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Keeping those New Year's resolutions

By Roger Currie



It has been 2018 for almost three weeks. Aside from being unbearably cold for much of that, it's often a time when many of us reflect and resolve to do better in some key aspects of our lives. Did you make any New Year's resolutions, and if so how's it going?

Not so many years ago, one of the most common resolutions focused on quitting smoking. We don't hear that one talked about quite so much any more, perhaps because it's a habit that is now widely acknowledged to be 'socially unacceptable'. Smoking is now outlawed in most indoor spaces in Canada, and one of the amazing things about that is enforcement. Other than putting up *No Smoking* signs, there is no enforcement that's done on a regular basis, and it seems to be unnecessary. Canadians are a law abiding people and no one wants to be on the wrong side of something like smoking.

Indeed these days, there are probably more people who boldly make New Year's resolutions about weight loss and physical fitness. Jim Evanchuk is executive director of ALCOA, the active living

coalition for older adults in Manitoba. They're based at the *Wellness Institute* at Seven Oaks Hospital in Winnipeg.

I asked him why it is that so many of us fail when we make such commitments. Why do those health club memberships go unused after a month or so in the post-Christmas period?

Jim says "The biggest problem is setting goals that are not realistic. If you boldly declare that you're out to lose 20 pounds in January there's very good chance that it just won't happen". He recommends a few things, including sitting down and creating a *personal action plan*. "The action of writing such a detailed plan, following a brutally honest conversation with yourself might still fail, but studies have shown that the more detailed the plan, the better chances of success" Evanchuk says.

He talks about "carefully staged goals" that allow us to build some momentum and traction on the way to a new and better you. He read to me from his own action plan. "This week I will walk for ten minutes before supper on Tuesday, Thursday and Friday". To

achieve that, Evanchuk said he had to push aside other more appealing activities to complete that task. It's not hard to see that such a plan might be infinitely more 'achievable' than one that commits you to running a marathon or half marathon before the summer is over.

Whatever the plan, keep a detailed record of how you're doing. If you are consistently failing to carry out daily or weekly objectives, then it's probably time to *re-assess and revise*. What Jim is talking about follows a program called 'Get Better Together' that was developed at Stanford University in California. It was designed to help people who were recovering from major health situations, everything from anxiety and depression, to those who are afflicted by common physical ailments like chronic back pain and arthritis. Evanchuk says applying these tech-

Continued on page 3



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THE BUZZ



Story by Scott Taylor
Photos by James Carey Lauder,
Dan LeMoal and Jeff Miller

My crystal ball has been a tad cloudy the past few years. For instance, I really thought that after the Winnipeg Jets made the playoffs in 2015 that by now, they'd be a force in the West. They're currently having a great season, but I'll admit, I thought they'd have at least been playoff teams in 2016 and 2017. I was also convinced that last year, with the talent, confidence and commitment of Matt Nichols at quarterback, the Winnipeg Blue Bombers would be a Grey Cup-calibre team. Wrong again. They were for a while, I suppose, but in the end, they were not. However, at the start of the 2017 season I did say the Winnipeg Goldeyes had "put together the best team in

Keeping resolutions,
cont'd from front page

niques to older adults requires discipline and keeping an open mind to the possibilities. It's also applicable to people who have developed mobility issues. "We're hoping that everyone who is 55 or older will have something in the back of their minds that will cause them to move more and spend less time sitting," Evanchuk says. It's important to remember a variety of techniques to help when it comes to maintaining one's personal action plan. If you're in Winnipeg or many of the smaller communities in southern and central Manitoba, reach out to what groups you might be able to join, but once again be realistic about the commitments you undertake. Two or three hours a week in an aerobics program is manageable, and who knows who you might meet. Good luck in your efforts to achieve better health and fitness. ■

Roger Currie is a veteran prairie journalist, and a regular contributor to Senior Scope. He is heard regularly on CJNU, 93.7 FM. Roger and his wife Janice Chance regularly swim at the North Centennial Recreation and Leisure Facility in Winnipeg.

It's Going to be a Good Year



The key to the Jets' success, goaltender Connor Hellebuyck



Bailey Bram of Canada's Olympic Women's Hockey Team



Goldeyes star outfielder Josh Romanski



Blue Bombers QB Matt Nichols



Steinbach Pistons star goaltender Matthew Thiessen



Minnesota Vikings star Stefon Diggs

franchise history," so I'll take a little credit for last year's championship season. Not much, but a little. And out at the Downs, I called Escape Clause, a great two-year-old filly in 2016, to be the Horse of the Year in 2017. She was easily the best thoroughbred in Manitoba and probably the best filly in Canada. Regardless, things didn't quite go as well as I'd hoped with my 2017 predictions, but never one to back away, here I am again. With 2018 upon us, it's time to dust off that crystal ball and find out what the new year has in store on our rinks, courts and fields. Here's a prediction for sport in Manitoba in 2018:

The Winnipeg Jets: I love this team. It's got young legs (Mark Scheifele, Patrick Liane and Nikolaj Ehlers), veteran leaders (Blake Wheeler, Mathieu Perreault and Bryan Little) and an outstanding goaltender (Connor Hellebuyck). At the beginning of the year or at the midway point of the season, the Jets were first in the Central Division, second in the Western Conference and third overall in the NHL. This is a playoff-bound hockey team. But you really have to wonder what will happen after the playoffs begin. The Atlanta Thrashers/Winnipeg Jets fran-

chise has reached the playoffs only twice in 18 years and has yet to win a game. That shouldn't matter to this team, but history is history. The Thrashers/Jets don't win many playoff games. However, I have some hope for this improving hockey team. **The Jets will make the Stanley Cup and win its first round series before being eliminated in the second round in six games.**

The Olympics: The experts say Canada will win 33 medals at this year's Winter Olympic Games in PyeongChang, Korea. The Olympic Games run from Feb. 9 to Feb. 25 and Canada has been tagged to win seven gold, 12 silver and 14 bronze medals. In 2014 in Sochi, Russia, Canada won 10 golds, 10 silver and 16 bronze, its best haul ever. The men's team is expected to win ice hockey gold but the women's team is predicted to finish second to the United States. There are two Manitobans on the men's team (Morden's Chay Genoway and Oakbank's Quinton Howden) and three on the women's team (Ste. Anne's Jocelyne Larocque and Bailey Bram and Mallard's Brigitte Lacquette). I like Canada's chances to have its best Winter Olympics ever. *My crystal*

ball calls for 12 gold, 10 silver and 11 bronze medals, a total of 33 medals.

