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# SPOTLIGHT: Ray St. Germain

## Still Playing After All These Years



By Scott Taylor

When an old country crooner reaches the ripe young age of 70, you'd expect him to be a little worse for wear. Ridden hard and hung up wet, as they say.

Amazingly, you don't get that sense at all when you sit down for coffee with Ray St. Germain. The guy looks great. His eyes are bright, his sense of humour is sharp and he's so busy these days that not only hosting one radio show on Manitoba's provincial network NCI, he's hosting two.

The man from Big Sky Country looks like he's ready to head back out on the road for a tour of the hotels of Northern Manitoba.

"It's the hair, I think," St. Germain says with a grin. "I still have it all and I keep it dark."

It doesn't hurt that he has somehow failed to develop the wrinkled façade of a man who has spent the better part of the last 54 years in the Canadian country music industry.

St. Germain, still considered one of the greatest Metis performers in Canadian history, started playing music and singing in community clubs -- and yes, even bars -- while he was growing up in St. Vital. He played the accordion as a youngster, but switched over to guitar as a teenager because, "It looked a little silly jumping all over the stage with an accordion."

He was still in his teens when he started playing gigs all over the country and before his 20th birthday, he earned the nickname, "Winnipeg's Elvis." His first traveling band is still considered a Canadian classic and featured Hal Lone Pine, Betty Cody and their son, Jazz Legend, Lenny Breau.

Well know throughout Winnipeg, there was a time when he and Tommy Hunter were the biggest names in Canadian country music. At one point in his career, he was performing alongside country

music legends such as Johnny Cash, Porter Wagoner, and Johnny Horton.

St. Germain's life in music would easily make as compelling a movie as the Johnny Cash epic, Walk the Line.

Still in his early 20s, St. Germain became a regular on the CJOB Western Hour and his band; with Lone Pine, Betty Cody and Breau were often featured guests on CKY Caravan's weekly radio show. CKY radio stated at the time that Ray's "She's a Square" was the first local rock'n roll 45-RPM record the station ever played. That was followed by the single "Raise a Ruckus" released during Ray's time as host/singer of CBC TV's Music Hop.

Ray hosted the Country Kings on CKDM Dauphin Radio and later "Afternoon from Winnipeg" on CBC Radio with Murray Parker in 1966.

Then, in 1969, he left Winnipeg and never expected to return.

"I was offered a contract to do the Time for Livin' TV Show with the Boss Brass Band, produced by Rob McConnell," he recalled. "I auditioned for it, got the job and moved my whole family to Toronto. The show was supposed to last five years. It lasted 13 weeks.

"When the show went off the air, I wasn't sure what I was going to do and that's when I got a call from Tommy Hunter. We got together and wrote our own TV show: My Kind of Country. Tommy produced it in Hamilton and I hosted it. Well, CBC loved it, and they wanted to produce it with big time Nashville guests, something that had never been done before in Canada. It was 1970 and we thought we'd hit the jackpot. And then the CBC executives said, 'but we want to produce it in Winnipeg.' I thought, 'Whoa, wait a minute, I just moved here,' but they were adamant, so I packed the family up and moved back to Winnipeg."

The show was so big, CBC had to rent the larger CJAY studios to

*Continued on next page*



Ray St. Germain



**Message from Mayor Sam Katz**

As the Mayor of Winnipeg, I am honoured to extend greetings to everyone attending the Seniors' and Elders' Day taking place October 5<sup>th</sup>, 2011.

Our senior demographic has paved the way for Winnipeg and provided a solid foundation on which future generations will build on; as Mayor I have implemented strategies that recognize the crucial role that this demographic continues to play in our City. Strategies such as: The City of Winnipeg joining the Age-Friendly Manitoba Initiative, reduction of transit fare, the Mayor's Senior Advisory Committee, and the Senior of the Year Awards have all been established and implemented to promote the inclusion of Seniors in our age-friendly City.

I wish to take this opportunity to commend you all on your commitment to retaining an active and healthy lifestyle, as remaining fit and outgoing in your senior years is proven to be quite rewarding.

It is my understanding that this event will include opportunities to engage in active living discussions, two different walks, entertainment, and the opportunity to gather valuable information packages from senior-serving, non-profit organizations.

I am positive that this event will be beneficial to all attending, and I would like to offer my encouragement, support and faith for many more years of a happy and healthy life.

On behalf of the citizens of Winnipeg and my colleagues on City Council, I wish you all the best.

Warm regards,  
*Sam Katz*

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**SPOTLIGHT: Ray St. Germain, cont'd**

produce the program. Hunter and St. Germain produced 26 shows and 13 hit the network as a summer replacement in 1971. It was a huge hit, drawing more than 1.3 million viewers in a 10:30 p.m. time slot in June, July and August.

"It was very successful," St. Germain said. "But CBC didn't pick it up. Instead, they used the exact same set to produce the Tommy Hunter Show in the fall."

Ray, now back in Winnipeg, took a job managing Chan's Moon Room on Main Street right near Portage Ave. He was the restaurant and bar manager, a musician and the bandleader.

"I liked it for awhile, but it became apparent that the fact we were open until two when every other bar was only open until one caused a lot of problems," he said with a wide smile. "There were a lot of drunks and I was getting into a scrap with a drunk every night. After awhile, I'd have enough of that so I got the band together and started touring Western Canada, playing fairs and rodeos."

Then, in 1978, along came Izzy Asper and CKND TV. Because Ray was so close to Lenny Breau, he was considered as good a jazz singer as he was a country singer, so Ray and the legendary Jimmy King, were asked to do a show. In the end, Jimmy did a jazz show, Ray did a country show - aptly named Ray St. Germain Country but later changed to Big Sky Country - and for the next 13 years, he had a regular gig.

When the show ended, he took his band out to Regina, a band that included his son, Ray Jr. They played the Big Valley Jamboree and Ray St. Germain's Band drew a standing ovation from more than 20,000 spectators. The band was in demand and off they went on a Western Tour.

But a few weeks later, after doing a show for the Canadian Fairs Association, Ray got the band together in his Vancouver hotel room and made a startling announcement.

"I just got off the phone with my eight-year-old and my 10-year-old," he said. "I realized at that moment that I was missing them grow up, just like I did with my first family. I had just turned 50, there were beer and liquor bottles in the corner of the room and I could see myself dying young and alone in some hotel room like so many other country singers. I got the band together in the room and said, 'Sorry, I just can't do this anymore.' And I quit."

"I went home and became a baseball coach and a hockey coach. And spent all the time I possibly could with my kids. And then, I started running out of money."

So he went and sold cars for a year and then became a vocal coach. Finally, in 1994, he got the band back together and started playing three nights in various Winnipeg lounges.

"The I got involved with the Manitoba Metis Federation and President David Chartrand asked me if I'd be interested in starting a radio show," he said. "The Metis Hour started out at CKJS, at 7 in the

morning on Saturday, right before the Filipino Hour.

"Then NCI moved to town from Thompson in 1997 and we took the show over there. It's still on today. For a number of years, I did afternoon drive on NCI and then took over as program manager for a short time. Somewhere in there, I ran for the Liberal party in Winnipeg Centre. That was quite an experience."

"Now I'm back at NCI doing two shows every week. My relationship with David Chartrand and the MMF has been great and my relationship with David McLeod and NCI has been great."

In the meantime, he's still producing music, helping his five kids with their music careers ("They occasionally ask me for advice, but I don't think they listen all that much.") and has just completed his autobiography: *I Wanted to be Elvis. So What was I doing in Moose Jaw?*

He hasn't given up on the music business, either. He might have turned 70 in July, but he's still singing and recording. His latest album, *We All Make Mistakes Sometimes*, sounds like a much younger singer recorded it. He still does plenty of local shows and often, his daughter Crystal, who is now 50 and a mother of five will sing with the band.

