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Vol. 16 No. 4
Oct 13 - Nov 2/17

Leaf it to these folks to find fun with fall



FALL BACK...
Daylight Saving Time in Manitoba ends Nov. 5, 2017. Turn your clocks backward 1 hour Sunday, at 2:00 am to 1:00 am - to the local standard time.

It was all good until the snow arrived... Diane (nee) Newman (centre), formerly of Stonewall, MB enjoying some fall fun with some friends in Calgary... before the snow hit early October! Diane: "They (Calgarians) say the weather changes every 15 minutes unlike Winnipeg. One day you can be all bundled up with winter gear and the next day you can be walking around with just a sweater on." Photo courtesy of Mohdock Photography.

There is still plenty of time to celebrate Seniors' and Elders' month in October by getting active and keeping moving.

As we mentioned in the last (Sept. 22/17) issue of *Senior Scope*, Jim Evanchuk, executive director of ALCOA (Active Living Coalition For Older Adults), would like to encourage you to 'Keep Moving' indoors now that summer is over and cool temperatures are setting in.



Last year, ALCOA adopted the slogan, "Connect With Respect," so perhaps you would consider connecting within your communities and including volunteer activities to your winter regime along with the many other options available to older adults.

To find opportunities to 'connect' and alleviate social isolation for yourself and others, visit ALCOA's website (www.alcoamb.org) or

one of ALCOA's partners, MASC's (Manitoba Association of Senior Centres) website (<https://www.manitobaseniorcentres.com>).

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LETTERS . . .

to the editor

Grandparents should be "Non organized sports" champions.

Hi everyone,

I have to share my experience with other seniors because I think I have found a great motivator to keep us active and our grandchildren active as well!

This past year I signed up for the **150 ParticipACTION** play list to celebrate Canada's 150 birthday and what an adventure I have had!

There are 150 activities to choose from and all you have to do is modify the activity to your level and add your grandchildren for some great fun!

Not only do I have increased health benefits but it has increased my bond with my grandchildren and increased their activity level as well.

When we get together I plan different physical activities for us to do. It is no longer just baking cookies and watching movies any more!

I believe that we as grandparents can champion "Non Organized" sports. Remember when we went out to play in the morning and only returned to eat or when the lights came on at night, that was the signal to come home! We played all day with anyone on our street and came home tired but happy. Remember kick the can, hide and seek, hop scotch, hula hoop, Chinese skipping, double Dutch skipping, playing a game of scrub baseball or skating on the neighbor hood ice rink until we couldn't feel our feet anymore.

We swung on swings, rode bikes, made up our own monkey bars on the swing set by hanging upside

down, went on slides, made forts in the trees, played with tops, jacks and even toothpick races in the spring run off to the street drain. Think of those activities, adapt them and have fun with your grandchildren! Many of those activities are on the playlist so mark them off and you could still win some great prizes.

Yes, you can get on a swing again, I did and what fun is that!

I add activities to every holiday now. This Thanksgiving we are playing ball hockey and goal ball. If you don't have equipment you can find it at garage sales, thrift shops, dollar stores or Wall mart. Planning the activity will be as much fun as doing it.

If you need to know how to play any game the ParticipACTION web site has information on all 150 activities. You can log on until December to win prizes but I am using the list every year going forward.

Lets do this for our grandkids and have some guaranteed fun! If you don't have grandkids yet I'm sure there is a young person somewhere who would love to help you play!

If you want to know what I have done, just google "**Winnipeg Super Grandma**" and my interview with Global news and CBC online news will show up.

Linda LeBlanc
Ile des Chenes, Manitoba
ROA-OT1

LETTERS . . .

to the editor

This past summer, **Senior Scope** was pleased to give away two great prize packages for our Annual Contest in celebration of our 15th Birthday.

The grand prize winner, Debbie Smith, wrote in expressing her surprise and her gratitude for the great prize package. What was more surprising is how she came across the **Senior Scope** in the first place.

One day while in her yard, a copy of the **Senior Scope** had blown into her yard. She picked it up and noticed a contest after browsing through the paper on-the-run. She entered and then won!

I think **Senior Scope** earned a new, loyal reader! Thank you for reading **Senior Scope** and entering our contest, Debbie! Congratulations again.

Hi Kelly!

My girlfriend Laura and I were delighted to travel to Moose Jaw and Temple Garden Spa last week. What a lovely escape thanks to **Senior Scope's** annual contest and **Red-White & Blue Get-A-Ways!**

I had never been, and returned relaxed and pampered. The geothermal waters and steam room were so inviting! The town is very welcoming of tourists. We enjoyed strolling through the park, visiting the boutiques, museums and art galleries, and discovering wonderful places to dine. The Gallery Café in Yvette Moore's Art Gallery in the old Land Titles Building is a must!

We also toured the famous tunnels and underground economy of Moose Jaw. Thanks for the casino package as well! Us casino neophytes didn't know what we were doing so we were thrilled sharing \$140 in our winnings.

Thank you also for the prime tickets to see **Rainbow Stage's** Mamma Mia; one of the best Rainbow Stage performances I've seen. Still have yet to visit **Assiniboia Downs** and the **Eliminator RC** Hobby Supply store ... the amazing **Senior Scope** grand prize that keeps on giving!

Debbie Smith

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PLANNING YOUR ESTATE -

Power of attorney for property: Duties & responsibilities

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

Individuals can **grant powers** to others to **manage their affairs** in a number of different circumstances using **various types of documents**, often known as a **power of attorney**. Being **appointed as a substitute decision-maker** for someone's **financial affairs** through a power of attorney is a huge honour and obligation. Here are some of the more important things to keep in mind for those taking on this significant role.

- 01** | An attorney must act in the best interests of the donor and cannot gain any personal benefit from their position.
- 02** | An attorney must keep all of the donor's assets separate from their own and be able to account for all monies spent or received on the donor's behalf.
- 03** | If an attorney is responsible for a large amount of money or complex assets, they should consider speaking with experts to help ensure they properly exercise their duties.

NOTE: For the purposes of this article, the person who has been granted the powers in the governing document will be referred to as the "attorney" and the person who has granted the powers will be referred to as the "donor."

Although these documents are also referred to as mandates in Québec and sometimes known as representation agreements in British Columbia, they will be generically referred to as "powers of attorney."

When the attorney can act

The terms of the power of attorney document will govern when the attorney can act. Although many powers of attorney become effective immediately upon execution of the document, the donor will continue to have authority over his or her own affairs. **Investors Group** will continue to take instructions from the donor until such time as he or she becomes incapable of giving them. In addition, **Investors Group** will not take instructions from an attorney until such time as the document has been submitted and approved for use. So long as the donor has capacity, their instructions will be favoured over the instructions of an attorney where there are conflicting instructions.

Once the donor starts to lose mental capacity, the attorney will not be able to make decisions on the donor's behalf unless the document specifically grants such authority, or in Québec, upon court approval of a protection mandate. While an attorney always has a fiduciary responsi-

bility to manage the donor's assets appropriately, performing their duties diligently, honestly, in good faith and for the donor's benefit becomes critical once the donor loses capacity. The attorney cannot obtain any personal advantage from their position.

Managing the donor's assets

The attorney must carefully manage the donor's assets and preserve the value of the donor's estate to the extent possible. All investment decisions must be in the best interests of the donor, not the attorney or the estate beneficiaries. Although there are generally no limitations on which types of mutual funds or investments an attorney can invest the donor's money in, the attorney must invest the donor's assets prudently, and in keeping with the donor's future needs. The attorney should ensure that the donor's assets are properly diversified, consider the donor's liquidity needs and especially review the terms of the power of attorney document to see if any particular types of investments are prohibited.

The attorney must keep all of the donor's assets separate from their own (except for property that they already own jointly) and the attorney must be able to account for all monies spent and/or received on the donor's behalf. Depending upon the assets involved, it may be a good idea to hire an accountant or lawyer to help, as in some jurisdictions the records are to be kept in a specific format. The attorney may be required to complete a "passing of accounts" by the donor, or by the beneficiaries of the donor's estate at a later date. It is also possible that a provincial authority, such as the Public Trustee (or Public Curator in Québec) may require the attorney to produce records to justify how they have been managing the donor's assets. The attorney can speak to a lawyer about the process involved in passing the accounts on a yearly or periodic basis so that he or she cannot be questioned later about transactions that happened many years previous. If the attorney does not pass the accounts on a periodic basis, he or she should keep all records regarding any amounts received or expended on behalf of the donor, regardless of how many years in the past these transactions may have occurred.

The attorney cannot transfer ownership of the donor's assets into anyone else's name unless the property has been sold for fair market value (although again, beware of any potential conflicts of interest if the attorney or anyone in his or her immediate family is the purchaser of the property). In some cases, selling certain properties may be unavoidable in order to maintain the donor's lifestyle, but the attorney should exercise caution in exercising this responsibility. Conversely, if the donor has assets that are no longer needed or used, the attorney should consider selling them or renting them at fair market value to minimize unnecessary expenses being incurred by the donor and maximizing the value of the donor's estate.

The attorney generally cannot derive any personal benefit from their position. For example, if any of the donor's property is to be sold or rented, the attorney cannot purchase or rent the property without the consent of the donor's estate beneficiaries (or a court). In Québec, the donor, or if unable the court, must authorize this type of transaction. If possible, the attorney should try to avoid receiving any personal benefit from the donor's assets in order to avoid difficult questions later. Exceptions may be made, for example, where the attorney is one of the donor's dependents.