Winnipeg Goldeyes: So far manager Rick Forney has done everything possible to make a great team better. That's pretty exciting. He has protected the contracts of his best players, reacquired one of the most electric relief arms in the league in Cameron McVey and is likely to bring back the majority of a team that finished 62-38, five games ahead of the second place Fargo-Moorhead RedHawks in the American Association's North Division. Last year's Goldeyes team won the 2017 league title at home with an 18-2 win over the Wichita Wingnuts in the final game of the championship series. The Fish won the final best-of-five series 3-1 and claimed their second straight title. *This summer, the Goldeyes have a chance to win their third straight title. They will.*

Winnipeg Blue Bombers: Last season the Blue Bombers had a terrific year. The local Canadian Football League club finished the regular season with a record of 12-6, second in the very strong Western Conference. They earned a berth in the Western semi-

Continued on page 5

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FINANCIAL PLANNING:

Gender gap still exists in financial confidence

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

We hope you and your family had a rejuvenating family time and that whatever your beliefs are, that the spirit of blessings filled you and those you love. As we experienced the Christian holiday season from December 25th (Christmas Day), to January 5th, many families celebrated the 12 days of Christmas. Leaving 2017, we enter the 2018 New Year. January 6th is the beginning of the "Days of Epiphany." According to Daniel Goodenough co-founder of "The Way of the Heart" and author of the *Life Mission* courses, the 12 days of Christmas can indicate a "cause in motion" so perhaps this causality is what originally gave rise to the tradition of New Year's resolutions? Daniel goes on to say that each of the 12 days of Christmas correspond to a month of the next year. This gives us that sense of "cause in motion". (December 25th = Day 1: January; 26th = Day 2: February; 27th = Day 3: March, etc.) We have the opportunity to maintain some control of these causes by consciously holding our intention (resolution) for the year, and for that month in particular.

So if the indication of the coming year is a call of possibility from the future we must decide what or who we wish to become. And, if each of these 12 days is an opportunity to choose the future you intend to live, what does 2018 hold for you and your family? What resolutions are you making? What would you like to change or learn? What would you like to develop further?

As we enter 2018 we find that women are further finding and developing their voice. It's difficult to go a day without a news headline or broadcast discussing the state of women and their evolution in taking their rightful place in society. So is it a surprise that an article penned by Leah Golob in the November 29th 2017 Investment Executive stated "*Gender gap still exists in financial confidence. Most women have a high level of financial literacy, but lack confidence in financial planning.*" Although women are moving in the right direction for the future, they may not have arrived yet. Or they think they have not arrived. According to the article, almost half of Canadian men (49%) feel confident about their financial knowledge compared to just 31% of women. The report also shows that women are not satisfied with this lack of confidence. Only 38% of women feel happy with their financial knowledge, in contrast to 55% of men.

What's notable, however, is that there is no direct correlation between a woman's level of confidence and her financial knowledge. In fact, the study revealed, the majority of both women (60%) and men (71%) earned a high score on financial literacy.

If you have been following our articles, you will recall that the gender gap, as far as financial confidence is an issue we have written on several times. We've given examples of situations we have witnessed in our practice and the general experiences of those who have come to us for a consultation.

Women do, in fact, have a strong desire to manage money effectively, according to the report. More than 80% of women believe that men and women should not have different roles in handling money within a household. Although women's confidence in handling the day-to-day household finances is comparable to that of men, their confidence falters regarding long term planning, budgeting, investments and macro-economic influences, the report states.

Kim Kukulowicz, Vice President of residential sales and partner relations at Equitable Bank said "*It is very encouraging to see so little difference between men and women when it comes to their financial literacy, but, we cannot rest on our laurels. There's a long way to go to empower women to make informed financial choices and take ownership of these more complex issues.*"

You might rightly ask "so why are we writing about this again?" Because, we know things are changing and we want and are part of a group dedicated to helping women build self confidence in their financial decisions...because it's the confidence that brings about the change.

Women, grandmothers, and mothers need to understand and feel supported in knowing that they are not alone and that they know more than they think they do. They need to accept that they are skilled and that there are people willing to guide them in developing financial confidence. In our practice we find that by using everyday language and examples of everyday life, women quickly develop the confidence required to make decisions that have long term benefits for both themselves and their families.

In the Guardian article: Sustainable Living, April 2014, Jaz Cummins writes about the Ten Things to learn about behavior changes and sustainability.

- Without planning for context, long-term change is tough
- Social norms are a powerful tool
- Social norm changes are often incremental
- Social norms work because they can trigger value-change
- There's a difference between what we say and what we do - value gap
- No-one knows how long habits take to form

The article discussed theories from the "21 day rule" to "doing something 66 times". And one of the com-

menters contributed to the health sector thinking: 65 days for eating habits and 91 days for exercise. What this means is; what we think and focus on is important for transformation to occur. So pay attention to the self-talk. It's the monkey brain that tells you things which may not be true and destroys your confidence.

• "Life transition moments"

In the same article, *Carl Hughes* agrees when he said: "*these moments represent an opportunity to plan differently, break old habits, and develop new ones.*" *Steffen Kallbekken* states, "*use these moments to overcome the fact that change is difficult because of habits - the choices you make every single day without thinking of them as choices.*"

To answer the question "why do we write about the same things over and over again?"

Because it takes time to create change and shift ideas. So we write about the same concept several times, perhaps as you read the article something has changed in your life that allows you to have a slightly different perspective. Varying perspectives allow people to think differently and see situations in a different way. That's why we reposition the same information and reiterate it over and over again.