Meanwhile, daughter Cathy, 49, lives in Vancouver with her partner of 10 years, former Lover Boy front man, Mike Reno, and still sings in the casinos; son Ray Jr., 42, is a traveling musician in Nashville who also works full-time as the director of admissions for the University of Phoenix; son D.J., is a musician and singer who is also known as David St. Germain, and just had the No. 1 song on the national aboriginal charts; and youngest daughter Sherry, 29, sings in the Las Vegas Cirque de Soleil show, *Viva Elvis*.

"I still enjoy the business and I still enjoy playing and recording," he said. "And my wife, Glory, has just finished the seventh volume of her series of books, 'Ultimate Music Theory.' It's been an extremely successful series and is being sold all over North America. I tell her that her success couldn't have come at a better time."

He's being facetious of course. After more than 50 years in the business, Ray St. Germain is still one of the greatest performers in Canadian country music history. In fact, last summer he was inducted into the Canadian Country Music Hall of Fame.

"It might sound funny, but of all the experiences I've had in this business, the most memorable came when I was given an opportunity to perform for our troops," he said. "It happened around Christmas in 1984. We went to Germany, Israel and Cyprus and it was our own show. We produced it all and took a whole variety show with us. We had dancers, musicians, jugglers, a comedian and the magician, Brian Glow. It was a wonderful show."

It was exactly the type of show that would define a wonderful career. A career that is still a long way from over. ■

**Senior Centre Without Walls**

Age & Opportunity's Senior Centre Without Walls offers free telephone activities to Manitobans 55+. The program is the first of its kind in Canada and began as a pilot project in Winnipeg in 2009 before expanding to the rest of Manitoba in 2010.

Initially, the program began as a social isolation initiative, to compliment Age & Opportunity's Friendly Visiting and Paws With a Cause Therapy Dog programs available to older adults in Winnipeg. Soon it became apparent that the innovative programming being offered had a much wider appeal. Since the program's inception, over 200 older adults from 25 different communities have signed up.

There is no cost to register for any of the programs and participants phone into a toll-free line to join a class. There are approximately 25-30 different classes offered every term that run weekdays and evenings. Registration is open throughout the term. Several groups also call in via speakerphone from across the province.

Popular programs include museum tours, educational presentations, Celebrity Bingo, Folklorama and language lessons. This fall, Boyd Kozak from QX 104.1, Ace Burpee from Hot 103 and Gerry "The Big Bear" Barrett from NCI FM will call a couple games of bingo and chat with the players on the line. Bingo players will receive three bingo cards in the mail and just call in to listen for their lucky numbers to be drawn. Players can also request bingo cards with large print or with raised print and Braille dots.

Highlights of the new October - December schedule include "tours" of Haunted Historical Winnipeg on Halloween, and the Winnipeg Police Museum and Assiniboine Park Herb Garden. Registered participants will receive packages with pictures from the tour including displays and artifacts. The presenter will take the participants on a journey through the exhibits.

Folklorama is always a popular program and this fall we will learn about the culture and customs of Ireland, Cuba and China. Folklorama talent will join us on the line and talk about their country; the languages, food, music and even teach everyone a few greetings.

This term participants can also learn Beginner Spanish, celebrate Frank Sinatra's Birthday by listening to some of his most popular songs, learn how to meditate and join the New Year's Eve party on December 31st.

A unique feature of Senior Centre Without Walls is that participants can be called into a program if they are unable to phone in. The book club selections are always read aloud and discussed. Audio cassette, CD recordings and large print versions of the program guide are available.

The program is always looking for volunteers to share their talents and

*Continued on next page*

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## Eating alone and poor nutrition go hand-in-hand for seniors

### New research sheds light on seniors' eating habits

WINNIPEG, September 7, 2011—Canadian seniors like taking part in family meals, but they often eat alone. That is according to a research study conducted for the Home Instead Senior Care® network, which showed that lack of the shared family experience, including companionship, is the biggest mealtime challenge for seniors.\*

The Home Instead Senior Care network, a leading provider of non-medical care services for seniors in their own homes and in care facilities, surveyed Canadian seniors age 75 and older who live alone in their own home, to measure mealtime routines, challenges and preferences.

According to the 2006 Canada Census, about 37 per cent of the population age 75 and older – 1.8 million people – lives alone, and new research findings from the Home Instead Senior Care network show that almost half (46 per cent) of them have at least four warning signs of poor nutritional health\*\*. According to the research, the most common of these warning signs and their incidence rates are:

- Eating alone most of the time (76 per cent)
- Taking three or more different medications a day (67 per cent)
- Eating few fruits, vegetables or milk products (36 per cent)
- Tooth or mouth problems that make it hard to eat (29 per cent).

"We know from experience that many families live too far away or don't have the time to help their aging parents," said Julie Donaldson owner of the local Home Instead Senior Care office in Winnipeg. "But our research shows that seniors eat more nutritiously when family and friends are around. They really enjoy having that connection with someone, whether it's a family caregiver or a professional CAREGiverSM."

The research confirms the value of mealtimes. An overwhelming majority of Canadian seniors (88 per cent) say that having someone to share their meals with makes those times more satisfying. And more than half (53 per cent) say their mealtimes are more satisfying if they have someone prepare meals for them.

But those same seniors also say that several factors get in the way of mealtime companionship. The most

common obstacles that prevent these seniors from sharing more meals are not being able to drive (23 per cent), family/friends don't have enough time (22 per cent), and family/friends live too far away (17 per cent).

All this has prompted the Home Instead Senior Care network, which has 29 locations across Canada, to develop a public education program called Craving CompanionshipSM, which is designed to help seniors stay connected socially and eat more nutritiously. The program is especially geared to help families support a nutritiously vulnerable population – older adults who live alone.

The program also included a recipe contest. Donaldson and the local Home Instead Senior Care office, at 581 Sargent Ave encouraged family caregivers to find that favourite family dish, and prepare and share a meal with their senior loved one. Between July 15 and September 15, families were encouraged to enter the recipe and a story about what makes the dish so special to their family in the Craving Companionship Recipe Contest.

For more details about the recipe contest, including guidelines and prizes, visit [www.mealsandcompanionship.com](http://www.mealsandcompanionship.com).

"Many seniors need help planning and preparing nutritious meals," said Donaldson, "But that's only part of the story. Many seniors want to relive a time around the dinner table when they are sharing their lives with the people they love most. Home Instead Senior Care network research shows that seniors who live alone want good-tasting, nutritious food and stimulating conversation when they share home-cooked meals with family and friends."

Carol Greenwood is a nutritionist, a Ph.D., and Professor in the Department of Nutritional Sciences at the University of Toronto, and also a Senior Scientist at Baycrest. She has done extensive research on nutrition as it relates to seniors, and thinks the social aspect of eating is even more important than good nutrition.

"There is no question that having meals with other people in a group setting is preferable to eating alone," she says. "Seniors who eat alone often have an underlying isolation and depression and lack of social engagement. This leads to low quality of life and a more rapid decline as they age."

Greenwood, who is a member of the American Institute of Nutrition, says meals help maintain social networks for seniors and that this is crucial to their overall state of health and well being.

The Craving Companionship program developed by the Home Instead Senior Care network offers family caregivers tips and practical advice to encourage companionship and easy healthy meals. The program is also designed to help combat elderly depression and loneliness. Failure to thrive is one reason that the elderly can lose their independence.

Selected recipes and stories will be posted online, as well as in a cookbook that will be available for purchase for the 2011 holiday season. Proceeds will go to the non-profit Home Instead Senior Care Foundation to benefit North American seniors.

In Canada, there are 29 independently owned Home Instead Senior Care offices. There are 19 in Ontario – 10 in the Greater Toronto Area, as well as in Barrie, Ottawa, Peterborough, Sudbury, London, Windsor, Waterloo and Kingston. Five are in B.C. – in Kelowna, Port Coquitlam, Vancouver, Victoria and White Rock. There are also locations in Winnipeg, Saskatoon, Calgary, Halifax and Charlottetown. Services include companionship, meal preparation, medication reminders, light housekeeping, and help with errands and shopping. Home Instead Senior Care services are available at home or in care facilities from a few hours per week up to 24 hours a day, seven days a week.

