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SENIOR SCOPE SPOTLIGHT - AB McDONALD

Original Jets Captain is Still a Big Hockey Fan

By Scott Taylor

It's springtime in Manitoba and for Ab McDonald, the original captain of the original Winnipeg Jets that means two things - golf and the Stanley Cup playoffs.

For the 75-year-old four-time Stanley Cup champion, golf is his outdoor passion while hockey keeps him glued to the TV.

"I'm watching a lot of the playoffs," said McDonald, a Winnipegger who played 18 years of professional hockey. "I don't watch too much hockey during the regular season although I have been watching the Jets a lot this winter. If it weren't for the Jets, I probably wouldn't watch very much hockey at all during the regular season. But now that the playoffs are here, I'll watch a lot. Opening night of the playoffs



Ab McDonald (centre) with Pierre Pilote (left) and Wayne Hicks (right) being honoured last year by the Chicago Blackhawks.

I watched the better part of all the games that were on TV - although I did fall asleep before the end of the Kings-Canucks game.

"I love hockey right now. The playoffs is the time of year when the guys really

Continued on **PG 2**

Age & Opportunity celebrates 55 years - offers free admission to Expo

The fifth annual A&O: Support Services for Older Adults **Seniors Housing & Lifestyles Expo** is the place to be on Friday, May 4th, 2012. In celebration of the Agency's 55th year of providing innovative services for older Manitobans, we are Moving Forward and Looking Back and we are offering **FREE ADMISSION** for this year's event.

This year the event will once again be located at the Victoria Inn, 1808 Wellington Avenue, Winnipeg, which offers free parking and is located near a bus stop. The show will run from 10 AM to 3 PM and there will be food available for purchase on site.

If you have questions about housing options and services available to older

Continued on **PG 6**

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FREE ADMISSION

SPOTLIGHT:

Ab McDonald, cont'd from front page

play hard. This is the best part of the hockey season."

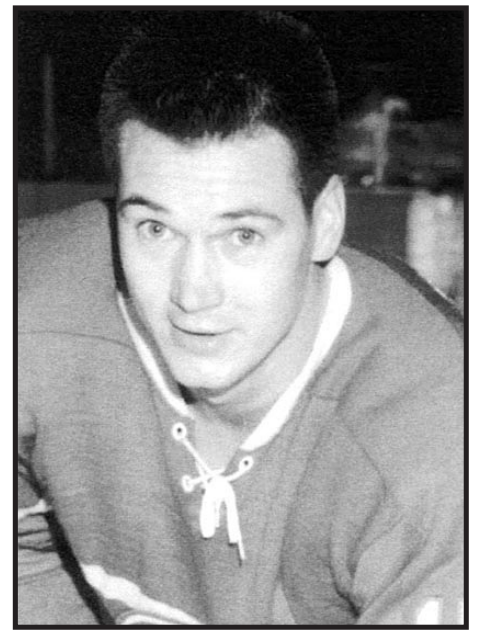
Life is good for Alvin Brian (Ab) McDonald these days. Retired, even from old-timers hockey, he is healthy, happy and has a great relationship with all his old teams and all his old teammates. He plays golf, skates and still hangs out with wife Pat and their five successful kids. And he's also getting set to watch a lot of hockey again this spring.

"Boy, did we have a great time there last week," Ab said as he got set to head out to the links. "We have a playoff draft every year for the Sports Hall of Fame at the MTS Centre and it was great to see all the guys. Sam Fabro is 93 now and he looked great. Frankie McKinnon was there, too. There are fewer guys now than there used to be but I definitely love to see the old guys when I can."

A member of the Manitoba Sports Hall of Fame, Ab McDonald was one of the greatest NHL players ever produced in Manitoba. A star with the St. Boniface Canadiens, he went on to play 800 games for six different NHL teams, won the Stanley Cup four times and played in eight Cup finals.

"I belonged to the Montreal Canadiens when I played junior with St. Boniface. That's the way it was then. The St. Boniface Canadiens had a relationship with the Montreal Canadiens and as soon as I got there I belonged to Montreal!"

~ Ab McDonald



Ab in the 1950s as a member of the Montreal Canadiens.

"I belonged to the Montreal Canadiens when I played junior with St. Boniface," McDonald recalled. "That's the way it was then. The St. Boniface Canadiens had a

Continued on next page

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SPOTLIGHT:

Ab McDonald, cont'd

relationship with the Montreal Canadiens and as soon as I got there I belonged to Montreal. We had a great team. We went to the Memorial Cup when I was 16."

Interestingly, it was Canadiens president and general manager Frank Selke who said that year, "Of all the players in that Memorial Cup final, if any of them make it to the NHL, it will be Ab McDonald."

After becoming the MJHL scoring champion in 1954 and winning back-to-back Turnbull Cup championships in '53 and '54, McDonald was "loaned" for the next two seasons to the Ontario Jr. A Hockey League's St. Catherines Teepees. After scoring 82 goals in two seasons in the OHL, McDonald spent two outstanding seasons with the Rochester Americans of the American Hockey League.

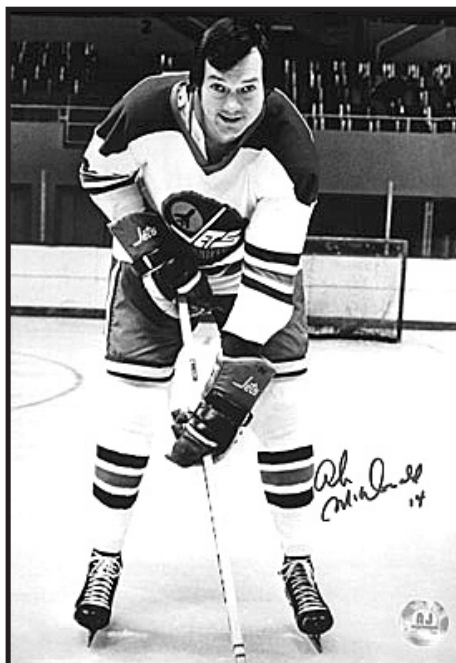
After that season, he was called up by the Canadiens and helped Montreal win its third straight Stanley Cup, becoming one of those rare players who won a Cup BEFORE his official rookie season in the NHL.

In 1958-59, he scored 13 goals as a rookie, while playing leftwing on a line with two Habs' greats, Ralph Backstrom and Donnie Marshall, and went to win two more Cups in Montreal before being traded to the Chicago Blackhawks.

His presence in Chicago made the Hawks a champion. He, Kenny Wharram and the great Stan Mikita came together and created the legendary "Scooter Line," and along with the brilliant Bobby Hull and the goaltending genius of Glenn Hall, they led the Hawks to the 1961 Stanley Cup, the team's first Cup in 23 years.

In fact, it was McDonald's goal at 18:49 of the second period -- when he banged home the rebound after Hull fired a shot from the right side -- that turned out to be the winning goal in Game 6 against Detroit. McDonald was named the game's first star and you could forgive him if he expected to win the Cup every year he played.

No matter the team and no matter the situation, Ab McDonald made your club a winner. In 14 NHL seasons, he played in eight Cup finals.



Ab as captain of the Winnipeg Jets 1972.

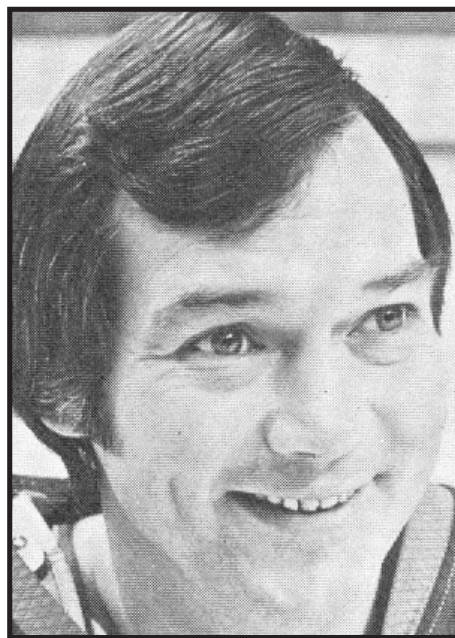
McDonald played four seasons in Chicago and went back to the Stanley Cup final in 1962. He spent the 1964-65 season with the Boston Bruins and then helped the Detroit Red Wings reach the Stanley Cup final in 1966.

After playing much of the 1966-67 season with the Pittsburgh Hornets of the American Hockey League, McDonald was claimed by the Pittsburgh Penguins in the 1967 Expansion Draft.

In 1967-68, he scored 22 goals while playing on a line with another Winnipeg-born star, future Hall of Famer Andy Bathgate, and a grinder named Val Fonteyne. Then, inexplicably, he was traded in the off-season to the St. Louis Blues for Lou Angotti.

It was a great trade for the Blues. McDonald played two full seasons in St. Louis and the Blues went to the Stanley Cup final both times. He scored 46 goals in 132 games with the Blues and played in the NHL all-star games of 1969 and 1970.

McDonald played briefly for the Detroit Red Wings in 1971-72 and then got an offer, he couldn't refuse. Bill Robinson, the player personnel director for the new World Hockey Association's Winnipeg Jets, asked the 35-year-old McDonald to, "come home to Winnipeg and play for the Jets," a team that was about to sign Ab's old teammate, Bobby Hull.



Ab in his first year with the Jets.

Of course, Hull couldn't play in the WHA when the league kicked off. There were lawsuits flying over Hull's decision to leave the Chicago Blackhawks. So that meant Bobby would coach and Abbie would be the team's captain.

"I loved every team I played for and every city that I played in," McDonald said. "But Winnipeg was always home. I used to drive my teammates crazy, bragging about how great Winnipeg is."

"I knew I wouldn't play long for the Jets but I saw this as an opportunity to help bring major league hockey to the city. And I can tell you this, if it wasn't for the old guys who started that franchise, we wouldn't have the Jets today."