Remember my own story; of what drove me to change my career from being a very young nurse in the emergency department to financial planning. Forty years ago women for the most part had no idea of where the family stood with money. Their husbands handled all the money issues. What I saw was that when the husbands passed away because of a medical emergency - the wives were devastated and most of them stated that they didn't even know where to begin. They didn't know how much money came into the house, what the bills were, how to pay bills, how they were going to live.

Have things changed since that time? Leah Golob says, "*Today the majority of women demonstrate a great deal of financial savvy, their confidence in managing money however is much lower than that of their male counterparts.* But, *we're making progress.*"

Kim Kukulowicz, supports this finding by saying, "*We don't have a knowledge issue, we have a confidence issue.*" She goes on to say "*This is a problem. In any life situation, women should be in charge of their financial destiny. And the reality is many of us will have to manage on our own at some point. So we need to make sure women are confident enough to take their financial well-being into their own hands!*"

Continued on next page

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The BUZZ, cont'd from page 3

nal but were beaten at home 39-32 by the Edmonton Eskimos.

The Bombers had a tremendous offence with Matt Nichols at quarterback, Andrew Harris and Timothy Flanders at runningback and receivers Clarence Denmark, Weston Dressler, Darvin Adams and L'Damian Washington. It was an explosive offence that could almost score at will.

However, this was also a team that had trouble stopping a good offence from scoring and once the Bombers reached the playoffs, a superior offence took the Bombers defence to school.

This off-season, head coach Mike O'Shea released two defensive assistants from their contracts and brought

on two new assistant coaches in hopes that they'll be able to make a porous defense a bit tighter. Without better defensive back and linebacker play, the Bombers will have their problems against the league's elite.

In 2018, I like this team's chances. *If Matt Nichols and Andrew Harris stay healthy and the defense plays two touchdowns better against good teams, the Bombers will win the Grey Cup. But if all those things don't happen, the Bombers won't reach the Western final.*

Five Other Predictions:

- The Manitoba Moose will reach the American Hockey League final.
- The horse to watch at Assiniboia

Downs this year is a three-year old colt named Why So Blue, a Manitoba-bred beauty that was the best two-year-old on the grounds last summer.

- The Steinbach Pistons will beat the Portage Terriers in the Manitoba Junior Hockey League final while the Raiders will beat Charleswood in the MMJHL final.
- The Toronto Blue Jays will be fourth in the American League East, ahead of Tampa and just behind Baltimore.
- The Minnesota Vikings will beat the New England Patriots in the Super Bowl as the Vikings become the first team to play at home in the Super Bowl and, as an extension, the first home team to win the Super Bowl. ■

Gender gap... cont'd from page 4

If we review where we came from and what it takes to change society and how we think and act, these findings are not surprising. We've written about the recent 65 year old unexpected widow that turned over all of her assets to her 32 year old son to manage. This adult child had no experience managing his own money never mind four million dollars. The mistakes that were being made were enormous...but in times of stress we revert to old habits. Because her husband had always made the money decisions she lacked confidence despite the fact that when we spoke to her about investment and tax concepts, and the whole idea of money in general she understood what we were saying. Unfortunately in this case she just wasn't ready to take control emotionally. She simply lacked confidence because she hadn't practiced making the little decisions day in and day out in order to build that confidence. What occurred was such a disservice not only to her, but her other children and to her son's young family who have their own lives to develop.

As a practice, this is what we do. We work with families to help build their confidence and level of knowledge; that way any decision making is done with "open eyes and financial awareness". It is vitally important that we work with women to build these skills, because, in the majority of cases they still outlive their husbands by many years. In many ways women are the glue that keeps a family together. By empowering them with confidence and wisdom - those skill sets can be passed on to their daughters and granddaughters. This has a multigenerational effect. We want to stop what occurred with the unexpected 65 year old widow. We are slowly changing social norms and that is a good thing.

So let's go full circle, back to the beginning...the primary question to ask is "what do you want to change as you enter the New Year?" If we follow the idea that the days of epiphany indicate a "cause in motion", then what is your New Year's Resolution going to be? What would you like to change or improve? Where are you lacking confidence? What help is required and who will you go to for that help? Are there changes in your life or the way your family functions on a day to day basis that need to be addressed?

Remember, if each month represents an opportunity to consciously hold your intention/resolution for the next year, doing that means real change can occur. Review the steps illustrated by Jaz Cummins on how to change habits. Be conscious of your self-talk, is it positive or negative? Is this self-talk adding or taking away from your confidence? Should you find someone to act as your coach in creating your transformation? These are all good questions to ask as you embark on your 2018 voyage of self-discovery.

As a final note on change, our practice is evolving and we have expanded once again. This time the expansion has brought a new business partner and a new planner to us. We are also increasing our services and we find ourselves working more and more in the area of family wealth and legacy planning. In our 2018 coming articles we will discuss in greater detail what we do and will give illustrations of exactly how we work with people. If you would like further information, or simply to schedule a time to chat please call us at (204) 257-9100. We would love the opportunity to help.

Something else for 2018 is our newly developed series of seminars. So you may see us out in the local community

providing information and assistance where we can. Our goal always has been and always will be to help people become more aware and in control of their own situations regarding finances.

Our new series is focused on that. **The first date for the new series is January 25th, we are covering the topic of "Tax and Financial Awareness, Strategies for Success" at our Island Shore location.** Call the office for more detail and to reserve your seat as attendance is limited. ■

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Advertising Feature

Know your patient rights!

Submitted by Manitoba Institute of Patient Safety

The healthcare system is complex and it can be overwhelming. While our healthcare experiences are most often positive, that is not always the case. Patient Safety is about taking action to prevent harm to patients from healthcare services. Healthcare providers do their best to provide safe care. You also have a role, and one of the best ways you can help is to be involved.