This year, the Home Instead Senior Care network has been recognized by the Canadian Franchise Association with two awards – one as a *Franchisees' Choice designee* and the other as the *2011 CFA Award of Excellence in Franchising Category Silver Winner for "Non-Traditional Franchises – Mature/Established,"* which is for franchise systems in business for 11 years or more.

Founded in 1994 in Omaha by Lori and Paul Hogan, the Home Instead Senior Care® network is the world's largest provider of non-medical in-home care services for seniors, with more than 900 independently owned and operated franchises providing in excess of 40 million hours of care throughout the United States, Canada, Japan, Portugal, Australia, New Zealand, Ireland, the United Kingdom, Taiwan, Switzerland, Germany, South Korea, Finland, Austria, Italy and Puerto Rico. Local Home Instead Senior Care offices employ more than 65,000 CAREGiversSM worldwide who provide basic support services – assistance with activities of daily living (ADLs), personal care, medication reminders, meal preparation, light housekeeping, errands, incidental transportation and shopping – which enable seniors to live safely and comfortably in their own homes for as long as possible. At Home Instead Senior Care, it's relationship before task, while continuing to provide superior quality service that enhances the lives of seniors everywhere. ■

\*The Home Instead Senior Care network completed 400 telephone interviews with Canadian seniors age 75 and older who live alone in their own homes or apartments. The sampling error is +/-4.9% at a 95% confidence level.

\*\*The warning signs of poor nutritional health were previously identified and published by the Nutrition Screening Initiative.

## Senior Centre Without Walls, *Continued*

interests. The best part is that you can volunteer from the comfort of your own home days or evenings.

Senior Centre Without Walls is funded by The Manitoba Seniors and Healthy Aging Secretariat as part of the Age Friendly Manitoba Initiative. For more information, or to receive a program guide, please call Age & Opportunity at 956-6440 in Winnipeg or toll-free 1-888-333-3121. ■

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CLIP AND MAIL





## Coffee Break

with Marion Clemens

September 2011

Hello again, I'm back with a few more events from the RM of Springfield.

**Saturday, Sept. 24** everybody - young and old - enjoyed the Fall Carnival, held on the Cedar Ave. parking lot, in the heart of Oakbank.

It included merry-go-rounds, dog demonstrations and a barbeque. But the best part was that it brought Springfield residents together for an afternoon of fun.

**Sunday Sept. 25** was the date of this year's Lions Purina Walk for Dog Guides as always in Birds Hill Park. This event is sponsored by the Charleswood-Tuxedo Lion's Club and East Kildonan Lions Club. The money raised will be used exclusively to train guide dogs, to be used by the seeing or hearing impaired, or by people in wheel chairs. The Lion's slogan is: "Walk your best friend for those that need one".

Besides the walk, there were also booths selling a wide variety of merchandise, a silent auction with fantastic prizes, an Agility dog show by "Wild Flyball" plus Pet Look Alike and Silliest Pet Trick contests. Dog Rescue Groups were also present, talking to

people, sharing interesting information about their work. Springfield's Bev Lewis who is well known for her dedicated work she has been doing for this event for many, many years already and seems never to be getting tired of it. Huge bouquet to Bev.

I enjoyed, of course, the many dogs, all so different in personality and size. But I missed German Shepherds, my all time favorite breed. During the last decades they seem to dwindle away at this event. This year I didn't see any, what a pity. But Bosco - Oakbank's own St. Bernhard was present in all his largeness! The results of the event in regards to the sum raised and how many dogs participated were not known by press time, but I will certainly report them in the next column.

October is chosen every year as Senior and Elders month, with several events specially dedicated to these groups. Oct. 5th is the start, with different entertainments provided at the Convention Centre in Winnipeg. A bus will take Springfield residents to enjoy this event.

In Birds Hill Park a variety of fall colors are already visible. In another week it will be an explosion of red/orange/yellow/golden leaves.

That's it for today. Cheers! Take care, keep smiling - and live life as one day at a time. That always works! ■



Avalon and Shirley with two of their six family dogs - Daisy, Lucky, Button, Becky, Teeka and Taffy.

## GRANDPARENTS and KIDS Winnipeg's Full of Things To Do: You Just Have to Look

By Scott and Sally Taylor

It can be a ponderous thing. The kids are off for the weekend - hey, somebody has to winterize the cottage - and you're the sweetest grandma and grandpa in the whole wide world.

Trouble is, you don't do this very often. Sure, you babysit and from time-to-time you have the five-year-old and seven-year-old over to the house for an entire afternoon, but two days and two nights? That doesn't happen often. It means you have to get creative. Especially, if you're active seniors like we are and yet you don't feel like spending a lot of money.

You can always go to The Forks. That takes up a couple of hours. And the kids can always watch TV or you could let them play on the P.C., but let's not be lazy. You know your son and daughter-in-law expect you to entertain the little sweethearts for the next 48 hours. That takes more than TV and on-line gaming.

So what can you do? It's fall, so the weather is still quite nice. In fact, there are those who believe that from now until the end of October, you'll get the best weather Winnipeg has to offer. That gives you a number of options you won't have in November.

If you look - and you don't have to look too hard - Winnipeg can be a fun town for grandparents and kids. And you can do the town for not a lot of dough. Just check out our Top 10 list of things to do that don't cost a lot of money. By the time your own children return from the lake, the grand kids will think you're cool - and they'll be worn out, too.

### Senior Scope Top 10 - Things to Do With Kids in Winnipeg for Not a Lot of Cash

#### 10. Bowling

There is absolutely no shortage of bowling lanes in Winnipeg. From St. Boniface and St. Vital to Main St., Alpine Ave., Portage Ave., and Academy Road, there are nearly 30 bowling centres in the 'Peg. Kids love Glow Bowling but even if they've never bowled before, there is plenty of instruction available. And who cares about style and grace,

anyway? Put a five-pin ball in a kid's hands and let 'em go. It's fun for everyone, and it's inexpensive..

#### 9. Pumpkin Patches

The countryside around Winnipeg has a number of great pumpkin patches, but one of the best is on Sturgeon Road just 2.5 miles north of the Perimeter. Six Pines Haunted Attractions is great for both kids and grandparents. It's about "Family Fun by Day" and Halloween Fear by Night. Depending on the ages of the grand kids, check first to see what's most appropriate. Six Pines has a pumpkin patch and plenty of haunted stuff. For \$13 you get a ticket to the pumpkin patch plus the Terror Train and the Barn of doom. Kids under 10 are \$10. It's great fun for "mature" youngsters and they do birthday parties, too.

#### 8. A Hockey Game

The Jets are sold out and those tickets are crazy expensive, but you can take the kids to a Manitoba Junior Hockey League game. Winnipeg has two teams: the Winnipeg Blues play at the brand new MTS IcePlex and the Winnipeg Saints are at the St. James Civic Centre. Tickets cost from \$5 to \$10 per game and the concession stands are always busy.

#### 7. A Football Game

No, we're not talking about the Bombers. That's too expensive. If you want to watch good football for not a lot of money, take the kids to a Winnipeg Rifles game. It's played at Canad Inns Stadium - that's where the Bombers play - and it's the Prairie Football Conference where plenty of these players go on to university football or even the CFL. Tickets are \$12 for adults and free for kids under-12. Or, you can always go out to the University of Manitoba and watch a game at University Stadium. You can pick up an adult pass for every game played by the U of M Bisons - football, basketball, hockey, volleyball, even cross-country - for just \$50 or a full family pass for \$99. It's great sports entertainment all year round.