McDonald scored the first goal in the history of the Jets -- he scored the goal in New York while his wife Pat was back in Winnipeg giving birth to their first child -- and went to play two seasons. In 1973, McDonald was a huge part of the Jets drive to the WHA's AVCO Championship series. He retired after scoring 12 goals for the Jets in 1973-74 and was inducted into the Manitoba Hockey Hall of Fame in 1985.

"Playing hockey was always fun for me," said McDonald. "We didn't make a lot of money when I played, but I just loved playing the game. Now, I'll be honest with you, when I

Continued on page 4

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There's good news for people living with prostate cancer.

By Garrick Kozier

Two new treatment options for the disease were discussed at the Manitoba Pharmacy Conference at the Winnipeg Convention Centre this past weekend.

Zytiga, an androgen inhibitor, and denosumab, a drug that treats osteoporosis, are two treatments that are effective in fighting symptoms related to prostate cancer, said Marc Geirnaert of the CancerCare Manitoba Department of Pharmacy.

Geirnaert's presentation offered a two-pronged approach to a prostate cancer treatment strategy. Zytiga, which was introduced in Canada last May, interrupts the adrogen-making process, which is key to fighting cancerous tumours. And since prostate cancer has a propensity to spread to the skeletal system, a treatment using deno-

sumab, according to Geirnaert, could help prevent bone disease.

Geirnaert, in the presentation aimed at his fellow colleagues, said that the drug Zytiga, which is taken orally, is a better and easier alternative than the rigorous and complicated intravenous therapies from the past.

"The majority of our patients with prostate cancer aren't necessary young, so (intravenous) drugs aren't the easiest to tolerate with our patient population," said Geirnaert. "So when drugs are discontinued, it's usually due to intolerance and not so much disease response."

Geirnaert produced results from a recent study suggesting that Zytiga therapy prolonged survival rates in prostate cancer patients as much as four months.

"While four months doesn't seem like a long time, with this disease, it's actually quite significant," said Geirnaert.

Prostate cancer treatment was just one of the many topics covered at the three-day conference. Issues dealing with hormone therapy in relation to menopause and pharmaceutical ethics were also discussed at the Manitoba Society of Pharmacists sponsored event.

The conference's aim, according to its website, is to provide educational programming to advance pharmacy practice, enhance the knowledge of pharmacy practitioners, and enhance the quality of pharmaceutical care provided to patients.

For more information on Zytiga, denosumab, or any other treatment, please contact your doctor or pharmacist. ■

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SPOTLIGHT: Ab McDonald, cont'd from page 3

signed with the Canadiens, the only player to get a bigger bonus than me was Jean Beliveau. He got \$20,000 and I got \$3,000 but a lot of very good players were signing for \$300."

There are a lot of old NHL players who look at the game today and get quite bitter and angry about it. They played before the big money and all the media exposure and they're the ones who worked to create the Players Association - Ted Lindsay was blacked-balled from the game for his part in the creation of the NHLPA. They're the ones who opened the door for today's stars to get rich beyond their wildest dreams, but McDonald is not part of that group.

When he retired from the game, he ran an equipment rental operation for a number of years and even owned a small hotel in Elm Creek,

Man. "I did a lot of things," he said. But he never turned his back on the game. In fact, he played with the NHL Old-timers until he was 60 and was a regular recreational player until this past season.

"I love hockey, always did," McDonald said. "When Henri (Richard) retired from the Old-timers, he was 60 and had just hurt himself. I was on that tour and when the tour arrived in Winnipeg before heading out west, I told the guys this was my last stop. I didn't go out west and didn't play again."

"But I kept playing until this year. Last year, one of the guys fell and wrecked his shoulder and it ruined his golf. I don't want that to happen. I like my golf, too. I don't play as well as I used to, but I love getting together with the guys and getting

out. But I'm still watching hockey. I'm really enjoying these playoffs."

We would be amiss if we didn't ask a four-time Stanley Cup winner which team he thinks is going win this year's Cup.

"I'm cheering for Chicago and if (Jonathan) Toews stays healthy and plays all the way through, the Hawks might have a chance," he said. "But I also like Nashville. I just really like that (head coach) Barry Trotz. He's such a great coach and he's a Manitoban, too. If I had to guess, I'd say Nashville and Pittsburgh in the final."

He's probably cheering for the Hawks because McDonald still spends a lot of time in Chicago. The Hawks organization has embraced him and all of his teammates from that 1961 Stanley Cup-winning team and they've made the group a

Continued on next page

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LIVE! LAUGH! LEARN!

By Janine Drennan

As the number of older adult learners increases, Extended Education, Lifelong Learning at University of Manitoba is expanding its programming so learners will have the opportunity to have access to the latest resources about health, active living, politics, science and more taught by award-winning UM instructors.

We will be offering informative programming that meets lifelong learners' personal interests. In May and June, Lifelong Learning, in co-operation with Creative Retirement Manitoba, presents the Curiosity Series. These one day

excursions are a great way to explore places in Manitoba guided by experts in their field including Narcisse Snake Dens - May 2, Hamilton Family: Psychics & Seance - May 8, Bannock Point Petroforms Tour - May 16, What's the Time in New Iceland? - June 5, and James Valley Hutterite Colony - June 14.

To help acquaint older adults with the university and its many opportunities to access events and resources for learning and enjoyment, we have developed a Lifelong Learning website. The website highlights events at U of M and in the

community that are of particular interest to lifelong learners. The events listing is updated weekly, so check back often to learn about what's on at the U of M that is educational and entertaining. All events are open to the public and most are free.


For more information on the Curiosity Series and Lifelong Learning at University of Manitoba please go to umanitoba.ca/extended/life or contact Janine Drennan at 474-6661.

For parking information please visit umanitoba.ca/parking. ■

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Be Proud of Our Health Care

By Harry Paine

The media was full of news about people who were beaten or were treated badly while on holiday in Mexico and what stood out for me was not the so much the criminal beatings as that happens quite often right here at home in Canada but the extortion of the victims by the so-called health care system in Mexico.

One person recounted a story of a near drowning victim whose spouse was refused ambulance pick-up until she came up with \$1500 in cash; another was taken to a clinic after being assaulted and received a bill for \$65,000. A lot of Canadian seniors head south for the winter months so the point of this item is that although one should be cautious these are isolated incidents but at the same time make sure you are covered and not likely to get sick.

These news items made me think of how lucky we really are living in Canada where free universal health-care is the right of everyone. It is true that it is not perfect and that here and there the system breaks down due to under-funding by the Federal Government, however nothing here is as bad as a privatized system such as that in Mexico and the USA.

What brought this home to me was my own experience with one part of the health-care system and that is the personal care that I have been getting from my GP and the time I spend at the Cancer Care Centre. A few years ago my doctor closed his office and moved into a WRHA Primary Care Unit and although it was a little further for me to go to get there, the efficiency of service was so much better. More important was that my doctor who I have been going to for probably more than 20 years seemed more relaxed, less stressed and was able to spend more time with me; community clinics are a great way to go and there should be one in every neighbourhood.

It would be easy to get a false picture of health-care in Manitoba if you relied on the media who are quick to report the negative things that may be somewhat lurid. Maybe it's just because I am getting to be a regular customer at the Cancer Care Centre but negative indifference has certainly not been my experience.

What does strike me is the attitude of warmth and friendliness that is always extended to those who come through the door. One of the most important contributions

to wellness is the feeling that you are not just a number but you are *the patient* and you count as an individual. Welcome wagons with drinks and cookies drop by the waiting rooms staffed by friendly volunteers who of course are for the most part older adults.

Whether it be the doctors and nurses or the support staff, there is always someone who is willing to sit down with you and answer questions and make sure you are fully aware of what treatment is needed and why. That made me a little uncomfortable because I have not been used to being armed with all the knowledge to be able to, and asked to, make decisions about my own treatment.

Cancer is scary, there is no denying that, but as long as we have facilities such as those that our health-care system provides we can be assured that making profit is not their first consideration. What is more, I do not believe the Cancer Care Centre is unique in its wonderful level of care, I would suggest that if you were to weigh all the positive care against the negative in the whole system, positive would win hands down simply because of the applied skills and care of all those who work in our system.

On the negative side I believe that there is not enough emphasis on the social-determinants of health that would detour many of the causes that put us into health-care in the first place and although the Manitoba Provincial Government has worked exceptionally hard to alleviate the situation the problems in the northern communities have only a glimmer of light at the end of their progress tunnel. These are not systemic problems of the health-care system but are political and governmental problems that flow from differences in priorities. The discussion has been launched and I hope that Ottawa and the Provinces can sit down together and find a solution that works for our benefit.

My first experience as a social activist almost sixty years ago was to go door to door with a petition that asked the Federal Government of the time to enact a free national health-care system. Maybe it was the few signatures that I got that made the difference between success and failure who knows but I am sure that I feel proud of our system and willing to fight to protect it as free and universal, I hope you will all join me. ■

SPOTLIGHT: Ab McDonald, cont'd

big part of the organization.

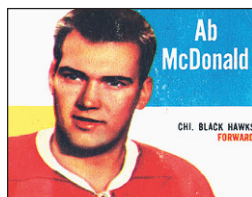
"I'll be in Chicago for a month in May and then back for their golf tournament in June," McDonald said. "I go back for the big fan convention in May. This organization has been really good to all the old

guys and me. (Team owner) Rocky Wirtz just keeps telling me, 'You keep coming all you want.' I go and sit in the Hawks box to watch the playoffs and I stay with Stan (Mikita). He and I are still really good friends.

"Stan's book is just out and I loved what he wrote in that book, 'It (playing hockey) was always fun. If those managers knew we'd play for free, we never would have made any money.' He was right, too.

