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Vol. 15 No. 1
Aug 4 - Aug 31/16



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ANNOUNCING 'TEAM MANITOBA 2016' for 2016 CANADA 55+ GAMES

These Games are these older adults' 2016 (Summer) OLYMPICS!



Jack Widdicombe of Russell, 95, with Lois Dudgeon, Team Manager of the Canada 55+ Games, in Brandon for the Manitoba Liquor and Lotteries 55 Plus Games. Jack will be competing in 18-Hole Golf in Brampton, Ontario later this month.

By Lois Dudgeon

On August 15, a team of Manitoba senior athletes (108) will venture to Ontario to prove "you're never too old for FUN & Games!"

This year, the biannual Canada 55+ Games will be hosted by Brampton, Ontario from Tuesday, August 16 to Friday, August 19. The Canada 55+ Games is a first-class sporting event that brings together over 1600 senior athletes from all over the nation for healthy competition and social camaraderie. Team Ontario alone will be 500 strong!

The guiding mission statement of the games is to influence personal behavior and social supports that encourage healthy, active living for older adults in Canada. Manitoba's Team Manager, Lois Dudgeon of Morden, states that "fun, fitness and friendship" is the slogan both the administration and participants live by. "Athletes come to the games to reconnect with old friends or to make new ones within the spirit of friendly competition. It really is four FUN filled days of friendly competition."

Familiar sports like golf, curling, ice hockey and slo-pitch are featured alongside other activities like card games, horseshoes and scrabble for a total of 20 events. The variety ensures that every senior, regardless of their fitness level, will be able to participate. Pickleball which is the fastest growing sport among the 55+ crowd is in its second year at this year's Games.

Team Manitoba 2016 was announced following the Manitoba 55 Plus Games qualifier, held June 14-16 in Brandon, MB. Nearly 1000 Manitobans participated in the local event built on the same principles of the Canada 55+ Games. Team Manitoba's uniforms are generously sponsored by Homestead Manitoba out of Winnipeg.

"Jack Widdicombe of Russell turned 95 in May 2016 and is still going strong. 2016 will be his 7th Canada

Continued on page 2



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Team Manitoba ready for Canada 55+ Games in Brampton, ON...

cont'd from front page

Games since his 1st in 2002. Jack has been a part of 'Team MB' since I started managing this team in 2002. What is really unique about Jack is that at 95, he still golfs 18 holes. Jack's only missed one MB 55+ Games in recent years when he had hip surgery, but was back golfing the very next year. His biggest fan is his wife Florence," Lois Dudgeon proudly states.

Team Manitoba will enjoy Opening Ceremonies with an Athletes Parade, a closing banquet and awards during the Tuesday to Friday event. Participants will also be treated to additional local

cultural activities including a live concert in the park. The next host community will also be announced at the closing ceremonies. Manitoba last hosted the Canada 55+ Games in 2006 at the community of Portage la Prairie.

For more information on the Canada 55+ Games, visit www.c55plusgames2016.com or contact:

Before Aug 10: Lois Dudgeon

at **204-822-6207**

Before Aug 15: Your local "Team MB" athlete(s) ■

Introducing... 'TEAM MANITOBA 2016' Canada 55+ Games, Brampton, ON, Aug 16-19, 2016

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Dieter Bonas, Winnipeg - 8-Ball Pool

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Nola Brown & Wilf Felsch

Winnipeg - Contract Bridge

Grant & Linda Buchanan

The Pas - Swimming

Tanis Carter, Alexander - Swimming

Maurice & Doris Chaychuk

Dauphin - Cribbage

Leon Clegg, Seven Sisters - Track

Bob Dawson, Cartier - Track

Elaine Delannoy, Lynne Howden,

Judi Mason, Pat Sigfusson

Winnipeg - Curling

Dan Deonarine, Erickson - 18-Hole Golf

Lois Dudgeon, Morden - Team Manager

John Erickson, The Pas - 18-Hole Golf

Nellie Erickson, The Pas - Darts

Sonia Gamache & Helen Sweetman

Laurier/Makinak - Cribbage

Stuart Ganske, Cartwright - 8-Ball Pool

Juliette Jacobson, Winnipeg - Track

Guy Jolicoeur, Lorette - 8-Ball Pool

Achim & Lilli Kemmisies, The Pas - Track

Amy Knight, Brandon - Scrabble

Claire Lamoureux, Winnipeg - 8-Ball Pool

Debby Lee, Strathclair - Scrabble

Hank Lodewyck, Winnipeg - Pickleball

Charlie McCullough, Wayne Johnson,

Joan Johnson, Karen McKinnon

Carman - Curling

Beth Mcleod, Vicky Elliot, Gladys James,

Jill Overall, Onanole - Curling

Vivian & Melvin Oswald, Eleanor Scott/

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Neepawa/Gladstone - 5-Pin Bowling

Peter Paley, Les Neuman, Grant Norman,

Fred Spiring, Winnipeg - Curling

Alex Parobec, Souris - Pickleball

Lionel Piche, Winnipeg - Pickleball

Denny Quigley, Souris - Pickleball

Donna Sainsbury, Winnipeg - Predicted Walk

Dave Smith, Gimli - Scrabble

Britta Spiring, Winnipeg - Predicted Walk

Ken Strand, Winnipeg - 18-Hole Golf

Rose Marie Steinke

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Richard Unruh, Gord & Ruth Topnik,

Lena Hiebert, Elsie Schmidt/

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Steinbach/Boissevain - 5-Pin Bowling

Jack Widdicombe (95)

Russell - 18-Hole Golf



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MB golfers "medal sweep"

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Blumenort - 5-Pin Bowling

Marilyn Woods, Souris - Pickleball

Bob Zarn, Piney - 18-Hole Golf

Mike Zolinski, The Pas - 18-Hole Golf

Manitoba Bombers: Bruce Foster, Dave

Smith, Ben Bremaud, Craig Campbell,

Brain Evenson, Ronald Freynet, Dan

Greening, Reg Klassen, Don Knight, Bill

MacKay, Robert McCaskill, Alan Morris,

John Owens, Rick Panting, John Queau,

Robert Rougeau, Gordon Wilson

Winnipeg & area - Hockey

Tri Clad Design: Allan Sharpe, Andy

Boulanger, Rene Comte, Brian Gadsby,

Erwin Giesbrecht, Francis Giesbrecht, Ron

Harms, Ken Rigaux, Wayne Riley, John

Shearer, Dan Thomas, Ernie Warkentin,

Gord Zamzow

Winnipeg - Slo-Pitch

Total: 108

Average Age: 68

Youngest Participant: 57

Oldest Participants: 95

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CURRIE'S CORNER



By Roger Currie

Churchill - bearing the cold... hearts

Many Canadians might know that Peter Mansbridge began his illustrious broadcasting career with the *Mother Earth Corporation* in beautiful downtown Churchill, on the shores of Hudson Bay. That might explain why an American multinational waited until Peter was either on holidays or out of the country to pull the plug on Manitoba's northern seaport.

We may never know because *Omnitrax* of Denver Colorado is choosing to not offer one word of explanation about why they have chosen to shut down Churchill, the facility that they took off Ottawa's hands for a song and a handshake in 1997.

It's a hard story to follow because governments aren't saying much either, except for Churchill Mayor Michael Spence who's wondering if he might have to turn out the lights if he's the last person to leave town.

Surely we'll get some definite answers from Jim Carr, the federal minister of Natural Resources. He is Manitoba's senior cabinet member, by virtue of the fact that he was sworn

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

in five minutes ahead of MaryAnn Mihychuk last fall. Carr is "gathering intelligence" about what's going on, and that's a relief.