*Continued on next page*



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**GRANDPARENTS and KIDS,** *Continued*

**6. The Corn Maze**

There is not a better way to get some exercise and get lost in the great outdoors at the same time. There are a couple of Corn Mazes within easy driving distance of the city, but the old stand-by is always A Maze in Corn on Provincial Road 200. It's only \$9 for adults and \$7 for the kids and if you want to pay extra there are hayrides (\$2.50 per person), pony rides and a Haunted Forest. The maze is open from Aug. 15 to Oct. 30 every year. For more details check out <http://www.cornmaze.ca>. If you have younger grand kids, you might like Deer Meadow Farms Corn Maze and Hobby Farm on Deacon Rd. They not only have a corn maze but a straw or hay bale maze, a child-sized hay bale maze and tractor-pulled hay rides.

**5. The Bookstore**

McNally-Robinson at Grant Park has books for kids of all ages, but the store also has programs for kids and teens and they're all free (hopefully you'll buy a book or two). Check out [http://www.mcnallyrobinson.com/About\\_McNally\\_Robinson\\_For\\_Kids\\_Chapters](http://www.mcnallyrobinson.com/About_McNally_Robinson_For_Kids_Chapters) and Indigo stores also have kids storybook readings. Call your area store for days and times.

**4. Manitoba Museum**

There is always plenty to do and lots of things that are interactive. The Planetarium has some tremendous shows and the price is right. Grandma, grandpa and two kids can get in for just \$20. That's less than the price of a movie – yeah, by like \$100. Museum admission for a family of four is just \$28.

**3. Go Swimming**

Winnipeg has 15 indoor pools that have leisure swim times and the cost is minimal: \$2.75 for kids under-12 and \$6.20 in prime time or \$4.95 in non-prime time for seniors. Pick up a City of Winnipeg Leisure Guide or just go on line at [www.winnipeg.ca/cms/recreation/leisureguide.stm](http://www.winnipeg.ca/cms/recreation/leisureguide.stm) for all the info you need.

**2. Manitoba Children's Museum**

Located at The Forks, there are all kinds of special activities every day. The Museum is open from 9:30 a.m. to 6 p.m. on Friday and Saturday and from 9:30 a.m. to 4:30 p.m. from Sunday through Thursday. It's \$10 for admission and you shouldn't run out of things to do. Best of all, at The Forks, parking is free.

**1. Assiniboine Park**

You can always go to the Zoo. It's \$5.00 for adults and \$2.75 for kids (2-12) and it's worth it. Winnipeg has a great zoo and there is always something going on. The kids will (a) have fun and (b) learn something and you'll get yourself a nice walk. Just check out [www.zoosociety.com](http://www.zoosociety.com). Of course, for free, you can take the kids to the park's Children's Garden and I guarantee you, if your kids are seven or eight and younger, you can find a comfortable place to sit and the kids will have enough to do for an entire afternoon. In fact they won't want to leave. The Nature Playground is one of the finest children's play areas ever built in the city. The first half of a weekend with the grand kids can be completed with ease at Assiniboine Park and you won't even have to do any work at all. ■

**How Old Are You?**

How old are you? How many times, and at what different stages of your life have you been asked this question? And how have you replied? I expect that when I was three or four, I would have replied not by words, but by proudly holding up three or four fingers to show what age I was.

Last night I attended my granddaughter's husband's forty-fifth birthday. Across from me at dinner sat two little boys. I asked each of them how old he was. One said, "I'm almost twelve" and the other joined in, "I'm almost ten."

Isn't it interesting that youngsters want so badly to be older? Then, when they grow older, they are reluctant to reveal their ages.

I find myself at a special interesting stage in life. All of my contemporaries seem to be conscious of the fact that they are getting older and older. I must be on a different track or so it seems to me.

Again last night, seated on my right at dinner, was a friend of many years

By Ruth Kettner, a member of Joanne Klassen's Heartspace Writing School



standing. When the two boys had stated their ages, he turned to me and declared vehemently "I'm not telling how old I am." I knew he was around my age. I promptly said, "I don't mind telling you that I am in my 89th year." Now why did I say that? I won't be eighty-nine till May. I can only think that I must feel very confident of my present status as an almost eighty-nine year old gal.

As one ninety-five year old woman replied when a gentleman asked how old she was, "it's not how old you are, but it's how you are old!" ■

**Laugh a Little**

**Wife's Wordy Wisdom**

A husband read a study in the local paper that proclaimed women use more words than men. Enthusiastic about proving to his wife that he was right all along when accusing her of talking too much, he showed her the study results.

It read: "Men use about 15,000 words per day, and women use about 30,000."

After absorbing the new-found information, she finally said to her husband, "It's because we have to repeat everything we say!"

The husband said, "What?"



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## 40th General Election nominations close

### 209 candidates set to run

A total of 209 candidates have filed nomination papers with returning officers.

Candidates' names, electoral divisions, and party affiliation are listed on Elections Manitoba's website:

<http://www.electionsmanitoba.ca/election/voters/candidates.asp>

Candidates endorsed by registered political parties are as follows:

- Communist Party of Canada-

Manitoba: 5 candidates

- Liberal Party of Manitoba: 57 candidates

- New Democratic Party of Manitoba (NDP): 57 candidates

- The Green Party of Manitoba: 32 candidates

- The Progressive Conservative Party of Manitoba (PC): 57 candidates

- Independent: 1 candidate

## Transcona Council for Seniors Inc. Health Fair - October 6, 2011

It's almost here! Don't miss it. Thursday, October 6, 2011 one of the biggest Health Fairs in Winnipeg will be presented by the Transcona Council for Seniors Inc. at Kildonan Place. The Fair will open at 9 AM and runs until 4PM. The theme this year is "Into Action". We can all take a proactive stance in keeping healthy. There will be over 30 interactive booths, for example have your feet checked by a foot nurse, play games with ALCOA, be assessed for fall prevention with the Concordia Hospital Team and the Healthy Aging Resource Team, have your blood pressure checked, learn about addictions with the AFM and talk to the Alzheimer's society about brain quizzes. Check

the safety of your home with Age and Opportunities Safety Aid, keep yourself or a loved one safe with Victoria Lifeline Medical Alert Service, talk to a Winnipeg Police Officer about scams and check with Manitoba Hydro regarding carbon monoxide safety in your home. Experience gentle exercises with the SMART Exercise team from VON and Winnipeg in Motion. CNIB, Parkinson Society, Stroke Recovery, Ophthalmology Outreach Team, Concordia Hospital Joint Replacement Program, and many more organizations will be at Kildonan Place. The Fair is free and a great chance to talk to healthcare agencies about questions you may have regarding your health. See you there! ■

## Laugh a Little

### 10 Signs That "You've Grown Up"

1. Dinner and a movie is the whole date instead of the beginning of one.
2. 6:00 AM is when you get up, not when you go to bed.
3. You hear your favorite song on an elevator.
4. You watch the Weather Channel.
5. Jeans and a sweater no longer qualify as "dressed up."
6. Older relatives feel comfortable telling dirty jokes around you.
7. A \$4.00 bottle of wine is no longer "pretty good stuff."
8. You actually eat breakfast food at breakfast time.
9. 90% of the time you spend in front of a computer is for real work.
10. You read this entire list looking desperately for one sign that doesn't apply to you.

## Creative Retirement Manitoba

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**Margo Goodhand**

Topic: "Get me rewrite, Sweetheart"



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## Happy 100th Birthday to Mary Sparvath (nee McFee) of Teulon, Manitoba



Mary Sparwood (Sparvath) of Teulon turned 100 on September 22, 2011, but celebrated with family and friends of the community and from afar on Sunday, September 25th in Teulon.

Mary was born to Andrew and Adeline (Alice) McFee in 1911 and had eight brothers and one sister. Mary was one of two sets of twins. Her twin, Sammy, died at a young age in WWII.

Mary lived in Gunton, Manitoba most of her life where she married Jens Sparwood and raised their family.

However, she lived in Teulon for the past 25 years.

Rosemary Hodge, poses proudly with her mother, Mary, in the photo above. Lyle and Rosemary Hodge, originally of Teulon, have two sons and one daughter and one granddaughter, making four generations at the celebration.

Mary is also a great-aunt to the publisher of Senior Scope.