"We've had a lot of fun. We played the game for a long time and the

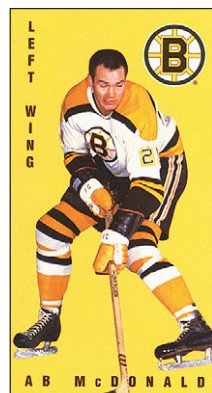
family has done real well. I have five kids and I spend as much time with them as I can. In the meantime, it's been really exciting to have the Jets back. I go to about a half a dozen games a year, but I like it a little better on TV. Hockey's still great." ■



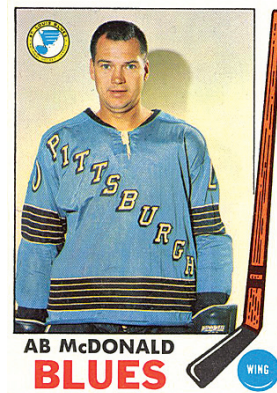
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Age & Opportunity *cont'd from front page*

Moving Forward and Looking Back at the Housing & Lifestyles Expo

By Deborah Lorteau, Manager of Community Programs & Special Events

Manitobans, the answers can be found at this event. The Expo includes information displays and presentations as well as some entertainment. Visitors will learn about selling their homes, buying a new home, life leases, downsizing, and information on assisted living options. There will also be information on support services that help keep older adults independent for as long as possible, including caregiver services, financial services, subsidized housing and more.

People who may have lived in their own homes for many years may have no idea what their home is worth or how to go about selling it and finding a new residence in today's fast-paced real estate market. Dave Lowery, of Century 21 Bachman & Associates, and Century 21 Carrie.com will also be on hand to help older adults become familiar with the process and offer tips for success.

Older adults may need help or advice with downsizing to a smaller residence and making the transition from home to condo or seniors' residence. Some older adults may be considering lifestyle services to help them remain in their homes longer.

This Expo would not be possible without the encouragement and



Smiling faces at A&O's booth (above) and Belly Dancers (below) at last year's



the Trader Corporation who publish the Real Estate Guide and the Home Renter's Guide.

There will also be a number of presentations to inform and answer questions. Topics include: Richard Milgrom from the U of M speaking on "Location, Location, Location, Housing Older Adults in Communities", Susan Everton will present "Mature Driver Session", There will be a two-part Hoarding panel presentation with Victoria Hampton - a Social Worker from A&O, a City of Winnipeg Public Health Inspector and a Fire/ Emergency representative, Nancy Follitt from Revera Retirement Communities will present "There's No Place Like Home" and Silvia Visintin - Housing Coordinator for A&O will present "Facing Challenges - Today's Rental Market".

Connect Hearing will be providing on-site hearing screenings throughout the day, as well.

A & O's main booth will provide information on its social, recreational, and community services for older adults. The SafetyAid program will be on hand to provide information on their free home safety audits to older adults 65 and up, and to those who have been victims of crime. In addition to the audit, safety items are provided and installed for them, including deadbolts, peep holes, non-slip bathmats and flashlights. The SafetyAid program also has a Falls Prevention checklist to help you address any potential fall hazards that might exist in your home.

New this year will be entertainment provided by the Belly Dancers of West End at the Main Stage and Ruth Wiebe who will perform her comedy act in the Centennial 3 room.

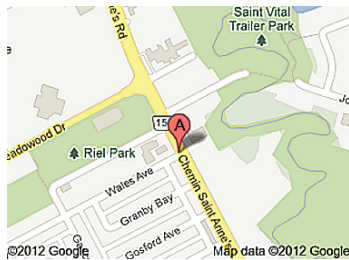
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Moving a parent into your household: Should you do it?

A decision-making guide

By Lisa M. Petsche

If you have a parent who lives alone, you may be concerned about their physical or emotional well being – or both. Especially if they do not live close by or clearly are not managing well, you may wonder whether you should invite them to move in with you.

Before making an offer, ask yourself the following questions and take time to honestly and thoroughly answer each one.

Interpersonal issues

What kind of relationship do the two of you have? How do others in your household get along with your parent? Any personality clashes will be magnified when you are living under the same roof.

Your needs

Consider your physical and mental health. Would you be able to provide hands-on assistance if needed? Could you cope with the ongoing stress involved in primary caregiving?

Your family's needs

If there are others in your household, what do they think of your parent moving in? It's crucial to have their support in order to make it work. Would you still have enough time to devote to them?

Lifestyle issues

If you are employed, how might the primary caregiver role impact on your work? How would it affect your social life, vacation plans and other pursuits? Decide what adjustments you're prepared to make.

Your parent's needs

Determine what kind of assistance your parent requires and how much time it involves. Can they be left alone? If they've been diagnosed with a progressive disease, how will their needs change?

Available supports

What kind of support would family members be willing to provide to help make this work? Perhaps they could accompany your parent to appointments, have them over for dinner, or periodically take them into their home for the weekend. There are many possibilities for sharing care.

What kinds of community support services are available to assist you in meeting your parent's needs, now or in the future? Find out about accessible transportation services, seniors' recreation centres, day programs, home health-care services that offer nursing, homemaking and various types of therapy, and residential respite programs.

If you live in a different town, how easy would it be to link your parent with needed medical supports, such as a new primary physician?

Finances

Give thought to how household expenses would be shared. Find out, too, whether your parent has savings or insurance that would cover the cost of medical equipment or healthcare services. If not, are you able to pay for them?



Home setup

Is there sufficient space in your home to meet everyone's needs? Would your parent have separate quarters?

Consider, too, your home's accessibility. Would renovations need to be made, and if so, what is the estimated cost and who would pay it?

Your expectations

What are your expectations in terms of your parent's participation in the household? Would you want them to help in practical ways, such as preparing meals, if they're well enough?

Your parent's wishes and expectations

Would your parent want to move in? If so, can you anticipate their expectations in terms of privacy, financial arrangements and practical help if appropriate?

Other options

Before making any decisions, explore alternatives: in-home services; adult day care programs; live-in help; an assisted living facility or a skilled nursing home. Determine whether any of these options are appropriate and affordable. Consider the least disruptive ones first.

The decision

If you conclude that moving your parent in with you is not feasible, help them develop a workable plan, whether it's arranging in-home services or finding another place to live. Provide as much support as possible.

If you decide to move your parent in, allow plenty of time for everyone involved to adjust to the inevitable changes in family dynamics and household routines.

Most challenges can be worked through if all parties are committed to making the arrangement work. ■

Age & Opportunity, cont'd

"This year we are celebrating our 55th anniversary by offering the Free admission and a wide variety of products and services that can help to keep an older adult living independently as long as possible" said Deborah Lorteau, Manager of Community Programs & Special Events.

The Honourable Minister of Healthy Living, Youth and Seniors Jim Rondeau will bring greetings from the Province of Manitoba. Participants will also have the opportunity to enter a number of free exhibitor draws at this information only no-sales event.

For further information, visit www.ageopportunity.mb.ca or call A & O at 956-6440. ■

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ADVERTISING FEATURE

Medication Therapy Management... what you DON'T know CAN hurt you!

By Rob L.J. Sitarz, B.Sc.Pharm

WHAT IS MEDICATION THERAPY MANAGEMENT?

By definition, Medication Therapy Management (MTM) is a service, or a distinct group of services that optimize therapeutic outcomes for patients. It is also known as a "medication check-up".

MTM is not drug specific, but rather focuses on the patient as a whole. It is distinct from medication dispensing and focuses on a patient-centred rather than an individual product-centred process of care. It is more than answering questions when you pick up a prescription. During this service, I will meet with you, one-on-one, by appointment, to review all your medications including...

- prescription (Rx) medications
- over-the-counter medications (OTC's)
- herbal/natural products
- dietary supplements

This is very important as many healthcare professionals (HCP's) only focus on prescription medications and oftentimes forget about the others. These non-prescription items can be equally dangerous and have serious consequences if not used appropriately with your medications.

As part of this review, where I will assess your medications for appropriateness, effectiveness, safety and adherence, I will also:

- help you understand how the medications help you manage your health conditions and empower you to self-manage
- answer any questions you have about your medications and determine if there are opportunities for cost-savings
- help you organize your medications and prepare questions to ask your other HCP's
- check to see if you are having problems with your medications; if problems are found, I will work with you and your other HCP's to help solve these problems
- help you make a complete list of all your medications (Rx, OTC, herbal/natural and dietary supplements) and provide a computerized print-out that you can share with other HCP's
- conduct a medication cabinet clean-up
- develop a medication action plan containing a list of actions for you to use in tracking progress for self-management and encourage your active participation in your own MTM and adherence
- document all encounters in a consistent manner and share information with your physician, pharmacist and other HCP's as necessary

Follow-up appointments are scheduled based on your medication-related needs or when you are transferred from one care setting to another i.e. home-

hospital, hospital-home, home-long-term care (LTC) facility, and so on.

WHO IS MTM FOR?

Many patients and providers who could be assisted by MTM may not even be aware of its existence or the benefits it provides. If people knew they had a problem, they'd be doing something about it.

Anyone who uses Rx medications, OTC's, herbal/natural products or other dietary supplements may be helped by a medication check-up, especially if you:

- use several medications
- have several health conditions
- have questions or problems with your medications (non-adherent)
- take meds that require lab monitoring
- have been hospitalized recently, or experienced multiple transitions in care
- have recently changed your medications
- want to decrease out-of-pocket med costs
- have issues of limited health literacy or cultural differences and require intensive communication to optimize care

Services or organizations providing care to older patients may be very interested in pharmacist MTM services. Administrators at assisted living facilities, supported community living organizations, group homes and long-term care facilities as well as insurance companies may be very interested in the MTM services pharmacists can provide to their clients.

Also, private-pay patients or their care-givers who are looking for ways they can better manage meds for themselves or their loved ones.

Opportunities to identify patients targeted for MTM services may include pharmacist identification, physician referral, patient self-referral and health plan payer referral.

BENEFITS OF SITTING DOWN WITH A PROFESSIONAL

Studies have shown that patients who have MTM services provided have:

- lower healthcare costs and lower total Rx costs
- fewer trips to the ER
- fewer hospitalizations
- fewer problems caused by medications; fewer med errors
- a better understanding of how to take their meds by enabling patient self-management
- better management of health conditions such as diabetes and asthma
- enhanced communication among HCP's
- optimized meds

By providing this service in the comfort of a patient's home, not only are the distractions and interruptions of a busy pharmacy eliminated, but also I get a clearer picture of the patient's health, lifestyle and daily medication regimens. It is much easier to identify potential problems when you see in person what medications and home-brewed remedies a patient is taking, where they store them and their strategies or lack thereof for taking meds on time.