I wonder what happened to Merv Tweed? He was a Conservative backbencher when Stephen Harper was Prime Minister, and he took such good care of the interests of *Omnitrax* that they made him the man in charge of their little Canadian operation. It happened just about the time that Harper and company killed the dear old Canadian Wheat Board. If you don't think these events are somehow related, then you just haven't been paying attention. Normally in early August, a handful of ships would be making their way to Churchill to be loaded up with grain and other goods, bound for Russia and elsewhere, but not this year.

Omnitrax also owns the Hudson Bay Railway, and it's still carrying lots of tourists up that way to watch whales and polar bears. My former colleague Peter Warren used to be fond of suggesting that it was time to give Churchill back to those same bears. It seems as though someone may have been listening. ■

Missing and Murdered Inquiry... field of broken dreams?

It was two years ago this month that Winnipeg and the rest of the world endured a horrible tragedy when the body of 15 year old Tina Fontaine was pulled from the Red River. She had been wrapped in plastic, and tossed into the muddy water like a piece of garbage. 18 months later, a 53 year old drifter from New Brunswick with a lengthy criminal record, was arrested in B.C. and charged with Tina's murder.

More than any of the hundreds of similar cases over the past decades, it was Tina's story that drove the push for a public inquiry into *Missing and Murdered Indigenous Women and Girls*. When he was Prime Minister, Stephen Harper refused to appoint such an inquiry, saying there was nothing about such murders that put them in a different class than any other similar crimes in Canada.

Justin Trudeau promised that there would be an inquiry, and ten months after his Liberals defeated Mr. Harper, the wheels are now in motion. Four women and one man have been

appointed to serve as commissioners. They've been given two years and \$54 million to come up with recommendations that will hopefully help to end or at least reduce the cycle of violence.

It's a huge task and many in both the white and aboriginal communities seriously question if the process will make a difference. The relatives of the women and girls who have been lost look upon on the inquiry as a memorial to their loved ones, but I sincerely hope they don't see it as a golden path to a better future. Just ask Murray Sinclair as he rests in his comfortable chair in the Senate. He chaired the *Truth and Reconciliation Commission*, and before that he was co-chair of Manitoba's *Aboriginal Justice Inquiry*.

Tina Fontaine was one of the 10,000 Manitoba children who were in the care of the province when she was murdered two years ago. Until something can be done to change those numbers, this latest inquiry may well be doomed to be just another field of broken dreams. ■

Advertising Feature

Old Grace Housing Co-op: A new housing choice



Entrance on Arlington

Old Grace Housing Co-operative presents an attractive option for seniors who are facing the prospect of downsizing. The Co-op, which is currently under construction, will be located at the intersection of Arlington and Preston in Winnipeg's Wolseley neighbourhood.

Co-op members will be living in a brand new, energy-efficient, three-storey building in an attractive, mature community. The 60-unit building will have a mix of one-, two-, three-, and four bedroom units. Membership is open to individuals and families.

The design includes several attractive common areas and amenities, landscaping and outdoor areas. There will be a common laundry facility and members will have the option of installing their own in-suite washers and dryers. The building will have an elevator and all suites will be visitable by people who use wheelchairs or walkers, and six fully accessible suites are planned. The parking, service and common areas and exterior landscape are all designed to be fully accessible.

The co-op will be a pet-friendly, non-smoking environment.

Old Grace is a non-profit, member-based organization. It was started in early 2012 by a group of approximately 30 individuals, mostly from the Wolseley community, who were interested in establishing a housing co-operative on the site of the original Grace Hospital.

From the outset, the co-op has been committed to principles of co-operation, sustainability, and affordability. Unlike other forms of multi-unit housing, in a co-op residents are fully engaged in the decision making. As a result, a co-op fosters a genuine sense of community: members come to know each other and look out for one another.



Courtyard

The Old Grace location is perfect for those who want to pursue an active retirement. It is a five-minute walk from four different grocery stores, including De Luca's Specialty Foods. A major pharmacy, a community health clinic, and Tall Grass Prairie Bakery are also only a five-minute walk away. There are several nearby parks, coffee shops, and bookstores. There are bus stops for seven different routes within a five-minute walk of the co-op. It is a six-minute drive to either the Cindy Klassen Recreation Complex (which includes a fitness centre, swimming pool, and library). On Sundays from the late spring through early fall, Wolseley is closed to motor traffic, creating a bicycle path that links with Wellington Crescent on the south side of the Assiniboine. For those who wish to stroll, this route is open year round.

Two Peg City Car Co-op vehicles will be available on site and members will have ample secure bicycle parking.

Demand has been high: more than a year before occupancy over 80 per cent of the suites have been assigned. To apply for one of the few remaining suites in the building, one must first take out a refundable membership in the co-op.

Interested individuals (households) are encouraged to visit the website at oldgracehousingcoop.ca or to call 204-989-5927.

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Act Now - Life Insurance and New Tax Laws Starting January 1st, 2017

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

Once again I am writing about new tax rules which will have a major effect on our lives starting in 2017. 2016 saw the tax rules change for trusts and estate trusts. 2017 will bring in new rules for the insurance world.

Life insurance is very often only viewed as a benefit upon death. As beneficial as a lump sum payout upon death is, the opportunity in life insurance which may have further reaching benefits is often missed. Unfortunately, using life insurance as an alternative investment vehicle is often overlooked or misunderstood and misquoted. If you have a long time horizon, then the long term benefits far out weigh the short term period where the premiums paid are buying the life insurance coverage therefore the amount paid exceed the cash value. In the first few years, if cash values needs to be accessed, there would be a negative rate of return which would be corrected with time.

Life Insurance does not receive the respect that it is due and how unfortunate that is. With the help of the information illustrated in Canada Life's report **Life Insurance Opportunities in 2016: Decisions to make in 2016 before tax changes in 2017**, I've tried to address some of the major benefits of life insurance and keep the concepts as simple as possible.

Life insurance can be the most tax effective and versatile investment you will ever buy. Taking action and buying a permanent insurance policy by the end of 2016 can have a very large impact on taxes, net worth and legacy.

Benefit #1 - Tax Deferred Investment Growth

It is difficult to find an investment vehicle where investment growth is deferred from taxation. Permanent life insurance creates this environment where the money in the policy can grow deferred from taxes **while inside** the policy. Present tax laws state that to remain exempt from annual taxation, the savings of the policy must not exceed certain limits. Tax legislation enacted in 1982 sets these limits. Starting January 1st 2017 the rules will change.

The new tax rules will reduce the maximum amount of long term tax deferred savings allowed inside new policies. In other words, under the **existing rules** which disappear as of December 31 2016, CRA allows a larger amount of investment dollars which

can be held inside an insurance policy - it can be thought of as an alternative investment model. It's not only a benefit in death but also in life. Who knew! If you desire to have this ability to have additional income growth which is tax deferred while inside the policy - action must be taken. Existing policies placed before December 31st 2016 will generally be grandfathered from the new tax rules. Grandparents, this is your call to action. I'm now showing the permanent life insurance strategy for the purposes of intergenerational wealth transfer to my entire grandparent client base. By repositioning a small sum of money, they are seeing the enormous benefit their grandchildren and great grandchildren will experience. It's easy to do and very cost effective. Ask yourself "Do the grandchildren really need another toy or outfit"? My family is not any different than yours. My grandchildren's house is full of toys and we're trying to stop adding to the pile that they will never play with.