Expenses and gifts

Although an attorney may incur expenses to support individuals who are financially dependent upon the donor (e.g., their spouse or minor children), gifts to third parties (including the attorney) are generally prohibited unless the document specifically authorizes them. Some jurisdictions (including British Columbia, Ontario and Saskatchewan) allow gifts in very limited amounts. Speak to your Consultant or your lawyer about what the rules are in your jurisdiction. Even where a jurisdiction permits gifts, the donor must have given similar gifts in the past or expressed a desire to make such gifts, the gift should not jeopardize the donor's needs, and where the gift is being made to the attorney, the power of attorney document should specifically authorize the gift. Caution should also be exercised in making loans using the donor's

Continued on next page

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October 3, 2017:

Elections Manitoba Releases 2016 Annual Report

Elections Manitoba's 2016 annual report, released today, notes the total operational cost of the 41st general election was \$13,518,340 and outlines the detailed work that occurred before, during and after the election. Chief Electoral Officer Shipra Verma's recommendations for amendments to The Elections Act and The Election Financing Act are also contained in the report.

"This annual report gives the public a picture of the preparation required to run a general election," says Verma. "From opening 57 returning offices and 2,700 voting stations across Manitoba, to scaling up from a permanent staff of 17 to a 10,000-person operation, to reviewing the election financial statements of 238 candidates and six registered parties, the report gives a sense of the magnitude of this province-wide event."

"All the activities of our office are driven by our legislative mandate to deliver free, fair and accessible elections, while providing service and information to the public and assistance to political entities in fulfilling their obligations," says Verma.

Recommendations made by the Chief Electoral officer focus on four key areas: creation of a permanent voter register, administrative change

to reflect emerging voting trends, legislative clarity and innovation in the electoral process. Many of these recommendations have already been

“From opening 57 returning offices and 2,700 voting stations across Manitoba, to scaling up from a permanent staff of 17 to a 10,000-person operation, to reviewing the election financial statements of 238 candidates and six registered parties, the report gives a sense of the magnitude of this province-wide event.”

- Shipra Verma

introduced in Bill 27, The Elections Amendment Act, which will be debated in the upcoming session.

"Two important objectives guided these recommendations: improving

the voting experience and achieving administrative efficiencies," says Verma. "The proposed amendments reflect consultations held with all parties through the advisory committee, experiences from past elections and best practices of other jurisdictions."

As noted in the annual report, the overall cost to conduct the 2016 general election was \$16,985,131. This includes the operational cost of \$13,518,340 and \$3,436,742 in reimbursements and auditor subsidies.

The report contains an election financial statement for each registered party and candidate required to file, as well as annual statements from parties and constituency associations. A historical summary of contributions made to registered parties over the past 10 years is also included.

Under The Elections Act and The Election Financing Act, an annual report that includes recommendations for amendments to legislation is referred to the Standing Committee on Legislative Affairs for review. The committee may call the Chief Electoral Officer to discuss the report.

To see the full report, visit Elections Manitoba's website at www.electionsmanitoba.ca.

Power of attorney for property... cont'd from page 4

assets (which is also generally prohibited except in certain jurisdictions, where specific conditions are met, such as charging fair market interest).

Although an attorney can be reimbursed for expenses incurred in the course of conducting their duties, the expenses must be reasonable and the attorney must keep sufficient receipts or documentation respecting those expenses. The attorney can incur expenses for the benefit of the donor and in keeping with their accustomed standard of living, but the attorney must be very careful in how he or she spends the donor's money. The attorney may not receive compensation from their position unless a court approves the compensation. Although in Ontario, Québec, Saskatchewan and the Yukon compensation may be taken if the document specifically authorizes it.

The donor's estate

The attorney will not be allowed to make any changes to the distribution of the donor's estate. This means that the attorney will not be able to change the donor's will, add or change beneficiary designations on any of the donor's TFSAs, RRSPs, RRIFs or insurance policies or add anyone as a joint owner to any of the donor's assets. (Note that in Québec,

only annuity and life-insurance contracts can have a beneficiary designated). If the donor had appointed someone as the direct beneficiary of a particular asset, that designation may be continued if the form of the investment changes but new contributions should only be made to accounts where there is no beneficiary designation.

If the attorney is unsure as to how to manage any of the donor's assets, he or she should speak to the donor's Investors Group Consultant with regard to investments, and to the lawyer/notary or accountant for professional advice.

This is not an exhaustive list of everything an attorney should consider. The attorney should carefully review the terms of the power of attorney document and familiarize themselves with the donor's assets and ongoing needs. Particularly where the attorney is responsible for a large amount of money or complex assets such as a business, they should consider the advisability of speaking to experts to ensure they are exercising their duties properly. ■

If you have any questions about the power of attorney for property,

I would be happy to help.

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Executive Financial Consultant
Shirley Hill & Associates Private Wealth Management

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Publisher/Editor:

Kelly Goodman
204-467-9000

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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
William Thomas - Humour

Contributing Submissions:

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

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A evening of fun at the Winnipeg South Slo-pitch Windup

It was a night to remember at the Winnipeg South Slo-pitch windup on Sept. 26 at Canad Inn on Pembina thanks to the theatrics performed by Encore Cabaret. The cast was fabulous and kept everyone in

stitches. The buffet dinner was delicious as well. Grant Nerbas, the new President of the South Winnipeg Slo-pitch organization was introduced by emcee and past president Russ Hampton.

Everyone looks forward to the next season on the diamonds. If you are interested in joining them, please contact Bob: **204-261-3033**, Betty: **204-997-8043** or Metro: **204-981-0139**.



Above L-R: 1, 2 & 3 : Members of the Encore Cabaret theatre group doing solo acts. Above right: Grant Nerbas giving a speech, emcee Russ Hampton in bkgd. Below: complete cast performing at the event.



Advertising Feature

A Tax Credit often overlooked



By Peter J. Manastyrsky

Many people in our society from the young to the elderly suffer from physical or mental impairment. Most likely they have missed out on all or several of the disability credits that might be available for them such as the **DISABILITY TAX CREDIT (DTC)**.

What is the Disability Tax Credit?

DTC is a non-refundable tax credit that helps people with disabilities to reduce the amount of income tax they might have to pay, reducing the amount of tax payable and by allowing some relief for disability costs. The Disability Tax Credit is available to Canadians who have a qualifying severe and prolonged impairment that impacts the activities of daily living; where the ailments are not likely to get better any time soon and have already been in place for a period of at least 12 months.

Who should apply for Disability Tax Credit?

Any person of any age who has problems with vision, speaking, hearing, walking, bowel or bladder functions, feeding, dressing or performing mental functions necessary for everyday life, you may qualify.

Also DTC applies to individuals who receive therapy that sustains your life such as kidney dialysis or chest physiotherapy.

Do I qualify for the Disability Tax Credit?

Individuals who have a significant and prolonged physical and or mental impairment

may qualify to claim the tax credit. Eligibility is based on the effect of the impairment.

Is the Disability Tax Credit retroactive?

Yes, if you have paid taxes in the past years the DTC claim can apply as far back as 10 years if you meet the criteria set by Canada Revenue Agency.

How do I know if I qualify medically for the Disability Tax Credit?

The qualifying medical requirements for the DTC can be questionable. Simply contact A Step Beyond & Associates for a confidential consultation. We are an accredited member of the Better Business Bureau.

Is there a possibility of transferring the Disability Tax Credit to a spouse, common-law partner or another supporting person?

Yes, the tax credit amount is fully indexed to inflation and can be transferred to a family member who pays income tax as a caregiver.

How does a refund from the Disability Tax Credit affect other claims?

The refund is not income and should not affect other claims. You may have claims for example from CPP, a private insurance company and the DTC.

Is there a possibility of obtaining Disability Tax Credit on behalf of a deceased person for their estate?

Yes, but the DTC can be obtained only in the year of death if a medical doctor certified "before death" that the individual had a

severe and prolonged mental and/ or physical impairment in their file, and that the impairment was reasonably expected to last for at least 12 months or more. There must be an Executor of the Estate.

Should I wait until income tax time to claim this credit, since it is an income tax credit?

No, the Disability Tax Credit can be claimed anytime throughout the year. It is recommended not to apply during income tax filing time because processing time and priorities can vary.

What does A Step Beyond & Associates do?

We help people of all ages to get the benefit you deserve. We advocate on your behalf and ensure that your application is reviewed and completed properly eliminating potential uncertainties and streamline the information so that it is accurate before submission to Canada Revenue Agency. We handle all the correspondence and guide you through the entire process. ■

A STEP BEYOND & ASSOCIATES (see advertisement on page 5)

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CURRIE'S CORNER
By Roger Currie



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

The big giants still gobble our tax dollars

More evidence this week that 'free enterprise' is a capitalist myth that disappeared a long time ago, if indeed it ever existed. While a sizeable list of American and Canadian cities continue to dance to the Amazon tune, the giant of online merchandising has gotten its home base in Seattle to double down on corporate welfare.

The news that they had invited proposals from cities hoping to become the company's second major home, with an investment by Amazon of \$5 Billion U.S, got the powers that be in Washington State to get ready to pony up more concessions. Nothing specific has been mentioned, but it seems to have worked.

Amazon confirmed this week that they have signed a lease on all of the available space in a new skyscraper in Seattle that will house another 3,500 employees when it opens in three years time. Don't be surprised when we're told in the months to come that the company really doesn't need Amazon-Q2 after all.

Let's skip over to Racine Wisconsin, in the heart of Trump country. They are proud *cheeseheads* who cheer for the Packers, and their new corporate darling is *Foxconn Technology Group*, from that wonderful American territory called Taiwan.