It is imperative that these issues are addressed, and quickly. The percent of the population over 65 years is expected to almost double in the next 20 years. The cost of non-adherence is estimated to total \$100 billion per year including \$30 billion in direct medical costs and \$70 billion in lost productivity. These numbers cannot be ignored and MTM services are aimed at containing and decreasing these figures by ensuring meds are used effectively and appropriately.

In addition to the home visits provided, I also conduct group sessions to educate caregivers, patients and their loved ones about the benefits of MTM. ■



Your solution to Medication Therapy Management (MTM) starts with us...

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Rob L.J. Sitarz, B.Sc.Pharm

To find out how **R & D Pharmacist House Calls** can assist with your needs, or to book a MTM presentation, please call toll free at **1-877-614-9070** or visit us at www.rdpfarmacisthousecalls.com
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Fraud Prevention:

Email Account Takeovers

Scammers send out phishing emails, replica email messages designed to appear coming from reputable institutions, to thousands of random email addresses in the hopes the recipient will reply. Phishing emails often ask the recipient to provide personal information including email address passwords. Once a reply is received they now have your email address and associated password. With this information they will access your account, including your address book, and after changing your password will send messages to all your contacts impersonating you.

The following is an example of a phishing email that originated in China with the purpose of targeting Canadians:

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Date: Tue, 17 Apr 2012 21:13:30 +0800
To: undisclosed-recipients:
Subject: Dear Shaw User

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Shaw Accounts. You will have to confirm your Shaw Account.

So you are required to provide us with the following information.

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 If you receive an email similar to this please report it to the Canadian Anti-Fraud Centre at www.antifraudcentre.ca or **888-495-8501**.

**Cst. Ben Doiron
 Winnipeg RCMP
 Financial Integrity Unit**

THE LURE OF THE BALLPARK

Shaw Park Ready to Welcome 300,000 Fans to Downtown Winnipeg Once Again

By Scott Taylor

WINNIPEG – There is nothing more appealing, even to those people who would never think to call themselves baseball fans, than a summer night at the ballpark.

A cool breeze, a sunset over the rightfield wall, a cold beer and a burger. The splendour of the grass is more than just watching a ground ball to short. A night at the park is as much the sights, sounds and tastes as it is the ball game itself.

A night at the ballpark is a social event. A time with family: Fathers and sons, mothers and daughters. Being an expert when you're not and having absolutely no one care. And when 300,000 people converge each summer on Winnipeg's tiny little downtown ballpark, you know you'll always be surrounded by friends.

A night at the ballpark is a hot dog, a box of popcorn and in Winnipeg, at least, a tub of Ukrainian food, a bag of mini-donuts, a roast beef sandwich or a Nip and fries.

A night at the ballpark is about cheering on the home team, heckling the visiting manager and laughing at (or with) the mascot.

And that's why a great ballpark is so important to any community. If someone is going to spend three, four or five hours outside, in the summer, in a relatively confined space, a baseball fan has to be comfortable, entertained and well-fed. And not necessarily in that order.

It's been said, more than once, that you can't just toss two baseball teams, 7,500 fans and some umpires, coaches, managers and mascots into any environment and expect them to like it. More than any other North American sport, baseball is dependent on the space in which it is played.

For instance, as long as the rink is 200 feet by 85 feet, you can play



Shaw Park.

a professional hockey game. As long as the field is 110 yards long with enough space for end zones that are 20 yards deep, you can play a Canadian Football League game. A basketball court is a basketball court. But baseball? Baseball is about the environment.

The Field of Dreams was not a squash court. A baseball stadium is really not a stadium at all, but a "park." The joy of the game has as much to do with where it's played as how it's played.

Indeed, baseball parks have to be joyful places. They have to have

their own special quirks. They have to provide a feeling of warmth to the fans and comfort to the players. Harry Caray didn't call Wrigley Field "the friendly confines," just for laughs. Baseball has a beginning, but in theory, it can go on forever. Long summer days and, sometimes, even longer summer nights that are spent at the ballpark must be spent in familiar territory with good friends, good food and comfortable seating.

Early in the 20th Century, when many of the historic and beloved

Continued on page 10



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Shaw Park Ready, cont'd from page 9



The best little ballpark in the world.

American ballparks were built, there was a standard set for great stadiums. Tiger Stadium in Detroit, Fenway Park in Boston (this year is its 100th anniversary), Wrigley in Chicago, the original Yankee Stadium in New York, Forbes Field in Pittsburgh and Crosley Field in Cincinnati were, originally, quaint, tight, two-deck parks that held anywhere from 25,000 to 50,000 people.

Meanwhile, the tiny, uncomfortable, bleacher-dominated, single-deck, minor league parks of the early- to mid-1900s were also being built, albeit in smaller communities such as Minneapolis, Minn., Toledo, Ohio and Vancouver, B.C.

During the 20th Century, the big league parks got bigger while the minor league parks got better. In the 1970s, cookie-cutter stadiums were built in Cincinnati, Pittsburgh and St. Louis. Baltimore and Cleveland played in huge football stadiums until the early 90s. The Astros, Mariners and Twins played in the first wave of artificial-turf, indoor monstrosities while San Francisco, the White Sox and the Mets played in large, cold, ugly outdoor monoliths that weren't much fun to be around.

Then, in the 1990s, design took over from function. It started with Orioles Park at Camden Yards in Baltimore (this year is its 20th

anniversary), spread to Progressive Field in Cleveland and then became pretty much the norm when Minute Maid Park in Houston, Coors Field in Denver and Target Field in Minneapolis were built. These stadiums had personality. They were intimate and quirky. Houston had a hill in centrefield. Cleveland had an open concourse where fans could buy a beer and still watch the game. Baltimore had barbeque pits in the outfield and odd corners down the lines.

All of the new parks had great scoreboards; terrific, comfortable seats; a stunning array of concessions; and neat little ground rules that actually gave teams that old homefield advantage.

However, while the big league parks were going retro, the minor leagues were just catching up. Parks from Durham, N.C., to Winnipeg, Man., were being built with the fans needs and the players comfort in mind. Beautiful little ballparks with open concourses, big modern scoreboards, near-perfect sightlines and an array of concession stands that turned minor league baseball from little more than a field with some seats and a low-end hot dog stand into a well-groomed, multi-media garden of culinary delights.

These quaint, comfortable little stadiums, built on early 20th



Goldeyes manager Rick Forney asks umpire Ron Shewchuk how his day went.



Photo credit Shawn Coates

Goldeyes Pitcher Ace Walker is back this season.

Century design concepts, have become the standard for the ballpark of the early 21st Century – wide comfortable seats with cupholders and plenty of legroom, great sightlines built close to the action and a smorgasbord of concession stands have turned the modern ballpark into the place to be in almost every community in North America.

And those of us who live in Winnipeg know better than anyone how great one of these little red-brick covered parks can be. With its green seats, green grass, air-conditioned SkySuites, picnic area, high-end Asian restaurant and enough concession stands to make a glutton blush, Winnipeg's Shaw Park is, indeed, a living, breathing Field of Dreams.

And this year, manager Rick Forney has filled that park with a great young team. In fact, as the Goldeyes set up today – with 24 players under contract – Forney could already field a pretty good team.

He has Amos Ramon back at third, Price Kendall at short, Matt Cusick at second and a former member of the Fargo-Moorhead RedHawks – who hit .350 in 2010 – Yurendell deCaster at first. He also has veteran Luis Alen behind the plate and Ridge Carpenter and former Philadelphia Phillies center-fielder Chris Roberson ready to go in the outfield. Of course, the big signing was the guy who hit .326 last season and turned the club's year around for the positive, Jon Weber.

"We love Jon Weber," Forney said. "He single-handedly changed our season last year. He's about as productive as you can be for a veteran player in our league."

"What people see on the field, that's obvious. What they don't see about Jon Weber is that he's a great leader in the clubhouse. He's a veteran that cares deeply about winning every day. That's infectious and we are thrilled to have him back."

On the mound, the starting staff is just about set with Ace Walker, Chris Salamida and Matt Rusch ready to go.

In the bullpen, Forney has Craig James and rookies Barrett Phillips and Chris Kaminski under contract, but he's still searching for relief help.

"It's been a lot of hard work this season building a team because everybody is a lot more committed to bringing new players into the league," Forney said. "When you get guys on the phone now, you really have to do a sell job on your city and your organization because the other guys in this league have worked hard and been really diligent this year when it comes to scouting. We really have to do a big sell job now."

He shouldn't have any trouble selling his ballpark, however. There is no better place to spend a warm summer's night than in the quaint little ball yard in downtown Winnipeg. ■



A cool night at the Park.

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By Ruth Moore, Winnipeg, MB

The Streets of Winnipeg - How They Got Their Names

Have you ever wondered how some of our streets got their names? Grand Avenue, for instance, or Grant Park Shopping Centre - where did the name 'Grant' come from?

Well, let me tell you a story.

The name Grant is from Cuthbert Grant who was an historic figure of the West. He was a man with a complex character and is viewed by some as a hero and by others as a villain.

He was born near the Qu'Appelle at the northern end of the Assiniboine River at a place called Fort de la Rivière Tremblante in the year 1793. He was born the younger of two boys in a family of five.

His mother was partly Cree and French and so was called a Métis. Other mixed bloods were called half-breeds or Country-born at that time. Now, if anyone has Aboriginal and white blood, they are called Métis.

Nothing much is known of Cuthbert's mother. His father, however, was Scottish, and was very well connected to the Clan Grant of Strathspey in Inverness, Scotland. He was also a cousin to Donald A. Smith, later Lord Strathcona.

Cuthbert's father died when Cuthbert was just six years old. As Cuthbert's father had done well in the fur trade, having been made a partner in the North West Company, there was enough money to look after his family. In his will he stated that he wanted his boys to be brought up as Christian and to be educated. He appointed William McGillivray, who was a powerful man in the North West Co., as his executor and Cuthbert's guardian.