What if there was another way that you could show that you care? What if we did some longer term planning for your grandchildren? What if we could create a legacy that would add more tax deferred investment dollars than you could imagine? If you are willing, we'll show you how, but we only have **five months** remaining to accomplish this before the new rules come into effect.

Benefit #2 - Increased Potential Tax Deductions

If you have an investment loan where the interest paid is tax deductible and an insurance policy is required as collateral by the banking institution, you may have the potential of an increased annual tax deduction. Because of the requirement of the banking institution, part of the premium may also be tax deductible. The potential tax deduction is equal to the lesser of the premium payable or the net cost of pure insurance (NCPI) multiplied by the ratio of the loan balance to the death benefit. I know this is a mouth full. It would be worthwhile to mention this to your accountant. Remember, I said insurance can be used for more than just a death benefit. It is a very effective investment tool in life as well. It may be one of the few remaining tools where investment dollars are tax deferred while in the policy. For policies issued in 2017 or later, the potential deduction will gener-

ally be diminished. In other words, the tax savings will be smaller.

Benefit #3 - Proceeds may be distributed tax-free to shareholders in a corporation

When a private corporation owns life insurance, the proceeds from the death benefit minus the adjusted cost basis can be credited to the corporation's capital dividend account. To the extent of the capital dividend account balance, tax free dividends can be distributed to shareholders upon filing a suitable election. A pre-2017 permanent life insurance policy may increase the potential amount of life insurance proceeds that can be distributed tax free to the shareholders of a private corporation. For policies issued in 2017 or later, the amount available to distribute as tax free dividends will generally be smaller. If you yourself, your neighbours, friends or co-workers have corporations, you may want to let them know. I will be talking about this in greater detail in a future column. This may save them many tax dollars, but time is limited. I strongly suggest they speak to their accountants for guidance.

Opportunities with Universal Life Insurance

- The goal is to increase tax-exempt savings deposits (maximum funding) inside the policy as the ceiling on tax-exempt savings will be lower in later years.
- By adding additional deposits you will be able to fund the policy more quickly. After January 1st 2017, there will be lower maximum deposits.
- With additional deposits you may be able to reduce the cost of insurance. New policies may also be priced lower. After January 1st there may be a higher cost of insurance.
- For existing policies, now may be the opportune time to add benefits or riders that require underwriting. If you don't understand the benefits and riders, either talk to your present advisor or please bring them in and we will review the policies.

Opportunities with Term Insurance - Convert to a permanent policy

- Consider converting now. The features and benefits of a permanent insurance policy will be grandfathered if placed prior to 2017. You

Continued on next page

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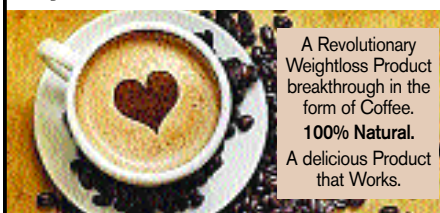
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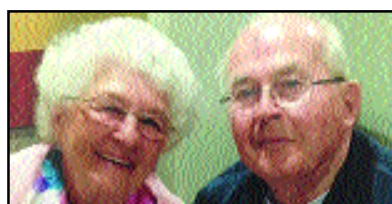
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65th Reunion Luncheon for the 1950-51 Provincial Manitoba Normal School

- Submitted by Elaine Rex and Pat Challis



1950-51 Class of the Provincial Manitoba Normal School



Mr. & Mrs. Ben Hanuschak - a former Minister of Education in the Manitoba government

Life Insurance and New Tax Laws,

cont'd from page 4

- will not lose room for tax deferred savings inside these policies.
- Original Age Conversion: If the term policy allows this, consider converting now. The permanent policy will have the cash value and policy dividends that would have accumulated if the policy had originally been a participating policy.
 - Action is required. If you have not looked at your old policies recently, now is the time to do so. If you do not understand what you own, either call your advisor or bring in the policy and we will review.

Opportunities in Retirement Planning

- Life insurance can be a tremendous resource to help reduce taxes when looking to supplement retirement income. Cash value can be accessed in a number of different ways – through withdrawals, policy loans, collateral loans or annuities.
- With annuities, a portion of the annuity payment is considered a tax free return of capital. For most prescribed annuities bought in 2017 or later, the tax free portion may be smaller.

In conclusion, life insurance is much more than just a death benefit. It can be equally, or in some cases, more valuable in life than in death if used properly. It may be time to rethink how you view life insurance and re-examine if you have done all that you can to not only protect your estate, but also to enhance your family's legacy. If you have a favourite charity that you would like to support, life insurance may be a tax-efficient vehicle for this as well.

If you would like your current policies reviewed or would like to examine how you can participate in intergenerational wealth transfers on a tax free basis, please contact us at (204) 257-0999 or consult your insurance provider. You can find us online at www.shirleyhill.net or www.facebook.com/ShirleyHillAssociates. ■

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On June 6th, 2016, graduates from the 1950-51 Provincial Manitoba Normal School Class gathered at the Viscount Gort Hotel in Winnipeg, MB, for a 65th Reunion Luncheon.

Can you imagine 43 enthusiastic, vibrant, octogenarians, educational troopers decades after our first meeting 65 years ago?

Soon the room was abuzz with old classmates greeting each other, searching out names on the Memory Poster and scanning pictures from those early days. As well, there were notes and snapshots sent by people who could not attend for health reasons, or because they lived too far away. Positive vibes manifested in so many ways, including the fact that people were not ready to leave at 2:30 pm. We feel blessed to be part of what has become a sustained community through so many years!

The event got started with the lighting of the Memorial Candle by Olive Tarbath Johnson and the reading of the names of the most recently deceased members by Delphie Olson Norberg.

Pete Peters prayed an all encompassing blessing before lunch.

Following a delicious buffet, we were royally entertained by an energetic, eighty-nine year old violinist, Lumina Chartrand, who spent many of her working years teaching children how to play the violin and dance the jig.

Next, we had a memory-provoking presentation given by Doris Saundry Kristjanson and Sylvia Lee Haverstick. They asked their classmates a series of questions about our year, which initiated much conversation and merriment.

Dr. Carl Braun, a renowned scholar and researcher, reminisced about our year and told intimate details about our teacher whom he had contact with in later years – particularly, he spoke glowingly of Miss Doris Baker.

Elaine Wall Rex proclaimed our 65th Reunion a resounding reality and closed our event with a fond farewell – not goodbye! She reminded us that although we are in our autumn years, we still have much to contribute – each in our own way! ■

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THE BUZZ



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

Mike Keane won three Stanley Cups with three different teams. Jim Heighton was not only a 13-year CFL player, he's still one of the best masters track and field athletes in the country. And it's unlikely there was ever a better wheelchair basketball player than Joey Johnson.

Keane, Heighton and Johnson will lead nine athletes, builders and teams into the Manitoba Sports Hall of Fame this fall.

In fact, on Nov. 5, five athletes, two builders and two teams will be inducted into the Manitoba Sports Hall of Fame at the 37th Annual Induction Ceremony at the Victoria Inn in Winnipeg.

The 2016 inductees are:

- Dr. Cal Botterill, Sport Medicine/Builder
- Jim Heighton, All Round, Athlete
- Alanna (Yakiwchuk) Hinrichsen, Athletics, Athlete
- Joey Johnson, Wheelchair Basketball, Athlete
- Mike Keane, Hockey, Athlete
- Rhiannon Leier-Blacher, Swimming, Athlete
- John Reilly, Rugby, Builder
- 1971-74 University of Winnipeg Wesmen, Volleyball, Team
- 1985 Bob Ursel Team, Curling, Team

"These nine recipients join our exclusive group of Honoured Members who represent Manitoba's finest in sport," said Jamie Kraemer, President of the Hall of Fame's Board of Directors. "This is an exceptional and well-deserving slate, as these inductees personify the type of excellence and achievement we strive to celebrate, showcase and preserve at the Manitoba Sports Hall of Fame."