They are planning a huge new plant in Racine to turn out the latest in TV screens and other electronic toys. Foxconn is talking about 13,000 jobs on a campus of 20 million square feet. The free enterprisers in the Wisconsin legislature were only too happy to approve \$3 Billion worth of incentives. These are many of the same people who beat their chests and look down their noses at companies like *Bombardier* who they accuse of competing unfairly with the free enterprisers at *Boeing* thanks to huge public subsidies from Quebec City and Ottawa.

Just about every community in North America will do whatever it takes to attract the biggies who bring with them lots and lots of good jobs.

It's *deal-making* at its finest, thanks to the good old public sector. ■

Daily decline

One of my very favourite movie moments came in the Orson Welles classic *Citizen Kane*. Early on in the story, the young Mr. Kane who inherits huge wealth in the form of a gusher of a goldmine, tells his disapproving banker that he thinks "*It might be fun to own a newspaper*". Thus begins a hugely-entertaining thinly-disguised profile of William Randolph Hearst.

I wonder if similar thoughts ran through the mind of Jeff Bezos of Amazon when he heard that the *Washington Post* was on the market. The same question might be asked of Mexico's legendary gazillionaire Carlos Slim before he came to the rescue of the *New York Times* no less?

Don't look now, but print journalism in Canada needs such deep pocketed people more than ever. As is the case in many other parts of the world, the ritual of reading a printed paper with coffee and toast in the morning might be lucky to survive the next 12 months or so.

Led by Bob Cox of the *Winnipeg Free Press*, Canadian papers tried to make the case to Ottawa that the

very survival of our democracy might be in peril, if government was not prepared to help them financially. What an interesting flipping of the playing field that was. When profits were strong, the last things newspapers wanted was government interference or involvement of any kind.

In 2017 there has been no groundswell of support from readers for their cause, because the number of readers has been steadily declining. There really should have been no surprise this week when Heritage Minister Melanie Joly delivered the Trudeau government's grand plan for the future. Daily newspapers were dismissed as working under a business model that was "*no longer viable*" .. Ouch !

If newspapers are allowed to die, what will be the foundation of news gathering to take their place? I somehow have difficulty seeing *Twitter* and *Instagram* as the pillars that will hold the feet of political leaders to the fire.

It was a beautiful summer, but winter may include a lot of uncertainty. ■

Advertising Feature

Take with Questions!

- MIPS (Manitoba Institute for Patient Safety)

Five questions to ask about your Medications.

When you choose a cell phone, you ask questions: "**is there coverage outside the city?**" Same thing when buying a car: "**what are the safety features?**". But do you ever ask questions about your healthcare? About taking medications safely?

Medication mix-ups can and do happen. Asking questions is a powerful action that every member of the public can take to improve medication safety.

October 30 – November 2, 2017 is Canadian Patient Safety Week. It was started in 2005 by the Canadian Patient Safety Institute as a national, annual campaign to inspire extraordinary improvement in patient safety and quality. To help improve medication safety, the Canadian Patient Safety Institute is encouraging the public to "Take with Questions"!!

Seniors are particularly vulnerable to medication mix-ups. In 2008, the Canadian Institute of Health Information found that two-thirds of seniors were on five or more drugs, and 21 per cent of these took at least 10 drugs. It's easy to see how the average person can lose track of what they are taking and how often they are taking it.

Ask your pharmacist and other members of your healthcare team about your medications. Five important questions are:

1. What has changed about your prescription and why?
2. What medication do I need to continue taking? Why?
3. What is the correct way to take the medication? How long?
4. How do I know that the medication is working? What are the side-effects?
5. What follow-up do I need?

Ask these questions every time a new medication is prescribed or given, and when over the counter medications are purchased. Ask questions in the hospital, at the pharmacy, and during healthcare appointments.

To assist you with asking questions about your medications, the Manitoba Institute of Patient Safety has two resources. Use our It's Safe to Ask medication card to list all of your prescription and over the counter medications, including vitamins, minerals and herbal/natural products.

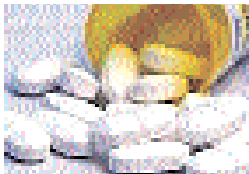
Use our **5 Questions to Ask About Your Medications - Patient Notes** to write down the answers to the important 5 questions. Both the medication card and the patient notes can be obtained by visiting **www.safetoask.ca** or calling **1-866-927-6477**.

Print the tools and fold them into a handy wallet size. Keep your medication card up-to-date and share it with your pharmacist, doctor and nurse.

Laurie Thompson is executive director of the **Manitoba Institute for Patient Safety**. MIPS is an independent, not-for-profit

corporation established in 2004 to promote and co-ordinate activities that improve patient safety and enhance quality healthcare in Manitoba.

See advertisement on page 5.



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To get your free flu vaccine, contact your public health nurse, doctor, pharmacist or call Health Links – Info Santé at 204-788-8200 or toll-free 1-888-315-9257.

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DRIVE-ON!

SENIOR SCOPE AUTO NEWS, TIPS, REVIEWS, LAWS...

Might we be driving our last 'traditional car?

By Roger Currie

I turned 70 this past summer, and along with many others I find that driving has lost much of its joy as the years go by. But like everything else in the digital age, chances are *we ain't seen nothing yet*.

As we get ready for another winter of plugging in the old beater to ensure that it will start in the morning, a relatively small but growing number of drivers in Manitoba and elsewhere are plugging in for a different reason. Those who drive hybrids or fully electric vehicles must recharge their batteries overnight. As Manitoba Hydro struggles to manage its debt load, they can finally look forward to a steady rise in the demand for electricity.

It won't be just passenger cars plugging in to recharge. More and more transit buses and large transport trucks are developing hybrid and electric models, and what about aviation? *Zunum Aero*, which is a small subsidiary of Boeing, is making plans to put a hybrid-electric aircraft into commercial use within five years. With seating for 12 passengers, it will be powered by batteries with a fuel reserve as a backup.

Without even touching the reserve, the plane would have a range of 1,100 kilometres which would be ideal for many of the short commuter flights that Americans seem to favour more than we do in Canada. The obvious benefits will be cleaner air and a lot less noise near airports.

But back on the ground, the larger question many of us are asking is *"How soon before we are no longer driving our vehicles, because they will be driving us?"* It seems to me it was not that long ago that the answer most of us would give might have been *"Not in my lifetime"*, but the pace of change seems to be accelerating.

DesRosiers Automotive Consultants has surveyed the attitude of Canadians on the subject, and the results are surprising. Roughly half of the consumers they questioned said they would trust self-driving or autonomous vehicles to get them safely to their destination, even we are probably a few years away from seeing it happen. The number drops to less than half on the prairies and BC.

Autonomous cars with backup



Self driving car interior

drivers are being tested, particularly by Google, in several U.S. states. The Conference Board of Canada, an Ottawa-based think tank, is a major proponent of autonomous vehicles. In a report they released several months ago, they estimated that if we had such means of transportation today, the result would be a net saving of \$65 Billion a year, in the costs that currently result from traffic accidents. The report says 80% of deaths on the road would be eliminated.

Advanced computer and GPS technology would guide vehicles in



The Google self-driving car project is now Waymo. Waymo stands for a new way forward in mobility.

such a way that collisions would simply not happen. Experts who are less enthusiastic about the prospect point out that our current infrastructure of roads and bridges would have to see major upgrades to make it all work. There are some serious unanswered questions about the impact of winter weather. If snow and ice could not be immediately dealt, would autonomous vehicles be grounded temporarily.

Can we all say *mind-boggling* a few times about the future? Stay tuned.

Roger Currie is a regular contributor to Senior Scope. He is a veteran Winnipeg broadcaster who is heard doing news and commentary on CJNU, Nostalgia Radio, at 93.7 on the FM dial.

Your car battery shouldn't let you down.

Courtesy Canadian Super Shop – www.canadiansupershop.ca

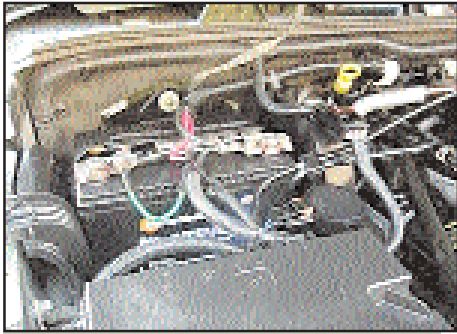
How your charging system affects your vehicle.

Your vehicle's charging system is how your ignition gets the power to turn over. A fully charged car battery can supply the starter motor with current to start the engine, but after several years [more than five years] on the road, the battery will wear down. The clicking sound you

hear and a roaring engine means that your vehicle's charging system may need attention.

You may need to have your charging system inspected if;

- if your vehicle is hard to start,
- your vehicle engine turns over very slow,
- the headlight seems dim,



Your battery and charging system should be inspected regularly.

- accessory drive belts are squealing,
- the dash service engine light or charging light is on.

Canadian Super Shop can provide the necessary car battery repairs or replacements for your vehicle. This also includes all the components that start and maintain your engine and battery power, such as the alternator and starter. Although the charging system failure is something that catches many owners off guard, it never has to be an interruption to your morning. At **Canadian Super Shop** our team of qualified automotive technicians provide a thorough inspection about every six months or so. Being proactive is the key to making sure you are never without the battery power to start your car. Drivers who bring their vehicles in for routine maintenance will never come out in the morning to a surprise. Our technicians will let you know the condition of the vehicle's charging system before anything goes wrong. We'll identify the early stages of a failing alternator or car battery and perform the appropriate battery repair or replacement services. Sometimes you may not have an actual problem with your battery, alternator or starter. Instead, the problem could be with the connection of one of

these components. Often we discover that there is a corrosion on the battery terminal and this can lead to your vehicle failing to start properly.