So when Cuthbert was eight years old, he was taken to Montreal by William McGillivray and was baptized in the Gabriel St. Presbyterian Church and then sent to Scotland for his education. He was in Scotland for four years living with his paternal relatives. His whole life at this time was quite a departure from the life of most other mixed blood lads from the North West.

Upon returning to Montreal when his education was complete, he was employed as a clerk for the North West Co. in Montreal. Margaret McLoed, in her biography writes, "It would appear that the only existing photograph of Grant was taken during this period. It shows him as a well-dressed young gentleman of the period with nothing to suggest the rough manners of Fort Tremblante and the wilderness life of the Upper Assiniboine. The boy from Indian Country is revealed as a self-possessed young gentleman at home in society and among gentle-folk."

After several years of working in Montreal, the North West Co. sent him back out to the Prairies to a fur post near to the spot where he was born.

After an arduous journey by canoe from Montreal, he arrived at Red River at The Forks and the new Fort Gibraltar. He arrived in the year 1812.

It will be noted that at this particular time, the war of 1812, was well underway. Also, there was tension between the Hudson Bay Co. and the North West Co. as to the fur trade. Add to this the fact, that at this particular time, Lord Selkirk

decided to bring his settlers out to Red River to colonize the district.

The tensions in the Red River escalated after the settlers arrived. The settlers were a thorn in the side of the Métis who had already had their way of life disrupted by having laws made, restricting the movement of Pemmican.

Pemmican was being seized sometimes two hundred bags at a time. Pemmican was made by mixing large amounts of dried and powdered buffalo meat with the fat and wild berries, and stored in bags which would keep indefinitely. It as a staple food used by the fur brigades and others to stave off starvation when there was no other food.

One of the worries about the settlers was the problem of food. For the first year or two they had to spend the winter in Pembina. Their crops could not be depended upon. The Métis relied on the buffalo hunt and they felt that the settlers hindered that. And there was always

... Cuthbert had charges laid against him for murder from Montreal. On the advice of a lawyer who was sympathetic to Cuthbert, he turned himself in and journeyed to Montreal to stand trial.

the worry that their supply of food would not last.

The North West Co. didn't want them there either, and a large number were persuaded to leave. Harassment by the Métis encouraged their departure. Cuthbert was seen with the group escorting the settlers to the canoes when they left.

The Hudson Bay Co. was incensed over this turn of events and put more restrictions on the movement of the Pemmican. The friction continued and increased until Pemmican was seized and rivers blocked and defended with guns.

It was, at this time, that an event occurred that would scar Cuthbert Grant for the rest of his life. It was all related to the movement of Pemmican to Frog Plain down river from Red River. Governor Semple had blocked the Rivers at The Forks. Cuthbert knew the only way to get the Pemmican to Frog Plain was to use the Assiniboine River to go as far as was safe and then leave the river and go overland trying to avoid Fort Douglas on the way. They were transporting 1,150 lbs of concentrated meat. This was to feed the party and the fur-brigade of Montreal canoes.

Everything went well, and they left the river at Olman's Creek and started overland with horses and carts. Unfortunately, though, they tried to pass Fort Douglas without being seen, but they were not successful.

Various versions were told of events after that. The tragedy was that Governor Semple was waiting for them with all his armed men for a supposed attack.

They met and there was a battle. Governor Semple's men fired the



Cuthbert Grant

first shot. Cuthbert's Métis, always fierce in fighting, carried it too far, and the result was that Governor Semple and twenty of his men were killed. Only one of Cuthbert's Métis died and one wounded.

As Cuthbert had been given the title previously as Captain of the Métis, he was blamed, and especially for not controlling his men. It was as if they believed that he had killed every man himself. Cuthbert was held solely to blame even though Governor Semple came out well armed first. All this took place where Seven Oaks grew together on the prairie.

The next year, Cuthbert had charges laid against him for murder from Montreal. On the advice of a lawyer who was sympathetic to Cuthbert, he turned himself in and journeyed to Montreal to stand trial. Through numerous mix-ups, there was no trial so Cuthbert returned to the North West Co., in the west.

Later, there were several other incidents where he was not actually involved, but was present, so suspicion seemed to fall on him because of 'Seven Oaks'. One was murder and the other, an ambush.

In 1821, the two warring fur companies amalgamated and under the name of The Hudson Bay Company. Subsequently, he met George Simpson, Governor-in-Chief of the Hudson Bay Co. who was very impressed with Cuthbert.

After the amalgamation, when a lot of the displaced fur company employees were hired back, George Simpson was aware all had been hired back except two.

Cuthbert was one of the two, so George Simpson hired him back himself to work as a clerk for the Hudson Bay Co., his former rival.

All seemed to be well for awhile until Cuthbert noticed a coolness from the other clerks. They were harkening back to 'Seven Oaks.' Apparently, they hadn't heard that "the charges against him were tried

in his person by the Grand Jury at Quebec and by proxy in the Court of Upper Canada and he was cleared."

When George Simpson made him Special Constable, Alexander Macdonell was furious. He remembered how Cuthbert had sent the settlers down the river. The hatred of Alexander Macdonell caused them to make an unprovoked attack upon Cuthbert when he was on duty. Charges were preferred and the culprits were fined. After this, Cuthbert decided to resign, which he did in 1824.

At this time, there were a lot of displaced people who moved to The Forks on Red River after the North West Co. posts were vacated. Most of these were Métis.

As Cuthbert was still Captain of the Métis, they thought he would be the perfect person to establish a new community for them. It would serve in two ways as it would give a permanent home for the Métis and at the same time, act as a buffer to keep the Red River safe from the Sioux.

This was arranged and Cuthbert now was the owner of a grant of land on the White Horse Plains about twelve miles west of Fort Garry and The Forks on the Assiniboine and Red Rivers.

Cuthbert had been recently married to Marie McGillis in the Catholic Church. Although he had been married twice before in the manner of the country, this was a real marriage.

When the settlement was established, called Grantown, there were 80 to 100 families who were displaced by the amalgamation of the fur companies. His father-in-law joined them along with others until the town grew to quite a size. The Métis who lived there enjoyed the buffalo hunt every year and they also grew crops. This, along with the Pemmican, would supply them with food for the winter.

In 1828, George Simpson gave Cuthbert the title, Warden of the Plains, a title he kept until just before his death in 1854.

Grantown was now called St. Francois Xavier and many of the community tried to engage in free-trade, too. It was against the law and it plagued Cuthbert Grant...

Continued on page 12

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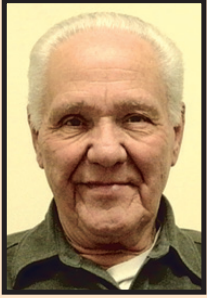
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April is Volunteer Appreciation Month:



Gordon Normand of Stonewall, Manitoba is our pick for Volunteer of the Month

Gordon Normand started Stonewall Tire 41 years ago. His first day of retirement starts at the end of the work day on April 27th. But Gordon won't be taking it too easy. He has dedicated nearly three years of his time collecting clothing, books, furniture, sports equipment and other items for remote northern communities such as Pauingassi, Shamattawa, Little Grand Rapids, Pukatawagan and other First Nations. He is constantly getting donations which include hand-knitted mittens and toques. He wants to take it a step further and go teach them some skills to boost their pride. For example, he has an industrial sewing machine that would be ideal for making leather crafts and quality outerwear, perhaps.

Gordon is so grateful to his wife, Shelly, and her parents, Orville and Anita Jones, Edna Nabess, and everyone who helps with his mission of helping others in need. Those also include Oliver Owen who flies the goods up north, Paul Lowe and Gardewine who truck them up north, and the train that takes them to Pukatawagan - all for free. Then there are the foot soldiers who deliver them at the other end within their communities such as Doris Castell, a principal.

At 77, Gordon feels fortunate to be able to keep going like this. He is a proud Métis born and raised in St. Vital, Winnipeg. He has had much success in his life and he is happy to give back a little. His efforts have even been recognized by World Vision who had approached him offering their help, however, he gratefully declined. ■

Mercy Ships Canada Hosts First Annual Mercy for Mothers in May Event

Give hope to moms in Africa while celebrating Mom here!

Victoria, BC – March 22, 2012 – Mercy Ships Canada is hosting its first annual Mercy for Mothers in May event in support of their efforts to heal women in West Africa onboard the giant hospital ship Africa Mercy. The initiative offers a simple fundraising opportunity that gives individuals or groups the freedom to plan their own creative events, with no set agenda, on Mother's Day weekend (May 11-13, 2012). The purpose is to raise awareness and funds for Mercy Ships projects surrounding women's health.

Events can come in any shape and size and take place anywhere in the country. Organizer of Mercy for Mothers in May, Scott Barber, says, "What you decide to do for your event is up to you. Do you have a specific hobby you enjoy? Why not hold a scrapbooking day to make a gift for mom? Are you into photography? Perhaps you could offer a family portrait-by-donation. The event can even be as simple as hosting a meal or an afternoon BBQ. The most important part of Mercy for Mothers in May is simply getting together with friends and family and raising awareness of women's health projects provided by Mercy Ships."

Statistics reveal that women in sub-Saharan Africa have a 1-in-16 chance of dying in pregnancy, compared to Canada's 1-in-5,000 risk. Without access to proper obstetric care, women in developing nations can spend days in agonizing labour before finally delivering a stillborn child.

Mercy for Mothers in May is a time to honour the beautiful women who find refuge onboard the Africa Mercy. It's a chance to replace fear with celebration when it comes to childbirth in West Africa.

Canadian National Director of Mercy Ships, Tim Maloney, says, "Sharing time together celebrating the mercy that Motherhood has shared with each of us is a joyful thing. On behalf of the Mother who cannot say thank you, we express the deepest gratitude and heartfelt thanks."