Tickets for the Induction Dinner go on sale September 1, 2016.

Let's meet the inductees
(Biographies courtesy of the Manitoba Sports Hall of Fame):

Cal BOTTERILL Sport Medicine/Builder:

Dr. Cal Botterill is a world-renowned and well-published pioneer of sport psychology. He has worked with elite athletes at 10 Olympic games, with five NHL teams and countless athletes at the

Keane, Heighton, Johnson lead nine inductees into Manitoba Sports Hall of Fame



Joey Johnston vs. Japan

national, university and provincial levels in everything from hockey, figure skating, speed skating, biathlon, curling, bobsleigh, skeleton, volleyball, cycling, rowing, field hockey and basketball. He joins his wife Doreen (McCannell) in the Hall of Fame, who was inducted as a speed-skating athlete in 1995.

Jim HEIGHTON All Round/Athlete:

Born in Vancouver BC, Heighton came to play for the Winnipeg Blue Bombers from 1970-78 and made Manitoba his home. In addition to his 13 year CFL career, he was an all-star baseball player as a catcher, outfielder and third baseman with several senior championship squads. In basketball, he was a senior men's champion power forward in the 1980's, and in soccer he has played defense from 1981 to the present. An accomplished Masters athlete in track and field specializing in weight throw, hammer throw, shot put and pentathlon, Heighton has won gold on eight occasions at the national level. Truly an all-round athlete, he now resides in St. Francois-Xavier.

Alanna (YAKIWCHUK) HINRICHSEN Athletics/Athlete:

In the late 1980s and well into the 1990s, Alanna Hinrichsen (nee Yakiwchuk) was one of Canada's preeminent 400m sprinters and dominated the CIAU (now CIS) scene from 1989-92 with nine medals including seven gold. Running for the national senior team in the early 1990s, Hinrichsen competed at the 1991 Pan AM Games in Havana, Cuba and the 1994 Commonwealth Games in



Mike at his Keane Celebrity Classic

Victoria BC. She also represented Canada at the 1993 World Indoor and 1993 World University Games and two Francophone Games as well. Winning seven medals at the National senior championships from 1989- 97 Alanna Hinrichsen ran at an elite level for a remarkably long period of time.

Joey JOHNSON Wheelchair Basketball/Athlete:

Diagnosed with a degenerative hip disease at the age of eight, Johnson turned to wheelchair basketball and started an outstanding career that included three national titles at the University of Wisconsin-Whitewater from 2001-03. At the international level, he competed in five Paralympic games winning gold in Sydney (2000), Athens (2004) and London (2012) as well as silver at Beijing (2008). He also won gold for Canada at the 2006 Worlds and played professional in Germany where he won European titles. Inducted into the Manitoba Basketball Hall of Fame in 2013, Johnson has been a player-coach on many teams, and is a tremendous role model for disabled athletes.

Mike KEANE Hockey/Athlete:

Born in Winnipeg, Keane played junior in the MJHL with the Winnipeg South Blues, and in the WEHL with the Moose Jaw Warriors. He represented Canada at the 1987 World Juniors in Czechoslovakia.

Signing as a free agent with Montreal, he broke into the NHL in 1988-89 and was part of the Canadiens' 1993 Stanley Cup during his eight seasons in Montreal. His second Cup came with the Colorado Avalanche in 1996, and his final Cup was won in 1999 with the Dallas Stars. In 1161 NHL regular season games Keane had 470 points, along with 74 points in his 220 play-off games. He finished his career with five seasons with the Manitoba Moose in the AHL, with the club raising his #12 jersey to the rafters.

Rhiannon LEIER-BLACHER Swimming/Athlete:

Born in Regina, Leier-Blacher moved to Winnipeg and swam for the MB Marlins from 1992-95. Training with the MB National Swim Centre, she represented both the Marlins and Manta Swim clubs from 1998-2004. She swam for the University of Miami in Florida from 1995-99. Leier-Blacher won 13 Canadian titles, and set four national senior records specializing in 50m and



Jim Heighton

100m breaststroke and 4x50m medley relays. At the 2000 Olympics in Sydney, she placed 11 in the world in the 100m breaststroke following that up in 2004 at the Athens Olympics with a 12 place finish. She was named Canadian Female Swimmer of the Year in 2004.

John REILLY Rugby/Builder:

The Hall's first inductee from rugby, John (Kiwi) Reilly was co-founder of the Brandon Barbarians Rugby Football Club in 1981 and served on the executive for 28 years. He was a force in the development of rugby in Western Manitoba. Following his death in 2009, the north pitch of Brandon's Canada games Rugby Park was re-named Reilly Field in recognition of his many contributions to the game. An outstanding player, Reilly played wing as well as hooker. He was co-chair of the National U-18 Championships and helped develop the fields for the 1997 Canada Summer Games in Brandon.

1971-74 University of Winnipeg Wesmen Volleyball/Team:

The University of Winnipeg Wesmen were one final win away from six consecutive CIAU (now CIS) titles when Wezer Bridle led the 1968-69 squad to their first title and a second place finish in 1969-70. Jerry Ilchyna, Glen Conly, Dennis Nord and Larry Kich would take over the coaching reins in the 1970s, and the Wesmen won four consecutive national championships from 1971-74. This volleyball dynasty was inducted into the Manitoba Volleyball Hall of Fame in 2014.

1985 Bob Ursel Team Curling/Team:

In March of 1985, skip Bob Ursel led a team from the Granite Curling Club to Manitoba's first World Junior Curling Championship. After winning the Canadian Junior Men's in 1984, Uresl, third Brent Mendella, second Gerald Chick and lead Mike Uresl were off the following year to Perth Scotland for the World Junior Championships. They went 8-1 in the round robin, and avenged their lone loss in the semis with an 11-2 win over Norway. In the final, they defeated Switzerland 6-5 to claim the title of world champions, while skip Bob Ursel and third Brent Mendella were named All-Stars. In 2001, the team was inducted into the Manitoba Curling hall of Fame. ■

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SEPTEMBER IS WORLD ALZHEIMER'S MONTH

In Their Own Words: Funny Caregiving Stories

Courtesy of caregiverstress.com - a resource of Home Instead Senior Care (Wpg) www.homeinstead.com/winnipeg

“My sweet husband is in the late middle stage of this disease that has robbed his memory. However, we laugh aloud daily. His sense of humour is sharper and quicker than ever. He does get words mixed up quite often though. Our recent anniversary was our 50th ‘reversible,’ for example. But the most embarrassing to me—and the funniest to the three young adults riding with us in our car—was when I was having difficulty removing a CD from the player and he told me to push the ‘erection button’!!!”

- Sandra, caregiver of a person with dementia

Let's face it: sometimes you can't help but laugh. Alzheimer's is not a funny disease, but you need the ability to chuckle in order to get through some of the surreal and absurd situations that the disease can place you (and your loved one) in.

If you feel the urge to laugh during your caregiving day, you don't always have to fight it. Laughter can be a healthy coping mechanism. Did you know the therapeutic benefits of laughter have actually been studied? Indeed, researchers say laughing not only relieves stress in the moment, but it can have lingering benefits. When you laugh regularly, you might boost your immunity and reduce the level of stress hormones circulating in your body.