At **Canadian Super Shop** our certified technicians will discover any issues like these during your routine maintenance. We can perform a service that will remove any corrosion and help prevent it from developing in the future. If corrosion is not caught and eliminated it can destroy not just your vehicle's battery but also the battery cables and terminal ends where it connects to the battery. Our automotive technicians perform accurate tests that will give you the true condition of your battery, alternator, and starter. Any other parts that affect your charging system, like your drive belt, will be replaced during a routine maintenance service.

Our automotive team is determined to keep you off the side of the road by ensuring that you receive the best charging system services, our customer trust, our technical expertise as well as our service guarantee.

If you're having trouble starting your engine and maintaining power to your vehicle, it's time for a checkup at **Canadian Super Shop** as soon as possible. We can perform quality battery repairs and replacements for your vehicle's charging system malfunctions to get you back on the road in no time. ■

For any of your auto concerns, call **Marve** at **Canadian Super Shop** 204-885-5901 or stop by 1775 Portage Ave., Wpg. www.canadiansupershop.ca



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THE BUZZ



Story by Scott Taylor
Photo by Dan LeMoal

Manager Rick Forney called the 2017 edition of the Winnipeg Goldeyes "the best team I've seen in a long, long time."

On a beautiful mid-September night, in front of 6,363 spectators at Shaw Park in downtown Winnipeg, the Goldeyes proved their manager's assessment beyond a shadow of any doubt.

With nine runs in the second inning, a cycle from Shawn Pleffner – that's a home run, a triple a double and a single – home runs by Pleffner, David Bergin and Mason Katz and a brilliant pitching performance by starter Edwin Carl and relievers Mitchell Lambson and Victor Capellan, the Goldeyes demolished the Wichita Wingnuts 18-2 to claim the deciding game of the best-of-five American Association championship series.

It was the second straight league championship for the Goldeyes – the first back-to-back in franchise history – and the third in six years. It was also the fourth title in franchise history – 1994 (Northern League), 2012, 2016 and 2017.

I just want to thank the fans for coming out," said the American Association's Most Outstanding Player, Josh Romanski. "That's the best crowd I've ever played in front of and to do it for a championship, was special. For the guys to come out and play the way they did for the fans of Winnipeg, man this city's just awesome. The last two years here in Winnipeg have been the best two years of my career and playing here, man I just love every minute of it. I want to thank every single fan, 'cause they were just awesome tonight."

The night was special. The crowd was simply outstanding and when the Goldeyes put up a nine-spot in the second inning, the celebration began early. From that point on, they were just waiting to see the Goldeyes raise the league championship trophy.

With the score tied 0-0 in the bottom of the second, Pleffner led off with a single and then Bergin singled. Wes Darvill laid down a perfect sacrifice bunt to send Pleffner to third and Bergin to second and then catcher Mason Katz doubled home both base runners to give Winnipeg a 2-0 lead. That's when the bubble burst for starter Tim Brown and the Wingnuts.

Andrew Sohn singled to drive home Katz, Casey Turgeon singled to put runners on first and second and then David Rohm singled home Sohn. Romanski walked and the Reggie Abercrombie singled home Turgeon and Rohm. That made it 6-0 but the Goldeyes weren't done.

Goldeyes Win 18-2, Capture American Association Championship



The American Association champion Winnipeg Goldeyes.

Pleffner, who had already singled and scored, hit a line drive opposite field three-run homer over the left-field wall to make it 9-0 and the Wingnuts were done. They played the rest of the game like a team ready to hop on the bus and go home.

The Goldeyes scored five more in the fourth to make it 14-0, added a run in the sixth to make it 15-0 and then, after Wichita scored twice in the seventh, added three more in the eighth to make it 18-2. In the eighth, Pleffner led off with a triple to become one of only a handful of Goldeyes to hit for the cycle. Darvill then singled home Pleffner to record at least one hit in all nine Goldeyes playoff games. And then Katz hit a two-run homer to put an explanation point on the proceedings.

Carl (2-0, 2.35 ERA) earned the win by allowing only two earned runs on five scattered hits in 6.1 innings. Carl's five postseason wins over the last two years surpassed manager Rick Forney for the Goldeyes' franchise record.

"When we won in 2012, we didn't have any business being in the finals," said Forney, looking back on the last six seasons. "We were probably the fourth best team in the playoffs, but we just got hot at the right time. In 2016, we were pretty



Reggie Abercrombie with the League Championship Trophy

good and we played really well at the right time, but this year, there is no doubt in my mind that this is the best team we've had in a long time. This was the best team in the league. I don't know if they believed it, but I believed it. I just kept letting them go out there and play, just kept writing their names in the lineup every day and they did it.

"It was unbelievable to win in front of this crowd. We were fortunate

enough to win last year but we were celebrating in Wichita. I told Sam (owner Katz), that the only thing that could make this better is if we were to win this thing at home. I didn't believe we'd do it again the very next year, it's really hard to make the playoffs in this league, but we did it. Somebody's looking down on us. To do it in front of these fans, it's like Christmas morning, baby!" ■



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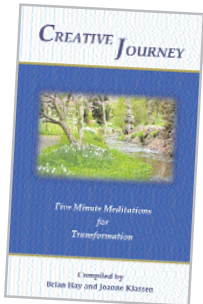
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

TOUCH

By Brian Hay (BHH)

“Seldom, or perhaps never, does a marriage develop into an individual relationship smoothly and without crises: there is no coming to consciousness without pain.”

(Carl Jung)

Your touch means so much more than your words. I have longed for your touch these past years, wanted it spontaneously given, during our walks, to reach over and touch my shoulder, or my hip. To hold my hand.

And while we drive, to reach over and with the back of your hand, touch my cheek, let me know that you are thinking of me, glad to be with me.

We have so much pain to work through, and a flood of words seems insufficient to ease that pain.

Instead, it is the touch, your head on my shoulder, my fingers through

your hair, my other hand lightly drawing on your bare back, shivers and goose bumps. Your hand on my chest.

Touch is healing. (BHH)

I embrace the gift of simple touch to express love and tenderness, compassion and care.

BIO: Brian Hay (BHH)
Brian Hay is a retired lawyer and a writer. He completed Transformative WritingTM studies at Canadian Mennonite University and received facilitator certification at Woodbrooke Quaker Study Center, European Centre for Life Writing for TransformationTM, in Birmingham, England. Brian took motorcycle lessons after he turned 60, consistent with Michelangelo’s motto: “I’m always learn-ing ...” He loves reading books about writing and daily personal/spiritual reflection. Since 2012, he has envisioned and helped guide this book to completion.
E-mail: brianh171@mymts.net ■

TREAT

By Erin Taves (ET)

You may think that in life, a lot of things happen to you along the way. The truth is, in life, you happen to a lot of things along the way.

(Dr. Shad Helmstetter)

I watched as emergency medical personnel carted the woman on a stretcher down the busy hospital corridor. They walked quickly, yet appeared to be in no particular hurry. I stole a glance at the woman’s motionless form; her mouth was gaping open and red. It reminded me of a gory Halloween mask.

I shouldn’t have stared; it’s not considered polite. But I snuck one more look at her in an attempt to determine the cause of her injury. It was Halloween and the phrase “trick or treat” kept echoing through my mind. I wondered about the woman on the stretcher—if her life was a series of tricks or treats.

I saw, in her motionless form, my own fragility. We will both be causalities of the same ephemeral world in which time calls us to dance. I remembered all the times in which I was left to pick up the broken pieces of my psyche after having fallen apart. I’m sure that when things were not going well that I considered myself a victim of circumstances; but perhaps I was bracing for the tricks instead of asking for treats. (ET)

My life is a treat. I accept all the goodness that life has to offer

BIO: Erin Taves (ET)
Erin Taves plays the role of wife, mother, friend, employee, and spiritual enthusiast. She attended a Transformative WritingTM program in 2004 and continues to enjoy gatherings with “Prism”; an eclectic group of women who provide her with inspiration and wisdom. Erin’s writing is self-reflective, based on her observations of the world and how it imitates her inner psyche. She reads books that promise to reveal some secret that has yet to be revealed. ■

Crime Prevention Tip

Courtesy Winnipeg Police Service

It is autumn already! Stay Safe!!

- Use caution when driving as deer are out and about during the fall season. Deer are easily spooked and run across the roadways /highways without fear of cars. This can be a very dangerous situation for drivers as well as the animals.
- The term Hydroplaning is commonly used to refer to sliding of car tires across a wet surface. It has been a wet couple of days, slow down when driving especially while passing puddles.
- Bikes are a convenient way of getting around, seeing the city and getting in outdoor exercise. Unfortunately, bike thieves are still out there. It is advisable to invest in a sturdy bike lock and make sure you have the serial numbers written down.
- Opportunist thieves will target doors left ajar. Avoid these unwanted visitors by ensuring your doors and windows are locked whenever you are not in- even if you are just stepping out for a couple of minutes.

Travel / Leisure / 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.