To register, hosts can visit the Mercy Ships Canada website at www.mercyships.ca. They will then receive a pack of invitations, information, a DVD and other materials to assist them in their event. People can also find details and invite others through the Facebook event page at <http://www.facebook.com/events/340471242670235/>

ABOUT MERCY SHIPS

Mercy Ships is an international faith-based organization with a mandate to increase access to health care throughout the world. Through the deployment of the world's largest private hospital ship, the Africa Mercy, Mercy Ships works with host nations to fill gaps in health care systems while serving the dire and immediate needs of the population. They provide surgeries, relief aid and community development support completely free of charge. Since 1978, Mercy Ships has provided services and materials in developing nations valued at more than \$1 billion.

Mercy Ships Canada is one of 16 international offices and is based in Victoria, BC. For more information visit www.mercyships.ca.

Scott Barber, organizer of Mercy for Mothers in May, can be contacted by email at scott.barber@mercyships.ca or by phone at 250-381-2160.

Tim Maloney may be contacted by email at tim.maloney@mercyships.ca or phone at 250-381-2160.

Street Names of Winnipeg,

cont'd from page 11

In the ensuing years, there were battles of various kinds that Cuthbert had to fight. There was the battle concerning the free-traders which caused havoc in the Red River. Grantown was now called St. Francois Xavier and many of the community tried to engage in free-trade, too. It was against the law and it plagued Cuthbert Grant until the Sayer trial in 1849.

Cuthbert was gradually losing his control over the Métis. One battle, though, was won at Grand Coteau against the Sioux, because of the organization of the buffalo hunt, that Cuthbert had taught them. Their discipline and their obedience to the rules of the hunt saved them from superior numbers of Sioux. It was their last battle.

Bishop Provencher did his best to keep a missionary at Grantown, or St. Francois Xavier. This met with Cuthbert's approval as Cuthbert had become a Catholic since his marriage.

Cuthbert tried hard to see to the welfare of his people. He built a water-mill on Sturgeon Creek. Unfortunately, the dam broke repeatedly and the mill did not grind well. Eventually, he built them a wind mill at St. Francois Xavier on the White Horse Plain.

After 1830, Cuthbert's life merged with those of the settlers, but his life was still plagued again with dissension after 1844 until 1849. There was the demand of the 'half-breeds' for self-government. There was the measles epidemic and friction between the French and the English.

Finally, Cuthbert was planning to take up his old job as licensed free-trader when he took a fall from his horse from which he did not recover.

He died July 16, 1854 at age 59 - a villain or a hero? ■

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Recipes courtesy of the Stroke Recovery Association of Manitoba Inc., from their fundraising cookbook. For information on support programs and activities, call, email, stop in, or visit the website: **204-942-2880** info@strokerecovery.ca Unit B - 247 Provencher Blvd., Wpg www.strokerecovery.ca



Marinated Vegetable Salad

Submitted by Angela and Barry Casey

INGREDIENTS:

- 2 cups cooked mixed vegetables
- 1/4 cup finely chopped sweet onion
- 1/3 cup sugar
- 1/4 cup wine or cider vinegar
- 5 T salad oil
- 1/4 tsp dried leaf oregano
- 1/4 tsp curry powder
- 1/2 tsp pepper
- lettuce

INSTRUCTIONS:

Combine mixed vegetables and onions in a bowl. Put all remaining ingredients, except lettuce, in a small jar with a tight lid and shake to blend well. Pour over vegetables. Cover and chill. Drain before serving. Serve on lettuce. Serves 4.

Published with permission by Stroke Recovery Association of Manitoba Inc.



This dessert was served in First Class on the last evening on the Titanic - April 14th, 1912
Note: the exact recipe used is not known.

America Ice Cream was served in Second Class and Current Buns in Third Class.

Waldorf Pudding

INGREDIENTS:

- 2 large tart apples, peeled
- 1/2 cup sultana (golden raisins)
- 2 T lemon juice
- 1 T finely chopped crystallized ginger
- 1 T butter
- 1/3 cup granulated sugar
- 2 cups milk
- 4 egg yolks, beaten
- Pinch ground nutmeg
- 1 tsp. vanilla extract
- 1/4 cup toasted walnuts, halved

INSTRUCTIONS:

Thinly slice apples. Stir in raisins, lemon juice, and ginger. In skillet, melt butter over high heat; add apple mixture and cook for 1 minute. Stir in 2 T. of the sugar. Cook stirring often, for 3-4 minutes or until apples are lightly caramelized.

Scrape apple mixture and syrup into 10 inch glass baking dish. Reserve.

Meanwhile, in a saucepan over medium heat, heat milk just until bubbles form around edges. Whisking constantly, add some of the milk to eggs; whisk until well incorporated; add the remaining milk, nutmeg, and vanilla, and mix well. Pour over apple mixture.

Set baking dish inside large roasting pan; add boiling water in roasting pan coming halfway up sides of baking dish. Bake at 325°F, 45-50 minutes or until custard is set but jiggly.

Carefully move to cooling rack; sprinkle with walnuts and nutmeg. Cool to room temperature before serving.

Makes 6 to 8 servings.

Laugh a Little



I'm in shape. Round is a shape isn't it?

Change is inevitable, except from a vending machine.

Why didn't Noah swat those two mosquitoes?

I hope I'm the last guy on earth -- I wanna see if all those women were lying to me.

If I agreed with you we'd both be wrong

The Pillsbury Doughboy's Funeral

Courtesy of the Stroke Recovery Association of Manitoba - SAM's Cookbook

The Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, the California Raisins, Betty Crocker, the Hostess Twinkies, Famous Amos, and Mr. Christie.

The grave site was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described

Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very "smart" cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still, as a crusty old man, was considered a roll model for millions.

Doughboy is survived by his wife, Play, and two children, John and Jane, and his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 minutes.

PUZZLING!

STR8TS SUDOKU X

Easy

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

Medium

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

How to beat Str8ts - Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into compartments. Each compartment must form a straight - a set of numbers with no gaps but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.



To complete Sudoku X, fill the board by entering numbers 1 to 9 such that each row, column, 3x3 box and both diagonals contains every number uniquely. For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku X and www.str8ts.com for Str8ts. If you like Str8ts and other puzzles, check out our books, iPhone/iPad Apps and much more on our store.

AS SEEN ON TELEVISION'S DRAGON'S DEN

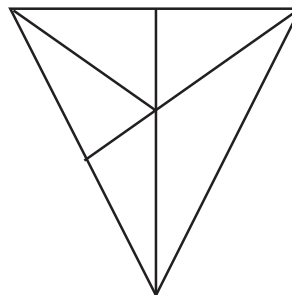
Solution on page 15

How Smart Are You?

Onward Backwards

Name 3 sports that are performed backwards.

Try guessing the number of triangles here.



Square Up with these figures. There are 2 ways to form a square.



Answers on page 15

"If evolution really works, how come mothers only have two hands?"

~ Milton Berle

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NEW BINGO
Kinsmen Jackpot Bingo: 233-6365 (161 Rue Grandin, Wpg) Apr 28/12 Jackpot: \$93,000. Kin Pot: \$430,000. Visit www.kinsmenclub.com for Jackpot amounts.

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Things to do in Winnipeg

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EVENTS

Forum Art Centre (Institute) - Spring workshop, Apr. 29, May 6, 12:30-4:30 pm, 120 Eugenie St. Anyone Can Play with Papier Mache' with Artist Lyndsay Ladobruk. Call: **235-1069** or visit www.forumartinstitute.ca

The Local Colour Art Group - Spring Art Show and Sale, Fri., May 4, 6-9 pm, Sat. & Sun., May 5 & 6, 10 am-5 pm at 180 Poplar Ave. Free Admission. Over 40 artists exhibiting. Enter to win \$100 gift cert. toward purchase of Local Colour art. Raffle proceeds to The Firefighters' Burn Fund. Artist demos Sat. & Sun. More info at www.localcolourart.ca.

Friends of the Library - Books & Brunch (signature fundraiser of the Friends of the Winnipeg Library), Sun., May 6, 10:30 am, at The Gates on Roblin Blvd. Featured guests: J. R. Léveillé and Joanne Kelly, will offer an entertaining discussion called "Books I Have Known and Loved." Morley Walker is MC. Tickets \$50 at the Best of Friends Gift Shop in the downtown Millennium Library, 351 Donald, or **947-0110**. Net Proceeds go to support Winnipeg Public Library Projects

Jon Sigurdsson Chapter - Bridge and Whist, Sat., Apr. 28, at Betelstadur, 1061 Sargent Ave., with Bake Sale at 11 am and lunch at 11.45 am, followed by bridge and whist. Cost \$12. Prizes awarded.

Order of St. Luke Christian Healing Conference - May 11-12, St. James Church, 195 Collegiate St., Theme: Kingdom, Power, Glory, Speaker: Rev. Mike Endicott, Blind Healer from Wales, UK. Info: **888-6743**.

Scotland Sings - Grant Frazer & David Holt 'Farewell Tour', Wed., May 16, 7 pm, at Silver Heights United Church, 199 Garrioch Ave. (near Mount Royal & Ness). Call: **832-6071** for tickets \$15 or at door.

Springs Church - Forever Young Adult 55+ will be having a car rally/scavenger hunt June 9, at 725 Lagimodiere Blvd. Start time is 9:30 am to be followed by a BBQ. Registration is required. Please call Lewis: **233-7003** for details.

Post Polio Network (MB) Inc - May General Meeting, May 29, 1-3 pm, Katherine Friesen Centre, 940 Notre Dame Ave. Mr. Jean Forest, City of Winnipeg Parking Department, will be discussing the regulations with respect to Handicapped Parking. Coffee and Lunch provided. Open to all polio survivors and their supporters. Call **975-3037** or email postpolionetwork@shaw.ca.