To encourage healthy laughter, we asked members of our **Remember for Alzheimer's** Facebook community (@RememberForAlzheimers) to share their funniest caregiving stories. We hope at least one of these makes you smile.

“One day early in my wife’s battle with Alzheimer’s I made a statement about not remembering where I put something. She looked at me and asked if I needed one of her pills.”

- Mike

“My dear mom was about in mid stages of Alzheimer’s at this time, and I could take her for rides in my car. Well, they were doing work on the road, and a guy was holding the stop sign that he would turn to ‘slow’ to let cars pass. When we were approaching the man, he had turned the sign to ‘stop.’ She says in disgust: that’s ridiculous!!! And I said why Momma? She said: back in my day, they cemented those signs in the ground! They didn’t have to stand there all day and hold them!!! I laughed so hard and she still didn’t understand – I just looked at her and said, Momma, I love you so much!!!!”

- Joan

“So I was talking to the lady I care for, Miss Gladys. She is 85 years young. We were talking about old boyfriends. She said there was one boyfriend she had who ‘sure was ugly,’ and then she broke out laughing out loud. That really made my day, for her to remember someone from her past and find humor in it. I cherish the time I spend with her and hearing her laughter.”

- Vikki

“Both of my dad’s parents had Alzheimer’s, and I cared for them for 3 years. My grandmother rarely knew who we were or understood what was happening around her. However, her ornery Scottish/Irish sense of humour broke through occasionally. One day, after asking where Grandpa was for the umpteenth time, my dad teased her with, ‘He ran off with a pretty, young blonde.’ Her instant response was, ‘Well, I hope he remembers what they’re for!’ We were rolling with laughter.”

- Deedee

“When my mother had Alzheimer’s, my dad stayed at my brother’s for a while when we had caregivers coming to her home to help take care of her. One day I took her to visit my dad. She couldn’t really remember him, but she was a little smitten with him. On the way home she asked me, ‘That man, Dave, does he have any kids?’ I said ‘Yes, he has five kids.’ She said, ‘Well I don’t want anything to do with him then’.”

- Marilyn

“My mom hated sports all her life, but when she developed Alzheimer’s, she began watching hockey games. We had a good chuckle over that when she still had lucid moments.”

- Nora

“Because mom had her own ideas of where things belong, I was looking for a green plate when getting ready to do dishes. Since there is only her and I in the house I knew it had to be somewhere. Like always I look in the usual places, and

when I couldn’t find it I decided to use the bathroom...the seat was down and when I lifted it up, there was the green plate floating in the toilet bowl! I laughed so hard I nearly wet my pants!”

- Amy

“One time my Mother misplaced her cell phone for the millionth time, and she had it on vibrate for some reason. Anyway searching for a phone that is essentially off is hard. We looked in every room in the house, under beds, furniture and no phone. For some reason we were in her bedroom and we kept calling the phone and we heard the vibrations. The phone was in her shoe in the closet wrapped in a paper towel. Why-who knows. She has Alzheimer’s and no matter what strange things she does we find that laughter is good for us, especially in front of her. We just cheer her on to do all she can for herself, and we take care of the rest.”

- Dianna

“My father had lost his false teeth for about four weeks. My sister was round to cook him some dinner and found his teeth in the frozen peas in freezer. Then at the home where he was residing when he passed away, we found six pairs off false teeth [in his room]. Now I understand when he said his teeth hurt him – they weren’t his!”

- Paul

All of the stories above were shared by subscribers to our **Help for Alzheimer's Families** newsletter (helpforalzheimersfamilies.com) and members of our **Remember for Alzheimer's** Facebook community. (@RememberForAlzheimers) Subscribe or join today!

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Continued on page 5

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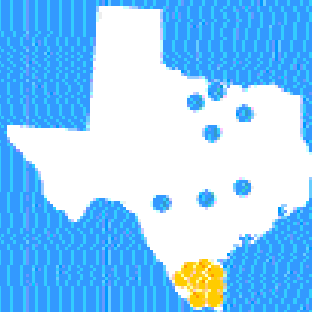
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WRITER'S BIO

Ann Harding (AH)

Anne was a Primary teacher and worked with pupils with English as an Additional Language. Since retirement she has joined a Poetry Society and short story writing group. After attending a Transformative

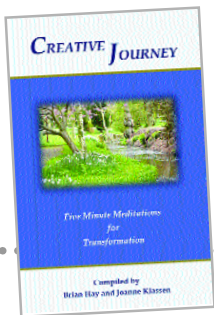
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An excerpt from CREATIVE JOURNEY:

KNOW

By Ann Harding (AH)

There is, one knows not what sweet mystery about this sea, whose gently awful stirrings seem to speak of some hidden soul beneath... (Herman Melville, Moby Dick)

While on holiday at a seaside resort on Cardigan Bay, I read "The Sea Around Us," by Rachel Carson. As I looked out at Cardigan Bay, I realized the ocean will exist when I am no more.

The ocean is eternal while I have a limited life span. It is enormous and powerful and changes the earth, floods towns, and swallows ships.

Under its surface are millions of life forms which I will never see. I can only see the surface of the water, the waves, and movement of the tides.

This led me to think about the lives of people I meet each day. I look at their outward appearance but have little knowledge of their thoughts, problems, sadness or happiness. I can only really know them if I take time to talk to them, listen to them, and share with them. If I do this, I will not judge them by their outward appearance but look for the real person within. (AH)

I take time to share and come to know the people I meet at deeper levels.

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Or Claire: 204-269-1837

E-mail: westviewdancewpg@gmail.com
www.members.shaw.ca/west-view/index.htm

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EVENTS

62nd Annual Coin, Stamp and Collectibles Show - Sat/Sun, Oct. 1-2, at the Sunova Centre, West St Paul. 1st left, just north of the north perimeter on Main St. - Kapelus Drive. Call Barré W. Hall: **204-296-6498**

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**

Good Will Social Club - Tales at Night, Library Happy Hour, Wed. Aug. 24, 7:30-9 pm, 625 Portage Ave. Adult story time, tales perfect for a warm summer evening, for adults only. Free Adm.

Music in the Cemetery Concert - The Little Opera Company, Thurs. Aug. 11, starts 7:30 pm. in the St. James Anglican Heritage Church, in the cemetery at 525 Tylehurst (south of Portage, across from Polo Park). General Adm. \$10. http://stjamesanglicanchurch.ca/Concerts_in_the_Cemetery.html

Aboriginal Senior Resource Centre - Cash Bingo, Wednesdays - Aug. 17, 31, Sep. 14, 28. Doors open 12 pm. At 45 Robinson St. Proceeds to Senior and Elders programs.

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Registration Wed. Sept. 7, 1-3 pm. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$195 for 40 games. Season starts Oct. 5 - 4 rounds of 10 games. Call Bob: **204-261-3033** or visit pembinaoldtimerscurling.com

Westminster Concert Organ Series - Westminster United Church, 745 Westminster Ave. Sarah Svendsen, Oct. 2/16, 2:30 pm; Isabelle Demers, Feb. 19/17, 2:30 pm; Simon Johnson, May 7/17, 2:30 pm. Tickets at door or McNally Robinson.

Things to do in Winnipeg

Manitoba Mega Train - Sept 25 & 26, Red River Exhibition Park. Every size of train possible, indoor ride-on train, largest Lego display in Manitoba and other hobbies from boats to airplanes. 9-5 ea. day. Adm. includes unlimited train rides, face painting & balloon art. Adults \$7, 4-12 \$5, 3 & Under Free. Family pk \$20 (2 adults & up to 3 youth).