Happy Birthday, Mary! Wishing you health and happiness throughout the year, and perhaps, years to come. ■

## Stonewall, MB: Give the Gift of Life FUN RUN & WALK

A group of supporters came out on September 17, 2011 to participate in the **Give the Gift of Life FUN RUN & WALK** at the Stonewall high school.

This first-year event in Stonewall, MB, brought in over \$2700.

Thanks to the co-ordinator, Maureen Jackson of Stonewall, and all the volunteers and supporters from the community, the event was a success.

All proceeds will be used to support Manitoba families living with kidney disease through funding research, providing education and support, promoting access to high quality healthcare and increasing public awareness of kidney health and organ donation.

Next year, it will be held in May. Hope to see you there! ■



Maureen Jackson (left), co-ordinator of the FUN RUN & WALK, and Donna Wilford, Fund Development Manager of the Kidney Foundation of Canada.



The ribbon is cut, and they're off!

## Attracting wild birds in winter

Sherrie Versluis of the Preferred Perch

Ask anyone who participates in feeding wild birds and most will tell you it is a hobby they never would have predicted to be so interested in. It is often stereotyped that feeding wild birds is for grandparents but today, people of all ages are enjoying this great activity. Throughout the winter season, feeding birds is a very beneficial gift for those who may be house-bound. It is very uplifting to the spirits of people who may feel lonely and closed-in, to watch the antics of playful birds out their windows. There are many colourful and interesting birds that can be attracted to birdfeeders in Manitoba during winter. Having the right offerings in your yard can make all the difference in seeing just regular old sparrows or more fascinating species like chickadees, bluejays and winter finches.

The first and most important thing to do is give your House sparrows their own feeding station. House sparrows are very dominant and aggressive birds and can really hinder success at attracting other species. They are also very messy birds! Many people report seeing sparrows throw seed from one end of the yard to the other. This happens when poor quality seed mixes are used. These mixes contain very little edible seed which is why people often find mounds of uneaten food on the ground. Basically the birds are digging for something worth eating and discarding the rest.

It is almost impossible to completely get rid of sparrows so feeding them what they want is really the easiest way to deal with them. Sparrows will eat out of any feeder but their favourite food is white millet. Place this feeder at least 10 ft away from where you want to have other feeders that attract more desirable birds but, the further the better.

To attract some of the most favoured birds, the best food to offer is black oil sunflower offered in a Tube Feeder. These tall, cylindrical feeders are designed with feeding ports that limit spilling and are easy to fill and clean. An optional feature is a tray that attaches to the bottom. Trays catch shells or seeds plus they are a landing platform for larger birds like bluejays, grosbeaks, and woodpeckers. Tube feeders range in price from as little as \$10 to as much as \$90. In most cases you get what you pay for.

Suet is one of my favourite foods to



Common and Hoary Redpolls eating shelled sunflower on a platform feeder.



A rare Red-bellied woodpecker seen in the city during winter 2010-11 eating suet.

offer. Woodpeckers love this treat as well as nuthatches, and chickadees. Unfortunately, the majority of suet available on the market is of very poor quality making for less than worthy results. Suet by definition is the pure fat located around the kidneys of cows, deer, elk, and moose. Commercial suet contains beef suet. There are many inappropriate recipes to make your own suet using bacon fat or lard as the fat source. Bacon fat is extremely high in salt which is very dehydrating to birds plus, pork goes rancid very easily. Lard has synthetic preservatives called BHT, and BHT, which studies have shown, causes rapid growing tumours in birds. Some recipes also call for sugar and flour which is again, not suitable. Look for suet that does not contain wild bird mix but does have nuts, fruit, or even insects.

Finch feeders are very popular in summer to attract American goldfinches but they are also great to use in winter as well. Finches that can be seen during the cold season are Pine Siskins and Common and Hoary Redpolls. Each winter many goldfinches can stay here as well but people don't recognize them since their plumage changes colours. Finch feeders are designed with tiny feeding holes to offer Nyjer seed. This very desirable food is also loved by House sparrows so be sure to use the proper feeder so they can't access the seed.

Don't let this winter get you down, brighten your days by enjoying a great activity right from the comfort of your own home. Using the right products makes all the difference in the variety of birds you can attract and the cleanliness in your yard. Now is the perfect time to make some new feathered friends so get started and happy birding! ■

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*"The foolish man seeks happiness in the distance; the wise grows it under his feet." ~ James Openheim*

## 2012 Citizen Appointments to Boards and Commissions



**Application Deadline:  
Friday, November 18, 2011**

Winnipeg City Council is seeking citizens to serve on its various Boards and Commissions.

Canadian citizens who reside in Winnipeg and who are entitled to vote in municipal elections in the City of Winnipeg are eligible to apply.

Vacancies for citizen member positions exist on the following Boards and Commissions:

- Access Advisory Committee
- Board of Adjustment
- Board of Revision
- Citizen Equity Committee
- City of Winnipeg Museums Board
- General Council of Winnipeg Community Centres (GCWCC) Board of Directors
- Library Advisory Committees
- St. Boniface Museum Board
- Seven Oaks House Museum Board
- Winnipeg Arts Council Inc. Board of Directors
- Winnipeg Housing Rehabilitation Corporation
- Winnipeg Public Library Board

**Application forms may be obtained from the City Clerk's Department, Main Floor, Council Building, 510 Main Street, Winnipeg, R3B 1B9 between 8:30 a.m. and 4:30 p.m., Monday to Friday, or by visiting [www.winnipeg.ca](http://www.winnipeg.ca).**

Applications must be received in the City Clerk's Department no later than 4:30 p.m. on Friday, November 18, 2011 or postmarked no later than November 18, 2011.

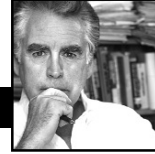
All applications will be reviewed by the Executive Policy Committee.

Richard Kachur, City Clerk

**ABORIGINAL PEOPLES, WOMEN, VISIBLE MINORITIES AND INDIVIDUALS WITH DISABILITIES ARE ENCOURAGED TO APPLY.**

**For more information visit [www.winnipeg.ca](http://www.winnipeg.ca) or call The City of Winnipeg Contact Centre 311**

## The U.S. Versus Ryan "Ruff" Steven



By William J. Thomas  
Humour Columnist

This case may not become the Trial Of The Century, but it is vitally important. (By the way, whatever happened to OJ Simpson's black Akita, the dog who did not attack his wife's killer because the killer was also the dog's master? And you think your pup has tough choices! Holistic kibble or super premium?)

It may not be as well known as Roe Versus Wade or Kramer Versus Kramer or even Brian Mulroney Versus The Truth, but this upcoming trial in Manson, Ohio will have implications for every American who hopes to preserve and protect the rights of the Constitution of the United States.

Remember the very famous Scopes Monkey Trial in Tennessee? Well this trial involves a dog instead of a monkey and it's set in the Midwest not the deep south, but make no mistake – both involve evolution. Teacher John Scopes fought for the right to teach evolution in state schools and Ryan James Stephens of Mason, Ohio is accused of setting evolution back several hundred years.

When Officer Bradley Walker of the Mason Ohio Police Department was called to investigate a disturbance at a local pub, he believed it was just business as usual. After leaving his cruiser and walking toward the pub's entrance, he was stopped abruptly after hearing his police dog Timber barking in the back seat of the cruiser in a highly agitated manner.

I too have heard that desperate pleading sound from a dog whenever I left Jake in my car and he knew I was headed into a place that served cold beer. Eventually I had to park at the library and sneak out the back door to Winchesters.

However Timber is a canine police officer and therefore not allowed to drink on duty. It wasn't until Officer Walker went to the far side of the cruiser that he discovered the problem – Ryan James Stephens.

The noise was near-deafening – high-pitched barking, fierce growling, gnashing of teeth. And that was all coming from Ryan. The dog was merely responding in kind.

I know you'll be shocked to learn that 25-year-old Ryan Stephens may have been intoxicated at the time which might explain his ignorance of a state law that forbids a person from publicly taunting or harassing a police dog. And yes, members of the K9 Patrol are considered police officers. Now in no way am I'm hinting at police entrapment here, all I'm saying is that officer Timber did not make Ryan aware of said law before their bark-up began.