How can you play an active role in your own healthcare? It begins with knowing your patient rights. Here are the first four of nine patient rights:

- 1. You have the right to ask questions and get answers in a timely manner.**

In any healthcare situation, don't be afraid to ask questions. If you're unsure of what you should ask, start with our three *It's Safe to Ask* questions:

What is my health problem? What do I need to do? And, why do I need to do this?
- 2. You have the right to seek a second opinion.**

If you have any concerns about the healthcare advice or directions you are receiving, you can ask for a second opinion.
- 3. You have the right to ask about your healthcare provider's experience and training.**

You put a lot of trust in your healthcare providers. Don't hesitate to ask and learn about their experience.
- 4. It's your right to be fully informed before you give or refuse consent.**

You make informed decisions all the time. The decisions you make about your healthcare should be informed as well. To start, if a treatment is recommended to you, ask if there are any other options you should consider. Once you know your treatment options, it's important to know the benefits and risks including any possible side effects of those treatments. Finally, you should also understand what would happen if you refuse treatment. A little information can go a long way in ensuring you're comfortable with your healthcare decisions. If you have any questions, ask.

Remember, knowing your patient rights can help you be a more active and confident participant in your healthcare.

For more information about patient rights and other patient safety topics, please visit safetoask.ca and browse through the *S.A.F.E. Toolkit*. You may also call **204-927-6477** or **1-866-927-6477**.

Learn to be safe!

This article is one in a series on patient safety. 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. ■

Advertising Feature

Attitude is Everything!

Submitted by the Alzheimer Society Manitoba

Dorothy Poetker is the type of person whose glass is never half empty – it's always half full.

In fact, Dorothy lives her life as though her glass is overflowing. That says a lot about her optimistic nature, considering her husband, Jake, was diagnosed with Alzheimer's disease five years ago.

Dorothy admits that a positive attitude has helped her and Jake to continue living a fulfilling, joyful life, despite the diagnosis.

"I am a patient person," she says. "There is no point in being angry and stressed. You just have to do the best you can."

Shortly after Jake's diagnosis, the Poetker family made contact with the Alzheimer Society and learned a lot about dementia through education sessions and support groups. Interaction with Leona Doerksen, Regional Coordinator of the Alzheimer Society's South Eastman office in Steinbach, was a godsend.

Leona encouraged Dorothy and Jake to stay active and busy – and that wasn't a hard sell for this couple! They visit friends and go for long walks, and they travel. Last summer, they flew to Italy and stayed in a big house at a 300-year-old vineyard with their two daughters and their families. Everyone in the family chipped in, helping to make the four-week stay in Tuscany a great success.

Making Adaptations

The Italy trip required an adaptation to accommodate a change in Jake. Crowds at the airport made him more anxious than usual, so the couple asked for and received help: airport personnel happily brought them to the front of long lines so they could be easily ushered through checkpoints.

Dorothy has no problem making this kind of adjustment to the way they do things. Recently, when she saw that Jake was starting to slow down during their two-mile walks, she decided it would be best to shorten the outing to make it more manageable for him. And while complicated card games may be a thing of the past, Jake can still enjoy a rowdy game of dice.



Jake and Dorothy in Italy

Dorothy encourages Jake's musical side. Once a talented guitar player, he doesn't pick up his instrument anymore, but he remembers all the words to familiar songs. There is nothing to stop him from using his voice to join in the music!

For Dorothy and Jake, dementia means a new and different life, and they are okay with that. The odd time, a sadness overcomes Dorothy, but she pulls herself out of it. "I don't dwell on it," she says. "I let myself shed a few tears, and then I get up and get going." At times like this, she'll get Jake out for their regular walk, or they might go shopping and he'll push the cart.

"Jake is not a burden," she says. "He is still the love of my life, and I can see in his eyes how much he still loves me, too." ■



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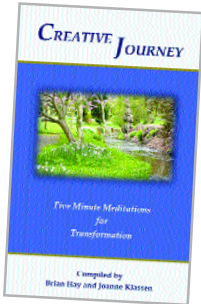
Joanne Klassen, founder of Heartspace, home of Transformative Life Writing, is the author of *Tools of Transformation* and many other books. Heartspace classes are popular in Canada and Europe. For information on Transformative Life Writing classes, please visit the Heartspace website: www.write-away.net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

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Excerpts from CREATIVE JOURNEY:

GIVE

Jayelle Bond (JLB)

No one has ever become poor by giving.
(Anne Frank)

My closet is stuffed with clothes, shoes, and hats. I have the choice, and the money, to attend a hockey game or symphony concert. In my home I have hot water delivered at the turn of a tap, plus a freezer up-to-the-brim with food. The stores in my neighbourhood are laden with products on shelves for me and others who want and want. Materialism marks our hearts. The children I sponsor overseas know little of my rich level of living. Their neighbourhood is stuffed with gang activities, drug abuse, prostitution, alcoholism, disease, unemployment, and voodoo rituals. Their parents survive by subsistence farming. To access water, residents walk several kilometres. Being desperate for the fundamentals of life is not my experience. Seldom

have I known lack. Where do my sponsored children and their parents find hope? About four times a year, mail arrives from my children. The handwritten letters, along with their delightful art work, tell me they buy rice, or cooking oil, or a goat with the funds I give. One child buys a new pair of shoes; she writes that she feels like somebody special. My heart breaks open; my vision blurs. (JLB)

To give and to receive is an education in blessing.

Jayelle Bond (JLB)

Jayelle Bond is walking into her prime. She stretched herself by taking the Life Writing for Transformation™ course at Canadian Mennonite University. Poetry is her usual writing; her poems have been published in journals and magazines. A prairie woman who delights in wind-rippled wheat fields and the starry vault of sky, Jayelle engages in watercolour painting, reading, and travelling. ■

LIVE

Bertha Fontaine (BJF)

Live and let live.
(Alcoholics Anonymous slogan)

During my late 30s I began to jog. I felt challenged to run instead of smoking cigarettes. My strong addiction to nicotine had really overtaken my life. I remember quitting smoking when I was 28 years old, for 8-1/2 years. Without hesitation or any conscious effort, at a wake for my deceased mother-in-law, someone offered me a cigarette and I smoked two before I was aware that I had smoked. The battle of quitting and starting to smoke began again. I then quit for two years, and started again, right back into the old addiction. This time at 38 years old, someone advised me to run every time my urge to smoke became unbearable. As I began to run, my lungs started to empty, and I started to feel alive each time I chose to run or jog instead of smoking. Food began to taste better.