Saint James Wechetowin, "People helping People," - Jamboree Coffee House, Wed., May 2, 7 pm at St James the Assiniboine, 195 Collegiate St. with the Rt Rev Mark MacDonald and Rev Geoff Woodcroft. Goodwill donation and/or non perishable food items. Call parish office: **888-3489**

The Nearly New Shop - Mom's the Word Sale, May 4-12, 961 Portage Ave. Hours: Mon-Sat., 10 am-4 pm. Find that special Mother's Day gift. All jewelry and shelf items will be 50% off. All proceeds from the Nearly New Shop go to the Children's Hospital Foundation of Manitoba in support of pediatric research at the Manitoba Institute of Child Health and equipment and programs at Children's Hospital.

Good Neighbours - Last dance of the season! Fri., May 18, Good Neighbours Active Living Centre, 720 Henderson Hwy., 12 pm. Tickets: \$6 (light lunch provided). Call **669-1710**.

The Guild of Victoria Hospital - Annual Bridge Luncheon, Wed., May 9 at Mary, Mother of the Church, 85 Kirkbridge Drive, Fort Gary. Lunch 12 pm. Bridge 1 pm. Tickets \$15.

Happy Mike's Coffee House - Sat., May 5, 195 Collegiate St. Doors open 7:30 pm. Open mic, family oriented entertainment for all ages. Feature guests, Baltimore Road with folk rock, rock & roll,

and old time whimsy. Free admission. Coffee and desserts available for purchase. **888-3489** for info, or happymikes.StJamesAnglicanChurch.ca

The St. James Art Club - series "Understanding Great Art" and will show the DVDs "18th Century Reality and Decorative Rococo" and "Revolutions - Neoclassism + Romanticism", May 7, 7 pm, at the club room lower level, Sturgeon Creek United Church 207 Thompson Dr. Free and open to the public. Call Donald Johnson **:832-5590**

Annual SAM Wheel & Walk for Stroke Recovery - Sun., June 3, at the Duck Pond at St. Vital Park, Winnipeg. Sign up is at 10 am at the Duck Pond and the Wheel & Walk will begin at 11 am sharp. Lunch following the Walk. Cost \$5. Many beautiful gift baskets to draw for. Come on down and support the Stroke Recovery Association.

Kildonan Horizon's of St. Anne's Church - Senior's Dance, May 3, 12-3:30 pm, 35 Marcie. Music by Pride & Joy. Call: **669-7557**

South Winnipeg Seniors Slo-pitch - SENIORS HAVING A BALL, May to October, fun and exercise. To join or for more information please call Bob Chapil: **261-3033** or Metro Hnytka: **256-4074**.

A&O: Support Services for Older Adults - is looking for people of all skill levels interested in Choir singing Fridays, 10:30-11:30 am at 400 Stradbrook St. Wpg. Call **956-6490** for info on costs and start dates.

SOCIAL PROGRAMS / SERVICES

Seniors Melody Group - is looking for musicians, particularly violin players, to participate with the orchestra. We are seniors of varying ages and just enjoy the camaraderie of others. We entertain at various seniors retirement homes in the Winnipeg area. Call Julie: **885-2448**

Widows 50+ Group in Winnipeg (Women) - Interested in friendly conversation, movies, activities, topic discussions, dining out? Other suggestions are welcome. For info, please e-mail me with your phone number and I'll call or we can meet for coffee. widowsgroup@ymail.com

St. James Assiniboia 55+ Centre - Fitness Classes: Beginner Yoga; Total Body Workout; Meditation Workshops; Gentle Chair Yoga; Zumba Gold; Urban Poling; Pilates & more. Call **987-8850** or drop in 3rd floor on 203 Duffield St. to register.

Lion's Place Adult Day Program - is a social day program for seniors, includes physical, mental, and recreational programs. Transportation & hot lunch provided. Membership is \$8.06/day. Call **784-1229** for info. Referrals to the program are made through WRHA at **940-2655**, or call your Home Care Case Coordinator.

Prendergast 55 Plus Seniors Club - Programs: Cribbage; Whist; Exercise programs; Soup & Sandwich luncheon every 4th Wed. Club membership \$11/year. Call **257-9586** or Joe / Mary **254-8390**.

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 pm-4 pm. Call Doug: **832-0629** or **804-5165**

Dakota 55+ Lazars Program - Dakota Community Centre, 1188 Dakota St. Floor Curling, Floor Shuffle, Line Dancing, Whist, Tai Chi, health presentations and social activities. Programs run Tues., Wed. and Thur. Call Karen: **255-2061** for more info.

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

Seine River Seniors - Monthly luncheons: Second Tuesday of the month. (12-2). Call Eleanor at **470-6714**. Legal Clinic: 10-12

at Southdale C.C. Services to adults 55 and over (Topics: Wills, Power-of-Attorney & Health Care Directives) Fee:\$50 per service/per person. Call Sandra **255-8332**. Creative Writing and Writing your Life Story: Call Pauline **253-8160**. Mother's Day Luncheon & AGM. Archwood C.C. (1-3) Call Sandra **255-8332**. Alzheimer's Presentation: Tues., May 22. Archwood C.C. (:1-3) Call Eleanor **470-6714**. Urban Poling: Mon., May 28, June 4, 11, 18, 10-11 am. St. Vital Park cost \$20. Call Sandra at **255-8332**. Easter Egg Demonstration: Tue, May 29 (1-2) at Archwood C.C. Call Eleanor **470-6714**.

Age & Opportunity Stradbrook - Craft Corner: Mondays, 2 pm - FREE. Painting 1 Stroke Method (1 day): Friday May 25, 1:30 pm, Drawing Studio: Wednesday, 10:30 am, Watercolour: Wednesdays, 10 am, Pilates: Mondays, 1:30 pm, Tai Chi: Tuesdays, 10:30 am, Yoga: Thursdays, 10:45 am, Zumba Gold: Fridays, 1:30 pm, Choir: Fridays, 10:30 am, Table Tennis: Tuesdays & Thursdays, noon - FREE. Call **956-6490** for more information on costs and length of classes.

Age & Opportunity West End - Computers Level 1 Mondays & Wednesdays 11:30 am, Level 2 Tuesdays & Thursdays 11:30 am, Belly Dance for Fun & Fitness Fridays at 9:15 am, Belly Dance Performing practice at 10:30 am, Clogging Thursdays at 2 pm, Line Dancing Wednesdays at 1:15 pm, Social Dance Mondays at 1 pm - FREE, Zumba Tuesdays at 1:30 pm, Canasta Mondays & Fridays at 1 pm - FREE, Table Tennis Monday to Friday at 9 am - FREE, Woodcarving Fridays at 1 pm - FREE, Social Gathering Wednesdays at 9 am - FREE For info: **772-9581** or visit www.ageopportunity.mb.ca

Central Corydon Community Centre - Adult Drop In - 1st and 3rd Wed. of month, 1 pm, 1370 Grosvenor, Wpg. BINGO: Mondays 7 pm - 1170 Corydon, Thursdays 7 pm - 1 Sir John Franklin Rd. Bridge: Mondays 1 pm - 1370 Grosvenor. Cribbage: Tuesdays, 1 pm - 1170 Corydon. Walking Club: Mondays & Thursdays, 9 am. For info: **488-7000**

Y Women - Group of 55+ that meets every 2nd Thursday afternoon, at the downtown YMCA-YWCA of Winnipeg. (Cost to join is \$10 per session, session

is Jan.-June, Sept.-Dec.). Bonni Pereira: **953-7317**.

Vital Seniors - Vital Seniors - St. Mary Magdalene Church, 3 St. Vital Road, offers: Bridge, Thursdays, 1-4, Gerry **257-5027**; Carpet Bowling, Tuesdays, 1-3, Fran **253-9456**; Line Dancing Mondays, Beginners 11:45-1, Prairie Stars 1:15-2:45, Fridays, Beginners 9-10:30, Intermediate 10:40-11:40, Warren **334-3559**; Scrabble, Mondays, 12-4:30, Don **487-7835**, Luncheons, last Tuesday of month, noon-1:15 pm, except Apr. 17 instead of Apr. 24, June **256-0414**.

Norberry-Glenlee CC - Programs: Square Dance: Monday's, Seniors Bingo: Tuesday's, Bridge: Wednesday's, Red River Seniors Cards: Thursday's, Light & Lively Fitness: Intermediate and Beginner, at 26 Molgat Ave., St. Vital, Wpg. Call **256-6654** for more information.

Le Conseil des francophones 55+ - is a community-based non-profit org. Its mandate is to ensure the accessibility and availability of French-language services and support programs for the French-speaking population 55 years and up who live in Winnipeg to help them maintain their autonomy and to improve their quality of life. **793-1054**, 201-605 Des Meurons St. St-Boniface, Wpg., conseil55@fafm.mb.ca.

VOLUNTEER OPPORTUNITIES

Bethania Personal Care Home and Pembina Place - volunteers needed for Meal assisting, 1 hr. time commitment. Training provided. For info, call Nita: **654-5046** or email nita.dueck@bethania.ca

K.I.N. Resource Council for Seniors - Bluebird Lodge Congregate Meal Program, 97 Keewatin St., seeking volunteers to help with the 4:30 meal - 3 hours once a week. Call **774-3085** for details.

Rupert's Land Caregiver Services - Ring-A-Ride program needsdrives to take clients residin in south west Wpg to app'ts, shopping and social outings. Compensation for gasand parking provided. Volunteers needed for as little or as much time as they wish! Call **452-9491** or rlcs_vol@mts.net.

Things to do in Rural Manitoba

RURAL PROGRAMS / SERVICES / VOLUNTEERING

Zbruch Community Centre - Polkafest, Sun., May 27, at the Teulon Hall. Dancing 1-9 pm. Music by The Ukranian Old Timers and Pride and Joy. For info, call Mavis **1-204-667-1770**.

Oak Bank - Come Celebrate the Arts - Art Show & Sale, June 9, 1-5 pm, Willowlane Flowers & Catering, 604 Main St., Oakbank MB.

Sunset Palliative Care - 5th Annual Fundraising Hike, Sun., May 6, registration 2 pm at Lion's Den at Island Park in Portage la Prairie. All proceeds go to the local palliative care program. Pledge forms available at www.sunsetpalliativecare.org or can be picked up at the Portage Regional Library or Shoppers Drug Mart in Portage la Prairie. Call **857-4698** or **857-3746**. Also, unveiling of the "Wall of Memories" in the "Sunset Palliative Care Memory Garden" 1:30 pm.