Victoria General Hospital Volunteer Guild - Afternoon Tea, Sun. Sept. 11, 2-4 pm, Vic Bistro (Ground Flr), 2340 Pembina Hwy. Free Adm. Complimentary refreshments. In celebration of 45 years of enhancing patient care. **204-477-3346** for info.

Parkinson's Seminars - Meet John Pepper who walked off his Parkinson's. Exercise is Medicine. Seminars Oct. 5-8, at various locations in MaMB: Brandon, Wpg., Selkirk, Beausejour and Gimli. More details in the Sept. 1 issue of Senior Scope.

VOLUNTEERING

Deer Lodge Centre, 2109 Portage Ave - Medical Escorts (day time) - volunteers needed to provide companionship, support and supervision to residents and patients on medical appointments. No driving is required. Call Joy: **204-831-2912** or email jtanchuk@deerlodge.mb.ca

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

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 to visit residents, assist in the rehab dept., hair salon and with the pet therapy program. Call: **204-336-4138** or matt@middlechurchhome.mb.ca

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. Contact: Caitlin Liewicki: cliewicki@extendicare.com

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

Pembina Active Living (PAL) 55+ - Drop-in activities all summer (membership required): Mon's: PAL putters (golf), Last Tues. of Mo.: movie PALs, Wed's: PAL pedallers (cycling), Fri's: lunch PALS. **Annual Picnic**, membership drive and reg. for fall activities, Tues. Aug. 23, 11 am-3 pm, St. Norbert Market Garden. New members welcome. Info: www.pal55plus.ca or office@pal55plus.com.

Fraternal Order of Eagles # 3870 - 3459 Pembina Hwy in St. Norbert. Wed. Bingo, 12:55 pm, doors open 11:30 am. Mini Loonie game Wed., jackpot over \$15,000. Sun. Bingo 6:30 pm, doors open 5:30. Bonanza for Wed. and Sun. is over \$14,500. Cribbage Tuesdays resume in Fall. Call **204-269-4332** after 4:30 pm Mon-Fri.

Wpg Polish Legion Br #246 - Tuesdays Senior Lunch/Dance, 12 noon-3 pm, \$10. Fridays Karaoke, 8 pm-midnight. Zabawa last

Thurs. every month, \$10 supper 5:30-7:30 pm, Dance 7-11:00 pm. 1335 Main St. Info: **204-582-9263**

Forum Art Centre - Fall Classe start Sept. 12, 120 Eugenie St. Open House & Reg., Sat. Aug. 27, 1-4. Registration starts Aug. 11. <http://www.forumartcentre.com/classes/> or call **204-235-1069**.

Fort Garry Women's Resource Centre - Happiness Workshop, Tues. Aug. 30, 10-11:30 am, 104-3100 Pembina Hwy. Free adm. Women only. Child care avail. upon request. Call **204-477-1123** to register.

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

Gwen Sectar Creative Living Centre (1588 Main) - Join us for our Wed. Simcha Program on July 20. We will have "Re-emerging The Jews of Nigeria". Lunch is \$10 and Lunch with Transportation is \$15. Everyone welcome. Bring a friend. Call: **204-339-1701** ext. 205

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. Band 8 pm- midnight. Zabawa last Thurs. ea month, \$10 supper 5:30-7:30 pm, Dance 7-11 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**. Friday Canasta, drop-in 9:30-11:30 til end of June, silver collection. **Dakota 55+ Lazars Senior Centre** - various programs: Cribbage, whist, floor curling, floor shuffle, quilting, fitness programs, etc. Jonathan Toews Sportplex, 1188 Dakota St. **204-254-1010** ext. 206

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

Continued on page 12 (Back Page)

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. No faxes please.
Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.

AUGUST IS BACON MONTH IN THE BACON CAPITAL OF CANADA

For the third year in a row, August is **Bacon Month** in Manitoba. Bacon makes everything better, and Manitoba Pork is once again inviting bacon lovers to celebrate living in Canada's bacon capital and to enter our contest to **win bacon for a year!**

The Maple Leaf Foods plant on Lagimodière Boulevard is the largest bacon processing facility in Canada, producing more than 25 million kilograms of bacon each year. A recently announced investment in the facility by the federal and provincial governments means that bacon production at

the plant will increase by 8 million kilograms a year in the near future.

"Manitoba is proud to be the bacon capital of Canada and we're inviting everyone to celebrate **Bacon Month** with us," notes Manitoba Pork Chair George Matheson. "The Manitoba hog industry contributes over \$1.7 billion annually to our economy and provides over 13,000 jobs. And, of course, *bacon makes everything better!*" Manitoba Pork will be celebrating everyone's favourite savoury meat at a variety of events,

including at the Winnipeg Goldeyes game on August 17. Shaw Park will be sizzling with bacon promotions and bacon-themed edibles. The Goldeyes will be wearing special bacon jerseys and bacon-wear will be available for purchase. Check out goldeyes.com/ for more details!

Bacon Month continues at the Manitoba Pork tent at the Winnipeg BBQ & Blues Festival on August 19-20 at the Burton Cummings Theatre, and wraps up on August 31 with a **Bacon Party** at Pony Corral Pier 7, 1700 Pembina Highway. At the end of the month, 20 lucky bacon lovers will

bring home the bacon from our **Bacon For a Year contest**. (Visit manitobapork.com/bacon to enter and for tantalizing bacon recipes)

Some interesting bacon facts:

- The expression 'bring home the bacon' comes from the sport of catching a greased pig at country fairs. The winner kept the pig and brought home the bacon!
- Bacon is a healthy addiction containing umami, a savoury taste that makes you want more. Bacon also contains vitamins B1 and B12, zinc and selenium.

Variety of Canadian Coins

- By Metro Hnytka

One Cent

Province of Canada (1858-1859)
Large cents (95% copper, 4% tin, 1% zinc) also a very rare brass issue.

Canada

After confederation, the large pennies were again minted in 1876 until 1920. The coins minted in the Heaton mint were marked with a "H" under the date. In 1920, the penny consisted of a large cent and a cent common to the size of the penny today, made from 95.5% copper, 3% tin, and 1.5% zinc.

In 1953, the metal went to 98% copper, 0.5% tin, and 1.5% zinc until 1997. From 1990-1996, the coin became a 12 sided figure. The centennial penny had a dove on the reverse. From 1997-2003, the penny was made of copper plated zinc. There was also a test coin, 1999-2003, made of 94% steel, 4.5% copper, and 1.5% nickel.

May 4th, 2012, was the last day for the one cent coin after 106 years. The mint put the penny to R.I.P.

Rest in peace, Farewell Penny



Five Cent

Province of Canada, 1858
The five cent coin. Composition; 92.5% silver, 7.5% copper. Weight; 1.16 grams.

Canada

After confederation, the five cent silver coin was again minted in 1870 with the same size and composition until 1919. Some five cent silver coins were minted in Heaton, England, which had been marked with a "H" under the wreath. The silver content was changed in 1920-1921 to 80% silver and 20% copper.

The nickel came into existence in 1922 with the nickel being the same size as our present-day nickel and was made of 100% nickel, therefore, the nickel. In 1942 and 1943, nickels were changed to a 12 sided coin and made of 88% copper and 12% zinc. This was

done as nickel was needed for the war effort. In 1944-1945, nickel was made from steel with a nickel plating and chromium plating. In 1946, the nickel went back to the nickel it had been before the war.

From 1951 to 1954, the nickel was steel again with a nickel, chromium plating. From 1963 to date, the nickel was round again. The centennial nickel had a rabbit on the reverse side. From 1982 to 1992, the nickel was made of 75% copper and 25% nickel. From 1993 to 2006, the nickel was made of 94.5% steel, 3.5% copper, and 2% nickel.