Officer Bradley Walker charged Ryan "Ruff" Stephens with the misdemeanor infraction of barking at a police dog. This is not nearly as serious as the other law on the books in Mason, Ohio which forbids a person from biting a police dog. Neither conviction would involve the electric chair, but one might result in three months under doghouse arrest. Or wearing an electronic spiked collar. Or never being allowed to stick your head out the passenger window of a car, even if you're the one driving it.

Judicial experts like Judge Judy expect Ryan to plead 'not guilty.' I for one would be pleased if he just quit begging for food at the table.

At this point in the story I must caution you – I am not making this stuff up – because Ryan plans to fight the charge of barking at a police dog based on his rights guaranteed by the First Amendment. That's right, freedom of speech.

Said a spokesman for the accused who looked slippery enough to be his lawyer: "Barking may not be seen as intelligent speech but it's still speech."

Which brings us to the central issue of the case – evolution. Simply put, is a man who gets into a public barking match with a dog actually higher on the scale of intelligent species than the dog?

Officer Walker will no doubt argue that the dog exhibited a more superior intellect than the accused. Charles Darwin would corroborate this conclusion. And Ryan Stephens would probably say: "Arrrruff! Ruff! Ruff!"

I for one will be watching this case very carefully to answer questions that could have lasting effects on America's system of justice. Is Ryan Stephens smarter than a Black Lab entering his fifth grade of canine training? Would a jury of his peers be composed of twelve slightly drunk strays? Was the accused read his Miranda Rights in both English and Dogspeak?

Will Timber be called to testify against the accused and if so, will Ryan Stephens be the only person in the courtroom who understands what the dog is barking about? Will the entire case be thrown out because nobody including the judge can keep a straight face long enough to say: "This court is now in session."?!?

And the clincher? Whether voluntarily or not, accused dog barker Ryan Stephens made a statement to Officer Bradley Walker immediately after his arrest that could settle both this case and the grander issue of evolution.

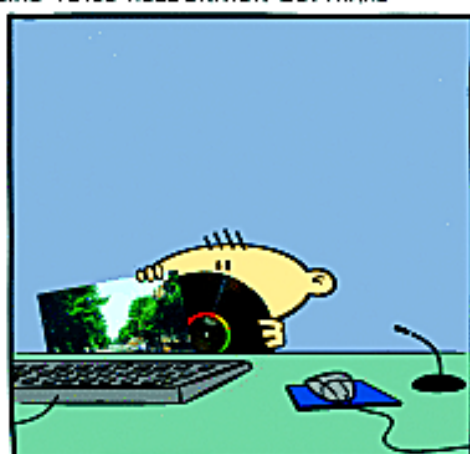
In his defense, Ryan turned to the officer and without malice aforethought said, and I'm quoting here: "The dog started it."

Well, that's good enough for me. Free Ryan James Stephens immediately! He's obviously been duped by a bored but devious German Shepherd impersonating a police officer.

All together now: "Let Ryan Stephens off leash! Let Ryan Stephens off leash!"

For comments, ideas and copies of *The True Story of Wainfleet*, go to [www.williamthomas.ca](http://www.williamthomas.ca)

BEING FIVE A KID WHO BLOGS USING VOICE RECOGNITION SOFTWARE



BY GEORGE SFARNAS © 2011





# A Manitoba Summer

## Beausejour, MB: 2011 Shades of the Past Car Show



August 28th was a good day to attend the Shades of the Past Car Show in Beausejour, either as a spectator or as a participant. Above is a 1968 Pontiac GTO owned by Jim Newman of Stonewall, MB.

Below (left) is a 1961 Chevrolet owned by Robert Harrison of Stonewall, as well.



A free picnic was offered to the show participants at the Beausejour Heritage Museum.

# VOTE

**Provincial election day is Tuesday, October 4**

**Make your choice.**  
Voting places are open from 7 a.m. to 8 p.m.

**You can also vote at any advance voting place in Manitoba.**  
Advance voting will be held Saturday, Sept. 24 to Saturday, Oct. 1, from 8 a.m. to 8 p.m. (noon to 6 p.m. on Sunday).

Be sure to bring government issued photo ID, such as a driver's license, or two other documents with your name.

**Am I eligible to vote?**  
If you are 18 years or older on election day, a Canadian citizen, and a resident of Manitoba for six months before election day, you can vote.

**Are you on the list?**  
If you have not been enumerated yet, contact your returning office.

**Find your returning office on our website or contact Elections Manitoba:**  
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[electionsmanitoba.ca](http://electionsmanitoba.ca)

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Check out our website:  
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or call **792-5838** for more information.



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Email: [agency@ageopportunity.mb.ca](mailto:agency@ageopportunity.mb.ca)  
Web: [www.ageopportunity.mb.ca](http://www.ageopportunity.mb.ca)

**Main Street Centre**  
1085 Main Street  
Phone: 942-7486  
Email: [norwin@ageopportunity.mb.ca](mailto:norwin@ageopportunity.mb.ca)

**Stradbrook Avenue Centre**  
400 Stradbrook Avenue  
Phone: 956-6490  
Email: [strad@ageopportunity.mb.ca](mailto:strad@ageopportunity.mb.ca)

**West End**  
Administrative Office  
715 Telfer Street N. (Isaac Brock CC)  
Phone: 772-9581  
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Also offering activities at  
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Phone: 781-5254  
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Web: [www.pointdouglasseniorens.org](http://www.pointdouglasseniorens.org)

**Bleak House Centre**  
1637 Main Street / Phone: 338-4723  
Email: [mhicleoid2@yahoo.ca](mailto:mhicleoid2@yahoo.ca)

**Brooklands Pioneer Senior Citizens Club**  
1960 William Ave / Phone: 632-8367  
Email: [bpscc@mts.net](mailto:bpscc@mts.net)

**Charleswood Senior Centre**  
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Phone: 897-5263  
Email: [cwsenior@mts.net](mailto:cwsenior@mts.net)  
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**McBeth House Centre**  
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Phone: 334-0423  
Email: [ekrosney@exltransport.com](mailto:ekrosney@exltransport.com)

**Pembina Active Living (55+)**  
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Web: [www.radyjcc.com](http://www.radyjcc.com)

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Web: [www.stjasc.com](http://www.stjasc.com)

**The Highsteppers Club**  
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Email: [manager@highstepperswpg.com](mailto:manager@highstepperswpg.com)  
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### BEYOND WINNIPEG

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Web: [www.seniorens.cimnet.ca](http://www.seniorens.cimnet.ca)

**Prairie Oasis Senior Centre**  
241 8th Street  
Phone: 727-6641  
Email: [lhunter@wgcgwave.ca](mailto:lhunter@wgcgwave.ca)  
Web: [www.seniorens.cimnet.ca](http://www.seniorens.cimnet.ca)

#### CARMAN

**Carman Active Living Centre**  
47 Ed Belfour Drive  
Phone: 745-2356  
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55 1st Avenue SE  
Phone: 638-6485  
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Web: [www.dauphinseniorens.com](http://www.dauphinseniorens.com)

#### MATLOCK

**Matlock Recreation Club**  
77 Matlock Road  
Phone: 389-5450  
Email: [darmuron@yahoo.ca](mailto:darmuron@yahoo.ca)  
Web: [www.matlockreclub.blogspot.com](http://www.matlockreclub.blogspot.com)

#### MINNEDOSA

**Minnedosa Senior Citizens Association**  
31 Main Street South  
Phone: 867-1956  
Email: [mndsasca@wgcgwave.ca](mailto:mndsasca@wgcgwave.ca)

#### MORDEN

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**Herman Prior Senior Services Centre**  
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Phone: 857-6951  
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#### THE PAS

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Phone: 623-3663  
Email: [arnold751@hotmail.com](mailto:arnold751@hotmail.com)

#### VICTORIA BEACH

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Email: [ebhelppc@mts.net](mailto:ebhelppc@mts.net)

**Senior Scene**  
3 Ateah Road  
Phone: 756-6319  
Email: [ssinc1@mts.net](mailto:ssinc1@mts.net)

#### WINKLER

**Winkler & District MP Senior Centre**  
394 6th Street / 325-8964  
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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 or the recipe book, call, email, stop in, or visit the website: **204-942-2880**, [info@strokerecovery.ca](mailto:info@strokerecovery.ca), Unit B - 247 Provencher Blvd., Wpg [www.strokerecovery.ca](http://www.strokerecovery.ca)



**Zucchini Casserole**

Submitted by Barbara LeBow

**INGREDIENTS:**

- 3 medium zucchini
- 1 medium carrot
- 1 medium onion
- 10 ounce can cream of mushroom soup
- 8 ounce carton sour cream
- 1 package herb seasoned stuffing mix
- 3/4 stick of margarine
- salt and pepper to taste

**INSTRUCTIONS:**

Trim and cook squash in small amount of water until tender. Drain and mash. Grate carrot and onion. Mix with squash. Add soup, sour cream, salt, and pepper. Mix well.