Water tasted delicious. My clothes began to lose the stale smell of smoke as I started to live without the nicotine addiction. In time, I found the freedom to live fully again. I felt alive. (BJF)

Each attempt to succeed brings me closer to living fully.

Bertha Fontaine (BJF)

Bertha Fontaine is currently a manager and counsellor at an addiction treatment centre in Winnipeg, Canada. She attended a Transformative Writing™ program at Canadian Mennonite University (CMU) and other writing classes led by Joanne Klassen. This helped Bertha realize the healing power of writing. Bertha loves being with family, especially her two sons, daughter-in-law, and four grandchildren. She believes and practices the Ojibway and Cree traditional ways of her ancestors. ■

CURRIE'S CORNER

By Roger Currie



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

O president

Question .. What are Oprah's views about NAFTA ? Assuming that the Donald hasn't already scrapped the trade agreement by 2020 that is vital to the strength of the Canadian economy, and the prairies in particular, it's probably time to compile a bit of a dossier on Ms. Winfrey. The idea that barely two years from now, American voters might send a reality TV star to 1600 Pennsylvania Avenue to replace the one who's already there is beyond belief. So are a

lot things about the state of democracy in 2018. Oprah sprang to the forefront of our attention recently with a powerful speech as she received the Cecil B. DeMille award at the Golden Globes. That prize, named for a legendary Hollywood producer who died almost 60 years ago, became hugely political a year ago when they gave it to Meryl Streep. Without mentioning him by name, she did a number on Donald Trump who was still unpacking his golf clubs at the White House. He responded with his thumbs that Meryl

was "highly-overrated" as an actress, and the great American divide was underway. This year's Golden Globes were a celebration of "sisterhood" and the Oscars a few weeks from now will undoubtedly see more of the same, in contrast to a year ago when it was the "anyone but white" awards. Does Oprah offer any significant reasons to believe that she might be an effective President of the United States? Seems it doesn't much matter. On the plus side, her estimated net worth is close to \$3 Billion. That

means she should be less beholden to special interests. She is female and African American. That checks off a couple of boxes, but I still want to know how the hell does she feel about NAFTA, and does she swoon over Justin Trudeau? It has long been said that politics is great theatre. What we didn't seem realize is that in the U.S. the dividing line between the two worlds has pretty much disappeared. ■



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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

Oh, president

Blame it on mind-numbing cold perhaps, but I'm breaking a promise I made to myself a year ago, and by extension to my listeners and readers. The silent promise was that I would not talk about Donald Trump more than once a week, but we live in extraordinary times requiring extraordinary measures. How long must we endure this person in the most powerful job in our world? Every week sees him hitting a new low it seems. The latest is his semi-public musing about immigration. The 45th President wondered aloud why the U.S. was wasting time on allowing so many immigrants from countries like

Haiti. He describes such places as not unlike the room at the White House where he communicates to the world with his pants down in the middle of the night. Enough said.

Trump wonders why the U.S. chooses not to go after more immigrants from places like Norway. What an interesting question. The Norwegians already came to the new world in large numbers a long time ago, settling in places like Minnesota. If Trump were ever to visit Norway he might discover why relatively few people there are in a hurry to leave these days. Yes, it's cold and dark in the winter but there are oodles of natural resources, so many that they've decided to leave them in the ground for the time being. You see the government

of Norway has virtually no debt Donald. What a concept! This man is a disgusting embarrassment, not only to the United States which is home to the United Nations, but to all the countries that belong to that world body. When people with names like Roosevelt and Eisenhower, and even Ronald Reagan resided at 1600 Pennsylvania Avenue, a reasonable number of Americans, perhaps even a majority, could be proud of their leader. These days, many of the Americans that I know feel compelled to apologize to their friends in other countries, particularly Canada. The word that Trump favours to punctuate his tweets has seldom been more appropriate.

Shame, and double shame. ■

Cops for Kids - Fraud Awareness

Over the past couple months, the organizers of Winnipeg Cops for Kids have been notified that citizens in Winnipeg have been solicited for either cash or credit card information over the phone by a "Cops for Kids," organization. The callers have been described as being overly aggressive and do not accept a polite, "no," when support has been declined. The Winnipeg Cops for Kids Police Service bicycle relay team does not conduct any fundraising over the phone and certainly would never use an aggressive manner to purport their message. The public is reminded that they can turn down any individual that seems suspicious, and are asked to call the police non-emergency number at **204-986-6222** if they require information from the Winnipeg Police Service. If people are interested in learning more about the cause and want to learn more about how to support in a safe manner, they can visit the team's website at www.childrenswish.ca/copsforkids.

The team will begin their **12th tour on September 10, 2018** when they begin their ride from the WPS headquarters to Tucson, AZ all in support of the Children's Wish Foundation.

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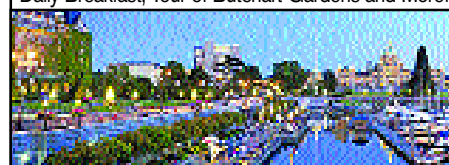
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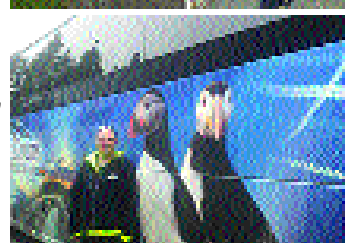


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MISC EVENTS

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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**

Centre on Aging - Free Seminar Series at the Millennium Library downtown Wpg, 251 Donald, Anhang Room, 12-1 pm. Wed. Jan. 24 - Dr. Judith Chipperfield will present "Mindsets matter: The psychology of aging well". Tue. Feb. 6 - Dr. Shaelyn Strachan will present "Looking inwards: How aspects of the self can be used to understand and influence health behaviour".