There have been rumours that the mint wants to get rid of the nickel as it costs too much to make. I believe that they should make the nickel smaller, as it is needed to make change for a quarter, and get rid of the dime.

Ten Cent

Province of Canada, 1858
Composition; 92.5% silver, 7.5% copper
Canada

From 1870 to 1919, the ten cents was made of 92.5% silver and 7.5% copper. From 1920 to 1966, it went to 80% silver and 20% copper. In 1967, 32 million were 80% silver and 20% copper, and 30 million were 50% silver and 50% copper. In 1967, the dime had a mackerel on the reverse. The 1968 dime was 50% silver and 50% copper. In 1969, the dime consisted of 100% nickel. In 2001, the Royal Canadian Mint started minting coins of 92% steel, 5.5% copper, and 2.5% nickel.

There are numerous varieties that are too many to mention. They can be seen at our fall coin show on October 1st and 2nd at the Sunova Centre, 48 Holland Rd., West St. Paul.





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Act Your Age By Adrian Powell

ACROSS

1 ____ & Span
cleanser

5 Clomped heavily

9 Chutney ingredient

14 Sgt. Biko's
employer

15 Wander here and
there

16 Up to one's ears

17 Utah biking mecca

18 Archer's "Kane
and ____"

19 Well-mannered
chaps

20 1981 Hepburn/
Fonda movie

23 Greek
marketplaces

24 Hasten, quaintly

25 Faucet

28 1979 Burns/
Carney movie

32 Summer Olympics
powerhouse

35 Cloister member

36 Face, slangily

37 Stupor (pref.)

40 Tea container

42 Toward the left,
at sea

43 Permeate

45 Sizable sandwich,
in brief

47 Unknown term in
a series

48 2002 Nicholson/
Bates movie

52 Roofing sealant

53 Ram's bleat

54 Osaka entertainer
with many fans?

58 1993 Lemmon/
Matthau movie

61 Wild scuffle

64 Look sullen

65 Use an auger

66 MTS Centre, e.g.

67 Supermodel

68 Macpherson

68 Eastern Orthodox

DOWN

1 Pago-Pago's place

2 Pitchfork point

3 Adult insect

4 Arnold's
Terminator, e.g.

5 Used car lot item

6 Peignoir, basically

7 Pizza Hut need

8 Site of an ancient
Greek oracle

9 Milk of ____

10 Blown away

11 Actress Grey of
"Sutter's Gold"

12 5% surcharge, for
most things

13 Popular Honey
Graham cereal

21 Vientiane's
official language

22 Hog's holler

25 "Four Strong
Winds" singer

26 Vigilant

27 Western Australia
capital

29 Gist of the matter

30 Grind one's molars

31 Large amt. of
saffron

32 Eastern Catholic
church member

33 Brazilian beat

34 Tree-lined area

38 High quality
vineyard: grand ____

39 Sudden epidemic

41 Wrigley's field?

44 Rebekah's
biblical offspring

46 Much like Archie
Bunker

49 Went tenting

50 Marina ____ Rey

51 Juicy morsel

55 Burning evidence

56 Long-necked
wader

57 Concerning,
archaically

58 "Star Trek" creator

59 Someone from
Warsaw

60 Tannenbaum time

61 Rain gear, in
Rugby

62 Make a big gaffe

63 Harper of "To Kill
a Mockingbird"

WORDSEARCH - Astronomy By Senior Scope

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| Aberration | Epoch | Mercury | Periapsis | SETI |
| AGN | Equinox | Meteoroid | Phase | Star |
| Asteroid belt | Europa | Moon | Planet | Sub-millimetre |
| Cluster | Galaxy | Nebula | Pleiades | Sun |
| Coma | Ganymede | Nebulus | Pluto | Superior |
| Comet | Hour angle | Neptune | Quasar | Telescope |
| Cosmic dust | Jupiter | Oort cloud | Red dwarf | Universe |
| Earth | Mars | Orbit | Rotation curve | Uranus |
| Eclipse | Mean time | Orion | Saturn | Venus |

SOLUTION ON NEXT PAGE

SUDOKU EASY By Senior Scope

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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

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TRAVEL DIARIES
WITH A TWIST OF HUMOUR



By Rick Goodman
rickgoodmans@hotmail.com

While Custer the Chicken was still sleeping off the previous night's rice and beer feast, Bea and I loaded our gear into the back of a taxi for the half hour ride from Hoi An to the train station in Da Nang. We were on our way to Nha Trang. The lady at Green Grass Homestay had booked us on a slow local train for the 524 km trip so instead of an 8 hour trip we would be on board for something like 12 hours. We weren't in any particular hurry so other than being a bit long the trip was quite enjoyable. Most tourists book themselves onto the fast SE Reunification Express trains. You don't see too many riding the slow local trains so people would come up to us and practice their English and try and teach us a few words of Vietnamese. There was lots of smiling and laughing. People came and went at the different stops. When lunch rolled around one of our new friends ordered us lunch off the cart that came by. Now it didn't look like anything close to the sanitation standards of the western world but when it comes right down to it your gastro-intestinal tract is tougher than we sometimes give it credit for. Food was ladled out of big industrial sized pots into deep sided plastic trays by a couple of guys that had to of been trained in military cook houses some where. They came down the isle, one walking backwards, pulling the food cart while his partner came behind, pushing. They had a little patter going in Vietnamese as they went. I imagined they were saying something like, "If it's smokin' it's cookin', if it's burning it's done. Hot, brown, and plenty of it! Make a hole, make it wide, grub comin' through."

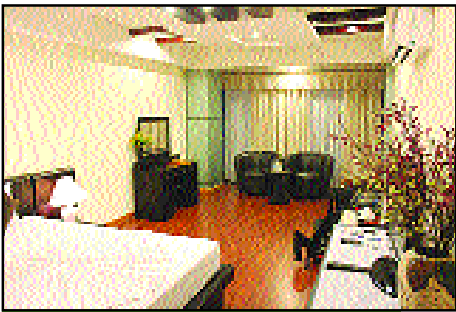
They stopped beside us and filled our trays with a big mound of rice, some chicken, morning glory, and a soup. Passed us a couple of beers to wash it all down and carried on up the isle, "Make a hole, make it wide. Grub coming through!" It turned out to be a very cheap but very good meal. Certainly better than some of the recycled plastic the airlines have fed me from time to time.

We eventually arrived in Nha Trang and ran the gauntlet of taxi drivers trying to grab our packs and get us in their vehicles. There are "official" and "unofficial" taxis in Vietnam. The unofficial ones may or may not have meters, may not want to use their meters, may overcharge for a fare, and may even have what are called racing meters which tend to exaggerate distance to an alarming degree. The official ones run the meter. We found a Mai Linh taxi which is one of the good ones.

We planned on being in Nha Trang for only a couple of nights before heading on to Dalat so we splurged on a nice hotel. The Summer Hotel is nicely situated a couple of blocks from the beach. For \$48.00 a night we got a huge room, a pool on the roof, and breakfast in the morning. There was a restaurant down the street that specialized in taking underprivileged young people from the surrounding area and training them in the service industry. Besides serving up good food they

Vietnam - PART 8 - Nha Trang

Story and photos by Rick Goodman ©Copyright 2016



A \$35 hotel room in Nha Trang

offered walking food tours and tours to some of the surrounding villages for a glimpse of village life and a taste of good old down home rural cooking.