Mix stuffing mix in margarine. In 3 quart casserole dish, put 1/3 stuffing mixture. Cover with 1/2 of squash mixture. Add 1/2 of the remaining stuffing mixture. Add rest of squash mixture, and top with remaining stuffing mixture.

Cover and bake at 350 degrees Fahrenheit for 30 to 40 minutes.

Published with permission by Stroke Recovery Association of Manitoba Inc.

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**How Smart Are You?** Answers on next page

1. Do they have a 4th of July in England?
2. How many birthdays does the average man have?
3. Some months have 31 days; how many have 28?
4. How many outs are there in an inning?
5. Is it legal for a man in California to marry his widow's sister?
6. Divide 30 by 1/2 and add 10. What is the answer?
7. If there are 3 apples and you take away 2, how many do you have?
8. A doctor gives you three pills telling you to take one every half hour. How many minutes would the pills last?
9. A farmer has 17 sheep, and all but 9 die. How many are left?
10. How many animals of each sex did Moses take on the ark?
11. How many two cent stamps are there in a dozen?

**PUZZLING!** Answers on next page

**STR8TS**

**SUDOKU X**

Easy

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

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Tough

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

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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.

2	1	4	5		
	6	4	5	3	2
	4	5		2	1
4	3	6	2	1	5
3	5	2	1	4	
	2	1	3		

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](http://www.sudokuwiki.org) for Sudoku X and [www.str8ts.com](http://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.



# Community Events & More

Email PSAs to:  
kelly\_goodman@shaw.ca  
No faxes please.

## EVENTS

**Alzheimer Society of Manitoba** - third annual Manitoba Lotteries Trivia Challenge on Thur., Oct. 20, at Stereo Nightclub - Canad Inns Windsor Park. Thirty teams of 10 people will compete for the title of Grand Champion in 10 rounds of fast-paced, brain-bending trivia! Registration fee is \$30. To register or for more information visit [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca) or call 943-6622. All funds raised help support the Alzheimer Society's programs and services for people with dementia, their caregivers and their families and in the continuous search for a cure. Register today, space is limited!

**Kildonan Horizons of St. Anne's Church** - Day Time Dance, Oct. 6, 12 to 3:30 pm, at 35 Marcie, Wpg. Music by Pride & Joy. For more info. Ph. 669-7557.

**The Nearly New Shop** - Christmas in October Sale, Oct. 7-21. Take advantage of some early holiday deals. All gifts, decorations and clothes will be on sale. At 961 Portage Ave., Wpg. Hours: Mon-Sat.: 10 am-4 pm. 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.

**Fort Garry Women's Resource Centre** - Saving Circle: Information Session, Fri., Oct. 21, 10 am at our Outreach Centre #104-3100 Pembina Hwy (Buzz Code 1003). For every \$1 you save, you will earn \$3! All you have to do is go to 10 money management classes and save \$5-\$65 a month for 4-6 months. Household Income/Project Cut-Off applies. If you qualify and would like to apply on that day, please bring proof of income with you. Please call 477-1123 to register or for more info. Working in partnership with United Way Winnipeg, Seed Winnipeg & Assiniboine Credit Union.

**CARP** - An organizational meeting to form a Chapter of CARP in East Winnipeg/Manitoba is being held Wed., Oct. 2, 1:30 pm, in the Lower level of Elmwood Legion, 920 Nairn Ave. Winnipeg, MB. All CARP members, past MSOS members and anyone interested in joining CARP are welcome to attend.

**LEAF Manitoba** - 21st Annual Persons Day Breakfast, Fri., Oct. 21, 7:15-9 am, at the Winnipeg Convention Centre, 375 York Ave.. Keynote speakers: Professor Benjamin Perrin, UBC Faculty of Law, Author of Invisible Chains: Canada's Underground World of Human Trafficking and Diane Redsky, A leader in the aboriginal community instrumental in the development of resources for sexually exploited youth. In support of the Women's Legal Education and Action Fund (LEAF) to advance the equality of women. Topic: "Human Trafficking: Confronting A Threat to Women's Rights in Canada and Abroad." Tickets: McNally Robinson Booksellers, LEAF Manitoba: 453-1379 or Manitoba Status of Women: 945-6281.

**The Winnipeg Model Railroad Club** - will be hosting their Great Winnipeg Annual Train Show and Flea Market at the Mennonite Brethren Collegiate, 180 Riverton Ave, on Sat., Oct. 15, 10 am-5 pm and Sun., Oct. 16, 11 am-4 pm. Admission is \$3 per person or \$5 per family. There will be refreshments on sale. Funds raised will go toward the Autism Society. [www.swedenfreezer.com/avr/WMRC.htm](http://www.swedenfreezer.com/avr/WMRC.htm)

**Children's Hospital Foundation** - presents Just Dance! Winnipeg's Dance Off for Child Health, Sat., Oct. 29, 10 am-10 pm. Brodie Centre in the John Buhler Research Centre, 727 McDermot Ave., Wpg. feature amazing performances from Winnipeg's Dance community, live DJs, the chance to learn some new moves and great prizes. Dance crews of five to 12 people will remain on their feet for 12 hours, moving to the beat, in solidarity for the kids in Children's Hospital at Health Sciences Centre Winnipeg. One member from each crew must remain on the dance floor at all times. Visit [www.goodbear.mb.ca](http://www.goodbear.mb.ca) to register or for more information!

**St. James Anglican** - Annual Fall Supper, Sat., Oct. 15, sittings 5 pm & 6:30 pm, at 195 Collegiate St., Wpg. pm. Free for 5 and under, \$8 for ages 6-12 and \$12 for age 13 and up, or \$30 for a family (in one household). Turkey and all the trimmings, beverage and dessert. Call 888-3489 to reserve your tickets.

## SOCIAL PROGRAMS / SERVICES - WINNIPEG

**Central Corydon Community Centre** - Adult Drop In - 1st and 3rd Wednesday of the month, 1 pm, starts Oct 5 River Heights Site (1370 Grosvenor, Wpg.). BINGO: Mondays 7pm -Crescentwood Site (1170 Corydon), Thursdays 7pm -Sir John Franklin Site (1 Sir John Franklin Road). Bridge: Mondays 1pm -River Heights Site (1370 Grosvenor). Cribbage: Tuesdays, 1pm -Crescentwood Site (1170 Corydon). Walking Club: Mondays and Thursdays, 9 a.m. For info: 488-7000 or [www.centralcorydoncc.com](http://www.centralcorydoncc.com)

**Ft. Garry Women's Resource Centre** - Phases of Healing Group, an 8 week group, Thur. evenings beginning in Oct. at 1150A Waverley St., Wpg. Call 477-1123 for registration info. Outreach Centre - #104-3100 Pembina Hwy (Buzz Code 1003). FGWRC has a new website - [www.fgwrc.ca](http://www.fgwrc.ca)

**Seine River Seniors out of Archwood Community Centre** - 565 Guilbaut Street, offer birthday lunches on the second Tuesday of each month. Call Orysia at 261-4055. Exploring Restaurants, the last Friday of the month; Upcoming Celebrations Dinner Theatre Matinees on Tuesdays (Nov. 1, and Feb.7) Call Fran at 269-8584. Creative Writing in English and French on alternating Thursdays. Call Pauline at 253-8160. Email: [seineriverseniors@gmail.com](mailto:seineriverseniors@gmail.com) for more info.