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Things To Do IN WINNIPEG

FALL/FOWL DINNERS LUNCHEONS CRAFT/BAKE SALES

Silver Heights United Church - Annual Fowl Supper, Sat. Oct. 28, 199 Garrioch Ave. in St James. Sittings 4:30 & 6 pm. Adults: \$15, 4-12: \$5, 3 & under Free. Also bake sale. Tickets: through church office, Tue. & Fri., 9:30 am-noon. **204-832-6071**

Fraternal Order of Eagles 3870 - Fall Supper, Sat. Oct. 21, 4-7 pm, 3859 Pembina Hwy. Doors open 3:30 pm, continuous seating. Baron of Beef, Ham & all the trimmings. Adults: \$15, 6-12: \$6, 5 & under free

Mary, Mother of the Church - Annual Parish Fall Supper, Sun. Oct. 22, 4-7 pm, 85 Kirkbridge Dr. Adults: \$15, 6-12: \$5, under 6 free. Serving turkey with dressing, ham, mashed potatoes with gravy, carrots, peas, corn, coleslaw, pies. **www.mmoc.ca**

St. Nicholas Ukrainian Catholic Church - Fall Dinner, Sun. Oct. 29, 12:30 & 4:30 pm, 737 Bannerman Ave. Adults: \$17, 6-12: \$5, 5 & under free. Advance tickets only, Theresa: **204-586-7985** or Doreen: **204-582-2187**

St George's Anglican (Transcona) - Annual Christmas Bazaar, Craft & Bake Sale (with lunch bar), Sat. Nov. 25, 10 am-2 pm at the Transcona Retired Citizens Organization, 328 Whittier Ave. West, on behalf of St. George's Anglican Parish, 321 Pandora Ave. W., **204-222-1942**. **www.stgeorgesanglicantranscona.ca**

Royal Canadian Legion Ladies Auxiliary #4 - Christmas Luncheon, Sun. Nov. 19, 12:30-2:30 pm at the St. James Legion, 1755 Portage Ave. Elevator available. Prize Draws. Tickets \$8, 10 & under: \$3, available from auxiliary members or at door.

High Steppers Seniors Club Tea - in celebration of Canada's 150th, Sat. Nov. 4, 1-4 pm, at Winakwa C.C., 980 Winakwa Rd. Adm. \$8, 12 & under Free. Wear Red & White (optional). Good food, rainbow auction, vendors, draws, & Canadian Trivia.

The Women's Canadian Club of Winnipeg - Luncheon, Oct. 19, RBC Convention Centre. Mrs. Christy Dzikowicz, Director of Child Safety and Family Advocacy Division. "Protecting all Children". 12 Noon. Cost \$25. Reservations and info: **204-663-5657**

EVENTS

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**

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Two games/wk - Mon., Wed., or Fri. @ 1 pm. Fee \$200 for 40 games. Call Bob: **204-261-3033** or Herman: **204-253-7633**, **www.pembinaoldtimerscurling.com**

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

Pembina Oldtimers Curling Club - 1341 Pembina Hwy. Two games/wk -

Mon., Wed., or Fri. @ 1 pm. Fee \$195 for 40 games. League starts Oct. 5 - 4 rounds of 10 games. Call Bob: **204-261-3033** or visit **pembinaoldtimerscurling.com**

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

Tuesday Ladies Who Bowl - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface starting Tues. Oct. 10 and weekly thereafter until end of April. All ages and levels of play invited. Contact: Lynne Ducharme **204-231-0279** or **lducharm@live.ca**

Harrow United Church - Books 'n' Biscuits Sale, Sat. Oct. 28, 10 am-1 pm, at Harrow Church, 955 Mulvey Ave. at Harrow St. Selling flavoured and pure Honey. Needed: gently used books. (no encyclopedias or magazines please)

Friends of the Winnipeg Public Library - BIG Annual Book Sale. Sat. Oct. 28, 10 am-5 pm & Big Bargain Sunday, Oct. 29, 11 am-3 pm. 60 tables of great books plus DVDs CDs, art prints & posters. Grant Park High School Gym, Grant at Nathaniel. Proceeds support special projects of the Winnipeg Public Library.

Grands 'n' More - Book launch '*Powered by Love: A Grandmothers' Movement to End AIDS in Africa*', Nov. 4, 7 pm, at McNally Robinson, Grant Park mall. Guest speakers include Joanna Henry, the author, as well as grandmothers from Africa and representatives of the Stephen Lewis Foundation. Free and open to the public.

Rainbow Resource Centre - Finding Rainbows Summit, led by those age 55+, addressing social isolation in the LGBT2SQ+ community, Tue. Nov. 7, 8:30 am-4:30 pm, Canad Inns Destination Centre Polo Park, 1405 St. Matthews Ave. Keynote: Bill Richardson, author & broadcaster. Registration closes Oct. 31. General \$55, Corporate/non-profit \$100. Subsidy avail. upon request. Lunch and breaks included. **www.rainbowresourcecentre.org/finding-rainbows**

In support of Canadian LifeLight First Nation Bible Ministry Outreach - Award winning Elvis Gospel Music tribute artist performance by Corny Rempel, Fri. Oct. 27, at Faith Temple 968 Notre Dame. Tickets \$20, doors open 7 pm, show 8 pm, rush seating. Call **204-339-3770**

Harrow United Church - Rev. Bob Galston leads us in study: The Gospels Gospels (profoundly simple/simply profound), Sat. mornings, 10 am, Oct. 14-Nov. 18 at Harrow United Church. To register: **204-284-0079** or **secretary@harrowunited.ca**

Harrow United Church - Grief Support Series (6 sessions), Thursdays 7-9 pm, Nov. 2-Dec. 14. (except Nov. 23), led by Rev. Linda Churchill. Max 8 participants. Cost \$60 per. Pre-registration required through Harrow Church office: **204-284-0079**.

Alzheimer Society - Care4u, a conference for family and friends caring for a person with dementia, Sat. Oct. 28, 9 am-3:30 pm at Canadian Mennonite University. Cost is \$40 including lunch. Visit **alzheimer.mb.ca/care4u2017** or **204-943-6622** to register. Space limited.

Parkinson Society MB - "Parkinson's 101", presented by Donna Greening, Parkinson Society, Wed. Nov. 1, 1:30 pm at Temple Shalom, 1077 Grant Ave. All are welcome, especially those over 55. Free event. Refreshments provided.

RCL Wpg Polish Cdn Br 246 - 49th Anniversary, Sat. Oct. 21, 1335 Main St.,

~~Geektails: 7, Dinner: 8. Music by Mariusz, Tickets \$35. Call Br @ 204-588-5493 for tickets & info on other branch events.~~

Camerata Nova vocal group - Snow Angel, Nov. 25 & 26, Cres. Fort Rouge United Church. **204-918-4547**, **www.cameratanova.com**

Downtown Connection 55+ Resource Sessions: Anxiety, Healthy Aging on a Budget, Changes in Vision with Age, Being Prepared in case of Emergency (Wpg Paramedics), Studio Central Art Class, Oct 17, 18, & 19, 10 & 11 am, Cindy Klassen Recreation Complex, 999 Sargent Ave; **Sessions:** Cooking and Grocery Shopping for 1 or 2, Fitness with Helen, Being Prepared in case of Medical Emergency (Wpg Paramedics), Line Dancing, Declutter, Zumba, Oct 24, 25, & 26, 11 am & 12 pm, Edmonton Court, Portage Place Shopping Centre. Free adm., in celebration of Seniors' and Elders' Month. Call the Healthy Aging Resource Team **204-940-8140**.

Osteoporosis Canada Manitoba Chapter - presents Caribbean Dreamin: Appetizer & Wine Pairing, Thur. Oct. 19, 7-9 pm at Riverwood Square Retirement Living, 1778 Pembina Hwy. Wpg. Tickets: **204-772-3498** or **manitoba@osteporosis.ca**

La chorale des Intrépides - Recruiting French Speaking Choral Singers to share their talent, to develop their voice, to immerse themselves in the French community or simply to sing. Practices Thursdays, 7-9:30 pm, at Collège Louis Riel, 585 St-Jean-Baptiste St. If interested: **intrepides.manitoba@gmail.com**

Manitoba WISE Inc. - 2017 Equality Breakfast, Fri. Oct. 20, 7:15-9 am, at RBC Convention Centre. Theme: Life Journeys for Equality and Justice. Guest speakers: Senator Kim Pate and lawyer Loretta Ross. Tickets are \$30 avail. at McNally's, **1-800-561-1833**, Manitoba Status of Women, **204-945-6281**, **204-453-1379** or **mbwiseinc@mymts.net**

Manitoba Provincial Rifle Assoc. (MPRA) - The MPRA Senior's Air Gun program, Wednesdays, 11 am, at the indoor air gun range at 711 Leola St. Rifles and Pistols are supplied. Our range is one of the best in North America with "State of the Art" electronic targets (SIUS). This is a sport that can be enjoyed your whole life. Gord: **204-415-7919** or **204-771-1987**

St Charles United Church - Paint Party Fundraiser, Sat. Oct. 21, 1:00-3:30 pm, St. Charles Church, 673 Isbister St. (North off Portage Ave). Tickets \$40, supplies included. Max. 40 painters. Rita: **thbarker@mymts.net** or **204-889-4002**

Winnipeg Male Chorus - join them for the upcoming season to sing classical, pop, religious, folk and show tunes at Personal Care homes, Senior Citizen's homes and Charity groups throughout MB. Two concerts a year. Rehearsals begin Sept. 11. Email: **h.bergen@mymts.net** or **chunruh@shaw.ca**.