The Alzheimer Society of Manitoba - sponsoring free public lecture "Positive Aging: Tap into Your Fountain of Health", Mon. Mar. 5, 7-8:30 pm at Canad Inns Polo Park - 1405 St. Matthews Ave. How lifestyle choices and a positive attitude toward aging play a significant role in a person's longevity and brain health. Register at: alzheimer.mb.ca or call **204-943-6622**

MUSIC

Crestview United Church - hosting a Gospel Show featuring Daylin James as Elvis, Sat. Jan. 27 at Sturgeon Creek United Church, 207 Thompson Drive. Show starts at 7 pm and tickets are \$20 available by calling **204-888-9170**. Crestview United Church is hosting this event.

Westminster Concert Organ Series - presents Raúl Prieto Ramirez from Spain, now in Indiana, U.S. on our newly refurbished 4-manual Casavant, Sun. Feb. 18, 2:30 pm at the Westminster United Church, Westminster at Maryland. Tickets \$25 Adult, \$20 Seniors, Students w/card \$10. **204-784-1330** www.westminsterchurch.org.

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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

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Tuesday Ladies Who Bowl - New ladies 10 pin bowling league at La Verendrye Bowling Lanes in St. Boniface Tuesdays until end of April. Contact: Lynne Ducharme **204-231-0279** or lducharm@live.ca

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**

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VOLUNTEERING

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Caregiving with Confidence - Volunteer drivers needed to take clients in SW Wpg. for appt's, shopping, etc. Compensation for gas/pkg provided. Male Respite Volunteers needed Tue. afternoons for Caregivers Program in W. Kildonan. **204-452-9491**

Deer Lodge Centre, 2109 Portage Ave - Volunteers needed for daytime recreation programs, physiotherapy dept., cafeteria, coffee program, PRIME and Get-a-way community programs, daytime medical escorts (no driving required). Joy: **204-831-2912** or email: jtanchuk@deerlodge.mb.ca

Misericordia Health Centre - Volunteers needed for reg. 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

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

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**.

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

Winnipeg Bladder Cancer Support Group - Bladder Cancer Support Group. Meetings - third Tues. ea. month, 7-8:30 pm at Concordia Village, Bldg. #1, Multi Purpose Rm, 1125 Molson St. Free parking. No pre-registration required.

Seine River Seniors - in Southdale CC. Activities include travel to Moose Jaw spa and the Maritimes, local tours and workshops, monthly birthday lunches, brunches, Celebrations matinees, South Beach casino trips, Assiniboia Downs bingo, Folklorama tours, creative writing, bridge, canasta, cribbage, floral arranging, games, movies, indoor walking, spring tea, and much more. To register, please call **204-253-4599**, membership \$12

A&O: Support Services for Older Adults - Senior Centre Without Walls (SCWW). Telephone Group Activities For Manitobans providing educational and recreational programming in a fun and interactive atmosphere. Register for programs anytime. Programming is free of charge. Participants call into a toll-free line. Info: **204-956-6400**

Pembina Active Living (PAL) 55+ - Winter 10-week classes began Jan. 8. Some registrations still available. Drop-in activities continue. Special events: Wellness series "Personal safety"- Thur. Jan. 18, 1 pm; Coffee with PALs - Fri. Jan. 19, 1 pm at Access Fort Garry South, 135 Plaza Drive; Still Bloomin' Gardening Club "Assiniboine Park"- Thur. Jan. 25, 1 pm; Computer class "Windows 10" - Thur. Feb. 8, 1 pm. Info: www.pal55plus.com, email office@pal55plus.com or **204-946-0839**

Manitoba Christian Writer's Assoc. Group - Writers of all levels welcome for education, encouragement and fellowship. Meetings Saturdays, 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**, Bev.204-326-7286

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**

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**

Gwen Sector 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.

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 winnipegprobus85@gmail.com

Dakota 55+ Lazars 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.

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.

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**

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.

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

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

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

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

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**

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**

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**

Winnipeg Public Library - To view [library programs](http://wpl.winnipeg.ca), many which are free, visit <http://wpl.winnipeg.ca>

Rural listings on page 12
(outside back page)

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Today's Recipe



Larry McIntosh

Lemon Ginger Stir Fry

Metric	Ingredient	Imperial
1	medium lemon	1
30 ml	grated fresh ginger	2 tbsp
50 ml	soy sauce	1/4 cup
30 ml	sugar	2 tbsp
15 ml	sesame oil	1 tbsp
500 g	beef or pork or chicken, cubed	1 lb
3	carrots, peeled & sliced	3
125 ml	broccoli florets	1/2 cup
125 ml	cauliflower florets	1/2 cup
50 ml	celery, sliced	1/4 cup
125 ml	mushrooms, sliced	1/2 cup
125 ml	bean sprouts	1/2 cup
1	small can of water chestnuts or baby corn, drained	1

Roll lemon firmly on counter top to release juices. Zest lemon into measuring cup. Cut lemon in half and squeeze juice into measuring cup. Ensure to strain juice for seeds. Grate ginger into measuring cup. Freeze ahead of time for easier and finer grating. Combine lemon with grated ginger, soya sauce, sugar and sesame oil. Set aside. In wok, fry meat in a small amount of oil until golden and cooked thoroughly. Remove from wok and set aside. Add carrots to wok with small amount of oil on medium heat. Let simmer for 2 to 3 minutes and then add broccoli, cauliflower, celery and mushrooms. Add half of lemon ginger mixture and cover with lid. Simmer for 4 to 5 minutes. Add cooked meat along with can of water chestnuts or baby corn and remainder of lemon ginger mixture. Cover and let simmer until the desired texture of vegetables is achieved. Once consistency is reached, add bean sprouts and cover for 30 to 45 seconds. Remove from heat and serve over bed of rice (white or chinese fried) or chinese noodles.

Serves 6 **www.PeakMarket.com**

WORDSEARCH - THE INTERNET

By Senior Scope

F	I	R	E	F	O	X	S	P	O	O	F	I	N	G	M	P	E	G
A	L	O	G	I	N	D	M	I	D	X	X	R	C	W	O	R	M	K
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CROSSWORD

Oh, What a Year That Was!