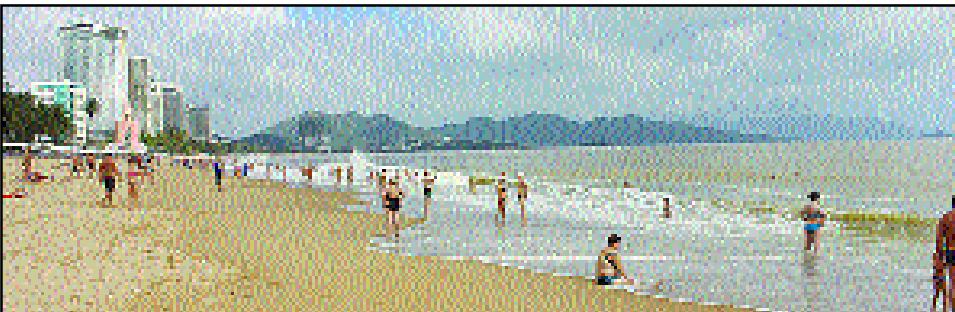
Nha Trang was a bit of a shock. The population has grown to over half a million people in the last few years. There is a huge building boom going on there. Highrise hotels are going up all over the place. A crew down the street from us was doing a concrete pour. We sat up by the pool on the 10th floor and watched them mix concrete at ground level and then pour it into a 5 gallon bucket. One of the guys up top would pull the bucket up with a small winch and dump it into a wheel barrow. His partner would wheel the load over to where it was needed and by the time he got back, another bucket would be waiting for him. Can you imagine building a highrise one bucket at a time? Can you imagine wheeling concrete all day long for around \$300.00 a month?

All this building is going on to support the Russian tourist industry. Russian citizens can get super cheap all inclusive packages to Nha Trang and believe me, they are taking full advantage of the opportunity. Sort of like Canadian packages to Cuba. The difference, as I saw it, being that the Cubans actually seem to like us and we like them in turn. The Vietnamese however seem to like the foreign currency more than the people bringing it into the country. To be fair, I did see a lot of big, loud, rude, overbearing Caucasian types running roughshod over the local population. People made the best of it however and kept on smiling and raking in those roubles.

It was disconcerting though to walk down the street and see most of the shop signs written in Cyrillic script or to have a Vietnamese person offer you a service in Russian. There were quite a few Russian expats running businesses there. A woman across the street was running a small restaurant that featured sushi and borscht. She was surprised Bea and I didn't speak Russian. Other nationalities come through here of course, but more so I suspect, when the winds are down and the scuba diving is good.

We were there in December and the winds were up. Big waves were rolling up the beach, stirring up the sand and pounding the swimmers. There's a river at each end of the 6 km long beach and the run off from the seasonal monsoon rains had turned the water a murky brown. It was around 9.00 AM and I was surprised at the number of people out in the water. The sun is strong and the heat was already building. Do not forget to put your sunblock on here. It's amazing just how fast you can get a burn.

You have to cross a wide boulevard to get to and from the beach. There's a



Nha Trang beach - cloudy with rainy season runoff. Later it will turn a beautiful blue



On the slow train

crosswalk but no lights. A couple of crossing guards holding little stop signs walk back and forth shepherding tourists all day long. Pale, happy, and excited going to the beach. Red and grumpy coming back. All day long. Every day.

There is no shortage of things to do in Nha Trang. There's the beach, great seafood restaurants, and tours. There are boat rides, booze cruises, water sports, and scuba in season. The Vinpearl resort and water park is located on an island and you get to it by riding the longest over water cable car in the world. Pricy, kind of hoaky, but an experience. We were getting a little road weary though so we spent our time laying on the beach or bobbing around the hotel pool. We did feel a little guilty though floating around with a cold drink at our elbow while the guys across



Working a rice paddy outside of Nha Trang

the way sweated and hand bombed concrete on that highrise across the way. It was time to head inland into the highlands to the town of Dalat. ■

WORDSEARCH - Solution

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CROSSWORD - Solution

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SUDOKU - Solution

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THE CLASSIFIEDS

Downsizing? Sell those unused items!!! Call for details.

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For details, call: 204-467-9000 or Email: kelly_goodman@shaw.ca

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

RAY'S OF SUMMER INDOOR CRAFT & VENDOR SHOW: Sat. Aug. 13/16, 10 am-3 pm at Garden City Community Center. 24 different tables with a variety of crafters, bakers, home based business and direct sellers. Something for everyone. Come check it out and beat the summer heat indoors! FREE ADMISSION!

MEDICAL EQUIP/SUPPLIES

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

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.

Things to do in Winnipeg

Ukrainian Cdn Vets Br # 141 - Old Time Dance, Saturdays, 1-5 pm, R.C.L. Br. #141, 618 Selkirk Ave. Live Band. 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 & 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 Pat: **204-414-5360** 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**

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

Things to do in Rural Manitoba RURAL PROGRAMS / SERVICES / VOLUNTEERING

Parkinson's Seminars - Meet John Pepper who walked off his Parkinson's. Exercise is Medicine. Seminars Oct. 5-8, at various locations in MaMB: Brandon, Wpg., Selkirk, Beausejour and Gimli. More details in the Sept. 1 issue of Senior Scope.

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).

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

Interlake Barn Quilt Trail - Open all the time. Visit www.interlakebarnquilts.com or call **204-376-2649** or **204-389-3976**

Komarno Harvest Dance - Sat. Aug. 20, 7:30 pm, Komarno Hall. Music: Canadian Rhythm Masters. Tickets \$15. Call Mona: **204-886-2994**. All proceeds go to the Komarno Hall Renovations

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. Joanne: **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.

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

Springfield - Strides Walking Program Workshop, presented by Springfield Services to Seniors, ALCOA and IERHA, Fri. Aug. 26, 10 am-3 pm. Reg. 9:30 am, Dugald C.C., 544 Holland St. Cost \$5.

Speakers, booth displays & lunch included. **204-853-7582** or **204-444-6144** for info.

St. Andrews - St. Andrews On-The-Red Walking Tour - Red River North Regional Heritage Group presents "Archdeacon's Walk" Aug. 14, 3 pm. 2-hr "Walk and talk" starts at the church and goes back in time to 1871. \$10 donation, all proceeds go to the church. Email bbg@mymts.net for info

The St. Andrews Rectory - 374 River Rd, St. Andrews, MB. Weekly events: Sat. Aug. 13, 10 am-5 pm, artisan Stan Born will demonstrate woodturning. Also some of his works will be for sale. Wed. Aug. 24 lecture, 1:30 pm, Kathy Stokes from the Manitoba Genealogical Society. Wed's Tea & Tours, 1-3 pm exclusively for seniors as part of our Seniors Day. Cost \$5 ea. Book in advance. Call the Rectory: **204-339-6396** or e-mail standrewsmuseum@hotmail.ca or www.standrewsrectory.ca for more info.

Stonewall - South Interlake 55 Plus - Line Dance Classes, Wednesdays 6:45 - to learn steps; Line Dance Class 7 pm and Fridays 11:30 am at Odd Fellows Hall, 374 - 1st St. W. Stonewall. Fee \$1/class plus yearly SI 55 Plus membership. Call SI 55 Plus office: **204-467-2582**.

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

Email ready-to-print electronic PSAs to: kelly_goodman@shaw.ca. No faxes please.
Format: Who (what company or organization is holding the event), what event, date, time, place, about the event, contact info.

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WELCOME
Today at the Shark Club Gaming Centre, only downtown gaming and lounge, is the 2nd Floor of the newly renovated CityPlace shopping centre!
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