Westminster Concert Organ Series - Sun. Nov. 12, 2:30 pm, Westminster United Church, Westminster at Maryland, presenting Joshua Stafford, winner of the Longwood Gardens Organ Competition from New York. **204-784-1330**, **www.westminsterchurch.org**

Seniors' Choral Society - New members invited especially tenors and basses. Practice Mondays, 10 am-12 noon at McClure Place, 533 Greenwood Place. No auditions. We are an SATB Choir with a challenging repertoire. Concerts held in spring and several weeks before Christmas. Also, prior to Annual Concert, will perform at local seniors complexes and PCH's. Info: Gerda or John: **204-669-5570** or **www.seniorschoralsociety.ca**

Post Polio Network - Meeting, Oct. 31 (speaker TBA, topic Assistance & Resources), 1-2:30 pm, at Caboto Centre, 1055 Wilkes Ave.

Winnipeg Public Library - The Windsor Park Library is projected to open in Oct. It will re-open at 1195 Archibald St. The former location - 955 Cottonwood - will close permanently in Sept./Oct. Project updates will be posted at **winnipeg.ca/library** under "What's Happening"; 'Be a Waste Ace!' program: we are partnering with Call2Recycle to compete to see which library can collect the most weight in spent batteries, to earn the title of Winnipeg's "Waste Ace." Visit a branch Oct. 16-29 and drop off household batteries that are less than 5 kg. ea. in the Call2Recycle boxes; To view library programs, many which are free, visit **http://wpl.winnipeg.ca** to view the newsletter by clicking on the 'At The Library Newsletter' link under 'What's Happening' along the left side of the home page. View the calendar under this link as well; Note the **St. Vital Library** on Fernor will be closed for renovations, opening early 2018.

Trip to Israel - Tour to The Land of Promise in 2018 and celebrate Israel's 70th Year. Great value price out of Winnipeg. For info contact Ken: **204-9425433**, visit website **www.TolsraelWithLove.com** or e-mail **k4mcghie@gmail.com**

VOLUNTEERING

Deer Lodge Centre, 2109 Portage Ave - Medical Escorts (daytime) - 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**

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

Misericordia Health Centre - Volunteers needed for reg. fall shifts in Gift Shop - Call **204-788-8134**, and to escort and stay with residents while attending spiritual services inside the same building, Thur. or Fri's, 10-11:30 am. Call **204-788-8132**, or online at **www.misericordia.mb.ca/volunteer** or apply in person. Free parking provided.

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

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

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

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

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Things To Do

IN WINNIPEG, cont'd from page 11

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

Manitoba Institute for Patient Safety - Volunteer opportunities. Visit mips.ca 'About Us' to learn about our Volunteer Program. admin@mips.ca or **204-927-6477**.

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

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

Vista Park Lodge Personal Care Home in St. Vital - Volunteers needed. Contact: Caitlin Liewicki: cliewicki@extendicare.com

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

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: men's breakfast, PinPALS (bowling), bridge, movies, LunchPALS. Special events: Wellness series "Health at every size-moving from weight to wellness", Thur. Oct. 19, 1 pm; Still Bloomin' Gardening Club, Thur., Oct. 26: presentation by Trees Winnipeg; Wine Pairing Fund-raiser, Thurs., Oct. 26, 7 pm, Riverwood Square Retirement Living, 1778 Pembina Hwy. Info: www.pal55plus.com, email office@pal55plus.com or **204-946-0839**

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 12:30 pm Quilting. Info: **204-338-4723**

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

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, Oct. 7, Nov 4/17, Jan. 10, Feb. 3, Mar. 3, Apr. 7, May 5, Jun 2/18,

1:30-4 pm, at Bleak House Centre, 1637 Main St., across from Burger King and Mohawk Gas. Annual membership fee \$25. Drop-in \$3. MCWA contact: Frieda **204-256-3642** or Bev **204-326-7286**

Manor Adult Day Cub - 320 Sherbrook St. We are a pacesetters adult day program for seniors who live in the community who have mild Alzheimers/Dementia. Tues-Fri. Referrals made through WRHA. **204-784-1378**

Deer Lodge Community Centre - Yoga with Doreen Wuckert, Certified Yoga Instructor. Mondays, Sept. 11-Dec. 4 (12 classes), at 323 Bruce Ave. E. \$8 per class for registered, \$10 per class for Drop In. To register, call Doreen: **204-837-9613** or email dwuckert@shaw.ca

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

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

Archwood 55 - Join us for yoga, fitness classes, line dancing, or art instruction. Drop in for a board game, pickleball, floor curling or billiards. Visit our website for a list of luncheons, social activities, informational sessions and bus trips. 565 Guilbault St. Office hrs: Mon-Fri, 9 am-3 pm. **204-416-1067** or archwood55mail@gmail.com www.archwood55plusinc.weebly.com

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

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

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

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

Seine River Seniors - at Southdale CC. Bridge, Indoor/Outdoor Walking, Creative Writing, Games, Canasta, Monthly Birthday Lunches, Trips to South Beach, Bingo at the Downs, Celebrations Matinees, Floral Arranging, Health Workshops, A Trolley City

Tour, A Walkabout in the Exchange, and visit to PineRidge Hollow. Call **204-253-4599**

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

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

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

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

Dakota 55+ Lazers Senior Centre - Various programs: Cribbage, line dancing, floor curling, quilting, fitness programs, etc. Call: **204-254-1010** ext. 206. WHIST, Wednesdays, 12:30 pm, contact Bob or Fran: **204-257-3172**. Jonathan Toews Centre, 1188 Dakota St.

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**

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

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

The Canadian Hard of Hearing Association - MB Chapter - Fall programs: speechreading/lip reading classes, support groups, presentations and displays. Learn about assistive devices to accommodate your hearing loss. Learn to advocate for better hearing in public venues. Visit www.chha-mb.ca or email: mbchha@mymts.net. 204-825 Sherbrook St.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rural listings on next page

September 28, 2017

Province marks official opening of Tabor Home - Personal Care Home in Morden

MORDEN—Together with Southern Health-Santé Sud, Tabor Home Governing Board and the community of Morden and extended area, Premier Brian Pallister marked the official opening here today of a new, \$38.7-million personal care home.

“This new facility is going to make a wonderful home for so many people in the Morden area,” said Pallister. “I want to thank everyone who has worked so hard to complete this project, and wish all the new residents well as they begin their lives at the new Tabor Home.”

The new Tabor Home is located along PTH 3 beside a private assisted-living facility. Having the personal care home and private-housing options on one campus will allow for an easier transition between care settings.

The new, 77,000-sq.-ft. facility replaces the older 30,500-sq.-ft. structure and includes a total of 100

single rooms with private wash-rooms. The new Tabor Home was originally announced to include 80 personal care beds and 20 supportive housing beds. The province later made the decision to designate all 100 beds as personal care beds. The 20 extra personal care beds significantly enhance Tabor Home's ability to meet the needs of seniors and families in the community. The new facility is designed as a community complete with five houses, two neighbourhoods and an uptown area.

“The completion of this construction project is truly a testimony to the collaborative efforts of a very visionary community, the regional health authority and the Manitoba government,” says Jane Curtis, chief executive officer for Southern Health-Santé Sud. “This new ‘home close to home’ will give seniors a beautiful, modern facility where they

can socialize, stay active and spend time with loved ones. We would like to express our appreciation to the province, the Tabor Home Governing Board and the community for their leadership, collaboration and dedication in seeing this project become a reality.”

Each new house is home to 20 residents and includes a living room, a dining room, a kitchenette with a fridge, stove and microwave as well as its own spa/shower room. To assist with way-finding, the houses are named Aspen, Birch, Cedar, Dogwood and Elm. The Crocus Lounge is at the centre of the Aspen, Birch, and Cedar neighbourhoods. The Sunflower Lounge joins the Dogwood and Elm neighbourhoods. A community centre for larger group activities, spiritual care, a café and a salon are located in the uptown area near the main

entrance. The new home also offers direct access to protected outdoor spaces to be enjoyed by residents and visitors.

“We are thrilled to mark the official opening of the new Tabor Home,” said Wilf Warkentin, board chair, Tabor Home Inc. “Indeed this is a celebration to commemorate and honour all those who served faithfully in various capacities throughout the prior facility's 65-year life span. Today we also celebrate all the people, staff and volunteers who have contributed to its new beginning. We extend our gratitude to the Province of Manitoba, the City of Morden, the regional health authority and everyone who donated time and resources for this great project.”

The new Tabor Home is located at 450 Loren Dr. and will replace the smaller, outdated facility originally built in 1968. ■

Thistle and Selkirk Rotary Club News

John Cartwright's 'Thistle' the Celtic, Folk and Comedy Show Band have been together for seven years this month (Oct). The act has played a range of venues starting in bars then moving on to Community Halls Festivals, Casinos and the Winnipeg Convention Centre. A resident of the Interlake and approaching his 75th year Cartwright is to play his last formal performance with his band on Oct 27th in Selkirk.

With an academic background in Health Care for some fifty years it seems very appropriate that this last performance sponsored by the Selkirk Rotary Club is to raise funds toward the purchase an Echocardiograph for the new Selkirk hospital.

Born in England, Cartwright's musical career stems decades when at age eight as a boy soprano he took first solo vocal at the Chester Cathedral. By age 16 he was one of the founding members of The Bumblebees, recording act. 1962 his band warmed up The Beatles in Northwich, Cheshire and later a number of other recording acts. It was the British invasion period and the UK music industry had so many bands the occupation appeared tenuous. For this reason he started his training as a nurse where he met a fellow student Colin Whitehurst who became the bands manager. He continued to study and play music per-



Thistle performing at the 2012 Seniors' and Elders' Day Celebration in Winnipeg.

forming at such venues as The Cavern in Liverpool and the Two T's famous for the start it gave to the likes of Tom Jones and Cliff Richard.