**Deer Lodge Senior Men's Curling League** - is looking for curlers for the 2011-12 season, Oct.-Mar., Tues. and Thurs. mornings, 11 am-1:15 pm. All skill levels plus first-time curlers welcome. Prices slashed by \$30 - regular members \$150, spares \$100. Prices include 2 all you can eat banquets! Contact Jim: 837-6900 or Dennis: 261-8790

**Pembina Active Living 55+** - New Fall Programs at Richmond Kings Community Center, 666 Silverstone Ave., Wpg. and other locals. Call Alanna to register: 946-0839, or email: [pal55plus@gmail.com](mailto:pal55plus@gmail.com).

**Y Women** - Group of 55+ that meets every 2nd Thursday afternoon, at the downtown YMCA-YWCA of Winnipeg. (Cost to join is \$10.00 per session, session is Jan.-June, Sept.-Dec.) We have different speakers and take tours. Ladies contact Bonni Pereira: 953-7317 or email: [bpereira@ymcaywca.mb.ca](mailto:bpereira@ymcaywca.mb.ca).

**The Seniors' Choral Society** - under the direction of Richard Greig, are now accepting new members for their upcoming season, beginning in Sept. No audition required. For more info, please call Mary: 221-3373.

**The Local Colour Art Group** - hosting its Fall Art Show and Sale on Fri., Oct. 28, 7 pm-9 pm, Sat., Oct. 29, 10 am-5 pm, Sun., Oct. 30, Noon to 4 pm at 180 Poplar Ave., Wpg. Free Admission. Door Prize. Sat. & Sun. art demos. More details at [www.localcolourart.ca](http://www.localcolourart.ca)

**The St James Art Club** - will host its 44th Annual Juried Art Show at Sturgeon Creek United Church (lower level), Oct. 15, 10 am-5 pm, Oct. 16, noon-4 pm., at 207 Thompson Drive, Wpg. The awards ceremony Sun., 3 pm. Free admission and refreshments. Wheelchair access and parking available. For more information contact Donalda Johnson 832-5590

## VOLUNTEER OPPORTUNITIES - WINNIPEG:

**Bethania Mennonite Personal Care Home** - do you miss having a garden? Need some exercise? Consider assisting the gardener in maintaining the grounds for the residents and families of Bethania to enjoy. Please contact the Volunteer Coordinator: 654-5035 or email: [dianne.nixdorf@bethania.ca](mailto:dianne.nixdorf@bethania.ca)

**Recovery Association of Manitoba knitters** - If you knit, the Stroke Recovery Association of Manitoba (SAM) needs knitters to contribute to our Knits for Charity program. We sell knitted goods to further our programs to improve the quality of life for stroke survivors and their families. See our website at [www.strokerecovery.ca](http://www.strokerecovery.ca).

**Rupert's Land Caregiver Services** - Volunteer Drivers needed for Ring-a-Ride, a transportation program, to take clients residing in South West Winnipeg to appointments, shopping and social outings. Flexible hours. Compensation for gasoline and parking is provided. For more info: call us at 452-9491

**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](mailto: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.

**Meals on Wheels** - Want to volunteer? Deliver noon hot meals to people in your community, 2 hrs, once/week or twice/month! Training, screening and gas honorarium provided. 956-7711

**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, model building, carving, cribbage, coffee, camaraderie and more. Call Doug: 832-0629 or 804-5165

# Community Events & More

## RURAL PROGRAMS / SERVICES / VOLUNTEERING

**Zbruch Community Centre** - Polkafest, Sun., Oct. 2, held at the Teulon Hall. Music by Canadian Rhythm Masters & Four Seasons. For more info, call Mavis: 667-1770.

**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: 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. For assistance and Resource info. 467-2719

# Community Events & More

## SOCIAL PROGRAMS / SERVICES - WINNIPEG (Cont'd):

**55+ Men's Club, St. James Assiniboia 55+ Centre** - Various programs for men only group to address physical, emotional and social well-being. Drop in for coffee, camaraderie, fun, mentoring & more. For info, call 953-8841. St. James Assiniboia 55+ Centre Satellite site: 3172 Portage Ave., Wpg.

**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; Lunches, last Tuesday each month, Ray 256-8660; PACE - People with Arthritis Can Exercise, Wednesdays, 11-noon, Bernice 253-9244.

**Jewish Child and Family Service** - offers Bereavement Group which is specially designed for those who have experienced the death of a loved one. Begins Tuesday, Jan. 18 until Mar. 8, 7-9 pm (8 wks). No charge to participate. Contact Jewish CFS: 477-7430 to register. This group is jointly sponsored by Jewish CFS and Hospice and Palliative Care Manitoba. Adults of all ages and cultural backgrounds welcome.

**Age & Opportunity West End Senior Centre** - Free Social Dance, Mondays, 1-2:30 pm. Belly Dancing course, Fridays, 10-11:30 am at the Isaac Brock CC, 715 Telfer St N., Wpg. Woodcarving group meets Fridays, 1 pm, Clifton CC, 1315 Strathcona St., Wpg. Monthly events: Birthday parties, special outings. Call: 772-9581 for more info.

**Boni-Vital Council for Seniors and Dakota Community Centre** - 55 Plus Drop in Wednesdays at DCC, 1188 Dakota Street. Variety of programs offered. Physical activities (Tai Chi, etc.) in the AM, Health presentations at 12:00 and Social activities PM. Please call Karen at 255-2061 for more info.

**Norberry-Glenlee CC** - offers the following programs: Square Dance: Monday's 6:30-10:00, Seniors Bingo: Tuesday's 11:00-2:45, Bridge: Wednesday's 12:00-3:00, Red River Seniors Cards: Thursday's 11:30-3:00, Light & Lively Fitness: Intermediate M/W/F am. and Beginner M/F am, 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. Saint-Boniface, Wpg., [conseil55@fafm.mb.ca](mailto:conseil55@fafm.mb.ca).

## How Smart Are You Answers:

1. Yes, it comes after the third of July!
2. Just one! The actual day they were born.
3. All of them!
4. 6, three per side!
5. No - because he is dead!
6. 70: (30 divided by 1/2 equals = 30 x 2 = 60)
7. 2, you took them, remember?
8. 60 - Start with the 1st pill, 30 minutes later take the 2nd, then 30 minutes for the 3rd.
9. 9
10. None. Moses didn't have an ark, Noah did!
11. 12. There are twelve 2 cent stamps in a dozen!

**For advertising or for information:**  
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## Str8ts Solution

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

## Sudoku X Solution

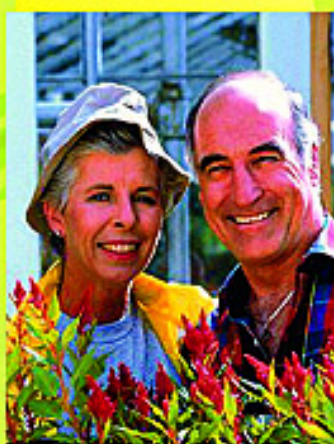
4	8	1	3	9	6	5	7	2
7	5	6	2	1	8	4	9	3
9	3	2	4	5	7	6	8	1
8	1	4	6	2	3	7	5	9
3	7	9	5	8	4	2	1	6
6	2	5	1	7	9	3	4	8
2	9	7	8	3	5	1	6	4
1	4	8	7	6	2	9	3	5
5	6	3	9	4	1	8	2	7



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