By Adrian Powell

ACROSS

1 Philosopher known for his "razor"

6 Eric Clapton's band, once

11 "Baptist" prefix

14 Avignon's river

15 Pea, bean or lentil

16 Collara crook

17 Actor born Issur Danielovitch, now aged 101 and star of "Spartacus"

19 In vitro items

20 Home-made knife

21 Appropriate

22 "Wind in the Willows" character

23 Caviar's make-up

25 Asian basketry palm

28 Spud-growing state

30 Lemming nemesis

31 Austrian-Hungarian who lived to 103 and who founded Paramount Pictures

34 Top-Flite supporters

36 Source of reflection

37 Temporary

40 Publishers, e.g.

44 Trojan War hero

46 Rough up

47 Producer and dir., born Perlmuter, now 103 and who produced "Alfred Hitchcock Presents"

52 Lion's dinner, sometimes

53 Kind of alcohol

54 Deer-like Asian buffalo

55 Something to stand on

56 Little pigs' hang-out

57 Rascalion

60 Crafty play

62 Highlander's hat

63 Actor and comedian born Nathan Birnbaum who lived to 100 and

DOWN

1 Planet Mindy visited

2 White Sox city, briefly

3 Light foundation garment

4 Pharaoh's key of life

5 Site of Mohammed's tomb

6 Brains of a PC

7 Alternative to a bare floor

8 "A Tisket, A Tasket" singer

9 Pronto, in brief

10 Latin Americans with mixed ancestry

11 Inuit outerwear

12 Code talker's language

13 One who suspends an action, in law

18 Prolific Roman love poet

23 Indian flatbread

24 One of wrestling's Hart brothers

26 Part of a saddle

27 Baba who said "Open Sesame."

29 Wheat used to make pasta

32 Jail

33 1982's "48 _____"

35 On the squalid side

38 Adjusts the wheels

39 Quaint public house

41 Flatfish that soars through the water

42 Letter from the time of the Vikings

43 Snail's cousin

45 Dinner _____ carte

47 One inside another

48 Bytown, once

49 Ended similarly, say

50 Bygone times

51 Finger painted

58 Chicken or lamb

59 Southern corn bread

61 Japanese wrestling style

64 Big name in phonographs

65 YMC A area

66 Zilch

67 Deceptively cunning

SUDOKU MEDIUM

By Senior Scope

		5		9	8			2
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9			3			1		8

Each 3x3 cell has the digits 1-9.

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

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

SOLUTION ON NEXT PAGE

MANITOBA Wild

Scenic Secrets of Manitoba

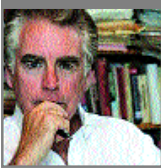
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HUMOUR

By William J. Thomas



It's been twelve years since the publication of *The Dog Rules Damn Near Everything!* and people still send me stuff about the book. One woman claims she reads passages from the book to her somewhat hyper Schnauzer before bedtime and it puts him right to sleep. Not much of a compliment but I'm relieved she never had kids. Many readers sent me home recipes to use on dogs that have been "skunked" instead of the Extra Spicy Clamato Juice I used on my dog Jake. (I admit I panicked and should have never used Vodka as the conditioner.) One woman sent me a photo of her little Shih Tzu eating my book in half and asked if my next book could come with bacon-flavored pages. That's exactly why they call him a little Shih Tzu. And jokes. Dog lovers send me an awful lot of dog jokes, most of which are awful. I really don't like jokes in general. They're usually cheap, quick hits that are at best mildly funny and at worst encroaching upon sexism or racism. No, most jokes leave me cold or cringing or forcing a laugh to avoid

Talking Dog For Sale — Ten Bucks

embarrassment. I am however a sucker for a good dog joke and I don't know why. Maybe it's because dogs are so lovably stupid like Jim from Taxi or Woody from Cheers. Dogs just look like they were made for comedy in the same way cats look like they'd love nothing better than testify against you in a court of law. When a dog enters a room, looks around and then leaves because he forgot why he came in - that breaks me up. Did I mention that I'm a sucker for a good ... So this guy is driving through the neighbourhood one day and he spots a sign on a lawn that advertises: "Talking Dog For Sale." He pulls over, walks up to the front door and knocks. An older gentleman opens the door, confirms he's got a talking dog for sale and leads the guy through the house and into the backyard. There sitting in front of his dog house is an old, fat Golden Retriever with a graying muzzle and droopy eyes. Man: "So apparently you can talk." Dog: "Yes, yes I can." Man: "Wow! How does that work?" Dog: "Well, I realized early in life, when I was just a pup that I could com-

municate with human beings in their own language. But all I seemed to be doing was winning bar bets for my owner so I decided I wanted to do more with my life, I wanted to serve my country and use this gift I'd been given."

"So I joined the CIA. After some intensive training they parachuted me into the presidential compound in Havana, Cuba. Man, was that a furfest! That place was crawling with cats. Anyway, I charmed my way into the household and eventually became Fidel Castro's favourite pet. I spied on Castro and many of the world's worst dictators for nearly five years. After the CIA got me out of there and I was awarded the highest medal of honor an American civilian can receive for serving his country."

"Then I headed up the canine intelligence force for Homeland Security. I trained over 4,000 dogs at America's biggest airports and I was personally credited with thwarting four domestic terrorist plots. That's when I became the only double recipient of The Congressional Medal of Honor in the history of our country."

"Most recently I created a program at

the Mayo Clinic in Rochester, Minnesota in which dogs can now detect and identify serious diseases like cancer and diabetes by simply sniffing the patient. For that I received a humanitarian citation from the Surgeon General of the United States."

"And well, that's pretty much it. I'm retired now. What you see is what you get."

Man: "Holy Moly! This is unbelievable. A real talking dog. This is totally awesome. How much you want for him?"

Owner: "Ten bucks."

Man: "Ten bucks! Are you totally insane? Why on earth would you sell this talking dog for only ten bucks?"

Owner: "Cause he's nothing but a bald-faced liar. He's 16 years old and he's never left the property. Except for the bar bets, he didn't do any of that stuff!" ■

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

The Be a Santa to a Senior program getting bigger and better each year!