Springfield Services to Seniors - Congregate Meals are available to all community seniors. Oakbank: Mon/Tues & Fri. @ 5 p.m. Wed/Thurs. @ noon Call **Vivian @ 444-3132**; Dugald: Mon/Wed/Fri. @ 5 p.m. Sign up sheet at lodge; [Cooks Creek](http://CooksCreek): Mon/Wed/ Fri. @ noon

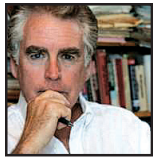
Call **Jean @ 444-6000**; Anola: Mon. to Fri. @ noon Call **Brenda @ 866-3622**.

Ritchot Senior Services (serving seniors 55+ in the RM of Ritchot and Lorette) - Need people to be on our list of available drivers, friendly visitors, housekeepers etc. Call Denise: **883-2880**

The Services to Seniors programs in North Eastman - Services: transportation, friendly visiting, phone calls, foot care, housekeeping, yard work, minor home repairs, Meals on Wheels, Congregate Meals, Lifeline, ERIK®, errands, etc. Call the site nearest you. Brokenhead Outreach for Seniors at **268-7300**, H.E.L.P. Centre (East Beach area) **756-6471**, Springfield Services to Seniors **853-7582**, Two Rivers Senior Resource Council, Lac du Bonnet/Pinawa **345-1227** or Whitemouth/Reynolds **348-4610** and Winnipeg River Resource Council **367-9128**

South Interlake Seniors Resource Council Inc. - Services for seniors and those with disabilities. (Stonewall, RMs of Woodlands, Rosser, Rockwood—wards 1,2,3,4). Services include Driver/Escort Program, Mobility aid Lending Service, Handy Helper, Housecleaning, Friendly Visiting, Telecheck-Telephone buddy, E.R.I.K., Life Line. Caregiver Support Grp. meets last Wed. ea month. Call **467-2719**

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Humour Springs Eternal On The Lawns Of Niagara Churches

by William J. Thomas - Humour Columnist

The industry of humour employs a lot of people whose job it is to make you smile or laugh. Stand-up comedians turn the air blue while late night talk shows lambaste and lay waste to celebrities and politicians. Comedy is generally crude, but not on the front lawns of churches where pastors post moral proverbs for a drive-by audience of gawkers.

John Fokkens of the Brethren In Christ Church over on Highway #3 has been turning my head for decades with his sign board of semi-profound, six-word maxims.

GOD'S LAST NAME IS NOT DAMN was the first message I got when I moved here almost 30 years ago and I was sure it was meant to be my welcome-to-the-neighbourhood warning. NO SIN IS LITTLE cinched it. Oh yeah, they had seen me coming all the way from Fonthill.

Apparently pastors know about people like me and know how to make us feel guilty - WHAT IS MISSING FROM CH CH? UR!

And there's one that could almost bring me back to the church - DOG SPELLED BACKWARDS IS STILL MAN'S BEST FRIEND.

Some are meant to change your attitude. BE HUMBLE OR YOU'LL STUMBLE is particularly poignant during election campaigns. And to Canadians especially - DONT WHINE BUT SHINE.

John said that after he ran 1 WEEK WITHOUT CHURCH MAKES ONE WEAK, he got several calls about a spelling mistake.

Unlike the signs that farmers post in these parts, at the Brethren

In Christ Church - TREPASSERS ARE WELCOME HERE.

A few sayings sound like Chinese proverbs - MAN WITH THICK HEAD MAKES THIN CONVERSATION. Some would make for great tattoos - LOVE MANY, TRUST FEW. PADDLE YOUR OWN CANOE. And all are meant to bring perspective - NEXT TIME U THINK UR PERFECT TRY WALKING ON WATER. No doubt some smart-ass ice fisherman believes he's got this one beat.

And yes it is important to remind yourself that EVERY DAY ABOVE GROUND IS A GOOD ONE.

This one sounds like an open invitation to join the congregation from someone with a lisp - COME 2 CHURCH 4 A FAITHLIFT.

Anne Vanderknyff at Wainfleet's Maranatha Reformed Church is a bit of a hipster when it comes to her lawn signs. JESUS IS MY ROCK AND MY NAME IS ON THE ROLL and READ THE BIBLE. IT WILL SCARE THE HELL OUT OF YOU. I have and it has.

Some signs are undeniable - IT'S HARD TO STUMBLE WHEN YOU ARE ON YOUR KNEES.

Plus Anne's big on ocean themes. MAN'S EXPERTS MADE THE TITANIC. GOD'S AMATEURS MADE THE ARK. That's a bit of one-upmanship, craftsmanship.

GOD PROMISED A SAFE LANDING, NOT SMOOTH SAILING.

And the one I like but don't get - WHAT DID NOAH DO WITH THE WOODPECKERS?

Some interesting church signs are now popping up on websites as

well. READ THE BIBLE. IT'S USER FRIENDLY PLUS WE OFFER TECH SUPPORT ON SUNDAYS.

And it would seem the church is challenging the net head on - THERE ARE SOME QUESTIONS THAT CANNOT BE ANSWERED BY GOOGLE.

Apparently the parking lot of the Christian Fellowship Church is attracting non-church goers but they have found a unique solution to the problem - CHURCH PARKING TREPASSERS WILL BE BAPTISED.

Car congestion worked its way into yet another religious solution - KEEP USING MY NAME IN VAIN AND I'LL MAKE RUSH HOUR LONGER - GOD.

The South End Baptist Church had to dig out their lawn sign from underneath five feet of snow in order to announce - WHOEVER IS PRAYING FOR SNOW, PLEASE STOP!

The First Baptist Church posted a sign on the lawn that, although I do not understand it I'm sure it made more than a few parishioners a little nervous - WORSHIP 10 A.M. WHO'S YOUR DADDY? DR. HARVEY PARKER.

The Ray Of Hope Community Church is dealing with a rather unique trespasser - THOU SHALT NOT STEAL THE COPPER FROM THE AC UNIT.

While the Stonebridge Church of God is doing the work of the Lord and the police - HONK IF YOU LOVE JESUS. TEXT WHILE DRIVING IF YOU WANT TO MEET HIM.

And in case you believe that religion does not have a sense of

humour or that futility cannot be briefly beautiful - ADAM BLAMED EVE. EVE BLAMED THE SNAKE. AND THE SNAKE DIDN'T HAVE A LEG TO STAND ON.

From The First Church Of Awesome Works (what would Jesus think of that name?) comes a little homily that borders on brilliant - HOW DO WE MAKE HOLY WATER? WE BOIL THE HELL OUT OF IT!

And one that's not quite so ingenious but still a personal favourite is the sign I spotted on the lawn of a church in Fredonia, New York years ago. SERMON SUNDAY 10 A.M. IF YOU'RE TIRED OF SIN, COME IN. And underneath hand-written in red lipstick were the words - IF YOU'RE NOT, CALL RITA 716-894-2010.

Servants of the Lord delivered these messages and we laughed at them, as we should. Humour springs eternal on the front lawns of Niagara churches. Thank Dog.

For comments, ideas and copies of The True Story of Wainfleet, go to www.williamthomas.ca

*For an autographed copy of Margaret & Me, please send a cheque for \$20 CDN to **William Thomas, 10987 Lakeshore Rd., Port Colborne, Ontario L3K 5V7.** Please let William know what inscription you would like in the book.*

Str8ts Solution

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

Sudoku X Solution

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

ANSWERS

Onwards Backwards

Answers: Rowing, Swimming Backstroke, Tug-o-War

How Many Triangles

Answer: 12

Square Up



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'MOM' is 'WOW' upside down.

HAPPY MOTHERS DAY!

MAY 13, 2012

BEING FIVE A KID WHO BLOGS USING VOICE RECOGNITION SOFTWARE BY GEORGE SFARNAS © 2011

Panel 1: MY MOM'S TAKING SOME STUFF CALLED GINKGO, TO HELP HER REMEMBER THINGS BETTER

Panel 2: GEORGIE! HAVE YOU SEEN MY CAR KEYS? YEAH, THEY'RE ON THE KITCHEN COUNTER...

Panel 3: ...NEXT TO YOUR GINKGO



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Corner of Gertrude in Osborne Village

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Open Mon-Fri 10 - 5:30 / Sat. noon - 5

Marty's still here!

32 years 32 years ! Marty Halprin has been in the jewellery business for 32 years.. starting out small in the old downtown , when downtown was a downtown to buying his own building on Osborne and Gertrude to house Celia's Jewellery. Celia's looked after Winnipeggers for all their jewellery needs... diamond rings for young couples..... anniversary rings for "old " couples..... custom designs for those who couldn't find what they wanted..... and jewellery repairs for those worn-out or damaged items.

Celia's Jewellery was known as the go-to store if nobody else could fix it..... the go-to store for the impossible-to-find matching stone in a ring or pendant.

Marty would always find a way to fix the impossible-to-fix. He always found a way to make his customers and many friends happy.

After 32 years you collect a lot of stuff - so, in the fall of 2010 Celia's Jewellery had a closing-out sale to end all sales. There were line-ups to get into the store.

Marty was going to try to retire and do something as silly as become a bike courier. Well, that didn't happen. Instead , he downsized the store, got rid of all the "chazerai" in the sale, and rented out the other half.

So , as the story goes Marty is still in businesson his own... and doing what he does best, now under the name "MARTY'S DIAMOND AND GOLD EXCHANGE"..... still with the same dedicated award-winning goldsmith, SOUK ...and Jack (Jane?) of all trades, ANNE.

Marty's buys and sells estate jewellery, scrap gold, diamonds and coins. Marty's still custom makes any precious item in gold or silver and, of course, provides expert jewellery repairs. Again, for all your diamond or gold jewellery needs see Marty - but not on Tuesday or Wednesday mornings as he's gone bike riding.

Open 10 to 5:30, Sat., noon to 5.