Gaining a second degree in psych Cartwright and their Bumblebees' manager Colin moved to Manitoba completing required Post Grad Courses and forming another act that played mostly bars. Eventually after some management success, he managed Chad Allen the originator of the 'Guess Who' with the objective of producing a TV show "Chad Again" and producing a final record for him. They continue to consider themselves friends.

Returning to England he became a small partner in HTV Wales having the second largest production studio next to BBC TV. To maintain his academic licensing he was hired



John Cartwright of Thistle - 2012

by the National Health Services as a Consultant in Addictions while continuing contact with the entertainment world writing musical reviews, plays and producing several up and coming artists as part of the company's entertainment agency. Returning to Canada Cartwright staged sever-

al of his plays in the East Coast eventually returning to Manitoba with his wife Leslie whose parents still live in the Interlake. It was from here Cartwright initiated 'Thistle' seven years ago. They will perform their 'Celtic Fury show' with the McDonnell Irish Dancers at the Selkirk High Theatre as his last formal engagement.

After the Act's last tour into Ontario, Cartwright had to admit he was no longer a youngster however the future will see him staging a variety show presenting Manitoba artists; new and established, each Wed throughout next summer. The show titled 'J.Cs Modern Vaudevilian Showcase' will be held at the A-Spire Theatre in Gimli. An agent and or a booker will be in attendance to hear the presentations. Interested musicians comedians or other forms of stage entertainment interested in appearing can contact the show producer by calling 204-278-3552.

Don't miss Cartwright's Goodbye show with Thistle October 27, at the Selkirk High Theatre, presented by The Selkirk Rotary Club raising funds for the New Selkirk Hospital.
www.selkirkrotary.ca.
 Contact John Cartwright: 204-278-3552 for info.

Things To Do

IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

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

Headingley United Church - Fall Supper, Nov. 5, Headingley C.C., 5353 Portage Ave. Seatings 4, 5 & 6 pm. Adults \$15, 6-12 \$8, 5 & under Free. Call for tickets: Jean, **204-222-5402**

Île-des-Chênes - Venez célébrer les personnes âgées - le 26 octobre - On vous demande de vous inscrire dès aujourd'hui pour participer à la journée « CÉLÉBRONS LES PERSONNES ÂGÉES! » prochain à Île-des-Chênes. Vous aurez la chance de voir l'excellente comédie franco-albertaine « Prends mes yeux, tu vas voir », d'entendre une conférence de la part du Dr. Denis Fortier et vous aurez l'occasion de participer aux activités physiques animées par Marie-Line Lacerte. S.v.p. consulter l'affiche en pièce jointe!!! C'est gratuit et le dîner est INCLUS mais vous devez absolument vous inscrire à l'avance car nous devons planifier le dîner! Communiquez avec André au 204-235-0670 / 1-855-235-0670 ou par courriel : info@fafm.mb.ca dès aujourd'hui.

Komarno - Western Dance - Sun. Oct. 29, 1-5 pm, Komarno Community Hall. Lunch included. \$20 per. Music by Canadian Rhythm Masters. Tickets, call Mona: **204-886-2994**. Proceeds to the Komarno Hall renovations

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

Springfield Flu Clinics
 Oct. 19, 9:30 am-noon - Anola C.C.
 Oct. 19, 2-3 pm -
 Cooks Creek C.C., 30 026 Zora Road
 Oct. 24, 9:30 am-3:30 pm -
 Oakbank - Kin Place Seniors Housing Complex (door C)
 Oct. 31, 9:30 am-noon -
 Dugald Community Club 544 Holland
 Nov. 4, 10 am-2 pm - Oakbank -
 Kin Place Primary Health Centre (door A)
 Nov. 7, 1-7 pm - Oakbank -
 Kin Place Seniors Housing Complex (door C)
 Bring your MB Health or Immunization card and wear a short-sleeved shirt. Questions? Call **204-444-6131**

Springfield - Springfield Seniors - Let's Talk! About living with hearing loss this fall - Speech (Lip) Reading. Sept. 15- Nov. 3, 1-3 pm, Springfield Library, 60 024, Hwy 206, Dugald, MB. Cost \$35. For info: Gladys Nielsen g.nielsen9@icloud.com / **204-975-3037**, or Diane Dumas **204-853-7582** / springfieldseniors@mymts.net. Canadian Hard of Hearing Assoc., MB.

Steinbach - The Bethesda Regional Health Care Auxiliary - Fall Book Faire for used books, Thur. Oct. 19, Fri. Oct. 20 & Sat. Oct. 21 at the Clearsprings Center, Hwy #12 north in Steinbach, MB. Thur. & Fri. 9 am-9 pm, Sat. 9 am-4 pm.

Stonewall - South Interlake 55 Plus - Oddfellows Hall, 374-1st Street W. Events: Line Dance Classes, Tuesdays 11:15 am, Thursdays 11 am. \$2/class plus yearly SI 55 Plus membership. Call **204-467-2582**

Victoria Beach Seniors - Stay healthy and active indoors at the Victoria Beach Community Centre: Curling season starts mid-October. Many volunteer opportunities. For info: email Margaret at mmurrayhaddad@gmail.com

VOLUNTEER

Emerson-Franklin Senior Services - Volunteers needed: Congregate Meal Program, Handi-van drivers, Medical drivers, Friendly visits and safety checks. Call Lorri: **204-427-2869**

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

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

Selkirk - Betel Home - Looking for volunteers for afternoons and Thur. evenings. Contact Matt Mutcheson for info: **204-482-5469** ext. 20956 or mmutcheson@ierha.ca

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.

PROGRAMS / SERVICES

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

Dauphin Multi-Purpose Senior Centre-Seniors 55+ - members and non-members. Exercises, floor games, quilting, scrabble, sip and stitch, bingo, crib night, community chorus. Special events: Police Academy, dinner and a movie night, dances. Congregate meal program at the Centre - Tue, Wed, Fri. Lifeline, cancer society Transportation Program, fee for service contact list, Erik Kits, help with paperwork. *Facility available to rent.* www.dauphinseniors.com, **204-638-6485**

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

Emerson-Franklin Senior Services - For seniors with disabilities, to assist in maintaining independent living. Services: friendly visiting and checks, transportation, shopping, foot care clinics, home maint. including housekeeping, heavy cleaning, gardening, home repair, Victoria Lifeline, E.R.I.K. kits, mobility equipment (loan service), congregate meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

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

Montcalm - Montcalm Service to Seniors (S.A.A.M) - Meal program with activities and musical entertainment in/at Letellier-Hall Fridays. Joanne: **204-304-0551**

or email: jbarnabe@hotmail.ca

Notre Dame de Lourdes/Saint-Léon /Ensemble Chez Soi - Services: parking permits, congregate meal programs 5x/wk at the manor, internet research, info/health sessions, light housekeeping, Alzheimer's support group, palliative care, transportation, help with documents, friendly visits/calls, spiritual services, equipment rental, E.R.I.K. kits, lifeline, mobile library, yard work. Coordinator Bev Collet: **204-248-7291** or ensemble@mymts.net. Our goal is to assist seniors and the disabled to maintain their independence. We are **always looking for volunteers** to help with these programs.

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

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

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

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

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

Victoria Lifeline - Independence on the Go

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- Sterilized Instruments
- Gift Certs Available, Visa/MC



Today's Recipe



Larry McIntosh

Fresh Corn Pudding

Metric	Ingredient	Imperial
4	medium ears of corn	4
30 ml	sugar	2 tbsp
30 ml	all purpose flour	2 tbsp
2 ml	salt	1/2 tsp
2	eggs	2
300 ml	milk	1 1/4 cup
30 ml	butter, melted	2 tbsp
2 ml	ground nutmeg	1/2 tsp

Cut enough kernels from corn to measure 2 cups (500 ml). Mix corn, sugar, flour and salt together. Stir in eggs. Stir in milk and butter; pour into greased 1 quart (1 L) casserole. Sprinkle with nutmeg.

Set casserole in baking pan in middle oven rack. Pour hot water into pan on middle oven rack, approximately 1 1/2 inches (3.8 cm) deep. Bake in preheated 350 F (180 C) oven for 50 to 55 minutes or until knife inserted halfway between centre and edge comes out clean.

Serves 8

www.PeakMarket.com

WORDSEARCH - COUNTRIES

By Senior Scope

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

Angola	Canada	Guam	Israel	Malawi	Peru	Wales
Aruba	Chad	Guinea	Italy	Mali	Poland	Yemen
Bahamas	Chile	Guyana	Jamaica	Mexico	Qatar	Zaire
Bahrain	China	Haiti	Jordan	Moldova	Serbia	Zambia
Barbados	Cuba	Honduras	Kenya	Morocco	Spain	Zimbabwe
Belize	Fiji	Hungary	Laos	Nauru	Syria	
Benin	France	India	Latvia	Nepal	Thailand	
Bermuda	Gabon	Iran	Liberia	Niger	Togo	
Bhutan	Ghana	Iraq	Libya	Norway	Tuvalu	
Bosnia	Grenada	Ireland	Macau	Oman	USA	

CROSSWORD

That End-of-October Spirit! By Adrian Powell



ACROSS

1 Linguine and ziti

7 Keister

11 Slugger Mel of the old Giants

14 Real

15 Mediaeval Icelandic writings

16 What Horton heard

17 Statement about a see-thru spectre?

20 Stitches up

21 Like the universe

22 Like some chemical bonds

23 Xmas story trio

24 Pop the question

25 Opined about Halloween?

31 Fable's conclusion

32 Cigar's destiny

33 Short note from a poker game loser?

35 Post-disaster crooks

38 Mythical winged horse

41 C.U. device, briefly

42 Wallach of "The Misfits"

44 Aunt's little girl

45 Phantom on ice?

50 Furniture material

51 "Sister Act" extras

52 Neighbour of a Yemeni

55 Private opera box

56 Guest columnist's page

60 "Julia" thespian who conjures up images of bloody tombstones, maybe

63 Monocle's place

64 Ancient kin of Manx

65 Halloween sprite

66 "Right this minute!"