Jody Sie - Program coordinator for the Be a Santa to a Senior program at the Age & Opportunity centre putting some finishing touches on the gifts.

The *Be a Santa to a Senior* program in its 10th year in Winnipeg is getting much bigger! Jody Sie, the program coordinator for the program states that there were 1966 gifts in 2017, up 632 gifts from 2016! That is a total success! That's 632 more seniors getting a gift where they might otherwise not get anything at all at Christmas. The program is run by Home Instead Senior Care which partnered with A&O Support Services for Older Adults, Victoria General Hospital Foundation, Victoria Lifeline and 103.1 FM Virgin Radio.

WORDSEARCH - Solution

C	N	R	E	F	O	X	S	P	O	O	F	I	N	G	M	P	E	O
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S	E	R	V	L	E	T	R	O	V	I	D	H	T	S	N	P		
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CROSSWORD - Solution

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SUDOKU - Solution

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

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

Garage Sale Items Accepted

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

BUY • SELL • TRADE • RENT • NOTICES - IN PRINT and ONLINE

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)

Downsizing? Sell those unused items here!

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

Visible in 25,000 printed copies in over 700 locations in Winnipeg and in over 65 rural Manitoba communities and online at www.seniorscope.com.



WE NEED YOU!

For the Kildonan-St. Paul Seniors Council

OUR GOAL • Raise seniors' issues to national level.

OUR PLAN • Form council by Jan. 22. Press conference to launch initiative Jan. 25. Report to Prime Minister, Seniors Minister and the public.

OUR TIMELINE • Final report by Tuesday May 15, 2018.

OUR TEAM • Seven leaders from our community.

CONTACT US TO JOIN THE COUNCIL.

Hon. MaryAnn Mihychuk, MP for Kildonan-St. Paul

T. (204) 984-6322 E. MaryAnn.Mihychuk@parl.gc.ca 1575 Main Street f MaryAnn.Mihychuk.KSP

Things To Do IN RURAL MANITOBA PROGRAMS / SERVICES / VOLUNTEERING

A&O: Support Services for Older Adults - Senior Centre Without Walls. Telephone Group Activities For Manitobans in a fun and interactive atmosphere. Register anytime. Programming is free. Participants call into a toll-free line. Info: **204-956-6400**

Brandon - Prairie Oasis Senior Centre - Meals on Wheels program, Mon-Fri, 9 am-4 pm. Wknd delivery can be arranged. Meals \$9. Volunteers needed. We gratefully accept grants and donations. To sign up or to volunteer: **204-727-6641**

Stonewall - si55Plus - Oddfellows Hall, 374-1st St. W. Events: **Shamrock Luncheon**, Wed. Mar. 14, noon, Hot Roast Beef, Ent.: The Country Gentlemen. Reserve tickets (\$20) by Mar. 9th at si55Plus office. 10-wk Fitness Classes start Jan. 10. **Crib Tournament**: Mon. Feb. 5, 1 pm, \$5 at door. **Heart & Stroke Awareness Luncheon**, Wed. Feb. 14, noon. \$10 at door. **Line Dance Classes**, Tuesdays 11:15 am, Thursdays, 11 am. \$2/class plus yearly SI55Plus membership. Call **204-467-2582**

Victoria Beach Seniors - Stay healthy and active indoors at the Victoria Beach Community Ctr. Volunteer opportunities. Margaret at **mmurrayhaddad@gmail.com**

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 Mutcherson for info: **204-482-5469** ext. 20956 or **mmutcherson@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), congregare meal program (3x/wk), Meals on Wheels for shut-ins. **204-427-2869**

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

Interlake North Eastman - Services to Seniors programs include: transportation, friendly visiting/phone calls, assistance with filling out forms, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK, errands, etc. Volunteer opportunities avail. Call for info: Arborg and District Seniors Resource Council **376-3494**; Ashern Living

Independence for Elders **768-2187**; Brokenhead/Beausejour Outreach for Seniors at **268-7300**; East Beaches Resource Center (Victoria Beach) **756-6471**; Enksdale Community Resource Council **739-2697**; Fisher Branch Seniors Resource Council **372-8703**; Gimli Seniors Resource Council **642-7297**; Lunder 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 Service to Seniors - 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, congregare 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 - fast access to highly trained, caring Response Associates at the push of a button, 24 hrs/day, 365 days/yr. E.R.I.K., Foot care, Transportation service, Friendly Visiting, Shopping. 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 com

munication avec un télésurveillant expérimenté qui vous enverra rapidement de l'aide - 24 heures sur 24, 7 jours sur 7. Philips Lifeline ont gracieusement donné une subvention à Les Services Rivière Seine pour aînés. Cette subvention nous permet d'aider les aînés de nos communautés à mener une vie plus indépendante. C'est important pour les aînés de demeurer actifs s'ils souhaitent maintenir leur qualité de vie. Gratitude à Philips Lifeline pour ce cadeau special. Pour plus d'informations sur Lifeline, contactez Juliette Rowan - Représentante de Lifeline au **204-424-5285**.

Selkirk - Gordon Howard Centre (384 Eveline St) - Seniors! Stay healthy, active and connected. We offer hobby workshops, fitness classes, recreational programs, volunteer opportunities and more. Also, special events, such as outings, seasonal meals and presentations. Please visit **www.gordonhoward.ca** or call **204-785-2092**

Springfield - The **Services to Seniors office** will be closed from Dec. 23 to Jan. 2nd. *Merry Christmas and best wishes for good health ad happiness in 2018.*

Springfield Seniors - offers many programs: Pickleball, Zumba Gold, Bingo, Canasta, Board Games, Chair yoga, Strides walking programs, Seniors exercises, Shopping trips, Pancake Breakfasts, etc. Call **204-853-7582** or **springfieldseniors@mymts.net** for info.

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**

The next issue of Senior Scope prints Feb. 7. Please submit your listings by Jan. 30. Events must occur no sooner than Feb. 14.

Email ready-to-print electronic PSAs to: **kelly_goodman@shaw.ca**. **FREE** for non-profits and current advertisers. Include duration for listing to run.