOW!
Seniors Discount on any event.

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**

BUY • SELL • TRADE • RENT • NOTICES

FURNITURE

FOR SALE: 2 single Adjustable Lift Beds. Newer mattresses, remote control for head or foot lift & hi-low massage settings. Very good condition. \$300 ea. or \$500 for both. Can deliver. Call Dave 1-204-746-4318 (Morris, MB)

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. Visa or MasterCard accepted.

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 rural Manitoba and online at www.seniorscope.com.

Sponsored by HUMN Pharmaceuticals

Topical Approaches to Pain Management

By Haidita Celestine

Applying pain relief treatment directly where it hurts is not a new practice. Healers throughout human history and in every culture have applied medicines directly to the source of pain. One of the oldest, and the largest, complete medical documents ever discovered, the 3500-year-old Ebers Papyrus, includes poultices, salves, oils and plasters for conditions ranging from Sting of Wasp to Headache.

Found in a tomb at Thebes about 1862 and preserved at the University of Leipzig, it is a miscellaneous collection of extracts and jottings from at least forty sources. There is abundant evidence that these sources come from numerous books many centuries older. Spells and incantations are also freely interspersed, as are domestic tips for such things as keeping mice away from clothes. One remedy found in the text is a poultice composed of pieces-of-excrement, Cat's dung, Dog's dung, and berries of the Xet plant. This apparently would "drive out all the Scurf".

"I can assure you that TPR20 Pain Relief Cream contains no dung of any sort," says Rowan Hamilton, Director of Research at Humn Pharmaceuticals of Winnipeg. "What it does contain though, helps us believe in the strength of modern medical pain relievers without the need for powerful pills."

The most common pharmaceutical approaches to pain today are oral medications (pills). With this approach, come regular side effects including gastrointestinal complications, liver disease, kidney disease and potential dependency. Canadian consumers are increasingly wary of such potential risks and are looking for a less invasive approach that can be provided by topical analgesics. The type used successfully for centuries; provided of course that they don't contain dung.

In our own time and culture a new understanding of pain treatment is emerging from research and patient studies. It is increasingly pointing to topical preparations as a viable delivery mechanism for pain relief medication. The forms they take are creams, gels, liquids and patches. Their object is to apply pain relief where it hurts, when it hurts. This may be one of the most important recent developments in the treatment of pain – even if it is a centuries old practice.

Modern pain medicine as we know it dates from the development of chemistry in the nineteenth century. Salicylic acid from willow bark was refined into acetylsalicylic acid in Germany and marketed in 1899 as acetylsalicylic acid. This was the first of what are now known as Non Steroidal Anti-inflammatory Drugs (NSAIDs) and began a revolution with the

addition of acetaminophen / paracetamol in 1956 and ibuprofen and indomethacin in 1962. The products were all pills and still are. The other major pain medication derives from the Opium poppy. Synthesized from the raw opium, morphine went on sale in 1827. Heroin from the same source became available in 1874.

These two basic medicine groups are still with us. Pharmaceutical chemistry has refined and developed synthetic derivatives in the search for more powerful and patentable compounds. Despite increasing evidence of side effects and adverse reactions, they have become the accepted standard for pain medication. Topical preparations were largely lost to history; today they appear so new to us that the first topical NSAID was only approved by the US FDA in 2007.

Topical therapies act locally rather than through systemic absorption and distribution in the way that injections or pills are intended to act. Topical use of analgesics and anti-inflammatories is an effective and increasingly popular approach that avoids gastrointestinal irritation and the metabolic degradation associated with oral administration. They make possible, in a cream form, the use of local anaesthetic compounds such as Lidocaine, well known to the public as an injected anesthetic in the dentist's chair,

which actually block the transmission of pain in the nerves.

Topical approaches can be effective at far lower doses than oral pain medication. They go where they are needed, when they are needed, and only need to act on the site of pain itself. They bypass the digestive tract and liver minimizing side effects, drug interactions and organ toxicity. There are generally less dose restrictions for topical preparations than oral medications and they typically act much faster than oral medications having their effect before a pill has even reached the stomach.

They are effective for pains that would not normally be treated with regular pain medications. These include sunburn, insect bites, poison ivy and other plant irritants, minor burns, blisters, hemorrhoids, skin conditions, even shingles. The direct action of topical creams makes them ideal for muscle and joint pain, aches and sprains. Both the American Geriatric Society the Canadian Pain Society recommend topical lidocaine for neuropathic pain like shingles.

A study undertaken by the American Osteopathic Association showed that nearly half of the population does not believe that pain is something that can be eased with mainstream medications. Topical pain relief can change that belief.

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:  

www.humnpharmaceuticals.com

© 2016 HUMN PHARMACEUTICALS