67 Biodegradable

68 Stands in art class

DOWN

1 Singers Benatar and Boone

2 Molar malaise

3 One pot Irish entree

4 Harbour ships

5 Sigh of relaxed satisfaction

6 Bratislava native

7 Piney Greek wine

8 Revamp the wording

9 Billboard blurb, basically

10 Martin Luther King's target

11 Ontario Sound

12 Tangy oriental fare

13 Ancient metal neck ring

18 Pudding starch

19 Trickster of Norse myth

23 Tunnelling pest

24 Tennis champ Arthur

25 Truth, to

26 "Shakespeare

26 "Coming attractions" ad

27 Morsel in a feedbag

28 Seer's forte

29 Japanese immigrant's kids

30 "Ima la ____"

31 Mbr. of the prov. govt., for short

34 Manipulate, in a way

36 Smell terrible

37 Crazy like a fox

39 Shaggy African beasts

40 Be unwell

43 Gives the cold shoulder to

46 Traffic pylon

47 Old German ruler

48 Enormous

49 Keyed up

52 Hansel and Gretel's planned destiny

53 BLT requirement

54 Again from the top

55 Tenth out often

56 Balls, poetically speaking

57 Almost colourless

58 Bad to the bone

59 Wolves' hang-outs

61 Sign outside a fully booked show, say

62 India's smallest state

SUDOKU HARD

By Senior Scope

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

Happy Halloween!



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.

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HUMOUR



By William J. Thomas

A very long time ago when my mother came to live with me for a short period of time, we had some very testy moments. Margaret was 85 years old at the time and she had this harmless peccadillo ... no, it was more of constant peculiarity ... no, it was a bad habit ... okay she mumbled to herself and it drove me absolutely crazy to the point where I would spice up her strawberry-flavoured nutritional supplement with three hits of Tabasco every chance I got!!!

It was a tense period, two people living in close quarters and although I couldn't prove it, I think she was topping up my shampoo bottle with Nair.

The first time I broached the subject of mumbling by explaining there really needed to be a minimum of two people in a room during a conversation she flatly denied she talked to herself. She claimed what she did was 'think' louder than most people because she had a lot on her mind.

In other words she was overloading her mind as I was slowly losing mine. But no, she did not talk to herself. Rather than argue, I turned it into a kind of game in which I'd agree with her - she did not talk to herself.

So I would be sitting at my desk in my office when I'd hear my mother 'thinking' in the TV room: "Gee, I wonder what Gail is doing ... maybe I should call."

And then I'd go in and say: "Gee Mom, I wonder what Gail's up to and

Warning To Seniors –
Mumbling Can Cause Death

maybe you oughtta give her a dingle." To which my mother would get this incredibly astonished look on her face and say: "You know dear, I was just thinking about calling her ... you must be psychic or something."

A little while later after reflecting on some bad news from my sister Gail, I'd hear my Mom 'think': "Poor Alex, I should send her a card."

Then I would happen by and say: "Here's one of those Group of Seven stationary cards I ordered by mail ... you know you should send one of these to your friend, Alex. It might cheer her up."

And my mother got this amazed look on her face like she'd seen the Virgin Mary at the Shrine of Fatima and she said: "You won't believe this but dear, I was 'thinking' that very same thing," and she wandered off with the card in her hand, shaking her head all the way.

So in a very short span of time my mother went from presuming her son was too dumb to hold down a real job to believing that I was the smartest human being on the face of the earth.

This little game was working so well, I started to believe in it too. Maybe we all 'think' just barely beneath our breath. Maybe The Amazing Kreskin wasn't so amazing after all. Maybe he just had terrific ears.

So my mother had this incredibly annoying habit of mumbling to herself and although it drove me nuts and caused me to occasionally leave her at the doctor's office overnight, I swear the situation never escalated

to the point where I called in the cops. Not like the case of Robert Durst.

Last year I'm channel surfing when I came across CNN's true crime documentary "The Jinx" in which a wealthy American lunatic by the name of Robert Durst is denying he had anything to do with some very suspicious deaths including his ex-wife, a girlfriend and a male neighbour.

The 71-year-old Durst believed he could outsmart the investigator and host of the show who's half his age, is holding all the cards and is too young to mumble. Near the end of the interview Durst was shown two envelopes, one written by the killer of his ex-wife and one which he himself had admitted writing. When he could not identify one from the other because they are identical - he gets himself trapped on camera.

Then he excuses himself, walks into a nearby washroom where, forgetting that his lapel microphone is still recording, he mumbles to himself: "What the hell did I do?" Pause. "Killed them all of course."

Mumbling, Robert Durst confessed to two more murders that he was actually being questioned about. Soon he will be facing murder charges in California where the state is expected to seek the death penalty which proves once and for all that mumbling as I tried to tell my mother, can be harmful to your health.

For the record, my mother's mumbling was very annoying and yes, putting a squeaky toy under her pil-

low every night before she went to bed may have been wrong, but at no time did I try to have her arrested or even mention lethal injection.

With my seventies just around the corner and okay, some conversations with myself being increasingly audible, I cannot emphasize strongly enough that I am against the death penalty for older people who mumble. In fact I think seniors suspected of a crime need a new Miranda warning: "You have the right to remain silent. Anything you mumble may be used against you in a court of law." ■

For comments, ideas and copies of The Legend of Zippy Chippy, go to www.williamthomas.ca

WORDSEARCH - Solution

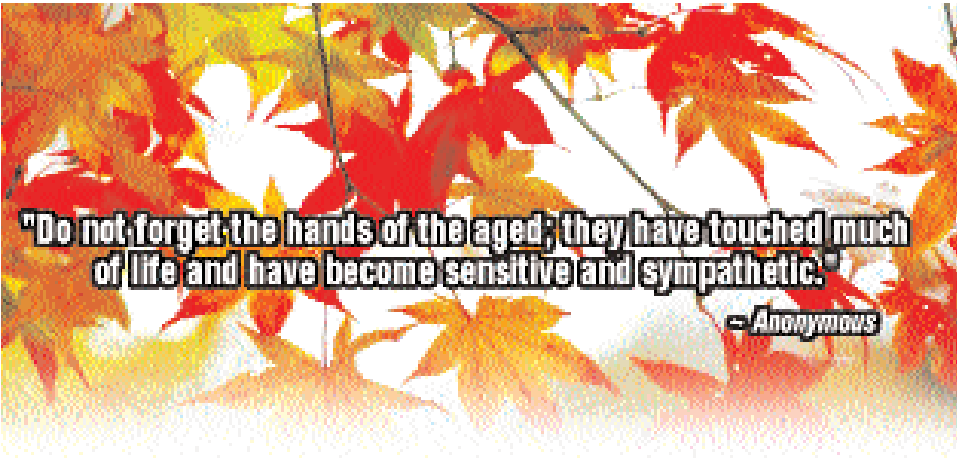
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G	U	Y	A	N	A	Q	H	T	Z	C	A	N	A	D	A	D	E
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B	A	H	R	A	I	N	E	I	G	A	B	O	N	A	O	M	A

CROSSWORD - Solution

P	A	S	T	A	S		R	E	A	R		Q	T	T
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T	H	E	G	H	O	S	T	I	S	C	L	E	A	R
S	E	W	S		V	A	S	T		I	O	N	I	C
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SUDOKU - Solution

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



Happy Seniors' and Elders' Month
to everyone who continues to inspire and
motivate others even in their later years.
Thank you for all you've accomplished
and done for society!

POP-UP FLEA MARKET

AVAILABLE TO SET UP AT YOUR
EVENT OR IN YOUR PARKING LOT
in Winnipeg or Rural Manitoba
(Great attraction - Brings people in)

AMAZING SELECTION - 20 TABLES
EVERYTHING GUARANTEED IN WORKING ORDER
(Collectibles, One-of-a-kind items)

Call for Details:
MR. ODDS & ENDS
1-204-746-4318
Percentage of profit to charity of your choice.

Fridays, Saturdays
& Sundays at Mohawk
Gas in Morris, MB, across
from Tim Hortons
(formerly 3 blocks south)
- weather permitting

THE CLASSIFIEDS

LISTINGS ONLY \$10 plus gst
Approx. 30 words.
Photos \$5 extra

Garage Sale Items Accepted

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

BUY • SELL • TRADE • RENT • NOTICES

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/MC accepted.

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

FOR SALE: 1 cemetery plot at Chapel Lawn, W. Winnipeg, MB. Will hold 3 urns. \$2000 plus transfer fee. Call 204-888-8144.

FOR SALE: 2 cemetery plots, vaults included, at Chapel Lawn Memorial Gardens. \$6000 OBO. Porcelain dolls: \$20-\$50 ea., Plate glass mirror: 24" x 36" new: \$50, Info: 204-889-3770.

FOR SALE: Blue recliner chair with eject mechanism, new controls. Gently used, in excellent condition. \$600.00. Call Lynne 204-231-4471 or email: lynmp@shaw.ca

Proudly celebrating
Seniors and Elders Month
across Manitoba

Manitoba
PC Caucus

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